CHRISTMAS IN JULY

Saturday 26th July 2014

GREYHOUNDS ENTERTAINMENT

View Road Springvale

All welcome

Cost $20.00 per person

This covers cost of three course Christmas Dinner

plus one drink per person

Limited spaces available so book now to avoid disappointment

See page 2 for more details

RSVP XMAS IN JULY

Return ASAP by 16th July 2014

PO Box 165 Blackburn 3130

Name ........................................
Address  ....................................

Phone ........................................

Number of Adults ......................
Number of children .................
Any Dietary Requirements ...........

Cost  $20. per person .

Amount enclosed $.....................

Payable by Cheque or money order or Credit Card.*

Credit Card Details
Type Visa Master Card
Name on Card
Expiry Date   
Card Number

Signature ....................................

YOUR SUBS ARE NOW DUE
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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.

All about Xmas in July

We are going OUT this year for Xmas in July

Venue is Greyhounds Entertainment (which is next to Greyhound Race track) in Springvale. Actually It is on View Road. So Melways ref map 80 B 11. is where to look for it. Enter car Park from VIEW ROAD only.

Can’t miss it! Starting time is 6pm.

Looking forward to a fun night, don’t forget to wear all your Christmas gear including your Xmas hat.

But first, fill in the form on front page ASAP and send it back to DATA with your cheque/money order/or credit card details.

The meal will be Soup Main and Sweets. The free drink is beer, wine or soft drink. We will have a raffle on the night and I think Santa will be there with a bag of lollies for all of us. We will also have a small quiz/game or two. (nothing too extreme).

Joan Eastwood

Three forms to fill in in this Shoe String.

There is a loose flyer for Annual Subscription Form, with Raffle Book. There is Form on Front page for Xmas In July and there is form on Page three for volunteering your time to pack Shoe String. You can send them all in one envelope if you like, One Cheque/Money Order or Credit Card Payment but all forms must be enclosed.

If you disagree with the year on front of envelope please tell us on the form, or ring Office and we will look into it.

Apologies to Tony Beaston from Royal Melbourne Hospital. In the article in the last Shoestring, ‘My Kidneys, My Home, My Choice’ on page 3, it was claimed Tony worked for Monash, but in fact he works for The Royal Melbourne Hospital.

Sorry Tony.

Also same article, same paragraph it’s Barwon, not Barwin. Sorry about that, too.

WHY NOT VISIT OUR WEB SITE   www.datavic.org, or find us on facebook
Greetings!

Following my comments in the last Shoestring, I can now advise that I have been home from the Victorian Rehabilitation Centre for a few weeks. I am slowly improving with weekly visits to both Renal and physio. I am learning again how to walk and write. (If you are having difficulty reading this, I can assure you, it was more difficult writing it!)

I can now report that our own DATA members I mentioned in the last Shoestring edition, who participated in the Kidney Exchange Program, a couple of months ago, are recovering well from their surgery – back at work and progressing with life. On behalf of all members, I send best wishes to them both.

Imagine my surprise and delight to read the other big item of Kidney news lately - the 6-way transplants conducted through the Australian Paired Kidney Exchange Program (AKX) which took place late last month at the Royal Melbourne Hospital, the Austin Hospital, Melbourne Private and the Monash Medical Centre. Medical and other staff at these hospitals joined forces to co-ordinate the unrelated transplants. I wish both Donors and Recipients, all the very best for their recoveries, and the medical teams a Big Thank You for their work and dedication.

Unfortunately, Kidney Health Australia lost a Patron and long time supporter with the passing of ex-racing driver Sir Jack Brabham OBE on the 19th May. Sir Jack had suffered from kidney disease and had been on dialysis for many years in Queensland. From reading media reports, he will be sadly missed.

Closer to home, DATA does not run without much voluntary effort from some long term dedicated volunteers. We would love to see some new blood assisting. If you can help in any way, please contact the office or myself.

Hope to see you all at Christmas in July at Greyhounds Entertainment at Springvale.

Michael Allan

HELP NEEDED

We need some help with the packing of our magazine. We do have a group of willing workers but we need a few more. So if you don't live too far away and can spare some time at weekend. Saturday or Sunday

Packing usually takes place the weekend before you receive your SS magazine.

It is sometimes hard to be exact with the date. But we usually ring around a few days before to see if you can attend.

This is always a very relaxed and chatty day. Usually starts at 1.30pm and we fold the magazine first then pack the envelopes. We finish with a cup of tea or coffee and a biscuit, about 4pm.

