

THE LEGACY FLAME



Legacy

NEWSLETTER EDITION TWELVE

Published: June 2019

COFFS COAST LEGACY
& LEGACY ON VICTORIA

Patron: Cpl Mark Donaldson VC

PRESIDENT'S MESSAGE

LEGATEE ALLAN HARRISON

Welcome to the mid-year 2019 newsletter.

As mentioned in the previous newsletter, we were in preparation mode for the official opening of the Legacy on Victoria renovations and extensions. That ceremony took place on 23rd February and we were privileged to have His Excellency, General the Honourable David Hurley AC DSC (Ret'd), Governor of New South Wales, on hand to perform the official opening. His Excellency duly cut the ribbon after speaking at length about Legacy in general and the project in particular with specific reference to the significance of the naming of the extensions in honour of Sgt Matthew Locke MG. Also on hand for the ceremony were close members of the Locke family, and VIP guests The Hon. Luke Hartsuyker MP, retiring Federal Member for Cowper, and Andrew Fraser MP, retiring State Member for Coffs Harbour. Unexpected guests were members of the Combined Army Rugby Team, in the precinct to play their annual match also in honour of Sgt Locke.

Accompanied by Mrs Hurley, His Excellency then joined us for light refreshments. The Vice Regal couple delighted us all with their informal approach, mingling freely with residents, staff and Legatees. They stayed much longer than had been planned and before leaving, took a guided tour of the facility. Over morning tea an old friendship was rekindled with Mrs Hurley warmly greeting our Padre Rev. Dr Graham Whelan OAM PhD DD.

As part of the extensions and renovations project, a new meeting room has been built adjacent to the main entrance foyer.



In an emotional dedication ceremony on 20th March 2019 attended by his widow Sue, the room was officially opened and named in honour of The Late Legatee Bob Gailer by Legatee and Life Member Bob Denner OAM. The new meeting room has already seen frequent use as a boardroom and general meeting room. In addition it is increasingly being used to host meetings and conferences for ESO and related organisations, taking advantage of its modern AV facilities.



Adjacent to the new meeting room is a small kitchen where coffee and light meals will be made available to residents, their visitors, staff and Legatees. With the kitchen opening onto the main entrance forecourt, the facility will also be open to the public.

In keeping with the good governance demands placed on contemporary NFP Boards among others, the Board of Coffs Coast Legacy will undertake the BoardWise board members' training program. This is an online training course aimed at ensuring that Board Members are not only fully aware of their responsibilities, but equipped with the knowledge and skills to meet those responsibilities.

An interesting development, introduced by recently inducted Legatee Terry (Tex) O'Grady, is the yacht "Two Dogs Sailing". When restoration work is complete the yacht will be permanently berthed at the Coffs Harbour Marina and Tex will make the vessel available to Veterans and their families as well as others associated with Legacy, free of charge. The sailing experience will be offered either as trainee crew or simply as passengers. The project is "work in progress" at present so, watch this space.

Yours in Legacy
Allan Harrison
President

CEO'S MESSAGE

SHAWN BERGQUIST

The new accreditation standards will commence on the 1st July 2019 and we are well on our way to ensuring that we are ready for these new standards. Legacy on Victoria has worked towards reviewing the 2017 – 2020 Strategic Plan to ensure that we have a commitment to our residents, families, volunteers and staff. To aid in this commitment, the Board of Directors and the Executive Management Team in conjunction with our resident's families and staff have developed a Statement of Intent.



The

diagram supports out Statement of intent;

above

Legacy on Victoria intends to have a culture of Joy by making all residents, families, volunteers and staff welcome, safe and valued, by being accountable, transparent through integrity and stewardship.

The statement of intent is utilised in conjunction with the Vision and Mission Statements for both Coffs Coast Legacy and Legacy on Victoria. We have chosen a culture of Joy because we have been aiming for a culture of happiness within Legacy on Victoria. Joy is an emotion of well-being, success, prospect of possessing of what one desires, it is also a stronger less common feeling than happiness. So Legacy on Victoria and Coffs Coast Legacy are aiming higher than happiness and we are striving for a culture of Joy.



Legacy on Victoria and the Board of Directors are also keeping abreast of the Royal Commission into Aged Care and there is information available if anyone wishes to find out more.

