Subsidised Accommodation for Country Members

The Ron Jones Educational Awards

Autumn Picnic at Caribbean Gardens & Market

IN THIS ISSUE
President’s Report
That Dreaded Itch
We need your help
Have a laugh
DATA Trophy
Carer’s Group
Christmas photos
Travelling after a Transplant

Hello readers,
I recently traveled to Taiwan and Hong Kong and wanted to share my fabulous holiday with you to highlight that you can travel after a transplant and not be put off by our multiple medications, packing, customs and travel insurance and...

I love travelling overseas and I hadn’t had an international holiday for over 10 years due to kidney failure and then years of dialysis. I couldn’t wait to walk through those double sliding doors at Kuala Lumpur and get a stamp in my passport and start my adventure in a foreign land! The whole idea of a different country, different smells, tastes, sights and experiences - what a buzz!

10 days in Taiwan and 4 days in Hong Kong were amazing. I shopped online for great flights and super deals on accommodation and you can really save. Yes it takes some planning, but not ridiculous amounts and it’s worth it.

Here are some tips:
- Check with the country’s embassy before you travel, regarding what meds you can and can’t take
- Definitely get a letter from your Renal Consultant explaining your medical condition/s and the meds you are taking
- Take 2 sets of your daily tablets as weekly doses (I use those plastic weekly tablets packs - perfect for this). One for your carry-on bag and the second in your suitcase, so just in case either piece of luggage goes missing in transit
- Take all of your transplant meds in their packs as well - advised by ‘Aus Gov Smart Traveller’ but you can limit the number of blister sheets
- Take extra of your anti-rejection meds - these are the ‘really’ important ones that cannot be missed, but trust me when I say, they can be sent via express international courier to your hotel in 2 days - what a relief!
- Be prepared in advance that your travel insurance is going to be a lot more due to our health, and budget for it. I was very happy with ‘Insureandgo’ but you have to speak with them on the phone as well to explain your health circumstances. Check them out here: www.insureandgo.com.au
- Register your travel plans with Smart Traveller- www.smarttraveller.gov.au
- In hot places, rest up in the heat of the day - I always went back to my hotel around 2-3pm for a rest and even a nap!
- DRINK DRINK DRINK bottled water
- And have a super dooper fantastic holiday - that’s a MUST!!!

Trudy Robson

Visit our website at www.datavic.org
Perfect holiday destinations

The Rosebud & Yarrawonga holiday homes are for the use of DATA Members and their immediate family, with a Member present on all holidays booked.

Both houses can facilitate haemodialysis machines. For those members on home dialysis, please contact the House Secretary to discuss if your hospital technician can supply and install a dialysis machine in the house for your holiday.

Please note, as transplant and PD patients have more freedom and options to travel, priority is given to those Members on haemodialysis as this is often the only way they can get a holiday.

Friends and extended family are welcome to join the DATA Member and they must pay $20 per person per night.

Please note, you are responsible for the cleaning of the houses when you leave which does include bathroom and toilet, so we expect the houses to be left neat and tidy for the next holiday makers and please do not leave any food.

No pets allowed with Guide dogs being the exception.

Subsidised Accommodation for Country Members

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DID YOU KNOW that you (DATA Members) can apply to DATA for assistance with your accommodation costs when you have to travel over 100Km for medical treatment and have to stay overnight (conditions apply).

When you have established the date of your next hospital visit contact the DATA Office and request an application form. You will be notified of DATA’s decision as soon as your request has been processed.

Other avenues of support are VPTAS (Victorian Patient Transport Assistance Scheme). Just put VPTAS in your search engine and there it is. You can apply to VPTAS as well as DATA.

There is a website called www.hospitalsaccommodation.com you can use to assist you to find the most appropriate accommodation near to your hospital.

Rosbud

We do get cancellations so please ring to check.

We have replaced the broken dvd player and installed new laser light on the roof in the bbq area, so it will no longer leak.

In the next few months, some trees will be cut back from the house and I will be getting quotes for new curtains/ blinds in the house.

I recently found a broken outdoor chair on inspection of the house. We realise that accidents happen, so please ring me to report any damages.

VACANCIES

Vacancies
First week available from
• April 23
Taking bookings up to June 2017.

Bookings at the Rosebud Hospital Renal Unit must be done online email to: holidayatrosebud@phcn.vic.gov.au

For HOUSE bookings please ring Rosebud House Secretary Amanda Pratt Ph: 9589 4894

Yarrawonga

Weather is perfect at Yarrawonga this time of year, so give me a ring to book a holiday.

You will need to book early if you are wanting to dialyse at the Yarrawonga Renal unit. Do not leave it until you are about to go to Yarrawonga.

