

Australia MedicAlert Foundation will store additional medical and personal information such as the member's name and address, doctor's details, current medications and emergency contact details. Members can also register advance directives regarding their healthcare with Australia MedicAlert Foundation, who will, on request, fax or email the directives to medical professionals involved with the member's healthcare.

To join MedicAlert Foundation and gain access to membership benefits call 1800 88 22 22 (weekdays, 9am – 5pm) or visit <http://www.medicalert.org.au>.

MANAGERS MESSAGE

I would like to extend my sincere thanks to staff members and our great volunteers for their hard work and dedication across the entire year, ensuring members receive their supplies in a timely manner.

The introduction of Tomas (our new computer systems) has created its fair share of grey hair and extra work for a number of staff, however as we work through minor issues the benefits to all will be evident.

Warren Nalty who served as a director for the past 5 years, took the decision in late October of 2013 to retire. Thank you Warren for past efforts on behalf of all members, we wish you and your family well for the future.

The government decision to introduce the "Australian Charities and Not For Profit Commission" to oversee the governance and financial procedures all charities and associations (such as ONL) must follow, will increase the workload of Staff, our Accountant, Auditor and Board of Directors. ONL was well prepared for these changes as we

submit our annual financial results and records to a number of government bodies.

We again thank everyone who has made a donation of their time or money over the past year. I wish all staff, members and their families my best wishes for a Merry Christmas and a Happy New Year.

Bob Newman

STEPHEN GRANGE IS ONL'S NEW VICE PRESIDENT



Stephen Grange has been a director since 2007.

He is a business development specialist employed in the finance and insurance

industries. He holds a Master of Business Administration, is a member of the Financial Services Institute of Australia and a fellow of the ANZ Institute of Insurance and Finance. Stephen chairs the Risk Management Committee.

ONL'S ANNUAL GENERAL MEETING 2013

ONL's Annual General Meeting for 2013 was held on Saturday, 16 November, 2013 in conjunction with the Meet and Greet for 2013.

150 members, family and guests were in attendance. The supplier display area was larger this year and the food was great. The major raffle for the year was also drawn, see the left panel on page 2 for the results of the raffle. The winners of the 2013 STN Scholarship Awards were also announced (see front page).

Contact Us

Ostomy NSW Limited
6/ 555 Princes Highway
Kirrawee NSW 2232
Tel: 02 9542 1300
Fax: 02 9542 1400

Email: info@ostomynsw.org.au
Post: PO Box 3068, Kirrawee NSW 2232
Web: www.ostomynsw.org.au
Visit our website for links to other useful sites

Orders

Please post, fax or email to: orders@ostomynsw.org.au
Orders may be collected from 18 Monro Ave, Kirrawee

Hours of Operation

We are open four days a week Monday to Thursday – service hours are 9:00 am to 2:00 pm. Payments can be paid by bank transfer (EFT) to:

Account Name: ONL
BSB: 112879 (St George Bank)
Account number: 45 664 3389
Reference: Member Number and Surname

Board of Directors

Tom Flood, President
Tel #: 02 4333 4727
Stephen Grange, Vice President
Gerard Watts, Treasurer
Heather Hill, AM
Tel #: 0422 204 497

David Nicol

Perry Johnstone
Robert (Bob) Newman,
Company Secretary and Manager

Your ONL Team

Operations Supervisor – Colleen
Office Team – Ros, Cheryl, Aye Aye, Frank, Yvonne, Kim, Natalie, Bev; Warehouse Team – Jim, Barry, Janice, Matt, Charlene

Plus our dedicated volunteers

ONL

NEWSLETTER
SUMMER 2013



OSTOMY NSW LTD

THE STN SCHOLARSHIP AWARDS 2013



Frances Day (above picture, front left) spoke to the Narwee Baptist Creative Craft Group about her excitement and joy at being a recipient of a Stomal Therapy Nurse Scholarship from them last year.

Christine Clausen presented a delighted Bob Newman, ONL Manager and Heather Hill, Director with a cheque to fund further STN Scholarships next year. We were again in the fortunate position to be able to award 5 STN Scholarships to nurses undertaking or having completed the "Graduate Certificate of Stomal Therapy Nursing". We congratulate the award recipients and thank them for their decision to advance their career in Stomal Therapy Nursing.

The recipients of STN Scholarship Awards in 2013 funded by the very talented and hardworking Narwee Baptist Creative Craft Group are:

Sally-Ann Johnston, Newcastle
Cheri Kelcher, R.P.A. Sydney

Raye Martin, Griffith Community Health
Katherine Dunster, P.O.W. Sydney

The lucky recipient of an STN Scholarship Award in 2013 who was funded by the Wollongong Chapter #59 – Order of the Eastern Star is:

Brenda Ritchie, Shoalhaven District.



Cherie Kelcher, Christine Clausen, Katherine Dunster



Christine Clausen was presented with a lily from AASTN & ONL

ONL 2013 Major Raffle

The major raffle for 2013 was drawn at the ONL Get Together/ AGM on November 16th, with some 150 members, family and guests present. The tickets picked from the barrel were:

1st Prize—\$1,250.00

Ticket # 73604 – Orange NSW

2nd Prize—\$500.00

Ticket # 06217 – Hollywell QLD

3rd Prize—\$250.00

Ticket # 74380 – Goonumbla NSW

For those who did not have their ticket drawn out there is always next year to try again. Thank you to all who purchased tickets – your support helps all of our members.

Janet's Phone

STN Janet Forsyth operates a clinic from ONL premises (Monro St entrance) on the second Tuesday of each month between 11.30am and 2.00pm.