Shawn Bergquist - CEO/DON

MEET THE LEGACY ASSIST TEAM



JANE SURY – COMMUNITY LIAISON

I have a very diverse role in Legacy that covers everything from enrolling new families, to grief & loss support to organising social activities and fundraising.

A key part of my role is overseeing our community programs and ensuring that our beneficiaries are receiving the best support possible. I have been with Coffs Coast Legacy for over 13 years now and during that time I have seen our role expand into

working with families of veterans who have given their health. I am also involved with compensation / pension advocacy and available for appointments Tuesday to Friday from 8am to 4pm.

JOANNE HILL – LEGACY ASSIST WORKER



Essentially Legacy Assist is Information, advocacy referral and support. In this role I visit beneficiaries in their homes and identify if they need any kind of support or services and refer them to what they need. Other times I provide a friendly listening ear, emotional support, grief and loss, advocacy, equipment needs, social support and practical assistance to fill out forms. Critical to my role is keeping up to date on new services and information

in the community and how to access those services and pass it on to beneficiaries, carers and families. I help simplify and navigate My Aged Care and sometimes if all is well I simply have a friendly cuppa and chat.

CONTINUED ...



DOT MYALL – LEGACY ASSIST SUPPORT

As Legacy Assist Support officer I can often be found in the office answering any queries our ladies may have, confirming appointments, completing referrals and any other things that may arise. Part of my role in Legacy also involves visiting our beneficiaries in aged care facilities in the Coffs Harbour area. During these visits, we hold a morning or afternoon tea to give the ladies a chance to meet each other and have a chat. I also visit Baringa Private Hospital each week to check in on our ladies who may be admitted there. When I am not working with the Legacy Assist Team, I work as an Assistant in Nursing with Legacy on Victoria.



HOW CAN LEGACY HELP?

Things in life often change and you may have different needs now than when you first joined Legacy. We often receive calls asking how Legacy can help now that your circumstances have changed or because it has been a while since you last spoke to someone from Legacy.

Some of you may have an allocated Legatee or Friend of Legacy. They can be your first point of call to discuss your needs and how Legacy can best support you. If you do not have a Legatee or would like to speak to somebody from the Legacy Assist Team, you can call the Legacy office. The Legacy Assist team are professional staff members who are happy to speak with you over the phone or visit your home to determine what your needs are and how we can help.

We can assist in a range of different ways;

- Provide a social call
- Link you with a Legacy Social Group, Activity or Legacy holiday
- Provide information and referrals with regards to matters of health, ageing, planning for the future, transport in your community, home support, housing and residential aged care.
- Provide equipment and personal alarms for non-Gold Card Holders
- Financial assistance in necessitous circumstances

Sometimes it's hard to know where to start and it can help to speak with someone who has knowledge of these things. We will do all we can to help and if we are not able to assist directly, we will certainly point you in the right direction.

If you have not had a home visit for a while, you will probably have received a phone call at some stage during the year to ensure everything is going ok. This is another way we try to keep in touch and let you know we are here if you need help. Please remember that you can request a visit by phoning the Legacy office and asking for a member of the Legacy Assist team on 1300 LEGACY (534 229).

FAMILIES OF VETERANS

Legacy support can be provided for eligible families of veterans who are suffering with significant physical and emotional incapacity. Coffs Coast Legacy provides support to the partners, children and families of veterans who have sustained a serious service related illness or injury which impacts on their ability to support their family. This includes those families living with Post Traumatic Stress.

Legacy's primary focus is on the unmet needs of the partners and children of incapacitated veterans, rather than on those of the veteran themselves.

Our programs work collaboratively with other agencies and services to obtain the best possible outcomes for the family in need.

For further information contact the Legacy Assist team on 1300 LEGACY (534 229).

JUNIOR LEGATEES

Children are particularly deserving of Legacy support. While Legacy can never replace a spouse or parent, it will strive to create an environment where the family can thrive despite their loss. Marshalling all of its resources, Legacy will provide the advocacy, counselling and family support necessary for each family member to fulfil their dreams and live rewarding lives. Particular attention is given to the educational and developmental needs of children.

Coffs Coast Legacy delivers support to the children of Veterans by providing;

- Regular contact by a Legatee to keep abreast of the families requirements
- Assistance with educational expenses including school fees, excursions, textbooks, computers, school clothing and stationery
- Pocket money
- Access to Legacy camps and activities

“FUNNY THE FISH” BOOK LAUNCH

It is not every day that a 10 year old boy with Asperger’s publishes a book, but that is what one of our Junior Legatees has achieved recently. Noah has a younger brother Zane who is also the illustrator.

