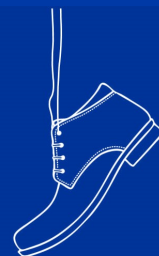


# ShoeString



Newsletter of the Dialysis & Transplant Association of Victoria Inc.

Registered by Australia Post, Print Post Publication No 100001778

Volume LI Number 1

January 2024



Dialysis and Transplant  
Association of Victoria Inc.

Registration No A0012114V

ABN 40 628 284 998



Srekna Nova Godina Hari Tau Hou  
Chuc Mung Nam Moi

## HAPPY NEW YEAR

Buon Anno Frohes Neues Jahr



Bonne Annee

### 2024



### In This Issue

President's Report	2
Christmas Gifts	3
Holiday Homes	4
Service of Remembrance	5
Ron Jones	6
Sunyrasia Group Closure	7
Tiffany Tilbrook	8
Kate Gale	9
DATA Christmas Party	10
Social Events 2024	11
Next Deadline	12

### First social event for 2024

### BBQ lunch at the Rosebud holiday house



**When:** Sunday 25th February  
**Time:** 11.00am  
**Where:** 17 Rosemore Street,  
Rosebud  
**Cost:** DATA will provide food, coffee and tea  
**RSVP:** 16th February 2024, phone 98940377 or email –  
[info@datavic.org](mailto:info@datavic.org)

Come and enjoy the company of other DATA members. Share stories, meet new people. Family and friends of members are welcome



## President's Report

Happy New Year to All,

Hope everyone had a relaxing and safe Christmas and New Year.

We were planning a quiet New Years Eve with our friends around the corner. At 11.30pm I was ready to go home but before I knew it, it was 2am, as we were watching old music videos on YouTube.

A very special thank you must go to Brian and Mischelle Wallis who generously opened their house and organised our Christmas Luncheon, which sadly I was unable to attend due to other commitments. I have been told how much the members who attended thoroughly enjoyed the afternoon.

A reminder to all to keep your fluids up and stay hydrated during the hot weather, even though we have had a lot of rain. Also, don't forget the old motto, Slip, Slop, Slap. Slip on a shirt, Slop on some sunscreen and Slap on a hat.

We have a number of exciting social events planned for the year. The first being the members BBQ at Rosebud on Sunday the 25th February. Refer to page 1 for more details.

This year we are planning to do some renovations to the kitchen and living area at Rosebud to enhance your stay.

Once again, we are always looking for new ideas of how we can better

serve you, the members.

Feel free to contact me or any of the other committee members with your feedback or suggestions.

Thanks,

Brendan



## Vale Judy Smith

Judy Smith a long time DATA member, passed away suddenly in December 2023. She was 72 years old. She married Phillip in 1972. They have two children, Debbie and Brett, and five grandchildren.

She commenced her working life at the Bank of Adelaide. While at the bank she was one of the first females to receive male wages. Judy had many jobs over the years, including cleaning, cooking, bookkeeping. She was also kept busy, using her organising skills



for fundraising.

In 1998 Judy was diagnosed with Lupus, which eventually led to dialysis in 2016. She was a transplant recipient in 2017. Although her health has not been great, it did not stop her from travelling and enjoying life.

To her husband Phillip, children and grandchildren we offer our deepest sympathy.

From the DATA committee.



## Thursday 29th February 2024

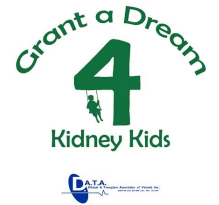
A disease is rare when it affects fewer than 1 in 2000 people.

It is observed annually on the last day of February



## Christmas Gifts for Children on Dialysis

This year Grant a Dream for Kidney Kids, a DATA initiative, offered children on dialysis Christmas gifts of either Hoyts/Village cinemas, or Luna Park multiple entry vouchers valid for three years. In this way the younger children can enjoy a family outing with their chosen tickets while teens are free to spend a carefree day with their friends.



### Monash Children's

Monash Children's Hospital (MCH) Dialysis Unit had 9 children on dialysis (haemo and peritoneal) in November 2023.

