

## March 2015 Newsletter

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

**Editor:** Helen Reynolds 02 6259 7737  
[helenrev@creationcorporation.com.au](mailto:helenrev@creationcorporation.com.au)  
**Coordinator:** Margaret Geaghan 02 6254 6873  
[lung.life1@hotmail.com](mailto:lung.life1@hotmail.com)

**Next Meeting:** Thursday 12 March 2015  
10:15 am - 12 noon  
**The Burns Club**  
8 Kett Street Kambah ACT 2902

**Guest Speaker:** No guest speaker.

### Dates for your diary

Tuesday 17 March 2015	Seniors Expo, Thoroughbred Park
Thursday 26 March 2015	Physio Students 9:30 am – 11:30 am
Wednesday 1 April 2015	Physio Students 1:30 pm – 3:30 pm
Thursday 9 April 2015	Canberra Lung Life Support Group Meeting
Wednesday 29 April 2015	Education Day

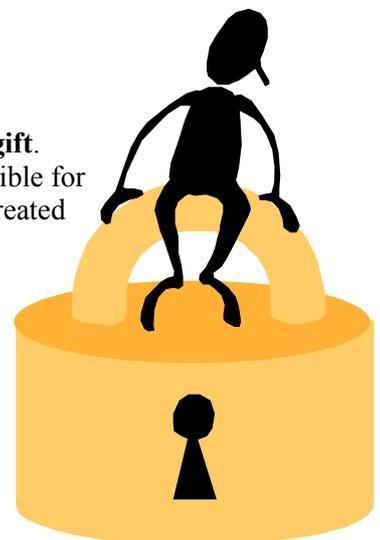
### February Meeting

Margaret Geaghan, our new coordinator, chaired the meeting. Emma Baldock, the advertised guest speaker, was unable to attend but will speak at our April meeting. We were fortunate that Kath Town, pharmacist, was able to provide an interesting and informative talk which was well received by our members. There will be no guest speaker at our March meeting.

### A-Z of Preventative Health Medicine

**Life before death** (Colin Fry, UK) (Good advice).

1. Enjoy each moment for what it is, no matter how small. **Now is a wonderful gift.** Don't waste it dwelling on the past. The buck stops with you. You are responsible for everything that happens in your life. Even if you have not directly caused or created it, you can choose how to deal with it going forward. Remember you are not a victim; you are only a victim if you choose to be one. You are a person with choices.
2. Remember. You are what you think. Choose to be happy. You cannot choose what happens to you but you can choose how to react to it. Try to look on the bright side of life and project a positive attitude. In this way you will encourage good things to come to you. People will be attracted to you and that in turn will increase your confidence.
3. Don't think of negative occurrences as something abnormal. Incorporate them into your life as you would incorporate the positive, and then you will find they do not take over your life. Try to spend less time with negative people.



4. Your destiny is not bound up in your background or family experience. You can choose what you become.
5. The ability to make friends is often based on a person's ability to tolerate differences rather than look for things in common. It is these differences that increase our appreciation of each other and the world. Look at your wider community as a source of contact and friendships.
6. No matter what you feel someone has done to you, you must learn to let go. Don't let your life be destroyed by bitterness and anger.
7. Forgiving someone does not mean absolving them of their responsibility. It means letting go of the pain and hurt you feel in your heart and reclaiming control over your life.
8. By not talking about death we may lose our chance to make the most of the time we have with someone who is dying. It will be difficult but it will mean that when they do die we will have done our best.

### Tai Chi for Exercise

Know you should be doing more exercise but can't bring yourself to go to the gym? Try Tai Chi. COTA ACT (Council of the Ageing) has a Tai Chi group at Hughes Community Centre (near the shops) every Friday morning at 9:30 am. It's a \$5 pay-as-you-go basis. You need to be over 55 years of age. A gentle form of exercise, it has general health benefits including stress management. If you're interested just roll up.

## In the Beginning: Lung Life Support Group

Helen Cotter

On 10 February 1998, thirteen people met at the Royals Rugby Club at Weston (now the Weston Club) for the inaugural meeting of the Lung Life Support Group -

- Ray and Esther Fitton
- Ron and Shirley Dillon
- Gordon Forrest (Chairman)
- Thora Turner
- Clive Ellis
- Cecilia Kent
- Harry and Mary Taylor
- Bill and Phill Dennis
- Glenys Fulford.



