

MEMBERS BBQ.

An Invitation is extended to all our members to join us at Blackburn for our summer BBQ to be held on **Sunday 9th February 2014**

12pm until 4pm.

Come meet the committee.

Welcome to Our New President Michael Allan. Read His First Report on page 3



Our transport around the Zoo, and just one of the animals



Read about DATA's Christmas Party at Werribee Open Range Zoo page 10.

I will be attending the BBQ on Sunday 9th Feb 2014

No I am unable to attend.

Name.....

Number of Adults.....

Phone

Number of Children

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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.

Editors Report

Please see application for Ron Jones Educational Award on page 9, This is on our website and the web site includes the Rules for Ron Jones Educational Award. Applications are due in by 31st of May and should be under consideration now.

My sincere thanks to Ros who did most of this Shoe String. Fantastic thanks Ros .

I am afraid that Ros has unfortunately finished up in hospital with broken hip necessitating a complete hip replacement.

So I would like to send a greeting to **Ros Ball** from all her friends at DATA

Hello Ros Sorry to hear about your injury . We wish you a speedy recovery and don't worry about DATA . (What is it about DATA Secretaries ?)

Another person who I know has had a rotten week is **Kaitlin Steavenson** so to you Kaitlin , we are thinking of you and hope that you are feeling better.

To Ros, and Kaitlin - Enjoy this Bunch of Flowers From the garden at Rawson.



Presidents Report.

January 2014

My name is Michael Allan and I write this as the new president of DATA and look forward to working with the executive and committee in this coming year.

Firstly, let me thank the outgoing president, Sue, for all her work for DATA and wish her all the best for the future. A little about myself. I am from Scotland but have lived in Australia for 40 years. My working history in Melbourne has been in the building industry arriving here just as the boom in multi-storey offices in St Kilda Road and the CBD got underway. It was an exciting time!

On the medical side, I have been a patient at the Royal Melbourne Hospital for over 30 years, having been on haemodialysis first at the hospital, then at home, a transplant, then back on haemo for 10 years at the Brunswick unit. During this time I dialysed at various locations around Australia and in Scotland while on holiday. I was fortunate to get a second transplant in February 2000.

One of our committee members, Neil Sixtus, has had a tough few weeks recently with a lengthy spell in hospital but I am able to report he is on the mend. Neil, all the best for a full and speedy recovery!

It has been noticed that DATA events recently are attracting fewer people than in previous years and, in an attempt to have more members involved, a few new events will be trialled over the coming months.

A major item requiring attention is the updating of our constitution, to comply with Victorian Legislative changes. A sub-committee has been set up and I thank the members for their input to date.

Regarding our headquarters at Blackburn, which we still rent on a month to month basis, I can report that the new owner has applied for a building permit and I will report on progress, as this develops. At the time of writing this report, Council has still to make a formal decision.

Finally, a Happy New Year to you all with the hope it is as healthy as possible for you, depending on your circumstances.

Michael Allan

Did you try out the low potassium fruit cake from the last shoestring? If so please let me know. renal disease. Please leave a message on our answering machine if you would like more recipes, suitable for those of us who have renal disease.

Wanted: Your stories on renal disease. There are no personal stories in this Shoestring because we have none. Our members enjoy reading about other people and their efforts to continue living a good active life with renal disease. If you have already sent us your story which has not been printed please send it again.

Wanted. Are you on peritoneal dialysis and have diabetes? If so there is a DATA member who would like contact for friendly chats, information and support. If you can help, please let us know by ringing DATA headquarters and leaving a message on our answering machine. We will then put you in touch with this person.

Ros Ball

Holiday Homes

Rosebud

The Rosebud holiday home has been fully booked over the Christmas period.

Please Ensure the house is left Clean and Tidy. This includes washing floors ,the bathroom,the stove, the BBQ and cleaning out the microwave oven. We have had recent complaints about the state of the house. Please advise me of any breakages or non compliance of the rules.

We need keys returned within 48 hours of leaving the house.

Some people are not returning keys on time leaving us short of keys for other members wanting to use the house. If this continues we will have to look at increasing the rate of the house, as this adds to additional costs.

Next available dates for Rosebud:

March 30th till April 6th

April 20th till April 27th

All of May and June.

Phone: (03) 9589 4894, E-mail: alpratt@gotalk.com.au

Amanda Pratt



Yarrawonga:

Next vacancies for next 6 months Feb 23to 2nd March All of June .We do get cancellations so please ring me.

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.

