

David's Story

p. 7

Congratulations Frank!

Celebrating a successful transplant p. 9



NOTICE OF ANNUAL GENERAL MEETING 2012

Notice is hereby given of the 38th Annual General Meeting of the Dialysis and Transplant Association of Victoria Inc.

to be held at Manchester Unity Hall, Main Street Blackburn

on

SUNDAY 21st OCTOBER 2012

2PM

AFTERNOON TEA PROVIDED

Details and RSVP p. 8



Christmas in July

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Spring has

Sprung!

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A Note From the Editors...

Hello everyone, and welcome to another edition with our original logo of ShoeString, hope you like it. Spring is just around the corner so we have included some feel good quotes to lift everyone's spirits. As well as some refreshing and healthy smoothie recipes to help put the spring back into your step.

Details of this year's DATA's AGM are included in this issue as well as a reminder that the Annual Christmas party is coming up (the year has flown!) Pages 10-11 have some great pic's of our annual Christmas in July.

I have contributed part 1, of my brother David's own personal story, which I know many of you will relate to.

ShoeString is always looking for new content from our readers to include in our newsletter. Stories are great but if you would like to send a letter instead, this would be very welcomed. If you are unable to email us, you can send letters, addressed to the editors of Shoestring and mail it to PO Box 165, Blackburn 3130. 'Til next issue, take care.

June & Adrienne, Editors

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

President's Report

On Sunday, July 8, a special committee meeting was held to review our options with the Blackburn house. The building development on Queen Street around the house was mentioned in the last ShoeString. The committee considered DATA's ongoing need for an office as well as the occupancy rate, income, expenses - such as bills and maintenance - related to the Blackburn House.

It is my duty to inform you all that the decision to sell the house was made. The neighbours next door are also selling, so we have combined with them to sell our house. A large sum of capital is tied up in this house and, apart from our headquarters being situated there, the house is empty for a great deal of the time.

It was decided to sell and then, at a later date, consider whether to buy a smaller house and move closer to the city. In the meantime we will rent office space for our work to continue.

For members who wish to visit Melbourne for health reasons or holidays we are considering a number of options. It maybe some time before we actually have to move and we are hoping to be able



to rent the house from the new owners until they have their development plans in place.

I feel this is a sad time for DATA, but we need to consider the future and what is best for our members.

Those who wish to view the minutes of the meeting may do so by ringing and leaving a message at the house (03 9894 0377). You can also contact me or our secretary, Sue, and a copy of the minutes will be sent (See back page for our phone numbers).

Our AGM is to be held on October 21 and this year I will be standing down as president, as will our secretary, Sue. I am asking you all to come to our AGM and show your support for those of us on the committee, both past and still active. Do you have fresh ideas on how DATA should run? Or what DATA could be doing? Then please, step forward, nominate yourself and have a say. It would be great to have new people volunteer for the committee.

The AGM will be held in a new venue this year after the success of the Christmas in July. We will also be celebrating ShoeString turning 40, and we hope to have a guest speaker who will reminisce about our past.

I hope to see you there.

Ros Ball, President

We want your ShoeString!

40
years

As part of ShoeString celebrating 40 years of production we are seeking old copies of ShoeString, prior to 2000.

Of course, any copies in the 1970s would be of special interest to us if we are so lucky to have members who have kept issues from the early years or had them passed onto them. Any copies from 1972 to 1990 would be of interest to the committee of DATA.

Even after 40 years this newsletter has still retained its name: it was always called ShoeString but started out as a weekly newsletter!

If you can help please contact Ros Ball or Joan Eastwood or the Editors of Shoe String. We would like to scan them and are more than happy to return them to you.

Holiday Homes

Rosebud:

Bookings have remained constant, although we have 3 weeks vacant in September. If anyone would like to book for a week in September, please let me know ASAP. If perhaps you only want to go for a couple of days or a weekend - this is the time to let me know as rarely do we offer just a weekend for rental. After these vacancies in September, the house is fully booked until March. Cancellations do occur from time to time and often at short notice. If you wish to go on a list and wait for a cancellation, please call me and let me know so I can add you to this list.