The Nurse Unit Manager (NUM) of the Paediatric Dialysis Unit is Yogi Jeyakumar. She has been working at Monash Medical Centre (MMC) for more than 30 years, caring for children and adults on haemodialysis, peritoneal dialysis and transplant.



Dr. Johnstone, Angela Lindsey and Yogi Jeyakumar.

Dr. Lilian Johnstone is a Paediatric Nephrologist, Head of Department (MCH Nephrology) who has been working at MMC for nearly 30 years. She has seen lots of growth over the years, with more and more children needing treatment for kidney disease.



### Royal Children's

November 2023 – Royal Children's Hospital Dialysis Unit had 12 children on, peritoneal and haemodialysis. The ages range from newborn to 17 years old.

Once the age of 18 is reached, the teenager gets transferred to an adult dialysis unit near their home. They, would find the adult hospital very different to the one they have known.

Brendan Cusack, Clinical Nurse Consultant, who works in the haemodialysis unit will distribute the vouchers to the children.

Brendan, a nurse of 25 years, has worked in many haemodialysis units, but likes working with kids.

Nicole Russo, Clinical Nurse Consultant, works in the Peritoneal Dialysis (PD) area. She will distribute the gift vouchers to the children on PD.

#### Update

Mark Riyadh, who received a Laptop from DATA in July 2023, has had a transplant. We wish Mark all the best and may the kidney transplant last for many years to come



Nicole Russo, Brendan Cusack and Angela Lindsey



The Royal Children's Hospital Melbourne



# 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.

## Yarrowonga

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

### Vacancies

We have had a number of cancellations at Yarrowonga in February, so all dates are available at this stage.

March 3rd till March 10th

March 10th till March 17th

April 7th onwards available

**Cost** is only \$220 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

Feb 25th till March 3rd

March 24th till March 31st

All of April available at this stage

**Costs** \$220 per week. Extra guest is \$ 20 per night.

*For HOUSE bookings please ring*

*Rosebud House Secretary*

*Amanda Pratt Ph: 9589 4894*

**Please Remember To Take Your Key!**



**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

Hi All,

Happy New Year. I hope you all had an enjoyable time with family and friends. The holiday homes have been busy over the festive season.

Just a reminder to all, Dialysis patients are given first preference.

Please report any damage or breakages to myself, Amanda.

Houses must be left clean and tidy.

Thanks, Amanda



## DonateLife Victoria Service of Remembrance



Saturday 18 November 2023, Victorian Service of Remembrance was held at Collingwood Town Hall. It was a lovely service.

Donor families as well as transplant recipients shared stories about their life. Abigail De Saram spoke eloquently with beautiful diction, about her donor father, how she

misses him but how proud she is as well.

Natasha Wagner, mother of liver recipient, Evie, 10-year-old, spoke about her ordeal. Evie was a well-child. She developed liver failure very quickly and was quick to get a transplant.

There was a moment of silence and

reflection.

Personalised messages were left on the tribute trees.

Royal Melbourne Hospital Scrub Choir sang three songs. And yes, the whole choir was in scrubs.

Afternoon tea followed the service, where people mingled and told stories.



Thursday  
14<sup>th</sup> March 2024

### What is World Kidney Day?

World Kidney Day is an annual event that aims to raise awareness about the importance of our kidneys and the vital role they play in our overall health. The day stresses the significance of preventive behaviours, risk factors, and how to live with kidney disease.

### History of the Event

World Kidney Day was initiated in 2006 as a collaborative effort between the International Society of Nephrology (ISN) and the International Federation of Kidney Foundations (IFKF). The goal was to create global awareness about the high and increasing burden of kidney diseases and the need for strategies for kidney diseases prevention and management.



# 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, OAM

- 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 2024**. Winners will receive awards at the AGM in October 2024.

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



## Sunraysia Dialysis & Transplant Support Group – 8/10/2023

Dear Friends and Group Members,

It has been some time since our last newsletter after we have all endured the extended COVID-19 lockdowns, the isolation periods and inevitable recovery required and it is now time to review where we are at as a group.

As successful as the group has been over many years, the participation numbers have unfortunately dwindled over time and along with the residual effects of the pandemic and its intrusion into all our lives, has sadly lead us to decide that it is no longer viable to continue with the support group.

