



Canberra Region Kidney Support Group

Kidney News

The views expressed in this newsletter are not necessarily those of the CRKSG

Changes to Pedestrian Access at Canberra Hospital from 21 November 2011

Construction on the new Capital Region Cancer Centre at Canberra Hospital will commence on 21 November 2011.

Temporary pedestrian access arrangements will be in place around the construction site. Arrangements include a new entrance to Level 1 of Building 3 and to Radiation Oncology.

Patients and visitors to Radiation Oncology | Level 1 of Building 3 | Walk-in Centre

To minimise any disruption, a new temporary entrance for Radiation Oncology and Level 1 of Building 3 has been installed on the western side of Building 3 adjacent to Bateson Road.

Access to Radiation Oncology, Level 1 of Building 3 and the Walk-in Centre will be from Bateson Road. Patients and visitors accessing these services from the Southern Car Park should proceed to Level 1 via the stairs or lift where clear signage will direct you to Bateson Road.

A short-stay car park with set-down and pick-up zone is also located nearby the new temporary entrance.

Patients and visitors to Level 2 of Building 3 | All other parts of Canberra Hospital

Access to Level 2 of Building 3 and all other parts of Canberra Hospital will be from Hospital Road. The path beside Hospital Drive will be the main access path across the campus. It is flat and partially covered.

Patients and visitors accessing Level 2 of Building 3 and other parts of Canberra Hospital from the southern multi-level car park please should proceed to Level 2 via the stairs or lift where clear signage will direct pedestrians to the hospital Main Entry on Hospital Road or to other buildings on the campus.

(Continued on page 2)

In this issue:

Changes to Pedestrian Access at Canberra Hospital from 21 November 2011 1

Calendar of Events 3

Recent Activities of the CRKSG 3

Ham and Tomato Omelette 3

Operation Angel Awards 3

Eurobodalla Renal Support Group

Merry Christmas and a
Happy and Prosperous
New Year



(Continued from page 1)

A set-down and pick-up zone is also located near the Main Entry.

See this map of changed pedestrian access and Canberra Hospital parking locations

Patients and visitors to Radiation Oncology | Level 1 of Building 3 | Walk-in Centre

Access to Radiation Oncology, Level 1 of Building 3 and the Walk-in Centre will be from Bateson Road. When using the southern multi-level car park please proceed to Level 1 where clear signage will direct you to Bateson Road. A new entrance for Radiation Oncology and Level 1 of Building 3 has been installed off Bateson Road. A short-stay car park with set-down and pick-up zone is also located nearby.

Patients and visitors to Level 2 of Building 3 | All other parts of Canberra Hospital

Access to Level 2 of Building 3 and all other parts of Canberra Hospital will be from Hospital Road. When using the southern multi-level car park please proceed to Level 2 where clear signage will direct you to the hospital Main Entry on Hospital Road or to other buildings on the campus. A set-down and pick-up zone is also located near the Main Entry.



Calendar of Events

Quarterly Meetings

Meetings for the Group are held at the Pearce Community Centre, Building 1, Collett Place, Pearce on the dates indicated below. Meetings are held on Saturdays at 2:00pm on each occasion.

Meeting dates for 2012 are as follows:

10th March,

9th June,

8th September (AGM), and

8th December

All welcome

Recent Activities of the CRKSG

One of the main reasons the Group exists is to assist renal patients. The Group raises funds which enables us to provide assistance to those with difficulties in meeting costs resulting from their treatment. Requests for assistance will normally be arranged in conjunction with the Renal Unit Social Worker but may also be arranged through the head nurses of the dialysis units.

The Group will also assist renal patients with some funding for compassionate reasons, for example, family reunions. We have recently assisted with funding for dialysis treatment in Samoa, allowing a patient to visit family for Christmas.

Organ Donor Registration

If you are viewing this newsletter on-line, click on the link below to register as an organ donor. Organ donor registration is completely voluntary. If you register you will receive a donor card similar to the one shown here.



<https://www2.medicareaustralia.gov.au/pext/registerAodr/Pages/DonorRegistration.jsp>

Alternatively register by calling: 1800 777 203.

