

December 2015 Newsletter

Providing a supportive and informative environment for people with a variety of lung conditions and their carers.

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Next Meeting: Thursday 10 December 2015
10:15 am - 12 noon
The Burns Club
8 Kett Street Kambah ACT 2902

Open Forum

- On-going topics as well as topics members raise.
- We will have a **Getting-To-Know-You** session where members can talk about themselves and their interests.
- Any ideas, worries or concerns you would like to discuss.

Dates for your diary

Wednesday 2 December 2015	Christmas luncheon
Thursday 10 December 2015	Canberra Lung Life Support Group
2016	
Thursday 14 January 2016	Canberra Lung Life Support Group
Thursday 17 March 2016	Seniors Week Expo 2016 at Thoroughbred Park

November Meeting

Helen Cotter

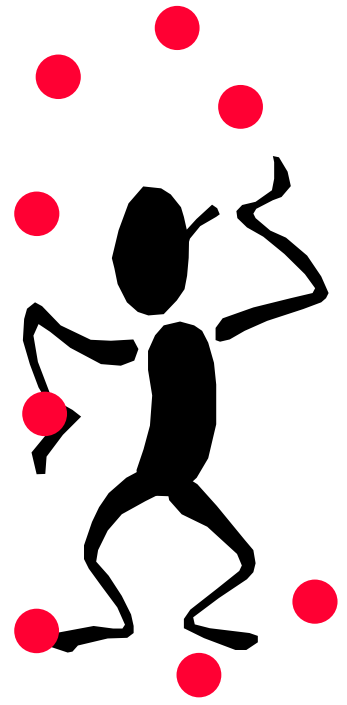
We had much to talk about at this meeting, some of which will be reported later in the newsletter.

1. We made our final plans for World COPD Day and for the Christmas Lunch.
2. We reported back on the Botanic Gardens tour and lunch
3. Not many attended the fish'n chips lunch at the Southern Cross Yacht Club but those that attended enjoyed themselves and the meal.
4. We discussed the value of emergency bracelets.
5. Carolyn Dalton is in the middle of organising a visit to Namadji School to talk about what it's like to have a lung condition and will keep us informed.

Things to remember, 2016

1. This is the last Newsletter for 2015.
2. The first meeting in 2016 is Thursday 14 January.
3. The venue for our meetings is, at this time, unknown.
4. Members will be emailed in the new year when the decision is made.

6. Lung Life has a tradition of sending cards to people when they are sick or in hospital etc (or to their family when they have died). Lorna has done a great job of looking after the cards but recently she passed the job on to Maddie who now finds she can no longer do it. Carmel has offered to take over the position. If you know of someone who is having some issues, please let Carmel know. We thank both Lorna and Maddie for the work they did - it has been most appreciated by the recipients.
7. Helen Reynolds talked about the Lung Foundation's move to get MBS provision for Pulmonary Rehab and passed around a letter we could sign supporting it.
8. We encouraged people to think of attending the course on *Living Life with Long Term Conditions*. It will be offered next year in February/March in Gungahlin; and February/March and May/June in Phillip. Interested people need to keep a look out for details in the various newsletters they receive.
9. We also encouraged people to think of doing the *Consumer Representative Training Course* run by HCCA when it is next offered. It's an enjoyable course where you meet a cross section of people, looking at the health industry and what it does and doesn't provide; what our expectations are; how well it meets our needs etc. Again, keep an eye out in the various newsletters you receive.
10. Carolyn Dalton and Helen Cotter talked to the Burns Club Manager about their renovations. He told us that they expected to continue renovations for a few more months. We received the impression there may not be a suitable function room for us. We would like people to pass on to us information about other suitable places for our meetings. We need easy parking, no steps, a room that holds between 20-30 people and with a restaurant in the facility or very close by.



At the end of the meeting, many of us adjourned to the restaurant for lunch and a chat.

World COPD Day - A Great Success

Helen Cotter



Looking really great in their green, COPD tee shirts Pam, Esther, Maureen and Wyn were ably assisted by Jody.

This year, the Lung Life Support Group organised a stand at the Canberra Hospital for World COPD Day, Wednesday 18 November 2015. The stand was in the hospital foyer in a prominent position with the Lung Life workers looking good in their green t shirts. It all captured the attention of many passers-by so there was much talk and many pamphlets passed out. Pam, Esther, Maureen and Wyn all helped set up the stand and stayed for most of the day. Catherine, Kay and Margaret relieved them for some time so they could have lunch or get a cup of coffee from the café nearby.

