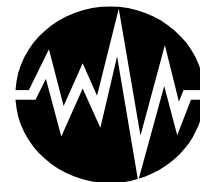


Goulburn Valley Heartbeat



The Newsletter of
Heartbeat Victoria Inc.
Goulburn Valley Branch
Established Dec.1986
HBVC ABN 76 073 229 523

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**GOULBURN VALLEY
BRANCH**

**JUNE – JULY
2024**

www.heartbeatvictoria.org.au
My heart, My health

HEARTBEAT VICTORIA INC

VISION: to be an excellent & well recognized peer support organisation which assists in improving the emotional, social & physical wellbeing of people living with heart disease. or a heart condition.

MISSION: to advise & promote associated support groups in conducting peer support activities for people living with heart disease to ensure they have a better understanding of the impact of their heart disease or condition, how they might seek on going services & support in their local area & how to raise funds to improve cardiac services.

Hello All members and friends,

We have all noticed the change in weather as we move into the winter months, cold, foggy, and yes frosty mornings to come. The four seasons we experience bring their own special features and we all have a favorite. Autumn is often a popular choice with its mild sunny days with crisp evening air and the beauty of the many colors in the variety of deciduous trees. For many people winter seems the most difficult to adjust our life style too and enjoy. Loaded up with layers of clothing the outdoor exercise and activities are more challenging, although on the other had many enjoy the adventurous and exciting sports and fun activities the snow season brings.

Many of our senior citizen age group escape the extremes of winter to warmer places up north in our vast country. Enjoying the opportunity to continue exploring another state and the opportunity that outdoor activity supports in our health and wellbeing. Many of our members fit this category so HB GV Branch have altered its calendar of activities to accommodate this factor.

Please note the changes in activities for June and July on page 2-3.

The number of members in our branch has decreased to 38 for 2023-24. year. This is a result of a few factors. Some of our very senior members have changed medical circumstances, altered living styles and have difficulty getting out at night. It also seems difficult to get the news out to people with heart disease / conditions and carers about the benefits of joining Heartbeat, heart peer support. Please keep this in mind when speaking with friends and family as word off mouth is one of our best form of advertising. Also tell your GP about the benefits of heart peer support.

HB GV Branch is running a Bunnings BBQ fundraiser on Saturday June 1st.

Thankyou to all members who have offered to help– team effort.

Please note this fundraiser if you have volunteered to be on the roster for this event.

We are grateful to Max and Jenny Highland who are the BBQ coordinators, M 0422820491. please contact them questions or concerns.

Thank you to Gerald for acting as secretary last month in my absence and Deanne for organizing the closure of our ANZ account as we are fully now operating the Branch finances with Bendigo Bank.

All the best to those who travel for a safe and happy time, for those at home please keep safe, healthy and happy over winter.

Bye for now, Robyn

JUNE diary of activities HB GV Branch.

PEPPERMILL INN SHEPPARTON CONFERENCE ROOM.

Monday, June 3rd 2024

Dinner: 6.00pm

Speaker : 7.00pm TBA

Coffee/tea socialise: 8:00pm

Looking forward to seeing you all.

**MY HEART, MY HEALTH,
support it.**



Deanne, Max and Gerald leading May Meeting



COFFEE

MORNING

CHAT, CHEW &

SHARE

Tuesday June 20th 10.30am

Baking Dough Café,
253 Maude St Shepparton

*Free Parking at rear of café and back entrance to
Café*

Cardiac Rehab participants invited.

BIRTHDAY GREETINGS



To all members with Birthdays in

JUNE

**June Reid 4th
Dawn Vroland 19th
Irene Maag 21st**

**WISHING YOU A WONDERFUL
BIRTHDAY AND
GOOD HEALTH AND
HAPPINESS**

No walk or lunch in June.

Despite the cool
weather and dull days
try and keep up your
exercise and get out
doors when weather is
enjoyable.

Important for your heart health keep moving.

How long since you viewed the Heartbeat Victoria website? Please check it out and see what new information has been added.

Do you have any ideas for content that would be helpful to new or existing users. Let us know.

Member Welfare
HB GV Branch is there to help
you.

