



December 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 14 December 2017
10:15 am - 12 noon
Weston Creek Labor Club
Teesdale Close
Stirling ACT 2611

This is the last meeting for the year so a more informal one. We get to know each other better and round off the year.

Dates for your diary

Tuesday 5 December 2017

Christmas Luncheon

Thursday 11 January 2018

CLLSG Meeting - First Meeting for 2018

November Meeting Helen Cotter

We welcomed those who were there and enquired about those who were absent to offer support to them if they needed it.

Various members gave reports:

- Helen Reynolds reported on the Botanic Gardens bus tour and lunch, which was enjoyed by all. The bus driver told us about the Gardens and the plants as we toured around. One of the interesting points was that the Botanic Gardens has a plant breeding program whereby endangered species are propagated in the Gardens and then returned to their natural habitat – the same as zoos do with some animals.
- We finalised the organisation for the Christmas Lunch on Tuesday 5 December 2017 at the Club. You'll find the details later in the newsletter.

Things to remember:

1. This is the last Newsletter for 2017.
2. Thursday 11 January 2018 is the first meeting for 2018.

- We finalised organisation for our stand at The Canberra Hospital on World COPD Day, Wednesday 15 November. There's a report later in the newsletter.
- Helen Cotter talked about the latest CPAG teleconference organised by LFA. LFA is thrilled that they have over 250 registrations around Australia for World COPD Day – about 140 GPs, hospitals, about 90 pharmacies, and about 20 community events, of which we are one.
- Other members of CPAG are either having a stand at their hospital as we are or a having a walk event on the day as we used to do.
- LFA is planning an on-line fundraising campaign to raise money to establish a respiratory nurse who can provide lung patients with clinical information and support on line. They already have a nurse doing that for lung cancer patients.
- Finally, Kaye and Judy talked about the course they are attending: *Living a Healthy Life with a Long Term Condition*. Both are finding it most worthwhile and encouraged members to do the course when it is next offered. Others in our group have already done it and heartily agree.
- And Lyn Morley talked about the benefits of the HCCA Course – Consumer Rep Training Course - she is attending. The Course helps people learn how to navigate the health system and encourages participants to become consumer representatives on various health committees. Another worthwhile course.

Street Smart Seniors - Richard Gray Chris Moyle

Richard Gray spoke about **Street Smart Seniors**. He is with the Council of the Ageing (COTA), a national organisation founded in 1973, which does an excellent job of representing seniors. This session, sponsored by the NRMA, looked at some of the issues that face us as older road users. It is good to keep our independence, but there is a need to be aware of the challenges which face older drivers and pedestrians.

Canberra has an ageing population with more people continuing to drive. The number of vehicles has increased as well as the number of pedestrians and motor cycles. Older drivers are safe drivers, but seniors are commonly “at fault”. Most accidents occur around busy shopping centres.

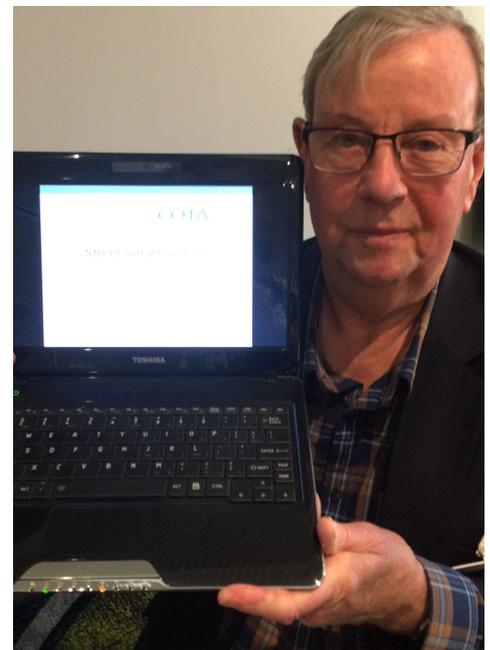
Age-related changes affect road users. Mental changes can lead to slower brain processing and decreasing attention. Ongoing health problems may affect our judgement and, if injured, it takes us a lot longer to recover.

Pedestrians crossing roads should avoid short cuts (jay walking). They may have poor judgement and be unable to walk quickly – 25% of those killed are over 65. If you need to walk on the road face the traffic coming towards you.

Giving up Driving: Canberrans are very dependent on cars. The main reasons for giving up driving are:

- poor eyesight and/or hearing
- poor memory/concentration
- significant physical degeneration/injuries
- some diseases and, most importantly
- loss of confidence.

To continue driving safely the car needs to be ready, in good working order, as well as the driver. Do your own self-assessment or contact NRMA for senior driver assessments and refresher courses. There



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is a driver assessment and rehabilitation centre at Kambah. On-line you will find advice and self-assessment quizzes. Drivers 75 and over must have an annual medical to determine their competence to drive.