Jody, Judy and Wendy, from the *Chronic Care Program*, did a great job providing the free breathing tests for those interested who were rewarded with a lovely cupcake or brownie afterwards.

All in all, the feeling is that it was a great success - a good set-up with many enquiries and much interest shown. Heartfelt thanks to all those who so willingly took part.

Harmonica (mouth organ) group at UC

Maureen Bell

Dr Julie Cooke and Lennon Wicks, both of whom have a long association with Lungs in Action (LIA) at Univ. of Canberra, are setting up a group from LIA to learn harmonica. The class will be taken by Dr Bob Hain, a retired doctor and long-term harmonica player (blues especially). It assumes no prior musical knowledge. The aim is to get us all 'blowing and sucking', i.e. exercising our lungs in a social, supportive atmosphere.

I am sure that any Lung Life members who would like to join would be welcomed. At present the group meets on a Friday and possibly Wednesday, after LIA class at 10.45 am. As at 28 October it is up to its second meeting.

The A-Z of Preventative Health Care

Chris Moyle

Nutrition

It is important to stay well nourished to keep your breathing muscles strong and energy levels up. Healthy eating is another step you can take to help you take control of your health. Follow these basic rules: Eat a variety of foods so that the body gets all the essential nutrients it needs to function well. Eat regularly and eat breakfast. It is far better to have 5 smaller meals throughout the day rather than 3 huge meals - eating too much in one go can cause problems such as indigestion and difficulty breathing when the stomach becomes distended and the diaphragm is crowded.

There are many people you can talk to if you need assistance with diet and nutrition including your doctor, nurse and dietician. You can self refer to a dietician through Community Health Intake on 02 6207 9977. (From "COPD - A Patient Information Booklet" Canberra Hospital and Health Services).

Nuts (Marcea Weber, qualified macrobiotic cook and nutritionist)

Research confirms that most nuts contain protease inhibitors, nutrients that help control blood clotting, defend against viruses and function as antioxidants. Nuts are also a rich source of the monounsaturated fats that are so useful for reducing LDL ('bad' cholesterol) that clogs arteries. Almonds, in particular, are packed with Vitamin E, which can help prevent heart disease and cancer. Eating just one Brazil nut a day will provide you with most of your daily selenium (which helps reduce anxiety) needs.

Omega 3

Polyunsaturated fatty acids, omega 3, are beneficial in helping reduce lung inflammation in people who have COPD. The best sources are oily fish (e.g., mackerel, sardines, herring, salmon, trout, tuna and mullet). Consume at least two fish meals per week. Also beneficial are canola oil, soybean oil, flaxseed oil and mustard seed oil. (Dr Oz)

THE GRAND ROSE FAMILY

Chris Moyle

Recently I found myself with a surplus of energy (rather unusual) which I quickly expended by tidying the front garden. For quite a while I'd wanted another rose bush, so while I still had energy to spare I headed for the nursery at Yarralumla. There weren't "thousands of roses" as promised by the man on the phone, but enough of a good choice with many in bloom. I fell in love with 'Papa Meiland', a beautifully scented crimson rose, as well as an attractive pink rose. As I placed the two pots on a trolley a bystander told me I'd picked up two members of the famous Meiland family of roses, and proceeded to tell me their story.

Francis Meiland (1912-1958), son of founding father Antoine Meiland, built the family business into a worldwide operation after breeding the 'Peace' rose, originally named 'Madame A. Meiland' for his mother. When Hitler invaded France and the nursery was under threat of destruction, parcels of budwood



Peace Rose

were hastily sent to other countries. In one parcel, smuggled out in the diplomatic bag to America, was the beginnings of the beautiful ‘Madame A. Meilland’. At the end of World War 11 ‘Madame A. Meilland’ was fully developed and finally launched in California and renamed ‘Peace’. On that day two doves were released to symbolise the naming of the rose, Berlin fell and a truce was declared. In naming the rose this simple statement was read: “We are persuaded that this greatest new rose of our time should be named for the world’s greatest desire: “PEACE”.

In 1963 Francis’s son, Alain, bred and named a new perfumed dark velvety crimson rose ‘Papa Meilland’ in honour of his founding grandfather, Antoine.



Papa Meilland



Francis Meilland

Then, in 2013, Alain introduced ‘Francis Meilland’, a pink rose, in honour of his father, Francis, the legendary breeder of ‘Peace’.

And so I came to discover I was adding to my Meilland family. I already had ‘Peace’ in the garden, originally named for Francis’s mother, and alongside her I’d soon plant ‘Papa Meilland’ and ‘Francis Meilland’, named for her husband and son respectively.