Funny the fish lives in an anemone and does not like to leave his home, but one day decides to step outside. Noah describes Funny’s adventures and hopes that all children will connect with his writing. Part of the story details when another character goes to university and Noah has based this on his own desire to follow this path when he grows up.

In conjunction with Autism Australia, Coffs Coast Legacy will be having a book launch at Dolphin Marine Conservation Park on Saturday 22 June. The event aims to raise awareness of autism and also the work Legacy is doing in our local community.

The family have kindly arranged for a donation to Legacy for each book sold in appreciation for the support we have given him to reach his goal of becoming an author.



FAMILY DAY AT TREETOPS ADVENTURE PARK

On Thursday 18 April Coffs Coast Legacy held another family day for our Junior Legatees and young families. Treetop Adventure Park is a recreation activity in the tree tops near Sealy Lookout, where participants slide down flying foxes,



move from tree to tree on suspension bridges and enjoy many other exciting activities up to 15 metres above the forest floor. There are 115 challenges including 20 flying foxes, the longest at 200 metres.

It was wonderful to witness so many of the climbers overcome their fears, work together and make it through the course. Coffs Harbour turned on a glorious day and everyone enjoyed lunch together after all their hard work. The day was such a success we hope to make it a regular activity on our calendar. A big thank you to the Legatees and staff who helped on the day.



MEET LEGATEE MARGARET RODWELL

What position do you hold in Coffs Coast Legacy?

Legatee— Currently editing, researching and updating Coffs Coast Legacy's history 1947 - c.2021.

Do you have a 'nickname'?

Margie, Margo.

What was your first job?

School holidays (aged 16) - Cleaning glass display cabinets (unsuccessfully) at Mark Foys department store, Sydney.

Full time (aged 19) - Teaching 5B (10-11 year olds) at Homebush Girls Primary.

What is your favourite hobby/pastime?

Reading! Knitting, embroidery, quilting (all the Nanna things).

Do you have a favourite holiday destination and why?

Sydney—for the bookshops.



What was your first car?



1938 Chev coupe (just like the gangsters drove in in the old black and white films). Bought in 1960 and driven responsibly. It cost \$40.

CONTINUED....

What is your favourite TV show?

Anything good on ABC or SBS.

What type of artist/band/performer interests you?

From Beethoven to Chopin and Rachmaninov to Sinatra, Don McLean and Dylan and Jimmy Webb.

Are you a cat or a dog person?

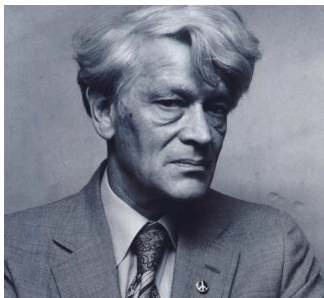
A dog lover, despite being allergic to both.

Which three people (anyone!) would you invite to dinner and why?

So many to choose from, but Eleanor Roosevelt, Sister Vivienne Bullwinkle and Thomas Cromwell all and one more who's still living—Professor E.P. Thompson. Conversation Heaven!

Is there anything else you would like to share with us?

As an ex-WWII Junior Legatee I feel privileged to contribute to Legacy's work.



MACAU GOLF MASTERS 2019

Last month one of our Special Need Dependants travelled to Macau to participate in the Masters Golf Tournament.

Lachlan kindly send us the following report on his incredible achievement;

“Just letting you know that I had a fantastic time in Macau playing in the Macau Masters 2019 at Caesars golf club Macau for Special Olympics.

It was an amazing experience for me, especially as I came home with a bronze medal. My mate from Sawtell won gold. I competed against players from Australia, Hong Kong, Zimbabwe, Costa Rica, UK, Brunei, Korea, USA, and India.

I have also received a letter of congratulations from the Local Member Gurmesh Singh.

So a big thank you to Legacy for helping to make it happen.”



ANZAC DAY



FROM OUR COMMUNITY ACTIVITIES TEAM

It is hard to believe that we are almost at the half way mark for 2019. We have already had some wonderful functions and activities catering for all of our Legacy beneficiaries. You will notice in other sections of this newsletter that some of our Junior Legatees and Special Needs Dependants have been doing some amazing things this year. It is wonderful to see these young people pursue their dreams and reap the rewards for their hard work.

