

Newsletter February 2012

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

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Next Meeting

Thursday 9 February 2012
10.15 am – 12 noon

The Weston Club
1 Liardet St
Weston ACT

Speaker: Dr Michelle Austin
eHealth

Dates for your diary

Thursday 8 March 2012	Lung Life Meeting
Wednesday 28 March 2012	Education Day
Thursday 29 March 2012	Session with Physio students @ UC
Wednesday 27 June 2012	World Spirometry Day
Tuesday 14 August 2012	Session with Physio students @ UC

Christmas Lunch

The last event for 2011 was our Christmas Luncheon. Thirty nine party goers enjoyed traditional Christmas fare of turkey, ham, pork, baked vegetables, Chrissie pudding with custard and the well loved pavlova. While we also enjoyed a tippie Secret Santa made his appearance and everyone received their gift. Secret Santa was very creative in his choice of gifts. Very impressive!

There is always only a limited number of winners in any raffle and our raffle winners were:

- hamper to Jeannette
- gingerbread house to Brigitte



- biscuits to Pat and Ken.

Many of the group thought of people who were less fortunate and brought along Chrissie gifts for children of all ages which were presented to the Salvation Army in Woden. They were very appreciative of our generosity.

And the group was very appreciative of the efforts of Pam, Maddie, Pat and Robyn for their organisation of such a successful event. The four ladies are definitely a formidable group when it comes to their organisational skills.



Helen gave us an overview of the groups activities for the year and I'm sure everyone was impressed at just how busy 2011 has been.



Events at our meetings

January	Informal meeting
February	Informal meeting
March	Paula Calcino - Living a Health Lifestyle with a Chronic Disease
April 14	Inaugural Education Day at Southern Cross Club
May	Our conditions, doctors, medications etc
June	Emma Awisen - Advanced Care Package
July	Informal meeting
August	Jim Thornton - computer and computer technologies
September	Mobility Matters and the new Inogen 2 Portable oxygen concentrator
October	Beyond Maturity Blues
November	Our grumbles/concerns and contact info

Other Events

- **Expos:**
 - ◆ Seniors Expo at Kingston
 - ◆ Chronic Care Expo at Southern Cross Club
 - ◆ Chronic Care Symposium at The Canberra Hospital
- **Members who have passed on:**
 - Clive Ellis – one of the founding fathers of this group
 - Henk Koks
 - Val Buchanan
 - May Dawson
- Physio and medico students
- By March, the *Lungs in Action* group had started
- Teleconferences every month with the ALF COPD Taskforce
- Networking breakfasts and a networking dinner for chronic care alliance
- Pam was interviewed for Chronicle article for *Show Us Your Lungs*
- COPD Day Walk (a combined effort of 83 ks) and picnic
- Social get-togethers:
 - ◆ Italian luncheon in July

- ◆ Christmas lunch
- The new Banner
- The monthly newsletter.

Definitely a busy year thanks to the combined efforts and commitment of members of Lung Life and in particular Helen Cotter.

Anyone interested?

Robyn, one of our members, is planning to start a Northside lung support group and would like anyone interested in joining to contact her. No date or time have been organised as yet. If you are interested, please contact Robyn on:

Phone: 02 6241 9507

email: palanabirdsong@gmail.com

Physiotherapy Students

The Physiotherapy students at the University of Canberra return on 9 January 2012 to provide concession rate services to community members suffering joint, back and neck problems. If you are a student or concession card holder the charge is \$20.00. Non concession card holders will be charged \$30.00. Supervised assessments and treatments are a mandatory part of a physiotherapy students' course. By taking advantage of this offer not only do we feel better, the students get experience and they are assessed by their supervisor.

Please call **6201 5843** to make an appointment.

