



Canberra Region Kidney Support Group

Kidney News

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

FREMANTLE WOMAN CELEBRATES 43 YEARS WITH KIDNEY TRANSPLANT

1 July 2012

Glenis Lucanus of Fremantle today celebrates a remarkable 43rd year with a successful kidney transplant.

Glenis has the longest-surviving kidney in West Australia and the fifth-oldest donated kidney in Australia, according to the Australian and New Zealand Dialysis and Transplantation Authority.

Kidney Health Australia's Chief Executive Anne Wilson said Glenis' story was a testament to the success of Australia's transplantation history.

"Australia has one of the highest kidney survival rates in the world. Glenis' long and successful kidney transplant highlights the early success of Australia's transplant program and the effectiveness of staying healthy post-transplant. What a gift!" Ms Wilson said.

Glenis said the success of her transplantation had greatly impressed medical specialists who looked after her.

"My doctors can't believe it," Glenis said.

Recently she discovered that at the time she was diagnosed with kidney disease doctors believed she would not be able to have children.

However, Glenis eventually had three children that kept her very busy until she became ill and was diagnosed with nephritis.

Two years after diagnosis she had a kidney transplant.

Glenis continues to take care of herself and her kidney by not smoking or drinking and she takes many walks with her husband.

43 years later, she is feeling very good and encourages all to consider organ donation.

"It will bring you a lot of happiness," she says.

To learn more about transplantation and kidney disease, visit www.kidney.org.au

Kidney Health Australia is the national peak body focused on 'saving lives and reducing the need for dialysis'.

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ENERGY SMART WORKSHOPS ABATE INCREASING ENERGY COSTS

2 July 2012

Householders may be wondering how they can reduce their energy consumption after the commencement of the new carbon tax and avoid paying higher annual bills.

“The Energy Smart Workshop is a great way that people can come together in a non-commercial, entertaining and constructive atmosphere to discover ways of understanding and reducing their energy consumption”, workshop facilitator Trish Campbell of ACT Sustainable Systems said today.

“The great thing about this workshop is the energy saving give-aways and prizes that help participants start saving energy straight away! The demonstration items are one of the best liked aspects of the workshop allowing participants greater understanding of things such as LED lighting; remote control power switches; evaporative cooler duct covers and insulation covers for hot water systems, to name a few!

“This workshop is absolutely suitable for people who don’t know where to start right through to energy saving savvies. And best of all – the workshop is free! All participants receive a workbook filled with over 90 energy saving opportunities, over 50 of which are free or low cost.

“Since April, we have assisted over 150 ACT residents to create a personalised energy saving action plan that suits their own home and lifestyle.

“Don’t despair with the carbon tax – grab your last bill(s) and come join us at the Energy Smart Workshop to discover productive ways of reducing your energy consumption today!

The Energy Smart Workshop has been developed by Trish Campbell, ACT Sustainable Systems with assistance from the ACT Government Climate Change Grants and is proudly supported by the Canberra Environment Centre and Libraries ACT. Prizes and give-aways kindly donated by the Environment and Sustainable Development Directorate.

July/August workshops are as follows:

Gungahlin Library – Saturday, 21 July, 2-4pm

Kippax Library, Saturday, 28 July, 1-3pm

Tuggeranong Library – Sunday, 22 July, 2-4pm

Belconnen Library, 29 July, 1:30-3:30pm

Erindale Library, Thursday, 26 July, 12-2pm

Woden Library, 3 August, 5-7pm

Dickson Library, Friday 27 July, 1-3pm

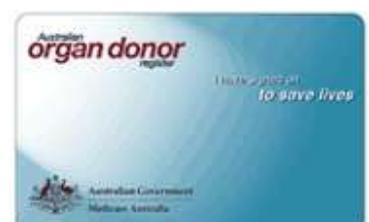
To register, call 6248 0885 (Mon-Thurs, 10am-5pm) or send email to energysmart@sustainact.com.

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.



Life Support Concession in the ACT

The ACT Department of Disability, Housing and Community Services administers the ACT Concessions Program. The program aims to improve the affordability of essential services for low-income residents of the ACT.