Shirley and Esther, Education Day 2014.

Also there, were Emma Enzerink and John Connell, of the Pulmonary Rehabilitation Program at the Physiotherapy Department, Calvary Hospital who'd encouraged them to start their group. Kym Holden, Vice President of the Asthma Group, spoke at the first meeting about forming a group.

It was decided to hold monthly meetings for the group with an annual subscription (this was later amended to donations via the 'bus' at the meetings) and to have speakers. The first year of speakers included respiratory specialists, a pharmacist, a speaker on Buteyko breathing method, Physios and a speaker on stress management. But also important were social outings. These included BBQs at Black Mountain Peninsula, mid- year and Christmas parties.

Finally they agreed to assist those who needed assistance where they could. Early receipts show money was spent on a self help starter kit from SHOUT, a voice amplifier, flowers, wheel bearings, glide foot plate and wheel chair wheels.

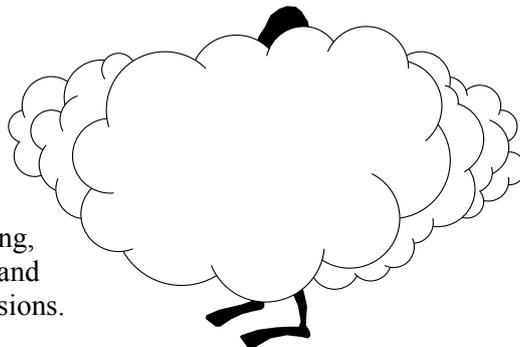
By April 1998, the group had linked in with the national body, The Australian Lung Foundation (now Lung Foundation Australia), and had received \$200 donation from Beohringer Ingelheim, thanks to Dr Mark Hurwitz speaking to BI about the group. The group also sent letters and faxes to media and medical outlets letting them know about the formation of the Lung Life Support Group.

It's great to see that Esther Fitton and Shirley Dillon are still members of the group, seventeen years from its beginnings.

A Sunday school teacher asked her class "What was Jesus' mother's name?" One child answered, "Mary." The teacher then asked "Who knows what Jesus' father's name was?" A little kid said "Verge." Confused, the teacher asked "Where did you get that?" The kid said "Well, you know they are always talking about Verge n' Mary."

## Carolyn Dalton: Why I came to Canberra.

I grew up in Dolan's Bay on the Port Hacking River in Sydney. After leaving school I worked as a typist and then on the switchboard for the Departments of Immigration and Foreign Affairs. I desperately wanted to travel and in 1972 I moved to Canberra to take up a position as a Communications Officer with the Department of Foreign Affairs. This job, which involved sending, receiving, coding and decoding cables, allowed me to leave home and carried with it the certainty of postings to Australia's overseas missions.



*Carolyn travelling incognito.*

I loved Canberra from the moment I arrived. I lived in Lawley House, a government hostel on Brisbane Avenue. I came in September and blossoms were everywhere; I could see why poets loved spring. I didn't know many people when I first arrived, but Lawley House was full of young public servants and the social life was wonderful.

Instead of travelling, I met and married my husband. I started a degree in education but it was put on hold in the middle of my fourth year when we went to live in San Francisco while my husband studied. America was interesting but I was very happy to come back to Canberra, particularly as we now had three small children. I finished my degree, had two more children and taught for a nano second before we went to live in the Philippines for four years just after a successful coup had overthrown the Government.

Life in the Philippines was very different to our life in Canberra. We lived in a gated village with armed guards everywhere. My children attended the International School, and were picked up by bus just after breakfast and were back just after lunch. This didn't translate into much free time for mothers. The school, which I at first thought must have been a prison, was surrounded by a fence with barbed wire on top and had armed guards at the gate. When I enrolled the children I was told that the school had enough food etc to keep all the students for up to two weeks in case of civil unrest! All of this of course was an incredible contrast to their school in Canberra where the unfenced school grounds ran down to a creek and the children walked to and from school unaccompanied.

