

Canberra Region Kidney Support Group

# Kidney News

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

**Member**



**SHOUT**

## Renal Morning Teas

Come and Join us on  
Wednesday, 16th June  
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)

### In this issue:

People with kidney disease and kidney transplants urged to get the COVID-19 vaccine **1**

Chicken Kofta with Orange and Date Cous Cous **3**

Travel advice for any destination — (COVID—19) **4**

Diary **5**

Eurobodalla Renal Support Group **5**

## People with kidney disease and kidney transplants urged to get the COVID-19 vaccine

Kidney Health Australia, along with the Australian and New Zealand Society of Nephrology (ANZSN) and the Transplant Society of Australia and New Zealand (TSANZ) are urging all individuals with kidney disease to get vaccinated as soon as they can.

Kidney Health Australia, the ANZSN and TSANZ represent people with kidney disease, those on dialysis or living with a kidney transplant and health professionals who oversee their health needs.

As the peak body for kidney health, Kidney Health Australia is supporting the call to protect this group who are at increased risk of severe COVID-19 disease.

### THOUGHT FOR THE DAY

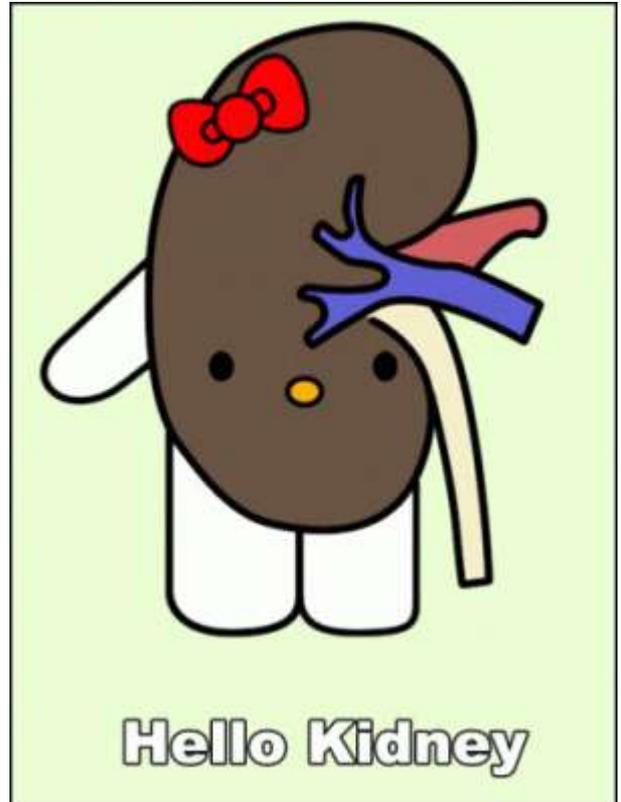
A minor operation: one performed on somebody else. — Anon.

## People with kidney disease and kidney transplants urged to get the COVID-19 vaccine

“People with kidney disease often have weaker immune systems and may struggle to fight against infections. So, if you have kidney disease you may be more at risk of infection and of developing more severe disease. Patients who are on special medications to dampen their immune system are also at increased risk of infections” said Prof Karen Dwyer, Clinical Director of Kidney Health Australia.

“Vaccination is an important strategy to help reduce the chance of getting infected with Sars-CoV-2. You still might get COVID-19 after the vaccination, but you will be less likely to get severe disease and go to hospital,” said Prof Dwyer.

The ANZSN emphasises that people with kidney disease including those on dialysis or have received a transplant are a priority group. They recommend that all people with kidney disease get vaccinated. “Patients receiving dialysis or those with a transplant are most at risk, with a mortality rate up to three times higher than those without kidney disease. A recent publication described ‘chronic kidney disease (as the condition conveying the highest risk for severe COVID-19’ thus reported low vaccination numbers in this population is a huge concern” said Prof Neil Boudville President of ANZSN.



The Transplantation Society of Australia and New Zealand has developed and released a COVID-19 Vaccination for Transplant Recipients statement. This is in direct response to vaccine safety concerns and should be used as a guide for transplant recipients.

Prof Helen Pilmore President of TSANZ said “There is now a lot of information showing that having kidney disease or a kidney transplant means you can get sicker with COVID-19”.

“Although the vaccines have not yet been tested extensively in dialysis or transplant patients, all vaccine types are suitable to use in people with kidney disease and kidney transplants. All vaccine types have an important effect on reducing your risk of serious infection” Prof Helen Pilmore said.

Now in Phase 2b of the Australian Government vaccine rollout, people aged over 50, Aboriginal and Torres Strait Islander peoples aged 16-49 years, younger adults with health conditions (such as those with kidney disease, kidney transplants and receiving dialysis) as well as high risk workers are currently being vaccinated.

Kidney Health Australia, the ANZSN and TSANZ encourage all kidney patients to keep themselves up to date with emerging information on COVID-19 and the vaccine development and rollout. Here are some websites with trusted and reliable information.

