

In Touch

Your St John Medical Alarm newsletter



St John
Here for Life

Issue 020 | April 2019

April marks St John Annual Appeal month. To help make a lifesaving difference you can make a donation by calling **0800 ST JOHN** (0800 785 646), visiting **heartofgold.org.nz** or in any **ASB branch**. Please share any stories, photos, tips or recipes. We'd love to hear from you! You could win a voucher if your story is published in the next edition of In Touch which you will receive later in the year.

Thanks for supporting St John.

Brienna, Jeff & Ivy

It was one o'clock in the morning when Laura suddenly woke to a strange hiccupping sound. Instinctively she knew her little girl was in trouble: "I jumped up and turned the lights on to look at her. She had a vacant stare and her lips were turning blue." Three-year-old Ivy was having a seizure. Her little body was stiff and quivering, her tiny jaw clenched shut.

Without a second thought, Laura's husband John was on the phone to St John.

Brienna was the first St John ambulance officer on the scene. She took one look at Ivy and knew she needed back-up. Brienna remembers the relief she felt when Jeff, a St John intensive care paramedic, arrived:

"Jeff was carrying a special intensive care pack that's specific to all St John intensive care paramedics. It has advanced airway equipment like tubes and laryngoscopes in children's sizes."

Without a second to spare, Jeff set to work. In fact, he'd already been working frantically as he raced over, sirens on, calculating drug doses – then calculating them again based on Ivy's small body size.

"I managed to get a very, very small IV into her hand to give her more medication.

"But despite all that she was still seizing – and then she started vomiting.

"We had to act fast to intubate her – get a tube into her lungs so that we could breathe for her."



Ivy reunited with Jeff & Brienna

Ivy was in real danger of choking to death. And as Jeff explains, without the right-sized equipment, that's exactly what would have happened:

"A standard adult-sized tube simply wouldn't fit. It would have been like trying to squeeze something the size of two fingers down her tiny throat.

"The tube I used to keep Ivy breathing was about four or five millimetres in diameter – about the size of a small straw."

Something so small was the difference between keeping Ivy breathing and Laura and John losing their little girl. That is the difference you help make every time you support St John – the difference that could save a life. To help make a lifesaving difference you can make a donation by calling 0800 ST JOHN (0800 785 646), visiting heartofgold.org.nz or in any ASB branch. ■

New St John store in Papakura

We are absolutely thrilled our new Papakura Store in Auckland is now open!

The new store opened at the end of 2018 where we saw hordes of people coming to check it out and we also got to show off our fresh branding – we hope you love it as much as we do!

It was an honour to have Papakura MP Judith Collins cut the ribbon and local Kaumatua bless our new store during the official opening ceremony.

The till was ringing non stop from the start of what has been an exceptionally successful first day of trading!

Make sure you pop along and visit a store close to you as proceeds go towards supporting local St John activities. Plus, you'll go home with fantastic pre-loved goods at bargain prices.

A list of all the St John stores can be found on our website stjohn.org.nz/opshops ■



St John CEO Peter Bradley with Henry and Marilyn

Would you prefer In Touch via email?

Send us an email at intouch@stjohn.org.nz if you'd prefer to receive this to your inbox rather than in the post.



Share your story with us!

Do you have a story, a favourite recipe or a great tip you would like to share?

We want to hear from you!

Email your story (plus any photos), recipe or tips to intouch@stjohn.org.nz or via post to:

St John In Touch stories
C/O Product Team, Private Bag 14902, Panmure, Auckland 1741

Congratulations to **Troy Campbell, Margaret Hawkins and Beverley Deverell**. You will be receiving your voucher shortly for sharing your respective stories & recipe.

You will receive a \$50 Four Square gift card if we use your story in our newsletter!



Meet the sky diving St John Medical Alarm customer – Margaret!



Margaret free falling from 13,000ft

Margaret Hawkins wanted to do something different for her 90th birthday last year, so she jumped out of a plane strapped to a sky diver.

She certainly blew the candles out in style!

Margaret also appeared on The Project and told host Jessie Mulligan she had wanted to try it for a while.

“I said to my physio I was going to try it on my 90th birthday.”

She has good advice to other people approaching old age: “Get out and do something and enjoy it.”

She said the secret to her longevity was eating well, not smoking or drinking alcohol and staying active.

You can watch the full interview from Margaret’s debut on The Project by watching online

bit.ly/2VEePK1 ■

Knowing St John is there 24/7

Back in October 2017 Troy Campbell was in a very serious car crash whilst driving home from work one day. He was flown to Waikato Hospital where he was in an induced coma for one month with several broken bones and needing to have his spleen removed. He then spent five months in Auckland Hospital learning how to walk and talk again.

Troy came home to his mother’s house when he was given the all clear but required a carer 24/7. His mother was still working full time so Troy decided to get a St John Medical Alarm which he describes as having someone around 24/7, and



Troy and his family

is very thankful for the freedom and security the alarm has provided.

Thank you very much for sharing your story and moving pictures Troy! ■

Be in to win a \$50 Four Square gift card!

Where did a new St John store open at the end of 2018?

To enter, either email us the answer at intouch@stjohn.org.nz or write the answer on the back of an envelope and send it to us along with your details to: **St John In Touch competition, c/o Product Team, Private Bag 14902, Panmure, Auckland, 1741.**

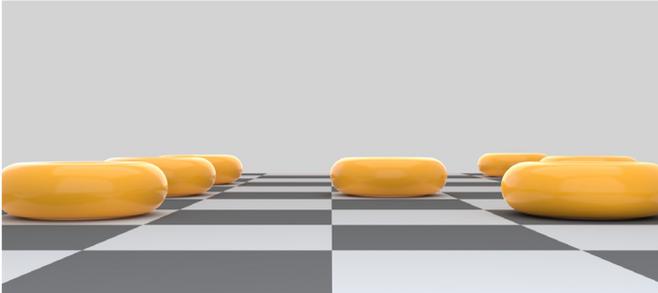
Congratulations to the winners of the last edition: P.Pomana, P.White & D.Bennett

Be in to win a \$50 Four Square gift card!

