

# ShoeString



Newsletter of the Dialysis & Transplant Association of Victoria Inc.

Registered by Australia Post, Print Post Publication No 100001778

Volume XLVII Number 1  
January 2020



Dialysis and Transplant  
Association of Victoria Inc.

Registration No A0012114V

ABN 40 628 284 998



## Inside this issue:

|   |   |
|---|---|
| Meet the new Committee Members                | 1 |
| President's Report/<br>Rosebud Dialysis Chair | 2 |
| DATA Social Activities                        | 3 |
| DATA Holiday Houses                           | 4 |
| Ron Jones Educational Award                   | 5 |
| Reducing Salt Intake                          | 6 |
| Xmas Party/Social Events for 2020             | 7 |
| Editor's Note/World Kidney Day                | 8 |

## MEET YOUR NEW COMMITTEE MEMBERS

### Katy Kaupert

First joined DATA 2015 when son, Kurt, was diagnosed with kidney disease. Joined as a family and the family consists of Errol & Katy and their children, Kurt and his sister, Celina, the dog and the cat. Kurt has since had a transplant and is now living independently. The family joined DATA because it seemed to be a good opportunity to meet with others who had similar problems.

This last Christmas was celebrated in the German tradition on Christmas Eve with turkey, pork, ham and salads, prepared by Katy.

Katy hopes her pragmatic manner and experience on various Committees will benefit DATA and she hopes to be a contributing member of the committee. In her spare time Katy likes swimming, tennis and reading (auto biographies.)



### Edwin MacKrill

Edwin has been part of DATA since about 2015 when he was diagnosed with ESRF. His journey with dialysis began several years later when he began dialysis at Thomas St. Dandenong. Edwin and wife, Dawn, always enjoyed DATA's social outings together, but unfortunately Dawn passed away suddenly in 2018. Edwin now manages on his own, dialysing three times a week. He is independent driving himself to and from Dialysis.

Christmas 2019 Edwin sat down with thirty of his extended family at the home of his brother in law. Occasionally Edwin plays a quiet game of golf, provided the weather is just right. He has joined the Keysborough Senior Citizens and enjoys their social activities on a weekly basis. Edwin looks forward to being part of the DATA Committee and assisting the committee in their management of DATA affairs.



## Stay Cool When it is Hot

Heat can be a challenge when you're on a restricted fluid diet. You may feel especially thirsty on a warm day, but you have to be careful about the amount you drink. Health complications can occur from drinking too much.

The extra fluid that builds up in your body between dialysis treatments can cause swelling which can increase your blood pressure and strain your heart.

It can also collect in your lungs making you breathless' and cause a stroke.

- Use ice blocks in your drinks and treats like icy poles.
- Sip beverages slowly allowing you to savour the drink longer.
- Swallow your tablets with an allocated drink.
- Suck on jubes to help quench your thirst, or chew chewing gum.

- Try freezing berries and grapes for a cold refreshing snack.
- Cut an apple or pear into quarters and eat a quarter throughout the day.
- Remember to keep your salt intake low, because salt will increase your thirst.
- Keep out of the heat.

With thanks to the Kidney Centre Seattle newsletter.



## President's Report

Hi all,

**I hope this finds you all well, and you all had a wonderful Christmas and New Year and you are well on the way to getting over the festive season. Summer was slow in coming but it sure has now. In this edition of SS there are some articles on how to keep cool and keep your thirst under control. Those with a transplant will need to keep their fluids up.**

We have to apologise for change of date for Comedy for a Cause. We hope to have it on September 26th.

We had a very good Xmas Party at Brimbank Park on 25th November, the weather wasn't too bad (read all about it in the article page 7, Thanks to Ange and her friend Cheryl who got to the park early to get a Pavilion which they couldn't get, but they managed a great spot under the trees. So we did have some lovely shade .

