

# Shoe String

Newsletter of the Dialysis and Transplant Association of Victoria Inc.



**JANUARY 2018**

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# **Junior scientists demonstrate the colour of wee.**

Read about the Healthy Kidneys School Education  
Project on page 2





# Editor's note

After close to 2 years and 9 editions of Shoestring Trudy Robson has stepped down from our editorial team. Trudy brought a new and fresh style to the layout of the newsletter and we have had nothing but positive feedback on the new look. The committee wish Trudy well on her move from Melbourne and thank her greatly for her contributions to each edition.

We are now looking for someone to join us on the team to help compile future editions. So if you have skills in desktop publishing and are willing to put time aside every couple of months to create this great newsletter please get in touch (call the office on 9894 0377 or send an email [info@datavic.org](mailto:info@datavic.org)). You will not need to write any articles but will be able to apply your talents to laying out each edition.

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## An Exciting New Project for DATA Healthy Kidneys School Education Project

In June 2017, DATA was approached by Yvonne Farquharson, a long term member of DATA. Yvonne asked DATA to consider sponsoring a new school program that she was developing with her friend Jo Fairbairn. **See photo on page 4.**



Through personal experience Yvonne knew that it was possible to slow down the onset of kidney failure. She had achieved this by educating herself about her own kidney disease. By making adjustments to her diet and life-style she has been able to slow the decline in her eGFR (the measure of how well your kidneys filter wastes from your blood). This experience has driven a passion in Yvonne to educate other people about kidney disease and what better place to start than with primary school children. Yvonne is concerned about the increase in preventable diseases, such as type 2 diabetes and cardiovascular disease, and the links with diet and weight. More

*(Continued on page 4)*



*Photo on front cover: Jacob, Sarah and Madison at Moriac Primary School demonstrating the colour of healthy wee is pale yellow .*

*Above: Students from Moriac Primary School attend the first session of the Healthy Kidneys School Education Project .*

# President's Report



Sue  
Hatzimichalis  
0412 469 738

Hi all,

Hope this finds you all well, and recovered from the festive season. Unfortunately we are not quite over summer yet, so I hope you are all keeping cool and not drinking too much extra to do so, (easy for me to say I'm not on dialysis).

We had a very good Christmas Party at the park on 26th November, the weather didn't look to good but it did hold out for a while (read all about it in article ) but thanks to Charlie, as he got there early and reserved a Pavilion for us. I really want to say sorry to Doug (Ange's husband) as he won the first prize in our pass the parcel game and it was a Michael Bublé Xmas CD, much to Ange's delight but not Doug's. Oops he will forgive me...won't he Ange?

Please remember the Ron Jones Education Awards. This year, we have made a little change to the rules. Any child from grade 6 to Year 11 can apply, we didn't get any applications last year so hope this will change.

We have a very extensive social calendar in 2018 starting with a coffee & chat day at Forest Hill and we are having a speaker coming along to talk so please join us (see the article on

page 10). Another event is Bare Foot Bowls, we had a very good time last year so why not join us at Altona. We are also heading down to the sand sculptures on Frankston Beach in March. DATA will subsidise some of these events. All we need from you is your RSVP's. Some of the events have a minimum booking and if we don't get the required number we will have to cancel. We would love to see new faces at these events; it's not as much fun when only the committee turn up!

Be sure to read our story on the Healthy Kidneys School Education Project. It is a fantastic program run by two of the most talented and passionate people I know. Yvonne & Jo do a wonderful job educating children in the schools they visit and it was just wonderful to watch them in action. I am very proud and privileged that they approached DATA to sponsor them. I'm sure you will agree that if one child does not end up with kidney failure and on dialysis due to this program then our job and theirs will have been achieved.

Well that is all for now until next time.

*Sue Hatzimichalis*

*"Keep safe,  
and I hope to  
see you all  
at our next  
social day."*

## Ann Tierney

I am sorry to report that Ann Tierney passed away in November 2017.