There has definitely been a healthy theme to our activities so far, from Zumba during Seniors Festival to Treetops Adventure Park. These activities are also designed to bring people together and build new friendships, social interaction is very important to a healthy lifestyle.

Sadly our bus trip to Maclean was cancelled but we have another one planned for 27 June. It is not often that we get together with our Legacy ladies in Dorrigo, so we are heading up the mountain for lunch at Dorrigo Memorial RSL.

Volunteers Week is a chance each year to say thank you to the special people who give their time to organisations like ours. We have two ways of volunteering for Legacy, as a Legatee or as a Friend of Legacy. Our Friends of Legacy volunteer in the Op Shop, at Legacy on Victoria and with Legacy Assist. On Thursday 23 May we held a special morning tea for volunteer's week and were treated to the best scones on the Coast, courtesy of Sue from our kitchen.



CONTINUED...



The next major function will be our July Luncheon at Sawtell RSL. An invitation with more information is enclosed with this newsletter. Please let us know if transport is required or if you have special dietary requirements. If you need a carer or friend to help you get to the luncheon, they are more than welcome to attend.

Badge Week preparations are under way and sites confirmed across the Coffs Coast. We need your help to make the appeal a success so please call the office if you can spare an hour or two on Friday 6th or Saturday 7th September.

If you are interested in getting out and meeting new people, don't forget about our regular social luncheons.

Cex Luncheon & Concert – first Friday of the month

Laurel Social Group – Third Monday of the month

Woolgoolga Social Group – first Saturday of the month

We are also going to start a coffee and chat group for our families in the coming months so stay tuned for more information.

THANK YOU MOONEE TAVERN

A huge thank you to Moonee Tavern for the wonderful lunch supplied to our Woolgoolga Social Group.



OUR LEGACY UNITS

Coffs Coast Legacy provides a number of low cost housing options primarily for the benefit of our Legacy Beneficiaries.

These are located at:

Shea Street, Coffs Harbour: Eleven brick veneer units.

Albany Street, Coffs Harbour: Ten stucco-fibro units.

Lyons Road, Sawtell: Nine stucco-fibro units.

These units are all one bedroom.

Units are rejuvenated between tenants and as such have been modernised in most cases.

If you are looking for a sea change to the beautiful Coffs Coast or to downsize for whatever reason please ensure you give us a call, we can organise an inspection and an application form.

BADGE WEEK 2019

Legacy Badge Week is our major fundraising campaign of the year and a wonderful opportunity to raise awareness of Coffs Coast Legacy in our local community. This year we will be selling badges and other merchandise at the following locations:

Beilingen Main Street - 6th September	Bunnings - 6/7 September
Cex Coffs Harbour - 3rd September	Coffs Central - 6/7 September
McDonalds South - 6th September	Moonee Shopping Centre - 6/7 September
Northbeach Sports Club - 6/7 September	MccDonalds North - 6th September
Sawtell Main Street - 6th September	Park Beach Plaza - 6/7 September
Cex Urunga - 6th September	Toormina Gardens - 6/7 September
Woolgoolga Main Street - 6th September	Woolgoolga Differs - 6th September
Legacy on Victoria - All Week	Legacy Opportunity Shop - All Week

To cover



these sites and make the day a success we need your help. If you can spare 2 hours to help, please let the Legacy Assist Team know, by calling 1300 LEGACY (534 229). Bring a friend or meet a new one, every shift is covered by two volunteers and has the backing of a dedicated site coordinator.

Your support will have a real impact on the families of our fallen and injured veterans.

A MOMENT WITH BENEFICIARY JOYCE MORTON

What association do you have with Coffs Coast Legacy?

28 years.

What was your first job?

Mum died when I was 9, so my job was helping dad around the house. When I married, my husband was a banker, so I did not have to work.



Do you have a favourite holiday destination?

Woy Woy NSW. Lovely spot.

What is your favourite hobby or pastime?

Family time.



What was your first car?

I never had a car.

Are you a cat or dog person?

Dog.

Which four people (anyone!) would you invite to dinner and why?

Family and friends.