Please remember the Ron Jones Education Awards. Any child from grade 6 to Year 11 can apply, we didn't get any applications last year so hopefully, this will change. Please see page 5 for details. It is well worthwhile and you do not have to be grade - A student.

We have a very extensive social calendar in 2020 See page 7 for all events. & See Page 3 for next four events. Starting with a talk by Erin Rhoads entitled 'Minimizing Waste, at Forest Hill so please join us. In March, we are off to Rosebud house for another BBQ after which we are going to get lost in the Enchanted Maze at Arthur's Seat. (Later this year we would like to have a BBQ at Yarrowonga and a cruise on Lake Mulwala afterwards for those living around the area of Yarrowonga. Another event is Bare Foot Bowls, which will be in April at Altona. We had a very good time last time we went in 2018 so why not join us at Altona Bowling Club, thanks must go to Alan and Carol Thompson for organising it.



DATA will subsidise some of these events. All we need from you is your RSVPs. Some of the events have a minimum booking and if we don't get the required numbers 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 turns up! If you would like to come but can't get there please let the office know and we will do our best to try and arrange a lift for you!

Cheers Sue Hatzimichalis

## ROSEBUD DIALYSIS CHAIR

I know this is very important to everyone on dialysis. For many years there has been a special chair at Rosebud Hospital dedicated to accommodate patients on dialysis that need some R and R so they book into Rosebud Dialysis unit and stay at the DATA House. In recognition of the value this provided to dialysis patients, DATA awarded life membership to the Rosebud unit in 2017. Everyone needs a holiday but as you know it is very difficult to do this on dialysis.

Late last year, our house secretary, Amanda Pratt, became aware that, due to more people needing dialysis in the Rosebud, Hastings and Frankston area, "the powers that be" decided that "holiday chairs" would no longer be available at these units.

DATA intends to write letters to DHHS, Alfred Hospital, who is the parent hospital of Peninsula Health, and the local MP in the Peninsula area to make appointments to argue our case that everyone needs a holiday including people with renal failure and how we can help get the dialysis holiday chair back in action.

DATA thanks those who have written/emailed us about this issue and the more letters/emails we receive the more pressure we can exert. SO please send us your letters/email about this issue Now.

Stay tuned and we will let you know how we go and what outcomes we get!

Sue. Hatzimichalis



## Reducing Waste - Join DATA for a presentation by Erin Rhoads

Erin Rhoads is the curious lady behind The Rogue Ginger, one of Australia's popular eco lifestyle websites. She has been writing about her own journey since 2013 sharing how she reduced plastic and her rubbish, leading to a happier and healthier life. A sought-after writer and speaker, Erin is on a mission to engage with individuals to redefine what is waste and how we can create less of it.



**When: Sunday 23<sup>rd</sup> February 2020**

**Time: 2.00pm, followed by afternoon tea**

**Where: Level 1, 79 Mahoneys Rd. Forest Hill**

**RSVP: 14<sup>th</sup> February 2020, phone 98940377 or email – [info@datavic.org](mailto:info@datavic.org)**

**Erin's books will be available on the day.**

## Carers Pamper Day

Do you want to let go of your stress and frustration of looking after your loved one even if it is only for an afternoon? Then come to our "Pamper Day" where it will be all about you!

Data is planning a special day, where you can be pampered with a hand, neck and shoulder massage followed by a gasbag over afternoon tea.

**When: Sunday 1st March 2020**

**Time: 1.00 pm - 4.00 pm**

**Where: Data Office, 79 Mahoneys Rd, Forest Hill 3130  
(push the buzzer and we will let you in)**

**Please RSVP by Monday 24th February 2020**

**We have a minimum number required to run the day.**

**Please call the office on 98940377 or Sue on 0412469738**

## Rosebud - BBQ & Enchanted Adventure Gardens Sunday 29th March

BBQ at Rosebud House, (17 Rosemore Street, Rosebud), then off to have fun coffee and cake at the Enchanted Adventure Gardens (55 Purves Rd Arthurs Seat).