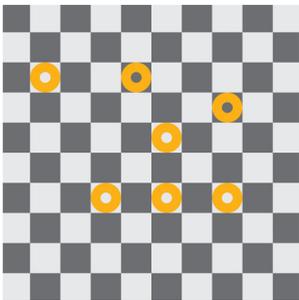


Puzzles

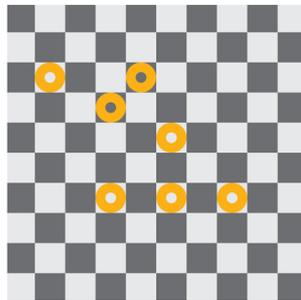
1. A person is looking at this picture from the left. Which image are they looking at to see that picture?



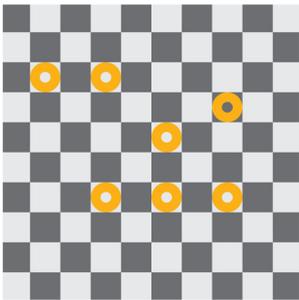
a.



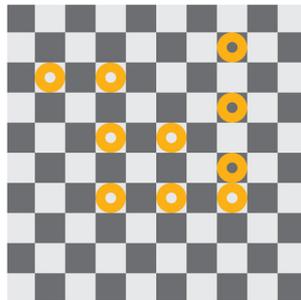
b.



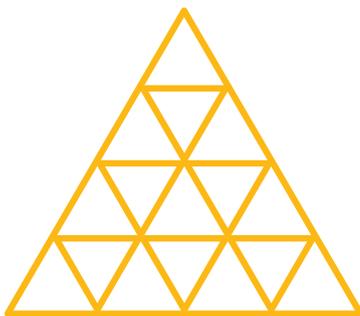
c.



d.



2. How many triangles are there in the image?



3. What is the below word?

Ɔ) Ɔ) Ɔ) Ɔ) Ɔ) Ɔ)

Sudoku

Easy

	9	7			2	4		
				9			2	8
4		5	6	7			1	
					7			
	3							
		6			5		9	
			1					4
7	6	4						
1	8						3	6

Medium

	4			2	1			
			6					3
5							2	
8				1	6			
6							4	
		3						5
3						4		
	2	1			4		8	
9			2	8				

Hard

			6	2				3
		3						
		8		7		9	1	
6								
	1	2		5		7		
					4	9		
		5		3				
	3		5					8
7					1		6	

Answers to the puzzles can be found on the back page.

Silverbeet lasagne

Thanks to Beverley Deverell for sharing this recipe with us!

Ingredients:

- > 1 Tbsp butter or oil
- > 1 bag silverbeet
- > 1 onion
- > 2 garlic cloves
- > 1 packet wide lasagne sheets
- > 1 small tin tomato puree **or** 1 can chopped tomatoes **or** your own fresh tomato puree
- > 1 container sour cream
- > 1 cup grated cheese

Method:

1. Add butter or oil to a hot pan
2. Add chopped up silverbeet, onion and garlic, stirring constantly
3. Cook lasagne sheets as per packet instructions
4. Add tomatoes to silverbeet mixture – heat but do not boil
5. Add sour cream
6. Layer mixture into oven proof dish alternating between lasagne sheets and silverbeet mixture
7. Top with grated cheese
8. Place in pre-heated oven for 15-20 minutes or brown under fan grill



Puzzle answers

Visual brain teaser answers:

1. If you look at the image A on the right side, you will see the image in the big picture.
2. The number of triangles forms of 1 unit: 16. The number of triangles forms of 4 units: 7. The number of triangles forms of 9 units: 3. The number of triangles forms of 19 units: 1.
3. The total number of triangles is 27.

Sudoku answers:

8	9	7	3	1	2	4	5	6
6	1	3	5	9	4	7	2	8
4	2	5	6	7	8	9	1	3
9	4	1	8	6	7	5	3	2
5	3	7	8	9	1	6	2	4
8	5	4	9	1	6	2	3	7
6	7	9	5	2	3	8	4	1
2	1	3	4	7	8	9	6	5
3	6	8	1	5	9	4	7	2
7	2	1	3	6	4	5	8	9
4	9	5	2	8	7	3	1	6

Easy

5	7	1	6	9	2	4	8	3
9	4	3	8	1	5	6	2	7
2	6	8	3	4	7	5	9	1
6	5	9	7	2	3	8	1	4
4	1	2	9	5	8	7	3	6
3	8	7	1	6	4	9	5	2
8	2	5	4	3	6	1	7	9
1	3	6	5	7	9	2	4	8
7	9	4	2	8	1	3	6	5
1	3	6	5	7	9	2	4	8
1	3	6	5	7	9	2	4	8

Medium

7	9	4	2	8	1	3	6	5
1	3	6	5	7	9	2	4	8
8	2	5	4	3	6	1	7	9
3	8	7	1	6	4	9	5	2
4	1	2	9	5	8	7	3	6
6	5	9	7	2	3	8	1	4
2	6	8	3	4	7	5	9	1
9	4	3	8	1	5	6	2	7
5	7	1	6	9	2	4	8	3
5	7	1	6	9	2	4	8	3
5	7	1	6	9	2	4	8	3

Hard