To help keep rent low, we do not employ a cleaner or a routine maintenance person (in any of the houses), we therefore rely on people who stay at the house to clean the home before they leave and ensure it is left in a clean condition ready for the next person who has booked the home. It would be appreciated if members can replace light bulbs and clock batteries when necessary.

Please call me if there is any mishaps or problems with the house as notes left at the house can be misplaced and the information is unlikely to be passed on.

Rosebud Holiday Home Secretary

Kaitlyn Steavenson

Ph. 9785 3036, Mob. 0403 561 624

Please ring after midday.



Yarrawonga:

Vacancies are still available 28 October to 4 November as well as between 18 November and 2 December and December 16 to 23. We do get cancellations so please ring me.

Don't forget you Haemo Patients to ring the Yarrawonga Renal Unit (Phone: 57438189) to find out what is available and then ring me to book that time into the house; Haemo Patients get first preference at the house. Do not leave it until you are about to go to Yarrawonga.

We have had a wonderful donation of \$3000 from the Mulwala Water Ski Club, part of which we will be using to replace the block-out curtains in the four bedrooms and also a new kitchen curtain. We thank Kay and the committee from the Ski Club for their donation which we will be following up with a Certificate of Appreciation. Also thanks to Ann and Frank Bonser for organizing the hanging of the curtains.

I have received a complaint about how dirty the house was left; food left in the fridge, microwave greasy, stove dirty and left on. **REMEMBER:** you are responsible for the cleaning of the house.

Yarrawonga House Secretary

Alan Rawson, 22 Tarwin Drive Croydon 3136,

Ph. 9723 3019, E-mail: fayal_rawson@hotmail.com



Holiday Homes

Rent Increase

Due to the rising costs there will be a rent rise at both houses from the start of February 2012.

New rates are \$180.00 per week between December 1 until Easter. The off-peak rate will be \$160.00 per week from Easter to the end of November. Extra guests are still \$20.00 per night each.

Blackburn:

Due to developments in the surrounding areas at the Blackburn house and, as the house is not being used as much now for country patients, it has been decided that it will be sold. This sale is still 'works in progress' and, even after the sale is finalised, the house will still be available to DATA members for the foreseeable future.

On the whole Blackburn has been quieter than the other houses. People from the country should feel free to come down and have a holiday in Melbourne, it's cheaper than a hotel: at \$35 a night per couple and \$50 for the family room, it is great value.



Blackburn House Secretary

Sue Hatzimichalis

Ph. 9378 9222, Mob. 0412 469738

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.

Quotes

No matter how long the winter, spring is sure to follow.

~ Proverb

If we had no winter, the spring would not be so pleasant; if we did not sometimes taste of adversity, prosperity would not be so welcome.

~ Anne Bradstreet

Happiness is like a sunbeam, which the least shadow intercepts, while adversity is often as the rain of spring.

~ Chinese Proverb

A man has every season while a woman only has the right to spring.

~ Jane Fonda

I stuck my head out the window this morning and spring kissed me bang in the face.

~ Langston Hughes

Winter is on my head, but eternal spring is in my heart.

~ Victor Hugo

Spring is when life's alive in everything.

~ Christina Rossetti

The beautiful spring came; and when Nature resumes her loveliness, the human soul is apt to revive also.

~ Harriet Ann Jacobs

Recipe Corner

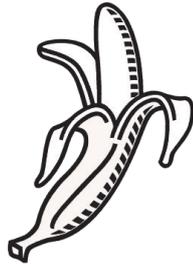
Spring Smoothies

Spring is just around the corner, so what better way to put a spring into your step with some healthy fruit juices and smoothies. Australian seasonal fruits for September and October will soon be at the green grocers, fruits such as mangos, mandarins, grapefruit, strawberries and pineapple, just to name a few. So get juicing.

Banana, Vanilla & Honey Smoothie

Ingredients

400ml milk (low fat, no fat)
1 large banana, chopped
4 tsp honey
2 tsp vanilla extract
6 ice cubes



Method

Place all ingredients into blender. Blend on low for 10 seconds then on high for 10 seconds. Serves 2.

