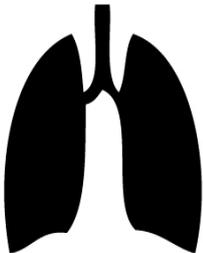


CANBERRA  
**LUNG LIFE**  
SUPPORT  GROUP

## November Newsletter

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

**Editor:** Helen Reynolds 02 6259 7737  
helenrey@creationcorporation.com.au  
**Contact:** Helen Cotter 02 6281 2988  
lung.life1@hotmail.com

**Next Meeting**  
**Thursday 8 November 2012**  
**10.15 am – 12 noon**

**The Weston Club**  
**1 Liardet St**  
**Weston ACT 2611**

**Guest Speaker – Michael Reid (Pegasus)**  
**Products and Services**

### Dates for your diary

Thursday 8 November	Canberra Lung Life Support Group Meeting
Wednesday 14 November	World COPD Day
Tuesday 4 December	Christmas Lunch
Thursday 13 December	Canberra Lung Life Support Group Meeting

### October Meeting Report

**Helen Cotter**

The weather was foul and the numbers for the meeting were small but we had a good meeting, followed by the usual lovely lunch. Ebba started us off by showing us a vase she has where you fill the round vase full of water, place the flower/s in it, seal the bottom, then turn it up the other way – like a snow dome. We all wanted one.

The two Helens, Reynolds and Cotter, attended a do at Parliament House where The Australian Lung Foundation were creating a new group, Parliamentary Friends of the Lung Foundation. It was a stand round and chat evening where interested politicians dropped in and learnt about the Foundation and about lung conditions. A worthwhile event.

Ebba has spent time putting past videos of our group onto DVD. A spare copy if anyone wants one. We are planning to show the DVD at the January meeting.

Disclaimer: The information in this Newsletter comes from a variety of sources and is intended as a guide only. Page 1

We finalised numbers for the **Botanic Gardens Tour on Flora Explorer** on Thursday October 25<sup>th</sup> to be followed by lunch in the café. By the time you read this, we will have had the tour and can report back at the next meeting. If successful, we can have another one later.

We organised the **Christmas lunch** for Monday 3 December (12 for 12.30). Details later in the newsletter.

We discussed the problem of the empty **Spiriva capsules**. A few people have contacted their chemist or the manufacturers but get one of two answers: it can't happen; are you taking it correctly. We have heard they are going to change the format soon.

We discussed **World COPD Day** – Wednesday 14<sup>th</sup> November – the walk by the lake followed by a combined picnic. Time to be there 11am. Anyone need a lift? At 12 noon, we have the combined picnic lunch – finger food – just a plate each. If anyone needs a lift, contact me and we'll see what we can organise. Details of the walk later in the newsletter.

Finally, we looked at the various jobs people do for our group to see if they needed changing or adding to. Some members have been hard working for the group in the past and now it's time for them to relax. Others are not able to do more than come to the meetings, but it's good to see that many people help in a variety of ways to keep the group buzzing along.

### Reminder!!!!

At the Christmas lunch on Tuesday 3 December there will be a raffle with first prize being a Christmas hamper. The more people able to bring along something appropriate to donate at the next meeting the bigger and better the hamper will be. So, don't forget. You never know, you might be the winner.

## Treadmill Walking for Seniors

**Helen Reynolds**

The majority of people you see at a gym, whether young or middle aged or over 60, all grip the treadmill as if their life depended on it. Being over 60 is all the more reason you should not hold on. An older person is more likely to damage their posture and joints by holding on and creating an artificial environment for their body. **If you walked into the gym without a cane there's no medical need for gripping the treadmill.** Even people with hip replacements need to keep their hands off the machine. That new hip must learn how to become an integral part of your body's natural walking mechanism. Hence, you must walk the way you would in real life: no holding on! Wherever you walk in your daily living, you aren't holding onto anything so why hold onto the treadmill?

### **Let go and see what happens**

- Your balance and coordination will improve as the muscles that are normally used in walking are working as nature intended.
- The body's alignment (posture) will be such that it will not aggravate the degenerative changes in the spine that comes with age. With good posture, you will be able to breathe easier.
- By challenging your body to adapt to "no hands" you will improve balance, co-ordination and posture assisting your motion in the real world. Holding on makes walking so effortless your body will not improve because there is nothing challenging enough to adapt to!



- When you let go and make your legs, hips and core muscles work, your body detects a true challenge. It responds by becoming stronger! Walking or running hands-off burns 20 to 25 percent more calories for the same length of time.
- The muscles of the lower back stabilize the spine and are strengthened, keeping you erect while walking or jogging.

### **Learning to let go on the treadmill**

So how, then, do you transition from holding on to letting go? You make the decision; set the tread at a pace similar to that of your outdoor walks and away you go. Age isn't the issue here; it's the pitfall of underestimating yourself! If you don't think you have a balance problem, simply let go at the speed you normally use. You'll instantly feel many more muscles working. Keep straight and [focus on posture](#). If you're "scared" to let go, then first reduce speed. Go down to 2 mph, if you must. If you're challenged set it even slower. Cruise at 1 mph if this is what it takes to assimilate your body to real walking. Your body will adjust to this new stimulus very quickly. If you prefer no incline, do short speed-walking intervals alternating with slower walking, or, stay at one challenging pace for sustained periods.