Ann (and husband Bob) were originally members of DATA before transferring to Transplant Victoria to pursue her love of sport specifically lawn bowls. Bob was also active in the Transplant Games helping to organise the 1994 Shepparton Transplant Games. Ann competed in the 1992 Transplant Games in Toowoomba,

Bathurst in 1994, Shepparton 1994, and Aldermeade Sydney in 1996. Winning all Bronze, Silver and Gold medals on different occasions.

Ann commenced dialysis in 1981 and dialysed for 8 years until her transplant in 1989. This transplant gave Ann a 23 year break from dialysis. Unfortunately Ann was back on dialysis 5 years ago.

Ann did have a sense of humour, and this held her in good stead many times during her years of renal problems.

Ann and Bob travelled overseas several times and enjoyed DATA's house at Yarrowonga on more than one occasion. Life was enjoyed to the fullest.

Ann is survived by husband, Bob, and two children and four grandchildren.

DATA extends sincere condolences to Bob and the family.

Vale Ann Tierney

*Joan Eastwood*

## Wanted

Shoe String needs your stories - especially from those of you who are on Peritoneal Dialysis (PD) or who have been on PD. Please send us your stories. If you don't feel you can write it yourself - we can help. Ring the office and leave your contact details. We will get back to you and talk it through.

*Ros Ball*

(Continued from page 2)

than one quarter (27%) of Australian children are overweight or obese.\* Yvonne believes action is needed now for the future health of our children and grandchildren.

Sue (DATA president), Charlie and I met with Yvonne and Jo to discuss just what this entailed. We agreed it was a worthwhile project, and invited Yvonne and Jo to prepare a formal proposal that could be presented to the DATA committee.

Yvonne and Jo — who shares Yvonne's passion to raise awareness of kidney disease and promote healthy lifestyle habits — set about developing an outline for the program under the title **The Healthy Kidneys School Education Project** and gave a demonstration to the DATA committee in August 2017. The committee's reaction was very positive. Long time committee member Alan Rawson summed up the feelings of the entire committee when he said, "If this prevents just one child from getting kidney disease and going on to dialysis it is money well spent." The committee unanimously agreed to fund full devel-

opment of the pilot program that would be rolled out to 3 schools by the end of 2017.

By late October Yvonne and Jo, now using the name Filter Your Future, were ready to visit their first school - Moriac Primary - and invited representatives from the DATA committee to attend. Charlie and I were able to go along and are happy to report how excited we are about the program. As promised, it proved to be a fun and engaging experience for the students (and visitors). They were taught the importance of drinking water and shown how the colour of urine can be an indicator of their hydration level (photo on the cover). They were shown how much sugar is in soft drinks (photo on page 11). We all sang the Damien the Dialysis Dude song and danced the Circulation Dance ... and much more.

At the end of the day we felt the Filter Your Future team had met their objective and had empowered the students with knowledge that would allow them to make positive choices impacting on the health of their kidneys.

Filter Your Future also visited St Monica's Catholic Primary School in Foot-



Yvonne & Jo warm up for their opening song.

scray, and later in November Sue sat in on a couple of sessions at Altona North Primary School and agreed that it was a successful and exciting project.

At the December Committee meeting, Yvonne gave a rundown on the pilot program and provided results from the feedback that was given by students, teachers and visitors. Across the three schools the program had been presented to 266 students, 11 teachers, 3 Principals and 5 visitors.

The DATA committee have agreed to continue funding the program in 2018 which will allow it to be delivered to 10 metropolitan schools.

More photos on page 11.

Ros Ball.

*If you want to know more about the Healthy Kidneys School Education Project contact:*

*Ros Ball on (03) 9439 8866 or*

*Sue Hatzimichalis on 0412 469 738*



Yvonne watches on as Moriac student, Heath, places vital organs on 'Felt Man' (on loan from Diabetes VIC)

\*[2017, [www.opc.org.au/tippingthescales](http://www.opc.org.au/tippingthescales)]



# DATA Holiday Houses

The Rosebud & Yarrowonga 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.

## Rosebud

### VACANCIES

- 18th March till 25th March
- 15th April onwards

It's a terrific place to holiday so take full advantage of the vacancies and book in a week or even just a weekend to get away.

