



Canberra Region Kidney Support Group

Kidney News

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

Member

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Renal Morning Teas



Come and Join us on
Wednesday 14th 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.

Enquiries please contact:

John Kelly (0450 962 155)

Yvonne Mawbey (0432 831 475)

From “Your Kidney Connection Autumn Newsletter”

THE HIDDEN TOLL ON CARERS OF KIDNEY PATIENTS

A recent study conducted by the George Institute, in collaboration with the Sunshine Coast Hospital and Health Services, the Queensland Government and the University of Queensland found that carers of people with kidney disease experienced a decline in wellbeing. This research comes at an opportune time as it strengthens our National Strategic Action Plan for Kidney Disease submission which sets out actions to improve support for carers, including recognition under the Government’s carers allowance, and providing more health and wellbeing and peer-to-peer support services for patients, carers and their families.

Read the study via the American Journal of Kidney Disease at — [https://www.ajkd.org/article/S0272-6386\(18\)31011-4/pdf](https://www.ajkd.org/article/S0272-6386(18)31011-4/pdf)

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*
- 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.

***Cardio Alerts:** Please be advised that our flights to Alaska are operated by commercial airlines and do not include medical services, such as in-flight meals. Costs associated with dialysis treatment, travel insurance or items of personal nature or emergency and medical costs are excluded. Costs based on current regulations and are subject to change without notice and may be subject to change. **We do not have a minimum of 12 paying passengers to commence the cruise. We will not be included in the cruise for any reason. USA and Canada are included. Emergency services are included on this cruise. For a complete list of Cruise Abroad Bookings please refer to our website. Travel arrangements can be confirmed on dates based until these terms are accepted. Bookings will be automatically cancelled without penalty. A non-refundable deposit of 100 USD per person is payable immediately upon booking. Final Dates due by 22 May 2019. Costs associated with Dialysis treatment are included in the total price. For a complete list of Cruise Abroad Bookings please refer to our website.

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 New 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.

***Cruise Alerts:** Please be advised that our flights to Canada are operated by commercial airlines and do not include medical services, such as in-flight meals. Costs associated with Dialysis treatment, travel insurance or items of personal nature or emergency and medical costs are excluded. Costs based on current regulations and are subject to change without notice and may be subject to change. **We do not have a minimum of 12 paying passengers to commence the cruise. We will not be included in the cruise for any reason. USA and Canada are included. Emergency services are included on this cruise. For a complete list of Cruise Abroad Bookings please refer to our website. Travel arrangements can be confirmed on dates based until these terms are accepted. Bookings will be automatically cancelled without penalty. A non-refundable deposit of 100 USD per person is payable immediately upon booking. Final Dates due by 22 May 2019. Costs associated with Dialysis treatment are included in the total price. For a complete list of Cruise Abroad Bookings please refer to our website.

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 minimum 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

Call 1300 978 466
or email info@dialysisabroad.com.au
for bookings and a detailed itinerary



Fremantle Kidney Transplant Recipient Celebrates Record Breaking 50th Anniversary

On 1 July, Fremantle resident Glenis Lucanus will celebrate a special anniversary with her family, having lived with the same donated kidney for the past 50 years.

Glenis has the longest surviving donated kidney in Western Australia and the third oldest donated kidney in Australia, according to the Australian and New Zealand Dialysis and Transplantation Authority (ANZDATA).

Kidney Health Australia Chief Executive, Chris Forbes, said Glenis's story gave hope to chronic kidney disease patients eligible for a transplant that the procedure could help them live well and for longer.

"Glenis received her kidney transplant in the early days of kidney transplantation when it was just emerging as a viable treatment for chronic kidney disease," Mr Forbes said.

"With each successful transplant, the medical community's understanding and confidence has grown and now transplantation is considered the gold standard therapy for patients who are eligible, and Glenis is an incredible testament to the success of this treatment.

"Over the last 50 years, thanks to research and commitment from the clinical community and the generosity of donors and donor families, transplantation has provided life-saving treatment for thousands of people living with kidney disease," Mr Forbes said.

"This generosity has also enabled us to run important support programs such as our transplant houses, which provide vital accommodation for families undergoing kidney transplant in Perth and other capital cities.

"Glenis has always regarded her transplant as a special gift that required all her care and attention, keeping herself well and healthy for herself and her growing family.

"Right at the very beginning, I thought if I ever got a kidney transplant I'd look after it, and I've kept to my promise," Glenis said.

"I can't believe I keep achieving these milestones and I don't think my family can either, but they are very happy and supportive," Glenis said.

Glenis's husband Bill is particularly pleased that Glenis has been able to enjoy a long and happy family life with their three daughters, six grandchildren and seven great grandchildren. "He's as happy as Larry, you'd think it was his (kidney)," Glenis said.

