



February 2016 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

Coordinators: Carolyn Dalton 02 6254 4638
lung.life1@hotmail.com

Margaret Geaghan 02 6254 6873
lung.life1@hotmail.com

Next Meeting: Thursday 11 February 2016
10:15 am - 12 noon
Weston Creek Labor Club
Teesdale Close
Stirling ACT 2611

Guest Speaker: Jody Hook, the Chronic Care Nurse will explain the ins and outs of the Chronic Care Program leaving time to answers all your questions.

Dates for your diary

Thursday 10 March 2016	Canberra Lung Life Support Group Meeting
Thursday 17 March 2016	Seniors Week Expo 2016 at Thoroughbred Park
Thursday 24 March 2016	9.30 am - 11.30 am Physio students, UC
Wednesday 30 March 2016	1.30 pm - 3.30 pm Physio students, UC
Wednesday 20 April 2016	Education Day, Southern Cross Club, Woden

December 2015 Meeting Chris Moyle and Helen Cotter

Margaret welcomed everyone to the final meeting for the year. We met again in the lounge area of the Burns club. Carolyn is currently in Sydney recovering from an operation on lumps in her lungs. She is recovering well.

- We reported back on World COPD Day and on the Christmas lunch we had at the Labor Club at Stirling (details in the newsletter).
- Pam gave us the dates for next year's UC Physio students: Thursday 24 March in the morning; and Wednesday 30 March in the afternoon. Pam will get names next year of those wishing to participate in this most worthwhile activity.
- The likely dates for Education Day in 2016: either Wednesday 20 April or Thursday 21 April. Keep these dates free until we confirm which one.
- We discussed the possibility of a new venue next year and will keep you informed.
- We ended the morning with a quiz, summing up the year, then broke for lunch.

January 2016 Meeting

January 14 2016 marked our first meeting for the new year and our very first meeting at the Weston Creek Labor Club at Stirling. The Club is situated in a quiet, open, tree lined area of Stirling with ample parking. Disabled parking, most important to our membership, is plentiful and close to the entrance. We were cordially welcomed at Reception and directed to our very large meeting room which was pleasantly cool on the very hot day. Jugs of water and glasses sat invitingly on a side table and if you wanted something more exciting there was a choice of make it yourself coffee or you could pay for a cappuccino or flat white.

Many of us joined the Club as members, \$11 for a 3 year membership and a cheaper yearly membership. Points are accumulated on one's membership card for meals and other purchases. Our membership believe the new venue promises to be a great success.

A good number attended our first 2016 meeting including Caroline Polak-Scowcroft, our peripatetic former coordinator who was visiting Canberra for a few days. It was great to welcome her back.

Margaret welcomed everyone as Carolyn is still recovering from her medical ordeal. We all wish her a speedy recovery.

Business

- Many people thanked Canberra Lung Life Support Group, (namely Carmel), for their *Get Well* and *Xmas Cards*. When one is not feeling well it's great to know someone is thinking of you.
- We finalised details of the coffee/lunch at the Southern Cross Club, Jamieson on Thursday 21 January at 11:00 am. (report later in the newsletter)
- Pam collected names for the sessions with the UC Physio students:
Thursday 24 March 2016 9.30 am - 11.30 am
Wednesday 30 March 2016 1.30 pm - 3.30 pm.
- We planned a media sub-group to help spread the word concerning Lung Life activities. Catherine and Kaye are initial members with others to provide suggestions. Our first target will be Education Day.
- We discussed possible speakers for this year.
- The group was reminded of the valuable contribution Lung Foundation Australia provides on a wide variety of respiratory matters. Its web site is a constantly evolving resource for those suffering from respiratory difficulties. Their Australia wide teleconference group, CPAG, provides a good opportunity to hear what's happening in the rest of Australia. Helen Reynolds and Wyn Thomas are our representatives on CPAG.