Janet Forsyth can also be contacted on an ONL mobile phone: 0408 449 362. This is not an emergency service.

You may contact or leave a message for Janet on this number between 10.00am and 3.00pm Monday to Thursday.

Australian Council of Stoma Associations Inc. Toilet Card

As an ostomate you have a right to use Public Disabled/ Accessible toilet facilities. When accessing these facilities, carrying this card with you will save you from having to explain yourself if challenged by other members of the public. It is small enough to fit in the slot of a wallet or purse. Please ring ONL if you would like a copy of the Toilet Card, on 9542 1300 or indicate on your next order.

Regional Meetings

If you haven't had Regional Meetings of Ostomates in your area, contact ONL on 9542 1300, and we will attempt to organise one for your area.



President's Message

I hope your Christmas & New Year celebration will go off with lots of fun and goodwill with family members and friends, and Santa is very generous. New Year's resolutions are made with the expectation that they will be broken at some time during the New Year. A new year always presents challenges and a nice clean slate, the challenge is always to keep the slate clean, easier said than done. The new computer system we have been talking about for some time is now in the process of being operational, it does present some on going challenges, but once fully operational will bring ONL into the 21st century. Staff members are being trained in its use.

A small number of staff members will be on the job over the holiday period. The rooms open again for members on Thursday the 2nd of January 2014, 9.00am – 2.00pm.

Once again from your Board and staff members a "Merry Christmas and a Happy New Year" to you and your family. Enjoy your Christmas and New Year celebration with family members and friends. We look forward to serving you in 2014.

Tom Flood

THE WORLD COUNCIL OF ENTEROSTOMAL THERAPISTS - OSTOMATE TRAVEL CERTIFICATE

World Council of Enterostomal Therapists
<http://www.wcetn.org/>

Ostomate Travel Certificate

Name _____

Address _____

Australia
Emergency contact Name _____

Telephone +61 2 _____

Mobile +61 4 _____

Email _____

If you are travelling overseas, ONL strongly recommend you carry an Ostomate Travel Certificate in case of needing medical attention overseas and also to explain to Security Personnel at Airports why you require scissors, spare pouches, surgical dressings etc. in your on-board luggage. It is a small folded card designed to fit into a small purse, or passport. Please ring the ONL office on 9542 1300 if you would like to receive an Ostomate Travel Certificate.



The Staff and Volunteers Annual Christmas Party was held at the Opera Café in the Intercontinental Hotel, Sydney, on Friday, November 29, 2013.

REGIONAL MEETING AT CLUB BEGA

The last United Ostomy Association Regional day for 2013 was held in Bega at Club Bega.

The Colostomy Association was represented by Kim and Linda Lyell and Ostomy New South Wales Limited by Janet Forsyth (STN) and Heather Hill.

Two companies (Coloplast and Hollister) demonstrated their products and provided useful information for those in attendance. Some excellent presentations were given by Julie Metcalf (one of the local STNs). Janet Forsyth designed a bowel and bladder out of materials and demonstrated how an ileal conduit was formed by surgeons! Unfortunately Wendy Kelland (STN) was sick but Janet stepped in to speak on colostomies.

The day was topped off by a local dietician Liz Matthews. The attendees also were wonderfully interactive. A good day was had by all!

DISABLED TOILETS AND THE MLAK KEY SYSTEM

MLAK stands for Master Locksmiths Access Key. The MLAK Key System allows 24 hour access to public Disabled/ Accessible Toilets in Council municipalities and National Parks across Australia.

The MLAK is a master key that fits into specially designed locks. There are two different types of keys, one with a triangular head and one with a large key head for use by people with impaired hand function.

The MLAK is designed to increase access to Public Disabled/ Accessible toilets that are locked after hours. Keeping these facilities locked after hours reduces vandalism and helps with cleanliness. The MLAK allows people with disability autonomy to go out in public areas after daylight hours safe in the knowledge they have access to suitable facilities.

Access to MLAK is restricted to people who have a disability, people with written authority from: a doctor; disability organisation; community health

centre; the owner or management of a building with a Disabled/ Accessible toilet on site.

Keys can be purchased from Business Members of the Master Locksmiths' Association of Australasia Ltd for under \$20. Contact The Master Locksmiths' Association of Australasia Ltd on (03) 9645 9995 or (03) 9338 8822 for enquiries about the nearest location of a Business Member or visit their website:

<http://www.masterlocksmiths.com.au> and use the Find a Locksmith Search Facility.

Spinal Cord Injuries Australia maintains a directory of MLAK-enabled facilities nationwide. Call Spinal Cord Injuries Australia on 9661 8855 or 1800 819 775 or visit this related page: <http://scia.org.au/sci-resources-and -knowledge/public-toilets>. A useful resource that gives the locations of public toilets nationwide is The National Public Toilet Map website: <http://toiletmap.gov.au/>.

MEDICALERT BRACELETS OR NECKLETS

The Australia MedicAlert Foundation provides to its members a personal medical emergency information system in the form of a bracelet or necklet with the MedicAlert emblem and a personalised wallet card.

Each MedicAlert emblem carries the internationally recognised symbol for medicine combined with the words 'Medic' and 'Alert'. The emblem is widely recognised by healthcare personnel in many countries. The back of the MedicAlert emblem is engraved with a personal identification number, key medical condition(s) and a 24/7 hotline number for emergency and healthcare professionals to access more information.

Australia MedicAlert Foundation provides ongoing education to relevant healthcare professionals and emergency service personnel. When a member wearing a MedicAlert bracelet or necklet has a medical emergency, emergency service personnel and healthcare professionals will look for it and act on the information engraved on the back of the emblem.