

Life Times

news from National Seniors Foundation Trust

Issue 9

YOUR DONATIONS AT WORK...

59 community
organisations
supported in 2010

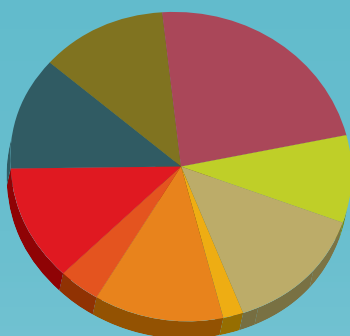
Total grants requested:

\$206,759

Total grants made:

\$108,269

Where the grants went:



- Comfort & mobility
- Kitchen items
- Exercise equipment
- Garden equipment
- Medical equipment
- Commodes & shower chairs
- Pressure relief cushions
- Electrical equipment
- Other

Average grant amount:

\$1,835

See the full recipient list online at
nationalseniors.com.au/foundation

Positive outlook for the Foundation Trust



Welcome to the **new-look Life Times**. This is my first project in my new role as Foundation Manager and I am excited to take on this new challenge as well as National

Seniors' INSTEP program. I believe that working for a charity is not just a job, but a passion. I began my career in non-profit organisations at Guide Dogs Queensland in 1998 and have always been inspired by the generosity of supporters who donate their time and money. The unwavering support of our donors has enabled us to achieve such wonderful things in 2010 and we are anticipating another great year for 2011.

The **community grants program** continued to grow in 2010. With the generous support of our donors we provided over \$108,000 in medical equipment and other support assisting seniors in our community, including one in Alice Springs (detailed below).

Grant Helps Central Australian Seniors

The latest round of Community Grants from the Foundation Trust has assisted **180 seniors** in Central Australian Aboriginal communities to be much more comfortable throughout winter.

Overnight temperatures from June to August can get as low as 3 degrees and it's common for seniors in Aboriginal communities to forgo essential items such as blankets to instead buy food for their family.

The grant was provided to Waltja Tjutanku Palyapayi Aboriginal Corporation - a community organisation based in Alice Springs. Part of Waltja's emergency relief

The publication, *Advanced prostate cancer: a guide for men and their families*, launched in Perth in late February. Our contribution toward the printing of this world-class publication was possible because of the strong support of our members, branches and two major supporters: The Fred P Archer Charitable Trust as managed by Trust Company Ltd; and the CM and JA Whitehouse Foundation. See over for exciting news regarding the reprint of the localised prostate cancer publication.

I would like to thank Mark Furness for his efforts managing the Foundation Trust and wish him all the best in his new role at National Seniors as Manager - Development & Corporate Relations. With your help, the Foundation looks to support many more worthwhile projects in 2011 and we welcome any feedback or suggestions.

Best wishes,

Karen Furnivall - Foundation Manager

program, the blankets were distributed to 15 remote Aboriginal communities.

Special thanks to the National Seniors Central Australia Branch, who identified this very pressing need and made an immediate difference to the lives of the recipients. By providing simple but essential items such as blankets we are able to help seniors in remote communities enjoy a warm night's sleep.



Sharing the Vision



Many seniors are affected by vision loss every year due to age-related conditions like macular degeneration, glaucoma and cataracts. By 2020, the expected number of people with vision loss in Australia is expected to grow to 600,000.

One of the barriers that people face when diagnosed with vision loss is how to access printed information such as newspapers, books, magazines and other publications. In response to this issue, Vision Australia has begun to digitalise a catalogue of audio books to increase independence for people with vision loss or a print disability. Part of their strategy is Vision Australia's National Information Library Service i-access® program,

which currently provides people living in Queensland and Victoria access to the Digitally Accessible Information System, or DAISY.

In conjunction with a DAISY player, vision impaired library visitors are able to browse through a book, use the table of contents and index in much the same way as a sighted reader. DAISY books even allow a reader to go to specific chapters or pages and place bookmarks. Through the community grants program, National Seniors Foundation Trust has contributed a total of \$3,600 to the program with 6 DAISY players purchased for Queensland and 2 for Victoria.

We are proud to support this important project and ensure seniors with vision loss are given the best opportunity to continue to actively participate in their community.

Prostate Cancer Appeal News

It is with great pleasure that we announce that *Localised prostate cancer: a guide for men and their families*, which had approximately 100,000 copies previously distributed, has been scheduled for reprint in late 2010. The reprint of this world-class publication will include all the latest research on this condition, in order to aid the reader in making those pivotal treatment decisions.

This reprint means that we can assist even more men and their families to understand a medical condition that they may have been reluctant to discuss or even consider. Feedback from readers so far has been very appreciative of the book, which addresses a number of the concerns that are not only personal and scary, but also that go to the heart of a man's masculinity. Having these questions answered can be such a relief!

If you would like to receive a copy of *Localised prostate cancer: a guide for men and their families* either call, email or indicate on the form below. The book is also available electronically at www.prostatehealth.org.au

To reprint this guide the Foundation Trust is aiming to raise \$70,000. So far we have raised \$50,000 with the generous support of the CM and JA Whitehouse Foundation, our branches and donors. We need to raise an additional \$20,000 to make this reprint a reality. Your donation makes a very real difference in the lives of men with prostate cancer. To ensure your donation goes to this important project, simply tick 'Prostate Cancer' in the donation form below, call 1300 883 752 or visit nationalseniors.com.au/ foundation and donate online.



Yes! I wish to build a better future...

National Seniors Member Number _____
 Mr/Mrs/Miss/Ms/Dr First name _____
 Surname _____
 Address _____
 State Postcode Phone _____
 Email _____

I would like to receive

- Advanced prostate cancer guide
 Localised prostate cancer guide

Please return this coupon to:

National Seniors Foundation Trust
 Reply Paid 1450, Brisbane QLD 4001

National Seniors Foundation Trust ABN 38 185 578 291
 Donations are tax deductible Thank You!

Please accept my gift of: \$30 \$50 \$100 My choice: \$ _____

Please allocate my donation to:

- Prostate Cancer Community Grants Where needed most

Cheque enclosed (payable to National Seniors Foundation Trust)

Please charge my credit card: Visa Mastercard AMEX

Card number _____

Cardholder name _____

Expiry / Signature _____

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