

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

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**Next Meeting** Thursday 12 December 2013  
10.15 am – 12 noon  
Burns Club, 8 Kett Street, Kambah

Year's end - come with your thoughts regarding the year.

### **Dates for your diary**

Tuesday 3 December 2013	Christmas lunch
Thursday 12 December 2013	Lung Life meeting
Thursday 9 January 2014	Lung Life meeting

### **November meeting**

**Helen Cotter**

We had a speaker organised for this meeting but she called in sick a few days before. We fruitfully spent the time organising and finalising our imminent activities: World COPD Day; our own picnic a week later; and the Christmas lunch as well as reporting back on the three meetings I'd attended recently. You'll find write ups of all of those events later in the newsletter.

In between the discussions, various members spoke on our ongoing topic of what brought people to Canberra. It's most interesting to hear all the stories and they often lead on to further discussion – especially about those early days of Canberra and the fun and games that occurred.

Our next meeting – in December – is the final meeting for the year. It'll be a relaxed winding up of the year (or is that a winding down of the year?)

### **Three meetings**

**Helen Cotter**

Since our last newsletter I have attended three meetings. All came at once although generally they're every two months.

**Medicare Local Consumer Group** - to advise Medicare Local on consumer needs/gaps in primary care health provision. We discussed a revamp of the group in order to provide more consultation with the community. Our meeting at the Burns Club with Heather and Karen from HCCA where we gave our views on primary care provision – a joint Medicare Local and HCCA project - was a good example of consumers making their thoughts and ideas known.

**The COPD Working Group** - Set up by Beth Forbes and chaired by Mark Hurwitz this group has representatives from Pulmonary Rehabilitation; GP liaison; the Respiratory Ward manager; Medicare Local; Calvary Hospital and others. We discussed:

- World COPD Day – our event and also what else the Hospital and others can do to publicise COPD;
- chronic disease management session in early December, informing health professionals such as doctors, nurses, physios, and social workers;
- the state of play with HITH (hospital in the home);
- telemonitoring and how it's going.

Next year, Helen Reynolds is taking over from me as the community representative.

**DORSS (Domiciliary Oxygen and Respiratory Support System)** - responsible for advising the health directorate on the allocation of oxygen and other respiratory items. Main discussion revolved around:

- criteria for the use of humidifiers bought for people with high oxygen needs and experiencing dryness problems;
- the new tender for the supply of oxygen – this time, provision of POCs is included.

I'm pleased about those meetings. It helps ensure that the issues we have – and others with chronic conditions - are recognised and hopefully dealt with – one day. I would like to see more people become consumer reps and spread the word.

### What is a Senior Citizen?

**A 'Senior Citizen' is one who was here before the pill, before television, frozen foods, credit cards and ballpoint pens. For us 'Time-Sharing' meant togetherness, a 'Chip' meant a piece of wood. 'Hardware' meant tools purchased from the local hardware shop and 'Software' was not even a word. We were before pantyhose, drip-dry clothes, dishwashers, clothes dryers and electric blankets. We got married first and then lived together. We were before disposable nappies, pizzas and instant coffee. In our day cigarette smoking was fashionable, grass was for mowing, a pot was something you cooked in, a 'Gay' person was the life of the party, while 'Aids' meant beauty lotions, or help for someone in trouble. We are today's 'Senior Citizens', a hardy bunch when you think of how the world has changed, and the adjustments we have had to make.**

## A Day in the Bush

Helen Reynolds

An auspicious day was accidentally chosen for our 2013 tour of the National Botanic Gardens. The Parliamentary Secretary to the Minister for the Environment, Senator Simon Birmingham, officially opened a new exhibit, the Red Centre Garden. From Flora Explorer's expansive glassless windows we were able to take in the desertlike panorama of sand dunes, anthills, creek beds, desert rock formations and desert flowers like the Sturt Desert Pea and the flannel flower.

The Red Centre Garden is quite a contrast to the rest of the gardens. I totally agree with Senator Birmingham when he said, "I'm really looking forward to coming back in 12 months time and seeing this arid landscape taking shape, with the classic trees and shrubs of our country's heart broken up by a creek bed and a carpet of desert wildflowers."



