

ANNUAL GENERAL MEETING

Sunday 18th October 2015

2pm

Manchester Unity Hall

8 Main Street

Blackburn.

Melways Map 47 Ref K 10

Lucky Door Prize:

One FREE week at Yarrowonga OR Rosebud Holiday home.

Must be in attendance to qualify.

RSVP 12th Oct see page 3

Coming Event

You are invited to

CHRISTMAS PICNIC

HEALESVILLE SANCTUARY

29th November 2015

Robert Eadie Pavilion

BBQs available .



Photos of our Christmas in July party.

On left. Meeting and making new friends. George Said and John Podolak

Right. Quiz Master Ken Donnelly, thanks Ken, even if the questions were too hard for me to answer!

Joan



The happy Quiz winners: Damien & Beryl Tardrew

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NOTE FROM THE EDITOR: I would like to thank those who helped with the influx of Subs in the Office in July-August. Thanks to Helen Davis, Fay Rawson, Eleanor and Michael Allan, Ros and Charlie Ball. We all had our part to play and everyone did their bit and it turned out to be not so bad after all. Thanks to all those who sent in their Annual Subscriptions, If you didn't quite manage it you will find a reminder enclosed with this copy of SS.

Don't miss the AGM—you may be the lucky winner of the DOOR PRIZE. - 'ONE WEEK FREE' at Yarrowonga or Rosebud. All you have to do is BE there! The next big outing is our Christmas outing—to Healesville Sanctuary. We will have more details next Shoe String in early November. There will be a cost (similar to Werribee Zoo). There are electric BBQs so you can take your own meat or sausage. Put it in your diaries NOW 29th November 2015 Joan Eastwood

A true friend is someone who reaches for your hand and touches your heart

The weather is slow to improve and spring will be here by the time this edition of Shoestring arrives. I do hope there were not too many coughs and colds suffered by our members during the winter.

Charlie and I have just been to the Rosebud house and although there were miserable days, there were also a couple of days that we were able to enjoy a walk along the beach. The renovations to both the bathrooms have turned out very well. If you have yet to have a holiday at either of the houses remember whether or not you are on dialysis ALL members are welcome to have a holiday at our holiday homes. It is necessary to book early and the information can all be found on page 4.

It was great to see a big turnout for our Christmas in July function at Greyhounds Entertainment— read the full report on page 9.

Our AGM is to be held on 18 October and, in accordance with our rules, all committee positions will be declared vacant. The committee consists of the Officers of DATA – these being President, Vice-President, Secretary, Treasurer and Immediate Past President – plus a minimum of 6 ordinary members. As mentioned in the last edition of Shoestring I will not be standing for the president's position. Having occupied the position of President or Secretary for the past 7 years it is time for me to take a break. I am aware that other current office bearers may also not renominate so there is a great opportunity opening up for others to try their hand as an Officer of this great charity. If you want to find out what these roles entail please give me or Joan a call.

We have been looking at Office Space for rent. We have looked at five or six options over the past few months. We find it's time consuming and we/I (Joan) feel unqualified to make this decision without the approval of other Committee Members.

However crunch time is coming—as the owner has placed a board on the property saying 'Opportunity for Development', so we keep looking. Let us know if you would like to help in choosing another Headquarters for DATAVic

Thanks Ros

VALE

Angelo Paino passed away in June 2015. He was a long time member of DATA, indeed our records show he was a member since 1985..We thank his family for thinking of DATA and requesting donation to Dialysis & Transplant Association Vic in memory of Angelo

DATA was the beneficiary of donations from friends and relatives who attended his funeral.

AGM RSVP

Yes I will be attending the Annual General Meeting on 18th October 2015 at 2pm

NAMEPHONE.....

Number of people attending.....

Please return this form to PO Box 165 Blackburn 3130

Or register on line to: editor.shoestring@gmail.com

I am interested in becoming a COMMITTEE MEMBER (Please tick the box)

Holiday Homes

Rosebud:

Rosebud Holiday Home Secretary

Amanda Pratt Phone: (03) 9589 4894.

Vacancies:

Sept 13 till Sept 20 (you will need to contact me ASAP as I am going away for a few weeks)

Dec 20 till the Dec 27

The remainder of the Christmas /New year period is fully booked.

Reminder that you must be a Member of DATA before you can use the house and your membership must be up to date.