*Bookings at the Rosebud Hospital Renal Unit must be done online email to: [holidayatrosebud@phcn.vic.gov.au](mailto:holidayatrosebud@phcn.vic.gov.au)*

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

We are sure you will appreciate that Members on haemodialysis find it very difficult to holiday, so we often prioritise them over PD and Transplant Members. But there are always vacancies so please don't hesitate to ring and check.

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.

## Yarrowonga

### VACANCIES

- 18th - 25th Feb, 25th Feb - 4th Mar
- 4th Mar - 11th Mar, 11th Mar - 18th Mar
- 18th Mar - 25th Mar,
- 8th Apr - 15th Apr, 15th Apr - 22nd Apr
- 22nd Apr - 29th Apr

### PLENTY OF VACANCIES FOR THE REST OF THE YEAR!

Why not enjoy a holiday in a great part of Australia metres away from Lake Mulwala. Cost is only \$180 per week for you and your immediate family. Call as I do get vacancies.

*Bookings at the Yarrowonga Renal Unit Ph: 5743 8189*

*For HOUSE bookings please ring Yarrowonga House Secretary Alan Rawson Ph: 9723 3019 Email: [fayal\\_rawson@hotmail.com](mailto:fayal_rawson@hotmail.com)*

## DO NOT FORGET

If you need to dialyse at either the Rosebud or Yarrowonga Renal Units, please do the following:

- Contact the hospital to check the availability of booking a chair
- Check the vacancy dates of the Holiday House
- Then ring to book the Holiday House
- Finally, contact the hospital again to confirmation your dates and book in

# Improvements at Rosebud

The DATA committee inspected the Rosebud house in June 2017 and agreed that it was time to replace the side fence and carry out a few other improvements to the property. It took a bit of time to find a contractor but thanks to the persistent efforts of Amanda and Brendan we can now happily report that a new fence has been erected.

Amanda and Brendan have kindly donated a new lamp for the lounge room.



## Keep moving this summer

Do whatever that is that keeps you moving, which is certainly better than sitting.

Exercise increases energy levels and strength, and can help reduce stress and reduce the risk of depression. Exercise helps you move better and walk better.

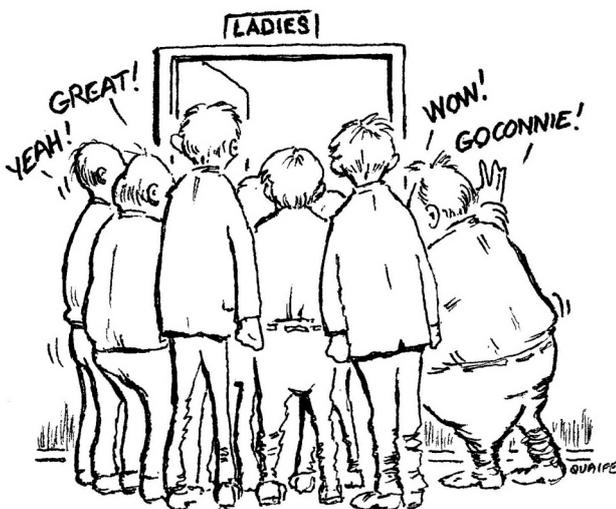
Not sure where to start. Walking can be the best exercise there is. Get

yourself referred to a physiotherapist, who will help design a program for you and help motivate you.

Stay out of the heat and walk in the early mornings or at dusk.

Mentioned in previous SS, exercise will certainly help keep your bones strong.

[www.petequalfoundation.com](http://www.petequalfoundation.com) - helping children on dialysis - donations gratefully accepted



Connie was so proud of her new kidney that she invited everybody to watch her newfound function.

