



## August 2017 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 10 August 2017  
10:15 am - 12 noon  
Weston Creek Labor Club  
Teesdale Close  
Stirling ACT 2611

**Guest Speakers:** Trish Low from COTA to speak on "downsizing".

### Dates for your diary

Thursday 18 August 2017	LFA's Rare Lung Disease Conference in Sydney
Thursday 14 September 2017	CLLSG Meeting
Wednesday 15 November 2017	World COPD Day

### July Meeting

Helen Cotter

It was a chilly morning but even so our Coordinator Lyn Morley welcomed about 25 people to the meeting where we dealt with the following items:

- Lyn Morley spoke about the mid-winter lunch we had in late June with its successful raffle that raised money for our group. Report later in the newsletter.
- Helen Cotter reported on the recent CPAG teleconference with Lung Foundation Australia. Items included the following:
  - LFA is asking us to review the **Lungs in Action website** and provide feedback as to the ease of navigating the website. We will email the information to all members so please have a look at the website and fill in the survey.
  - LFA has many new and updated resources all of which can be found on their website.

- World COPD Day is on **Wednesday 15 November 2017**. The emphasis this year will be on countering the stigma relating to COPD and smoking. John from NSW mentioned that they were trying to get pharmacies to perform lung function tests for World COPD Day. This sounds like a good idea. Check with your local pharmacy to see if they'll do it. LFA can provide resources – the Pico testing device (about \$30) and disposable mouthpieces (about 50c each).
- Helen Cotter also reported on the DORSS oxygen committee meeting. At each meeting we look at how many oxygen and respiratory (CPAP) users there are – how many machines have been returned etc. We also talk about how the oxygen trial is going – frustratingly slow.
- Lyn Morley informed us about the Consumer Representative training that HCCA provides and encouraged people to do the course. She has sent an email giving more details for those interested.
- Lyn also informed us of the course *Living a Healthy Life with Long Term Conditions* and advised people that it was a worthwhile course to do. She has also sent around an email with details for those interested in following it up.

After that, it was over to our speaker.

## Personal and Home Security

### Helen Cotter

*Our speaker was Lina Webber, ACT Senior Liaison Officer for ACT Police, part of the Community Safety Division Team. They provide support services after an incident; and they provide education in the community about home security, scams and so on.*

Lina began by asking us a question: What's the number for emergency? Answer: **000**. If you are on mobile and there's no coverage? Dial **112** – even then sometimes you won't get through.

You can download to your mobile, an emergency app, called **Emergency +**. It provides information about what number to call: Police Assistance, State Emergency, Crime Stoppers, National Relay Services and Health Direct.

ACT Police only has five 000 lines so it can get very busy. If it's busy don't hang up as the firemen and ambulance can also answer it.

**Question:** Is the sound of a speeding car and shots being fired an emergency?

**Answer:** Yes.

**Question:** What happens in an apartment block with a secure entrance - maybe a swipe card entrance?

**Answer:** It's a good idea to contact the police beforehand and let them know details. Also, the Emergency Service will try to contact someone else in the building. Failing that, the Fire Brigade may break the door down.

It also provides your longitude and latitude coordinates to tell the emergency operators.

### What is an emergency call?

It's any time you feel threatened. For example, if you come home and the door is open and there are noises inside – call **000**.

If there are no noises and you go inside – it's not an emergency. If you want to talk to police for advice: dial **131 444**

When you do call **000**, your number comes up and where it is located. If you have a silent number, it doesn't come up – you need to let them know where you are.

Tell the operator where you are; then what's going on. If you want to stay on the line, let the operator know and they will keep you on.

The operator will also put you through to the relevant service – police, ambulance or fire brigade.

**Crime Stoppers** is a number you can call to provide information about a crime or people involved. The information is saved and used to assist the police. It is anonymous and you can often just leave a message. If you see two people fighting in the street, it's not a crime stoppers call – call **000** or **131 444**.

