



Canberra Region Kidney Support Group

# Kidney News

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

## DISCUSS YOUR DONATION DECISION

**Kidney Health Australia is calling on all Australians to discuss their wishes for organ donation.**

The call follows DonateLife Week (February 23- March 2), Australia’s national awareness week to promote organ and tissue donation, which this year is encouraging Australians to ‘have the chat that saves lives’.

In 2013, 1,222 Australians received an organ transplant – including 645 kidney transplants – due to the generosity of 391 deceased donors and their families.

Anne Wilson, CEO Kidney Health Australia, hopes that all Australians will make their organ donation wishes known to their loved ones.

“Discussing your wishes for organ donation can be a difficult conversation to broach,” said Ms Wilson, “However it is such an important issue and one that Kidney Health Australia urges all Australians to talk to their loved ones, their friends, and their colleagues about.”

“Just one person’s decision to become an organ and tissue donor can transform the lives of 10 or more people,” she added.

“As of December 2012, there were nearly 11,500 Australians living on dialysis, so clearly there is a need for more organ donors,” said Ms Wilson, “The national average waiting time for a kidney transplant is three and a half years – meaning many Australians have to rely on regular dialysis to survive.”

“DonateLife Week builds upon earlier action to streamline the Australian Organ Donor Register in late 2012, as well as efforts to increase education and communication initiatives nationally,” continued Ms Wilson, “Combined with increased support for clinicians within the DonateLife network, we have seen a pleasing increase in the number of deceased donors in Australia; however we can still do better.”

Yet, no matter how efficient the organ donation process, the number of deceased organ donors will never meet the demand, especially for those waiting for a kidney.

*(Continued on page 2)*

In this issue:

DISCUSS YOUR DONATION DECISION 1

ACT Trial Site Manager appointed for National Disability Insurance Scheme 2

From the Health Protection Service Immunisation Newsletter 3

Fettuccine Bolognaise 4

Calendar of Events 5

Eurobodalla Renal Support Group 5

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Self Help Organisations  
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## ACT Trial Site Manager appointed for National Disability Insurance Scheme

3 March 2014

**The National Disability Insurance Agency has named Jillian Paull as Manager of the ACT trial site.**

Ms Paull comes to the Scheme from the ACT Government's Community Services Directorate where she was Senior Director working on transition to the NDIS.

The ACT is one of three trial sites being opened in 2014 as the Scheme continues to expand across Australia. Other trial sites in 2014 are in Western Australia and the Northern Territory.

The NDIS will begin operating in the ACT on 1 July.

Ms Paull said she was extremely pleased to have joined the Agency at such an important time in its development.

"I have been delighted to meet such a talented, passionate group of people," she said.

"What an amazing job you have all done in the last few months."

"The work of the Agency is so incredibly important and I am delighted to have the opportunity to make a contribution."

NDIA Chief Executive Officer David Bowen warmly welcomed Ms Paull's appointment to lead the operations of the NDIA in the ACT trial site.

"Jillian brings to the Agency close relations with the ACT Government which will be very important as people with disability in the ACT transition to the NDIS.

"As one of our 2014 trial sites, the ACT gives us an excellent opportunity to implement what we are learning from the rollout of the Scheme to improve the lives of people with disability," Mr Bowen said.



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## DISCUSS YOUR DONATION DECISION

*(Continued from page 1)*

More must also be done to reduce the barriers to live organ donation as part of this process," said Ms Wilson, "By doing so not only will more lives be saved, but in the long term it will reduce the strain on the health system as people come off dialysis and onto a brighter future."

For more information on organ donation, visit [www.donatelife.gov.au](http://www.donatelife.gov.au) or [www.kidney.org.au](http://www.kidney.org.au), and keep the conversation going on social media by using the hashtags #DonateLife, #organdonation, and #havethechat on Facebook, Twitter, and Instagram.

Kidney Health Australia is a national health care charity with a vision 'to save and improve the lives of Australians affected by kidney disease'. As the national peak body, Kidney Health Australia promotes good kidney health through delivery of programs in education, advocacy, research and support.

## From the Health Protection Service Immunisation Newsletter

### Seasonal Influenza

**Influenza is a highly contagious viral illness that can affect people of all ages. Influenza is spread from person to person by coughing, sneezing, or contact with contaminated surfaces.**

A cold usually has different symptoms to influenza, a slower onset and is less likely to cause complications. Colds tend to cause a sore throat, blocked or runny nose, and a cough.