BBQ starts at 11am so we can be cleaned up and out of house by 2pm to make our way to the Adventure Gardens Please leave your details with the office on 03 9894 0377 or email [info@datavic.org](mailto:info@datavic.org) with how many are coming. **RSVP 13 March**

The Enchanted Adventure Garden is a wonderland of family adventure with mazes and activities designed to enliven the senses and challenge the mind.

## Barefoot Bowls at Altona



**When: Sunday 5<sup>th</sup> April**

**Time: 2.00pm, followed by a BBQ**

**Where: Altona Bowling Club, 113 Civic Parade, Altona**

**RSVP: 20<sup>th</sup> March 2020, phone 98940377 or email – [info@datavic.org](mailto:info@datavic.org)**

Altona Bowling Club was founded in 1926. It is a premier League Bowling Club in Melbourne's western suburbs. Join in a friendly DATA competition of Barefoot Bowls or just relax with a drink at bar prices.

The day has been organised by DATA members Alan & Carol Thompson.



## DATA Holiday Homes

The Rosebud & Yarrawonga 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.

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.



## Rosebud

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.

**Vacancies** 19th Jan - 26th Jan, 23rd Feb - 1st Mar, 1st Mar - 8th Mar, 8th Mar - 15th Mar, 22nd Mar - 29th Mar.

Cost is \$ 200per week. Extra guest is \$ 20 per night.

*Bookings at the Rosebud Hospital Renal Unit must be done online email to: [holidayatrosebud@phcn.vic.gov.au](mailto:holidayatrosebud@phcn.vic.gov.au) PLEASE NOTE BOOKINGS FOR ROSEBUD MAY NOW BE VERY DIFFICULT, SO CLARIFY THAT THERE IS ROOM FOR YOU.*

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

## Yarrawonga

Why not enjoy a holiday in a great part of Australia just metres away from Lake Mulwala.

**Vacancies** 29th Mar - 5th Apr.

Cost is only \$200 per week for you and your immediate family. Call as we do get lots of cancellations hence there are vacancies.

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

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

*Email: [Amanda.pratt28@gmail.com](mailto:Amanda.pratt28@gmail.com)*



**Please Remember  
To Take Your Key!**

### DO NOT FORGET

**If you need to dialyse at either the Rosebud or Yarrawonga 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, contact the hospital to confirm booking.**
- **Finally, ring to book the Holiday House**



# 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 plus 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 handwritten 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 2020**. Winners will receive awards at the AGM in October 2020.

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 .....

.....

.....

.....



## Reducing SALT Intake Helps Reduce Your Thirst

Salt is a mineral known as sodium, and used in most foods to add taste. Salt is also used in many foods as a preservative. Eating salt for many years can make it difficult to cut down on or stop having salt in your diet. Salt comes in different forms, such as rock salt, vegetable salt, sodium bicarbonate and baking powder.

Why the need to reduce salt intake? Salt holds onto fluid in your body. As such, this will increase your thirst and increase your blood pressure. This can then lead to heart attacks, strokes and other complications.

Any questions ask your dietician. If you have other ways of reducing salt intake, please let us know, for the next Shoe String. Remember fresh food is

always best & cooked without salt.

**Reading Labels.** Look for products labelled with No Added Salt, Salt Reduced, Low Sodium.

For example

Kellogg's Rice Bubbles has Sodium 302mg per serve, or per 100g has 1,008mg

Uncle Toby's Fibre Plus has Sodium 55mg per serve, or per 100g has 120mg.

To help flavour meat and vegetables, try using garlic, dry mustard, pepper, onion, shallots, mushrooms and tomatoes. Use herbs and spices.



Have a craving? Yes, I often do so try to divert your attention elsewhere. I do find I am thirsty after eating salty foods. I always try to eat these "bad foods" just prior to dialysing; I dialyse at home making it easier.