Apple & Mango Smoothie

Ingredients

600ml apple juice
1 ripe mango
6 ice cubes

Method

Peel and stone mango, roughly chop. Place all ingredients into blender, run on low for 10 seconds then on high for another 10 seconds. Serves 2.

Tropical Blend

Ingredients

2 mangoes, halved, seeded and peeled
3 kiwi fruit peeled
½ pineapple, peeled and halved
½ cup fresh mint leaves
1 cup crushed ice

Method

Blend all ingredients on low and then high speed. Add crushed ice into glasses. Serves 4.

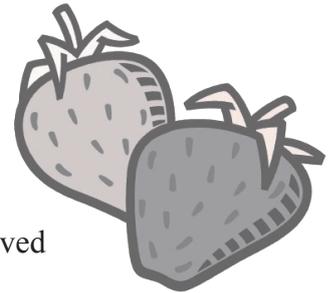
Berry Fruit Smoothie

Ingredients

300ml apple juice
90g raspberries
12 strawberries, stalks removed
4 ice cubes

Method

Place all ingredients into blender. Blend on low for 15 seconds and on high for 15 seconds. Serves 2.



Apple, Melon & Kiwi fruit Smoothie

Ingredients

400ml apple juice
1 kiwi fruit, peeled and chopped
150g melon, chopped
6 ice cubes



Method

Place all ingredients into blender. Blend on low for 10 seconds then on high for 10 seconds. Serves 2.

In season...

Fruits in season in September and October include: most citruses – grapefruit, lemon, oranges and mandarins, cumquats, mangoes, papaya, pawpaw and pineapple as well as some variations of apple and avocados.

A lot of leafy vegetable are also in season with Spring being the best time for silverbeet, spinach, asparagus and Asian greens such as bok choy and wonga bok.



David's Story

A story of courage and family by *June Salt*

In his lifetime my brother David has overcome many obstacles. He has tackled his battle with renal failure head on, almost always having a positive outlook on life. I believe, if anything, David's illness has, in an odd sort of way enriched his life. Had he not been dealt this card he may not have experienced as many joys in life as he has, and lived life to the fullest.

David is the eldest of three children; he is married to Kathy and they have three wonderful children, Ryan, Rob and Brittney. David has had a successful career working as a HR Manager. His profession has allowed him to travel quite extensively around the world, which he enjoys tremendously. He has a positive outlook on life, a kind gentle man with a cheeky sense of humour. He adores his wife, Kathy, as she does him, they have a unique friendship. Life is good.

David and Kathy married in 1989 in a small ceremony and, both in their 20's, they move into their first newly built home. After just 3 months they announce at a family dinner Kathy is pregnant.

Not long after their announcement, a month or so, David began to feel unwell; he had been suffering with terrible headaches and nausea. After no improvement for two weeks, David made an appointment with his doctor and was promptly admitted into hospital. Results from various tests showed that David had developed some type of infection in his kidneys. Unable to give an exact diagnosis, the doctors at the hospital decided to take a biopsy of the kidney.

A specialist by the name of Dr Woods came to deliver the news to David and his family: David had kidney failure. Unaware of the illness at this time, our mother asks naively: "Is there a cure for this infection, Doctor?" His response was not at all what David or the family wanted to hear. David would need to start a treatment of dialysis, three times a week, eight hours at a time. He would have to stay on dialysis until he received a kidney transplant.

It was a complete shock to all of us. We had so many questions running around in our minds: How did this happen? How long had David had kidney failure? And most importantly: would he ever be well again?

The following day Dr Woods returned to speak to the family. He informed us that David needed a transplant urgently and one of the immediate family mem-

bers might be a compatible donor. Our parents were the first to be considered. No hesitation: what do we need to do? And how soon can we begin? Knowing that one of our family members might be able to donate a kidney to David gave us all hope.

Only a couple days had passed when our parents were asked to attend Prince Henry Hospital where a kidney transplant team would perform various tests to check for compatibility. You can imagine our relief to find out that mum was a perfect donor match. Knowing she could do this for her son made Mum feel not so helpless. The transplant operation was scheduled for March, about five months later, and would take place at Prince Henry's.

David began his dialysis treatment.

