



Dear Colleagues,

I hope you are well. Welcome to our November newsletter.

Since our last newsletter in May we have had dinner with The Victorian Minister of Health The Hon Mr David Davis in June and subsequently The Opposition Health Spokesman Mr Gavin Jennings as well as two Opposition MP's of Lebanese Origin Mr Nazih El Asmar and Ms Marlene Kairouz. Both nights were thoroughly enjoyed by all that attended. It allowed us to further discuss ALMA and its goals with our political leaders.

There are a number of updates and items for you to be aware of:

1. Annual General Meeting

Our Annual General Meeting was held on Thursday the 22nd August at Eden Restaurant. Firstly I would like to thank all our honorary committee members who have served ALMA in our Inaugural year and in particular those who have retired from the committee for the year 2013-2014 and these include Dr Anthony Hadj,

Ms Dina Farjou, Mr Omar Baarini, Mr Jamie Diab, Dr Choaki Hachem, Dr Nezor Houli, Dr Malak Sukkar and Dr Cathy Soufan. All have made valuable contributions in our inaugural year. I would like to welcome to our committee Ms Nancy Saab, Ms Fedaa Ayass, Mr Karl Abdo, Ms Fida Masri and Dr Mark Demian.

Our Victorian State Branch Committee in full:

Dr Walid Ahmar- President

Dr Afaf Haddad- Vice President

Dr Maroun Francis- Treasurer

Ms Nancy Saab- Secretary

Dr Sue Hosn

Dr Hanna El-Khoury

Ms Fedaa Ayass

Dr Mark Demian

Mr Karl Abdo

Ms Fida Masri

2. ALMA Program for 2013-2014

Our first year of ALMA was an exciting period which we aim to build on and consolidate. We have a number of important agendas which include:

1. Consolidating our Membership Base
2. Establishing a Student ALMA membership
3. Active pursuit of community education program which we have already

commenced and we aim to build on it as this is an important and integral goal of ALMA

4. Continuation of our Members education program
5. Obtaining governmental grants to pursue our goals
6. Consolidating and establishing a full NSW committee

3. ALMA Family Day

Our second ALMA family day was once again thoroughly enjoyed by all who attended. We were honoured to have with us our Victorian Lebanese Consul General Mr Ghassan El Khattib

4. Community Education Talks.

These talks will be provided by ALMA members to our Lebanese community. They are information sessions on a wide range of health issues. Your help in these topics will be greatly appreciated. The various community groups will contact us for the talk they want help at their venue (eg Church, Mosque, community group halls).

Our most recent talk was at the Kateab Association in September on Heart Awareness.

Below are a current list of them and anyone interested in being part of the group for that topic please notify any of the committee

members. We will be delighted to have you on board and being part of the community education talks which will help educate our community.

If you have any other interesting topics please notify us and we can add them.

- A. Organ Donation**
- B. Heart Awareness**
- C. Diabetes and It's Complications**
- D. Women's Health Issues**
- E. Men's Health Issues**
- F. Mental Illness Awareness**

5. Sister Hospital Relationship Between Australia and Lebanon

We are in the process of establishing a sister hospital relationship between Monash Health and St George's Hospital in Beirut Lebanon. This is an exciting project that will help to foster the exchange of health professionals between both countries. We are in the process of formalising this relationship. St George's is one of the oldest Lebanese hospitals over 130 years old that covers an extensive range of medicine with over 360 beds.

6. The establishment of a National ALMA body

With the consolidation of an ALMA NSW branch in the near future we then will be able to have a National ALMA Structure with the four state executive committee members being on the national body and a national leadership group established. This will allow us to work as one at both the state and national level.

AT present we have an honorary executive committee in NSW which is in the process of being expanded. The current NSW executive includes:

Dr Fred Nasser- President

Dr Mustapha Alameddin-Vice President

Dr Ghassan Charbel-Treasurer

Dr Tarek Sari-Secretary

7. ALMA Scholarships and Travel Grant

One of our aims of ALMA is to foster continuing education for all our members. We are allocating educational scholarships to participate in further education/conferences. Further information can be obtained from Nancy or myself

8. Yurgo Diab and Bone Marrow Transplant Update

It is pleasing to find that the infant Yurgo Diab has had his bone marrow transplant in Italy and is progressing well. AS you may recall ALMA helped to contribute to his fundraising earlier this year to obtain a Bone Marrow Transplant with his brother being his donor. We will continue to pray for him in his recovery.

9. International Lebanese Medical Association

We are in the process of pursuing an International Body of likeminded associations internationally. At this stage we are in the process of establishing an agreeable constitution and we are hoping to once again teleconference later in October with our colleagues internationally to consolidate this association.

10. Appointment of an ALMA Administrative Assistant

We are pleased to announce the appointment of Ms Mariam Hachem to the casual position of ALMA executive secretary for the Victorian branch of ALMA. We look forward to her input in assisting ALMA in all its administrative endeavours.

11. Member Profile

We have commenced a series on member profile this will provide us with an insight into the fantastic work that all of you conduct and contribute to our community. We have started with Fadwa Hassan.



BNsg, CCRN, Graduate Cert Diabetes Ed, CDE, CPT

Born in Batloun Al Shouf (Mt Lebanon) 1962. My primary education was at the local primary School in Batloun Al Shouf, and my Secondary education was at Baakleen Official Secondary College. In 1982 I enrolled in the Bachelor of Nursing Programme at the American University of Beirut, where I graduated with a Bachelor of Sciences in Nursing in 1986, and with a Diploma in Health Education in 1989.

In September 1991 I migrated to Australia where I lived on the Mornington Peninsula for five years before moving to Endeavour Hills. In February 1992 I was among the first group of international nurses who attended a preregistration course at Deakin University. In June 1992 I gained my nursing registration in the state of Victoria.

In 1993 Fadi Nouredine and I were married, and on December the 6th 1995 our only child Raja Roy was born.

In 1997 I graduated with a Graduate Diploma in Critical Care from Monash University.

In 1999 I graduated from Mayfield Education Centre with a Certificate in Diabetes Education.

Working in Coronary Care, in the role of Cardiac Rehabilitation Nurse was an incentive for me to further my education in diabetes management, as I have always had a passion for health promotion and empowerment.

I work part time at Peninsula Health Frankston in the role of Clinical Nurse Consultant - Diabetes. I also work at Peninsula Endocrine Associates as a Credentialed Diabetes Educator and Certified Pump Trainer, with special interest in Insulin Pump Therapy and Continuous Glucose Monitoring; I am also working at a GP practice (The Hill Medical Service) as a CDE, where I consult patients from different ethnic backgrounds.

My Goal is to eventually become a Nurse Practitioner.

I have interests in cooking for my family and friends, as well as growing organic produce. I pride myself on my veggie patch. Last but not least, I enjoy watching my Mighty Pies take to the MCG.

My job is extremely rewarding, as I take pride and satisfaction in helping clients deal with the chronic illnesses and challenges that they face every day.

My favourite saying is: "We can't change what happened yesterday, so let us plan for tomorrow."

Dinner with the Victorian Health Minister The Hon Mr David Davis at Mezza Restaurant



Dinner with The Opposition health Spokesman the Hon Gavin Jennings at Eden Restaurant



ALMA Family Day Photos September 2013



ALMA Educational Dinner at Quaff Restaurant Toorak with Dr Mohamed-Ali Trad and Susan Johnson from Beyond Blue