Kidney Health Facts

- The average wait for a kidney transplant is three years.
- According to ANZDATA, in 2017 there were 1,109 kidney transplants performed in Australia and 187 performed in New Zealand, with live donor transplants contributing 24% and 37% of total transplants, respectively.
- Kidneys are essential to a person's health and wellbeing. They rid your body of waste (through urine), clean your blood of waste and toxins, regulate your blood pressure and manage the produc-

(Continued on page 4)

Fremantle Kidney Transplant Recipient Celebrates Record Breaking 50th Anniversary

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tion of Vitamin D – essential to strong bones, muscles and overall health! If a person's kidneys stop functioning, they will die within a few days

- The biggest risk factors for kidney disease are diabetes, high blood pressure, established heart problems and/or stroke, family history of kidney failure, smoking, obesity, being 60 years or older, of Aboriginal or Torres Strait Islander origin, or a history of acute kidney injury. To check your risk visit www.kidney.org.au/kidneyrisktest
- 65 people die with kidney-related disease every day
- Kidney disease is a silent killer - sufferers can lose 90% of kidney function without experiencing any symptoms
- 1 in 3 people in Australia are at risk of developing chronic kidney disease
- A staggering 1.7 million Australian adults are affected by kidney disease while 1.5 million of those are unaware of it
- Kidney-related disease kills more people than breast cancer, prostate cancer and road accidents combined.

Stan Boyle

It is with deep regret we announce the death of Stan in late June

**DonateLife
Week 2019 is
Sunday 28 July
to Sunday 4 August**

**Let's talk
organ and
tissue
donation**

Statement from Meegan Fitzharris the ACT Health Minister on Her Resignation

26 June 2019

Representing the Canberra community, particularly the people living in Gungahlin, is a privilege and a huge responsibility.

I joined the Australian Labor Party 17 years ago as a newly minted Australian citizen because I wanted to make a difference in people's lives. And the Labor Party has enabled me to work with and for the Canberra community to make our city a place where people can live good and happy lives.

I love living in Canberra with my family and working to make sure our city is vibrant, sustainable and full of opportunities.

I have been incredibly grateful for the opportunity to represent the electorates of Molonglo, and now Yerrabi, since 2015, and working to bring about positive change for our community and bring investment into the Gungahlin region.



(Continued on page 5)

Diary

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

All welcome

Dates for 2019 —

- 3rd August (AGM)
- 23rd November

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

Wednesday 14th August
 Thursday 12th September,
 Wednesday 16th October,
 Thursday 14th November, and
 Wednesday 11th December

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It has been a huge privilege to be a minister in the Barr Government, particularly in the health, transport and higher education portfolios, and I am proud of some of the progress and big achievements we have made in these policy areas, although at times it has not been easy.

Today I announce that I have made a decision not to recontest the next ACT election. I will stand down as a Minister from 1 July and will leave the Legislative Assembly in coming weeks.

My decision is a personal one, and stems from a desire to better balance my family life. This has been an incredibly difficult decision for me, but it is the right decision and will allow a new member of our team to come into the Assembly prior to the 2020 election.

I have loved being an MLA and am grateful to the people of Yerrabi for electing me in 2016. I am disappointed I will not be able to fulfil my responsibility as an MLA for the remainder of the term.

I hope to continue to make a contribution to our amazing city in life after politics. I will continue to be a working mum, something my husband and I have balanced since each of our children were born. Now is the time for a new balance and new opportunities.

And I hope that other working mums and dads – indeed people of all ages and backgrounds – consider running for public office. It is an important role; and it is more than a job. It is deeply important to our community that good people of all political persuasions put their hand up to represent their community, join the contest of ideas and take responsibility for decision making.

I would like to thank the Chief Minister Andrew Barr for his leadership and unrelenting support for me, and my caucus colleagues and friends who are wonderful people, deeply committed to making Canberra a better place.

I would like to thank members of the community for sharing their views, ideas and encouragement and the many stakeholders and representative groups I have worked with, for their advocacy and helping me learn more about the portfolios I have held.

I thank the thousands of ACT public servants I have worked with and sought to support. They do fantastic work for our community in very big and small ways.

A very special thank you to my former and especially my current staff, rocks of my life as an MLA. They have worked so hard and I could not have done my job without them.

Lastly, to my family here and in New Zealand - my biggest thank you for everything and much more.

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.

Brad & Lorae Rossiter.

Co-Chairs & Founders.

Organ Transplant Recipient- Kidney & Pancreas.

2012 Eurobodalla Shire citizen of the Year

M- 0458534470

For more information visit — Donate Life.
www.donatelife.gov.au and **Kidney Health**
 Australia. www.kidney.org.au





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, your contact details and the bank transfer receipt. We will then send you a tax receipt.

Canberra Region Kidney Support Group

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Garran ACT 2605

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Web: <http://www.crksg.org.au>