



Canberra Region Kidney Support Group

# Kidney News

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

## KIDNEY HEALTH WEEK 2016 May 23<sup>rd</sup> to 29<sup>th</sup>

### Renal Morning Teas

Come and Join us on  
Wednesday, 18<sup>th</sup> May  
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.



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Member



Self Help Organisations  
United Together

# From the KHA Community Newsletter — Kidney Health Week 22 — 29 May 2016

## Join Kidney Health Australia's 'I Kidney Check' community this Kidney Health Week!

'I Kidney Check' is the theme for Kidney Health Week this year and focuses on encouraging Australians to care about their own kidney health. Please take time to go to our 'I Kidney Check' community gallery and read stories by people from across Australia about why they Kidney Check. You can add your own story and pictures too, just go to <http://www.kidney.org.au/kidney-check>

Kidney Health Week, which will be held from Sunday 22 May to Saturday 28 May, is a week during which we create awareness locally and nationally about kidney health, kidney disease and its impact. A wide range of activities will be conducted across Australia and many groups will wear red in support and display Kidney Health information.

It's not too late to help out during Kidney Health Week, you, your group, or workplace, may want to host an information

### **Kidney Health Week**

22-28 May 2016 This year we encourage Australians to care about their own kidney health.

display at your workplace or social organisation; visit your local health centre to conduct blood pressure checks; organise a red morning or afternoon tea, or dress in red for a day at your workplace or school. You can email us to request a supporter pack for your event. For more information, phone our freecall number 1800 454 363 or email [events@kidney.org.au](mailto:events@kidney.org.au).



## Free Healthcare Consumer Representative Training with HCCA

**If you have ever wanted to use your experience of the health system as a patient, family member or a carer to improve our health services for the future, then you could think about becoming a consumer representative. A consumer representative is someone who participates in decision making about our health system on behalf of consumers, often by joining a committee. Health Care Consumers Association (HCCA) is the ACT peak body which provides a voice for consumers who are on the receiving end of health care in the ACT.**

Our aim is for consumers to be in control of our own health. HCCA runs free training courses to help people navigate the health system, learn about their healthcare rights and how to be a consumer representative.

These free two-day courses provide you with the opportunity to nominate as a Consumer Representative on a health service committee and make a valuable contribution to improve health services. You will learn more about the ACT Health System from a consumer perspective and how to use this knowledge to make effective system change.

The training includes:

- Introduction to Consumer Perspectives
- Navigating the Health System
- Introduction to Consumer Participation
- Effective Consumer Representation
- Patient Safety Issues

Morning tea and lunch provided.

To learn more or register: Tel: 6230 7800 or Email: [kategorman@hcca.org.au](mailto:kategorman@hcca.org.au)

Venue: HCCA Meeting Room, ACT Sports House, 100 Maitland Street, Hackett, ACT, 2602

Transport assistance may be available. Please ask for details. Training courses are held twice a year.

The Health Care Consumers' Association is a member based community organisation funded by the ACT Government. HCCA has been representing Health Care Consumers in the ACT since 1978.

Ph 02 6230 7800 | 02 6230 7833

114 Maitland Street, Hackett ACT 2602

[hcca.org.au](http://hcca.org.au) | [hcca-act.blogspot.com](http://hcca-act.blogspot.com) | [facebook.com/HCCA.ACT](https://www.facebook.com/HCCA.ACT) | @HealthCanberra

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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.



# Beef Fajitas

**INGREDIENTS** - Serves 4— 6

- 1 cup rice
- 1 teaspoon minced garlic
- 3 tablespoons barbecue sauce
- 2 tablespoons MAGGI Chilli Sauce
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 500 g beef, cut into strips
- 250 g cherry tomatoes, quartered
- 400 g can corn kernels, rinsed and drained
- 1 Lebanese cucumber, diced
- 2 tablespoons lemon juice
- olive or canola oil spray
- 1 red onion, sliced
- 1 red capsicum, deseeded and sliced
- 200 g button mushrooms, sliced
- 1 tablespoon chopped jalapeno chillies
- 2 tablespoons chopped fresh coriander
- 12 flour tortillas
- 12 lettuce leaves
- taco sauce, to serve



## METHOD

1. Cook rice according to packet instructions.
2. Combine garlic, sauces, spices and beef in a plastic bag. Massage to evenly coat meat. Refrigerate for 15-30 minutes to marinate.
3. Meanwhile, to make a salsa, combine tomatoes, corn, cucumber and lemon juice in a small bowl. Spray a nonstick frypan with oil and cook onion, capsicum and mushrooms over medium-high heat until soft.
4. Add meat and cook until browned.
5. Stir through chillies and coriander.
6. Heat tortillas in microwave on HIGH for 30-60 seconds or until warm and flexible.

**Tip:** For more energy serve with extra rice

NUTRITION	
Nutrient	Per serve
Energy (kJ)	1095
Protein (g)	15
Fat - Total (g)	4
Carbohydrate - Total (g)	39
Sodium (mg)	576
<b>Potassium (mg)</b>	<b>582</b>
<b>Phosphorus (mg)</b>	<b>210</b>

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.

## 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.

- 21st May
- 23rd July (AGM)
- 24th September
- 3rd December

**All welcome**

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

Wednesday 18<sup>th</sup> May,  
Thursday 16<sup>th</sup> June,  
Wednesday 13<sup>th</sup> July,  
Thursday 18<sup>th</sup> August,  
Wednesday 14<sup>th</sup> September,  
Thursday 13<sup>th</sup> October,  
Wednesday 16<sup>th</sup> November, and  
Thursday 15<sup>th</sup> 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 30<sup>th</sup> 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”

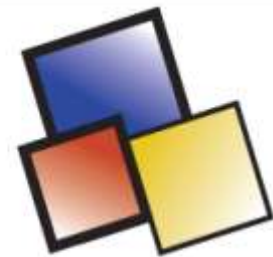
Regards,

Brad & Lorae Rossiter.

M- 0458534470

*Co-Chairs & Founders.*

*Organ Transplant Recipient- Kidney & Pancreas.*



**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.



CRKSG  
PO Box 5051  
Garran ACT 2605  
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Phone: 02 6290 1984  
E-mail: [crksg@shout.org.au](mailto:crksg@shout.org.au)  
Web: <http://www.crksg.org.au>