Please contact,

Welfare coordinator .

Jenny Hyland . 0422820491

JULY diary of activities HB GV Branch

**HAPPY
BIRTHDAY**

BIRTHDAY GREETINGS

***To all members with Birthdays in
JULY***

Margaret Mandersloot 9th

***WISHING YOU A WONDERFUL
BIRTHDAY AND
GOOD HEALTH AND
HAPPINESS***

***Please let us Know if your Birth-
day is not being acknowledged***

No planned activities on the calendar in July, due to the fact that many regular members are on holidays in warmer places. It is also more difficult to attend night meetings in the winter weather conditions.

If you would like to meet for Coffee in July please discuss this at the June meeting and set a date and venue.

Please contact a member if you need any support during this time.



What's the difference between a cardiac arrest and a heart attack?

<https://www.heartfoundation.org.au/your-heart/cardiac-arrest>

People often use these terms interchangeably, but they're not the same. A cardiac arrest is different to a heart attack. The symptoms and management are also different.

A person experiencing a **heart attack** will usually be alert, breathing, and complaining of chest pain or other symptoms.

If someone is having a **cardiac arrest**, they will not be conscious or breathing normally. They need immediate help by calling Triple Zero (000), starting chest compressions and using a defibrillator (AED).

A heart attack can sometimes deteriorate to cause a cardiac arrest. Urgent response within 10 minutes of chest pain and/or other warning signs of heart attack starting may prevent a cardiac arrest in a person experiencing a heart attack.

It is important to call Triple Zero (000) as soon as possible if you think you see someone in cardiac arrest.

Is Greek yogurt good for you?

https://www.bhf.org.uk/information-support/heart-matters-magazine/nutrition/ask-the-expert/is-greek-yogurt-good-for-you?utm_campaign=2729731_HeartMatters_newsletter_non-HCP_April_2024_2&utm_medium=email&utm_source=British%20Heart%20Foundation%20%28BHF%29%20&mi_u=8-24264206

Senior Dietitian Victoria Taylor is a registered dietitian with 20 years' experience. At British Heart Foundation she advises on diet and nutrition.

Explains the difference between Greek yogurt and other types of yogurts and tells us how to spot added sugar.

Yogurt is a nutritious dairy product that can be a tasty and healthy addition to your diet. It is a **fermented food** made by adding live yoghurt (which contains bacteria) to **milk**. It is a good source of **protein** and calcium.

Research also suggests that the special mix of nutrients in dairy foods like yogurt and milk helps reduce the risk of heart and circulatory disease. This is true even though the type of fat in dairy foods is **saturated fat**.

Strained Greek yogurt is thicker and higher in protein than normal plain yogurt and milk. Adding 200g of Greek yogurt to muesli instead of 200ml of milk can double the amount of protein you are getting from around 7g to 14g. This increased amount of protein can make Greek yogurt more filling, which is helpful if you are trying to lose weight.

But not all Greek yogurts are the same. Some are less healthy than others.

Some are sweetened, making them high in **sugar**. In fact, **sugar sweetened yogurts are one of the biggest sources of added sugars in our diets**. And some are made with cream as well as milk, making them high in saturated fats.

However, others containing live bacteria (cultures) may be good for gut health. But more research is needed to know the full benefit.

To make sure you are choosing the healthiest option, look for the words 'no added sugar' and '100% milk' on the tub. And check that the only ingredients are 'milk' and 'live cultures'.

You will also see yogurt with 'low-fat' or '0% fat' labels. Whether these are healthier than full-fat milk yogurt is being looked at by scientists.

For now, the **UK government** advises choosing low-fat. This is because low-fat yogurt has less saturated fat in it than full-fat yogurt, which helps keep your **cholesterol** levels down.

It also has fewer calories, which helps with weight loss. But watch out for low-fat fruit yogurts as they often have a lot of sugar in them.

Stay well this winter by getting your annual flu vaccination.

<https://www.health.vic.gov.au/media-releases/stay-well-this-winter-by-getting-your-annual-flu-vaccination>

Victorians are being reminded to book in their annual flu vaccination ahead of an expected rise in flu and other respiratory viruses this winter.