If you have booked for Dialysis at the Rosebud Hospital, it is your responsibility to make sure this has been confirmed, especially over the Christmas period.

Please leave the house neat and tidy and do not leave any food at the house.

Finally, if leaving a message on my answering machine, please speak slowly and clearly—leave the number so I can return your call.

Thanks, Amanda



Yarrawonga

Yarrawonga House Secretary

Alan Rawson, 22 Tarwin Drive Croydon 3136,
Ph. 9723 3019, E-mail: fayal_rawson@hotmail.com

Next vacancies: 4 Oct to 11 Oct, 11 Oct to 18 Oct.

18 Oct to 25 Oct, 25 Oct to 1 Nov.,

8 Nov to 15, Nov, 13 Dec to 20 Dec.

Please ring—we do get cancellations.

Big Red Kidney bus is at Yarrawonga Nov /Dec 15 I have a vacancy in our Yarrawonga Holiday house for the week 8/15 Nov only \$ 160-00 for the week for a member who is dialysing on the bus.

Reminders, you must be a member of DATA before you can holiday at our holiday homes. No animals are allowed exception to the rule are guide dogs.

If you are on Home Dialysis your hospital will take a machine to the houses , great to see already Yarrawonga booked from 22/ Nov 15 until 10 January 2016 with Home Dialysis members using our house for a great holiday . Thanks to the Techs, they do a wonderful job.

If you have booked a fair way ahead, you must ring or E/mail me to confirm your booking within 3 months of going on your holiday.

Do not forget, if you need to dialyse at Yarrawonga Renal Unit, please ring the hospital Renal Unit -57438189- first to see what is available, then ring me to book the house, you must then ring the hospital to confirm the dates and book in straight away. Do not leave it until you are about to go to Yarrawonga

Remember you are responsible for the cleaning of the house which does include bathroom and toilet.

Please if you find anything that needs fixing, let me know or ring Ann Bonser, her phone number is on the wall near the phone. Thanks Alan Rawson



Blackburn Headquarters.

Due to an oversight by the Editor's, the last edition of Shoestring had the March report and not the report for the May issue. Our apologies for that mistake.

DATA's headquarters still remain at Blackburn, but a more concentrated effort is now being made to find new headquarters. DATA may not provide country members accommodation once we move because the current accommodation is not used very often. This month no members have stayed at the house. This is the main reason we decided to sell the house. *Perhaps* we may devise a way of subsidising our members accommodation when they come to Melbourne. If you have any ideas on how we could subsidise our country members accommodation please contact me. Ros

For accommodation please contact.

Geoff Fletcher on...9894 2348



REMINDER: YOU ARE NOT ALLOWED TO SMOKE IN ANY OF THE HOUSES.



Please consider the health of other members who use these facilities. Any member who does smoke in the DATA house will be dealt with at the discretion of the DATA committee, which will probably include a ban on using any of the holiday homes.

A Note From the Secretaary.

The Associations Incorporation Reform Act 2012 introduced a number of changes to the rules covering incorporated associations. E.g. the number of mandatory matters that an association's rules must cover was increased from 18 to 24. Whilst DATA can still operate under its existing rules, where there is a conflict with the requirements of the new Act then the ACT must be applied. In 2013 we set up a subcommittee to review the implication of the changes and it was determined that we should prepare a new set of rules. To assist members understand the changes and as a requirement for Consumer Affairs we are preparing a document that explains in detail the changes between the current set of rules and the proposed rules.

A mandatory requirement for altering our rules is that it be done by special resolution at a general meeting and the committee had hoped to do this at the time of the AGM. Unfortunately, due to health issues I have had this year, I have been unable to finalise the document explaining the changes and so the special resolution to change the rules will not coincide with the AGM. I would like to apologise for this task taking so long and I do hope it will be finished before the end of the year.

Ros Ball

The Dialysis and Transplant Association of Victoria, Incorporated, (D.A.T.A.) is a patient self help group made up of people with kidney failure and their families and friends.

Social days are held at regular intervals and the year culminates with the annual Christmas party.

ShoeString denotes the feeling of life when it is turned up-side-down and that, with Kidney failure, Dialysis & Transplant, you sometimes have to pull yourself up by the shoe strings to get going.