So ends this “grand rose” story, which reminds me to **stop and smell my beautiful roses.**

Source: Rose Peace - Wikipedia
www.gerbera.org/gardening

R U breathing polluted air?
Helen Cotter

Air pollution in Canberra is mainly caused by wood heaters. In some still winter days pollution can reach high levels. Such pollution can cause or exacerbate lung conditions, impacting on quality of life for those affected; and increasing costs to the health system. Wood heaters are banned in new suburbs in Molonglo Valley as well as in Dunlop and East O’Malley.

The ACT Government is increasing the amount that people may receive - up to \$1100 - when they remove old polluting wood heaters, replacing them with a gas system. For more details, see:
<http://www.actsmart.act.gov.au/what-can-i-do/homes/wood-heater-replacement-program> ; email:
actsmart@act.gov.au ; phone: Access Canberra 13 22 81. Also see
http://www.actsmart.act.gov.au/_data/assets/pdf_file/0004/789637/WHRP-program-APP-electric-trial.pdf.

Roses - by George Eliot
You love the roses - so do I, I wish
The sky would rain down roses, as they rain
From off the shaken bush. Why will it not?
Then all the valley would be pink and white
And soft to tread on. They would fall as light
As feathers, smelling sweet, and it would be
Like sleeping and like waking, all at once!

National Companion Card

Helen Cotter

If you need to have someone with you before you can attend community events including concerts, pictures or plays, you can apply for a Companion Card. When you show that card at organisations that participate in this scheme, your companion gets a ticket at no extra charge.

To find out more about the card, whether you are eligible and participating organisations, contact:

www.companioncard.gov.au

A Day in the Sun

Helen Reynolds



Flora the Explorer gave us a comfortable trip as we were able to sit two to a seat. As is evident by the smiles, David and Carmel are enjoying the ride as is everyone else. The commentary, given by Jill, our driver, was both informative and interesting.

Flora will be used to transport clients to the Northern Eucalyptus Lawn for the outdoor movies. The movies to be shown are modern, e.g. *The Dressmaker*. This means people like many of us will be able to enjoy an outing or even a picnic and a movie at The Gardens.

More information -

<http://www.sunsetcinema.com.au/canberra/program>



The colours of the Australian bush were particularly eye-catching. We are so lucky to be living in this part of Australia where we can enjoy the Australia flora whenever we drive out our front gate. The day at The Gardens helps us appreciate just what we have at our doorstep.



The desert garden is of particular interest to me as the first time we did this "excursion" was the opening day of this exhibit. Each year since then the desert garden is looking more and more like a desert garden.

To the left here: What a typical photo of the Australian bush - does one's heart good to see it.



Over lunch is a good time to catch up with what is going on and that is exactly what Lyn and Helen are doing.



Having lunch at the restaurant is even more enjoyable now that the outside area has been expanded and covered - you get the best of both worlds, inside and outside. People are able to move among the group making the experience very sociable.

Two Items of Interest
Maureen Bell

1. I learnt that Mulligans Flat Woodlands Sanctuary have just acquired a 6-seater 'golf buggy' to take disabled visitors on a tour of the sanctuary. Their website is <http://www.mulligansflat.org.au/visit-us.html> and the ranger, Dr Kate Grarock (<http://www.kategrarock.com/>), said that details would be on the website <http://bettongs.org> - but it is currently (at the time of the meeting) unavailable. I thought some Lung Life members might like to book.
2. I attended the 2nd Biennial Australian Rare Lung Disease Patient Education Event in Sydney on 17 October, 2015 sponsored/organised by the Lung Foundation. They had an excellent line up of speakers including Dr Laurel Troy who has also published a research paper on Interstitial Lung Disease in Australian Family Physician, <http://www.racgp.org.au/afp/2015/august/interstitial-lung-disease-in-2015-where-are-we-now/>. This research paper gives comprehensive and up to date information on ILD and is well worth reading. The take-home messages, for me, were: to keep exercising; and that research into ILD has blossomed over the past 5 years, so with new and better treatments patients can now be much more optimistic about their outlook. Also that it is important to tell your doctor/s about the degree of breathlessness you are experiencing. Apparently a hand-held fan, perhaps battery-operated, held in front of nose and mouth, helps.

Cross fingers also that the government committee will recommend the proven-success medications of Nintedanib and Pirfenidone for the PBS.

Remember our Christmas Luncheon

Wednesday 2nd December 2015 at the Weston Creek Labor Club (informally known as the Stirling Club) Teesdale Close, Stirling ACT 2611.

Cost: \$30.00 - \$33.00

If you have booked but can't make it contact Pam on bapjh@live.com.au or ring 02 6288 2053.