



Canberra Region Kidney Support Group

# Kidney News

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

## Member



## SHOUT

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## Renal Morning Teas

Come and Join us on  
Wednesday 17<sup>th</sup> 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.

Enquiries please contact:

Louise Blue (0438 116 818)

Or

John Kelly (0450 962 155)

## From Kidney Health Australia



**Kidney Health. Week starts next week. From 8 - 14 April we want everyone to take the online Kidney Risk Test and see if they are at increased risk of kidney disease.**

Did you know 90% of kidney function can be lost without experiencing any symptoms?

### Take the Risk Test

Most people don't know what their kidneys do until it's too late. Our kidneys are the unsung heroes of the body - they play a vital role in maintaining our general health and wellbeing. Without them, we can't function, and once you have kidney disease, you have it for life.

Every day, 65 people in Australia die from kidney-related disease. That's more than breast cancer, prostate cancer and road accidents combined. It's a silent killer but it doesn't have to be. Detecting the disease early could save your life. For further info call 1800 454 363 or email [careteam@kidney.org.au](mailto:careteam@kidney.org.au).

## Seattle Sojourn & 7-Day Alaska Glacier Cruise on Celebrity Solstice with Dialysis Abroad • 13-24 August 2019.

Seattle – 7 Night Alaska Glacier Cruise (including Ketchikan, Endicott Arm & Dawes Glacier, Juneau, Skagway, Alaska Inside Passage and Victoria, British Columbia)



Celebrity Solstice Alaska



Seattle Skyline



Grizzly Bear

Savour the "Emerald City" of Seattle followed by an Alaska Cruise onboard **Celebrity Solstice** with Dialysis Abroad and your host, Nancy Douglas-Irving OAM on a journey you'll remember for years!

Visitors to the Emerald City of Seattle will find a fusion of American, Asian and Native American cultures set against a back drop of Puget Sound and the magnificent Olympic Mountains. Travel in comfort knowing that your dialysis treatment has been taken care. Highlights include the **Elliott Bay Waterfront, Pioneer Square, Pike Place Market, Olympic Sculpture Park** and the **Seattle Center**.

Journey through the wild terrain of Alaska on board **Celebrity Solstice** and discover the natural wonders that await as the rugged beauty of this pristine frontier unfolds. Get up close and personal with 30-tonne whales and massive glaciers or take a flight high above the glaciers. The complex labyrinth of fjords, bays and lush green islands is home to an abundance of wildlife including orca, mountain goats, bald eagles, bears, puffins and sea otters. The port of Ketchikan is the ideal version of an Alaskan town whilst Skagway is home to many gold rush era structures. Travel the White Pass and Yukon Route Railroad which runs through the mountains.

**13-24 August 2019**  
**12 days land & cruise only**  
**\$9,813.00\***  
Per person twin share  
Single Supplement \$7,420.00

### TOUR INCLUSIONS

Meet and greet on arrival in Seattle  
Transfers and transport throughout the entire trip  
4 nights accommodation in Seattle  
Portage of one piece of luggage at the Grand Hyatt Hotel Seattle<sup>1</sup>  
4 x full breakfasts & 1 dinner in Seattle  
Seattle Half Day City Tour with inductions as per itinerary  
Tips and Gratuities to drivers and guides throughout the tour  
7 night Alaska Glacier Cruise on **Celebrity Cruises' Celebrity Solstice** in a balcony stateroom  
All meals on cruise  
All cruise taxes and port charges

Dialysis treatment\* will be available in Seattle and on the cruise.  
Limited to 6 (six) dialysis patients only.

**Covid-19 Update:** Please be advised that on August 12th, the Australian Government has announced that cruise ships will not be allowed to disembark in Australia until further notice. This may affect the availability of the cruise. We will update you as soon as we have more information. Please check our website for the latest news. \*Dialysis treatment is available in Seattle and on the cruise. Limited to 6 (six) dialysis patients only.

