

Talkback

Talkback Newsletter

www.aphasia.asn.au

DECEMBER 2013

**RETUNE
CHRISTMAS
CONCERT**

**APHASIA
INFORMATION
PACKAGE**

**WEDNESDAY
WITHOUT WORDS**



Talkback
Association
for Aphasia Inc

302 South Road, Hilton, S.A. 5033

Ph: 08 8443 5555

talkback@aphasia.asn.au

CHAIRPERSON'S REPORT

Chair Report December 2013



Chairperson:
Bev Dodd

Since our last newsletter we have held two great social events.

We celebrated **Wednesday Without Words** (national aphasia awareness day) at the Seven Stars Hotel on the 11th September. The food

and company were great. I think we all enjoyed celebrity heads. It was a lot of fun.

We also had a Christmas Concert in November. It was good to see so many people there, including one of our members who came up from Murray Bridge. The three groups who performed were all excellent. I particularly loved hearing the Retune Choir and Julia doing a solo.

The **Retune choir** gives a concert at the end of every term. The next concert will be on the 10th December at 2.00 in the Kilburn Community Centre on Gladstone Avenue, Kilburn. The choir would love you to go along to hear more

of their repertoire and to sing along with them. Admission is free.

Recently we heard that we are finally out of the GST system. We are now waiting for our books to be audited and when this is done we will hold the Annual General Meeting. We will put the date on the events page and let people know. Can you think about whether you would be interested in coming on the committee. Please let us know if you are interested. We particularly want a member with aphasia and a family member or volunteer.

We are starting to do some planning for 2014 so if you have any suggestions for social functions, please e mail the office (talkback@aphasia.asn.au) or leave a message and we will get back to you.

I wish all our members the best for Christmas and the festive season and look forward to catching up in the New Year.

Bev Dodd
Chair

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Cover picture:
"FUGE" By Greg Johns
at River Torrens.
Photo by Pete Kemp

TALKBACK NEWS

Social Events - Wednesday Without Words

On **Wednesday** the **11th of September**, the Talkback association held a dinner at Seven Stars Hotel. The dinner was held to celebrate **National Aphasia Awareness Day**. This day is called **Wednesday Without Words**. It is acknowledged on the Wednesday of National Stroke Week each year. The dinner started at 6.30pm. **30 people** attended the dinner. It was great to see so many people there. The friendly staff at Seven Stars Hotel let us use a private room at the hotel. This was perfect as we wanted to make sure there wasn't too much noise for people with **aphasia**. There was still quite a lot of noise as everyone chatted a lot and had a lot of fun! It is great to see so many regulars coming to the social events. It is also lovely to see that Talkback members are starting to get to know each other and make new friends.

The hotel had an impressive menu with a lot of lovely meals to choose from. The group ordered



their meals early as they couldn't wait to try the food! Everyone enjoyed their meals immensely. We were impressed with how quickly dinner was served. The service at Seven Stars was excellent. The Courtyard Room we had dinner in was very modern. The room became a lot quieter as everyone enjoyed their meals! The group still managed to talk a lot and learn about the people sitting around them. It was lovely that **Victoria** from **BINSA** and Bev's **speech pathologist** friend **Jenni-Lee** were able to join us. Anne made sure that the Talkback members who attended received subsidies for their dinner. Josie, Bev and Sarah organised a **fun activity** when everyone had finished dinner. We played **Celebrity Heads**. We asked people to volunteer to play the game. The volunteers sat at the front of the room. Josie stuck a sign with the name of a celebrity or character on the wall behind each volunteer. The volunteers took turns to ask questions to try to find out who was on

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their sign. The group was only allowed to answer 'yes' or 'no' to these questions. This was quite difficult and sometimes became confusing. We wanted to make the game harder for people who didn't have aphasia. Bev suggested asking these people to act like they had aphasia. Sarah and Steve tried to do this. They found it very difficult and realised how hard it is to **communicate** with aphasia. Some people thought that Sarah really had aphasia. She did a good job of pretending to have aphasia! Everyone had a giggle as Tom tried to guess Miley Cyrus' name. Some people hadn't heard of her which made it harder. Danny did a really good job of asking questions. He thought he would never guess who his celebrity was. He did eventually work out that it was Elvis!

The Talkback Committee would like to thank everyone who attended the dinner.

We hope you enjoyed Wednesday Without



Words as much as we did. We took a lot of photos to capture the fun! We hope to see you at our next social event.

Anyone is welcome to attend the social events. Talkback usually offers subsidies to Talkback members who come to social events. If Talkback members bring a family member or carer with them, we also offer a subsidy to that person.

People who are not members of the Talkback Association are welcome to come, but will not receive subsidies at social events. We send invitations to Talkback members, so please pass them on to anyone who might be interested.