Ring the hospital book in and ring me to confirm.

Thanks again to the Techs at Monash, who took Dialysis machines up during the holidays to Yarrawonga for members on home dialysis from Monash, Box Hill, Alfred and St. Vincents hospitals. Very much appreciated. Also thanks to the Austin.

VACANCIES

• Feb 12 to Feb 19
• Feb 26 to Mar 5
• Mar 19 to Mar 26
• Jun 18 to Jun 25
• Jun 25 to Jul 2

Bookings at the Yarrawonga Renal Unit Ph: 5743 8189
Yarrawonga House Secretary Alan Rawson Ph: 9723 3019 Email: fayal_rawson@hotmail.com

Keep 19 March 2017 free for DATA’s Autumn Picnic at Caribbean Gardens & Market.

We plan to kick off the afternoon at 12 noon but you can arrive at any time to start your day of fun.

DATA has booked Gazebo D, so just bring some lunch, a chair and your enthusiasm and we'll have a fabulous day.

There is plenty of free parking onsite and DATA will assist with funding some of the day’s activities.

Please ring the DATA Office for more details.

We'd love to see you there.

1280 Ferntree Gully Road, Scoresby. Tel: (03) 9756 5000.
www.caribbeangardens.com.au

What do you do when the Doctors say ‘You must come to hospital for treatment or you need to come in every day for blood tests and you live a long way away?’

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Our Autumn Picnic at Caribbean Gardens & Market is fast approaching.

Keep 19 March 2017 free for DATA’s Autumn Picnic at Caribbean Gardens & Market.

This exciting venue has something for everyone!

For the kids there is mini golf, train rides, jungle cruises, beach buggies, army tanks, a chairlift and more! You can also peruse the Market where there’s over 1,000 undercover stalls with a great variety of products.

And then there is Lake Caribbean and the beautiful gardens to enjoy a relaxing afternoon in while sharing the company of other DATA Members.

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Ron Jones Educational Awards

These awards offer a fantastic opportunity for students between years 7 to 11, to shine.

Applications for the Ron Jones Educational Awards, are now open, so fill out your Application form below for a chance to win fabulous prize money. Assessment is based on the Applicant’s school reports together with essay on the topic of ‘My Chosen Career’.

There are two levels of Awards to be won. One Award is based on excellence and scholastic ability and three Awards for encouragement. The Ron Jones Educational Awards honour the memory of a founder and long time dedicated worker for DATA, Mr Ronald N Jones, AOM.

Applications must include a handwritten essay of 300 words entitled ‘MY CHOSEN CAREER’.

Applications must be received no later than the 30 June 2017. Winners will receive awards at the AGM in October 2017.

Please fill in this form using Block Letters.

RONSEN JONES EDUCATIONAL AWARDS APPLICATION FORM

Please complete this form and forward it to:
The Secretary, D.A.T.A. Vic Inc. PO Box 159, FOREST HILL 3131

STUDENT’S DETAILS
SURNAME     GIVEN NAMES
ADDRESS
POST CODE
DATE OF BIRTH
HOME PHONE      MOBILE
PRESENT YEAR OF SCHOOL
SUBJECTS STUDIED

PARENTS / MEMBERS DETAILS  (If Applicant Member is under 18 or a child of a Member)
Financial Member of DATA?
YES    NO

SURNAME     GIVEN NAMES
ADDRESS or same as Student
POST CODE
HOME PHONE      MOBILE

SIGNATURE OF STUDENT

SIGNATURE OF PARENT

My essay on “MY CHOSEN CAREER” and last years school reports are enclosed.

YES                  NO

That Dreaded Itch

Being told not to scratch is no advice on how to cope with itching!

It is generally believed that high phosphate levels causes itchiness, but there could be other causes as well. Uremic toxins can build up and irritate the nerve endings in the skin. Uncontrolled balance of calcium and phosphate may result in crystals being deposited into the skin. Magnesium can also build up and deposit crystals into the skin. Heat will aggravate the skin.

What you can try and do
• Take your prescribed phosphate binders with meals
• Try to stay out of the hot weather and away from heaters
• Use a moisturising cream on dry, irritated skin
• Use soap containing a moisturiser, or try showering without soap
• Use soap made for sensitive skin
• Wear breathable clothing and use cotton bed sheets to avoid sweat accumulation
• Avoid using washing detergent with enzymes.
• Consider using oatmeal bath products.

Itchy Cream Recipe  (provided by the Ballarat Unit many years ago)

Give this recipe to your pharmacist.
0.5% phenol
0.5% menthol
0.5% Olive Oil
Make up in a Sorbolene base and use as required.

