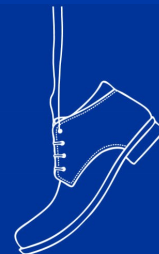


ShoeString



Newsletter of the Dialysis & Transplant Association of Victoria Inc.

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March 2023



Dialysis and Transplant
Association of Victoria Inc.

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Filter Fun Park™
The Musical

FILTER YOUR FUTURE
.COM.AU

DATE:
Sunday 7th May

TIME:
Show starts 2pm followed by afternoon tea at 3pm

VENUE:
Florida Club, 9 Wellington St, Flemington, VIC 3031

TICKETS:
Eventbrite or Scan QR code

D.A.T.A.
Dialysis and Transplant
Association of Victoria Inc.
Celebrating 50 years

© 2023 Filter Your Future®



NEXT OUTING NEXT WEEK

Where Shrine of Remembrance
When Sunday 2 April 2023
Time 1.30 pm. on the steps (or inside if wet)
RSVP Immediately (03)9894 0377 or email
info@datavic.org immediately.



Filter Your Future report

Finally, after three years in the making, Yvonne from Filter Your Future, along with our amazing composer Ashlee and stupendous scriptwriter Amy, are ready to launch **FILTER FUN PARK The Musical** at 2pm on Sunday 7th May 2023 at the Florida Club, 9 Wellington St, Flemington VIC 3031.

Congratulations and thanks go to all the members of DATA who have sponsored this fun new addition to the **Healthy Kidneys Education Project**. Family and friends of the 'kidney community' are cordially invited to attend. Tickets are limited to 200, so please book early to secure your seat. Flemington Kensington Rotary Club volunteers will be helping on the day with afternoon tea. We are grateful to be awarded a local Rotary Grant to have the production videoed as a teaching resource for schools.

About the Musical:

Brian Brain runs a pretty smooth operation at Filter Fun Park. He'll be the first to tell you that it's home to some of the most incredible rides you've ever seen: the Beating Tide Heart Ride, the jaw-dropping Kidney Coaster and many more. But the most wonderful thing about this theme park is that it all naturally takes place inside the human body. As the big boss, Brian takes pride in making good choices to ensure that all of his staff stay happy and healthy. This means making sure that school excursions, like the one today, go according to plan. He's had a lot of experience with one of the groups, Smart Choice School. Those fruits and vegetables are always a delight. But when the cake and lolly students from Packet Food Primary come barging through the Tooth ticket booth and straight into

Maisel Mouth, Brian realises they may have bitten off more than they can chew. Heather Heart gets palpitations and the Kidney Coaster struggles to cope with the excessive sugary energy, which leads to potentially permanent damage. It's up to Brian to learn from his mistakes and make healthier choices to ensure Filter Fun Park stays in its best shape for many years to come.

Filter Fun Park is an educational musical aimed at children aged 7 - 14, however all audience members big and small will enjoy the catchy original tunes, important health messages and delectably smooth food puns.

Come and witness the world premiere of the first ever musical focused on healthy kidneys!

Yvonne Farquharson

This is a free event. Donations will be encouraged upon entry with all proceeds going to the Dialysis and Transplant Association of Victoria Inc.

To book tickets: <https://www.eventbrite.com/e/556415061427>

Book and lyrics by Amy Fortnum

Music by Ashlee Clapp

Commissioned by Filter Your Future

ROSEBUD BBQ - Opportunity to catch up with old friends & new meet friends





World Kidney Day 9th March 2023

A collaboration between PKD (Polycystic Kidney Disease) Australia, FYF (Filter Your Future) and DATA (Dialysis and Transplant Association) was organised for the World Kidney Day 2023. The Webinar was hosted by Amy Luchterhand and Manager PKD Australia.

The topic was **“Preparing for the Unexpected, Supporting the Vulnerable”**. Australia certainly had its share of the unexpected in the last few years. COVID, bushfires and floods amongst other events. Australia expects fires and floods but it has been extreme in the last few years. Can you imagine how it would feel if you were on the dialysis machine and you could see the fire in the distance coming towards you. Well, that is the experience of Kellie and Grant Ottaway. They explained how they prepared and dealt with the situation.

The words that come to mind are brave and resilient.

Dr. Magid Fahim (Nephrologist, Princess Alexandra Hospital, Brisbane, QLD) spoke on the difficulties with COVID in 2020/21 for transplant and dialysis patients. It was a very challenging time to keep the patients safe and the hospital running. Belinda Jones (Donate Life – ANZKX paired Exchange) explained about the struggles of delivering a kidney for a transplant. It was tough and very expensive finding a flight during lockdowns and border closures. Consequently, there were less paired kidney exchanges during COVID.