## Altona Group Luncheon

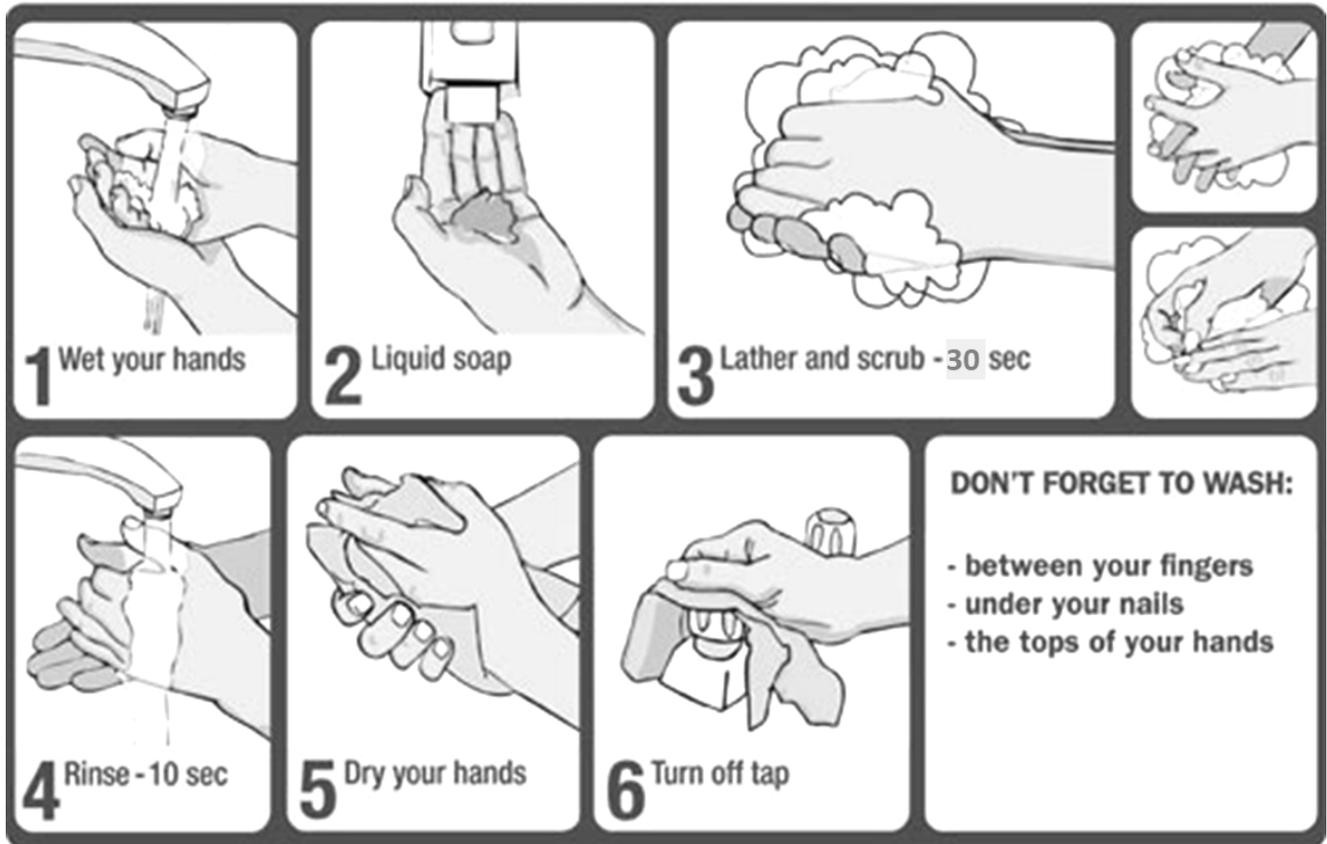
Nineteen members turned out on a lovely, sunny spring day for a delicious meal at Mosaic Restaurant in Altona. The outing was organised by Carol and Alan Thompson (*pictured right*) on behalf of George Said. Everyone who attended had a great time. We are all looking forward to the Altona group's next event in March - see details on page 10.



# The Key to Effective Hand Washing

Hand washing matters as it stops infection from spreading. Infection is a large cause of death for dialysis patients. So the way you wash your hands matters.

