



Canberra Region Kidney Support Group

# Kidney News

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

## Renal Morning Teas

Come and Join us on  
 Thursday, 10<sup>th</sup> May  
 From 10:30 t12:00

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.

Enquiries please contact:

Louise Blue (0438 116 818)

Or

John Kelly (0450 962 155)

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**Member**



Self Help Organisations United Together

# 2018 — Seasonal Influenza Vaccination

We have received the following information from ACT Health —

- 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 "at risk" groups,
- Annual influenza vaccine is the most effective protection against this disease.
- In 2018 all children in the ACT aged 6 months under 5 years are eligible receive the influenza vaccine free.
- Government funded vaccines will be available through General Practices from mid April.
- People over the age of 18 can access the flu vaccine through some pharmacies.
- People who are at risk of developing severe influenza are eligible for funded annual influenza vaccination.



Free seasonal influenza vaccine is provided for:

- All children aged 6 months tunder 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; and
- Pregnant women.

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

There are approximately 1,500-3,500 influenza related deaths every year in Australia, as well as approximately 18,000 hospitalisations and 300,000 GP consultations..

Government funded vaccine will be available from mid April in General Practices in the ACT for those eligible. For those not eligible for Government funded vaccines, they are available on prescription though GPs.

Adults aged over 18 can also access the vaccine through some pharmacies in the ACT.

If you have any queries regarding the influenza vaccine or where to btain the vaccine, please contact the Health Protection Service on 62052300'

Yours sincerely

(Signed)

Dr Paul Kelly

Chief Health Officer

April 2018

## Chronic Kidney Disease Information Sessions

Living Well with Kidney Disease information sessions designed for people with renal disease and their family and friends are held at Canberra Hospital every month. You will learn about your kidneys, treatment choices and things that will have an impact on your lifestyle. You can talk to people who have had similar experiences and hear about the adjustments they have made in regard to work, life and leisure. The atmosphere will be relaxed and you can ask questions and join in the discussion, if you feel comfortable. Patients and families will have the opportunity to understand what is happening to your kidneys and gain knowledge to help you make important decisions that are right for you.



The program will cover:

- What your kidneys do,
- Understanding your blood results,
- Treatment choices available,
- How to improve your kidney function through positive lifestyle changes, and
- Insights from people having dialysis, living well in the community.

Should you be interested in attending, please contact Megan Hughes or Helen McFarlane, Chronic Kidney Disease Nurses on Ph: 6174 5090 or 6244 4562 .

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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>



# Mustard Cauliflower

## INGREDIENTS - Serves 4

- 2 tsp Dijon mustard
- 1 tbsp white wine vinegar
- 1 tbsp olive oil
- black pepper
- 2 cups cauliflower flowerets

## METHOD

1. Mix together mustard and honey; whisk in vinegar then olive oil. Season with black pepper. Set aside.
2. Add cauliflower to boiling water, cook until just tender.
3. Drain well.
4. Toss cooked cauliflower with dressing immediately before serving.

**Tip:** Serve hot as a vegetable or cold as a salad.

## NUTRITION

Nutrient	Per serve
Energy (kJ)	230
Protein (g)	1
Fat - Total (g)	5
Carbohydrate - Total (g)	1
Sodium (mg)	193
<b>Potassium (mg)</b>	<b>185</b>
<b>Phosphorus (mg)</b>	<b>26</b>

Thanks to Kidney Health 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 Gloria Gean's, adjacent, Tuggeranong.

**All welcome**

Dates for 2018 —

- When available.

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

Dates for remainder of 2018

Thursday, 10<sup>th</sup> May

Wednesday, 13<sup>th</sup> June

Thursday, 12<sup>th</sup> July

Wednesday, 15<sup>th</sup> August

Thursday, 13<sup>th</sup> September

Wednesday, 10<sup>th</sup> October

Thursday, 15<sup>th</sup> November

Wednesday, 12<sup>th</sup> December

Wednesday, 12<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 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 teach and all - love 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  
PBox 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 \$20 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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