



**Gold Coast Office, - 5<sup>th</sup> floor  
12 Short Street,  
Southport Qld 4215**

**\*\*\*Latest News from Veterans' Affairs\*\*\***

**A Happy, Healthy New Year to you from the Staff at Southport  
DVA**

**WHAT'S NEW IN 2008?**

***Cooking for One or Two: - 2008***



**Would you like to brush up on your cooking skills or want to learn how to make delicious nutritious meals? Then Cooking for 1 or 2 is your answer! No experience necessary!**

Department of Veterans Affairs in conjunction with Churches of Christ Care are running this informative 6 week program throughout 2008 at various locations across the Gold Coast region.

Two university students coordinate the classes and provide up-to-date nutritional information. The recipes are quick, easy and healthy, and the classes are small and very enjoyable. At the end of each session you can enjoy the fruits of your labour as you sit down together to lunch. You will also receive the highly acclaimed cookbook "Adding Life to Your Years" free (if you are a veteran) during the course.

**We are taking bookings now for 2008 at a location near you.**

**If you are interested, please call**

**Suzanne McGrath**

**On**

**5509 8591**

**Or**

**Mobile 0407 571 727**

**for a friendly chat and find out more about a fun, delicious, learning experience.**

# Continence for Life Seminar...



**TUESDAY 12<sup>TH</sup> FEBRUARY 2008**

**Horizons Room, South Tweed Sports Club  
Minjungbal Drive, South Tweed Heads**

Members of the public and service providers are invited to attend a continence information and product display morning

10:00am ~ 12 noon **Presentation**

12 noon ~ 1:00pm **Product Displays & Light Lunch**

1:00pm ~ 3:00pm **TCCF Meeting**

RSVP: Maggie Groff (02) 6670 2442  
[maggieg@tweed.nsw.gov.au](mailto:maggieg@tweed.nsw.gov.au) for catering purposes

---

## KETTLE EXERCISES

### **While the Kettle is Boiling...**

This is a great opportunity to do your light exercises.

**Contact: VAN Gold Coast 56 300 203**

for your free exercise book - **Choose Health :Be Active.**



---

## Men's Health

The latest edition of DVA Men's Health Peer Education magazine is available now. Magazine includes topics on **Genital Medicine & Keeping your Mind Active.** Please contact **VAN Gold Coast Office on 5630 0203**



## **SPECIALIST HEARING ADVICE AVAILABLE**

DVA has employed an audiologist to provide veterans with advice about hearing difficulties and the Office of Hearing Services' (OHS) program.

From 3<sup>rd</sup> December 2007 DVA's audiologist will provide clinical advice to OHS and some veterans with complex hearing problems referred by OHS.

Veterans can contact OHS on 1800 637 816.

### **HEARING ARRANGEMENTS**

All hearing aids are provided, and paid for, by OHS which comes under the Australian Government Department of Health and Ageing.

DVA links into the OHS program and, therefore, does not pay for any hearing aids. DVA only pays for maintenance and batteries.

Free of charge hearing aids are provided to meet your clinical need.

Your Hearing Services Voucher will entitle you to obtain, free of charge, a comprehensive range of hearing services designed to meet your clinical needs.

A qualified practitioner (audiologist) will assess your hearing and if they find that you need a hearing aid or other device, the audiologist will help you select an appropriate model from the 'free to client' range. This range of quality digital devices made by

leading manufacturers includes both in the ear and behind the ear styles. Hearing aids from this range should meet the individual clinical needs of most veterans.

The features included in the hearing aid provided to you depends upon your particular clinical needs which will be decided in discussion with your hearing services provider.

### **SPECIAL REQUIREMENTS**

If you have special clinical needs, the hearing services provider will liaise with OHS to ensure you are provided with a hearing aid, free of charge, which meets those needs.

### **TOP UP HEARING AIDS**

An audiologist may show you hearing aids from what is referred to as the 'top up' range. 'Top up' hearing aids have additional features which may not be clinically necessary.

For example, directional microphones are available in behind the ear hearing aids from the 'free to client' range. However, if you want a directional microphone in a smaller hearing device, such as in the ear, or in the canal hearing aid, you will only find this in the 'top up' aid you have chosen.

Neither DVA nor OHS reimburse the cost of hearing aids chosen from the 'top up' range.

If you have any questions about the above information or other DVA matters, please don't hesitate to contact our friendly staff at Southport DVA Office.

**Phone: 07-5630 0203/1300 55 1918**

We look forward to your visit

**Nikki, Pat, Jenny, Bronwyn and Anne Maree**

**Phone: 07-5630 0203/1300 55 1918**