

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
 Wednesday 9th December
 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 (0450 962 155)
 Yvonne (0432 831 475)

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Change of Address

We wish to advise a change to the Group’s postal address. Effective immediately, our address is now:-

Canberra Region Kidney Support Group Inc. or CRKSG
 PO Box 717,
 MAWSON, ACT 2607.

Would you please amend your records to reflect this change?



THOUGHT FOR THE DAY

When you talk, you are only repeating what you already know. But if you listen, you may learn something new.

Australia secures a further 50 million doses of COVID-19 vaccine

Two more COVID-19 vaccines have been secured for the Australian population under new agreements, bringing the Australian Government's COVID-19 vaccine investment to more than \$3.2 billion.

Under the agreements, Novavax will supply 40 million vaccine doses and Pfizer/BioNTech will provide 10 million vaccine doses, should the vaccines be proven safe and effective.

These new agreements build on the Australian Government's existing commitments to purchase the University of Oxford/AstraZeneca vaccine and a local candidate from the University of Queensland together with Australian manufacturer CSL Limited (Seqirus).

Subject to the vaccine being registered by the TGA as safe and effective, preliminary advice from the Australian Technical Advisory Group on Immunisation is that the priority groups for the COVID-19 vaccine are those people who are at increased risk of exposure, such as health and aged care workers, the elderly and those working in services critical to societal functioning.

The Australian Government is currently consulting with the states and territories, key medical experts and industry peak bodies on the framework for the initial roll-out of the COVID-19 vaccination program in early 2021.

Key vaccination sites will initially include GPs, GP respiratory clinics, state and territory vaccination sites and workplaces such as aged care facilities.

Australia has a world class vaccination program with world leading vaccination rates. The COVID-19 vaccine will not be mandatory and individuals will maintain the option to choose not to vaccinate. The vaccine will be available for free to those who choose to be vaccinated.

This commitment forms a crucial part of the Australian Government's response to COVID-19 and the strategy to protect the health and wellbeing of Australians and the national economy.



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 Biryani

INGREDIENTS - Serves 4

- olive or canola oil
- 1 onion, chopped
- 2 tsp minced garlic
- 1 tbs minced ginger
- 2 tbs Indian curry paste (such as Madras or Tikka)
- 1 tsp ground cumin
- 1 tsp ground cinnamon
- 1 tsp ground turmeric
- 2 tsp ground coriander
- 500 g lean lamb, cubed
- 1 - 1 ½ cups basmati rice
- 1 litre MAGGI Real Chicken Stock
- 1 cup frozen peas
- 200 g cauliflower florets
- ¼ cup diced dried apricots
- 200 g PETERS FARM Natural No Fat Set Yoghurt
- 2 tbs chopped fresh mint
- 2 tomatoes, chopped
- 2 tbs chopped fresh coriander



METHOD

1. Preheat oven to 180°C (350°F). Spray a large casserole dish with oil and cook onion and garlic over medium heat until soft.
2. Add ginger, curry paste, cumin, cinnamon, turmeric and ground coriander and cook, stirring, for 1 minute.
3. Add a third of a cup of water, if necessary, to prevent sticking.
4. Add lamb and cook for 3-5 minutes or until browned. Stir in rice and cook for 1 minute.
5. Add stock, peas, cauliflower and apricots and bring to a simmer. Cover and then bake in oven for 25-30 minutes or until stock is absorbed and rice is cooked. Remove from oven and allow to rest for 5 minutes.
6. Combine yoghurt and mint. Combine tomatoes and coriander in a separate bowl. Serve biryani with yoghurt mixture and tomato mixture.

NUTRITION

| Nutrient | Per serve |
|--------------------------|------------|
| Energy (kJ) | 1726 |
| Protein (g) | 27 |
| Fat - Total (g) | 9 |
| Carbohydrate - Total (g) | 52 |
| Sodium (mg) | 869 |
| Potassium (mg) | 859 |
| Phosphorus (mg) | 364 |

Thanks to Australian Sports Commission for supplying this recipe.