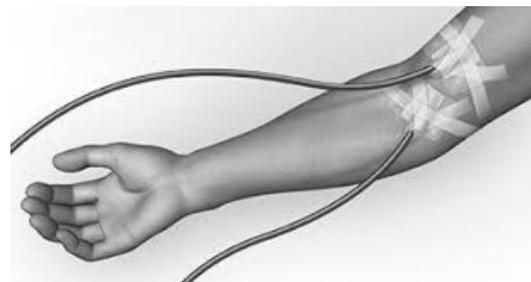
## How to wash your hands properly



## Keeping Your Fistula / Access healthy

Following these guidelines will help you avoid infection, blood clots, and other problems with your vascular access.

- Always wash your hands with soap and warm water before and after touching your access. Clean the area around the access with antibacterial soap or rubbing alcohol before your dialysis treatments.
- Check the pulse (also called thrill) in your access every day. Your health care provider will show you how.
- Change where the needle goes into your fistula or graft for each dialysis treatment.
- DO NOT let anyone take your blood pressure, start an IV (intravenous line), or draw blood from your access arm.
- DO NOT let anyone draw blood from your tunneled central venous catheter.
- DO NOT sleep on your access arm.
- DO NOT carry heavy weights with your access arm.
- DO NOT wear a watch, jewellery, or tight clothes over your access site.
- Be careful not to bump or cut your access.
- Use your access only for dialysis.



Source: <https://medlineplus.gov/ency/patientinstructions/000591.htm>

# Member Questionnaire – What you told us!



The Committee would like to thank everyone who participated in the questionnaire that was on the back of this year's subscription renewal form.

So far we have had responses from over 220 members which is a large enough sample for us to draw some conclusions.

You told us that about 60% of you are regular users of the internet with a further 12% using the internet just to access email.

We learnt that of our tech savvy members the majority use a computer with some also using a tablet and/or smartphone. A small but significant number of members use only a smartphone or tablet to get online. This tells us that we may need to work on our web site to make it more friendly for hand held devices.

There was a 50/50 split on the question regarding online payments. Just over a third of you like to pay us by cheque and a similar number prefer to use credit card. Almost 20% would like to pay by direct deposit while a small number prefer cash or money order. With this in mind we are looking to streamline our payment procedures and introduce a better way to make payments online. However, we do not intend to diminish the traditional payment options.

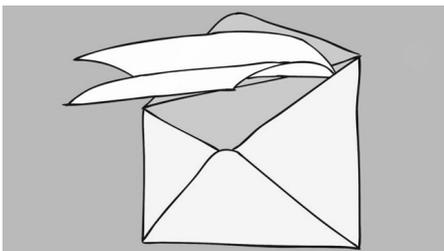
About two thirds of you still like to get a printed copy of Shoestring in the post and we have no intention to stop printing and posting the newsletter to you. For the 30% of members who like the convenience of receiving Shoestring by email we thank you for being environmentally friendly.

Just over half of you want to be sent email notifications about upcoming events and we have already started to do this.

Once again thank you to everyone who responded. We are your committee and your feedback helps us improve the way we serve you.

Charlie Ball on behalf of the DATA Committee.

## 2018 Kidney Health Week 5 - 11 March World Kidney Day 8 March



While we were at the Christmas Picnic and BBQ, we were talking about the Shoe String PACKING and the need

for more packers every second month. If you could spare half a day occasionally to help with folding and packing Shoe String for mailing this would be really good.

It only takes about 7 people 2-3 hours to get the job done. Often held on Saturday or Sunday. You meet some great people, usually people who know all about renal disease.

If we get a good response you will only have to attend once or twice a year!

No need to fill in form if you already are on the list unless you want to opt out.

**So come on!** Fill in the details below and post to PO Box 159 Forest Hill 3131 or send us an email and we will reply, or phone 9894 0377, leave your name and we will contact you.

I am interested in helping to pack SHOE STRING:

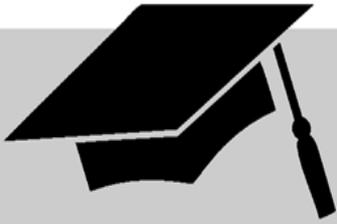
NAME .....

Best phone contact .....

Email .....

