

Modbury Meanderer

****Evacuation Rules****

Leave the building immediately if instructed to by TTP staff or a leader. Do not go home until you have given name to one of the leaders. Leave by your nearest door & head to one of the points:
 1 In carpark out from Millers
 2 In carpark out from Woolworths

Listen only to leaders



INSIDE THIS ISSUE:

Social round up	2
Speakers	2
Birthdays	2
Top tips on My Health Record	3
	3
About TTPWG	4
Funnies	4

Updated medical records

Thank you to everyone who has now updated their records—only outstanding ones now are those walkers who have been absent for some time. For the first time in years I feel as though I have the most up to date information on most people. Having said that, quite a few people have come to me and updated again since July—remember this should happen every time you have an event, injury, hospitalization.

Return to Walking form

On many occasions I have stressed that if you are returning to walking from an injury, hospital stay (or even day procedure), I require a Return to walking form, or a letter from the Doctor to say that it is ok for you to come back to walking. **This continues to be a non compliance issue**

Operations and the recovery periods can be dangerous, as are anaesthetics. I have seen numerous people get infections, sometimes a week or more after surgery, so it is important that your treating Dr or specialist clears you to come back to exercise. Also on many occasions medications are changed, and often not for the better! This can result in confusion and falls. For those on email, I have attached the form. It is on our website

www.ttplazamallwalkers.com, or if you know you are having surgery ask me for a form before you go. I think that we instructors do a very good job of looking after the group, but to do our best we must have the most up to date info. **YOU NEED A CLEARANCE TO RETURN TO WALKING AND REJOIN THE GROUP—PLEASE DO NOT SAY YOU DIDN'T KNOW THAT!**

Lions Cakes and puddings

900g pudding \$13
 1.kg cake \$13
 1.5 kg cake \$17
 Mini cakes \$2 each

See Beth at walking if interested, I will point her out.

TT GULLY LOCAL CHURCHES XMAS TREE FESTIVAL

Thurs Nov 29—Sat Dec 1—varying times starts at 9:30 am. Held at TT Gully Uniting church, 592 Milne Rd Banksia Park.

Decorated trees, gifts and crafts, produce and plants, sausage sizzle \$2 entry donation—proceeds supporting pastoral care workers in the local schools.

Australia Fare Butchers are giving a 5% discount on meat purchases to walkers, until the end of the year.

Have a great xmas.

Social Round up

Xmas lunch

Held on November 20—enjoyable lunch. Food is always good

Harbourtown Bus trip

This trip will be held on Monday December 3. Bookings to Carol. \$10 deposit which will be refunded once you are on the bus. Morning tea and lunch are included, along with some vouchers when you get there.

Xmas Breakfast

Brekky will be held at Caffe Primo at 7:30 am on Tuesday 18th December. Carol will start taking money after the bus trip.

Last official walk of the year will be on Friday December 15, and we will return on Tuesday 8th January.

Australia Day Brekky

Hopefully this will be held on Saturday January 26. More details will follow in January

SPEAKERS

We just ran out of time this year. We will schedule in the CFS talk once we are back in January.

If anyone has an interesting speaker that they know of, please let Carol know before the end of the year.

Birthdays

Dec: Kevin, Lenore, Max, Betty, Ray, Pamela, Barbara, Kay, Barbara, Raelene

Jan: Lynette, Peter, Dawn, Ros, Christine, Diana, Mary, John, Sharon, Glenys, Rae, Muriel, Ann Jean, Carol, Pauline, Julie, Kay, Joan, Anne, Naomi, Ron

Feb: Renata, Kaye, Pam, Bob, Heather, Carmen, Di, Erin, Mary, Sandra, Priscilla, Adelia, Shirley, Bev, Marj, Glenice, Judy

Walking Cards:

10 walks for \$18

20 walks for \$30

If you shred your paper take it straight to the pet shop in Ingle Farm. They need plenty of it for the bottom of the pet cages.

