



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
 Wednesday, 18th August
 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.

Any enquiries please contact:
 Louise Blue (0438 116 818)

Member



Self Help Organisations
United Together

Seasonal influenza Vaccine 2016

Influenza is a highly contagious and potentially deadly disease.

It can cause serious and debilitating complications, including pneumonia, especially in people that are vulnerable such as the elderly and others in the "at risk" group.

Annual influenza vaccine is the most effective protection against this disease.

Free influenza vaccine is available through General Practices in the ACT for those eligible for funded vaccine.

People who are at risk of developing severe influenza are eligible for funded annual influenza vaccination.

Free seasonal influenza vaccine is provided under the National Immunisation Program for:

- Aboriginal and Torres Strait Islander children aged 6 months to 5 years;
- All Aboriginal and Torres Strait Islander people aged 15 years and over;
- Individuals aged 6 months and over with medical conditions predisposing to severe influenza, including; cardiac disease, chronic respiratory conditions, diabetes and other metabolic disorders, renal disease, chronic neurological conditions, haematological disorders, immunocompromising conditions, and children aged 6 months to 10 years on long term aspirin therapy;
- All individuals aged 65 years and over;
- Pregnant women.

People in these at risk groups are at increased risk of severe influenza disease and are at increased risk of complications from influenza. Annual influenza is the most effective way of protecting your patients.

There are approximately 1,500-2,500 influenza related deaths every year in Australia, as well as approximately 18,000 hospitalisations and 300,000 GP consultations'.

Government funded influenza vaccine is still available in General Practices in the ACT for those eligible. For adults who are ineligible for Government funded vaccines, they are also available at some pharmacies in the ACT.

Dr. Paul Kelly, Chief Health Officer



Self Help & Wellbeing Expo

"Connecting support groups, services and people who have long term conditions"

Wednesday 21 September 2016
10am – 3pm Hellenic Club - Woden



**Self Help Organisations
United Together**

Organ Donor Awareness Week — 2016

This DonateLife Week (31 July - 7 August) Australians will be urged to join the Australian Organ Donor Register online to help end the wait for those in need of a life-saving transplant.

Less than a third of Australian adults are on the national Donor Register, despite the majority of Australians being willing to donate. Registering your decision is important as it leaves your family in no doubt of your decision to save the lives of others.

In 2015, organ donation proceeded in 91 per cent of cases where the deceased was a registered donor. This drops to just 52 per cent if the deceased was not registered and the family had no prior knowledge of their wishes.

The theme for DonateLife Week 2016 is 'What are you waiting for? Join the Australian Organ Donor Register online and discuss your donation decision with loved ones. With more than 1,500 people waiting for a transplant, we need to optimise every donation opportunity to save more lives.

The Australian Organ Donor Register (AODR) is the only national register to record your donation decision:

You can register online or update your existing AODR record via your myGov Medicare online account – or download the Express Plus Medicare mobile app – no paperwork needed!

You can also register online or download a registration form at donorregister.gov.au

If you previously registered your donation decision when applying for or renewing a driver's licence you need to join the AODR to make sure your details are current (only South Australian residents can register via their driver's licence registry).

DonateLife Week is Australia's annual awareness week in support of organ and tissue donation and is led by the Organ and Tissue Authority.

On 17th July The Canberra Times reported the low level of organ donor registrations in Australia. It asked the question; "Are we half-hearted, lazy or frightened?" Which is it? Maybe it is all three!

Statistically, fewer than 33 per cent of Australian adults are registered to donate organs. According to the article ACT residents are somewhere around the bottom of the class when it comes to registering their willingness to donate organs. Only the Northern Territory has a lower registration rate.

The article went on to say that fewer than a quarter of ACT residents are registered. According to the article, the registrations in the ACT are 26,646 females and 16,749 males. This is a rather poor showing considering that the ACT population is nearing 400,000.

There is a huge gap between people saying they are willing to donate organs and those that actually register to do so. Should someone die in hospital, presently the rule is that families are asked to confirm the decision of their loved one before donation can proceed. Only a small percentage of hospital deaths result in the deceased being suitable for organ donation.

We recommend that everyone register with the Organ and Tissue Authority to donate their organs when they no longer need them.



Organ Donor Registration

If you are viewing this newsletter on-line, click on a 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> or
<http://www.donatelife.gov.au/help-end-wait-those-need-life-saving-transplant>



Japanese Beef and Vegetables on Rice

INGREDIENTS - Serves 4 - 6

- 2 cups MAGGI All Natural Chicken or Beef Liquid Stock
- 1/3 cup reduced-salt soy sauce
- 3 tbsp mirin (Japanese sweet rice wine)
- 2 tbsp sugar
- 500 g rump steak, thinly sliced across grain
- 4 spring onions, sliced
- 300 g broccoli, cut into florets
- 200 g snow peas
- 1 cup fresh or frozen peas
- 1 red capsicum, sliced
- 3 eggs, lightly beaten
- 6 cups cooked Japanese rice or soba noodles
- Extra spring onions, to garnish



METHOD

1. Place stock, soy, mirin and sugar in a large deep saucepan and bring to boil, reduce heat and simmer for 5 minutes.
2. Add beef and simmer, uncovered, for 5 minutes. Add vegetables and simmer for 3 minutes or until tender.
3. Pour in the eggs in a thin steady stream and allow to spread in the pan: do not stir. Cover and cook over medium heat for 5 minutes until the egg is set.
4. Serve rice in bowls topped with the beef mixture and sprinkled with extra spring onion.

Tip: this recipe is also delicious using pork, chicken or lamb. Vegetarians can opt for just vegetables or use sliced, firm tofu.

NUTRITION

Nutrient	Per serve
Energy (kJ)	1911
Protein (g)	32
Fat - Total (g)	7
Carbohydrate - Total (g)	59
Sodium (mg)	1202
Potassium (mg)	830
Phosphorus (mg)	394

Thanks to Australian Sports Commission 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.

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

. All welcome

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

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

Eurobodalla Renal Support Group

In May 2007, I received one or should I say two of the most life saving and loving gifts I have been lucky enough to be given.

I received the gifts of a kidney and pancreas organ donation from a total stranger and family.

I had been on Dialysis for seven years and a type 1 diabetic since I was five years of age.

In my life there have been so many positive things; I moved to Batemans Bay, where I met and married the most wonderful, giving and loving lady, Lorae. We shall celebrate our 30th wedding anniversary this year. We have a very honest and good son Trent, whom I love with all my heart.

Bundle these things together plus my Dad and Mum, brothers, close family and good friends, I am The Luckiest bloke I know.

Register to be an Organ and Tissue donor today and make sure your family all agree with you.

Thank you to each and all- love to my two families.

“We’re all given Life’s opportunities, It’s up to each of us to make the best of it”

Regards,

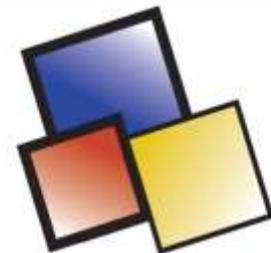
Brad & Lorae Rossiter.

M- 0458534470

Co-Chairs & Founders.

Organ Transplant Recipient- Kidney & Pancreas.

2012 Eurobodalla Shire citizen of the Year.



**Eurobodalla
Renal Support Group**
AND ORGAN DONOR AWARENESS





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.

Canberra Region Kidney Support Group

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