

ShoeString



Newsletter of the Dialysis & Transplant Association of Victoria Inc.

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FIFTIETH YEAR OF SHOE STRING

Let's Celebrate

Have you got any great memories of this time in the earlier days of DATA? We would love to hear your stories.

See below (in italics), a excerpt from a letter from Dr J Dawborn found in the DATA archives which is about Home Dialysis and mentions the possible publication of a fortnightly newsletter from Austin Hospital. This is what ShoeString was founded on.

I envisage the following types of problems:

1. Minor hitches, technical or medical which can be solved over the telephone.
2. Technical failure - largely preventable or predictable.
3. More serious medical problems - requiring medical attention in hospital.

Items 2 and 3 have been shown in many home programmes to be very uncommon. Technical failure should be detectable if equipment is checked BEFORE going on.

Minor problems are a matter of experience, education and confidence and are often easily solved. You cannot be expected to have encountered every possible variation and a short consultation may help you keep your cool. Fair enough.

However, in order to reinforce your learning programme we are planning to publish a weekly or fortnightly bulletin, briefly recounting problems which patients have encountered, new policies within the unit and items of general interest.

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Editor's Note

It was not planned to have Editor's Note on the front page but that is how it worked out.

Big shout out to Secretary Sue H who is not doing so good at the moment. She is 'Off the Grid' at this stage, (that just means not socializing as usual) so we have given her a few weeks sick leave.

So Cheerio SUE from all of us.. *'Get back here real quick, there is plenty needs doin'.*' As you can see, we are celebrating 50 years of Shoe String. DATA Committee have formed a sub Committee to look at

Fiftieth Year celebration, and I am sure you are invited to have input. Probably best to contact Angela. c/o DATA Office According to the information we have, the weekly bulletin, a precursor to ShoeString (see above) started 21/12/1972. According to archived minutes, 1st general meeting was 30/5/73 when it was suggested that an association be formed. 2nd meeting "Dialysis Patients Association" was held 1/7/73. 1st AGM was 30/6/74.. Don't forget, to keep DATA running we need your help and your input so send us a line . From the Editors.



PRESIDENT'S REPORT

Happy New Year to all, let's hope it's a better year than the last one.

I trust you had a happy and safe Christmas with your family and loved ones.

I don't want to ramble on too much about Coved but I believe it is important we take the necessary steps to reduce the spread of this infectious disease.

To ensure that all our services operate in line with the Coved safe protocols according to the National and State Government Department of Health directives, and those of Monash Health, a coved safe plan has been put in place.

For peace of mind and to ensure the safety of all our members, the Committee requires that all eligible members & visitors to our office and holiday homes provide proof of vaccination and check in via the QR codes.

We see these as an extra precaution that is necessary to

protect our vulnerable Transplant and Dialysis members.

Naturally if you had a medical exemption, we would need to sight the official documentation.

The Committee will review and update these directives periodically and advise accordingly.

We appreciate your understanding and trust all members will comply with these directives.

I would also like to thank a number of members who made donations to both holiday homes. It is much appreciated. Without this help, we would be unable to offer accommodation well below the current commercial rates.

On a lighter note we are thrilled that we can once again offer several social functions to brush off the cobwebs, with Coffee and Cake being first, then Bare Foot Bowls. See Page 3 for further details.



The full list of outings planned for the year can be found on Page 8, (back Page) thanks to the Social Committee.

Let's all work together to stay safe and take care,

Best wishes

Brendan .

VALE Kim Donnelly

Kim Donnelly was only 55 years old when she passed away on 30th October 2021. She leaves behind her husband Ken of 30 years. Ken use to be the Trivia Master at the DATA Christmas in July functions. Kim was the Minutes Secretary in 2005/2006. Both were on the DATA committee.

When Ken met Kim in 1990 they talked about music for 5 hours. By 1991 they were married. They were soul mates. They were like two peas in a pod.

Kim did not have it easy, but she always had a smile on her face. Kim's kidneys failed from an unknown cause. She started Peritoneal Dialysis (PD) on 4th January 1997.

In March 2000 Ken and Kim visited Paris, the city of love, for 10 days. Baxter, the critical care product company, delivered all the PD



equipment to their Paris hotel. Ken and Kim really enjoyed Paris, even though it was winter and it was cold. Ken even convinced Kim to leave the hotel window open, so they could hear the peel of the bell at 6.00pm from Notre

Dame Cathedral.

The trip proved that just because one is on PD it does not mean that one cannot travel overseas.

Kim received a transplant on 8th October 2001. Life improved, but of course the transplant did not last forever. She commenced haemodialysis in 2010. As her Parkinson's disease progressed, Kim's mobility became worse. She relied on the wheelchair more and more. Eventually it was too hard to be at home so both Ken and Kim made the choice to go into Residential care.

