



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, 15th August
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)

Member



SHOUT
UNITED TOGETHER

Eurobodalla local hero says “My Health” Record is a no brainer!

Batemans Bay resident, Brad Rossiter sees the benefits of sharing and accessing information on My Health Record, providing a convenient snapshot of his health.

Brad has had Type 1 diabetes since 1970, and in 2000 was diagnosed legally blind and with end-stage renal failure requiring dialysis. Within eight years, he received a kidney and pancreas organ transplant, and became a double leg amputee.

Brad found out about My Health Record through the Eurobodalla Health Service Community Consultation Committee and Canberra Hospital Renal Advisory Meeting (RAM).

“After reading over the information on the website and talking to my GP, I decided to register – with my medical history it really was a no brainer,” said Brad.

“I have regular pathology tests which are requested by my nephrologist, but thanks to My Health Record these results are also available to my GP,” he added.

For Brad and his family, My Health Record also allows for a quick response and access to key health information in an emergency.

“It gives peace of mind in knowing that My Health Record is able to be accessed at the point of care,” he said.

Brad, the 2012 Eurobodalla Shire Citizen of the Year and one of the nominated Local Heroes of Eurobodalla in 2018, is a proud and committed community representative, ambassador and advisor.

He works tirelessly as Eurobodalla Health Service Community Consultation Committee chair, contributes to Eurobodalla Shire Council Disability Inclusion Advisory Committee and also founded The Eurobodalla Renal Support Group & Organ Donor Awareness.

“I have hosted more than 600 community awareness and education events, talking to the local community about many health and accessibility matters,” said Brad.

“People often tell me they are tired of being asked the same questions when they go to see a health professional. This can be particularly frustrating for older people, who may be taking a number of medications and seeing a number of doctors.”



Brad Rossiter at the Commonwealth Games Queens Baton Relay, Batemans Bay 2018

Who Cares?

Are you a carer? You may be a carer without fully realising your situation. So, what constitutes a carer? In our case we are looking at renal carers in particular.

To determine if you are a carer, ask yourself, do you assist a renal patient in any way?

Do you provide unpaid assistance to a renal patient? This assistance would include such things as:

- housework,
- transporting the patient to appointments,
- shopping and
- gardening.

Just to name a few!

Are you the spouse, partner, child, other family member, a friend or neighbour that provides the assistance?

If any of this applies to you, then you are a carer. Caring for someone can be very rewarding. It can also be very frustrating. It can cause stress and exhaustion, health and wellbeing problems. It can also cause social isolation.

Carers ACT can provide lots of practical help and support, such as:

- Linking you to services and support,
- Assisting you to take a break from caring,
- Counselling,
- Contact with Support Groups,
- Educational workshops,
- Social activities,
- Advocacy.



Because of many of these situations, carers need a break from caring from time to time. If you think you are a carer then call Carers ACT on 1800 052 222 to find out how they can help you. You can also [download their brochure here](#).

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.



Meatloaf with Sautéed Mushrooms

INGREDIENTS - Serves 6

- ◆ 500 g lean mince beef
- ◆ ¼ cup carrots, finely chopped
- ◆ ¼ cup celery, finely chopped
- ◆ ½ medium onion, chopped
- ◆ 1 egg
- ◆ ¼ cup tomato juice, unsalted
- ◆ 2 tbsp fresh breadcrumbs
- ◆ ½ tsp dried basil
- ◆ ¼ tsp dried marjoram
- ◆ ¼ tsp pepper

METHOD

1. Preheat oven 180°C.
2. Mix all ingredients together.
3. Transfer mixture to greased, deep 21 cm loaf pan.
4. Cover with aluminium foil.
5. Bake covered approximately 45 mins.
6. Uncover and bake another 20 mins.

Tip: Spoon Sautéed Mushrooms over meatloaf.

Tip: Serve with potato and a small serve of vegetables.

NUTRITION

Nutrient	Per serve
Energy (kJ)	854
Protein (g)	20
Fat - Total (g)	11
Carbohydrate - Total (g)	4
Sodium (mg)	364
Potassium (mg)	516
Phosphorus (mg)	250

Thanks to Kidney Health Australia for supplying this recipe.

Diary

Meetings for the Group are held on Saturdays at 2:00pm. Coffee Guru, adjacent to The Good Guys, Tuggeranong.

. All welcome

Dates for 2018 —

- 18th August (AGM?)
- 17th November.

Renal Morning Teas at Hellenic Club, 10:30 t12:00

.Dates for remainder of 2018

Wednesday, 15th August
Thursday, 13th September
Wednesday, 10th October
Thursday, 15th November
Wednesday, 12th December
Wednesday, 12th December

Eurobodalla Renal Support Group

Eurobodalla Health & Wellbeing EXPO 2018 & we want you!

It's all about Health & it's all about Well Being! That's the 2018 Eurobodalla Health & Wellbeing EXPO. The committee is seeking expressions of interest from exhibitors, including sporting groups, surf clubs, running & walking groups, choirs, singing, dance, performance & musical groups, performing arts, cultural & artists, health related organisations & groups, healthy living, nutritional & healthy eating, service clubs, gyms, therapeutic, and relaxing & healing.



No matter what size the group the EXPO has room for all exhibitors.

The 2018 Eurobodalla Health & Wellbeing EXPO is being held • Saturday 6 October 2018 • Batemans Bay Soldiers Club Auditorium • 10:00am to 2.00pm

The EXPO is free for exhibitors and attendees. For more information, please contact -

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or

Lah Millston

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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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