

August 2013 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 8 August 2013
10.15 am – 12 noon
Burns Club, 8 Kett Street, Kambah

Speaker: Jill Pearce, a volunteer with Palliative Care, will speak on Palliative Care and also the Advance Care Plan.

Dates for your diary

Thursday 12 September 2013 Canberra Lung Life Support Group Meeting
Wednesday 20 November 2013 World COPD Day

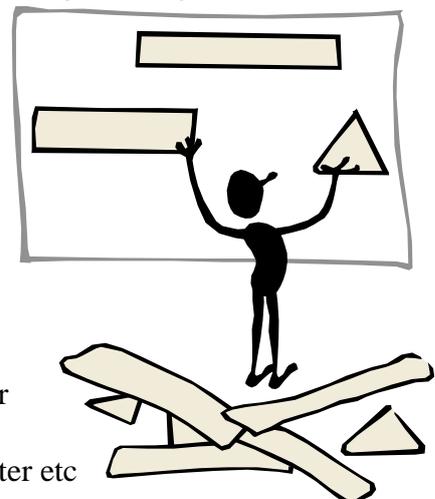
July Meeting Report

Helen Cotter

General business concluded, the meeting discussed (and recorded) what was needed to be prepared for an emergency. We looked at **short term emergencies** where you may be away from home for one night; hospitalised; and at **longer term emergencies** where you may be away from home for an indefinite time.

The discussion brought up many worthwhile points such as:

- * the need to be organised – to have things either packed or easily collectible
- * medicines are obvious but also include oxygen and CPAP/VPAP machines etc. The importance of a list of medicines, doses, time, oxygen level, CPAP/VPAP settings
- * mobile phone, phone charger, personal phone book, battery radio, torch, spare batteries, spare house and car keys, first aid kit may be consideration
- * pen, paper, books, electronic book and charger, computer etc
- * nightwear
- * change of clothes and shoes
- * things for your pets – lead, food, bowl
- * food and water for yourself.



Of particular interest to those living alone was the use of a KeySafe and the registration of personal information with ambulance and possibly the police and hospital. This precaution is less important if Vitalcall is in use.

Discussion also occurred around the use of ICE (In Case of Emergency) stored as an emergency contact with the phone number of the person you want as an emergency contact. What you take in an emergency depends on your situation and on the emergency. What we did realise is how useful a handbag is – it contains many essential items and much essential information and is usually packed ready to go.

10.15am at the Burns Club

Although the Burns Club opens at 10.30am during the winter months they have agreed to let us in at 10.15am so we can make coffee and chat before we start our business meetings. However, if there is no one at the desk to see us, we need to **press the switch near the door** and someone will come. **See you at 10.15am next meeting.**

ACT Health Chronic Conditions Strategy 2013

Extracts by Helen Cotter

The ACT Chronic Disease Strategy 2008-2011 made considerable progress ensuring chronic disease prevention, detection and management is coordinated, collaborative and interprofessional and addresses the needs of specific groups. This new ACT Health Chronic Conditions Strategy 2013 prioritises integrated service provision and support for those living with chronic conditions.

This Strategy pledges to ensure our health system is patient and carer centred, evidence informed, and that any person living with a chronic condition:

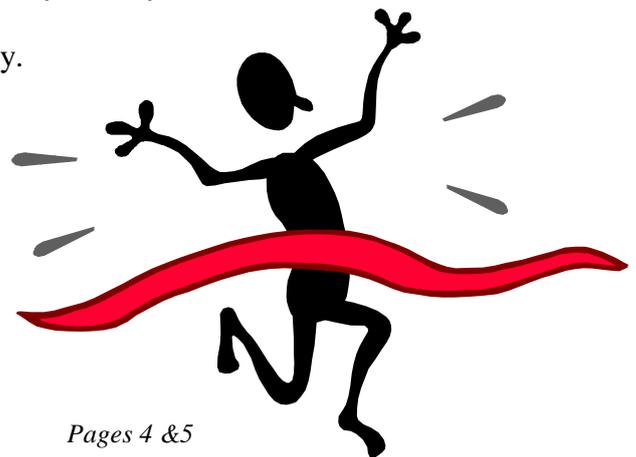
1. Receives appropriate screening and early detection.
2. Receives the right care, in the right place, at the right time from the right team.
3. Has a plan which supports active participation in their care.
4. Is aware of relevant support options and how to access them.
5. Is provided with the information and support to stay healthy and/or minimise the risk of other conditions.
6. Does not have to repeat their story unnecessarily.

The key priority action areas are to:

- * Optimise existing services through enhanced integration.
- * Improve access.
- * Better support those in the community.
- * Improve person centredness.
- * Enhance early detection and secondary prevention.
- * Enhance governance and system enablers.

ACT Chronic Conditions Strategy - Improving Care and Support

Pages 4 &5



How does that match with your health experiences so far?

We all get heavier as we get older because there's a lot of information in our heads. That's my story and I'm sticking to it.

You could run this over to your friends. But just email it to them. That will save you the walk.

The perfect summer day is when the sun is shining, a breeze is blowing, the birds are singing and the lawn mower is broken.

