

December 2016 Newsletter

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

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Thursday 8 December 2016
Lung Life Christmas Lunch
Weston Creek Labor Club
Cost: \$30
Time: 12 noon for 12.30 pm

If you wish to come and haven't put your name on the list contact Pam Harris. If you have put your name down but now find you cannot attend, please contact Pam Harris as your meal will still have to be paid for otherwise.

Contact Pam on email bapjh@live.com or phone 02 6288 2053.

Next Meeting: Thursday 12 January 2017

Dates for your diary

Thursday 8 December 2016	Christmas Lunch, Weston Creek Labor Club, Stirling
Thursday 12 January 2017	Lung Life Meeting - first for 2017
Thursday 2 February 2017	9.30 am - 11.30 am meet the UC Physio students
Wednesday 8 February 2017	1.30 pm - 3.30 pm meet the UC Physio students
Thursday 23 March 2017	Seniors Expo at Exhibition Park

November Meeting

Helen Cotter

Chris and Lyn welcomed us to the meeting where we finalised details for World COPD Day on Wednesday 16 November 2016 and for the Lung Life Christmas lunch on Thursday 8 December 2016.

Helen Cotter reported on the recent CPAG teleconference which LFA organises where representatives from each State and Territory discuss various issues. Topics included:

- the vexed issue of woodsmoke from wood heaters as well as bushfires and burn-offs. Air quality is an important issue as we know it affects people's breathing and lung health.
- the information that 90% of patients are not using their inhalers correctly and are therefore not getting the best benefit from them. LFA has resources and fact sheets about this on their website (www.lungfoundation.com.au). LFA is also training nurses who will train other professionals in the health industry (such as Pharmacists, practitioner nurses) in the correct technique.
- November being Lung Awareness month, LFA has organised activities around Australia to increase lung awareness eg lighting up bridges in Brisbane in green, lung function tests in Martin Place, World COPD Day events, and fun run in Melbourne partnering with Collingwood Football Club.

Helen also brought the meeting up to date with the ACT's POC trial which is progressing well. The proposal has been written up and the participants contacted. We are hopeful of a good outcome.

As this was the last meeting for the year, Chris gave a summary of our year's activities:

- the Labor Club in Stirling became our preferred venue
- social outings, such as fish'n chips at the Southern Cross Yacht Club, lunch at the Burns Club and the Southern Cross Club in Jamieson were well attended
- in March our stand at the Seniors Expo was very successful
- Canberra Lung Life Support Group was well represented at April's LFA Education Day
- the membership was well represented as "guinea pigs" for the University Of Canberra's physiotherapy students and the Australian National University's medical students. This experience is beneficial for both our members and the students - our members have a captive audience and the students have the opportunity to interact with people with chronic lung conditions
- coordinators Carolyn Dalton and Margaret Geaghan stepped down due to ill health and other personal commitments. Helen Cotter acted in the position until we welcomed Lyn Morley, our new coordinator
- our guest speakers during the year included
 - ✚ Jody Hook, chronic care nurse
 - ✚ Joeline Parker, Pulmonary Rehab
 - ✚ Chris Burke, Minister for Disability
 - ✚ a bit of light relief with a talk about travels in Mongolia and
 - ✚ talks on relationships
 - ✚ and the Home Care Package
- our final activities for 2016 are a stand at The Canberra Hospital for World COPD Day and our Christmas Lunch at the Weston Creek Labor Club in Stirling.

Things to remember

1. This is the last Newsletter for 2016.
2. The first meeting in 2017 is Thursday 12 January 2017.
3. You will receive your next Newsletter at the end of January.

We followed that summary with a bit of light relief in the form of a general knowledge quiz given by Chris. Congratulations to Carmel, David, Lyn Brooks and Peta who all tied for the most questions answered correctly. Esther distributed prizes.

The meeting was then opened for general discussion.

- As consumer representative for Aged Care, Kaye, reported on their last meeting. An interesting experience for the group put them in a country where they couldn't speak the language. The presenters spoke in the foreign language the participants could not understand. To complicate things even more an interpreter was not available. Being in this situation showed the group how difficult it is for people with limited English when they have to see a doctor or go to the hospital. Kaye found it a very frightening experience.
- When travelling domestically or overseas it is advisable for people with medical problems to organise the use of a wheelchair. Helen Reynolds talked about her recent overseas trip and the organisation made by her travel agent for a wheelchair to be available where necessary - eg airports, railway stations etc. She had very good experiences with that except in Amsterdam where no assistance was available. In Germany, there is a private company whose job is to look after those who need assistance. All the helpers, regardless of the country, were friendly, helpful and compassionate; always willing to assist in any way.
- Peta had the same good experience in America with wheelchair use.
- Helen flew business class with Cathay which had a power point on the console so she was able to plug her CPAP machine into it. On the way home, she was questioned about the machine, what it was and why she was using it - indicating a need for those in the industry to have some education about CPAP machines. Going overseas, it is important to have an adapter for the power point.
- Helen also had some words of advice: make sure the tours you book for are disabled friendly eg lift available. Not all places have facilities for people with disabilities.

Then, for the final time in 2016, we ended the meeting and many of us moved onto lunch at the Club. Our next meeting will be in January 2017.



For sale

Please note all prices are negotiable

- **Portable oxygen concentrator** (Inogen One +G2) with 24 cell battery and trolley (bought new January 2016 \$5080.00) - Asking price = \$4700.00.
- **Elite Traveller Scooter** (bought new April 2014 \$2200.00) - Asking price = \$1800.00.
- **Wheelchair** - aluminium/folding (bought new April 2014 \$590.00) - Asking price = \$400.00.
- **Wheelchair** large self-propelling (like new) - Asking price = \$1000.00.
- **Portable oxygen concentrator** (Inogen One) with trolley - originally brought from Lung Group some years ago for \$1500.00). Major overhaul April 2013 (\$1216.00), one new battery (bought April 2015 \$509.00) plus two old batteries. - Make an offer.