Thanks to Ros

| High Salt (Avoid)  | Lower Salt Options   |
|--|--|
| Cereals (e.g. Cornflakes, Rice Bubbles, All Bran)  | Cereals with less than 300mg sodium per 100g e.g. Oats, porridge, Weetbix, Sustain, Just Right, Guardian   |
| Dry biscuits (e.g. Salada, Clix, Savoury Shapes, Savoy)  | Biscuits with less than 500mg sodium per 100g e.g. Rice or corn cakes, rice crackers, salt-reduced Premiums, Paradise Lites, Vitaweats, sweet biscuits |
| Corned beef, processed meats (e.g. salami, pastrami, bacon,), sausages, meat and fish pastes   | Fresh beef, lamb, pork & poultry<br>Roast meats from deli<br>Shaved chicken & turkey from deli   |
| Tinned tuna and salmon in brine, Smoked fish.  | Tinned fish in spring water or oil<br>Fresh fish   |
| Cheeses (e.g. Feta, parmesan, cheddar, cheese spread)  | Cheese with less than 450mg sodium per 100g<br>Swiss, mozzarella, ricotta & cottage cheese<br>Milk, yoghurt, ice cream, soy milk                       |
| Regular salted butter or margarine   | No Added Salt varieties of butter and margarine  |
| Potato or corn chips, pretzels, salted nuts  | Unsalted nuts, fruit bread or scrolls, popcorn, muesli bars  |
| High salt dips and spreads (e.g. French Onion, Capsicum, Salsa)                                | Sour cream, avocado, tahini, tzatziki, natural yoghurt   |
| Vegemite, Promite, Marmite, Salted Peanut Butter   | Jam, Honey, Golden Syrup,  |
| Packet soups, stock and gravy  | Homemade soups, stocks and gravies with herbs and spices for flavour.<br>Massel © salt reduced stock powder  |
| Bonox, Tomato Juice  | Tea, coffee, water, soy drinks, soda water, mineral water, cordial, milk   |
| Commercial Sauce (e.g. tomato sauce, soy sauce, fish sauce, oyster sauce, bottled pasta sauce) | "Reduced Salt" or "No added Salt" varieties<br>Vinegar, lemon juice, lime juice  |
| Takeaways food (e.g. pies, sausage rolls, pizza)   | Fish & chips with vinegar/lemon, sandwiches, rolls, plain hamburger, baked potato, BBQ chicken (no stuffing)   |
| High sodium medications (e.g. soluble Panadol, ENO, Berocca,)                                  |  |



## Xmas Party 2019

What a beautiful day at Brimbank Park. DATA Christmas party was held on Sunday 24th November 2019. It was a perfect day for a picnic - sunny with a slight breeze. There were 27 members, family and friends who enjoyed the event.

Some people went to the cafe for a coffee, some went for a walk and the rest just sat under the trees to appreciate the lovely Melbourne weather.

The main prize of the raffle was won by Charlie Ball - plenty of Christmas goodies in the hamper. Melek Mutic the 9 year old girl was very happy with her prize, which was a gingerbread house. Her mum helped her to put it all together in time for Christmas. The other winners were Darren Hennessey and Sue Hatzimichalis.

That was our last get together for 2019.

Have a wonderful 2020 and join us for the many exciting events we have planned for the DATA family.

Happy New Year from the Social Committee



## Social Events for 2020 Mark Your Diary

February 23rd Sunday - Presentation by Erin Rhoads, Forest Hill, 2.00pm

March 29th Sunday - BBQ at Rosebud & The Enchanted Maze Garden, 11.00am

April 5th Sunday - Bare Foot Bowls, Altona, 2.00pm

May 3rd Sunday - CWA High Tea, Toorak, 2.00pm

June 26th Friday - Melbourne observatory, Royal Botanic Gardens, 8.00pm

July 26th Sunday - Witches in Britches, West Melbourne 7.00pm

August 11th Tuesday - coffee & cake, Elsternwick, 2.00pm

August 21st Friday - coffee & cake, Braeside, 2.00pm

September 26th Saturday - Comedy night

October 25th Sunday - day in Geelong

November 28th/29th Saturday/Sunday - overnight stay in Ballarat, if there is enough interest.