**Best wishes to members of our Legacy Family
celebrating significant birthdays.**

may

Jean Burgess
Elizabeth Piggott

june

Elgwen Herdegen
Valerie Barton
Delia Worrall
Lesley Lee
Helen Teerman
Doreen Lane

july

Marilyn Stapleton
Noreen Meredith
Rita Moffatt
Ruth Smith
Florence Wilson

august

Gwen Dempsey
Jean Taylor
Sylvia Chapman

PHOTO BOOTH - GOLF DAY 2019





PHOTO BOOTH - BENEFICIARY MORNING TEA



STAFF SPOTLIGHT WITH JENNY SORIANO

What position do you hold in Coffs Harbour Legacy?

Registered Nurse.

What was your first job?

Registered Nurse.

What is your favourite hobby/pastime?

Watching movies and TV series.

Do you have a favourite holiday destination and why?

Philippines - my family and relatives are there.

What was your first car?

Holden Barina.

What type of artist/band/performer interests you?

Acoustic.

Are you a cat or a dog person?

Dog person.

What is your favourite TV show?

Game of Thrones!

Which three people (anyone!) would you invite to dinner?

Bill Gates and Mark Zuckerberg - to ask them how to be a risk taker and be successful. And Queen Elizabeth III.



FROM OUR LEGACY ON VICTORIA

LIFESTYLE TEAM



Staying as healthy and happy as possible, is the key to maintaining good quality of life. Our lifestyle and wellbeing programs aim to do just that.

Wherever you are on life's journey we can offer a program of activities to promote pleasure, enjoyment and fun.

You'll be encouraged to enjoy your favourite pastimes or explore new interests.

The type of activities we offer depend on residents' preferences, activities generally include: live concerts and entertainment, bus outings, music, sing a longs, art & craft, Bingo, hoy card game, special events, sensory therapy, men's chat groups, cooking groups, in-house church services, gentle seated exercise, celebration days and much, much, more.



In April: We celebrated with Easter festivities and held a huge raffle for residents, staff and family to be a part of. We also held our ANZAC Day Ceremony, which residents took part in wreath laying.

In May: Legacy held a special Mother's day morning tea, and enjoyed celebrating mothers from around the world. Also in remembrance and thankfulness, we held a service for Anzac day.

In June: We enjoyed a morning tea celebrating the Queen's birthday.



In July: We will be celebrating ‘Pirate Day’ where staff dress up in Pirate gear and residents enjoy a day of laughter and corny jokes!

In August: We will be celebrating International Chocolate day!!! YUM...With a Chocolate fountain and all the delicious toppings our residents love.

September is all about Father’s Day! We’ll hold an afternoon tea with all the goodies to celebrate, remember & thank, all the fathers in our lives. From our sons, husband’s- as the father of your children and any other wonderful fathers you know.



In October: Legacy hold a resident & family Annual Ball, this year the theme is “Black & White”.

At the heart of our programs is getting to know you!

Our Lifestyle and Wellbeing team, love the opportunity of getting to know you, we really want to discover the stories that make you who you are.

At all times we want to go ‘above and beyond’ in what we can offer our residents and consumers, providing that little bit extra that can sometimes make all the difference.

Until next time: Stay safe, happy & may your coffee cup always be full.



A MOMENT WITH RESIDENT REX HARDINGHAM

How long have you been with Legacy on Victoria?

About 5 months now.

Were you or a family member in the military?

I was in the Army for 12 years.

What has been your favourite holiday destination and why?

Queensland- The Great Barrier Reef.



What was your first job?

I was an inspector of Jars and glass bottles in York, England.

What is your favourite hobby/pastime?

Music - Listening, playing, being part of a band is something I miss.



Continued...

What is your favourite TV show?

I don't really watch TV, if I do it's just the news.

What type of artist/ band/performer interests you?

"Grimethorpe Colliery Band – the finest jewel in the world of brass bands".



Are you a cat or dog person?

Dog

What was your first car?

A Holden.



HOLDEN

Which person (anyone!) would you invite to a dinner?

Alison Louise Balsom; She is an English trumpet soloist, arranger, producer, music educator, curator and spokesperson for the importance of music education, I'd enjoy talking to her for an evening.



LEGATEES

The definition of Legatee is a person who receives a legacy. Our Legatees accept a Legacy of Service which was bequeathed by our departed comrades. A promise to look after the families that were left without a parent or a partner as a result of their service.

Legatees are the face of Legacy in the community and for our beneficiaries. Coffs Coast Legacy relies on the assistance of our Legatees to support our beneficiaries by phoning and/or visiting our families to ensure they are getting the opportunities and services they require for a happy and fulfilling life.