Please let us know how well this cream works.

Altona Branch of DATA Vic

Dear friend,
We hope you have had a happy time during Christmas and we wish you a happy new year.
There are approximately ten individuals who have expressed interest in the creation of an Altona Branch of DATA Vic.
We are VERY happy to announce that the first meeting has been organised and hope to see you, your partners/carers at the meeting.

Here are the details:

Date: Saturday 4 February
Time: 2.00 to 4.00 in the afternoon
Place: Louis Joel Arts & Community Centre, Cnr of Sargood & Queen Sts
Altona vic 3018

Refreshments will be served and we look forward to meeting you at this informal meeting.

George Said  george3018@gmail.com
Convenor  03 9398 2921

We need your help to REVITALISE DATA in 2017

In the mix of services offered by DATA, the holiday homes are well utilised, the newsletter is popular and our accommodation support program for country members is getting off the ground.
As we start 2017, the Committee is looking for more ways in which DATA can provide further practical help and support for those suffering renal disease.
Some suggestions that have been put forward include, donate equipment, such as blanket warmers or televisions to renal units, start a subsidised holiday program for dialysis patients and organise group holidays.
We would love to hear what you, the Members, feel is important. So if you have any ideas put them in a letter, send us an email to info@datavic.org or ring us on (03) 9894 0377.
Father William

“You are old, father William,” the young man said, “And your hair has become very white; And yet you incessantly stand on your head — Do you think, at your age, it is right?”

“In my youth,” father William replied to his son, “I feared it would injure the brain; But now that I’m perfectly sure I have none, Why, I do it again and again.”

“You are old,” said the youth, “as I mentioned before, And have grown most uncommonly fat; Yet you turned a back-somersault in at the door — Pray, what is the reason of that?”

“In my youth,” said the sage, as he shook his grey locks, “I kept all my limbs very supple By the use of this ointment — one shilling the box — Allow me to sell you a couple.”

“You are old,” said the youth, “and your jaws are too weak For anything tougher than suet; Yet you finished the goose, with the bones and the beak — Pray, how did you manage to do it?”

“In my youth,” said his father, “I took to the law, And argued each case with my wife; And the muscular strength, which it gave to my jaw, Has lasted the rest of my life.”

“You are old,” said the youth; one would hardly suppose That your eye was as steady as ever; Yet you balanced an eel on the end of your nose — What made you so awfully clever?”

“In my youth,” said three answers, and that is enough,” Said his father; “don’t give yourself airs! Do you think I can listen all day to such stuff? Be off, or I’ll kick you down stairs!”

The Editorial Committee would like to apologise if we offended you with our choice of jokes. Our aim is merely to add a bit of light-heartedness in a glum world and we do not intend to offend. We will endeavour to be more selective in the future.

The DATA Trophy is awarded

Winners at the Transplant Games in 2016

On the left: The 2016 DATA Award for the Transplant Games was awarded to Nigel Goldsworthy. Nigel had a kidney transplant in 1974! The DATA Award is presented to a member of the Victorian team who is on Dialysis or a Transplant recipient who demonstrates outstanding sportsmanship. Nigel is pictured with the Transplant Australia Vic/Tas Chairperson, Roxanne Kavanagh.

On the right: GOLD GOLD GOLD! 3 winners at the Darts competition. From left: Mary (Liver), Fiona (Kidney), Karen (Kidney). The “Thank You” shirt is dedicated to Donor families & living donors.

Stay Cool when it’s Hot

Heat in summer, can be a challenge when you’re on a restricted fluid diet. You may feel especially thirsty on a warm day, but you have to be careful about the amount you drink. Health complications can occur from drinking too much.

- Slip beverage’s slowly allowing you to savour the drink longer.
- Swallow your tablets with an allocated drink.
- Suck on jubes to help quench your thirst, or chew chewing gum.
- Try freezing berries and grapes for a cold refreshing snack.
- Remember to keep your salt intake low, because salt will increase your thirst.
- Keep out of the heat. If you initially fail don’t admonish yourself, but just try to get back on track.
- With thanks to the Kidney Centre Seattle newsletter.

The extra fluid that builds up in your body between dialysis treatments can cause swelling which can increase your blood pressure and strain your heart. It can also collect in your lungs making you breathless and cause strokes.

- Use ice blocks in your drinks and treats like icy poles.
- Sip beverage’s slowly allowing you to savour the drink longer.
- Swallow your tablets with an allocated drink.
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My husband was waterskiing when he fell into the river. As the boat circled to pick him up, he noticed a hunter sitting in a duck boat in the reeds. My husband put his hands in the air and joked, “Don’t shoot!” The hunter responded, “Don’t quack.”