## Home safety

**Key Safe locks**, available from any hardware store, is a hard-to-tamper-with box that can be either fixed to the wall or fixed around a gate, fence, tap etc. The door keys go into it and it is locked with a code. It's recommended that you place it near the front door as that is where Emergency Services first attend. If it's at the front, it's more obvious if someone is tampering with it.

Call the Police to register the code - Emergency Services will call the Police if necessary to get the code. If you leave your keys with a friend or relative, it's a good idea to let the Police know the information.

## How to keep safe at home:

- If you are in a **secure unit complex**, be aware of people walking in behind you. If they say they are visiting someone in the complex, check with that person.
- In an **underground car park** with a security gate, check no one sneaks in after you. Stop and watch while the gate closes. If you see anything suspicious, take description and details and phone Police.
- In your **home**, be aware of the bushes around the house. They're a good place for burglars to hide before or after an offence.
- If you are away for a few weeks, let someone know.
- Light sensors that turn lights on in the house for a while are a good idea.
- Also outside security lights are good. You can buy pretend ones that sit there looking like a security light – they're much cheaper.
- **Medi-alarms** that you wear around your neck or wrist are good for personal safety at home. You press the button and a call goes to the Call Centre which then passes it on to the relevant Emergency Service. The Red Cross is one organisation that provides this service.

A comment was made that, when they got the NBN, their home security system had to be de-activated because it was incompatible with the NBN.

Our speaker Lina showed us many useful security devices which will be found on the security section of a hardware store:

- battery door stopper which will beep if the door is forced
- a battery night light which also works as a torch and works in a blackout (as long as the battery is charged)
- a moveable sensor alarm that you can move around the house as needs be.

A device exists that enables someone walking past you to read your credit cards and then use the information. You can get **anti-credit-card-skimming-envelopes** that prevent that happening. There are similar envelopes for your purse and your passport.

## Scams

Those most vulnerable are the elderly, many of whom are more trusting and, as retired people, may have some money stashed away. Many elderly are victims of **dating scams**. Our speaker Lina told us of one man who had been involved with a person overseas, sending her money to assist with personal dramas. It took about 18 months to convince this man that his friend was not who she claimed to be – and she ultimately turned out to be male.

Scammers use internet, email, or phone to try to scam you – often with plausible sites or stories or may even become aggressive. Common ones are claiming to be Microsoft – saying your computer needs

fixing; or taxation – needing personal details or perhaps you need to pay some tax; or an accident that you've recently been involved in.

Scams always have some sort of offer; often a threat – your neighbours or colleagues might find out, or maybe a time limit – do it now or before tomorrow or your computer will cease working. Check out their email address – often dodgy or goes to another address.

One scam linked to the tax scam is the i-tune scam. If you can't pay the amount they ask, they tell you to buy an **i-tune card**; then give them the number of the card. They then download all the money on the card. One woman went to the shop to put \$4000 on an i-tune card. Luckily the shop owner prevented her but she got so annoyed with him she phoned the Police who were then able to intervene with the scam.

Be wary of anything that comes out of the blue. If you get involved in a scam:

- let the bank know first. They will do the initial investigation – but they will freeze your account while they are investigating.
- contact the police and give them all the details.
- let ACCC know.

It was a very useful and worthwhile talk.

**If you find someone parked in a disability parking area when they shouldn't be phone Parking Operations 02 6207 7200 or Canberra Connect 13 22 81.**

**Parking Operations have mobile patrols that come quickly to where they are needed.**

## **The A-Z of Preventative Health**

Chris Moyle

### **Stress**

#### **Ways to combat stress:**

- confiding in friends and family about how you feel is very important
- exercise regularly
- eat well
- don't put unnecessary stress on yourself
- practice relaxation techniques
- take a few minutes when you feel yourself getting stressed out
- join a local patient support group
- plan ahead to manage stressful situations. (Tips from [www.stressdown.org.au](http://www.stressdown.org.au).)