To Ken we send our deepest sympathy.

Angela Lindsey



OUR NEXT OUTINGS

Where: Bella Cosi
When: Thursday 17th February
Time: 11.00am
Cost: free to DATA members
Where: 71 Beach St Port Melbourne
RSVP: 10th February 2022,
phone 9894 0377 or email info@datavic.org



Bella Cosi is situated opposite the Port Melbourne beach near Station Pier. It's only a 10 minute walk to Princess Pier. Parking is available in surrounding streets or ticketed in Beach St. It's only a few minutes walk from the 109 tram (Stop 129 Beacon Cove /Light Rail).

All outings are Subject to Change and Covid safe Regulations

Join DATA for Barefoot Bowls at Altona

When: Sunday 6th March
Time: 2.00pm, followed by a BBQ
Where: Altona Bowling Club, 113 Civic Parade, Altona
Cost: Bowls & BBQ free to DATA members (pay for own drinks)
RSVP: 20th February 2022, phone 9894 0377 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.

GETTING TO KNOW YOUR COMMITTEE : NICOLE PEARCE

I started my nursing career as a nursing assistant in 1992 in a Nursing Home. In 1996 I went on to study Enrolled Nursing and once completing it I started working in a Medical Centre as a Practice Nurse, where I have encountered many different areas of nursing.

In 2005 I meet Sue and Nick Hatzimichalis and through them I learnt about dialysis and how it impacts not just the patient but the entire family and friends. Many times I was visiting Sue and Nick on dialysis days and watched as Sue was putting Nick on

and off the machine. They both were quite happy to answer all my questions I had about haemodialysis.

In recent years my knowledge about chronic kidney failure and the possibility of dialysis has touched me on a personal level with my father being diagnosed with chronic kidney failure. Instead of being scared of this diagnosis I was able to understand the reality which we may in the future as a family face.

I understand the importance to still ask questions from the medical staff regarding any medical issues or

concerns regarding this diagnosis.

By being a committee member of DATA I have met a lot of wonderful and inspiring individuals, who all have their own stories to tell. The support and understanding from fellow DATA members is outstanding; whether it is with the many different outings which are organised throughout the year for members to catch up with each other or through the use of the holiday homes in Rosebud and Yarrowonga available for members to have family holidays.

Cheers Nicole Pearce



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.

The DATA Committee require all eligible members and visitors to the Holiday Homes to provide proof of vaccination and check in with QR codes.

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.

Please remember **there are no Landline Phones at the houses** so don't forget your mobile and charger, & don't forget to take your Holiday House keys please No Pets allowed with Guide dogs being the exception.

Yarrowonga

We would like to say a big thank you to Ken and Maureen Cook for providing a new flywire door at Yarrowonga. We really appreciate their generosity.

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

Vacancies at Yarrowonga

From April 3rd 2022 onwards .

Cost is only \$200 per week for you and your immediate family. Call as we do get vacancies.

Bookings at the Yarrowonga Renal Unit Ph: 5743 8189

For HOUSE bookings please ring



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.. Both photos are Rosebud beach front, taken by Amanda &/or Brendon.

Vacancies

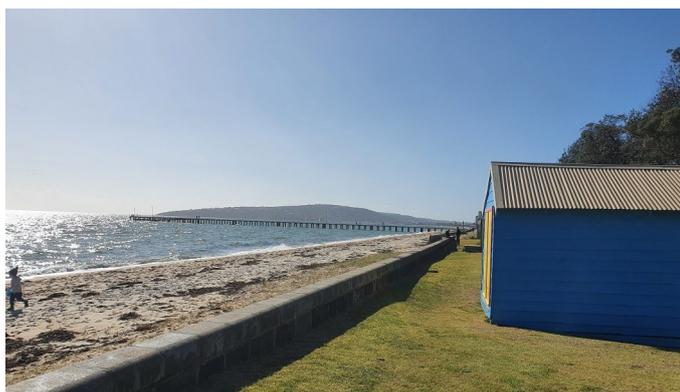
February 6th 2022 onwards

Costs \$200 per week for you and your immediate family
Extra guest is \$ 20 per night.

