



Canberra Region Kidney Support Group

Kidney News

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

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Renal Morning Teas

Come and Join us on
Thursday, 14th April
From 10:30 to 12:00
Hellenic Club Coffee Shop
Matilda St, Woden

(Club membership preferred but not compulsory)

The Renal Morning Tea provides the opportunity to meet and make friends in a relaxed and informal setting. All renal patients, carers, family and friends are most welcome.

Please Note – Coffee & tea provided by the Kidney Support Group. Cakes, sandwiches, etc., at regular club prices.




Member



**Self Help Organisations
United Together**

COTA ACT's Mature-Aged Jobseeker Support Program

If you're over 50 and finding it difficult to break (or break back) into the job market, COTA ACT's Mature-Aged Jobseeker Support Program can help.

The program offers four sessions of group coaching on confidence-building, presentation, application and CV writing and interview skills, followed by a one-on-one individualised session. The coach is Mr Ewan Brown, who has run highly successful similar programs for the Australian Chamber of Commerce and Industry (ACCI) and Nexus Human Services.

You'll also receive course material including the recently published Guidebook for the 55+ Mature-Aged Working Journey (currently retailing at \$20), your own trained and highly committed mentor for six months, membership of a COTA ACT peer support Jobs Club, and access to the Canberra Business Chamber's mature-aged Jobs Board.



The course runs from 29 April 2016 to the end of May, and costs a total of \$40 (\$10 per session). Please let us know if you would like to participate but are experiencing financial hardship. To apply or for more information, contact Jane at jthomson@cotaact.org.au

Registrations are open to join our Larapinta Challenge team. Open to anyone with a passion to support the kidney community, this seven day Aussie adventure will enrich you with culture, spectacular scenery and new friendships.

If you are not in a position to participate, we'd appreciate your support by spreading the word to family members, friends or colleagues.

Contact events@kidney.org.au or phone 03 9674 4310 to receive your free information pack .

You may also [SIGN UP](#) here.



Living Options for Ageing Canberrans

Are you confused about the many housing options available to you as you age?

Would you like to understand them better?

Would you like to know what assistance is available so you can remain in your present home?

Have you questions you would like answered?

St Ninian's Social Action Group invites you to come along to a

SEMINAR — LIVING OPTIONS FOR AGEING CANBERRANS

At St Ninian's Uniting Church Cnr Brigalow and Mouat Sts, LYNEHAM

Thursday 14 April 10am – 3.00 pm.

Morning tea & Lunch provided: Cost \$5.

SPEAKERS from Council on the Ageing, Duo and Uniting.

Subjects covered will include:

- Ageing in place: home care packages including community support, modifications to your home,
- ACT Public Housing and private housing,
- Independent units,
- Retirement Villages,
- Aged Care Facilities,
- Rental options,
- Services offered by Uniting, and
- much more.



Enquiries to:

Marion on 02 6169 7678 or mcconnell@grapevine.net.au

OR

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.



Pasta Marinara

INGREDIENTS - Serves 4

- 375g spaghetti
- 1 tablespoon olive oil
- 1 clove garlic, crushed
- 3 spring onions, chopped
- 400g marinara mix
- 2 tablespoons white wine
- 400g can tomato pieces, undrained
- 2 tablespoons Leggo's Tomato Paste
- 2 tablespoons chopped fresh parsley



METHOD

1. Cook spaghetti following packet directions, meanwhile make the sauce. Heat oil in a pan, add garlic, spring onions and marinara mix. Cook for 2-3 minutes stirring occasionally.
2. Stir in white wine, tomato pieces and Leggo's Tomato Paste; simmer for 1-2 minutes, stirring occasionally. Add parsley and season with salt and pepper. Pour sauce over cooked spaghetti and toss to combine.

TIP: Be sure to cook the sauce for the specified time as the seafood can quickly toughen.

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.

NUTRITION

Nutrient	Per serve
Energy (kJ)	2120
Protein (g)	31
Fat - Total (g)	7
Carbohydrate - Total (g)	74
Sodium (mg)	734
Potassium (mg)	626
Phosphorus (mg)	408

Thanks to Simplot Australia for supplying this recipe.

Diary

Meetings for the Group are held on Saturdays at 2:00pm. For the time being, the venue will be Coffee Guru, adjacent to Good Guys, Tuggeranong. The AGM will be held at the SHOUT offices, Building 1, Pearce Community Centre in the Small Meeting Room.

- May TBA
- 23rd July (AGM)
- 24th September
- 3rd December

All welcome

Renal Morning Teas at Hellenic Club, 10:30 to 12:00

Thursday 14th April,
Wednesday 18th May,
Thursday 16th June,
Wednesday 13th July,
Thursday 18th August,
Wednesday 14th September,
Thursday 13th October,
Wednesday 16th November, and
Thursday 15th December.

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 and Kidney Health Australia. 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.





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 address shown at the top of this page.

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



CRKSG
PO Box 5051
Garran ACT 2605

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