When someone has the flu, the symptoms come on suddenly and can be severe. Symptoms usually appear within one to three days of coming into contact with the virus. Those symptoms include fever, chills, muscle and joint aches and extreme tiredness, along with a sore throat and runny nose. Severe complications, such as pneumonia, are more common in children, pregnant women, the elderly and other vulnerable groups (e.g. people with chronic diseases).

Basic infection control measures are effective in stopping the spread of influenza. These include:

- Staying away from work, school, childcare and other public places when you are unwell;
- Covering your nose and mouth with disposable tissues when you cough or sneeze, throw the tissues straight into the bin and wash your hands afterwards;
- Wash your hands frequently with soap and water, or alcohol-based Products.

### Free vaccine

Influenza vaccine is provided free under the National Immunisation Program for:

- Anyone over 65 years;
- Aboriginal and Torres Strait Islanders who are 15 years and over;
- Pregnant women (see following section); and
- Anyone over 6 months old with risk factors (including heart conditions, asthma and other lung conditions, diabetes, kidney problems or impaired immunity).

Vaccine is recommended, **but not funded**, for health care worker, workers at aged care facilities, household contacts of high risk individuals and anyone who wishes to have it.

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### 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.



# Fettuccine Bolognese

## INGREDIENTS - Serves 4

- 1 x 440 g can tomatoes
- 2 tbsp tomato puree
- 2 tbsp tomato sauce
- black pepper
- 1 tsp sugar
- 1 clove garlic, crushed
- 2 tbsp fresh parsley, chopped
- 1 medium onion, finely chopped
- ¼ cup chopped green capsicum
- 2 tbsp olive oil
- 500 g beef mince
- 1 bay leaf
- 450 g dry fettuccine
- 5 tbsp Parmesan cheese, grated



## METHOD

1. Heat oil in large saucepan.
2. Add onion, green pepper, garlic and cook until golden.
3. Add meat and cook until brown.
4. Add all other ingredients except for noodles and Parmesan cheese.
5. Cook uncovered for 5 mins.
6. Lower heat, cover and simmer gently 2 - 2 ½ hours.
7. Cook fettuccine according to directions on packet.
8. Drain fettuccine, pour into serving dish and cover with the meat sauce.
9. Sprinkle with Parmesan cheese.

## NUTRITION

Nutrient	Per serve
Energy (kJ)	2416
Protein (g)	34
Fat - Total (g)	18
Carbohydrate - Total (g)	69
Sodium (mg)	340
<b>Potassium (mg)</b>	<b>750</b>
<b>Phosphorus (mg)</b>	<b>435</b>

**TIP:** To make this recipe higher in energy serve with a crusty roll.

Thanks to Kidney Health 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

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.

Proposed meeting dates for 2014 are as follows:

22<sup>nd</sup> February

24<sup>th</sup> May

12<sup>th</sup> July

18<sup>th</sup> October (AGM)

6<sup>th</sup> December

RAM Morning Teas at Hellenic Club, Woden until June 2014.

10:30 to 12:00

Wednesday 16th April,

Thursday 15th May, and\

Wednesday 11th June

All welcome

## Eurobodalla Renal Support Group

The Eurobodalla Renal Support Group & Organ Donor Awareness.

Present — A Community Awareness Event.

### ***“Find Out Friday***

When- Most Fridays

Venue- Bridge Plaza. Batemans Bay.

Time- 9.30am to 5.00pm

We urge all Australians to take the time to register as Australian Organ and Tissue Donor's.

Are You Registered?

Australian Organ Donor Registration forms available.

And then

***Make sure you “Have The Chat That Save's Lives” because your family & love ones must agree with your decision if they are ever asked before your organ & tissue decision will proceed.***

***On Display Donate Life “The Book of Life”***

***Chat with Brad Rossiter — Dual Organ Transplant recipient – Kidney & Pancreas and Double Leg Amputee.***

***For more information visit — Donate Life. [www.donatelife.gov.au](http://www.donatelife.gov.au) and Kidney Health Australia. [www.kidney.org.au](http://www.kidney.org.au)***

“We look forward to seeing you there”.

Brad & Lorae Rossiter.

M- 0458534470

Co-Chairs & Founders.

Organ Transplant Recipient- Kidney & Pancreas.

2012 Eurobodalla Shire citizen of the Year.



If Undelivered Please Return To:

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Garran ACT 2605

Phone: 02 6290 1984  
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**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.