Coffee roster:

As the group is so big, we can not all get to sit in the one venue. Businesses who support the mallwalkers are:

- Donut King
- Muffin Break
- 42nd St
- Perfect Cup
- Gloria Jeans
- Cibo

Your Walking Group have available for members to hire - at very reasonable rates the following items:

Small BBQ and Gas bottle \$10
Big BBQ—\$20 (\$50 bond)
Portable folding table opens to 6' x 2'6" (folds to 3' x 2'6") \$5

Champs Sports—upstairs near Kmart is giving walkers a discount if you mention you are a mall walker.

Tony Aldous is a JP if anyone is looking to have documents signed. He just needs a couple of days notice.

Margy and Bronwyn are marriage celebrants and can hatch, match or dispatch. They can also sign off on Advanced care directives, but this time needs to be booked as it takes about half an hour—cannot be done in walking time.

TOP POINTS REGARDING MY HEALTH RECORD

If you do nothing you will automatically be registered for the Health Record

It is reliant on your Dr or medical practice uploading your details.

Information from about the last 5 years is only captured

You can have a multidisciplinary record – meaning that you can give permission for specialists, allied health professionals (like physios, pharmacies, diabetes nurses, podiatrists) to upload data about your treatment or medication

If you travel and wish to give permission for a Dr or pharmacist to look at your records so that they can give treatment or medication, that permission will expire after 5 days.

You need a MyGov account to log in to your account initially (if you don't have a MyGov account at the moment, at some point in time you will need one, if you access stay at home care or go into residential care)

Once you login to My Gov you can then set a pin and an answer to a secret question and ensure that you say who can access your account. You can set up automatic notifications to receive a text any time a new healthcare organisation accesses your My Health Record, including in an emergency.

NOMINATED REPRESENTATIVE

If you do not have a computer or do not feel confident using one, you can nominate a family member (often the same person/s as you have nominated on your power of attorney or advanced care directive) or a trusted friend to be your representative. They can then assist in setting up your security on the computer, and be called on if you wish to add information.

They can have the following types of access:

General access – view all documents except those marked restricted

Restricted access – view all documents including those marked restricted

Full access – view all documents and make additions to My Health Record

IF YOU WISH TO NOT PARTICIPATE

You will need to opt out by end of January 2019. You can call the help line on 1800723471

You can opt back in at any time..

The My Health Record is to bring together all of your records from the last 5 years so that you can get the best outcome in the shortest period of time.

If you have facebook, google anything, have a credit card or Woolworths or flybuys card, they will know more about you than anyone will about your health!

Tea Tree Plaza Walking Group

PO Box 530
Modbury SA 5092

Contact: Walk Leader
Jeanette Richards
Mobile: 0405630039
Email: jr829452@gmail.com
www.ttplazamallwalkers.com



Tea Tree Plaza Walking Group Inc is a not for profit organization.

Some of the services they provide:

- Walking twice per week
- Social Club
- Day Trips
- Guest Speakers
- Fun & Fitness



Distances—TTPlaza

Ground floor-400 mtrs
Top floor (including all exit areas) 1.5 km
Both top and bottom 1.9 kms
2 laps=3.8 kms
3 laps=5.7 kms
2 bottoms & a top 2.3 kms
3 bottoms @ a top 2.7 km

Funnies

A lawyer, who had a wife and 12 children, needed to move because his rental agreement was terminated by the owner who wanted to reoccupy the home. But he was having a lot of difficulty finding a new house. When he said he had 12 children no one would rent a home to him because they felt that the children would destroy the place. He couldn't say he had no children, because he couldn't lie -- we all know lawyers cannot and do not lie. So he sent his wife for a walk to the cemetery with 11 of their kids. He took the remaining one with him to see rental homes with the real estate agent. He loved one of the homes and the price was right -- the agent asked:

"How many children do you have?"

He answered: "Twelve."

The agent asked "Where are the others?"

The lawyer, with his best courtroom sad look answered "They're in the cemetery with their mother."

MORAL: It's not necessary to lie, one only needs to choose the right words... and don't forget, most politicians are, unfortunately, lawyers.

A dentist and a manicurist married. They fought tooth and nail.

A boiled egg is hard to beat.

When you've seen one shopping Center you've seen a mall.

Police were called to a day care Center where a three-year-old was resisting a rest.

The guy who fell onto an upholstery machine is now fully recovered. He had a photographic memory which was never developed.