The current President, Secretary and Treasurer will be resigning their positions after many years of dedicated service but we welcome interest from any parties who may wish to step-up and renew/reform the group moving forward.

We welcome your input.

At this point in time however, if there is no new interest in continuing with the support group, it is intended that the bank account be closed and the funds be donated to a national renal support group such as Kidney Health Australia.

The Sunraysia Dialysis & Transplant Support Group has been a vital link for all of us since it commenced in the 1970's providing valuable face to face contact, support by sharing information, friendship and connections with like minded people.

Most support needs for patients and their carers are now being catered for by Dialysis Unit at Mildura Base Public Hospital and/or relevant Melbourne/Adelaide

City Hospitals. Chronic illness counselling for patients and families is offered by these medico's and although respite for carers and holiday placements are limited, Kidney Health Australia assistance is available.

They provide a valuable connection to help ensure families in our community that are having to deal with emotional, physical and financial impacts of kidney disease can get the care and support they need.

Contact Kidney Health Australia – 1 8 0 0 4 5 4 3 6 3 o r [www.kidney.org.au](http://www.kidney.org.au).

Home Haemodialysis and Peritoneal Dialysis is available and encouraged to maximise family lifestyle and bonds in the comfort of your home. Training is provided with technicians, supplies and equipment provided to help manage having a life support system with confidence in your own home.

There is abundant information available online for all facets of Kidney disease or Transplantation and/or their complications and care, with technology like Telehealth enabling us to connect with our Doctors and Specialists in a personalised manner without all the travel hassles.

Using V.P.T.A.S. (Victorian Patient Transport Assistance Service) helps reimburse most of the costs for transport and accommodation expenses when you do have to travel to a major hospital for treatment.

Locally SIRS (Sunraysia Information & Referral Service) can assist with completing the necessary

paperwork.

Contact SIRS: 03 5023 4025.

D.A.T.A. (Dialysis and Transplant Assoc) Victoria based in Melbourne, continues to provide members and their families with the help and assistance needed to navigate through the complex world of kidney disease/failure.

Other associated health issues are available by way of connection with their regular bi-monthly newsletter 'Shoestring' which is packed with information and stories from patients/members living with all stages of kidney disease and transplantation issues.

They also have two Holiday homes available for members and their families to use located in Yarrawonga and Rosebud, Victoria.

Membership is just \$15.00 per year and you can contact DATA online at:- [www.datavic.org](http://www.datavic.org) or phone 03 9894 0377 for more information.

Thank you all for many years of support and happy meetings even when it may have been a particularly stressful time for any one of us.

We are happy to hear from you at any time

Betty a'Beckett

Yours Sincerely

Betty a'Beckett, 03 5021 2082  
Mark Patterson 0418 502 916  
& Denise Clark





# Scholarship recipient for 2024—Tiffany Tilbrook

Hi my name is Tiffany I am this year's Sue Hatzimichalis Post Graduate Renal Nursing Scholarship recipient. I am currently a registered nurse working with Austin Health, I am also mum of 2 little boys. I started my career in nursing in 2017 at Austin Health, with my first graduate year rotation being renal I found my way back in 2018 and have found my home.

I love the sense of community renal nursing provides and how we can foster such great healthcare relationships with our patients and their families, who are often unfortunately in and out of hospital. I believe that this enables us to be able to better advocate for our patients and provide holistic care.

One of the things I love about renal nursing is the different types of renal disease and how there is always something more to learn.



nursing staff look forward to for both the patient and for expanding their nursing knowledge.

I have been very fortunate to be offered this amazing scholarship to help me pursue this postgraduate course. Completing this course has been a high interest of mine over the past years and has finally become a reality. Completing this course will help me to continue to grow as a nurse and help me provide more holistic care for our renal patients. I am so excited to be able to commence this course and bring back very valuable renal nursing skills to my ward.