Contact Percy Fleming on 02 6288 6935 or pandmfleming@gmail.com.

Goodbye Wyn



Wyn passed away on Monday 7 November 2016. The Lung Life Group has lost a valuable member.

Wyn has only been a member for a few years, but he was a lively member, making a solid contribution to the group. He always provided worthwhile comments during discussion and raised important points. He participated in the physio and medico events and helped at our events like World COPD Day.

He attended meetings at HCCA on issues relevant to our group, and, for instance, asked pertinent questions during the development of the University of Canberra Hospital.

He was a member of the LFA's CPAG group, participating in their teleconferences every two months and providing valuable feedback to our group about the issues.

A lovely man, always very bright even under increasing difficulty. We miss him.

Remembering those we've lost this year

Early in the year Daphne Broers-Freeman passed away after a battle with cancer. Daphne was Tom Broers' wife, carer and 'guardian angel'.

We lost Pat Stewart, a long time member and COPD sufferer and a few months later, in November, her husband, Ken, passed away.

Madeline Fleming, also a long time member and COPD sufferer, passed away after a short battle with pancreatic cancer.

We remember all these people fondly and once again extend our sympathy to their families.

With the death of a member the CLLSG sends a \$50 donation to Lung Foundation Australia (LFA) for their research purposes. LFA also sends condolences to the families.

Donations

In October Pam Harris donated a heap of small change amounting to \$16.05 to our Club, and in November Pam donated her husband, Brian's collection of small change. Brian's coins added up to \$29.45. That's a grand total of \$45.50 going into our account with St George Bank.

Thank you very much Pam and Brian.

The A-Z of Preventative Medicine Chris Moyle

Putting it into Perspective

If you have food in the refrigerator, clothes on your back, a roof over your head and a place to sleep, you are richer than 80% of the world.

If you have money in the bank, a few dollars in your pocket and spare change in a dish somewhere, you are among the top 5% of the world's wealthy.

If you woke up this morning with more health than illness, you are more blessed than the two million who will not survive this week.

If you have never experienced the danger of battle, the loneliness of imprisonment, the agony of torture or the pangs of starvation, you are better off than one billion people in the world.

If you attend church or can practise your faith without the fear of harassment, arrest, torture or death, you are more blessed than 3.5 billion people in the world.

If your parents are still alive and still married, you are somewhat rare, even in Australia.

If you can hold your head high with a smile on your face and be truly thankful, you are blessed because the vast majority of people can, but most choose not to do it.

If you can hold someone's hand, hug them, kiss them or even touch their shoulder, you are blessed because you offer a healing touch.

If you can read this message, then you have just received the double blessing that someone was thinking of you and you are more fortunate than over one billion people in the world who cannot read at all.

Have an amazing day, breathe deeply (if you can), smile, love and be thankful for all that you have.

Source: True Natural Health Magazine Autumn 2013

POC for Loan

Our InogenOne G2 POC for loan.

If you are on oxygen cylinders and thinking of buying a POC, you may like to borrow this one for trial.

If you are on oxygen cylinders and need, for instance, to travel to another city for a break or to visit a doctor, this may help.

The Inogen is only 6 months old and has all its attachments.

We ask for a donation to Lung Life for its use.

Contact Helen on cotterhe@hotmail.com or phone 02 6281 2988.

University of Canberra Physiotherapy Students Pam Harris/Helen Reynolds

Once again it is time to think about volunteering for this most worthwhile event. With our help the University of Canberra's physiotherapy students are able to interact with people who suffer from a chronic condition. For us it is a social outing where we not only chat about our condition and how it impacts on our way of life but we get to enjoy a scrumptious morning or afternoon tea as well.

Dates to remember

Morning Session	Thursday 2 February 2017	9.30 am - 11.30 am
Afternoon Session	Wednesday 8 February 2017	1.30 pm - 3.30 pm

**If you are interested in joining this most enjoyable activity, please contact Pam Harris on
Email: bapjh@live.com or phone: 02 6288 2053.**



Jody, Maureen, Esther, Pam and Linda, the smiling faces of the CLLSG.

World COPD Day

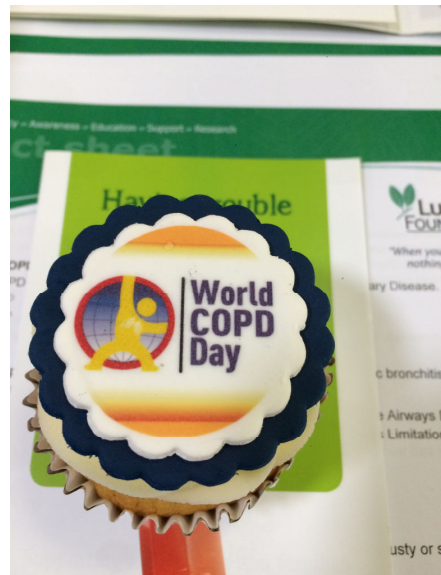
On Wednesday 16 November 2016 the [CLLSG] organised a stand for World COPD Day in the foyer of The Canberra Hospital.

Our members who manned the stand looked very impressive with their t shirts asking the pertinent question, "What is COPD?" The members talked to anyone and everyone who asked them the question.

The CLLSG once again thanks those who gave up their time to participate in this most worthwhile endeavour.



Esther and Jody are guarding the World COPD cookies, donated by Jody, but there's one missing.



Eureka! Here's the missing cookie. Doesn't it look great.

To all members and friends of the Canberra Lung Life Support Group:

Have a safe and happy holiday season and happy and healthy 2017.