The next few months were incredibly difficult. He was on an emotional rollercoaster; sadness, frustration, anger and denial. Until: one evening while lying in bed, unable to sleep, all his emotions collided and, for a brief moment, he lost all control.

He arose from his bed in a state of confusion. Kathy asked him, "are you alright? What are you doing?" David replied: "I need to run." He walked to their front door and out the door he ran. Kathy didn't stop him; heavily pregnant, she ran with him until he couldn't run any further. On that particular night, David found acceptance, he could no longer run away from the torments in his mind. He had found a new strength within.

Christmas time passed. Kathy was due to give birth to their first child any day. The kidney specialists were amazed at Kathy's pregnancy; they thought it was a miracle she was able to conceive due to David's illness. On January 26, 1990, Ryan was born. This day brought so much joy into both of their lives and all of ours.

Finally, March arrived. By this time David was very ill and had lost a lot of weight. Both he and mum were admitted into Prince Henry Hospital on March 4, 1990.

The day before the transplant operation is a time in my life I will never forget. All the family are there. We are all anxious about tomorrow. There are tears and laughter; love unites us all together.

June Salt

(continued in next issue)

Keep the date!

Christmas is coming!

Not long now until the Annual DATA Christmas Party!

Mark the date: December 2, 2012, first Sunday in December

Rumour has it... that we will be invading the Werribee Open Range Zoo.
And that a hearty lunch will be catered by Pixies.



Prizes galore!
Entertainment galore!
Fun galore!

A great day out for the whole family. Invite your
friends, or your Great-Uncle Ralph!
Come and join in the revelry.

Annual General Meeting

You are invited to attend the Annual General Meeting of Dialysis & Transplant Association Victoria, to be held on October 21 2012 at Manchester Unity Hall, Main street Blackburn at 2pm.

It is looking to be quite the eventful day with the reports from all the holiday homes as well as ShoeString and the usual financials being followed by an election for the committee. With two of our long term committee members standing down we are looking for new committee members so if you would like to have a go please contact any Committee member and make yourself known.

Our guest speaker will be reminiscing about 40 years of ShoeString and the many years of DATA.

Along with the Ron Jones Award there will be the drawing of the raffle with \$800 in prizes to be won.

Afternoon tea will be provided.

AGM RSVP

VERY IMPORTANT TO SEND THIS BACK !

For catering purposes please return the slip below

Please cross out whichever is not applicable and return to:

PO Box 165, Blackburn 3130 by 7th October 2012

Yes I will / No I will not be attending the AGM on 21 October 2012

Name: Phone:

Number of Adults attending:

Notice Board

GOVERNMENT SUBSIDY

People holding a Commonwealth concession card who have high home energy costs because they rely on essential medical equipment may be eligible to receive extra assistance.

To assist with the higher energy costs associated with the running of medical equipment in the home the Australian Government are offering an annual assistance payment of \$140 to eligible households.

This does include the use of a dialysis machine at home, which in fact is the highest energy use machine covered by this payment. For further information go to www.cleanenergyfuture.gov.au or call 1800 057 590.

CONGRATULATIONS

DATA would like to express how happy we are to have heard the news of Frank Simovic's long awaited kidney transplant. Frank received his new kidney back in June, but wanted to wait until he had the all clear before sharing his exciting news with us all. After spending seventeen years on dialysis, Frank now has a new found freedom, and is looking forward to fulfilling his dream of travelling overseas to Croatia. Congratulations Franks from us all!

Ask the Experts...

Hi John,

I was wondering if you know anything about the new gambro machines that are called HDF/haemodiafiltration. Do you know of any comparisons between these and nocturnal haemodialysis?

- Ros Ball

All the major companies have HDF machines on the market. HDF has been a modality choice for 2 or more decades.

Jim Petrie at the Princess Alexandra in Brisbane has long been a proponent of haemodiafiltration (HDF) in chronic kidney disease (CKD), though it is better known to most in ICU's for Acute Kidney Injury (AKI).