Please fill in the form and return it to Blackburn PO Box 165 Blackburn 3130

Please PRINT

NAME ..............................................................................................PHONE...................................................
.
EMAIL ..................................................................................

Yes I would like to help pack the Shoe string

(Circle one) ‘Occasionally’ ‘try me every time’

Preferred day Saturday Sunday Thanks The Editor
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
Blackburn House/Headquarters

The house is still available for anyone who wishes to stay for a holiday visit, or who requires accommodation while receiving healthcare.

The cost of staying at the Blackburn House is $50. per room per night per membership and $20. a night for each extra person. If on a visit for medical reasons, accommodation payments may be paid by V.P.T.A.S. (Victorian Patient Assistance Scheme), ask your social worker for the details.

The house is self-catering so bring your own linen: sheets to fit a queen size bed/single bed, pillows, towels and tea towels. (You are responsible for cleaning after yourself, otherwise extra charge will apply) The house is an easy walk to the Blackburn train station and many bus routes stop at the station. Melbourne is a great holiday place so why not come for a holiday and explore this great city and stay at Blackburn. It is not here just for you to go for check ups or hospital visits: it is here for holidays as well. There are no plans as yet where we will move to and when, but we shall keep all our members informed.

Come and enjoy a stay at Blackburn and explore Melbourne.

Phone for bookings: Contact Ros. Ball 03 9439 8866

Van for sale from Irene

We would like to sell our van.

It is a 2010 Jayco Discovery and has had very limited use. It is set up for dialysis and can be used at any caravan park with a suitable water and electricity supply. We are willing to consider any reasonable offer. We want to sell it because my husband cannot drive or tow a caravan anymore as he has lost feeling in his feet and we have had a couple of near misses lately.

We live in Stawell phone number (03) 53581107.

Email: geoffirene@southernphone.com.au

About the Caravan trips from Geoff

Irene and I bought the van new from Jayco in 2010. We had it made without a wardrobe in between the 2 single beds so we could place the dialysis machine in the middle as it had to be bolted down and secured with a strap over the top and bolted to the floor to stop it toppling over during transit.

Our first trip - we travelled to Mildura for a week. It was mainly for a test run to see how it worked. We had notified Mildura dialysis we would be in the area and if we ran into problems we could go there if needed, which they said would be no problem. This trip helped greatly in working out where, exactly, we needed to store all bits and pieces needed while I was on dialysis so Irene had easy access.

Our next trip was for five weeks starting in Mildura and touring South Australia. All heavy boxes of saline/dialysate etc., we stored in back of our utility which is lockable. Bloodlines, fistula packs and lighter boxes we stored under one of the beds. Smaller items (needles/heparin/tape) we stored in overhead cupboards. To ensure we had enough supplies we did a stock check list of what was needed for our trip and allowed for an extra week. Due to my need for dialysis every second day when we booked a caravan park it would be a minimum of 2 days and up to 4 days depending on attractions.

We toured through Mildura, Renmark, Barossa Valley, Murray Bridge, Adelaide and along the coast down to Robe. The only problem we had in all the places we stayed was at Robe, we had to cut trip short due to water quality. Our RO unit could not handle the salt in the water. The water at Robe is bore water. On our free days at each location, we would do day trips touring around that region enjoying the sights and only go back to the van at night. Our other trips with the van have been smaller, a couple more trips to Mildura and several trips to Melbourne each year to stay with our daughter and her family.

Phone number (03) 53581107.

Email: geoffirene@southernphone.com.au

If you would like to know more about the Van and its vital statistics give Irene and Geoff a ring
Service of Remembrance Saturday 31st May 2014 held at RMIT Melbourne. This service is organised by DonateLife, and encompasses all transplanted organs.

‘The purpose of the Remembrance Service is to provide a forum for acknowledgement of and gratitude to donors and their families’, as it says in the program.

It also allows the donor families to express their grief and to see and understand the joy of those who have received transplanted organs.

The Service began with the ‘Young Voices of Melbourne’ under the leadership of Mark O Leary. ‘The Young Voices’ consisted of about thirty young ladies, and they sang several times throughout the service. They were just beautiful..

We heard from two donor families, and two liver transplantees.

We also heard from Dr Helen Opdam who is the Medical Director of Organ and Tissue Donation at DonateLife Victoria. Dr Opdam praised the dedication of the ICU Doctors and Nurses who work as a team, with Donor families and Recipient families. Dr Opdam said it was very rewarding work and she was honoured to be able to make such a difference in people’s lives.

