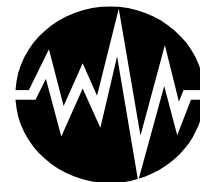


Goulburn Valley Heartbeat



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**

**December 2024
Extra Edition**

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,

This is the last Heartbeat GV Branch news update for 2024.

Thankyou for the friendship and support of each other shown within our Branch. There are phone calls and visits for important chats that often go unnoticed but provide valuable support to members. Sharing experiences and there for support is so important.

Even though our numbers are down a bit currently the Committee have done a wonderful job with the program of activities offered in 2024 and thank them all.



We hope we can commence reinvigorated for our first dinner at the Peppermill Inn Conference room on Monday February 3rd.

I will be contacting Committee members in January to put our HB GV Branch 2024 calendar together and would also welcome ideas from members.

Keep well and enjoy the Christmas and holiday season.

Wishing you and your loved ones a blessed Christmas.

Cheers

Robyn (secretary)

Peace on earth will come to stay, when we live Christmas every day. —
Helen Steiner Rice

Our last opportunity to get together for 2024:

Coffee Morning
Wednesday, December 18th
10.30am

Baking Dough Café,
251 –253 Maude St Shepparton.

Come join us for a chat and social get-together, phone a member who doesn't drive and bring them to this event.

Free parking at back of café

Member Welfare. Welfare coordinator. Please contact, Jenny Hyland M. 0422 820 491

Update about June Reid at time of writing Newsletter. June had minimal invasive Mitral valve replacement at Melbourne Private on 5th Dec. She is back on the ward and doing well and hopes to be home soon. We wish her all the best in her recovery.

<https://www.betterhealth.vic.gov.au/health/healthyliving/how-to-cope-and-stay-safe-in-extreme-heat#bhc-content>
How to cope and stay safe in extreme heat.

- Heat kills more Australians than any natural disaster.
- Heat can cause serious and potentially fatal health problems such as heat exhaustion and heatstroke, trigger sudden events like heart attack or stroke, or worsen existing medical conditions like kidney or lung disease.
- Extreme heat can affect anybody.

Those most at-risk include people over 65 years, babies and young children, pregnant women, people with acute or chronic health problems and people who are socially isolated.

With the summer heat now upon us it is important to remember

- **Keep cool:** use air conditioning or a fan, wear light and loose-fitting clothing, and keep skin wet, using a spray bottle or damp sponge and by taking cool showers.
- **Stay hydrated:** during days of extreme heat, keep drinking water before you feel thirsty, especially if outdoors or performing physical activity.
- **Plan ahead:** Cancel or reschedule activities for the coolest part of the day and avoid exercising and being outdoors in the heat.
- **Check in with others.** Let family, friends and neighbours know you are OK or check in with those at increased risk or who may need your support during days of extreme heat.

Monitor the weather forecast and the Bureau of Meteorology Heatwave warnings online or via the Bureau's app. Subscribe to receive Department of Health heat health warnings.

There is a lot of information about this important topic on the:

<https://www.betterhealth.vic.gov.au> website

Christmas riddles for adults

Q: What do you call an elf wearing ear muffs? **A:** Whatever you want. He can't hear you anyway.

Q: What do you call a snowman with a six-pack?
A: An abdominal snowman.

Q: What did the snowwoman do to the snowman when she was upset with him?
A: She gave him the cold shoulder.

Q: Why is Rudolph so good at answering trivia questions?
A: He nose a lot.

Q: What did Adam say on the day before Christmas?
A: It's Christmas, Eve.

Highlights from Christmas themed social fundraising dinner Nov. 28th

This very successful evening event was held at the home of President Max and Jenny Hyland Sheparton. Their very large entertainment room was set up beautifully to accommodate thirty members with the tables and with the room decorated creating a magnificent Christmas atmosphere thanks to Jenny's friend Faye who provided the table and floral arrangements.

Big thank to members who donated savories, casseroles, sweets etc.as we all enjoyed a very delicious dinner.

Aside from the variety of food, there was lots of chatting and socialising which was a great way to share our last dinner together for 2024.

Thanks to all who contributed in different ways we raised \$ 637.50 towards our fundraising for Cardiac equipment for GV Health Services.