The Europeans have used HDF for the management of CKD for a number of years and it is quite popular there though it remains non-existent in North America (not that that is a surprise as the US in particular do not do dialysis at all well). Here in Australia (except for Jim) we have only just begun to consider it in earnest; mainly because (a) its costs are significantly higher and (b) it needs ultrapure water, as water is re-infused across the dialyser during the process. This need for ultrapure water has made its use at home (also until just recently) somewhat problematic, though dual Diasafes changed every 6 weeks can be used successfully. However, as \$150/Diasafe x 2 x each 6 weeks, the added costs have made most shy

away from home HDF.

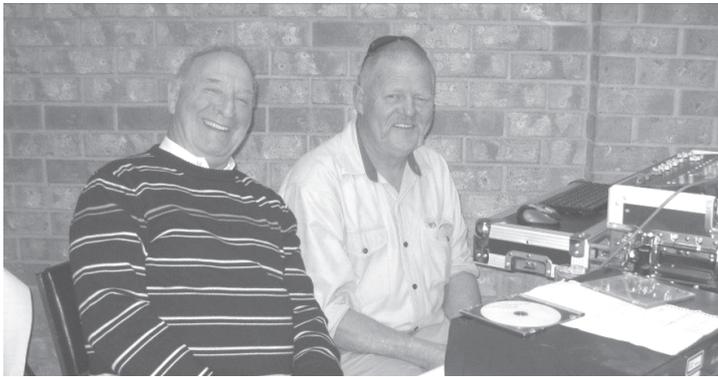
It is being used at PAH for a couple of patients at home and the ARMC also have a couple - with one down our way. We plan to more actively consider it in the coming year.

As for comparisons with NHD: no, none have been made. There is simply no literature on it. The data on HDF in CKD is also only anecdotal and 'patient-as-his/her-own-control' data, but our trials with it here in the unit have been met with much appreciation by the patients on whom we have used it - all saying how much better they felt after dialysis!

My view? We will be moving that way in the near future. Cost remains an issue - perhaps the greatest issue - as I don't think the technique itself has flaws. As for HDF against long, frequent slow and overnight HD at home? I think there is a long way to go yet to say which might be better. I fancy NHHD will still be the Rolls Royce of dialysis for some time to come.

Dr John Agar, Geelong Hospital

Christmas in July



Christmas in July 2012 was another great night out.

The band was entertaining and kept us bouncing all night with their Neil Diamond songs and even a rendition of Bing Crosby's version of 'Dreaming of a White Christmas'. A great big thankyou goes out to the band who donated their time and our thanks to Kaitlyn for organising them.

The new venue, Manchester Unity Hall, in Blackburn had a warm, inviting feel and accommodated the guests perfectly. There were about 60 people in attendance. Good to see all our old friends. Big welcome to Jo Fairbourne from Kidney Health Australia, hope she enjoyed her evening.

Thanks Sue for organising the games, they were a hoot! Just imagine a bowl of face cream, and another bowl of cotton balls, guests had to dip their nose in face cream and then see how many cotton balls they could stick to it!

There was an abundance of food, thanks to all the cooks and kitchen helpers they did a magnificent job. A special thanks to Elizabeth Phelan and Phil Terry for setting up the hall they did a wonderful job. Of course Santa came and generously passed out bags of lollies to all. Thanks Bev for packing the lollies!



Winners:

Trevor Bickerstaff walked away with the first prize from the raffle, a basket of goodies with second prize, a trip on the Walhalla Tourist train (donated by Joan Eastwood) going to Bev Warwick. Third prize, some mugs went to Heather Stubs. The quiz tables all received chocolates, and the winners won scatchies. For the door prize, Val Anderson and Ken and Sharon (who left theirs behind) were the lucky winners and a Mystery Prize of a LEDlight torch and wine was awarded to Arthur Hollingsworth.

Christmas in July



Dates to Remember



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Sue Hatzimichalis (03) 9378 9222

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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.

* * *

October 21 Annual General Meeting
2.00pm
Manchester Unity Hall

November 14 World Diabetes Day

December 2 DATA Christmas Party
Keep the date free!
Details TBA

March 14, 2013 World Kidney Day

* * *

Our thanks to all who contributed to this edition.

Why not spread the word and pass this copy on?

ShoeString are 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.

Write to: The Editor, ShoeString,
PO Box 165 Blackburn 3130
Email: editor.shoestring@gmail.com

Deadline for the next ShoeString: 22nd October