Lyn Jeffreson (Nurse Unit Manager, Echuca, VIC) spoke about the floods and what needed to be done, so no one missed any dialysis. There were lots of Zoom meetings, plenty of phone calls and monumental amount of determination.

Justin Hamilton (Nurse Unit Manager, Bairnsdale, VIC) talked about the bushfires and how very important it is to have usable water for dialysis machines. Embers and soot can play havoc with clean water.

It makes you realise how important it is to be prepared and how much work needs to be done in unexpected situations, especially for dialysis patients. Good communication is everything. During COVID lockdowns, bushfires and floods, all patients had their dialysis but maybe not at their usual place and time.

DATA had four members attending the Webinar. I'm sure everyone was in awe of how people coped with unforeseen circumstances and how much support was needed to keep things going safely.

Angela Lindsey



**Dialysis and Transplant
Association of Victoria Inc.**

**Celebrate 50 years of DATA
28th May 2023**

Time: 2.00pm, followed by afternoon tea

Where: Level 1, 79 Mahoneys Rd Forest Hill

RSVP: 22nd May 2023, phone - 9894 0377 or email info@datavic.org



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, 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. Please do not leave any food.

No pets allowed with Guide dogs being the exception.

Yarrowonga

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

Vacancies :

April 23rd to April 30th

April 30th - May 7th

May 7th - May 14th

May 28th- June 4th.

Please ring for June - July dates.

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
Yarrowonga House Secretary*

Amanda Pratt Ph: 9589 4894

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

April 30th - May 7th

May 7th - May 14th

May 28th - June 4th

Remainder of June is available

July -All available

So please ring.

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

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

Rosebud - a great place to catch up with friends and enjoy a BBQ





Memories of the Blackburn House From George Sosich

It's been quite a few years since Blackburn House closed, but my memories of having stayed there and being served so kindly by the dedicated staff at DATA haven't faded.

I experienced kidney failure at 37 years old in January 1999 while living as a missionary in Japan with my now deceased wife, Eileen, and our five children, then between 2-13 years old. After two rough years on dialysis my beautiful sister flew to Japan to visit and offer a kidney to me. What a godsend! So we began preparations to relocate the seven of us to Australia.

One major problem...we were broke. My health had taken a nosedive and I had just lost our main source of income, officiating Christian style weddings. No problem though, to the rescue came our many friends and even strangers who all pitched in to raise tens of thousands of dollars on our behalf in a 'Go Fund Me' style campaign many years before Go Fund Me ever existed. We were very touched.

We arrived in Australia in February 2001 and settled into living with my mum in Ballarat. Thankfully my sister was a match and surgery was scheduled for August 2nd at Monash Medical Centre. Transplant recipients have to make daily clinical visits post release from hospital to check on the state of the kidney. This goes on for a few weeks and the frequency tapers off all going well. This would not have been possible from Ballarat. We needed an affordable temporary place to stay for the seven of us in Melbourne. I don't remember who it was but someone told us about DATA.

Sue Hatzimichalis, rest her soul, and the team were very understanding and allowed my whole family to stay at Blackburn House for more than a month throughout my stay in hospital and the post operative period. It must have been quite stressful for the DATA team to put up with all seven of us, but they were just so wonderful, and being only 30 minutes away from the hospital made the whole venture so much easier.

Thankfully the transplant was very successful, my sister came through the operation perfectly, my health improved dramatically and we soon returned to Ballarat. Within a few months we were making arrangements

to return to Japan, which had been our home for 15 years. After several years of very rough seas life was looking great again. We were very happy.... but that was not the end of our trials.



Shortly before our planned relocation, in early January 2002, Eileen suffered a very sudden and massive brain aneurysm. She was helicoptered from Ballarat to the Royal Melbourne Hospital. We needed to be by her side and though the situation was not kidney related, DATA again came to the rescue, graciously allowing not only myself and the kids, but also Eileen's parents and brother and sister (who flew in from abroad) to all stay at Blackburn House for more than six weeks until Eileen passed away in February 2002.

It was a devastating loss for us, a very emotional and turbulent time. How thankful we were to have Blackburn House as our refuge and the support of DATA staff who felt our pain and accommodated us so graciously.

Eventually we had to carry on without Eileen, comforted in knowing that we will meet again one day. I took my kids back to Japan in July 2002 where we stayed for 15 more years. My kidney functioned very well for 16 years until failing in 2017. During that time I was able to raise our children and return to active missionary work, Bible studies, feeding the homeless, educating orphans, organizing charity concerts for the needy, teaching business English, conduct about 2000+ weddings (believe it or not!), and much more. So I really got the most out of my sister's kidney! And besides all that I remarried and my Japanese wife, Naoko, and I have two children aged

12 and 4.