Visit our website at www.datavic.org

Memories of 21 Years of Dialysis

I was diagnosed with end stage renal failure in 1993, commencing P.D. in October. After a severe bout of peritonitis, I started haemodialysis in April 1994. After some weeks of training, I took a machine home as there was no Unit at Bairnsdale hospital.

I home dialysed for eight years with the help of nursing staff and technicians from the Austin, who were only a phone call or visit away. They even taught John how to fix the machine as he is a mechanic by trade.

On the 18th March 2001 I got “THE” phone call at 2am from the Austin hospital. A kidney had become available. I immediately started ringing all the children, brothers and sisters to tell them the exiting news—probably frightening the daylight out of them by calling at that time of night!!!

Everything went well although I looked like the Michellin man as I had so much fluid on but I was out of hospital in three days. My creatinine levels were going up and down which meant lots of trips back to Melbourne. Unfortunately I lost my beautiful new kidney 31/2 after I received it.

The following months were a bad time for me but my family cajoled, berated and managed to get me “back on track”. This was the beginning of my time dialysing at BRHS (Bairnsdale Regional Health Services) with Sue, Louise, Ruth and others in the old unit.

Celebrating my 21 years of dialysis, we had a cake for special morning tea.



Over this time I have seen all our children in good jobs, married good people. I have 7 beautiful grandchildren and have managed numerous trips interstate and through out country Victoria.

So while dialysis can be restrictive, it has given me the opportunity to see my family grow up and be part of their lives and has blessed ne with a wonderful life with my beautiful husband, John.

Ellen and John Delany

Editor's note Thank you for this story, it is always a tough and disappointing time to go through, when a transplanted kidney fails. Having good support from family certainly helps.. Ros.



Two Irishmen *are* marooned on an iceberg. “Thanks be. We’re saved! We’re saved.”
Murphy replied, “How do you know that?”
Paddy says, “Here comes the Titanic.”

A small boy opened the door to his teacher “Are your parents in?” asked the teacher.
“They was in” the boy answered, “but now they is out”.
Exasperate the teacher asked “Where is your grammar?”
“In the front room, watching telly”, said the boy.

- The only time the world beats a path to your door is when you are in the bathroom.
- My wild oats have turned to prunes and albran

Care for Your Arterial/Venous Fistula

When your fistula is first created your dialysis nurse would ensure you are well aware of how to protect the fistula. Here is a reminder. For more information, please ask your dialysis team.

Blood flow through the dialysis machine must be fast, enabling the blood flow to reach and pass through the dialyser and back into your body. To help work well, it is necessary to create a **large** vein which enables easier access to your blood supply. An artery and vein are joined together; resulting in high blood flow from the artery into the vein causing the vein to enlarge. This process may take 6 -12 weeks to be establish sufficiently to be used.

Large needles are used, enabling a fast blood flow around the machines blood circuit, which includes the dialyser, and reduces the issue of blood clotting.

Care must be taken to prevent blockages of this fistula as it is your lifeline. Check your fistula is working, by placing your finger on the area where the operation occurred. The fistula will feel like it's buzzing, caused by the artery and vein blood mixing together. (this is called a "thrill")

Anything that can block the blood flow to your fistula can damage or destroy, your fistula. altogether. Things such as, carrying shopping bags or parcels over your fistula arm.

Wearing tight clothing or elastic sleeves on you fistula arm.

Wearing a watch, hospital name tag, and such on your fistula arm.

Lying on your fistula arm.

Under no circumstances should you let anyone take blood from the fistula arm or take your blood pressure on the fistula arm..

Never allow needles to be placed into your fistula, except those needles used for dialysis, or fistula x-rays, known as fistula grams or angiograms.

Ros Ball

CREATION

A man said to his wife one day, 'I don't know how you can be so stupid and so beautiful all at the same time.' The wife responded, 'Allow me to explain. God made me beautiful so you would be attracted to me; God made me stupid so I would be attracted to you!'



WORDS

A husband read an article to his wife about how many words women use a day... 30,000 to a man's 15,000. The wife replied, 'The reason has to be because we have to repeat everything to men. The husband then turned to his wife and asked, 'What?'

A man and his wife were having an argument about who should brew the coffee each morning.