Legatees are not only returned service personnel, we welcome anyone who shares a commitment to Legacy's ideals. Every new Legatee has a mentor to guide them, so you will always feel supported in your role.

If you or anyone you know may be looking for a rewarding role like this, then please contact the Legacy office on 1300 LEGACY (534 229). You can come along to one of our General Meetings held each month and this will give you the opportunity to meet other Legatees and learn more about what the role involves.



NETWORK NEWS: GOLD CARD ENTITLEMENTS COMBINED WITH A PACKAGE

Are you are in receipt of a gold card and you require more assistance to meet your needs to keep you at home safely?

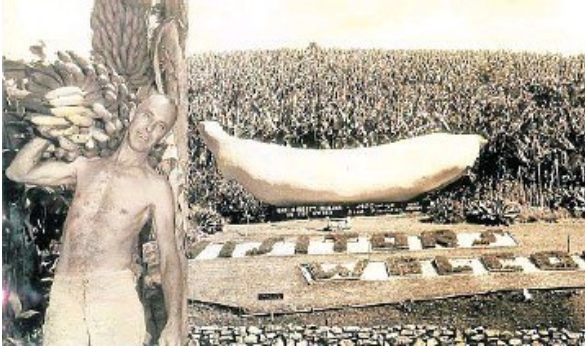
If so you are eligible for a Home Care package to operate alongside your gold card.

You can access a package through My Aged Care by having a needs assessment which will recommend the level of package to meet your current needs. Packages range from level one basic needs up to level four high needs **and comes with funds**, which differ for each level. The funds are allocated for you to use for services you need. Once you have been allocated a package you may choose a provider, the funds are given to your chosen provider and together you work out a budget around the services you need costed out with funds provided in your package.

Before accepting the package its best to consider how much extra service you can receive with each level and any extra costs that may be incurred. For instance with a level one and level two package you can keep all the gold card entitlements and use the package funds for things like social support, accompanied transport to appointments and shopping assistance and leave DVA nursing and medical and allied services to go on your gold card. However if you receive a level three or four package you lose your gold card entitlements.

If you require further information or any assistance to help you navigate the MY Aged Care please contact the Legacy Welfare team on 1300 LEGACY (534 229).

FROM THE ARCHIVES



Big Banana founder
John Landi
Circa 1960's



Coffs Harbour
Caravan Park
Circa 1967



Mine entrance and
miner's campsite at
the Beacon Mine,
Coffs Harbour
Circa 1889

COFFS COAST LEGACY OPPORTUNITY SHOP

Our Opportunity Shop is a vital link for us with the local community. If you have not yet been a customer at the Coffs Coast Legacy Shop please, come on in to say hello and find yourself a bargain. Our shop is a treasure trove of pre-loved items, we've got everything from clothing to furniture and everything in between.

Our wonderful shop staff and volunteers continue to provide a high standard of service to assist in raising valuable funds, that stay on the Coffs Coast to assist our beneficiaries.

GOODS WANTED

***Are you moving home or are downsizing?
Do you need to get rid of unwanted items?
Items left over from your garage sales?
We can assist!***

Please donate any quality goods via our Op Shop!

FREE local pick-up available

Donations can be made direct to the shop during business hours listed below, or to the rear of the shop at Scarba Street (accessible via the laneway).



FREE local pick-up available

**4 Scarba Street,
Coffs Harbour - 6651 9669
Opening Hours Mon-Fri
9-3pm; Sat 9-11.30am**

JOKES

- Went to the shop today to buy some lemons and apples, but they didn't have any. It was a fruitless trip.



- What do you call a pig who knows karate?
A pork chop!
- Why was the teddy bear never hungry?
Because he was always stuffed!

- I was addicted to the hokey pokey... but I turned myself around.

- What do you call a cow with no legs?

Ground beef.

- What do you call a cow in a tornado?

A milkshake.

- What do you call a hen who counts her eggs?

A mathemachicken!

- What do you call a dentist who doesn't like tea?

Denis.

- What did the hamburger name it's baby?

Patty.



PECAN SHORTBREAD

Why the recipe is special: A family favourite recipe, easy to make and never fails!

Ingredients

- 125gm butter
- ½ C caster sugar
- ½ C plain flour
- 2/3 C SR flour
- 3 Tbsp warmed apricot jam
- ½ C pecans (chopped)

Method

Cream butter and sugar. Add flours and mix until crumbly. Press half of the mixture into greased sponge tin. Spread with warmed jam. Add nuts to remainder of mixture and crumble on top.