We returned to Australia in December 2017 and have been here since then. I dialyse three times per week only 10 minutes from our rental in Shepparton while I wait for a miracle phone call telling me that there is a kidney available for me.

It's been a very long journey since kidney failure in 1999 with many desperate lows. But by God's grace, in spite of it all we've come out the other end remarkably well. Life is good. My adult children are all doing great and Naoko and I and our young ones are very, very happy. I'm 61 now and plan to get a new kidney and live to 80. That would a dream come true.

I would not have been able to make it to this point without the love and support of many wonderful people along the way, including everyone at DATA who serve the 'kidney community' so faithfully and sacrificially. On behalf of all my family, I offer our sincere thanks to all of you. From George Sosich



Angela's Note George's wife, Eileen, stitched this welcome picture and presented it to DATA. It was framed and hung in the entrance hall at Blackburn. It now hangs in the DATA Office



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 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 **30 June 2023**. Winners will receive awards at the AGM in October 2023
- For further information ring DATA Office 03 98940377

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

.....



COMING EVENTS 2023

World Transplant Games In Perth Check out website <https://worldtransplatgames.org>

WHAT DATES WILL THE GAMES BE HELD

The Games will be held between Saturday April 15 to Friday April 21, 2023.

WHAT SPORTS WILL BE ON OFFER

5km Run, Cycling, Petanque, Volleyball, Badminton, Table Tennis, Tennis, Squash, Swimming, Athletics, Basketball, Ten Pin Bowling, Golf, Darts, Sprint Triathlon (500m Swim, 20km Cycle, 5k Run), Lawn Bowls (Singles) and Six-a-side Football

Barefoot Bowls at Altona

When: Sunday 23rd April 2023

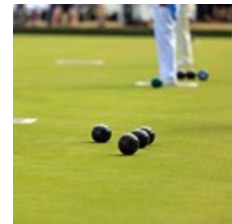
Time: 2.00pm, followed by afternoon tea.

Where: Altona Bowling Club, 113 Civic Parade, Altona

Cost: Bowls & Afternoon tea free to DATA members (pay for own drinks)

RSVP: phone 9894 0377 or email – info@datavic.org

The day has been organised by Alan & Carol Thompson, who are members of DATA.



More Social events .

June 25th Melbourne Exhibition Building or Melbourne Museum

July 23rd Christmas in July will be held at Brian & Michele's place near Ballarat

August 27 Chocolaterie In Yarra Glen

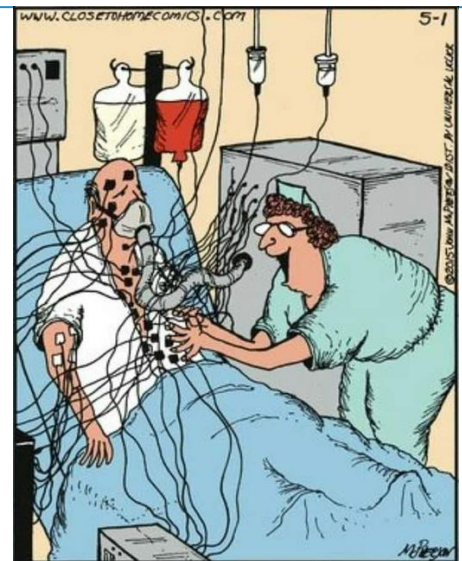
September 24th RAAF Museum Point Cook

October 18th Coffee & Cake (TBA)

October 22th DATA AGM

November 2nd Coffee & Cake (Somewhere)

November 26th Boneo Discovery Park



"Sorry to be a nuisance, but I think my phone charger got mixed up in here somehow."



Enjoying the day at the Rosebud BBQ

Sunshine, good food and good friends





Dialysis and Transplant
Association of Victoria Inc.

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Angela Lindsey

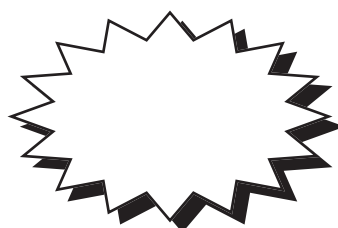
Gwen Lever

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 21st April 2023

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

Another issue ready to go ! There is a lot coming up in next couple of months with the Filter Fun Park the Musical 7th May and the 50th Celebration of Dialysis & Transplant Association on Sunday 28th May. Hope you are able to join us for at least one if not two of these events.

I have an apology to make to the winner of the Inaugural Tertiary Scholarship Kate Gale sincere apologies I misspelt your surname. I wish you well with your studies.

My thanks to all those who helped with contributions to the magazine. If you can write your story we will print it up for you. Thanks to Darren for the photos of Rosebud.

Sorry we had no Presidents report - we actually ran out of space. We are planning twelve pages next time.

Cheers Joan, Angela, Fay & Gwen, Editors.& Proofreaders.