There was an attempted coup not long after we arrived. We lived in front of an air force base so were very close to the action: bullets hit a neighbour's house and a painting in my husband's office in the Australian Embassy. It was a very frightening experience for everyone. However, a positive outcome of our time in the Philippines was that the children could see the great discrepancy between the rich and the poor. This has influenced their attitudes, and we all appreciate how fortunate we are to live in Australia, particularly in Canberra.

### Seniors Expo - Thoroughbred Park on Tuesday 17th March 2015

As usual we will have a stand at this huge event - it's the Expo of the Year! Community groups of all interests: Police, Ambos, Government, retirement firms, holiday firms, lifestyle firms. I read that you can take tickets to win a cruise in the Pacific from one of the stands (but I can't remember where I read it). Do come and say hullo to us when you come. If you're lucky, you can have a free lolly or pen.

### Weak bones, weak bladders

*From COTA magazine, Feb/March 2015*

More and more research is showing that incontinence and osteoporosis are linked. The research suggests that the curve of the spine puts pressure on the pelvic organs, pushing down on the bladder. Weight bearing and resistance exercises are both beneficial for people with osteoporosis and also an important way to help overcome incontinence. Sometimes leakage during exercise causes problems and people may need to practice pelvic floor exercises. Safe techniques for pelvic floor exercises can be found on [www.pelvicfloorfirst.org.au](http://www.pelvicfloorfirst.org.au).

For more information on continence, go to [www.continence.org.au](http://www.continence.org.au).

**Rules to live by:** 1. Never under any circumstances take a sleeping pill and a laxative on the same night.  
2. People who want to share their religious views with you almost never want you to share yours with them.

## Life Before the Computer When

- memory was something that you lost with age
- an application was for employment
- a program was a TV show
- a cursor used profanity
- a keyboard was a piano
- a web was a spider's home
- a virus was the flu
- a CD was a bank account
- a hard drive was a long trip on the road
- a mouse pad was where a mouse lived.



A teacher asked her students to draw a picture of their favourite Old Testament story and as she moved around the room she saw there were many wonderful drawings being done. Then she came across Johnny who had drawn a man driving an old car. In the back seat was a scantily clad man and woman. "It's a lovely picture Johnny," said the teacher, "but which story does it tell?" Johnny seemed surprised at the question. "Well," he exclaimed, "doesn't it say in the Bible that God drove Adam and Eve out of the Garden of Eden?"

## COPD Patient Advocates Group (CPAG) Teleconference

16 February 2015 3:30 pm - 5:10 pm

Helen Cotter

I joined others from all the states and the Northern Territory for an Australian wide discussion of issues that affect people with COPD. Among items discussed were the following:

- The Lung Foundation has a website dealing with on line patient education. It's called C.O.P.E. <http://lungfoundation.mediaspherebeta.com/>.
- Also on the internet is a site which includes people from all round the world setting themselves challenges like walking more, giving up smoking, using weights etc: [www.copdlifeiscalling.com](http://www.copdlifeiscalling.com).
- The Lung Foundation is developing a site dealing with travelling with oxygen - and that means all sorts of on-the-ground travelling, not just flying.
- We looked at an Advanced Care Directive from a Queensland Hospital Service. Similar to the ACT's (which you can access by phoning 02 6244 3344).
- CPAG is collecting Australia wide information about the Pulmonary Rehab programs and the maintenance programs (Lungs in Action). The Lung Foundation is seeking to get it recognised as an MBS item.
- We discussed linking to other support groups as a way of supporting each other and disseminating information.
- Air pollution - encouraging daily pollution readings to be broadcast on TV News, radio etc.

It was good to hear what others had to say about the situation in their State/Territory. There are quite a few State/Territory differences in how things are handled.

## Education Day Wednesday 29 April 2015

The date has been set. The venue is the same: Southern Cross Club, Woden. The times are the same. The speakers and topics are being organised. Mark it in your diary - we'll let you know the full details as soon as possible.

**RECEIVING THIS NEWSLETTER:** Please be aware that if you would prefer to receive the Newsletter by email instead of snailmail you may send your request to Margaret at [lung.life1@hotmail.com](mailto:lung.life1@hotmail.com).