Josie Kemp
Speech Pathologist

TALKBACK NEWS

Wednesday Without Words Dinner



TALKBACK NEWS

Social Events - Christmas Concert

On **Sunday November 17th Talkback** held a **Christmas Concert**. It was on a sunny Sunday afternoon. The concert started at 2.00pm and went for about two and a half hours. It was held in the Institute Hall at Mitcham Cultural Village. The venue was beautiful and it was perfect for the concert. The Talkback Committee arranged afternoon tea. Everyone enjoyed catching up over drinks and nibbles. About **twenty-seven** Talkback members and their companions came to the concert. It was lovely to share the day with so many of our members



The first group to sing was **Jazz Train**. This was a group of **seven students** from **Cabra College**.

The students were very talented. They sang quite a few songs, led by Renee from Cabra College. The group wore red and black and were well presented. Everybody enjoyed their singing.



The next act was the **Fleurieu Harmony Chorus**. This was a group of **nine gentlemen** who sang in perfect harmony. They

wore colourful waistcoats and bow ties. They were very entertaining and made everyone laugh. They sang a lot of classic songs. They **donated** their performance fee to Talkback which was very generous.

The last group to sing was the **Retune Choir**. This is a choir for people with **aphasia** and their **carers**.



Retune is the **first aphasia choir** in **South Australia**. Retune is run by Talkback, Hampstead Rehabilitation Centre, and Port Adelaide Enfield Council. The choir did a great job. **The words to the songs were up on a screen, which made it easy for everyone to sing along with the choir.** If anyone is interested in joining the choir, please contact the Talkback office.

The Talkback Committee presented chocolates to everyone who sang at the concert. The Christmas concert was a fun event. We hope everyone who came enjoyed it. This was our last social event for



the year. We've had quite a few social events this year.

We did a **museum tour** and toured the **botanic gardens**. We had a **fundraising movie event** and a **Wednesday Without Words dinner**. It's been a great year. We've enjoyed sharing these events with our members. The Talkback

Committee is planning more social events for next year. We will let members know when these events are coming up. We hope to see you at the next event!

Josephine Kemp
Speech Pathologist

TALKBACK NEWS

The Retune Choir

The Retune choir had a great end of term concert on **24th September** this year.

Numbers in the choir have increased. **15 people** were in the choir concert. Several new songs were performed. One song had some extra musical instruments played by the choir members.

The choir has a new piano player Sarah.

It was a pity only a few people were in the audience to hear the concert. Those who came saw a really good show.

The choir has agreed to take part in the Talkback Christmas concert in November.

The next term for the choir has started. New members or people wanting to come and try are welcome. For further information you can contact **Lauren Hollis (8222 1956)** or **Deb Ormerod (8222 1815)**

The choir has great support from The Port Adelaide/Enfield city council, Talkback and Hampstead Rehabilitation Centre.

Debra Ormerod
Senior Speech Pathologist
Hampstead Rehabilitation Centre



TALKBACK NEWS

Aphasia Information Package

Connect is the communication disability network in **London**. Connect has developed an **information package** for people with **aphasia** and their **carers**.



connect
the communication
disability network

The British Department of Health funded the package.

People with aphasia and family members helped with the package.

The package includes:

- A 24 page information booklet about aphasia
- A 4 page leaflet about aphasia
- A 30 minute DVD about aphasia

You can **download** the package from the Connect website:

http://www.ukconnect.org/information-pathway-form.aspx?dm_i=6S0,1LHMG,93MEGV,5IMF8,1

You will need to fill in your personal details. The information package is free. You can save the information booklet and flyer to your computer. You can also print them out. You can watch the DVD online. The DVD can't be downloaded onto your computer.

The **information booklet** explains what aphasia is. It talks about **what causes aphasia**. It describes **different types** of aphasia.

It talks about what aphasia **feels like**. It has **tips**

for communicating with people with aphasia.

People with aphasia tell their **stories** in the booklet. There is information about carers of people with aphasia. It talks about what people with aphasia can expect over time.

The **leaflet** explains what aphasia is. It explains that people with aphasia are **intelligent** adults. It says people with aphasia know what they want to say. It explains people with aphasia can make their own decisions. It has tips for communicating with people with aphasia.

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The **DVD** includes people with aphasia explaining what aphasia is. They explain that aphasia is different for everyone. There are words on the screen to summarise what people with aphasia are saying. People with aphasia also tell their stories on the DVD. They talk about living with aphasia over time. They also talk about things they have found helpful. They found talking to other people with aphasia helpful. Some people with aphasia also found counseling helpful. The DVD is **very interesting**.

Some information is only relevant for people in the UK. This is information about where to find information in the UK. Most of the information in the information pack is relevant in Australia.