The wife said, 'You should do it, because you get up first, and then we don't have to wait as long to get our coffee.' The husband said, ' You are in charge of cooking around here and you should do it, because that is your job, and I can just wait for my coffee.' Wife replies, 'No, you should do it, and besides, it is in the Bible that the man should do the coffee.' Husband replies, 'I can't believe that, show me.' So she fetched the Bible, and opened the New Testament and showed him at the top of several pages, that it indeed says.....'**HEBREWS**'

Christmas in July Report. 2015

The DATA Christmas in July was held on Saturday 25 July at the Greyhounds Entertainment Center in Springvale. It was cold outside and cosy inside. There were 47 people who attended the event – a very good turnout.. The meal was enjoyable with yummy soup, mains, and sweets, plum pudding of course. Lots of chatter , great to put names to faces and spend time enjoying ourselves.

Ken Donnelly was the trivia master, he asked some tough questions. The highest score was 12 out of 25. The trivia winners were Damien and Beryl Tardrew.(see photo on page 2. How did they know so many answers? . One of the questions was “Who married the owl and the pussy-cat?” – the turkey of course. How many people remembered that?

Thanks to Ken (and Kim) for challenging us with those questions.

Bev Warwick prepared the raffle. There were 4 lovely prizes. The raffle winners were – Joan Eastwood, Suzie Dawe, John Podolak and Alicia Nguyen. Bev also prepared the lolly bags and gave everyone the small parcel as they were leaving. A nice way to end the night..

It seemed that everyone had fun. It was a lovely way to spend an evening.

It's the people who make the Christmas in July enjoyable. If you weren't there, well, you missed out. Don't forget there is always next year.

Thanks to Angela for this article and for all the preparatory work for Christmas in July

More photos on page 2 & 11. (lots of happy faces!)

Below Ken Smith, Eleanor and Michael Allan enjoying the trivia and the raffle prizes—well done Bev.



Fair Trade

Sally was driving home from one of her business trips in Northern Arizona when she saw an elderly Navajo woman walking on the side of the road. As the trip was a long and quiet one, she stopped the car and asked the Navajo woman if she would like a ride.

With a silent nod of thanks, the woman got into the car. Resuming the journey, Sally tried in vain to make a bit of small talk with the Navajo woman. The old woman just sat silently, looking intently at everything she saw, studying every little detail, until she noticed a brown bag on the seat next to Sally

‘What in bag?’ asked the old woman.

Sally looked down at the brown bag and said, 'It's a bottle of wine. I got it for my husband.

The Navajo woman was silent for another moment or two.

Then speaking with the quiet wisdom of an elder, she said: 'Good trade.....'

Sensipar Removed from the Pharmaceutical Benefits Scheme.

Sensipar, otherwise known as Cinacalcet. This drug is used for people on dialysis who have high levels of parathyroid hormone.

Parathyroid hormone is produced by the parathyroid glands which are small glands on either side of your thyroid gland in your neck. This hormone can alter and effect your blood calcium levels to such an extent that your bones may weaken and break, and calcium may be deposited into the lining of your blood vessels causing them to harden. As the level of calcium changes in your blood, so too does the phosphate.

Those people on dialysis may need to have part of the parathyroid gland removed to help reduce the production of the parathyroid hormone.

Sensipar is a drug produced by Amagan, and used to help control the amount of parathyroid hormone produced by the parathyroid glands.. A **small** research program has cast doubt on the effectiveness of this drug yet Australian authorities seem to be the only ones who doubt the effectiveness of this drug. This drug will still be available but will be more expensive. Those of us on dialysis must remember that many drugs we take are subsidised by the Pharmaceutical Benefit Scheme. More information should be available by talking to your doctor or the hospital pharmacist.

Ros Ball

Changes to the Bendigo and Regional Kidney Support Group.

At the May meeting of this support group, no one had decided to take on the position of president and secretary. At that meeting it was decided they wouldn't apply for any funding this year and go into "caretaker mode" The occasional meetings will continue at coffee mornings, which are held at the Bendigo Club, Park St. Strathdale. Their newsletter will be less frequent and finances will be used up. This is disappointing news, for the Bendigo group. The Bendigo hospital has a busy dialysis unit.

Recycle Goods.

Kidney Health Australia has some recycling schemes to help them raise money for their many projects.

Mobile Telephones.

Mobile phones are quickly outdated and new ones are put onto the market. This means many people update their phones. If you have any old phones, these can be recycled through Kidney Health Australia. For a satchel to send them in, phone 03 9674 4300.