## Discover and Cruise Eastern Canada and New England with Dialysis Abroad • 22 September to 5 October 2019.

Toronto - Niagara Falls - 9 Night Canada & New England Cruise (including Cape Liberty, Boston, Portland, Bar Harbor, Halifax and Saint John)



Niagara Falls Ontario Canada



New England Fall Colours



Peggy's Cove Nova Scotia

Discover Eastern Canada & New England with Dialysis Abroad, a registered Dialysis Nurse and your host Michael Pound on this amazing 14 day small group journey and cruise

An intimate metropolis filled with culture, creativity and a unique mosaic of diverse neighbourhoods, Canada's largest city **Toronto** is one that celebrates culture, heritage, food and the arts. Take a memorable day trip to the breath taking **Niagara Falls** and enjoy the **Voyage to the Falls** boat tour followed by lunch overlooking the magnificent Horseshoe Falls. A visit to the region isn't complete without a trip to the charming town of **Niagara-on-the-Lake** in the heart of wine country.

Following a short flight to Newark in New Jersey, USA, board your **9 day cruise on Royal Caribbean's "Anthem Of The Seas"**. The autumn colours of a Royal Caribbean cruise are one of nature's great spectacles. Your itinerary will include the cities of **Boston** and **Portland**, quaint and colourful **Bar Harbor** and the seaside historic sites of **Halifax** in Nova Scotia and magical Saint John in **New Brunswick**.

Dialysis treatment\* will be available in Toronto and on the cruise. Limited to 6 (six) dialysis patients only.

**22 September – 05 October 2019**  
**14 days land & cruise only**  
**\$8,562.00\***  
Per person twin share  
Single Supplement \$6,292.00

*This Exclusive Small Group Tour is based on a maximum of 10 passengers\*\**

### TOUR INCLUSIONS

Meet and greet on arrival in Toronto  
Transfers and transport throughout the entire trip  
4 nights accommodation in Toronto  
4 x full breakfasts, 1 x lunch, 1 dinner (Toronto & Niagara Falls)  
Internal flight and taxes between Toronto and Newark  
Admission to Voyage of the Falls boat tour and CN Tower  
Tours as detailed on itinerary  
Parks fees, Destination Management Fees, city taxes as well as provincial and federal taxes  
9 night cruise on **Royal Caribbean's "Anthem of the Seas"** in a balcony stateroom  
All meals on cruise  
All cruise taxes and port charges  
Host and Registered Dialysis Nurse for the duration

**Covid-19 Update:** Please be advised that on August 12th, the Australian Government has announced that cruise ships will not be allowed to disembark in Australia until further notice. This may affect the availability of the cruise. We will update you as soon as we have more information. Please check our website for the latest news. \*Dialysis treatment is available in Toronto and on the cruise. Limited to 6 (six) dialysis patients only.

**Call 1300 978 466**  
or email [info@dialysisabroad.com.au](mailto:info@dialysisabroad.com.au)  
for bookings and a detailed itinerary





# Health Groups Welcome Cross-party Commitment on Health Checks



**The Australian Chronic Disease Prevention Alliance welcomes support by the Australian Government and the federal Opposition for a Medicare item to prevent and manage vascular disease - heart, stroke, kidney disease and type 2 diabetes. Funding for an integrated health check has also been backed by the Australian Greens.**

Alliance members, including the National Heart Foundation, Stroke Foundation, Diabetes Australia, Kidney Health Australia and Cancer Council Australia, have long championed integrated health checks to stem the tide of Australia's chronic disease burden.

Chair of the Australian Chronic Disease Prevention Alliance Sharon McGowan said investment in comprehensive health checks would encourage people to consider their health before a crisis.

"Chronic diseases affect half of the Australian population and are the leading cause of death in Australia," said Ms McGowan.

"Yet, many people are unaware of their risk and the first sign something is wrong is a trip to the hospital."

Around one-third of chronic disease could be prevented through modifiable risk factors, such as smoking, unhealthy weight, poor diet and high blood pressure. Although the new item has been focused around vascular disease, key risk factors, such as smoking, cause several chronic diseases and many people suffer co-morbidities through lifestyle.

Ms McGowan said today's announcement was an important step forward in Government recognition of the importance of prevention as well as cure.

"A Medicare item for integrated health checks provides an important opportunity for people to consider their risk in consultation with their GP and take steps to reduce their risk through lifestyle changes and/or medication," she said.

Chronic diseases - including heart disease and stroke - account for more than one-third of health spending, with costs expected to increase as the population ages.

