

ShoeString



Newsletter of the Dialysis & Transplant Association of Victoria Inc.

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Inside this issue:

Presidents Report	2
3D Printed Kidneys	2
DATA Holiday Houses	2
Travelling to Yarrowonga	3
Holiday Houses	4
Ron Jones Education Award	5
Social Activities	6
Angela's Craft Corner	7

From DATA and all the Members

A Special Thank You to all the Nurses

A BIG thank-you to all hospitals, Medical Staff, Paramedics and all other staff involved in keeping those with renal disease and especially those on dialysis safe from the virus.

From the Editors: It has been brought to our notice that many of the staff at dialysis units only see the front page of Shoestring and will not have noticed the thank you message in the last edition. We are reprinting on the front page because we want them to know how much they are appreciated. If you are reading this while you are dialysing please show it to your attending nurse.



Open for Bookings.

Our holiday houses are now open. Give Amanda a ring to find out more, her number is on the back page.

Find us on 

If you are on Facebook, check out our new page check us out and give us a big thumbs up.



President's Report

Happy New Year to all.

After such a tough year many of us were looking forward to waving goodbye to 2020 in the company of family and friends. It has been extremely disappointing for those that had to make last minute changes or change their plans, due to the increase of the Covid 19 restrictions. These restrictions are clearly targeted at preventing a third wave.

Hopefully this will only be for a short time.

I would like to thank the committee for voting me as President and will do everything I can to make DATA stronger and support the needs of its members.

Furthermore, may I thank Sue (past President) and Charlie (past Secretary) for their efforts in the last year, along with all the committee and members who volunteer their time, which has made DATA the successful organisation it is today.

I have been associated with DATA for the past 15 years as a committee member and previously fulfilled the role of Vice President.

In 2014 I donated a kidney which enabled my wife Amanda (House booking Secretary) to enjoy a fuller life without having to dialyse anymore.

Sadly, due to the Covid 19 restrictions last year we were unable to take holiday bookings for 9 months of the year and now have introduced stricter cleaning procedures.

Also as a result of Covid 19, all our social events had to be cancelled from March last year.

We have a number of social events planned for 2021, which you can read about in ShoeString (on page 6.). We would love to see more members attend these outings.

For the last 30 years my working background has been in Engineering and business management. I enjoy the



outdoors, swimming, running and pottering in the garden.

We are always looking for new ideas and suggestions to continuously improve the services we offer through DATA. So don't be afraid to contact us with any suggestions.

Stay safe and let's hope 2021 is a better year for all of us.

Brendan

3D Printed Kidneys

Almost 2000 Australians in any given year are waiting for a kidney transplant, and 12,000 more are on dialysis. Many die waiting for a kidney but those with end-stage kidney disease may have much better prospects in coming years with expectations that 3d printed kidneys could eventually be used for transplants. Scientists at the Murdoch Children's Research Institute have bio-printed tiny human kidneys using a stem cell paste. The mini-kidneys, just the size of a fingernail, contain

thousands of tiny tubes and blood vessels and fully resemble a full-sized human kidney. As the technology comes of age it's expected that full-sized kidneys will be able to be bio-printed and used in transplants.

WRITTEN BY

Natasha Robinson and Chris Griffith, For The Australian, 4 January 2021, based on an article in Life, December 31, 2020.

Ed. Thank you to Yvonne Farquharson for sending this article.

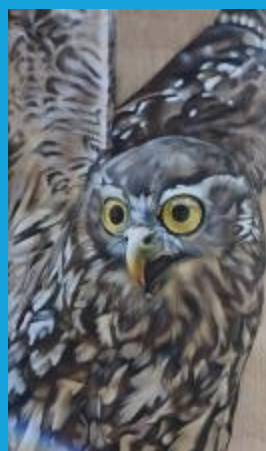




Travelling to Yarrawonga? Try this route and see painted silos on the way.



Silo art anticlockwise from bottom left (by background colour), Goorambat, Devenish, St James, Tungamah.



Directions. From the main street of Benalla (Bridge Street East), turn North into Nunn Street and follow the A300 towards Shepparton. After about 10km turn right onto the C371. Travel a further 5.7km then turn right to Goorambat and look for signs to the Silo Art. While in Goorambat also have a look at the painting of Sophia on the wall of the Uniting Church.

From Goorambat continue on to Devenish, St James and Tungamah before heading East to the Benalla-Yarrawonga Road.



