

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, 18th March

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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2020 National Organ Donation Outcomes Released

1 February 2021

Data released today reveals the true impact the Coronavirus pandemic had on life-saving organ donation and transplantation rates in 2020, prompting calls for more people to register as a donor.

National organ donation and transplant data for 2020, released by federal Minister responsible for the Organ and Tissue Authority, Mark Coulton, shows while Aus-

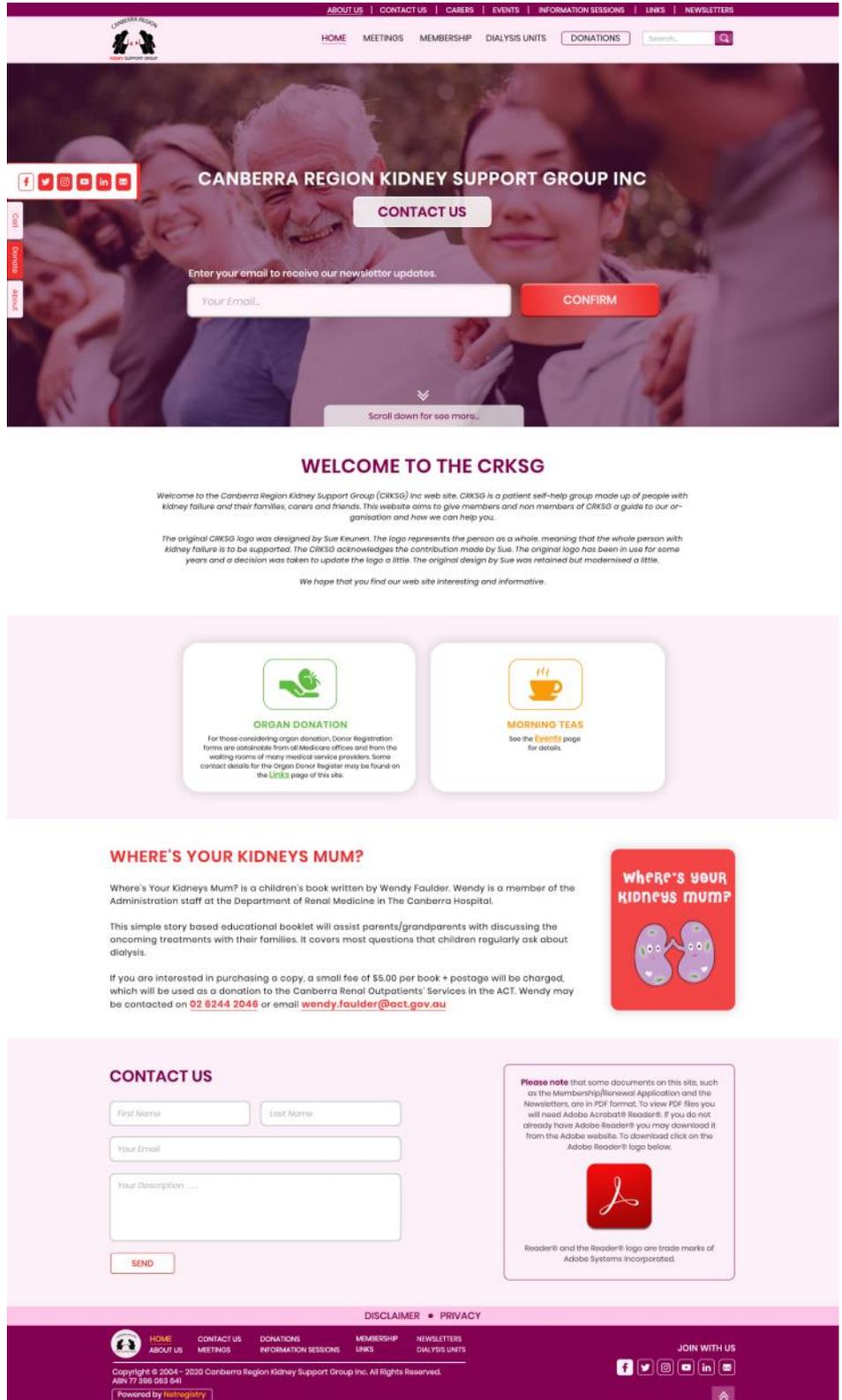
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THOUGHT FOR THE DAY

Learn from yesterday, live for today, hope for tomorrow.
The important thing is not to stop questioning. Albert Einstein

New Website

We anticipate launching a new website in the near future. It will be fairly radically redesigned and will look similar to the graphic here. You might like to comment .