Education Day Wednesday 28 March 2012

This year's Education Day will be held on Wednesday 28 March at the Southern Cross Club, the same venue as last year. Some possible topics include:

- information about ALF - what it does etc
- an explanation of the various lung function tests
- research - what research is going on currently
- correct puffer techniques and the use of accessories
- your energy conservation in everyday life - techniques you can use

We'll keep you informed. Meanwhile don't forget to put the date in your diary.

Placing notes on vehicles parked illegally in disabled spots

In our meetings we have talked about creating a notice to place on vehicles parked illegally in disabled spots. We are going no further with this idea as we have learnt that it is illegal to place notes on a vehicle's windscreen. It's a fineable offence under the Litter Law. It's better to contact Canberra Connect on **13 22 81** and they will put you through to Parking Operations or you can ring Parking Operations yourself on 62077200. They can take definitive actions such as fining the offender.

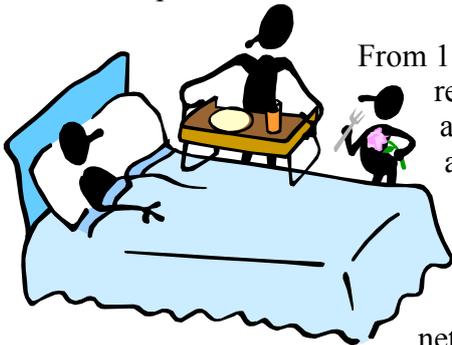
For your information

Caroline Polak Scowcroft would like to inform you that she is no longer contactable at the previous land line number. It's best to use email 'cpolakscowcroft@gmail.com' or mobile - 0400 427 627, although that number will probably only be current until the end of January and then sporadically during the first half of 2012. Caroline has rented out her house in Lyons for 2 years

and will be couch-surfing, house/dog/cat/budgie-sitting, travelling, studying, playing Scrabble, etc etc. She will always respond to emails - eventually. And promises to provide relevant updates to the Canberra Lung Life Support Group and will 'visit' meetings and other activities when she is in Canberra.

Calvary eHealth

Calvary eHealth is an eHealth records system for residents of the ACT and southern NSW. It is part of the Australian Government's \$466 million investment in the national personally controlled electronic health record system. This initiative will streamline and enhance patient care by linking important healthcare information which previously was held in various places and with various healthcare providers.



From 1 July 2012 all Australians can choose to register for an eHealth record via the national system. Once the national system is available Calvary eHealth will be connected to it. Our system allows you to consent to share your health summary with the treating clinicians, specialists, hospitals and practices involved in your care. You're in control because, in partnership with your healthcare professional, you decide what information is available to other healthcare professionals via a secure electronic network.

In partnership with the National eHealth Transition Authority, Calvary Health Care ACT is hosting a free Model eHealth Community exhibition, demonstrating how eHealth will enhance the patient journey. To find out more about this healthcare innovation you'll need to travel northside to Calvary for the exhibition which runs from 23 to 27 January (excluding Australia Day).

Dr Michelle Austin, Calvary's eHealth Change and Adoption Manager, is the speaker for February's meeting. Her role is the strategic planning and coordination of consumer engagement and GP and Specialist engagement – in other words – getting people to sign up. You will have the opportunity to hear her speak and to sign up at the meeting, all you need is your Medicare Card and photo ID.

If you are interested in researching this topic go to: www.calvaryehealth.com.au

January Meeting

Our first meeting of the year was a relaxed get together, with special damper from Esther and fresh fruit from Val to add to the occasion. We discussed possible speakers for the year as well as possible topics for Education Day on 28 March at Southern Cross Club, but mostly we caught up with each other.

We were in the new room behind the reception area. We liked the room apart from the few steps down to it. However, as they haven't started work on our old room, we can use it until they do. Check at the desk when you come. It was lovely to catch up with everyone.

Reminder

If while reading the paper or surfing the net you find something of interest to the group, please email the Editor with details so it can be included in the Newsletter.

Editor: helenrey@creationcorporation.com.au

Disclaimer: the information in this newsletter comes from a variety of sources and is intended as a guide only.