Preferred day(s)      Saturday       Sunday       Weekday

# Ron Jones Educational Awards



These awards offer a fantastic opportunity for students between years 6 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 hand-written essay of 300 words entitled 'MY CHOSEN CAREER'.
- Please include the Applicant's previous year's school reports.
- Applications must be received no later than the **30 June 2018**. Winners will receive awards at the AGM in October 2018.

Please fill in this form using Block Letters and forward it to:

The Secretary, DATA Vic Inc, PO Box 159, FOREST HILL Vic 3131

SURNAME ..... GIVEN NAMES .....

ADDRESS .....

POST CODE ..... DATE OF BIRTH .....

HOME PHONE ..... MOBILE .....

## PARENTS / MEMBERS PARTICULARS

(IF APPLICANT MEMBER IS UNDER 18 OR A CHILD OF A MEMBER)

SURNAME ..... GIVEN NAMES .....

ADDRESS .....

POST CODE ..... PHONE ..... MOBILE .....

SIGNATURE OF STUDENT .....

SIGNATURE OF PARENT .....

Financial Member of D.A.T.A. YES  NO

MY ESSAY ON "MY CHOSEN CAREER" AND SCHOOL REPORTS FOR THE LAST YEAR ARE ENCLOSED.

YES  NO

SCHOOL PARTICULARS:

PRESENT YEAR OF STUDIES .....

SUBJECTS STUDIED .....

.....

.....

.....

.....

## Christmas Picnic

Sunday 26th November was a typical Melbourne day - rain in the morning, light shower in the afternoon, slight wind and then sun. Despite the initial weather it was a great day. About 25 people came to Westerfolds Park in Templestowe. Thanks to Charlie Ball for securing an undercover area. Charlie came to the park at

8.00am but the Christmas Party officially started at 12 noon. We had four raffle prizes and the winners were: large hamper was won by Elaine Hennessey, 2nd prize was a bathroom hamper and Vicki Abbatangelo was the winner, Ros Ball won a tray, Peggy Ball won a hamper which was donated by Michael Sukker MP. We played Pass the Parcel, lots of laughter and fun. Dawn MacKrill was the winner of Pass the Parcel. It was a

lovely salt lamp. Joan Eastwood provided the slices (always nice). There was plenty to eat and drink, as well as great company. We look forward to next year's Christmas Party.

Hoping you had a safe and wonderful Christmas season. See you all in 2018.

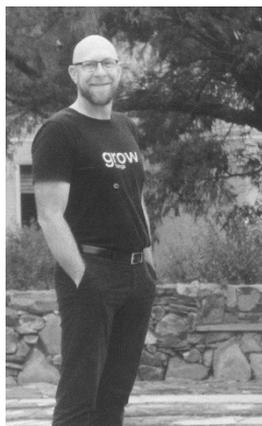
Social Committee



## What's on in February and March

### Coffee with Guest Speaker

On Sunday 25th February at 2.00pm DATA will have an afternoon tea at Level 1, 79 Mahoneys Rd. Forest Hill.



Come and hear Steven Wells speak about his gardens. Steven is a nurse as well as an horticulturist at Royal Talbot Rehabilitation Centre. He creates gardens for respite, recovery and restoration.

After the presentation, have a cuppa and see the DATA office.

RSVP by phoning the DATA office on 9894 0377

All welcome

### Lawn Bowls at Altona



This proved to be such a popular event last year so its on again in 2018. When: Sunday 4th March 2018 at the Altona Bowling Club, 113 Civic Parade, Altona. It's starting at 2.30pm and it's free. Sausage sizzle will be provided, but the drinks will be at club prices.

Please RSVP either to Alan Thompson on 0418 101 524 or the DATA office on 9894 0377 by Sunday 18th February 2018. It should be a great day.

### Keep the date free.

On Sunday 25th March DATA members are welcome to see "Aladdin & The Arabian Tales" sand sculptures at Frankston Waterfront, 510N Nepean Highway Frankston.

See Aladdin fall in love with Princess Jasmine and trick the Genie of the Lamp with his three wishes, take a journey with Sinbad the Sailor on his seven magical adventures as he meets mystical monsters and fantastical creatures. Then, 'Open Sesame', go deep with Ali Baba into the cave filled with

jewels and gold.