It was mentioned that as from 2009 the Government has given funding for more Specialist positions in hospitals, such as transplant coordinators, and the funding has also enabled DonateLife to reach more people and help raise awareness of organ donation in the community.

Joan Eastwood

Ritchies Supermarket

If you live near a Ritchies Supermarket why not join their Community Benefits Scheme and help DATA, simply ask Ritchies for a card for Dialysis and Transplant Association, then by showing that card at the checkout everything you purchase from Ritchies, DATA receives a benefit. If you holiday at the Yarrawonga Holiday house there is a card on the fridge for you to use at the local Ritchies Supermarket which is situated beside the bridge.

D.A.T.A has registered with Ritchie’s Supermarkets for the Community benefit Card. It is on all keys for the Rosebud and Yarrawonga homes, so when you are on holidays in these places you can buy your groceries at Ritchie’s IGA and we will get 1% of the total sales.

We have included, in some ShoeStrings, a Community Benefit Card for your convenience.. Use it please or pass it onto a family member or friend so they can use it, or even mention that they should get their own. You can keep track of our total if you want to by going to the Ritchie’s website www.ritchies.com.au and click on donations and search for D.A.T.A.

At the website you can also locate your nearest Ritchies Store. Happy shopping
I have been a member of “Shoestring” for a few years now and always loved reading it from cover to cover.

Living in Taree N.S.W. I never had much to share with my Victorian Shoestring family, but now I have some very special news.

I have been on dialysis for ten years and in June 2013 I asked my surgeon “Am I too old for a transplant?” and his answer was “No .....You are not too old, just as long as you are able to pass all the many tests prior to being accepted for a transplant,” so I went and had all the tests ..... and I passed and in November 2013 I was placed on the list.

I was eighty years and five months and one day old when I had my transplant in what I think is the most wonderful hospital in N.S.W., John Hunter in Newcastle.

Since living in Taree for thirty four years I have been in different hospitals and none can compare with to John Hunter. The transplant Team was just First Class!

I have just passed my 3 monthly checkup and am now back in Taree, being looked after by my nephrologist Dr Patel and my G.P. Dr Banks.

I treasure each day that I have and I feel that I could name so many people, but, I must say Sally, Sharon, who I saw each week in clinic in Newcastle, “You were just great!” Also all the dialysis team who cared for me in Taree led by Craig Sumpner-Johnston, a big thank you.

Also, I must thank Forest Hill Dialysis Centre which always had a chair for me when I visited my family in Victoria.

I really have to thank one other lady, Ann Stein, your advice to me right from my Peritoneal start has been wonderful.

There are many people who have helped and assisted me over this long period involving my illness – how can I ever thank you enough.

God bless you all

Nilma Perrett

Thank you Nilma for this welcome letter, We wish you many years of health and happiness with your new kidney

The Editors

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Grandpa and the Australian Tax Office

The ATO decides to audit Grandpa, and summon him to their office.

The auditor was not surprised when Grandpa showed up with his lawyer.

The auditor said “Well, sir, you have an extravagant lifestyle and no full time employment, which you explain by saying that you win money gambling. I’m not sure the ATO finds that believable.” “I’m a great gambler and I can prove it,” says Grandpa “do you want a demonstration?” “OK, go ahead.”

Grandpa says “I’ll bet you a thousand dollars that I can bite my own eye”

The auditor thinks for a moment and says “It’s a bet”

Grandpa removes his glass eye and bites it. The auditors jaw drops.

Grandpa says “Now I’ll bet you two thousand dollars that I can bite my other eye.”

The stunned auditor now realises he has wagered and lost three grand, with Grandpa’s lawyer as a witness. He starts to get nervous.

“Want to go double or nothing?” Grandpa asks “I’ll bet you six thousand that I can stand on one side of your desk, and pee into that wastepaper basket on the other side, and never get a drop anywhere in between.”

The auditor, twice burned, is cautious now, but he looks carefully and decides that there is no way the old guy could possibly manage that stunt, so he agrees again.

Grandpa stands beside the desk and unzips his pants, but although he strains mightily, he can’t make the stream reach the waste basket on the other side, so he pretty much urinates all over the auditors desk.

The auditor leaps for joy, realizing that he has just turned a major loss into a huge win.

But Granpa’s own lawyer moans and puts his head in his hands.

“Are you OK?” the auditor asks. “Not really,” says the lawyer.