To our members who have been to the house you will see a difference sad to say, the gum tree in the nature strip has gone. Also the back yard around the palm tree has had a face lift.

Thanks to the technical staff from the Austin who have been to the house for maintenance checks on the Gambro machine and the water filtration system. They replaced the old AK95 with a more friendly AK95 and found the water levels were perfectly satisfactory. Thanks Steve.

Do not forget, if you need to dialyse at Yarrawonga Renal Unit, please ring the hospital 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. Alan

Yarrawonga house Secretary

Alan Rawson, 22 Tarwin Drive Croydon 3136,

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



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.

Blackburn House/Headquarters

As you should all know our headquarters and city accommodation has been sold.

The house is still available for anyone who wishes to stay for a holiday visit, or who requires accommodation while receiving healthcare. Those who wish to come and stay “one more time” should make it sooner, rather than later.

The cost of staying at the Blackburn house is \$50 per room per night 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 food, including tea, coffee, and sugar. You will also need to bring your own linen: sheets to fit a queen sized bed/single bed, pillowslips, towels, and tea-towels. (you are also responsible for cleaning after yourself, otherwise, an extra charge will apply)

Blackburn House is an easy walk to the 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.

We believe the new owner has made development plans which may be presented at the January council meeting. We still have no plans where we will move to, nor when. Whether we will be given short notice to vacate the premises or not is unknown. When DATA knows what is happening we shall inform all our members.

Come and enjoy a stay at Blackburn and explore Melbourne.
Phone for bookings: **Contact: Ros. Ball 03 9439 8866**



Very Short Witty Dictionary

ADULT:

A person who has stopped growing at both ends and is now growing in the middle.

BEAUTY PARLOR:

A place where women curl up and dye.

CANNIBAL:

Someone who is fed up with people.

CHICKENS:

The only animals you eat before they are born and after they are dead.

COMMITTEE:

A body that keeps minutes and wastes hours.

TOOTHACHE:

The pain that drives you to extraction.

TOMORROW:

One of the greatest labor saving devices of today.

SKELETON:

A bunch of bones with the person scraped off.

YAWN:

An honest opinion openly expressed.

and last but not least.....

WRINKLES

Something other people have, similar to my character lines.

As a senior citizen was driving down the Monash Freeway, his car phone rang.

Answering he heard his wife's voice urgently warning him "Herman, I have just heard on the news that there is a car going the wrong way on the freeway. Do be careful."

"Hell" said Herman "Its not just one car - it's hundreds of them!"



Three retirees each with hearing loss were playing golf one fine March day

One remarked to the other "Windy isn't it?"

"No" the second man replied "its Thursday"

And the third man chimed in "So am I - let's have a beer!".



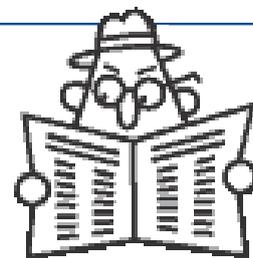
News News News

Youtube

In 1999 Sue Hatzimichalis our past president and secretary, organised an Organ Donor Advertisement to be made. This was then shown at the movies for about 3 months. DATA had kept a copy of this advertisement, and it was recently converted to DVD. Although compressed the advertisement has been placed onto youtube.

See it at <https://www.youtube.com.be/e1H5ZEcYITg>

Sorry it's so complicated, and please "like" this youtube when you view it, just click on the thumbs up sign.



The State Government Health Service Awards.

Congratulations to both ST. VINCENTS HOSPITAL NOCTURNAL UNIT

and Private Nocturnal Unit DIAVERNUM. situated in North Melbourne

These awards are given out yearly to recognise innovative, best practise and effective health services, and also recognise long standing achievers such as doctors and researchers work. Each of these Units has been recognised for their excellence in patient care.

The Gold Prize in Excellence in Person Centred Care, won by St Vincent's Nocturnal Unit called Nocturnal In Centre Haemodialysis (NICH)

The first in Public Health in Victoria to provide nocturnal dialysis and by proving a slower longer gentler form of dialysis results in better tolerance of dialysis and a better lifestyle.

Developed with the aid of dialysis patients after just 12 months the Unit is already expanding, from 6 chairs to 7. Well Done.

The Private Hospital Excellence Award, was won by Diavernum Nocturnal Unit. This Unit opened in 2011, and patients enjoy the relaxed and homely atmosphere. Initially nocturnal dialysis was only available for those who dialysed at home, but Diavernum saw a need for this service and it quickly gained support. This enabling many to remain in employment. Dialysing overnight means the full day is free for other activities, Activities that are impossible with conventional dialysis these longer dialysis session (8hours) results in better health, both physically and mentally for those on dialysis.