Bake for 30 min at 180°C. Cool in tin before removing.



COULD YOU BE AT RISK OF TYPE 2 DIABETES?



Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. It is the fastest growing chronic condition in Australia; increasing at a faster rate than other chronic diseases such as heart disease and cancer.

280 Australians develop diabetes every day. That's one person every five minutes!

You may be at a higher risk of developing type 2 diabetes if you:

- Have a family history of diabetes
- Are over 40 years old
- Are physically inactive and/or have poor nutrition
- Are a smoker

Have high blood pressure

At your local Amcal pharmacy you can book in to have a Diabetes Risk Assessment, which covers:

- On-the-spot finger prick blood test (HbA1c)*

A HbA1c test measures the amount of glucose (sugar) attached to your red blood cells. The test provides a measure of whether there has been too much sugar in your blood over the previous 3 months.

- Quit Smoking Plan
- AUSDRISK
- Weight Management advice
- Heart Health Assessment
- Lifestyle advice

Already diabetic? Keep your diabetes in check!

If not managed properly, diabetes can lead to many other health complications. Areas that can be affected include: feet, eyes, weight, quality of sleep, kidneys, bladder and heart.

Fortunately, there are a number of lifestyle changes that you can make to help manage your diabetes. These can include changes to diet, regular exercise, and closely monitoring your blood glucose levels.

Your Amcal pharmacist can help you take control of your diabetes with a personalised Diabetes Management Review, which covers:

- On-the-spot finger prick blood test (HbA1c)*
- Heart Health
- Kidney Health
- Weight Management
- Sleep Health
- Foot Care
- Eye Care



Amcal+ Coffs Harbour - Open 7 Days a Week 8:30am – 9pm

Address: 343-345 Pacific Highway, Coffs Harbour NSW 2450 - Opposite the hospital in the Specialist Medical Centre - Email: info@amcalcoffsharbour.com.au

Phone: 6652 2336 Fax: 6652 2339

Amcal Express Toormina - Open 7 Days a Week

8:30am – 7pm, Sat 9am – 1pm & Sun 9am – 12pm

Address: 9 Minorca Place, Toormina NSW 2452 - Toormina Medical Centre

Phone: 6658 8333

COFFS COAST LEGACY

FUNDRAISING INITIATIVES

Please support Coffs Coast Legacy in any of the following ways:

We have a range of badges, pens, lanyards and other merchandise which is available all year round.

Keep an eye out for our tin hats found at various convenient locations around the Coffs Coast - a great way to lighten the load of change in your pocket/wallet!

If you have any suggestions on sale locations for any of the above, or would like to sell some items yourself, please let us know.

Legacy's ongoing support is funded through Legacy Week, and other merchandise sales activities during the year. Our services are humbly dependant on public support. Donations and bequests are gratefully received and faithfully applied.

GENEROUS DONATIONS

Coffs Coast Legacy would like to thank those members of the public who took part in our annual Charity Golf Day.

Thank you Woolgoolga Social Group, Sawtell RSL, Valla Beach Social Group, the Estate of the late Ethel Bawden, Robyn Lees, Jason Moore, Seaview Tavern and Coramba Hotel for your generous donations.

KNOW SOMEONE IN HOSPITAL?

If you know a Legacy lady is in hospital, please let the office know on **1300 LEGACY (534 229)** so we can arrange a visit or assist with discharge arrangements.



1300 LEGACY (534 229)

Our standard office hours are **8am - 4.30pm Monday to Friday**. ***If you call outside these hours you will be given the option to press 1 for the nursing home or 2 for the Legacy Assist office where you can leave a message.***

If your call is welfare related, please ensure you do not select the nursing home option as the nursing home staff cannot assist with welfare and may not be in a position to take messages, please ensure you call during office hours where possible so we can best assist you.

LAUREL SOCIAL GROUP

The Laurel Social Group for the benefit of Beneficiaries and is run by its members. The Laurel Social Group exists to provide companionship, outings and activities. They meet on the 3rd Monday of every month - 10am start at the Coffs CEX. Please contact the office on 1300 LEGACY (534 229) if you are interested in attending.

Caring for the families of those who served their country

COFFS COAST LEGACY & LEGACY ON VICTORIA

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