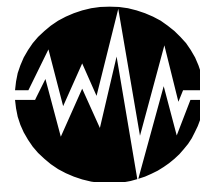


Goulburn Valley Heartbeat



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

- Registered Address
- P.O. Box 6320
- SHEPPARTON 3632
- President, Max Hyland
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- Secretary, Robyn Fennell
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- Editor, Robyn Fennell

Email gvheartbeat@outlook.com



GOULBURN VALLEY

OCTOBER &
NOVEMBER 2023

www.heartbeatvictoria.org.au

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,

Thank you to all members who attended our AGM in October. Special thanks to Max Hyland for taking on President position and all others who have taken positions on our Committee. We look forward to another successful year of activities to support people in our community with heart conditions /disease and expanding our membership.

We are still looking for a treasurer Arthur is only filling in temporarily and can only continue till March 2024.

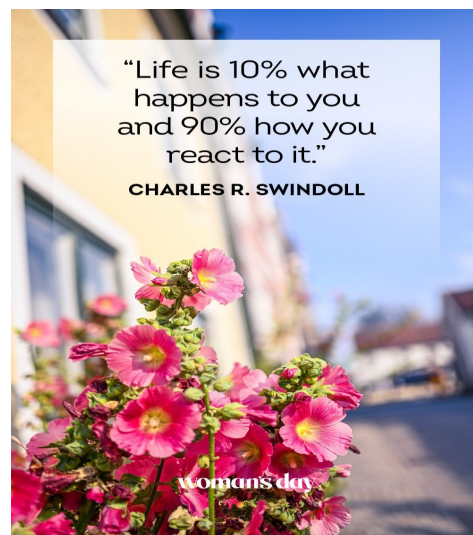
All members appreciate the time and support given by our past president Lance and Treasurer Deanne over the last 5 years. We wish them all the best as they increase their travel adventures and lead into retirement. They will still be joining us when able at HB GV Branch activities.

Sorry for the inconvenience of the multiple repeated emails sent recently that was the beginning of my problems with Outlook program and Telstra passwords, two different issues now all sorted I hope. As I stated at the last meeting I need to cut back on the time I spend on the secretarial volunteer work. This means there will now be second monthly newsletters, with email updates as required. I hope this will not effect the efficiency of our communication to members about our events and member happenings. The Committee can monitor how this progresses as the 2024 year develops and changes can be made as necessary. .

I will be putting together another annual calendar of activities for 2023-24 and would appreciate help with topics you think would be beneficial in supporting health and wellbeing.

Looking forward to seeing you at our Christmas theme fundraising dinner at Max and Jenny's home. This is a very nice venue and we all had a great time last year. Arthur is prepared for Christmas theme with a new shirt, don't forget to add your a touch of Christmas to your outfit for the night.

Bye Robyn



**HB GV Branch Fundraising Dinner Christmas theme,
Nov. 6th 6.00pm \$28.00 PP
At the Home of Max and Jenny Hyland
14 Wesley Crt. Shepparton 3631.**



**\$28.00 PP
Program.
6.00pm: Entree
6.30pm: Main Meal
8.00pm: Dessert
Tea, Coffee, Biscuits
Raffle: tickets \$2.00 or 3 for \$5.00
Lucky Prizes throughout night.**

Dress with a touch of Christmas: RSVP, Oct 31st.



**Coffee
Morning**

**Monday
Nov.27th 10.30am**

**Welsford Street Café,
159 Welsford St Shepparton.**

No Coffee morning in December

**Come along for a relaxing morning and
chat.**

Phone Kevin for transport 0414 644 771

**Membership renewal now due.
Annual fee: \$15.00 PP**

**Cash,
Cheque Payable to :Heartbeat Vic. Goulburn
Valley Branch
Direct Debit: BSB: 013 805
ACC: 2588 25747**

**It is important that you fill in the consent to
use your photo in newsletter, website and
media articles.**

BIRTHDAY GREETINGS



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

November

**Lance Brown 6th
Ann Perry 9th
Mark Rovers 18th
Arthur Fennell 24th
Bev Ralph 25th**

December

**Peg Mellington 4th
Betty Segafredo 11th**

Walk and Lunch Thursday Nov. 16th 11.00am,
meet at rotunda next to SAM, for walk around Lake Victoria.