- Australian Government <https://www.health.gov.au/initiatives-and-programs/covid-19-vaccines>
- Kidney Health Australia <https://kidney.org.au/covid-19-and-your-kidneys>
- Transplant Australia <https://transplant.org.au/>

# Chicken Kofta with Orange and Date Cous Cous

## INGREDIENTS - Serves 6

- **CHICKEN KOFTA** - 500 g minced chicken
- 1 packet MAGGI Chicken & Herb Gravy Mix
- 1 tsp grated fresh ginger
- 1 tsp finely grated orange rind
- 2 Tbsp fresh orange juice
- 1 Tbsp honey
- 2 Tbsp red wine vinegar
- 1 Tbsp whole grain mustard
- 1 cup packaged breadcrumbs
- 2 cups of steamed green beans

### COUSCOUS

- 1 ½ cups couscous
- 1 ½ cups boiling water
- 1 Tbsp MAGGI Chicken Stock Powder
- 1 tsp finely grated orange rind

## METHOD

1. **Preparing the Kofta:** Combine chicken, gravy mix, ginger, rind, juice, honey, vinegar, mustard and breadcrumbs in large bowl, cover, refrigerate 15 minutes.
2. With wet hands, mould equal amounts of the chicken mixture around 8 barbecue skewers.
3. Cook on heated oiled grill plate (or grill or barbecue) about 6 minutes, or until golden and cooked through, turning once.
4. Serve with orange and date couscous and steamed green beans.
5. **Preparing Couscous:** Place couscous in medium bowl. Pour over combined water, stock powder, rind and juice, stand 10 minutes. Stir in dates.

**Tip:** Minced lamb can be used instead of chicken, if preferred.

### UTRITION

Nutrient	Per serve
Energy	1080
Protein (g)	20
Fat—Total (g)	7
Carbohydrate - Total (g)	27
Sodium (mg)	790
<b>Potassium (mg)</b>	<b>390</b>
<b>Phosphorus (mg)</b>	<b>222</b>

Thanks to Nestle Australia for supplying this recipe.

## Travel advice for any destination – (COVID–19)

**Do not travel if you are unwell.**

**Under a Public Health Direction effective 11.59pm on Friday 22 January 2021, face masks are mandatory for people aged 12 and over while inside the Canberra Airport terminal and during domestic commercial flights in and out of Canberra. Find out more on the [Protect yourself page](#).**

If you are travelling from [COVID-19 affected areas](#), re-consider your need to travel to the ACT.

Travel advice can change rapidly if COVID-19 cases appear. You may need to cancel or amend your travel plans on short notice.

Stay up to date with the latest travel advice. Be aware of restrictions in your destination and when you return to the ACT. [Check](#) the advice per state and territory for more information.

Unless travel is restricted, ACT Health does not declare areas safe or unsafe for travel. Instead we provide guidance, taking into account the COVID-19 situation in other states and territories.

If you develop COVID-19 symptoms while away or after returning to the ACT, [get tested](#) immediately.

Your travel may impact your ability to work in or access high-risk settings (like aged care or health care facilities). Please visit the [Chief Health Officer alerts page](#) for more information.

While travelling, use the ABCs of protecting yourself, your family and our community from COVID-19:

- **Avoid** COVID-affected areas - check the COVID website of the state or territory you are travelling to. If you are welcoming relatives or visitors from interstate, please ask them not to come if they are travelling from an area with a recent case or are feeling unwell.
- **Behave** in a COVID-safe way - be vigilant with [hand and respiratory hygiene](#), maintain [physical distancing](#) from other groups, and stay home if feeling unwell.
- **Check** back when you get home - monitor the COVID website of the state or territory you visited to see if they had any cases, for two weeks after your return. Follow the website's advice about testing and self-isolation. If you feel unwell with COVID symptoms while away or when you return, please get tested immediately and self-isolate until you get the result.

More travel advice is available on the [Australian Department of Health website](#).

For more information, contact the ACT's COVID-19 Helpline on [\(02\) 6207 7244](#) between 8am and 8pm daily.

This information and more can be found at <https://www.covid19.act.gov.au/community/travel>.



## 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

Wednesday, 16<sup>th</sup> June,  
Thursday, 15<sup>th</sup> July,  
Wednesday, 18<sup>th</sup> August,  
Thursday, 16<sup>th</sup> September,  
Wednesday, 13<sup>th</sup> October,  
Thursday, 18<sup>th</sup> November, and  
Wednesday, 15<sup>th</sup> December.



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## Eurobodalla Renal Support Group



Hello,

The Month of May.

If you look at the months in a year and reflect, most of us will recall the years in which some months are significant and in many ways truly Life Changing.

So many events take place in life- My thoughts turn to May 11, 2007, I received a Gift.

I do not know who the giver of this gift was, or is, still today. This person passed away.

I received from this person and this family, a Kidney and Pancreas donation.

For me and my family this Gift has been Life Saving and Life Changing.

14 years on and there truly is not a day that I do not say "Thank you"

Loving Thoughts,

Brad Rossiter OAM





## 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](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**

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MAWSON ACT 2607

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