Austin Health is very privileged to be able to perform Renal Transplants. This is something that

Once again thank you to DATA for this opportunity

**VOLUNTEER of the WEEK**

Weenie, 85, helps keep the history of Walhalla's railway

**4 weeks until Christmas**

**Thank you** Joan Eastwood, Beacon, Vic

**Do you know a volunteer? Then we'd love to hear from you!**

**Volunteer of the Week**

**Joan Eastwood**

**4 weeks until Christmas**

**Thank you**

**Joan Eastwood**

**Beacon, Vic**

**Do you know a volunteer? Then we'd love to hear from you!**

**We'll pay \$200 to every volunteer featured. Email: volunteer@thatlifemag.com.au**

Joan Eastwood, featured as a "Volunteer of the Week" in "that's life!" magazine 30th November 2023.

Both Joan and Peter are in their 80's but life is still busy. May it stay busy for a long time to come.

Joan, our longest serving committee member, retired in October 2023. Weenie, as her husband calls her, has not stopped volunteering. She is still involved with the Walhalla railway. She volunteers as the Station Master, selling tickets, snacks and drinks while her husband Peter, is one of the volunteer train drivers.







## 2023 Scholarship recipient—Kate Gale

Well the year has now gone and what an adventure it was! I finished the post graduate certificate in renal studies through the University of Tasmania, earning a distinction for each of the 4 units undertaken. I learned a lot of new things in the process, I was able to consolidate what I already knew of haemodialysis, build on that foundation and to expand further into areas like peritoneal dialysis and transplantation care. This has made me feel like I can give a better quality care to my patients. I can use the skills and knowledge to make education programs and to deliver sessions to our patients, learning more about other forms of dialysis helps when we have patients transitioning to and from our care into the other modes of dialysis and learning more about transplant care can help when our

patients are getting worked up for a transplant and have questions or concerns, I either know the answer or know where to find it for them. I feel I am a far better nurse because of this and I would highly



Kate giving an education session to a patient.

recommend further study to any nurse working in renal, to know why

we do the things we do and the research behind the skills is such a confidence booster and the positive benefits to our patients are immeasurable. Upon completing this year, I applied once again for further study and was accepted into Federation University's 'Master of Nurse Practitioner' program. I am very excited to be heading in this direction, to learn from the Nephrologists and to further my assessment skills and advance my practice as a nurse.

Thank you for the part you have played in opening a door to a new career trajectory for me. This would not have been possible without the generous scholarship offered by you all at DATA, for this opportunity I am truly grateful.



Filter Fun Park The Musical is being showcased in Perth, at the Fringe World Festival in January 2024. Filter Your Future has gone national. Now more children will learn how to take good care of their kidneys and hopefully live a healthier life style.



## DATA Christmas Party 2023



The 2023 DATA Christmas Party was held at the home of Brian and Mischelle Wallis in Alfredton (near Ballarat). Everyone received a warm welcome from the hosts, especially from their gorgeous granddaughter. Brian and Mischelle, did a wonderful job of decorating their home with Christmas décor inside and out. The table setting was lovely. We all received a little box of lollies and a decorated Christmas cookie. Mischelle and Brian' with their daughter and granddaughter worked hard to make the lunch enjoyable. There was plenty of food to go around – bread rolls, meats, vegetables, desserts and fruit platters. The meats were - ham, turkey and beef, the veggies were - roast potatoes, coleslaw and a rainbow salad. For dessert we had slices, cookies, chocolates and novelty marshmallow cups.

At the table the chatter was non-stop. A lot of things can be learnt at a table – Ron and Elaine have been married for 63 years, Brian R has had his kidney transplant for 25 years, Heather has made some lovely girl's dresses for her granddaughters, Mischelle likes to sew, Graeme can be funny (sometimes) and so on.

Everyone that attended the DATA Christmas Party enjoyed themselves, left with a full belly and went home satisfied.

DATA committee would like to thank Brian and Mischelle Wallis for opening their home to DATA members and their families.



**The answers to the I.O. problem, from November 2023 issue of Shoestring are:**

***The Norwegian man drinks **water** and the Japanese man owns the **zebra**.***

John Hamilton was the first with the answers. Thank you to all who have participated.

Norwegian man lives in a yellow house, has a fox, drinks water and smokes Kool cigarettes

Ukrainian man lives in a blue house, has a horse, drinks tea and smokes Chesterfield.