Vegetable Quiche

INGREDIENTS - Serves 6

- 85 g (1/3 cup) Flora pro-activ spread
 - ½ cup self-raising flour
 - ½ cup wholemeal plain flour
 - 1 tablespoon chopped parsley
 - 2 tablespoons cold water
 - 10 g (2 teaspoons) Flora pro-activ spread, extra, melted
- Filling:**
- 20 g (1 tablespoon) Flora pro-activ spread
 - 1 small onion, finely chopped
 - ½ cup sliced mushrooms
 - 1 zucchini, sliced
 - 1 tomato, sliced
 - 2 eggs
 - 2/3 cup low fat milk
 - ½ cup grated reduced fat cheese



METHOD

1. **Pastry:** Place Flora pro-activ, flours, parsley and water into a bowl and mix with a wooden spoon to form a ball. (If too dry add a little more water, if too wet, add a little more flour.)
2. Lightly brush a 23cm flan tin with melted Flora pro-activ.
3. Line flan tin with pastry by taking small amounts of pastry and pressing it evenly over the base and SIDE DISHES of the tin. Place in the refrigerator while preparing the filling.
4. **Filling:** Heat Flora pro-activ in a non-stick frying pan over a medium heat. Add onion, mushrooms, zucchini and cook, stirring constantly, for 5 minutes, cool.
5. Place flan tin on a baking tray and spread cooked vegetable mixture over the base. Arrange slices of tomato over the vegetables.
6. Place eggs in a bowl and whisk until creamy. Add milk and cheese, mix until well combined and pour over the vegetables in the pastry case.
7. Bake on the middle shelf of the oven at 200°C for 15 minutes and then reduce oven temperature to 180°C and bake for a further 20-25 minutes. Quiche is cooked when the filling is set and the pastry is golden brown.

Hint: Serve hot or cold with salad. For variety add ½ teaspoon dried herbs to the pastry.

NUTRITION

Nutrient	Per serve
Energy (kJ)	1130
Protein (g)	10
Fat - Total (g)	17
Carbohydrate - Total (g)	18
Sodium (mg)	250
Potassium (mg)	262
Phosphorus (mg)	236

Thanks to Unilever Australia for supplying this recipe.

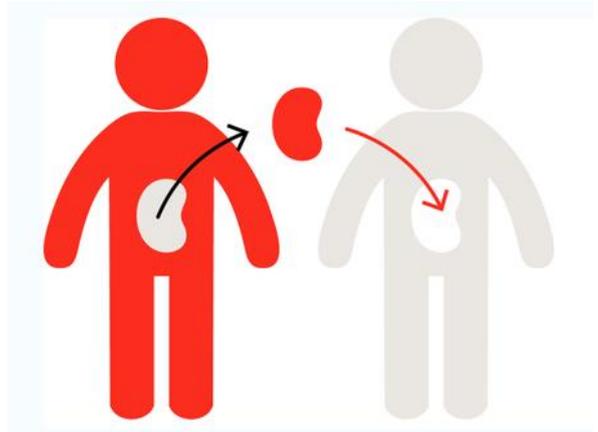
2020 national organ donation outcomes released

Australia's donation rate has doubled over the past decade, the national program took a hit in 2020 due to COVID-19.

"Australians from all walks of life faced great challenges and adversity in 2020 and those waiting for life-changing organ transplants were no different," Minister Coulton said.

"Last year saw a 12 per cent reduction in the number of people receiving a transplant and a 16 per cent decrease in organ donors, compared to 2019.