“This morning when Grandpa told me he’d been summoned for an audit, he bet me twenty five thousand dollars that he could come in here and piss all over your desk and that you’d be happy about it!”
**Spaghetti Sauce**

**Ingredients**
- 1 lb (500g) ground mince beef
- 4 tablespoon olive oil
- 1 chopped onion
- 2 teaspoons mince parsley
- 6 chopped mushrooms
- 1/2 teaspoon basil
- 1 clove garlic

- 1 teaspoon sugar
- 1/2 teaspoon of oregano
- 1/4 teaspoon all spice
- pepper to taste
- 2 cups low sodium tomatoes or
- 2 cups fresh tomatoes blanched and skinned
- 1 bay leaf

**Method.** Fry beef in hot oil until slightly brown. Add onion, parsley, mushrooms, garlic, basil, bay leaf, sugar, oregano, all spice and pepper. Sauté for 10 minutes. Add tomatoes, simmer for 1 hour. (this is important) serve with spaghetti.

Lynne was on the committee at the time and DATA was raising money to buy the holiday houses.

Thanks Lynne, I wonder if you still cook this low salt, low potassium recipe.
Letter From Twanny Farrugia

Today I was appointed as the Consumer Health Representative at Monash Health on the ‘Clinical Handover Committee.’

My role will be to primarily provide the committee with input from my own and other patients’ experience while in hospital (either in Emergency Department, a ward, day surgery or any other part of any hospital).

Currently Monash Health is trialing a “Bedside Nursing Clinical Hand-over in selective wards. Current procedure is for nurses to gather in their staff room and ‘hand-over’ their patient from one nursing shift to the next.

Given that Monash Health is endeavouring to practice “Patient Centred Care” it would follow that the nursing hand-over should be completed at the bedside to enable the patient’s participation.

Monash Health is currently considering developing a “Bedside Nursing Clinical Hand-over” model and needless to say they need to develop ‘processes and protocols’ prior to implementing such a model. In order to accomplish this task effectively and efficiently, they prefer to have both the medical and patient perspective.

Accordingly, as the Consumer Health Representative on this Committee I would like to obtain your views/opinions on this subject. Therefore, can you please answer the following questions?

1) What are your views on bedside nursing clinical hand-over?
2) Are you in favour?
   (Yes) – why?
   (No) why?
3) How would you like to be involved?
4) To what level would you like to be involved?
5) Would you like your family/carer/agent or other party to be involved?
6) To what extent would you like to participate in the decision making process of your own health management?
7) Any other comments

Another issues I intend to raise at this Committee is the hospital discharge letter provided for you to present to your General Practitioner. However, I often find that these letters are written in medical jargon that I do not understand. Given that this letter affects my health and well-being and may have relevant information I should be aware of, I would prefer to know what is written about my health condition.

Have a laugh –it’s good for you

Best friends graduated from medical school at the same time and decided that, in spite of two different specialties, they would open a practice together to share office space and personnel. Dr. Smith was the psychiatrist and Dr. Jones was the proctologist. They put up a sign reading "Dr. Smith and Dr. Jones: Hysterias and Posteriors." The town council was livid and insisted they change it. So, the docs changed it to read "Schizoids and Haemorrhoids." This was also not acceptable, so they again changed the sign. "Catatonics and High Colonics"--no go. Next, they tried "Manic Depressives and Anal Retentives"--thumbs down again. Then came "Minds and Behinds"--still no good. Another attempt resulted in "Lost Souls and Butt Holes"--unacceptable again. So they tried "Analysis and Anal Cysts"--not a chance. "Nuts and Butts"--no way. "Freaks and Cheeks"--still no good. "Loons and Moons"--forget it.

Almost at their wits' end, the docs finally came up with: "Dr. Smith and Dr. Jones--Specializing in Odds and Ends." Everyone loved it!..
How will the Big Red Kidney Bus-Mobile Holiday Dialysis Project Work?

