

Grey medallion is a life saver

Mention Bronze Medallion and a lot of people will know that it's to do with swimming and lifesaving but, writes PATRICIA BARRY, how many have heard of the Grey Medallion?

The Grey Medallion is a special lifesaving award created for the over 50s by the Royal Life Saving Society and you don't have to be able to swim to participate.

The program helps people to learn essential life saving and emergency care skills that could one day save family members, friends or even your own life.

Many people think that toddlers and young children are at most risk from drowning, but in fact it's the over 50s.

The Grey Medallion is definitely not a swimming award, and you don't even have to be physically fit to do it.

It's a two-day course that teaches how to act in emergency situations both on land and around the water.

We teach CPR, first aid, how to use a defibrillator, treat marine stings and water wise skills.

Many older Australians also care for their grandchildren after school and during the holidays, and many have pools or access to creeks, dams or the sea, so the course also looks at this aspect too.

People don't need to be able to swim. We teach "dry rescue" skills, when you don't even need to get into the water.

Funding from CoTA and the Queensland Government enables Ithaca Caloundra City Life Saving Club to run the two day Grey Medallion course for free at Grand Pacific Caloundra.

It will be on August 20 and 21, as part of Seniors' Week. We've run the Grey Medallion for a few years now and we know that places for the course fill up quickly. People do need to enrol online in advance.

It's run by fully qualified Grey Medallion trainers, first aid trainers and lifesavers.

Want to know more about the Grey Medallion? Check the club website caloundracity.asn.au and enrol online, phone Patricia 0402 454 644, or email secretary@caloundracity.asn.au



Grey medallion trainer Patricia Barry.

ANIMAL REFUGE NEEDS A HAND

It's a good time for an early spring clean with the Sunshine Coast Animal Refuge Society's annual garage sale coming up next month

The society's biggest fundraiser of the year, it has an important role in supporting the work of the refuge which relies on community donations to care for cats and dogs that have been abandoned, surrendered or found wandering the streets.

SCARS plans to expand the new item section so donations of new items such as unwanted gifts, purchases and shop stock is welcomed.

Retro items from the '70s and earlier, such as china, kitchenware, toys, cameras and collectibles, are also wanted.

Items can be delivered to the refuge at Sippy Creek from now until August.

Large furniture and general secondhand items are not required at this time.

Donations are also being sought for the silent auction, such as new items and restaurant, accommodation, tickets and health vouchers.

Any enquiries or large deliveries call Rosy 0438 544 082.

SCARS is an independent, not-for-profit charity which cares for up to 70 dogs and 70 cats at any one time. It saves 1000 cats and dogs every year.

"SCARS relies heavily on government



grants and the community to keep operating," manager Penny Brischke said.

"The charity spends over \$250,000 on vet care each year, as well as about \$500 to rehome each animal - and that's just the healthy ones."

All animals receive an initial vet check and care including heartworm, worming and flea prevention, vaccinations, food, shelter and care, de-sexing and micro-chipping.

Adoption prices include all of this and registration with the local council.

The Sunshine Coast Animal Refuge Society was established in 1979 and has a non-euthanasia policy, focusing on finding forever homes and promoting responsible pet ownership.

About 120 volunteers help run the refuge which receives no recurrent government funding.

For more information visit sippycreek.com.au or call 5494 5275.

Meet your Local Hearing Specialist...



Katia Peeters, Audiologist

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Our audiometry specialist, Katia Peeters has over fifteen years' experience practicing in Queensland. After opening her first clinic 12 years ago, Katia quickly gained a reputation for being attentive, caring, and persistent.

Her dedication to our patients is second to none which is evident from the moment you walk in the door of one of our Falls of Sound clinics.

Katia is able to assist with all of your

hearing needs from children's hearing tests, to custom made earplugs, right through to hearing aids and other assistive listening devices.

What Falls of Sound can offer:

- Friendly customer service - we genuinely care for your hearing needs.
- Hearing tests for the young and old (from 5 years +), including auditory processing.
- A wide range of brands to choose from. Most clinics are restricted to only one or two - we offer all major hearing aid brands.
- Custom made earplugs, as well as batteries, cleaning tools and other hearing aid accessories.

Did you know...

Unlike the hearing aids of old, modern hearing aids are small and inconspicuous, diminishing the stigma around wearing hearing aids. Often the only visible part is a thin wire, leading from the hearing aid to the ear. This wire is so inconspicuous, the wearer's hair usually conceals it. Some even fit entirely in the ear, rendering them almost completely invisible.

These days, hearing aids are so advanced

you can barely see them, and often, they contain technology which allows the wearer better hearing than that of a person with normal hearing!*

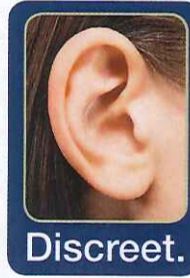
Hearing aids do not have to be expensive. Under the Office of Hearing Services, eligible pension card holders can enjoy subsidised hearing aids. Depending on your hearing needs, they may even be free. For self-funded clients, hearing aids can start from as little as \$500 (for a pair).

* In crowded situations.

At Falls of Sound, we guarantee:

1. Local Service. We are there for you. Service and minor repairs on the spot.
2. Ongoing maintenance plan at no extra cost on all hearing aids purchased from us.
3. All brands to match your hearing needs and the ability to compare different levels of latest technology.

4. A guaranteed result. We will not give up on your hearing.
5. A minimum of two year manufacturer's guarantee on hearing aids purchased from us.



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