What: Education Day
When: Wednesday 20 April 2016
Where: Southern Cross Club, Woden

Put this date in your diary and watch out for more information in the March Newsletter.

Business matters were followed by a short stretching session before we adjourned to the restaurant for lunch. It was good to have a meeting in a dedicated room after all the meetings we held in the lounge area of the Burns Club. After the meeting, many of us enjoyed a lovely lunch at the club.

Wrinkles should merely indicate where smiles have been. Mark Twain

A Stirling Christmas Lunch

Helen Cotter

About 33 people sat down to our Christmas lunch at the Labor Club, Stirling. It was a lovely venue, bright and airy and looking out on the bowling green and trees as far as you could see. Pam and friends organised some beautiful hampers, created from donations by members, as well as other lovely presents to be won or given as thank you gifts to participants.

The food and atmosphere were lovely and we all had a good time. Many thanks to Pam and friends for all the effort they put into it.

Many Thanks

Pam Harris

I would really like to thank everybody for all the goodies for the hampers and door prizes. The raffle made \$235.00 which is a wonderful reward for the effort that was put into the endeavour.

A special thanks to:

- Esther, for all the small gifts and helping with the raffles, etc
- Robyn, for helping with shopping and making up the hampers with help from Maddie
- also to Robyn and Maddie for managing the money side of the event
- a special thanks to my friend Jan for selling the raffle tickets
- Westfield who donated the three \$50.00 vouchers
- a really special thanks to Dawn Cross, Esther's sister-in-law, for her donation of \$50.00 to the Canberra Lung Life Group.



Pam, taking a moment off from her official duties to enjoy the occasion.

The Winners

Hamper	Helen Cotter	\$30.00 Voucher	Jan Davies
Hamper	Maddie Fleming	\$50.00 Voucher	Peta Rees
Hamper	Michael Reid from Pegasus	\$50.00 Voucher	Marilyn Allen
Cushion	Robyn Meaney	\$50.00 Voucher	Michelle Morley



Marilyn and Stephen are taking time out from their conversations to smile at the camera. Their smiles are proof of not only their enjoyment of the occasion but also of their wedding anniversary.

Maddie and Perc are engrossed in the conversation at their table. Conversations at just such a gathering, cover all imaginable topics.





Judy is looking off into the distance, lost in thought. About what, I wonder?



Two of our relatively new members, Catherine and Kaye, came dressed for the occasion.



At 95 years young, Ebba is a symbol of hope for us all. She is proof positive that if we look after ourself, live life to the fullest and enjoy it, we too can live for years and years and years.



That's Margaret and Michael in the foreground but who can you recognise in the background?

Access Canberra Helen Cotter

Canberra Connect, the ACT Government on line access site, is now known as **Access Canberra**. It provides oodles of information on government matters and is an easy way to contact them. You can request a service, make a payment, find information, and offer feedback. Go to www.accesscanberra.act.gov.au and check it out.

We have a permanent home!

It's official. Our new home is the Weston Creek Labor Club at Teesdale Close, Stirling . So, next month's meeting will be the first in our brand new "home" and will return to the normal format with a guest speaker.

The A-Z of Preventative Medicine

Chris Moyle

Osteoarthritis

Facts:

- Musculoskeletal conditions are the greatest single cause of disability in Australia today
- 10% of people aged 20 have symptoms of osteoarthritis, often as a result of poor sports injury management
- Osteoarthritis is the most common form of arthritis and usually affects the hip, knees, fingers, feet and spine

Unlike other forms of arthritis, your risk of developing osteoarthritis is largely related to lifestyle factors like diet, weight, exercise, and previous injury. In fact, dietary and lifestyle changes can have a huge effect on the prevention and management of osteoarthritis. But where do you begin? There exists only preliminary research on the effects of nutrition on osteoarthritis, but these results are promising. At the same time, there are many claims about dietary supplements, foods, and other substances that have no research to back them up. Keep in mind that nutrition is just one of the many factors affecting osteoarthritis, and you should always create a prevention or treatment plan along with your doctor's recommendations.