#### **Establish a routine.**

Having a regular routine helps maintain balance and increases your sense of control. In your routine you should include activities you need to do as well as fun activities that you can look forward to.

#### **Planning and time management**

Effective time management is essential for maintaining your health, work, social and home life. Spread tasks, or parts of tasks, across several days, and build time into your schedule for unexpected events.

#### **Maintain interests and hobbies.**

Often people who have chronic conditions let go of interests and hobbies because they believe the effort outweighs the benefits. Participating in enjoyable activities can give life meaning and can help you maintain and enhance your skills and abilities. (From *Better Living with COPD – A Patient Guide*.)

## Stroke

### Symptoms are:

- difficulty finding words and numbers
- paralysis on one side of the body
- being unable to smile normally
- being unable to raise both arms.

Dial 000. If you get to hospital within 3 hours you may save a life.

F= face (smile) A= arms S= speech T=time (act fast).

### Prevention

- Don't smoke.
- Exercise.
- Have a low salt and low alcohol diet.
- Avoid high blood pressure. BP should be under 140/90.
- LDL cholesterol should be over 100.
- HDL cholesterol should be under 50.
- Blood sugar should be under 5.5.
- Waist size should be less than half your height.
- HRT can increase risk of stroke.
- Avoid processed meats and fats.
- Eat leafy green vegetables and fruit. (Dr Oz)

## Are you living with IPF or caring for someone with IPF?

### Maureen Bell

The Lung Foundation Australia is proposing to set up an *Idiopathic Pulmonary Fibrosis (IPF) Peer Connect Service* to provide people living with IPF and their carers the opportunity to connect with other IPF patients to support one another and share information about their experiences from the comfort of their own home.

People with IPF or their carers are encouraged to contact Lung Foundation Australia's Information and Support Centre to express their interest and to complete a referral matching form.

LFA first needs to establish a database of people who are willing to be connected with another person with IPF or their carer. The LFA team will use the information collected to find an appropriate match for you in our database based on age, location and disease progression/treatment. When the most appropriate match has been found, one of the team will share contact details with both parties to enable the first contact to be made. It is then up to you and your match to discuss what you would like to get out of the connection and how you would like to engage moving forward, for example a regular catch up.

To be eligible to be listed on the database, it is important that your condition is currently stable and you feel well enough to connect with another person living with IPF.

### How to register for the Peer Support database

If you feel you are in the position to be listed on our database, your condition is currently stable and you feel well enough to connect with another person living with IPF you can register your interest by contacting Sharon Gavioli at [sharon@lungfoundation.com.au](mailto:sharon@lungfoundation.com.au) or 07 3251 3629. She will call you back to get a few more details. It is planned that the service be launched in August.

**Source:** *Lung Foundation Australia*

## Inogen POC available

We have available an Inogen One POC – about 2 years old with reasonable use. It has:

- An electricity cord
- A charger for the car
- A drop-in blue battery
- A carry bag and strap
- Nasal cannula – with mask
- A CD for getting started.
- A manual

It does not have a trolley to hold it and it has only one battery. A second battery, which most users have, will cost about \$500.

We ask for a donation to Lung Life.

Contact: Helen Cotter on 02 6281 2988 or [cotterhe@hotmail.com](mailto:cotterhe@hotmail.com).

## Mid-winter Lunch

Helen Cotter & Helen Reynolds



Outside people were playing bowls but inside Graham and Ron were enjoying the friendly, warm comfort of Weston Creek Labor Club.



Pam and Peter are enjoying the day. At this point they are chatting to each other but it wasn't long before they were involved with the conversation taking place at the table.



Thanks to Pam, Esther and friends who organised a large number of beautifully wrapped items for the raffle. The raffle was won by Marilyn, Kaye, Robyn, Ron, Shirley, Lyn B, Maureen and Helen Reynolds. The money raised goes towards CLLSG's costs.



Helen Reynolds won the last raffle prize because the names of the previous winners were pulled out twice - or more. We were beginning to wonder if there was some secret the rest of us didn't know.