English man lives in a red house, has snails, drinks milk and smokes Alpine.

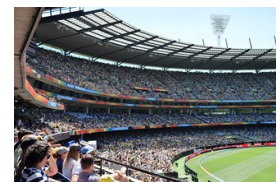
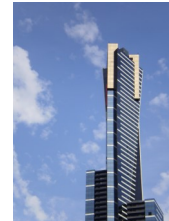
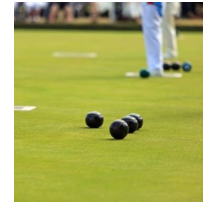
Spanish man lives in an ivory house, has a dog, drinks orange juice and smokes Lucky Strike.

Japanese man lives in a green house, has a zebra, drinks coffee and smokes Winfield.



## Social Events for 2024

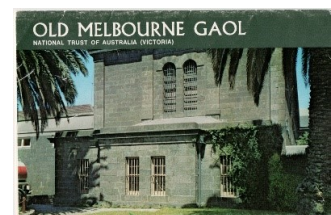
- February - 25<sup>th</sup>, BBQ at Rosebud  
 March - 24<sup>th</sup>, Old Melbourne Goal Tour  
 April - 28<sup>th</sup>, Barefoot Bowls, Altona  
 May - 26<sup>th</sup>, Ferry to Port Arlington  
 June - 30<sup>th</sup>, Australian Sky Deck  
 July - 28<sup>th</sup>, Christmas in July, Mitcham Hotel  
 August - 25<sup>th</sup>, Wildlife Park, Ballarat  
 September- 22<sup>nd</sup>, Shrine and Gardens Tour  
 October - 27<sup>th</sup>, MCG Tour  
 November - 24<sup>th</sup>, Healesville Sanctuary



*These events are subject to change*

### Join DATA for a tour of the **OLD MELBOURNE GOAL**

- When:** Sunday 24<sup>th</sup> March 2024  
**Time:** 3.00pm day tour, 8.00pm night tour  
**Where:** Meet outside Old Melbourne Goal  
 377 Russell Street, MELBOURNE  
**Cost:** Members and carers \$10, non-members \$20  
**RSVP:** 16<sup>th</sup> March 2024, email [info@datavic.org](mailto:info@datavic.org) or  
 phone 9894 0377



Old Melbourne Goal operated as a prison between 1845 and 1924. The most infamous prisoner was Ned Kelly, who was executed 11<sup>th</sup> November 1880. The youngest prisoner recorded, was Michael Crimmins, 3 years old, who spent 6 months in jail for being idle and disorderly.

Find us on **FACEBOOK**

DATA—Dialysis and Transplant Association of Victoria Inc

Please like or follow us on Facebook, to keep up to date with everything. It has a link to the Website.

If you need to know more contact Darren Hennessey on 0404 038 407.





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

Brendan Lowry (03) 9589 4894

##### Vice President

Steve Shuster 0427 517 770

##### Secretary

Angela Lindsey 0435 813 311

##### Treasurer

Vicki Abbatangelo 0408 103 571

#### Committee Members

Darren Hennessey 0404 038 407

Nicole Pearson 0407 467 466

Michelle Thevenet 0450 636 118

Kaitlyn Steavenson 0403 561 624

Ashton Kline 0400 030 408

#### Holiday Homes Secretary

Yarrawonga and Rosebud  
Amanda Pratt (03) 9589 4894

#### Shoe String Editors

Angela Lindsey 0435 813 311

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.

How ShoeString looked in January 1974



## DEADLINE FOR NEXT ISSUE 1 MARCH 2024

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](mailto:editor.shoestring@gmail.com)  
or [info@datavic.org](mailto:info@datavic.org)

DATA members love reading stories about other peoples adventures.

Tell us about your trials and tribulations, your highs and lows.

How was your Christmas and New Year? Tell us about it.

Send in your favourite recipes, or a joke you have heard lately.

Do you have any comments about the articles in Shoestring?

## From the Archives—ShoeString January 1994



**Question:** How many successful jumps does a skydiver have to make before he can join the Skydivers Association?

**Answer:** All of them