The A-Z of Preventative Medicine

Chris Moyle

Depression

Dr Frank Lawlis, chief content advisor for the Dr Phil show, says the brain can be retrained to alter its responses to those triggers of stress, anxiety and depression.

- There are many kinds of depression, but the one thing that elevates your brain patterns to defeat depression is exercise that matches your breathing and energy.
- Because so many of the nerve fibres go from the body to the brain, we often say that emotions follow behaviour. This can be reduced to “fake it until you make it” or “behave your way to success”. This is something we don’t like to do because we want to be motivated and let our emotions take us to new heights. But as far as the brain goes, if you make up your mind to enjoy life your brain will change its patterns to be consistent with your behaviour.
- Individuals who practice meditation show increased grey matter in an area of the brain linked to emotional regulation. Meditation involves becoming aware of one’s body, breath and thoughts.
- There is such a thing as brain coherence across individuals. If you are around other people who are not depressed, your brain can get in step with them. Team efforts can really get your brain rolling in a desired direction.
- Challenge your reasons for being depressed. If you challenge your belief systems and come to a rational conclusion that there is very little cause for your current sad thoughts, your brain has to change its patterns. For example, what if you were sad because you thought you were a failure, but discovered that there is no failure, only an event for learning who you are and your limitations, then your brain cannot continue to hold that choice in judgment as valid.
- Nurture your brain with good nutrition.



Have some faith. If we allow ourselves to have faith that things will change, they will. Even if depression persists for several weeks there is help available from your GP, psychologist and support groups.

A Golden Change to the Seniors Gold Card

Yvette Berry MLA - Member for Ginninderra & West Belconnen

From 1 July 2013 the ACT Government has lowered the age at which a Seniors Card holder can qualify for a Seniors Gold Card from 75 to 70 making public transport free for thousands of eligible residents

If you are under the age of 75 or are about to turn 70 you should visit your nearest Canberra Shopfront and talk to them about obtaining a Gold Card.

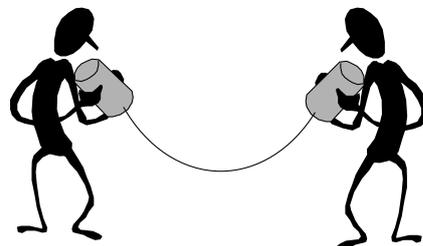
Telstra Priority Assistance

Chris Moyle

Telstra Priority Assistance, a service for people with a life-threatening illness, including people with COPD on oxygen needs assessment by a GP first to determine eligibility. Telstra gives the assurance of prompt service if your life may be at risk without a fully-operating standard home telephone service.

Telstra will provide *Priority Customers* with the highest level of service practicably available at the time for:

- i) the connection of their first standard telephone service and
- ii) the repair of a fault on one nominated standard telephone service where no other services are working.



Telstra aims to connect a Priority Customer's first standard telephone service and to repair faults on one nominated standard telephone service within 24 hours of the connection request or fault report in Urban and Rural areas; and within 48 hours of the connection request or fault report in Remote areas.

iPad 101 AUGUST WORKSHOP INFORMATION

PRESENTED BY: Ability Technology

DATE: Wednesday 14th August 2013

TIME: 5:00pm until 7.00pm

VENUE: Hartley Lifecare Training Room
6 Hodgson Place Pearce Act 2607

TOPIC:

This session will cover all the basic knowledge needed to use an iPad enabling the user to gain the full potential from their device. The work shop will specifically cover the following:

- * setting up an account, Apple ID - iTunes & iCloud,
- * Icons,
- * folders & screen layout
- * setting up music, folders and email printing options
- * how to synchronise with a computer
- * using Podcasts
- * iTunes U
- * iBooks

Contact Hartley Lifecare on 6282 44 11 or leoniemayberry@hartley.org.au
Cost is \$30.00 per person. No charge for people with a disability.

Workshop fees go back into the program to ensure future availability of program to all. Don't miss out- book early. The feedback we received from the last workshop was fantastic, so secure your seat early and avoid disappointment.

Christmas in July Pam and Helen R

First impressions are always very important and first impressions of our Christmas in July were indicative of a highly successful event both socially and financially. The setting was most decorative, the food was well presented and tasted rather delicious and the company was exceptional.

The raffle was very successful raising \$100 which was great. Thank you to Laurelle and Esther for donating the prizes.

The raffle winners were:

Rug	Val
Candles	Robyn
Chockies	Helen C

Also another big thank you to Esther and Shirley for running a great Auction. Everyone really got into the mood and everything was sold at auction with both our Club and the individuals benefiting from the bargain basement prices. A big thank you to all those who donated items for auction. The auction brought in \$220; a fantastic effort.



Happy Christmas Luncheon Snaps



People have pulled their crackers, rescued and donned their party hats and are all ready to have a good time.



Esther and Shirley were really in the groove as auctioneer and side-kick.





Pat and Ken are having a good time. You can tell by the look on their faces.



Helen is also having a good time. Look at her expression.



John is looking thoughtful. Maybe he's contemplating bidding for something at the auction.



Betty and Annette look as if they are worried their bid will not be high enough.



Ebba's having a good time. Her smiling face tells us so. Maybe she just had a successful bid on something.



Here's another happy face. It must have been a very successful party judging by the number of happy faces.