When asked for his name by the coffee shop clerk, my brother-in-law answered, “Marc, with a C.” Minutes later, he was handed his coffee with his name written on the side: Cark.

A woman called our airline customer-service desk asking if she could take her dog on board. “Sure,” I said, “as long as you provide your own kennel.” I further explained that the kennel needed to be large enough for the dog to stand up, sit down, turn around, and roll over.

The customer was flummoxed: “I’ll never be able to teach him all of that by tomorrow!”

After an impromptu song, our pastor asked the church pianist, “What key did I sing that in?” The pianist replied, “Most of them.”

The Editor.

Shoe String 9
The Big Red Kidney Bus holiday memories

Dear Ros,

In February I had the pleasure of holidaying at Anglesea on this beautiful bus.

I was diagnosed in 1994 with CKD and lasted until 2004 before I had to go on to Peritoneal Dialysis. During that time we were able to travel all over Aust, Across the Nullarbor and as far North as Cairns. We have flown to King Island and all that time our product was sent ahead where we could pick it up and continue on our way. Many times our product was sent into caravan parks where we were parked.

This all ended when we had to go to Haemodialysis.

Trying to find available chairs up the coast was near impossible. The first two years we managed to get into public hospitals and annexes. The following year we wanted to go to Sth West Rocks up near Coffs Harbour. Getting there was the hard part, instead of driving a few 100 kms we had to go over 700kms a day as there were no chairs available along the coast. We did manage one chair at Yanaranga, the one that is used for the holiday house, the other was too far from the holiday house. They were just beautiful and it made our trip a little easier.

We could at least have another day or two to get to Port Macquarie.

But then I read about the Big Red Kidney Bus and you could holiday with friends. What a delight, all I had to do was book the caravan park instead of spending hours on the phone trying to find a chair.

The holiday was fabulous, we had four other couples follow us and it was as if we had a normal holiday with friends. I had not been swimming in summer for many years as we live in the country and it is a three hour drive to the ocean.

This bus has given us the freedom and flexibility to go wherever it goes. I thank Kidney Health Aust every day as they were paramount in getting this bus up and running and are promoting another one in West Aust.

To all of you out there who have not thought you could holiday. Throw off your shackles and take advantage of this bus. The girls are beautiful and full of fun, and you get 1.1/2 days of holiday without worry.

Helen M Williams

Carer’s Group

Are you caring for someone who is on dialysis or has had or needs a transplant? Life can be challenging for those who care for someone ill.

Sometimes it can help to talk to others who are also carers to share experiences and let off a little steam. Transplant Australia runs a Carer’s Group where people can come along and chat together. Meetings are held approx. every 6 weeks and there is no cost to attend, and you do not have to be a member of Transplant Australia. Generally a Counsellor is present if anyone requires a private chat. Meetings are held at the Yarraville Bowling Club, 333A Francis Street, Yarraville.

If you wish to be added to the contact list, please contact Karen Kruckeys on 0423 021 984.

DATA CHRISTMAS PICNIC 2016

The annual DATA Christmas picnic was held on Saturday 3rd December at Halliday Park, Mitcham. It was very busy in the park.

The weather was perfect for a picnic, sunny and warm. Although it was a small gathering, everyone enjoyed themselves and it was a lovely relaxing afternoon.

There was plenty of Joan Eastwood’s slices to share. This year Joan made a caramel as well as lemon slice. The small meringues with the option of cream and strawberries, were just beautiful and very popular. Lion’s Christmas cake was cut into slices and shared with a fruit platter being the healthy option! Tea and coffee didn’t go astray either.

The Christmas Party raffle had four prizes:

- Eleanor Allan won the hamper
- Vicki Abbafangalo won the Himalayan lamp
- Angela Lindsey won the iced Christmas cake
- Sue Hatzimichalis won the angel statue.

Wining a raffle prize anytime is great, but it’s even better at Christmas time.

We hope to see you all at the next Christmas Party.

Angela Lindsey

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Angela Lindsey
Autumn Picnic at Caribbean Gardens & Market
March 19, 2017

Our thanks to all who contributed to this edition
Why not spread the word and pass this copy on?
Shoe String is always looking for stories to publish. If you have a story to tell and you’re not sure where to begin, our Editors would be more than happy to assist you in writing your article.

Or if you have any ideas of issues you would like to see covered, contact us.

Write to: The Editor, Shoe String
PO Box 159, Forest Hill 3131
Email: editor.shoestring@gmail.com

@DATA - Dialysis & Transplant Association

Visit us at www.datavic.org

DEADLINE FOR NEXT ISSUE 10 MARCH 2017