Ham and Tomato Omelette

INGREDIENTS - Serves 4

- 2 tbsp olive oil
- 2 tbsp fresh parsley, chopped
- 8 eggs
- 4 tsp of water
- 4 slices chopped ham
- 2 tomatoes, chopped
- ¼ cup grated cheese
- black pepper

METHOD

1. Heat non-stick frying pan; add oil.
2. Place eggs in bowl, add water and whisk until fluffy.
3. Pour mixture into frying pan then top with ham, tomatoes, cheese, parsley and pepper.
4. Cook omelette on low heat for 5 mins each side. Cut into wedges and serve.

Recipes from a CD entitled, Healthy Eating with the Renal Recipe Bank. Produced by Janssen-Cilag for the Government of South Australia.

NUTRITION

Nutrient	Per serve
Energy (kJ)	1186
Protein (g)	19
Fat - Total (g)	22
Carbohydrate - Total (g)	2
Sodium (mg)	491
Potassium (mg)	361
Phosphorus (mg)	27

Thanks to Kidney Health Australia for supplying this recipe.

Disclaimer: Always consider your individual circumstances when using this resource. The information contained herein is of general nature and is not intended to replace the advice of an Accredited Dietician or Renal Physician. Please consult an Accredited Dietician for individual dietary advice.

EUROBODALLA Renal Support Group & Organ Donor Awareness

Community Discussion & Discovery Days-

Monday 19th December, Tuesday 20th December, Wednesday 21st December, Thursday 22nd December, Friday 23rd December and Saturday 24th December

Venue- Bridge Plaza Batemans Bay NSW 2536.

Time- 9.00am to 5.00pm**

Information offered from Kidney Health Australia and Donate Life.

Australian Organ Donor Registration Forms Available.

Chat with a dual Organ Transplant Recipient — Kidney & Pancreas. Every day's a good day to tell your family of your decision to be an Organ Donor. "Have you told yours"?

Merry Xmas & Happy New Year

Our No.1 Quest is to provide —Awareness & Education of Kidney Health & Organ & Tissue Donation & Transplantation for all Australians, of all ages

** Times subject to change

From the KHA December 2011 Newsletter

OPERATION ANGEL AWARDS

Do you know someone outstanding who has made an exceptional contribution to the Kidney Community?

It could be a person living with kidney disease, a carer or family member, a dedicated volunteer or an organisation. Please nominate them for the 2012 Operation Angel Awards. These awards were founded by Kidney Health Australia and provide a means of recognising those who inspire us within the Australian Kidney Community.



A nominee may be an individual, a family member, or an organisation who represent one of the following categories:

- A person living with or affected by a kidney condition
- Carer of a person living with or affected by a kidney condition
- Family member or friend of a person living with or affected by a kidney condition
- Volunteer working within the kidney community
- Organisation supporting people living with or affected by a kidney condition
- A high profile Australian raising awareness of kidney related conditions
- Other (eg fundraiser, event organiser)

2012 nominations open 1 December 2011 and close 5 February 2012. Award recipients will be announced on World Kidney Day, 8 March 2012.

Visit [The Kidney Health Australia](http://TheKidneyHealthAustralia) website to download your nomination form

Further information may be obtained from Annette Smith on 03 9674 4305 or by email annette.smith@kidney.org.au



Great to see everyone today enjoying themselves at the Eurobodalla Renal Support Group & Organ Donor Awareness "Get Together" Xmas Lunch on 11 December.

With good spirit and conversation being enjoyed by all.

Thanks to the management & staff at Club Catalina Sports & Leisure Club for a great meal and venue.

Merry Xmas

Brad & Lorae Rossiter.

For further details contact Brad & Lorae at

ersg.oda2536@hotmail.com or by telephone on 0458 534 470.

If Undelivered Please Return To:

CRKSG
PO Box 5051
Garran ACT 2605

Phone: 02 6290 1984
E-mail: crksg@shout.org.au
Web: http://www.crksg.org.au



MEMBERSHIP APPLICATION/RENEWAL

Canberra Region Kidney Support Group Inc
PO Box 5051 GARRAN ACT 2605.
ABN: 77 396 063 641

Last Name: **First Name:**

Address:.....

Email:

Phone No:

I would like to make a voluntary donation to CRKSG for the amount of: \$..... Membership is free. All donations \$2 or more are tax deductible. Cheque/Money Order payable to CRKSG Inc. Please accept this application for membership of the Canberra Region Kidney Support Group Inc.

Signature: **Date:**.....

Post Form to:

The Treasurer
Canberra Region Kidney Support Group Inc
PO Box 5051
GARRAN ACT 2605.

NOTE: This form may also be used to notify a change of address/contact details.