Aged Care Blueprint Demands Urgent Action

Australia has been given a powerful blueprint for a sweeping overhaul of aged care that must convince the Federal Government of the need for comprehensive and urgent change, the Consumers Health Forum said today.

The proposed recommendations of the Counsel Assisting the Royal Commission into Aged Care Quality and Safety has set out a persuasive case for a comprehensive set of changes including legislation that would establish an Independent Aged Care Commission separate from the Health Department.

“While the Royal Commission is still to deliver its final report, the detailed and fundamental changes proposed by the Counsel Assisting the Commission should be more than sufficient for the Government to be preparing for reforms as soon as possible,” the CEO of the Consumers Health Forum, Leanne Wells, said.

“After the many previous calls for change over many decades there is now no excuse for delay given the terrible evidence of neglect and squalor about aged care that we have heard.

“A new Aged Care Act needs to be developed with significant input from older people, their families and carers.

“A new Act and Commission will only deliver better quality and safety if there are real legislated sanctions for providers who do not do the right thing.

“It’s got to have real teeth. The new Commission will need to be resourced to do more site visits and inspections. Such sanctions need to impose penalties that will act as a deterrent to bad behaviour and encourage all providers to provide better care.

“This will also require States and Territories to work with the Commonwealth to have a system in place to find alternate care for residents if the sanction of closing a facility down is put in place. One of the problems has been a reluctance to enact this ultimate sanction as the residents would lose their home.

“It is clear there needs to be more attention paid to workforce in aged care. There needs to be a more appropriate staff mix, better skilled staff and staff need to be paid at levels that attract people into the sector and keep them working there.

“The recommendations on initiatives to move younger people out of residential aged care and ensure in future they do not have that as their only option for care are well overdue and welcomed.

“We particularly welcome the requirement that six-monthly reports on progress on this initiative are presented to Parliament.

“It is also clear that more attention needs to be paid to better integrate the aged care system with health services to improve access to care and to avoid healthcare related misadventure. The measures to improve access to primary health care are good and the idea of an accredited aged care general practice is one that has merit.

“It is important that it maintain the choice of doctor or practice for the older person and that they can remain with a non-accredited practice if they choose to do that.

“We also support all the recommendations for better medication management, particularly the notion of an embedded pharmacist working closely with the aged care service provider,” Ms Wells said.



Diary

All welcome

2020 Renal Morning Teas at Hellenic Club, 10:30 to 12:00

Thursday 12th November
Wednesday 9th December

ACT COVID-19 Update - 9 November 2020

There have been **no new cases** of COVID-19 recorded in the ACT in the past 24 hours, leaving the ACT's total at **114**. There are **no active cases** in the ACT.

It is everyone's responsibility to follow the health advice and do what we can to ensure we keep ourselves and the community safe. We ask Canberrans to:

- Keep 1.5 metres apart from people or groups you don't know
- Continue good hand and respiratory hygiene
- Stay home if you are unwell, and
- Get tested if you are experiencing any COVID-19 symptoms.

The ACT Government has a dedicated COVID-19 website for all information about the health and economic response to the pandemic in the ACT. For further information visit www.covid19.act.gov.au.

Eurobodalla Renal Support Group



Brad Rossiter OAM received his honour from the Governor General, His Excellency, General the Honourable David Hurley AC DSC (Retd), and Her Excellency Mrs Linda Hurley, during a formal ceremony held at Government House whilst attending an Investiture Ceremony held on 8 September 2020. (Source: The Beagle, Eurobodalla's free & independent on-line news.)

Brad has worked tirelessly for renal patients in the Eurobodalla. He has held a weekly stall at the Batemans Bay Riverside Plaza shopping centre most every Friday for many years. The COVID-19 has put a stop to the stalls, at least for the time being. Perhaps they will recommence in the future, when safe to do so.





MEMBERSHIP APPLICATION/RENEWAL

Canberra Region Kidney Support Group Inc
PO Box 717 MAWSON ACT 2607.
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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PO Box 717
MAWSON ACT 2607

Phone: 02 6290 1984
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Web: <http://www.crksg.org.au>