If you use electrically-operated life support equipment as prescribed by an ACT medical practitioner necessary in the treatment of a life-threatening condition, you will be entitled to a rebate on your electricity account. Residential property owners using life support equipment, which depends on a fresh supply of water, may be entitled to a reduction in water usage charges.

The life support rebate is calculated at 0.3258 cents per day with a maximum of \$121.87 per annum. Applicants may also be entitled to a reduction in the amount calculated on the specified water usage of the equipment. It will be deducted from the total amount of water used at the property in any billing period.

Only one rebate per account is applicable. The account does not have to be in the name of the applicant. The rebate will apply for the principal or sole place of residence of the person using the life support equipment.

Contact your energy provider for information on how to apply for a Life Support rebate. You will be asked to produce a letter from a medical practitioner/authorised medical officer stating your need for life support equipment. To assist in fast processing ensure that you have your account number or last bill close by.

To apply and to be eligible for the rebate in the ACT:

- the life support equipment must be prescribed by an ACT medical practitioner for the treatment of a life-threatening condition
- the property relating to the account has to be the sole or principal place of residence of the applicant
- the applicant must provide ActewAGL with a current letter of authority signed by the applicant's ACT medical practitioner or an authorised officer of the ACT Department of Health, specifying the type of equipment and the amount of time in use.

The following electrically-operated life-support equipment entitles the applicant to an electricity life-support rebate:

- dialysis machine
- oxygen concentrator
- respirator
- CPAP regulator
- longstay life support
- nebuliser
- LS reference
- TPN device
- Crigler Najjar Syndrome Phototherapy Equipment
- Medical Heating and Cooling
- other apparatus, subject to approval.

Further information may be found at —

<http://www.actewagl.com.au/Help-and-advice/Your-account/Rebates/ACT-life-support-rebate.aspx>.

Similar concessions are possibly available in other States/Territories.

Chicken and Mushroom Stroganoff

INGREDIENTS - Serves 4

- Spray oil
- 250g-300g chicken fillet strips
- 410g can Edgell Sliced Mushrooms in Butter Sauce
- 3 spring onions, chopped
- ¼ cup light sour cream



METHOD

1. Spray frying pan with oil and heat, add chicken and cook until golden brown.
2. Stir in Edgell Sliced Mushrooms in Butter Sauce, spring onions and light sour cream and simmer for 2-3 minutes.

Tip: Serve immediately over boiled rice, pasta or mashed potato.

Tip: Beef strips can be used in place of the chicken.

NUTRITION

| Nutrient | Per serve |
|--------------------------|------------|
| Energy (kJ) | 870 |
| Protein (g) | 17 |
| Fat - Total (g) | 8 |
| Carbohydrate - Total (g) | 5 |
| Sodium (mg) | 432 |
| Potassium (mg) | 338 |
| Phosphorus (mg) | 224 |

Thanks to Simplot Australia for supplying this recipe.

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

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.

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:

9th June,

8th September (AGM), and

8th December

All welcome

Eurobodalla Renal Support Group



The Eurobodalla Renal Support Group

&

Organ Donor Awareness

Community Event

[FIND OUT FRIDAY](#)

Featuring Special Guest

From-

Kidney Health Australia

Daniel Glaubert

Health Services Manager NSW, To answer questions about Kidney Health

When- Friday 20th July 2012.

Venue- Bridge Plaza, Batemans Bay.

Time- 9.30am to 5.00pm

Plenty of handout information offered by-

Donate Life. www.donatelife.gov.au & Kidney Health Australia. www.kidney.org.au

Chat with Dual Organ Transplant recipient- Kidney & Pancreas.

On display

Donate Life- The Book of Life

Australian Organ Donor Registration Forms Available.

Listen for our ads on 2EC for more details.

If you haven't registered to be an Organ Donor here's a convenient way for you.

If you are already a registered organ donor then- **Remember-** If someone close to you has decided to become an organ and tissue donor you need to know their wishes because one day you could be asked to give the final OK. Discuss it today- **It's your decision. Looking forward to seeing you there.**

2012 Eurobodalla Shire Citizen of the Year- Brad Rossiter



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.