Old Cars. If you have an old car just taking up space in your yard, then contact Kidney Health and they will be more than happy to collect it. A tax receipt to the value of the donated car will be issued to you.

Ring the kidney car hotline on 1800 454 363 to organise collection.

Stamps

Saving stamps is easy, as they do not take up much room. Ask friends and family to collect used stamps off any envelopes they get. The stamps must be torn with sufficient envelope around them to be able to see the post office mark. When you have collected a pile of stamps, send them to Used Stamps KHA. GPO Box 9993 Melbourne 3001.

Country Health SA funds a Mercedes Truck that has been modified into a mobile dialysis unit providing respite dialysis in remote towns and Aboriginal communities. This is for people who have kidney disease, which has resulted in them having to relocate to a metropolitan or regional centre for dialysis. The truck has three dialysis chairs and can treat up to six clients per day. Every trip is planned months in advance to allow patients time to contact family and friends for accommodation. All potential locations must have as near to flat ground as possible as the truck has the ability to self level, a water supply and a place for waste water disposal. A 3-phase power supply would be good, however if not available, an onboard generator can run the unit.

Dialysis nurses in South Australia are given the opportunity to apply to work on the mobile unit, the only criteria is that they hold a current practicing certificate, with a minimum of one year's dialysis experience. My first experience was a week working in Leigh Creek, 450 kms from my home, with two other nurses, one being the truck's driver and week's organiser.

Working out of one's own unit/comfort zone and with people you have never met before, whilst a little scary, was a fantastic experience. Every day we learnt something new from each other, whether it was new skills, general information or an easier way to do something. It was also great meeting new clients, for whom it must have been a little scary also.

Travelling to a remote destination also gives one an appreciation of how great our Australian countryside is and how difficult it must be for a person to leave their home and family and move to a populated town to maintain health. (many hundreds of miles away)

In 2014 the Dialysis truck covered 22,500 kms travelling to fourteen communities and treated one hundred and seventy four clients. The truck is well packed with stock needed for individual treatments. All equipment is secured to prevent any damage over the long distances travelled on the rough dirt tracks used to get to remote destinations. All nurses working on the truck are taught how to unpack and get the unit functioning ready for the first day of treatments. Likewise at the end of the week, all hands are gloved up ready to wind hoses, power cords, attend to machine maintenance and secure chairs and machines ready for the trip home.

Whilst it is always good to go home to family and normality, it was a little sad to say good-bye to new friends and the freedom of open spaces and working in a different environment compared to a busy hospital. It was a great, fun working week. I appreciated this opportunity South Australian nurses are offered.

Kerri I'Anson

*Thanks to **Kerri** for this insight into dialysing in the bush. and the South Australia's Renal Dialysis Truck*

How do you get down from an elephant?

You don't get down from an elephant; you get down from a duck!.

How do you make an Irishman laugh on Mondays?

Tell him a joke on Friday.

Doctor: "Mr Smith, that pain in your leg is simply due to old age".

Mr Smith: "Well, my other leg is just as old and that doesn't hurt".



The South Australian Dialysis Truck parked in the bush.



Tables of DATA members and friends at our Christmas in July Party. Lots of smiling faces.



Dates to Remember



18th October AGM Manchester Unity Hall

8 Main Street Blackburn at 2pm.

29th November . Christmas Outing.

Robert Eadie Pavilion Healesville Sanctuary.

March 2016 Members BBQ. TBA

21st September 2016 to 1st October 2016

Australian Transplant Games more information at
www.australiantransplantgames.com

Websites of Interest.

www.cari.org.au :-

Caring for Australians with Renal Disease.

www.kha.org Kidney Health Australia

Big Red Kidney Bus refer KHA webpage.

**IF YOU WOULD LIKE TO RECEIVE SHOESTRING BY
EMAIL PLEASE CONTACT US ON EMAIL :**
editor.shoestring@gmail.com

Our thanks to all who contributed to this edition.

Why not spread the word and pass this copy on?

ShoeString 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 ideas of issues you would like to see covered, contact us.

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The views expressed in the editorial and the contributed items are those of the authors and are not necessary the opinions of D.A.T.A. Inc.

Deadline for the next ShoeString: 15 October 2015