"Investment in prevention is crucial to address the growing impact of chronic disease and reduce unnecessary hospitalisations," Ms McGowan said.

"The Australian Chronic Disease Prevention Alliance welcomes the cross-party support for comprehensive health checks to reduce disease risk and improve the health and wellbeing of Australians."

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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.



# Lamb and Noodle Salad

## INGREDIENTS - Serves 4

- **DRESSING:** 90 ml CARNATION Light and Creamy Evaporated Milk
- ½ teaspoon coconut essence
- ½ tablespoons peanut butter (reduced salt)
- ½ tablespoon soy sauce (reduced salt)
- 1 tablespoons MAGGI Authentic Thai Sweet Chilli Sauce
- olive or canola oil spray
- 75 g green beans, cut diagonally into 4 cm lengths
- ½ small red onion, cut into thin wedges
- 1 small carrot, halved lengthways, finely sliced diagonally
- 1½ stalks celery, thinly sliced
- 200 g can baby corn, drained, spears halved lengthways
- 150 g trim lamb fillet
- 450 g fresh thin hokkien noodles



## METHOD

1. Place all the dressing ingredients in a small saucepan and stir over low heat until combined. Set aside.
2. Spray a non-stick frying pan with oil and heat.
3. Add lamb and cook for 5 minutes on each side.
4. Transfer to a plate, cover loosely with foil, set aside for 5 minutes.
5. Meanwhile, place noodles in a large heatproof bowl, cover with boiling water. Gently separate the strands using a fork and stand for 5 minutes.
6. Drain well. Place beans in a small heatproof bowl, cover with boiling water, stand for 3 minutes.
7. Drain, rinse under cold water and drain well.
8. Arrange noodles, vegetables and lamb on serving plates, and drizzle with dressing. Garnish with flat-leaf parsley leaves if desired.

## NUTRITION

Nutrient	Per serve
Energy (kJ)	1896
Protein (g)	23
Fat - Total (g)	6
Carbohydrate - Total (g)	73
Sodium (mg)	456
<b>Potassium (mg)</b>	<b>534</b>
<b>Phosphorus (mg)</b>	<b>404</b>

Thanks to Australian Sports Commission 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 2019 —

- 18th May
- August (AGM) (Date to be advised, 3rd or 10th)
- 23rd November

.2019 Renal Morning Teas at Hellenic Club, 10:30 to 12:00

Wednesday 17<sup>th</sup> Apr,  
Thursday 16<sup>th</sup> May,  
Wednesday 12<sup>th</sup> June,  
Thursday 11<sup>th</sup> July,  
Wednesday 14<sup>th</sup> August  
Thursday 12<sup>th</sup> September,  
Wednesday 16<sup>th</sup> October,  
Thursday 14<sup>th</sup> November, and  
Wednesday 11<sup>th</sup> December

Your advertisement could be here

Rates — \$40 full page.  
\$20 half page  
\$10 all others

## Eurobodalla Renal Support Group

### **“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. Australian Organ Donor Registration forms available. And then —

***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](http://www.donatelife.gov.au) and Kidney Health Australia. [www.kidney.org.au](http://www.kidney.org.au)***

*Brad & Lorae Rossiter.*

*Co-Chairs & Founders.*

*Organ Transplant Recipient- Kidney & Pancreas.*

*2012 Eurobodalla Shire citizen of the Year*

*M- 0458534470*





## 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:** .....

**. Signature:** ..... **Date:**.....

Post form to the address shown at the top of this page.

I would like to make a voluntary donation to CRKSG for the amount of: \$.....

Please accept this application for membership of the Canberra Region Kidney Support Group Inc.

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

*The Canberra Region Kidney Support Group is a registered charity so donations of \$2.00 or more are tax deductible. They can be made by Cheque, Money Order payable to CRKSG Inc., or by Bank Transfer.*

Bank: Commonwealth Bank  
Account Name: Canberra Region Kidney Support Group Inc.  
BSB: 062 912  
Acc No: 10028872  
Reference: Your name.

After making the bank transfer, please forward by email to [crksg@shout.org.au](mailto:crksg@shout.org.au), your contact details and the bank transfer receipt. We will then send you a tax receipt.

Canberra Region Kidney Support Group

CRKSG  
PO Box 5051  
Garran ACT 2605

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