For HOUSE bookings please ring

Rosebud House Secretary

Amanda Pratt Ph: 9589 4894





World Kidney Day

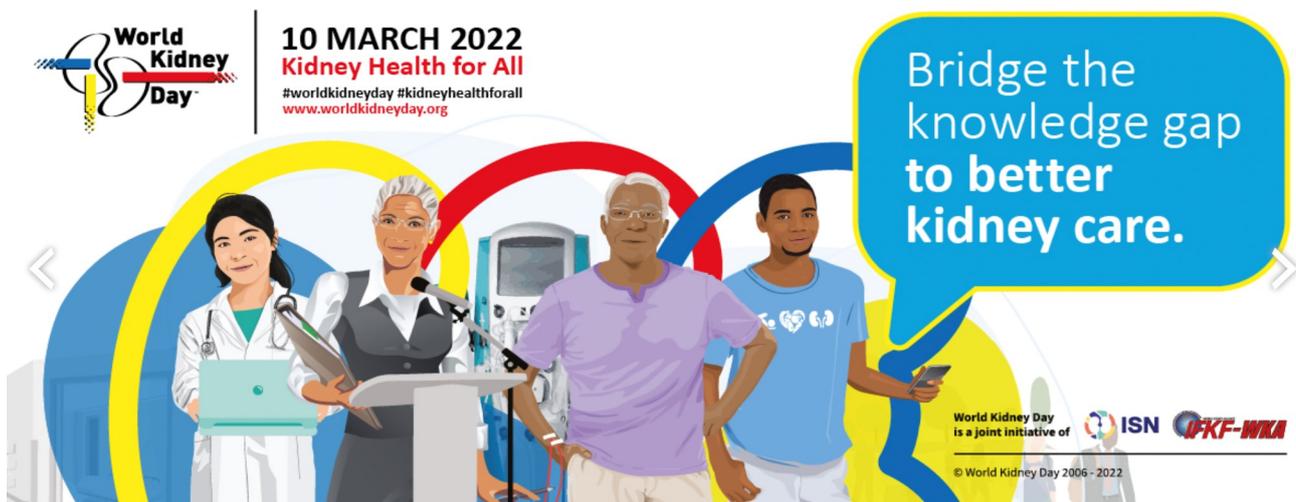
Thursday 10th March 2022

Celebrating 50 years of DATA!

This year for World Kidney Day, DATA has funded Filter Your Future to produce a 7-minute video highlighting some of the special impacts, memories, and achievements of DATA throughout the past 50 years. DATA members Darren, Ros, Ashton, Grant and Yvonne featured in the video. There will be other opportunities during this 50th year of DATA for other members to record what DATA means to them.

DATA members will be able to view the World Kidney Day video in March. This will also be an opportunity to showcase the new online lessons for Years 3-6, which completes the development of free lessons for all primary schools age groups.

<https://www.worldkidneyday.org>



Ron Jones Educational Awards

These awards offer a fantastic opportunity for students between school years 6 to 11, to shine.

Applications for the Ron Jones Educational Awards, are now open, so fill out your Application form for a chance to win fabulous prize money. Application form is available from the DATA Office.

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 2022**. Winners will receive awards at the AGM in October 2022.
- Application also available on www.datavic.org





From the Mail Box

Did you have a good Christmas? Eating too much and drinking too much?

For those of us on haemodialysis, having all this Christmas Fare and High Potassium food available can be quite a challenge.

Those on Peritoneal dialysis will have an easier time because they dialyse every day.

Most fruits are at their best and hard to resist during the Christmas period.

Apricots, peaches, mangos, cherries and kiwi fruit are just some high in potassium, so eat these sparingly.

Low potassium fruit such as apples, pears, grapes, watermelon, plums and berries such as strawberries, blueberries and raspberries are the best choice. Though overindulging in these low potassium fruits can see potassium blood levels rise.

Remember chocolate, and milk are also high in potassium.

<https://www.healthline.com/health/high-and-lowpotassium>

From Ros

Tip From George

For 6 years I have been doing HD Dialysis and all this time I have used glad wrap, and a variety of other ways, to cover the Emla or Numit cream to desensitise my skin for an hour before getting punctured.

At last I found the solution. I buy the film pictured here, cut a length of 10cm



(distance of ten yellow arrows) and apply the transparent film.

I buy the film for \$3.49 from my cheap chemist and it lasts me 10 applications. Bingo! It is worth sharing this with my fellow sufferers.

Thank you George Said OAM

Angela's Antics

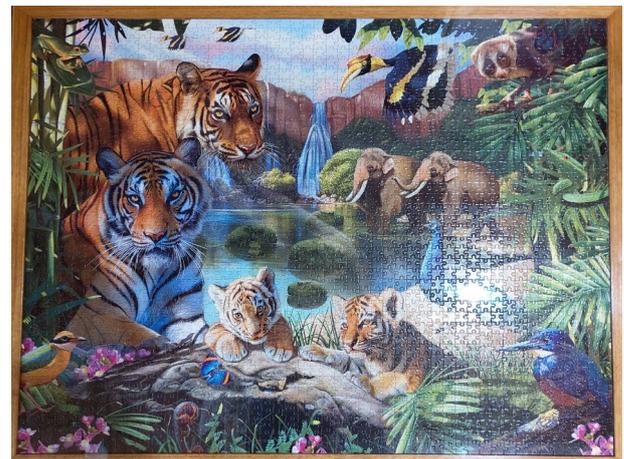
During the long Melbourne lockdowns I did a few jigsaw puzzles. My friend bought me a 2000 piece animal puzzle which I completed. It's a big puzzle - 76 x 97.5 cm. It took a while to finish. Once I completed it, I asked my

talented brother to make me a table, which he did. It's a beautiful table made of wood. It has a drawer each side and a basket at the bottom. I bought a glass for the table to protect the puzzle. I don't expect to do a 2000 piece jigsaw puzzle in a

hurry.