If pain interferes with normal life despite other treatments, joint replacement surgery may help. An artificial joint, however, only lasts a limited amount of time. Outcomes for most people with osteoarthritis are good.

Fighting Osteoarthritis with the Right Food Choices

According to *preliminary* nutrition research, the following nutrients and substances in foods may benefit osteoarthritis: Vitamin C (in citrus fruits), Vitamin D (good quantities in cod liver oil and oily fish - tuna, smoked salmon etc.), Beta-carotene (in red, yellow and orange fruits and vegetables and dark-green leafy vegetables) and Omega-3 fatty acids (in fish, walnuts, soy foods, olive oil and flaxseed oil).

Source: *Becky Hand, Licensed & Registered Dietitian & Nicole Nichols, Health Educator, Arthritis ACT and Wikipedia "Osteoarthritis"*.

What your pharmacy can do for you

Helen Cotter

Pharmacies can do a whole lot more these days for their customers than fill prescriptions and sell well-being goods. Here are some of the things they can do:

- blood pressure checks
- blood sugar checks
- pain management advice
- webster-paks
- Leave of absence certificates
- wound care
- Medscheck and diabetes medscheck
- hire and sell various medical equipment such as breast pumps, crutches, wheelchairs, shower chairs, aids to daily living.

And possibly from this year, give you your flu injection.

The Story of Birds with Collective Nouns

Chris Moyle

We've all heard of a **flock** (meaning a large number) of **birds** but did you know that different types of birds have different collective nouns? There is a **convocation** (assembly) of **eagles**, a **gaggle** (flock) of **geese**, a **concentration** of kingfishers, a **company** of **parrots**, and a **colony** of **gulls**. There is also a **colony** of **penguins** and (the very descriptive) **huddles** of **penguins**. Aptly well-named also is a **brood** of **hens**, resulting in a **clutch** of **eggs** and with any luck - a **peep** of **chickens**.

Many birds are (not surprisingly) in flight such as a **flight** of **cormorants**, a **flight** of **goshawks** and a **flight** of **swallows**.

Again very descriptive is a **padding** of **ducks** and a **hover** of **hummingbirds**. There is also a **charm** of **hummingbirds**, **finches** and **goldfinches**. Even more delightful is a **flamboyance** of **flamingos**, an **exaltation** of **larks**, an **ostentation** of **peacocks**, a **bouquet** of **pheasants** and a **ballet** of **swans** (who can forget Swan Lake?)



What bird wouldn't be feeling flamboyant or ostentatious if they looked like the flamingo or the peacock?

But all is not perfect in the bird world.

An **unkindness** of **ravens** and a **quarrel** of **sparrows** was noticed by a **watch** of **nightingales**. Next there was a **murder** of **crows** followed by a **pitying** of **turtledoves**. A **mustering** of **storks** and a **squadron** of **pelicans** were sent to investigate the crime. A **siege** of **herons** caused a **trembling** of **finches**. Eventually a **descent** of **woodpeckers** resulted in a **fall** of **woodcock** and justice prevailed.

Bird life continued with the election of a **parliament** of **owls** and **rooks** and a **wisdom** of **owls** continues to this day to rule the bird world.

Source: www.lyberty.com/encyc/articles/murder.html

Belconnen Coffee Morning

Helen Reynolds

Twelve of our members met at Jamison's Southern Cross Club for a cup of coffee, lunch and social interaction. Conversation topics were many and varied. Actually we solved the world's problems, Canberra's light rail as well as Australia's wonderful results at the Australian Open. One suggestion made was the possibility of morning tea on a boat trip on Lake Burley Griffin followed by fish and chips at the Yacht Club. We will put this idea to the meeting in February. Perhaps at the next morning coffee Northside we may have more residents from the Northside which would be good.