More information at www.health.vic.gov.au/healthcareawards/

The Australian Transplant Games

The Transplant Games are coming to Melbourne. These games will be held on September 26th to the 5th of October. Volunteers are needed, so if you are well enough please consider doing so. We at DATA know one competitor, Ethan Daws who has competed at both The World Transplant games in South Africa, and the Australian Transplant Games. Ethan was also awarded a DATA Ron Jones Award at our last AGM. Ethan's story was told in a previous Shoestring. (It a pity the Games are at the same time as the Australian Football League's Grand Final).

For more information.....www.australiantransplantgames.com/

Kidney Health Turns 45

Kidney Health has used this opportunity to raise funds for further research into kidney disease. DATA wishes Kidney Health great success and we hope to have a more comprehensive report for the next ShoeString.

Neil Sixtus we wish you a happy return to health after some serious heart surgery.

E Health

This is a relatively new Australian Government System that has been developed, and is now in operation Australia wide. kept securely, it is an online store of your health records, and it is up to you who can view this information, and what is included.

Those of us who have chronic kidney disease should find this new system beneficial, especially if you visit a multiple number of doctors, or even just your renal specialist and your general practitioner. It can be difficult to remember just what blood test, x-rays and such, have been done, what your current medications are and each doctors treatment. This record will be available to you and all the healthcare services that you nominate. You can also make your own notes, and these can either be available to the healthcare providers or kept private and only available to you.

When changing doctors, such as your general practitioner, seeing a new specialist, or in a new town or interstate the ehealth records can be readily available. This means it will be easier to pass necessary information about your health on to those new healthcare providers.

For more information, ask your G.P. or go to www.ehealth.gov.au
Or ask your GP, or phone 1800 723 471

From the Shoe string Archives

From early 1973 no actual date on the shoestring.



“Some of you may not have heard about the visit of Dr. Scribner and Dr Blagg to Melbourne. You may not even be aware that Dr.Scribner designed the original “shunt” and was therefore responsible in 1960 for the introduction of long-term maintenance treatment.Their visit to the Austin Hospital was a great stimulus and in turn they were interested in some of the things we were doing. Dr Scribner was particularly interested in the new simplified tank system which Sue Evens has put together and which is working well, it looks like not only reducing cost but taking some of the head-aches out of servicing. Both Dr Scribner and Dr Blagg were very interested in Ron Jones one of the few patients with paraplegia (leg Paralysis) who has been successfully established on home-dialysis.

.....Dr. Scribner and Dr Bragg spoke to about 80 Doctors and members of the Hospital Staff and the Lions Club. The view in Seattle is that home Dialysis is the only way to go both for economic reasons and for patient welfare. An interesting new development was a pre-fabricated Sedish flat plate dialyser (the Gambro-Lumdia) which can be used 12 -14 times. We are hoping to test this in the Unit soon. It is an update and much improved model of the disposable plate with which some of you will be familiar. Dr. Blagg also described experience with a new portable dialyser which required only 2 litres of dialysis fluid which is regenerated through charcoal-zirconium filter (cost \$9.00) We hope to test one of these units soon but cost will be a problem. However it may have advantages for people wishing to take caravan holidays and also may be an economic proposition in country areas where it is expensive to clean up the water supply.....

Dialysis is by no means standing still and new developments with improved techniques and better health are surely just around the corner.”

Note from Ros Ball, Editor.

I found this article in an early edition in Shoestring. Dr Scribner helped advance haemodialysis for long term maintenance, and changed kidney failure from a fatal disease to treatable; prolonging the life of many with renal disease .The “shunt” or known medically as the Arteriole/Vascular Fistula as is used today, making venous flow of blood easier to access and a faster blood flow. Dr Scribner believed in low cost dialysis and therefore did not patent his advances. Cost was a problem then and remains so today. I do not know anything about the machines and such that are mentioned in this article, but found it interesting because of the mention of putting potable machines into caravans, something my husband and I did to enable us to have holidays. Dialysis has improved a lot since then.

This article mentions Ron Jones Award benefactor. This scholarship is always announced at our AGM’s and presented by Mrs Elvie Jones, Ron Jones wife.

Phosphate/Calcium : Minerals Renal People Need to Consider.

Phosphate and calcium helps give bones much of their strength. Extra phosphate in the blood is removed via the kidneys, and this process can fail when kidneys do not work.