I was very pleased with the table. Everyone admired it at Christmas time.

Angela Lindsey





LAUGHTER—THE BEST MEDICINE

An elderly lady decided to give herself a treat for her 70th birthday, by staying overnight at a nice hotel. When she checked out the next morning the desk clerk gave her a bill for \$250. She demanded to know why the charge was so high. "I agree that it's a nice hotel, but it's not worth \$250 for an overnight stay." The clerk told her that \$250 is the standard rate which included breakfast. The elderly lady insisted on speaking to the manager. The manager appeared

and explained that the hotel has a swimming pool and a big conference room, which is available to all clients. "But I did not use them." she insisted. "You could have." he answered. He went to explain that the hotel has a free show, with famous entertainers. Once again her answer was "I did not see it." Whatever amenity the manager mentioned, she replied "I did not use it." The manager had his standard response "You could have, it was

available."

After several minutes and the manager unmoved, she decided to pay. She wrote a cheque and gave it to him. "But madam this cheque is for \$50."

"That is correct. I charged you \$200 for spending the night with me."

"But I did not!" exclaimed the manager. "You could have, she said, "I was available."

The moral of this story is

Don't mess with senior citizens!



Detention

The teacher pointed the ruler at the boy in her class.

She said, "At the end of this ruler is an idiot."

The boy asked, "Which end?"

He promptly got detention.



Vodka ... who knew!!!!!!!!!!!!!!!

VODKA TO THE RESCUE

1. To remove a bandage painlessly, saturate the bandage with vodka. The stuff dissolves adhesive.
2. To clean the caulking around bathtubs and showers, fill a trigger-spray bottle with vodka, spray the caulking, let set five minutes and wash clean. The alcohol in the vodka kills mould and mildew without the dangers and fumes of chlorine.
3. To clean your eyeglasses, simply wipe the lenses with a soft, clean cloth dampened with vodka. The alcohol in the vodka cleans the glass and kills germs.
4. Prolong the life of razors by filling a cup with vodka and letting your safety razor blade soak in the alcohol after shaving. The vodka disinfects the blade and prevents rusting.
5. Spray vodka on wine stains, scrub with a brush, and then blot dry.
6. Using a cotton ball, apply vodka to your face as an astringent to cleanse the skin and tighten pores.
7. Add a jigger of vodka to a 12-ounce bottle of shampoo. The alcohol cleanses the scalp, removes toxins from hair, and stimulates the growth of healthy hair.
8. Fill a sixteen-ounce trigger-spray bottle with vodka and spray bees or wasps to kill them.
9. Pour one-half cup vodka and one-half cup water into a Ziploc freezer bag and freeze for a slushy, refreshing ice pack for aches, pain or black eyes.
10. Fill a clean, used mayonnaise jar with freshly packed lavender flowers, fill the jar with vodka, seal the lid tightly and set in the sun for three days. Strain liquid through a coffee filter, then apply the tincture to aches and pains.
11. To relieve a fever, use a washcloth to rub vodka on your chest and back as a liniment.
12. To cure foot odour, wash your feet with vodka.
13. Vodka will disinfect and alleviate a jellyfish sting.
14. Pour vodka over an area affected with poison ivy to remove the urushiol oil from your skin.
15. Swish a shot of vodka over an aching tooth. Allow your gums to absorb some of the alcohol to numb the pain.

And silly me! I used to just drink the stuff!



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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 04 March 2022

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 Yarrowonga, 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.



Dates to Remember

List of Social events for 2022, subject to change:
As you know, these are all subject to change and Covid regulations & restrictions at the time of the event.

February 17th, Thursday - Coffee & cake (details page 3)

March 6th, Sunday - Bare Foot Bowls (see details page 3)

April 9th, Saturday - Dinner & Show at Witches In Britches

May 18th, Wednesday - Heide Museum

June 24th, Friday - Melbourne Observatory

July 23rd, Saturday - Christmas in July

August 28th, Sunday - Yarra Valley Chocolaterie

September 25th, Sunday - BBQ & cruise at Yarrowonga

October 23rd, Sunday - AGM (50th Shoestring anniversary)

November 27th, Sunday - Q Train

Thanks Angela and Committee