DATA will pay the entry fee. Parking at Frankston Waterfront is \$3 per hour (only coins accepted).

RSVP by phoning the DATA office on 9894 0377 by Sunday 11th March.



# Christmas at Westerfolds Park

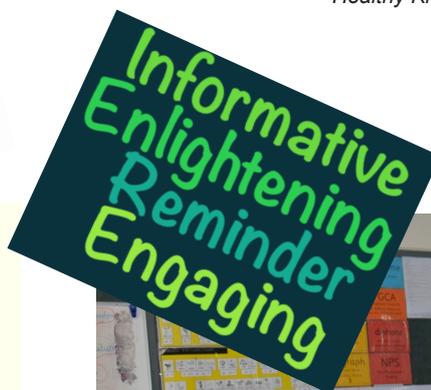


Clockwise from above: The pavilion provides shelter from the light rain.  
 Ron Hennessey passes the parcel.  
 Dawn MacKrill shows off the beautiful crystal lamp (Pass the parcel prize).  
 Committee members (Peter - Vice President, Sue -President and Darren Hennessey) join in the fun.

# Healthy Kidneys School Education Project

Left: From the students and teachers - One word to describe the Healthy Kidneys School Education session.

Below: One 600ml can of soft drink a day equals this much sugar in a year (23kgs of sugar!).”



# Dates to remember



**PO Box 159, Forest Hill 3131**

**Ph: (03) 9894 0377**

**Email: [info@datavic.org](mailto:info@datavic.org)**

**[www.datavic.org](http://www.datavic.org)**

## **Office Bearers**

### **President**

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### **Vice President**

Peter Collins 0432 052 392

### **Secretary**

Charlie Ball (03) 9439 8866

### **Treasurer**

Vicky Abbetangelo 0408 103 571

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Alan Rawson (03) 9723 3019

Rosebud House

Amanda Pratt (03) 9589 4894

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Joan Eastwood 0402 097 331

Ros Ball (03) 9439 8866

Fay Rawson (03) 9723 3019

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Ros Ball (03) 9439 8866

Ken Smith 0428 138 282

Alan Rawson (03) 9723 3019

Paul Murphy (03) 9779 9386

Darren Hennessey (03) 9878 5483

Elaine Hennessey (03) 9897 3211

Ron Hennessey (03) 9897 3211

Christine Coleston 0402 828 970

Nick Hatzimichalis 0412 469 738

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.

25 February – Coffee & Cake at the Forest Hill office.

4 March—Barefoot Bowls at Altona

5 - 11 March - Kidney Health Week (8 March - World Kidney Day)

25 March – Lunch at Frankston with a visit to the sand sculptures on the foreshore.

29 April – Day outing. Docklands to Port Arlington and back on the Ferry.

15 & 23 May – Coffee & Cake at Fairfield Boathouse.

24 June – Maribyrnong River Cruise.

28 July – Christmas in July.

26 August – Indoor bowls or ten pin bowling.

September – Day Rail & Sail: Steam train to Geelong and return by the Victoria Star Ferry (or vice versa).

October - Royal Botanical Gardens Cranbourne.

November – Christmas Party.

## **Some web pages of interest**

[www.homedialysis.org/news-and-research/blog](http://www.homedialysis.org/news-and-research/blog)

[www.nwkidney.org](http://www.nwkidney.org)

[www.peninsulahealth.org.au/](http://www.peninsulahealth.org.au/)

[www.worldkidneyday.org](http://www.worldkidneyday.org)

[www.cari.org.au](http://www.cari.org.au)

[www.australiandialysisbuddies.org](http://www.australiandialysisbuddies.org)

[www.greendialysis.org](http://www.greendialysis.org)

[www.transplantaustralia.org.au](http://www.transplantaustralia.org.au)

[www.bigdandme.wordpress.com](http://www.bigdandme.wordpress.com)

## **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

**DEADLINE FOR NEXT ISSUE 5 March 2018**