The parathyroid gland helps control the balance of the phosphate and calcium in your blood, by the production of the parathyroid hormone. With renal disease the parathyroid gland can produce more parathyroid hormone than the body requires, requiring surgery to remove a large amount of the parathyroid gland which is in the neck.

High phosphate in the blood can lead to ***Itching, Red Eyes, Bone Pain, Bone Fractures, and Soft Tissue Damage.***

Phosphate and calcium influence each other in the blood, high phosphate “pulls” calcium from the bones, resulting in the bones becoming weak with the consequences of bone breakage. The calcium will leak into the blood and can be deposited into the heart and blood vessels. This is called calcification, and can result in heart disease.

To help control phosphate, medication called phosphate binders may be prescribed, stopping the phosphate from getting into your blood from the food you eat. These phosphate binders **MUST BE TAKEN WITH MEALS.**

This means the phosphate binders will “soak up” the phosphate from the food that is eaten.

Regular blood tests will make sure your medications are correct.

Phosphate binders are Caltrate; Cal-Sup; Renagel; Sensipar and Alutabs.



Most food contain phosphate but these are Foods High in Phosphate

Dairy products (yogurt, cheese, ice-cream, milk.)

Meat, legumes, poultry, fish and eggs.

Wholemeal and cocoa products. (Bran, wholemeal bread, roasted peanuts, peanut butter.)

Cola soft drinks, including diet cola.

Look for phosphate or phosphoric acid on ingredient lists or as an additive 338-343.

Low Phosphate Snack Ideas.

Snack	Phosphorous Amount
Plain dry biscuits	13mg
Rice crackers	19mg
Pretzels 50g	19mgs
Plain Sweet Biscuits—4	mgs
Wholemeal bread and jam—1 slice	33mgs
Danish pastry, doughnut or croissant	27mgs
Crumpet with honey	22mgs
Pear	7mgs
Apple	5mgs
Orange	20mgs
Peach	18mgs
Mandarin—2	16mgs



Take your binders after a few mouthfuls of your meal or snack.

Remember

Be guided by your renal dietician and ask them for more information if required.

ITCHY?

There are things you can do, see next Shoestring. Send us your hints to help the itch for our next Shoestring. The best will win a prize.

Ros Ball

Christmas at the Zoo

The annual D.A.T.A. Christmas Party was held on Sunday 24th November at Werribee Zoo. The weather was typical for Melbourne, four seasons in one day. Maybe not quite the four seasons. There was some rain, but it did not spoil the day.

We all met at the pre arranged pavilion. It was nice to have our own space. Some people opted for a barbecue while others had a picnic.

Eleanor organised the brewed coffee, which was a lovely way to warm up. Joan organised the tea. There was also cake and biscuits.

The bus ride through the Savannah was great. (see photo front page). You feel so close to the animals. The giraffes entertained us with their swallowing, you could see the food go down then come up again. The hippos did not show their faces, they just stayed under the water. The kids, big and small, had a great time looking at the animals. Thanks to Ken and Bev, everyone was given a bag of lollies at the end of the bus ride.

A lot of people went for a walk around the zoo to see the lions, tigers , the mia cats, and apes. —wasn't the silverback huge?

Our D.A.T.A. Christmas Party , as always, had familiar faces as well as new ones. It was a great family day. There were between 40 and 60 there , (we all did our own thing making it hard to count.)

Everyone that was at the Christmas party had a lovely time, especially the kids.

From the D.A.T.A. committee we wish each and everyone a Happy and Safe New Year.

Angela Lindsey

Three sisters aged 92,94,and 96 live in a house together.

One night the eldest sister draws a bath for herself.

She puts her foot in and pauses, and yells to the other sisters , "Was I getting in or out of the bath?"

The 94 year old yells back "I don't know, wait on I will come up and see" She starts up the stairs and pauses"Was I going up or down the stairs?" she asks.

The 92 year old is sitting at the kitchen table having tea.

She shakes her head and says "Goodness! I hope I never get that forgetful " and she knocked on wood for good luck.

She yells back "Wait on, I'll come and sort you both out just as soon as I see who is at the door!"



Dates to Remember

* * *

Members BBQ Sunday 9th Feb 2014 at Blackburn

23rd Feb—2nd March Donate Life Week

13th March World Kidney Day

26th May —1st June Kidney Health Week

Memorial Service TBA

Australian Transplant Games

To be held in Melbourne

26th September-5th October 2014

Watch our Web site www.datavic.org



Yawn ...Who woke me up? Those DATA people?

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.

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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: 18th Feb 2014