Dialysis and Transplant  
Association of Victoria Inc.

PO Box 159,  
Forest Hill Vic 3131

Phone: (03) 9894 0377  
Email: [info@datavic.org](mailto:info@datavic.org)  
[www.datavic.org](http://www.datavic.org)

#### Office Bearers

##### President

Sue Hatzimichalis 0412 469 738

##### Vice President

Joan Eastwood 0402 097 331

##### Secretary

Charlie Ball (03) 9439 8866

##### Treasurer

Vicki Abbatangelo 0408 103 571

#### Committee Members

|                   |                  |
|-------------------|------------------|
| Angela Lindsey    | Minute Secretary |
| Ros Ball          | (03) 9439 8866   |
| Alan Rawson       | (03) 9723 3019   |
| Darren Hennessey  | (03) 9878 5483   |
| Elaine Hennessey  | (03) 9878 3211   |
| Ron Hennessey     | (03) 9878 3211   |
| Margaret Hagedorn | (03) 9798 2835   |
| Neane Collis      | 0439 990 963     |
| Steve Shuster     | 0427 517 770     |
| Edwin MacKrill    | 0404 329 747     |

#### Holiday Homes Secretary

Yarrawonga and Rosebud  
Amanda Pratt (03) 9589 4894

#### Shoe String Editorial Committee

|               |                |
|---------------|----------------|
| Joan Eastwood | 0402 097 331   |
| Ros Ball      | (03) 9439 8866 |
| Fay Rawson    | (03) 9723 3019 |
| Simon David   | 0411 132 236   |

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. Vic. Inc.

DEADLINE FOR NEXT ISSUE 17 FEBRUARY 2020

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 event.

We own and run two holiday homes for use by our members—One is at Yarrawonga, the other at Rosebud.



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



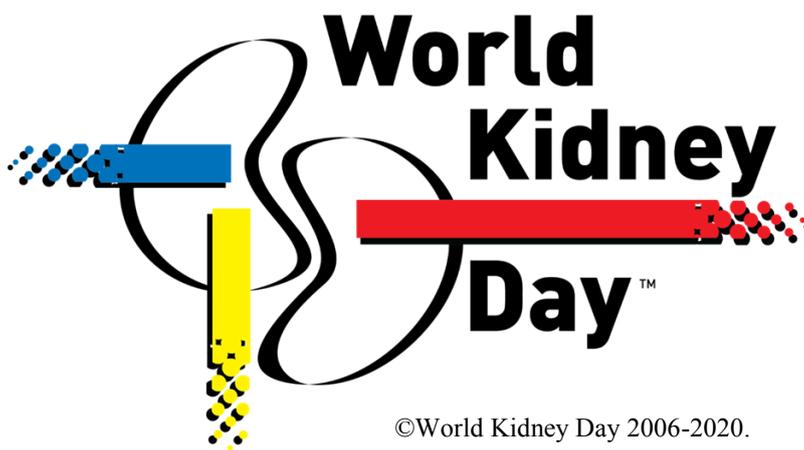
## From The Editors

Keep those stories coming in. We would love to hear from you, just a phone call, an article, comment or a suggestion, if you wrote a story for Shoe String in the past.

CONTACT US ON EMAIL: [editor.shoestring@gmail.com](mailto:editor.shoestring@gmail.com) Check out our new website [www.datavic.org](http://www.datavic.org).

The remaining new committee members will feature in the next Shoestring.

World Kidney Day 12 March 2020



©World Kidney Day 2006-2020.