Victorian Chief Health Officer Clare Looker today visited the Royal Children's Hospital for her annual vaccination and to encourage more Victorians to get theirs, particularly those at higher risk such as children under five.

"The flu can be deadly – getting vaccinated is the best thing you can do to protect yourself and your loved ones," Dr Looker said.

"The influenza virus changes throughout the year so new vaccines are developed for each season, which is why it's critically important to stay up to date with your shots."

Flu vaccination is recommended for anyone six months and older and is free under the National Immunisation Program for people considered to be at higher risk.

People considered to be at higher risk include children aged six months to under five years, Aboriginal and Torres Strait Islander people aged six months and older, pregnant women, people aged 65 and over, and people with medical conditions that put them at increased risk of severe flu and its complications.

People can get their vaccine at general practices, pharmacies, council immunisation clinics, Aboriginal Health Services and often at their workplace.

There have been 7,769 cases of flu reported in Victoria so far this season, 1,455 more cases than the same time last year. It remains early in this year's flu season and numbers are expected to rise more steeply as we head into winter.

Dr Looker said annual vaccination reduced the chance of catching flu and could reduce the severity of illness in those who still become infected.

"Flu is highly contagious," she said. "While it most often causes mild to moderate illness with symptoms such as fever and cough, severe illness can develop. Especially vulnerable are babies, children, older people, and people with underlying medical conditions."

Flu vaccines can be given at the same time as other National Immunisation Program vaccines and COVID-19 vaccines.

In addition to vaccination, simple steps can be taken to stop the spread of respiratory illnesses in the community, such as flu, seasonal respiratory illnesses and COVID-19. This includes washing or sanitising hands, coughing or sneezing into your elbow, wearing a mask, and staying home when sick.

The theme for National Volunteer Week 2024 is 'Something for Everyone'.

Big thankyou to all our Heartbeat Victoria GV Branch volunteers. We celebrate the impact of your passion and talents in your various volunteer roles that contribute to heart peer support and its benefits to others in our community. I know some of you volunteer in multiple different roles and organisations in your communities. The benefits to yourself and those you support is immeasurable.

MEDIA RELEASE Monday 15 May 2023

Australia's Invisible Workforce: The Crucial Role of Volunteers in Supporting our Nation.

- Volunteers are Change Makers, taking action to make the world a better place by contributing as the often-invisible workforce that supports the nation every day
- After the ongoing impact of the pandemic on the volunteer workforce, it's encouraging to see over two thirds of volunteers are back in person at organisations across the country
- The data also reveals that for almost three-quarters of volunteers, personal satisfaction, and the desire to do something worthwhile are primary motivations.

Australia has faced an array of challenges over the last few years, from natural disasters to the ongoing cost-of-living crisis. Remaining a constant source of stability through these difficult times, volunteers are now more important than ever.

As the cost-of-living crisis bites, volunteers are vital in supporting our communities and helping those who are struggling in the challenging economic climate. Volunteering takes many forms, from fighting bush-fires and supporting healthcare to simply bringing a smile to someone's face.

Volunteers are an integral part of Australian society, and it is estimated that over five million people volunteer through an organisation annually, while an additional 6.5 million provide informal volunteering support within their community.

A new report from Volunteering Australia featuring the latest volunteering data reveals key insights into the motivations and types of volunteering undertaken in Australia. The most encouraging finding is that, as pandemic restrictions have lifted, over two-thirds (69%) of volunteers are now back in person as change makers in their organisation.

The data also reveals that for almost three-quarters (72%) of volunteers, personal satisfaction, and the desire to do something worthwhile are primary motivations. Helping others and the community is also a significant motivator, with 61% of volunteers indicating this as a driving factor.

CEO of Volunteering Australia, Mark Pearce, explains that whilst the common volunteering motivators are personal satisfaction and helping others in the community, motivations can differ with each sector.

“Volunteering extends across society, including in the arts, education, emergency services, sports, environment, health, aged care and disability, community welfare and other vital community programs. Our new analysis of the latest volunteering data demonstrates that not all motivations and modes of volunteering are the same across sectors,” says Pearce.

MEDIA ENQUIRIES: Kylie Hughes, Volunteering Australia

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