The package includes helpful information about aphasia. It's worth having a look. It might be good to show to your family and friends.

Josephine Kemp
Speech Pathologist

TALKBACK POEM



To my friends and family

Life as a carer does not mean that I don't want to drink coffee with you
Life as a carer does not mean that I don't want to be there to support you
Life as a carer does not mean that I don't want to spend time with you
Life as a carer does not mean that I want sympathy from you
Life as a carer does not mean that I need you to tell me to 'slow down'

Life as a carer means that I find it challenging to maintain old relationships

Life as a carer means that I want you to say 'I understand'

Life as a carer means that I want you to acknowledge that I am busy

Life as a carer means that I yearn for old friends and new friends on limited time

Life as a carer means that I want you to accept that my commitment to you can't be as was

Life as a carer means that I love you the same as always

Life as a carer means that I struggle to fit other beautiful things into my life

Life as a carer means that I love what I do

Life as a carer means that the commitments from my 'last life' did not go away

Life as a carer means that my role is to bring a little quality to a life of someone I love

*Life as a carer means that I now play the role of mum **and dad***

Life as a carer means that my energy and time are being devoured but also enriched with happiness and love

TALKBACK GROUPS

MURRAY MALLEE TALKBACK GROUP



The **Murray Bridge** group meets at the Murray Mallee Community Health Service. We meet on **Wednesdays 10:00 - 11:30am**.

Contact: **Kristen Brown** (Speech Pathologist) **8535 6800** for session times in **2014**.

Our group went to **Fasta Pasta**. We went to have coffee and cake. I ordered a cappuccino and a piece of picnic cake. It was yummy. Everybody enjoyed their cake too. I ordered using my **iPad**.

Rosie Reardon

COMMUNICATION GROUP

The group meets at **Paradise & Eastern Community Services, 61 Silkes Road, Paradise South Australia 5075**.

You can contact **Marianne Newberry** on **8337 4371** for more information and sessions times.

HENDON TALKBACK GROUP

The Group meets twice a week at Acacia Court during school term. **Monday afternoon** from **1.30-3.30pm** and Friday mornings at **9.45 - 11.45am** followed by morning tea.

The **Friday** group will break up on **20th December** and resume on **10th January**. The **Monday** group will break up on **23rd December** and resume on **6th January**.

Please contact Eloise Gato (Speech Pathologist) at the Day Therapy Centre, on **08 8243 1844** for more information.

HOVE TALKBACK GROUP

After being inspired by Wolf's **interest** and **ability** in **art** (that he has gradually developed since having aphasia) the Hove Talkback group held a successful **"Come-&-Try Art Session"**. Under the leading of Wolf's art teacher, Diane, most members of the Hove group tried their hand at a simple art piece. All enjoyed the session and were happy with their productions. We are not sure when we will have another go, but there is a lot of interest to pursue art a little further.

The Hove Group will take a break over Christmas and New Year. They will re-commence **Tuesday February 4th 10am - 11.30am** at Alwyndor, 52 Dunrobin Rd, Hove. During School Terms

For further information, contact **Coralie Hayley**,
Speech Pathologist on **8177 3277**



TALKBACK GROUPS

MORPHETT VALE TALKBACK GROUP

The Morphett Vale Group will take a break over Christmas & New Year. They will re-commence Thursday **January 30th 9.45am - 11am** at 126 Pimpala Rd, Morphett Vale. During School Terms

Please contact Coralie Hayley at Southern Therapy Service, ECH, on 8322 5700 for further details.

VICTOR HARBOR GROUP

The group every fortnight on Tuesday mornings from 10am -12pm.

They meet at the Large Group Room, Southern Fleurieu Health Service Harbour ViewTce, Victor Harbor.

Contact Wendy Clark, Clinical Senior Speech Pathologist on 8552 0600 for more information.

MT BARKER TALKBACK GROUP

The Mt Barker Talkback group struggled the last few months, with only 2 participants, so we joined in with some activities with the Murray Bridge and Victor Harbor groups, in October and November.



It is uncertain when we can start up in **2014**, due to changes to Community Health priorities handed down from Country Health management. It has also been difficult to get approval for the group when only a few people were participating. I am still hopeful that I can run Talkback next

year, but we will need to encourage more people to join us and we will need to fit in with the guidelines for Adelaide Hills Community Health Services.

Please encourage people in the Adelaide Hills/ Strathalbyn area, who would benefit from a Talkback group, to contact Anna Cameron, Speech Pathologist on 8393 1833, or by email to me: anna.cameron@health.sa.gov.au. I will on leave from December 6 and back at work on **January 6th, 2014**.