"Most significantly, 18 per cent fewer kidney transplants were performed, resulting in 153 fewer renal patients receiving the kidney transplant they need."



Minister Coulton said the 2020 data exceeds earlier predictions, which serves as a testament to the highly-skilled DonateLife teams, as well as dedicated donation and transplantation staff across the country.

Organ and Tissue Authority CEO, Lucinda Barry, said at the start of the pandemic, the transplant sector took precautionary steps and suspended kidney transplant programs from late-March through to mid-May.

This was due to the concern about hospitals being overwhelmed by COVID-19 patients and also to prevent transplant patients at high risk being exposed to the virus. Urgent heart, lung, liver and paediatric transplants continued during this time for critically ill patients.

"It's not surprising to see that the 2020 outcomes have been impacted, but minimising the risks to transplant and waiting list patients has been the priority for everyone involved," Ms Barry said.

"To minimise the impacts, our DonateLife teams worked hard with transplant teams to navigate the challenges facing hospitals and with logistics — including with COVID-19 restrictions, flight reductions and border closures — so that patients received the best possible outcomes."

Minister Coulton said despite the obvious impacts, 1,270 Australian lives were saved in 2020 through an organ transplant thanks to the generosity of 463 deceased organ donors and their families.

"Families have continued to show their strength and generosity in agreeing to donation, even with the added COVID-19 complexities in intensive care units," Minister Coulton said.

"Around 1,650 Australians are waitlisted for a transplant and more than 12,000 others are on dialysis — many of whom may need a kidney transplant.

"The best chance we have to address the challenge of a longer waitlist is to have more Australians say 'yes' to donation."

Minister Coulton said data shows that registering to become a donor and talking to your family about your decision has a direct influence on consent rates, so encouraged people to have the chat and register today.

To register to become a donor or to double-check your registration, visit: donatelife.gov.au .

Living organ donation and eye and tissue donation outcomes will soon be released in the Organ and Tissue Authority's 2020 Activity Report.

Diary

Meeting dates and places will be notified here as they become available. All welcome.

2021 Renal Morning Teas at Hellenic Club, 10:30 to 12:00

Thursday, 18th March,
Wednesday, 14th April,
Thursday, 13th May,
Wednesday, 16th June,
Thursday, 15th July,
Wednesday, 18th August,
Thursday, 16th September,
Wednesday, 13th October,
Thursday, 18th November, and
Wednesday, 15th December.

Opinion

After what we have been through in 2020, welcome, everyone to 2021.

Let us hope we will be able to move through 2021 a little more easily than we did in 2020. It seems now we might have a slightly different normal than we have had over the years. This 'new normal' will undoubtedly look different to that which we were accustomed to. One thing it is likely to do, is make us look outside the old ways, and find new and innovative ways to get things done.

So, notwithstanding this, I think we should always be looking for ways to assist and connect with you, the renal community. I think we should be trying to do this in spite of the challenges we may face this year, to build and strengthen the Group and to ensure we are a vital and robust representation for renal patients, their carers, families and friends. We can't do this without help from you. There must be a large number of renal patients and their friends and relatives that have ideas on how to make the Group even more relevant to a wide spectrum of the renal world.

We already have the monthly morning teas, the first of which was on Wednesday 17th February and the next on Thursday 18th March (see above).

If you have any ideas on what we might do. Please let us know, either by email or post (see back cover of this newsletter for these details).

John Kelly

Gift of Life's Virtual DonateLife Walk 2021

In 2021, Gift of Life's DonateLife Walk will be in its 15th consecutive year. The walk is one of Canberra's largest community events and has traditionally been a 5km walk around Lake Burley Griffin.

Due to COVID-19, Gift of Life is unable to hold the traditional walk. Gift of Life is using the opportunity to introduce a new 'virtual' format. Participants are encouraged to sign-up to walk up to 5km in teams, family groups or as individuals, at your favourite walking place any time between 22-28 February 2021.

Walkers are encouraged to take photos/videos of their walk and share their experience through social media.

For further information go to <https://www.giftoflife.asn.au/walk>.



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.



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