*With thanks to Jo Fairburn from KHA for this article.*

- Australians on haemodialysis in a hospital or satellite dialysis unit, or on home haemodialysis will arrange and pay for their own holiday travel and accommodation at a particular location in Victoria
- The Big Red Kidney Bus will be located at Camping Grounds at Victorian holiday destinations
- Destinations will be decided based on consultation. The most popular so far suggested by people on dialysis include: Lakes Entrance, Mallacoota, the Grampians, Angelsea, Bright, Yarrawonga, Echuca and Mildura
- It is hoped that the locations for the Big Red Kidney Bus will be advertised one to two years in advance, once it is up and going for the initial 12 months
- The bus will stay in each location for approximately 6 weeks. It will be stationary during this time and there will be no bus driver available
- These holiday destinations will have no dialysis unit in the local area. Not all existing dialysis units have holiday chairs available either
- If there is a dialysis unit in the area, the Big Red Kidney Bus Project (KHA and Monash Health) will communicate directly with the dialysis Unit to ensure that the Big Red Kidney Bus will be adding value to the existing dialysis service and not in any way competing with it. It will only go in to that town if a need is expressed by the local dialysis unit
- A Big Red Kidney Bus Booking system will be developed and managed by the KHA Big Red Kidney Bus Project Manager. People will be able to book on line, via email or telephone. Monash Health will give final confirmation on bookings that meet all requirements.
- Monash Health will be responsible for all medical and clinical aspects of provision of the mobile holiday dialysis service. There are 3 dialysis chairs providing a service for 12 people on dialysis each week. There will be 2 Dialysis Nurses and one Dialysis Technician
- An external independent evaluation consultant has been appointed by KHA to evaluate all aspects of the first 12 months of the Big Red Kidney Bus Mobile Holiday Dialysis Project including Quality of Life outcomes for people on dialysis, their carers and family members

**Acknowledgements** KHA acknowledges the important community partnership and leadership by Monash Health Nephrology Department Professor Peter Kerr and Tony Mosca and also the community partnership with Latrobe Valley Bus Lines General Manager Rhonda Renwick.

**Invitation** KHA is wanting to hear from as many people as possible to go on the Big Red Kidney Bus Expression of Interest Listing, to receive all information as it becomes available. Please contact Jo Fairbairn Big Red Kidney Bus Project Manager via email: bigredkidneybus@kidney.org.au or Free Call 1800454363. The date for the first Big Red Kidney Bus Mobile Holiday Dialysis will be announced as soon as practical, directly to everyone on the Expression of Interest List.
Big Red Kidney Bus – get your name down now!

*With thanks to Kidney Health Australia for this article*

People on Haemodialysis are invited to contact Kidney Health Australia to express interest in the Big Red Kidney Bus – mobile holiday dialysis unit. Since the booking system is not in place yet, their contact details and holiday preferences will be added to the Expression of Interest list. They will then be contacted directly with all information. Monash Health will be deciding on the commencement date after a commissioning period and those on the list will be notified as soon as this information becomes available. Please email your expression of interest to bigredkidneybus@kidney.org.au or call Jo Fairbairn on 1800 454363.

Ps at this stage the first holiday is planned for August

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**Chew on This.**

You should know about gum disease, people with kidney disease on dialysis and those with diabetes are at risk of gum disease also known as periodontal disease. Gum disease occurs when a sticky film or bacteria called plaque builds up and hardens over time to become tartar. The bacterial infection causes gums to look red and swollen: they may bleed after you brush your teeth. Left untreated, your gums may start to pull away from the teeth, leaving pockets that let in food and bacteria, causing more infection.

As a dialysis patient on fluid restriction and prescriptions make you produce less saliva and may experience chronic dry mouth., which means your body can’t eliminate mouth bacteria efficiently. Your weakened immune system puts you at higher risk for infections as well.

To prevent Gum Disease make dental health a priority.

- Brush twice a day
- Floss once a day
- Visit your dentist regularly.

Professional teeth cleaning will remove tartar, helping your teeth and gums stay healthy.

*Thanks must go to The Seattle Dialysis Centres for allowing us to reprint this article from their newsletter “Dialysis Connections”.*

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You will find a Raffle Book enclosed with this mail out.

The Raffle will be drawn at Annual General Meeting on 19th October 2014.

Prizes are First Prize $500, Second Prize $200, Third Prize Hand made Quilt.

Tickets are $2.00 each or $20.00 book of ten. All raffle tickets sold and unsold to be returned by 5th October 2014 to DATA PO Box 165 Blackburn 3130.
**Dates to Remember**

Saturday 26\(^{th}\) July 2014 at 6pm

**Christmas in July**

Greyhounds Entertainment View Road Springvale.

7th or 8th September TBA  1.30pm

Packing next Shoe String at Blackburn

14 Queen Street Blackburn

26th September-5th October

Australian Transplant Games
To be held in Melbourne

Sunday 19th October 2014.

Annual General Meeting Dialysis & Transplant Association

Venue TBA. Time: 2pm

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**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

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**Deadline for the next ShoeString:** 18th August 2014