Happy holidays!
Anna Cameron



SPECIAL GROUPS

COMPUTER CLUB

The computer club meets every **Monday at 1pm** at the Burnside Library. Coffee and chat follows after each session. The computer club will continue to be largely run by student volunteers.

The computer Club will take a break over December and January. The group starts up again on Monday February 10 2014.

If anyone is interested on joining the group, please ring me on 8222 1463 (work)

MARDEN COFFEE CLUB

Hi Coffee Lovers

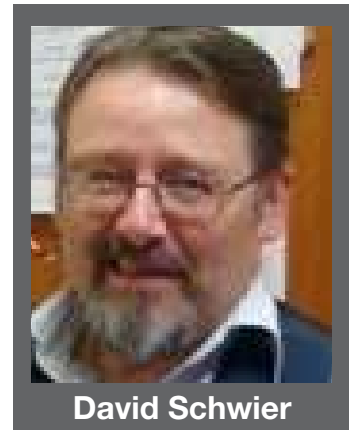
If you are in the area, call in and have a decent cup of coffee. We have 6 - 10 people who meet every **Tuesday** from **11 - 12pm**.

Ring me, David on **8336 8550** about the **Marden Coffee Club**.

HENDON GROUP COFFEE CLUB

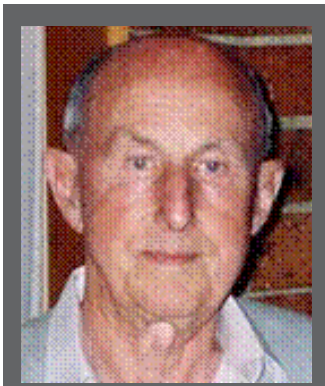
The **Hendon Group Coffee Club** meets every **Thursday** morning at **10.00am** for approximately one hour at *Cinos Cafe*, West Lakes.

Anybody wanting more information or to go along and have a chat, please ring the Talkback office on **8443 5555**.



ALBIE'S SNIPPETS

Milk and The World



Albie Carter
Talkback Member

I was reading an article about Robyn and Chris Richmond and their Riverine **buffalo** dairy. Their 50 hectare farm is about near **Koondrook** (in Victoria) and has a river frontage to the Murray. The total herd now stands at 60 on Roblyn

and Chris' farm, and they have a further 60 at another property.

Buffalo (A species of **bovine genus**) With many centuries of domestication in parts of southern Europe, India, Asia, etc. (They say that for buffalo calves are born easily, and grow quickly).

Although I had lived in **Singapore** for a few years, and toured around several Asia countries , I can't remember seen Australia type milking cow's in Asia. But I can remember about the buffalo ploughed the ground, walking around to mud, or taking easy.

In Australia, the big Asian buffaloes. There are species, the **Swamp buffalo** and the **Riverine buffalo**.

The Riverine buffalo is a **dairy breed** and has been traditionally used to produce **milk** and **cheese** in parts of Europe, as well as in Pakistan and India. In Italy the milk from buffalo has been used to make **mozzarella** cheese.

In Victoria the buffalo milking is being used by a manufacturing cheese to may the true mozzarella cheese which is now popular in Australia.

People from Pakistan and India, and others, have enjoyed buffalo milk as parts of their cuisine for centuries.

Buffalo milk contains 58 percent more calcium than bovine(cow) milk as well as 40 percent more protein. It contains 43 percent less cholesterol than bovine(cow) milk.



Buffalo - Albie's photo take in Malaysia 1954

ALBIE'S SNIPPETS



One of the important benefits of buffalo milk is that it is all A2 milk.

MILK (Encyclopedia of Health) A nutrient fluid produced by the mammary gland of mammals. Human milk differs considerably from cow's milk in the proportions of its ingredients.

Columbia Encyclopedia: MILK, liquid secreted by the mammary glands of female as food for their young. The milk of the cow is most widely used by humans, but milk of the mare, goat, ewe, buffalo, camel, ass, zebra, reindeer, llama, and yak is also used.

The composition of milk varies with the species, breed, feed, and condition of the animal.

Jersey and Guernsey cows produce milk of high butterfat content; Holsteins produce larger quantities of milk but with a lower butterfat content.

In 2010, the largest producer of milk and milk products was India followed by the United States, China, Germany, Brazil and Russia.

Other - Significant sources of milk. Goats 2% of world milk. Buffalo 11%

Albie

“COME-&-TRY ART SESSION”

in Hove Group



The next **Talkback Newsletter** will be published in
MARCH 2014

This is **YOUR** newsletter and we want to hear from you !!

Please send articles to us by 28th of FEBRUARY 2014 (at the very latest)

Opinions contained in this newsletter are those of the individual writers, and are not sanctioned by the Talkback Association. Please consult your medical practitioner for any health advice required.