Followed by lunch 12.15 pm GV Hotel, 233 High St Shepparton.

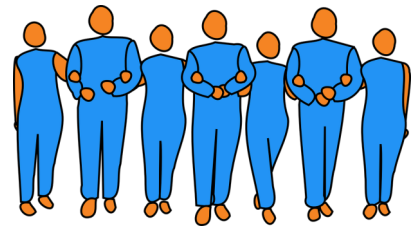
**The weather has been very pleasant for outdoor walks and the lake area accommodates short and longer walks on flat even paths.
 If unable to join us for the walk happy to see you at the hotel for lunch and chat.**

**HBV GV Branch Dinner Meeting on Monday,
 Dec. 4th 2023,6.00pm
 at the Peppermill Inn Conference Room.**

Meals ordered from the menu, Seniors meals available.

Short meeting 7.00pm

For transport assistance please phone Kevin Reid on 0414 644 771



Dinners will continue First Monday each month commencing February 2024

Meetings will be held second monthly .

Information by speakers or digital presentation will continue monthly.



**Walk and picnic lunch at Australian Botanical
 Gardens Shepparton, Oct. 19th .**

Seven members enjoyed a very pleasant time at the gardens. The higher level of the Goulburn River means it was flooded across some of the lower track restricting walking and viewing of these areas. However there are lots of native flora in flower and many birds in the area. The gardens are beautifully layed out and there is seating in strategic spots to rest and take in the views.

We enjoyed a picnic lunch together and had a good old chat while taking in a good dose of Vitamin D, as it was blue skies and sunshine.

Would recommend a visit to these gardens if you haven't been recently .

Kevin enjoying lunch at picnic spot in Australian Botanical gardens

Heart medications- Frequently asked questions.

key takeaways: <https://www.heartfoundation.org.au/Bundles/Support/Heart-Medicines-FAQ>

- **Take your medicines as instructed by your doctor or pharmacist. Don't crush or break tablets, or open capsules, unless your doctor or pharmacist has told you to.**
- **Speak to your doctor or pharmacist before you stop taking a medicine or change the dose. This is important, even if you feel well.**
- **All medicines have possible side effects. Before starting a new medicine, ask your doctor or pharmacist about possible side effects. If you get a side effect, speak to your doctor or pharmacist as soon as possible.**
- **Check with your doctor or pharmacist before starting a new 'over-the-counter' medicine. Common over-the-counter medicines include aspirin, pain medicines, cold and flu tablets, supplements and vitamins.**
- **Speak to your doctor or pharmacist if you are finding it difficult to take your medicines, including if you have trouble remembering to take them.**

If your medicines are too expensive, have a chat to your doctor or pharmacist about what options are available.

If you take a heart medicine, you may have a few questions. It's important you understand your medicines, what they're for, and how to take them correctly. If you've had a heart attack, your doctor may have started you on several medicines before leaving hospital. You will need to keep taking these when you go home.

*If you have a question that is not in the list below, speak with your doctor or pharmacist. You can also call the **NPS MedicineWise Medicines Line 1300 633 424.***

Why is it important to take my heart medicines?

It is important to take your heart medicines to:

- Reduce your risk of future heart problems.
- Manage your symptoms.
- Improve your quality of life.
- Help keep you out of hospital.

Help you live longer.

Each medicine can help your heart in different ways.

How do I take my heart medicines?

Your doctor or pharmacist will give you information about how and when to take each medicine. Each medicine should also come with a consumer medicines information leaflet. Ask your doctor or pharmacist if it is not there. You can also find the consumer medicines information by searching on the [NPS MedicineWise Medicine Finder](#).