This I have tried. I was amazed at how much easier walking "no hands" was. I concentrate on the job at hand, no TV, no book, but I do have music to walk by. I was so carried away by how easy it was I even managed a few dance steps. I must admit I do grab the rails occasionally but the more time I spend "no hands" the more I don't have to grab for the rails.

### **Sources**

<http://walking.about.com>

<http://walking.about.com/od/treadmillworkouts/a/treadmillletgo.htm>

Maureen wrote:

I haven't been able to attend meetings for months as I usually have other commitments on Thursdays. But I was interested to read the report on last month's podiatry talk and have a different suggestion for dealing with callouses. Buy a foam sanding block at hardware store (they come in Fine, Medium and Coarse grades, cost around \$3), are easy to hold and absolutely safe. Use after the shower when skin has softened and I think they do a better job than pumice.

### **Time value**

Tanisha Jowsey

I was planning to tell you some interesting little statistics from our time use survey, like the median amount of time people with more than one chronic illness spend on health related activity each month is 5-16 hours, but for people with COPD it is much higher. People with COPD who have five or more illnesses spend about 109.5 hours per month or 3.5 hours per day on managing their health. But that is information I learned from other people. What is it you have taught me? Let me instead begin this way:

The usual strong man hadn't arrived yet so we got to work moving tables into position. My new friend needed to stop and catch her breath; with pursed lips her eyes smiled at me. Others entered and gradually a little hum of greetings began. When the meeting officially started Helen initiated a conversation about who was absent today. "Who has seen him lately?", "Does she need help?", "Who can call in on him this week? Does someone have time?" All members were accounted for and the group quickly had a plan for supporting those in need.

After the meeting we had lunch in the restaurant. I knew I was welcome when the lads started joking about kiwis; "say fish and chips" he said. On this day I began to understand on a new level the value of

friendship and support, and in particular, support offered by this group. It is clearly highly valued by the group members, who brave the winter air and dedicate their time to attend.

During my research I have learned that as chronic conditions progress, time becomes increasingly accentuated as something that is limited and precious. This perception informs people's choices and behaviour. Health services have found ways to *reduce unnecessary time* spent on managing health. They have also found ways to *increase the value* of necessary time spent managing. The time with your group has illustrated to me the importance of this second dimension and I will now be putting my mind to finding more options for health services to contribute to increasing value in the programs and support they offer. Thank you for your time!

### **The Australian Lung Foundation: 2012 summary**

Estimated that 1 in 5 Australians have some lung deterioration as a result of COPD.

Approx. 2.1 million Australians have some form of COPD.

COPD is more common in any year than most types of cancer, road traffic accidents, heart disease or diabetes.

Lung cancer accounts for 1 in every 5 deaths due to cancer (19%)

### **Botanic Bus Tour**

Helen Cotter



Flora Explorer



The intrepid travellers



On a beautiful warm (but not too warm) sunny day, eight of us took the inaugural Lung Life Botanic Gardens Tour on *Flora* the electric open-air bus. Our driver, Dennis, gave us a lovely tour, pointing out the various plants, trees, flowers, birds and water dragons – giving us some background, some history and some botany.

Did you know that about 60 years ago Black Mountain was almost bare of trees as it was part of a dairy farm? Most of the trees you see have grown since then. Did you know that acacias (wattles) come in all sorts of colours – not just yellow? So many plants are flowering right now. We saw spectacular displays, including an enormous waratah bush covered in brilliant red waratah flowers. It's a lovely time to visit the gardens.

We followed our tour with lunch in *Floresco*, the café, all very happy with our tour on *Flora*. Many thanks to HelenR for organising the event. We hope it can be repeated sometime.



Helen C and Val



The enormous waratah bush

Neryl Foy, wife of the late Peter Foy, is interested in selling Peter's portable concentrator, and his mobility scooter which is not yet twelve months old. Neryl can be contacted on:

**Telephone** 62972801 **Email** peterfoy@southernphone.com.au



# End of Year Christmas Lunch

Come and celebrate the end of the year with  
a luscious traditional Christmas lunch in the  
Weston club

Monday 3 December  
12 noon for 12.30



The Weston Club

1 Liardet St  
Weston

**COST: \$25**

rsvp: Jenny ph: 6292 2245 or  
email: [djkeen1@optusnet.com.au](mailto:djkeen1@optusnet.com.au)

# World COPD Day Walk 2012

Catch your breath.....

**when:** Wednesday 14 November

**where:** Acton Peninsula, near the Kiosk

**time:** 11am to Noon

followed by a combined picnic lunch



*Some of the willing participants, World COPD Day Walk 2011*

*Come and walk  
in pleasant surroundings  
at the edge of the lake.*

*We will be measuring the distance  
and  
adding it to the total Australian distance walked  
and  
following up at Noon with a combined picnic lunch.*

*Bring some 'finger food' to share – sandwiches, mini quiches, pizzas, cakes etc.  
Bring your hats, sunscreen and water.*

*For more information: Helen C 6281 2988  
[lung.life1@hotmail.com](mailto:lung.life1@hotmail.com)*