**The Main Path leading the visitor into the grey-green serenity of the National Botanic Gardens.**



Looking down on the Red Centre Garden, a flash of red terrain in the grey-green serenity of the National Botanic Gardens (ABC Local: Jim Trail)



Perhaps the most iconic of Australian desert flora, Sturt's desert pea is on display at the Australian National Botanic Garden's new Red Centre Garden (ABC Local: Jim Trail)



Triodia Scariosa adds a splash of green in the Red Centre Garden (ABC Local: Jim Trail)



These kangaroo paw prints look like part of the design in the footpath at the Red Centre Garden, but they're just the legacy of a wayward animal that jumped over the fence while the concrete was wet. Staff elected to leave the prints in place. (ABC Local: Jim Trail)



This Thorny Dragon sculpture at the Red Centre Garden is in place to entertain younger visitors. Hopefully they'll learn it's not to scale (ABC Local: Jim Trail)

**Source: The Chronicle 5 November 2013**  
**[www.abcnet.au/local/photos/2013/10/31/3880389.htm](http://www.abcnet.au/local/photos/2013/10/31/3880389.htm)**

## **Assistive and Enabling Technologies for Consumer Empowerment**

### **Chris Moyle in conjunction with Dr Kevin Doughty**

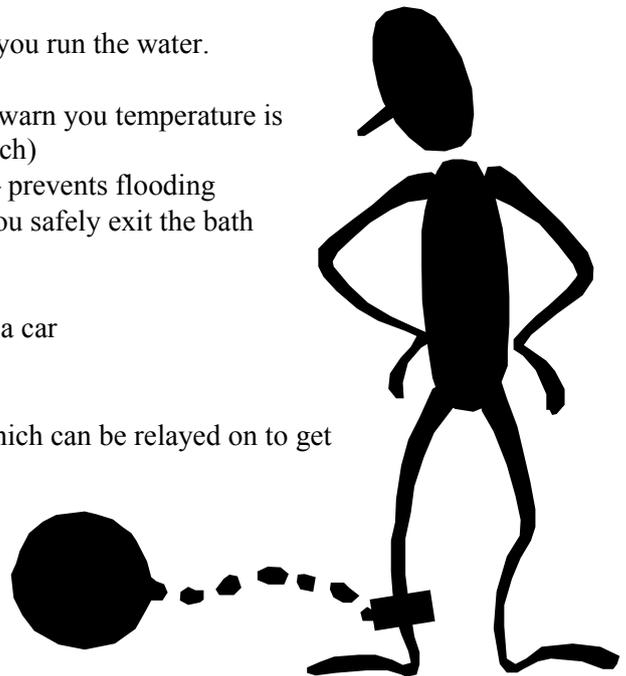
Dr Kevin Doughty is the Director, Centre for Usable Home Technology (CUHTec), University of York and Newcastle University. He spoke at the Hughes Community Centre on 22<sup>nd</sup> October.

Dr Kevin Doughty, a Bio-engineer by trade, originally hails from Wales and more recently from Essex in the UK where he runs a care home for elderly people. But Dr Doughty, who prefers to drop the Doctor title and just be addressed as Kevin, doesn't want to end his days in an aged care facility. He'd much rather go out with a bang (not a whimper) whilst riding his Harley Davidson into the sunset.

In England there are three times as many people over the age of 65 as there are in Australia, and so they have an increased interest in technologies to support independent living. Australians, with baby boomers about to swell the aged population, will be well advised to follow the UK example. Many of us will have more than one chronic disease to manage and it is prudent to have as much help as possible at home to prevent exacerbations and hospitalisations.

Listed below are examples of some of the amazing, mind-boggling new technologies on the market to support elderly people living safely in their own homes.

- A bath with a door in it. Do step in and close it before you run the water.
- Tap turners (\$1 each)
- Bath plug which changes colour, from green to red, to warn you temperature is over 40 degrees centigrade – prevents scalding (\$10 each)
- Bath plug which lets water out if the level is too high – prevents flooding
- Bath lifting device or inflatable cushion which helps you safely exit the bath
- Smart shower that dries you off afterwards
- Prosthetics and replacement limbs
- Skull cap and computer – using your thoughts to drive a car
- Smart walking frames with a navigation system
- Watches that remind you to eat, take pills etc.
- Bed exit sensors – one of the devices to detect a fall which can be relayed on to get help
- Robotic helper. Robot can place medications in blister packs and snap your photo when you take the medicine
- Secure access control – uses your fingerprint to open your front door
- Devices which daily collect vital signs data e.g. blood pressure, and even relay results to your GP helping detect any deviations at an early and treatable stage.



Kevin's father has a system installed where he can see on a screen who is at his front door. He now wants another one installed so he can see who's visiting the neighbours.