Heart medicines can come in different forms. These include tablets, capsules, sprays or patches.

Some medicines for heart conditions need to be taken regularly (for example, blood pressure medicines). For some other medicines, you might only need them when you have symptoms (for example, mouth spray for [angina](#) (chest pain)). You should always keep these types of medicines with you in case you get symptoms. Remember to check the expiry date if you don't use these medicines often. Always check with your pharmacist or doctor about the correct way to take your heart medicine.

Heart medications- Frequently asked questions. Continued.

CAN I USE CHEAPER (GENERIC) BRANDS OF MEDICINES?

When you have a prescription filled at a pharmacy, your pharmacist may ask you if you'd like to buy the cheaper (or generic) brand of a medicine.

Generic medicines are as effective and safe as the brand name medicines. This is because they contain the same chemical (active ingredient). But it is important to remember a few things:

- Your doctor may want you to take a certain brand of medicine. If this is the case, they will tick the "Brand substitution not permitted" box on your prescription.
- Some medicines have many different generic brands. Each generic brand may have different packaging and the medicines can be quite different. This includes the shape, colour, smell and taste.
- Some people prefer to stick to their brand name medicine to avoid confusion, especially if they take a lot of medicines.

If you have allergies, you should ask your doctor or pharmacist before switching to a generic medicine. This is because it can contain other ingredients you might be allergic to.

What if I have trouble taking my medicine.

There are a range of reasons why some people may find it difficult to take their medicines. They might have difficulty swallowing tablets. Or some people find it hard to open the medicine packaging. If you are having trouble, it's best to speak to your doctor or pharmacist as soon as possible. They can help you find a solution.

Remember:

- Don't crush or break tablets to make them easier to swallow (unless your doctor or pharmacist has told you to do this).
- Don't open capsules and mix the medicine inside with water. This can affect how well the medicine works.
- Don't stop taking your medicine or change the dose, even if you feel well.

If you find it hard to read the information on your medicines packaging, you can ask your pharmacist to print a label with large text.

How long do I need to take my heart medications for?

Many heart conditions affect people throughout their life. They may need to take heart medicines for their whole life. Each person's heart medicines may change over time including the type of medicine and the dose. You might only need to take some heart medicines for a short time, for example after having a heart procedure like a stent insertion.

It's important to know when you started each heart medicine and how long you need to take it for. You can write down the date or month you started each medicine.

Once you're feeling better, you might start to think you don't need your heart medicines anymore. It's important to continue taking them though, as they are keeping you well. Taking your medicine can reduce the risk of a future heart attack and other problems down the track.

If you want to stop taking a medicine or change the dose, it's important to speak with your doctor first.

There is a lot more valuable information about heart medications on The Heart Foundation Aust. website referenced



MEMBERSHIP FORM, HEARTBEAT VIC. GOULBURN VALLEY BRANCH

Heartbeat Goulburn Valley Branch: Renewal 2023-24

MEMBERSHIP FEE

Single: \$15.00 \$.....

Couples: \$30.00 \$.....

Donation:
(Optional) of \$ \$.....

TOTAL \$.....

DIRECT DEBIT.

Heartbeat Victoria – GV Branch

BSB: 013 805

ACC: 2588 25747

Receipts will be sent as addressed.

Gifts are Tax Deductible

Please return this form to:

Heartbeat Victoria GV Branch

Box 6320

Shepparton VIC 3632

or email form to arfennell@bigvind.com

PHOTO CONSENT.

I consent to use of my photo in Heartbeat Victoria's, Newsletters, Facebook & Website

Yes

No

Signed.....

Date.....

Please complete the details below.
All information remains confidential.

Name:.....
.....

Address:
..... P/Code

Date of Birth:.....

Home Phone:

Mobile:.....

Email:

Name:.....
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Address:
..... P/Code

Date of Birth:.....

Home Phone:

Mobile:.....

Email: