

**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 14 November 2013  
10.15 am – 12 noon  
Burns Club, 8 Kett Street, Kambah

**Guest Speaker:** Suzanne Eastwood from HCCA will enlighten us on things to do with HCCA.

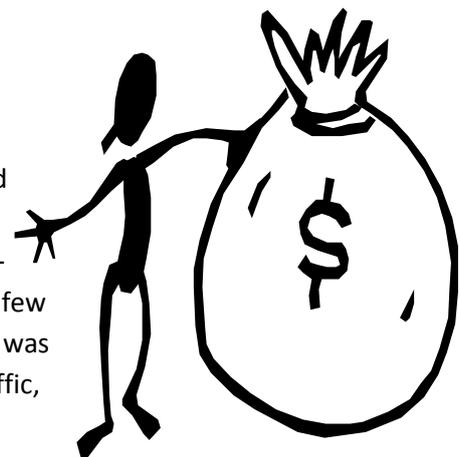
## Dates for your diary

Thursday 14 November 2013	Canberra Lung Life Support Group Meeting
Wednesday 20 November 2013	World COPD Day – Canberra Centre
Thursday 28 November 2013	World COPD Day Lung Life picnic/BBQ
Tuesday 3 December 2013	Christmas lunch
Thursday 12 December 2013-10-20	Lung Life meeting
Thursday 9 January 2014	Lung Life meeting

## October Meeting

### Chris Moyle, Helen Cotter

The meeting discussed various issues such as payment for coffee, World COPD Day and the picnic/BBQ a week after. We made Final arrangements were made for the Botanic Gardens Bus Tour and lunch – if you are not going on the tour you can still join the group for lunch. A few people spoke about their reasons for moving to Canberra – for some it was work; others study; others a good, healthier environment with little traffic, comparatively speaking. This is a topic we'll be continuing at later meetings.



The Burns Club recently emailed to tell me we needed to pay \$3.50 a cup for our coffee/tea – which turned out to be \$3.50 for hot water, instant coffee/tea and milk in our room. We discussed the topic at our last meeting. Pam, who was discussing the Christmas lunch with the caterer, also discussed the coffee issue. It was decided we would be served percolated coffee in our room at \$3.50 a cup – a step-up from instant coffee.

Since then, I have talked to the manager of the Club, John Weir. The only outcome was that by next meeting, a cappuccino machine would be set up near the bar. So we will have a choice of percolated coffee, cappuccino coffee or tea bag tea for a hot drink, at a cost.

We'll see how this goes. Meanwhile, we'd like feedback about the situation in other Clubs.

## **World COPD Day – Wednesday 20 November**

### **Helen Cotter**

We have made different arrangements this year from our last few years when we enjoyed walking along the side of the Lake, followed by a picnic. This year we are having a stand in the Canberra Centre near the Bunda Street Entrance and talking to passers-by about lung health. Between 11am and 2pm Beth Forbes from the Chronic Care Program will be joining us with a breathing activity. Volunteers from Lung Life will be assisting in their recognisable green t-shirts.

The following week, Thursday 28 November, the Lung Life Support Group itself will be having a World COPD Day picnic/BBQ on, the following week. Black Mountain peninsula. Final arrangements will be made at our next meeting.

Many thanks to all those who supported us in our walks by the Lake in our past years. We have appreciated your support. It has been lovely having you along with us.

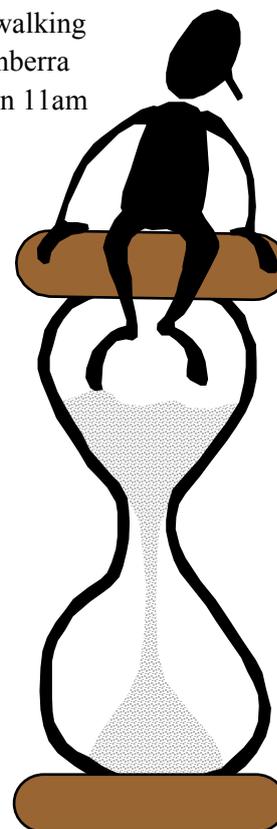
## **The DORSS Advisory Committee**

### **Helen Cotter**

**The Domiciliary Oxygen and Respiratory Support Scheme (DORSS)** supplies oxygen and respiratory equipment to eligible clients in the ACT. The Advisory Committee meets bi-monthly to provide advice to the Director of Client Support Services, Rehabilitation Aged and Community Care Service (RACC), on a range of issues including applications which fall outside the normal eligibility criteria, budget accountability and containment strategies and policy development.

Michael Keen, based at Kambah Village Centre, is responsible for the operation and management of DORSS which gets about 20 new people per month; and has over 1000 people on its books – on respiratory and palliative care. People on the scheme contact Donna Azzopardi on 6205 2622 or email [oxygen@act.gov.au](mailto:oxygen@act.gov.au) whenever they need any assistance to do with oxygen and respiratory matters.

Up to now, Caroline Scowcroft has been the consumer representative on the DORSS Advisory Committee. Caroline has resigned from the Committee because of her peripatetic life and Helen Cotter is now the consumer representative.



## **ACT Budget 2014-15**

### **COTA ACT**

COTA ACT will be making its submission to the ACT Budget 2014-15 by 24 October. This year it's likely that we will be focusing on issues around transport, housing and palliative care. If you'd like to provide your views, stories or experiences on any of these issues, our policy officer, Jane, would be very happy to hear from you – please ring (Wed-Fri) on 6282 3777 or email [policy@cotaact.org.au](mailto:policy@cotaact.org.au).

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

Chris Moyle

### Fatigue

For many people fatigue is a very real problem which impacts on a person's quality of life. It is often misunderstood by those around them who sometimes do not understand the unpredictable way in which a person can be affected by fatigue.

Fatigue may be related to several factors.

#### 1. The disease itself

With chronic illness the body is less efficient in its use of energy for everyday activities because some of this energy is used to help the body heal itself.

#### 2. Inactivity

Muscles that are not used become deconditioned and less efficient in doing what they are supposed to do. Such muscles tire more easily than muscles in good condition – those that receive an adequate supply of blood, oxygen and nutrients. People often say they can't exercise because they feel fatigued. Believing this creates a vicious cycle: people are fatigued because of a *lack of exercise* and yet, they don't exercise because of the fatigue. Believe it or not, motivating yourself to do a little exercise the next time you are fatigued might be the answer.

#### 3. Poor nutrition

If the food we take in is not good quality and/or in the proper quantities, fatigue can result. For some people, obesity results in fatigue. For people with COPD underweight is more likely to cause problems with fatigue.

#### 4. Insufficient rest

For a variety of reasons, there are times when we do not get enough sleep or have poor quality sleep. Lack of sleep causes fatigue.

#### 5. Emotions

Stress and depression can also cause significant fatigue. Most people are aware of the connection between stress and feeling tired, but fewer are aware of the fact that fatigue is a major symptom of depression. If *emotions* are causing your fatigue, rest will probably not help. In fact it may make you feel worse, especially if your *fatigue is a sign of depression*.

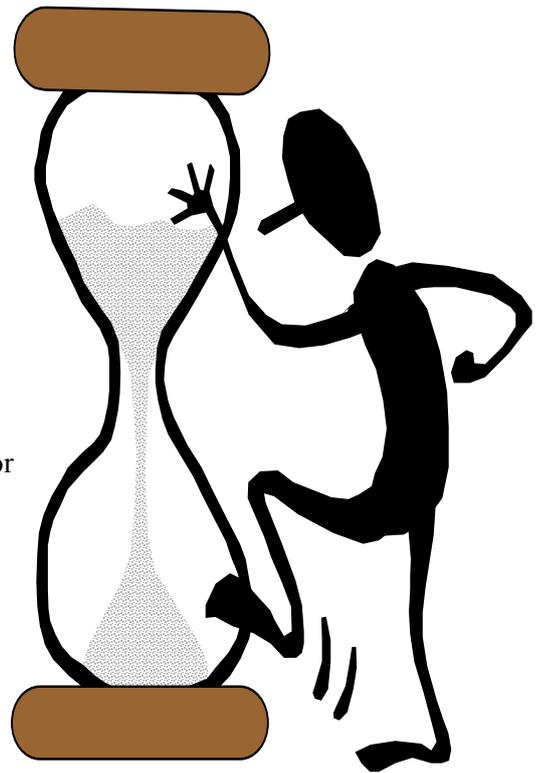
**Source:** *Living a Healthy Life with Chronic Conditions*

### Smoking Rates Fall

By Matthew Raggatt, Canberra Times, October 4

Canberra women are leading the nation in giving up smoking, with daily usage rates dropping by one-third in five years. A leading medical researcher has credited socio-economic factors and a related impulse control for the quicker ditching of the deadly fags.

The Alere Wellness Index found 12.6% of ACT women smoked daily in 2012, down from 19.3% five years earlier. The smoking rate for all Australian women was down to 17.1%. The index's developer and Alere's "connected health" director, John Lang, said expectations were important in attempts to ditch cigarettes. "In the past, people actually started smoking at similar rates regardless of wealth, but higher socio-economic people tend to have more success giving up," Dr Lang said. Dr Lang said plain packaging was helping to cut smoking rates. "It's impacting more on those at the young end," he said.



## Christmas Lunch

Pam Harris

**When:** Tuesday 3 December 2013  
**Where:** The Burns Club  
**Time:** 12 noon for 12.30  
**Cost:** \$27.00

We will finalise details and take names at the next meeting. If you're not going to be at the meeting and want to come to the Lunch, please contact Pam on 6288 2053.

Would people please bring a non-perishable item for a Christmas hamper to the next meeting. The Christmas Elves will make it into a hamper or two, and raffle them at the lunch.



### Did you know that...

If you experience problems using the ACT public hospital system you can bring them to the attention of the Health Services Commissioner (who is one of three Commissioners in the ACT Human Rights). The role of the Commissioner is to consider complaints about the provision of health services and services for older people, contraventions of privacy principles or consumers' rights of access to personal health records. The Commissioner (currently Mary Durkin) also promotes improvements in the provision of health services and services for older people and an awareness of the rights and responsibilities of health service users and providers. You can also contact the ACT Health Consumer Engagement Team on 6207 7627 or ([HealthFeedback@act.gov.au](mailto:HealthFeedback@act.gov.au)) and let them know what you think.

### NIB Health Care Directory

From CT 4 Oct 2013 p10

Health insurer NIB is planning to set up a website, called **Whitecoat**, that compares health professionals such as dentists, podiatrists, pharmacists and optometrists, and provides a directory of healthcare sites, customer service and comparative cost. It won't cover GPs and specialists. NIB has been asking its members to rate their recent experiences. The AMA argues that such a forum usually invites negative comments but NIB believes it's enabling consumers to make better decisions. They believe that it may increase competition and drive service costs down.

**In a Yugoslavian hotel:** The flattening of underwear with pleasure is the job of the Chambermaid

**In a Japanese hotel:** You are invited to take advantage of the chambermaid.

**In a hotel in Athens:** Visitors are expected to complain at the office between the hours of 9 and 11 am daily.

### Travellers' Tales

**In a Bucharest hotel lobby:** The lift is being fixed for the next day. During that time we regret that you will be unbearable.

**In a Paris hotel elevator:** Please leave your values at the front desk.