My opinion is that you do have to stay smart so you can understand how to use all this technology in the first place. It is important to get the right assessment and choose the best product for you. The positive impact of getting it right means helping manage chronic conditions, even supporting dementia care; keeping you safe and keeping you at home for as long as possible.

Contact for slides of these products: Email [doughty@btinternet.com](mailto:doughty@btinternet.com).

### **Reminders!**

**The first meeting for 2014 will be held on Thursday 9 January 2014 at the Burns Club, Kambah.**

**The next Newsletter will be due at the end of January 2014.**

## A-Z of Preventative Health Care (F)

Chris Moyle

**Fats** to avoid are saturated fats and trans-fats (often in margarine). Healthy fats are found in eggs, olive oil, avocados and nuts, particularly walnuts. Eat fish and flaxseed for omega-3 which are heart-healthy fats. Sirloin and rib-eye are lean cuts of beef. Avoid T-bone which has more fat.

**Fermented Foods** help to alleviate digestive disorders, strengthen immunity and provide good bacteria for our gut. Healthy fermented products include plain yoghurt, sauerkraut and soy products such as tempeh, miso (very salty) and tamari.

**Fibre:** Eat an abundance of fruit and vegetables with copious drinks of water (up to 8 glasses a day) to help keep things moving and clear out the system. We need 25 grams of fibre every day, which is 2 serves of fruit and 5 serves of vegetables plus wholegrains. The 5 most fibre-friendly foods are oats, flaxseed, wholegrains, beans and lentils.

## World COPD Day: Wednesday 20 November 2013

Helen Cotter

This year, we changed from our usual walk along the Lake for **World COPD Day** and established a presence in the Canberra Centre. The Centre provided us with a table and chairs inside the complex near the Bunda St entrance.

Pam, Maddie and Esther set up the table with **Lung Foundation** and **Lung Life** pamphlets and posters – it looked good.

Caroline, Carmel and I came later and offered extra support.



Maddie and Esther dressed for the part in their distinctive tee shirts.

Thanks especially to Pam, Maddie and Esther for being the core workers at the event: bringing the pamphlets and posters, Lung Life banner and so on; setting up the site, staying the whole time, and then later closing down the event. Pam, through her son Mark who works at the Centre, also had exit tickets that meant we didn't have to pay to exit the car park.

We offered free lung testing. Beth and Judy from the Chronic Care Team provided the expertise – performing a spirometry test with the Piko6 machine or a carbon monoxide test for smokers showing their CO levels. They tested over 60 people in about 2 hours – most people performing well although it was suggested to some that they see their doctor.

We thank everyone who volunteered their time to come and support both **World COPD Day** and **Lung Life**. It's always good to see.



Many thanks to Luke of the Canberra Centre, who organised the Centre side of things. He visited us to see how we were going on numerous occasions, to check our progress. He took the opportunity to have Judy test his lungs – with good results.

## Free ACT Government Bulky Waste Pick Up

Eligibility restricted to holders of the following concession cards:

- \* Centrelink Pensioner Card
- \* ACTION Gold Card
- \* DVA Gold Card
- \* Seniors MyWay Card (over the age of 75)

2 cubic metre limit per pick up

**02 6249 7974:** Call between 9 am and 5 pm Monday – Friday.

One FREE pick-up permitted per residence every 12 months. Further conditions apply.

For more information: [www.bulkywaste.com.au](http://www.bulkywaste.com.au)

## Northside Coffee

### Helen Cotter

I would like to have expressions of interest from people on the Northside (and anyone else) who would like to meet for a coffee at some convenient location and talk about whether you want to do this regularly or not.

I'm suggesting Wednesday 15 January 2014 (so we have time to contact others) at 10.30 am – but that's up to your responses. I'm suggesting we meet in the Belconnen Mall. A coffee shop outside Myers was suggested as a good place.

Let me know your interest and views.

Contact Helen C email: [lung.life1@hotmail.com](mailto:lung.life1@hotmail.com) or ph: 02 6281 2988.

## Christmas Lunch

Pam Harris

**When: Tuesday 3 December 2013**

**Where: The Burns Club**

**Time: 12 noon for 12.30**

**Cost: \$27.00**



*Merry Christmas and a Happy New Year.  
There goes another year  
And didn't it go quickly!*

*But never fear,  
We're all still here  
And looking forward to another year!*

*Poem by Chris Moyle, Helen Cotter and Helen Reynolds.*