DATA Holiday Homes

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.

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.

Rosebud

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

Vacancies Fully booked till February 2021.

Bookings at the Rosebud Hospital Renal Unit must be done online email to: holidayatrosebud@phcn.vic.gov.au

Yarrowonga

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

Vacancies

Sunday 31st Jan till Saturday 6th Feb
Sunday 7th Feb till Saturday 13th Feb

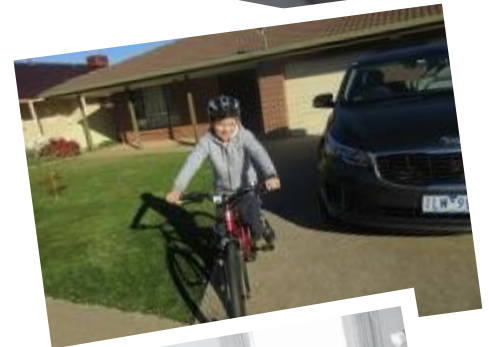
Bookings at the Yarrowonga Renal Unit Ph: 5743 8189

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

Cost is only \$200 per week for you and your immediate family.

Call as we do get people cancel at the last minute, so please ring to check.

Also check out our Facebook page for latest vacancy dates.



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, contact the hospital to confirm booking.**
- **Finally, ring to book the Holiday House**



**Please Remember
To Take Your Key!**



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 2021**. Winners will receive awards at the AGM in October 2021.

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

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Due to the virus our social activities may change. Leave us a message if you wish to attend and we will ring you to confirm or cancel.

.BBQ lunch at the Rosebud Holiday House

Followed by a visit to The Enchanted Maze Garden, 55 Purves Rd. Arthurs Seat

When: Sunday 28th March

Time: 11.00am

Where: 17 Rosemore Street, Rosebud

Cost: BBQ - free,

The Enchanted Maze Garden
Concession, child under 18, members & carers \$10,
non members \$20
Adults - members & carers \$14, non members \$28

RSVP: 14th March 2021, phone 98940377 or email –
info@datavic.org



Join DATA for Barefoot Bowls at Altona

Where: Altona Bowling Club, 113 Civic Parade, Altona

When: Sunday 11th April

Time: 2.00pm, followed by a BBQ

Where: Altona Bowling Club, 113 Civic Parade, Altona

RSVP: 28th March 2021, phone 98940377 (leave a message)
or email 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 Alan & Carol Thompson, who are members of DATA.

With our thanks and we hope to see you there.



Hobby and Craft Corner From Angela



I hope everyone had a nice Christmas & let's hope that 2021 is a better year than 2020.



Here's an update on my walking.

I decided on the 10th May 2020, during Melbourne's lockdown, to walk 10,000 steps a day. As of the 3rd of January 2021 I have walked 239 days in a row. I only missed 2 days of not getting to 10,000 steps on day 63, I made it to 9,335 steps and on day 232, I only managed 5,675 steps.

I have also kept making things for my grandchildren. For Christmas I made each of the girls a reading pillow, all different of course. It's a cushion with a front pocket to put the books in & a handle for carrying. The girls liked their Christmas presents.



I knit. My granddaughter asked me to knit her a schnauzer, so I did.

Knitting was the easy part, it was putting it all together that was time consuming.



She liked it, so it was worth it.

Angela

Ed. Do you knit, collect stamps or play board games? Are you into woodworking or do you spend time in your garden? Do you have an interesting hobby you'd like to share? Write an email about your hobby, interest or craft to share with other DATA members and don't forget to send photos.

Email address: info@datavic.org or editor.shoestring@gmail.com





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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. Vic. Inc.

DEADLINE FOR NEXT ISSUE 19th February 2021

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

CONTACT US ON EMAIL: editor.shoestring@gmail.com

Wishing you all a great 2021

The Editors had a great article from a member but it could not be included in this edition so look for it in the next Shoestring.

IMPORTANT Phone numbers

Lifeline 13 11 11 crisis support

Beyond Blue 1300 22 46 36 support for depression and anxiety

Kids Help line 1800 55 1800

Family Violence. 1800 015 18855

Our DATA Secretary is also available to lend a sympathetic ear to a confidential chat.

Laugh, It's Good for You

Laughter is probably the only medicine that is free.. and works.
If you have a good joke to make us laugh please share it with us.