Newer cars are safer: Go on-line to www.ancap.com.au to compare your car with ANCAP's latest safety standards. You have twice the chance of being killed or seriously injured in a 3 star rated car compared to a 5 star rated car. If purchasing a new car, buy the safest car you can afford.

Alternative transport options in the ACT:

- **ACTION bus** is free if over 70 years of age. A MyWay card can be used.
- **The flexible bus service** is available to those with genuine needs and users need to be over 70.
- **The community transport system** requires one or two days' notice and a small fee is charged. A GP needs to approve the user's eligibility.
- **ACT taxi subsidy scheme** provides financial assistance to residents with a disability and is intended to be used for essential activities such as medical appointments and family and social gatherings.

Additional information can be found on-line or by contacting COTA.

Driving provides independence, privacy, freedom and the ability to help those who depend on us.

For more information on this subject or anything else relating to senior citizens contact COTA ACT at Hughes Community Centre, Wisdom Street, Hughes ACT.

Phone: 02 6282 3777

Email: contact@cotaact.org.au

Web: www.cotaact.org.au

The A-Z of Preventative Medicine

Chris Moyle

Supplements

Calcium and Vitamin D for strong bones. Check your levels first. A supplement which also contains magnesium, manganese, K2 and boron helps the calcium work better.

Omega-3 polyunsaturated fatty acids – fish oil capsules and flaxseed oil are beneficial in helping reduce lung inflammation. (from *Better Living with COPD Patient Guide*)

CO-Q10 vitamin supplement, available at Health Food Stores. Recommended dose is 150mg of a soft gel capsule twice a day. Take with fat for better absorption. It is good for the heart and increases the use of oxygen in the body. It helps your energy levels and is a specific muscle supplement. (Dr Oz)

Siberian Ginseng – helps body resist stress.

Cordyceps (an unusual mushroom) – increases aerobic capacity. Helps low energy due to ageing. (Dr Oz)

Swallowing pills can be difficult for so many people, especially if they are large tablets. Pill cutters are available from pharmacists, but sometimes the pill must be swallowed whole. One failsafe technique is to place the pill in your mouth, take a medium size sip of water and move pill onto tongue, nearer back of tongue, so pill floats in the water. It should then be a simple matter to swallow normally and have the pill move easily down into your oesophagus. (The Doctors TV show)

As a little girl climbed onto Santa's lap. Santa asked the usual, "And what would you like for Christmas?" The child stared at him open mouthed and horrified for a minute, then gasped, "Didn't you get my E-mail?" *Adam Sandler*

Flora the Explorer

Helen Reynolds

Once again the weather favoured us and we experienced the gardens in the bright sunshine. Our low rainfall over the winter months was rather obvious but still, the Gardens are a mirror of the geographical areas featured in the Gardens eg the rainforest and Red Centre. They all experienced the lower winter rainfall as well.



Everyone met, made themselves comfortable and socialized until Flora arrived. Then we were off on our guided tour of the Gardens.



This photo could be just about anywhere in the Australian bush but it is in the Australian National Botanic Gardens.



Telstra Tower gives it away. This photo was taken in the Australian Capital Territory.



Signs of civilisation - this is where the touristy things are, where the tourists spend their money.

The Return Unwanted Medicines (RUM) Project

Helen Reynolds

Think before you throw

Unwanted medicines are often dumped into the toilet, tipped down the sink or put out with the garbage, which starts a journey that can seriously harm the environment.

More than 500 tonnes of medicines find their way into waterways and landfill every year. We need to change our behaviours to solve this problem and give the environment a chance.

Don't flush medicines down the toilet - sewerage plants can't treat all chemicals in waste water, resulting in contamination of waterways.

Don't pour medicines down the sink - Household medicines contain highly soluble chemicals which when entered into water systems can harm aquatic life.

Don't throw medicines into the garbage bin - Household medicines disposed of this way end up in exposed landfill sites.

Old medicines lying around the home "just in case" are dangerous ...

If taken when they're out-of-date

If taken when not prescribed for you

If in reach of little prying fingers.

This is all we need to do ... It really is easy.

Step 1 Sort through your medicine cabinet and drawers, putting to one side the out-of-date and unwanted medicines

Step 2 Take them to your local pharmacy

Step 3 Give them to your pharmacist for proper disposal

Step 4 Tell your friends and relatives about the **RUM Project**.

The RUM Project provides the safest and easiest way to dispose of unwanted and out of date medicines. It makes possible the return of all household medicines to any pharmacy at anytime - for free and safe collection and disposal.

This Project is funded by the Australian Commonwealth Department of Health & Ageing. It enables consumers to return unwanted and out of date medicines to any pharmacy - anytime. Disposal of returned medicines is conducted in accordance with regulatory and EPA requirements.

The Project is supported by:

The Commonwealth Department of Health & Ageing

The Council on the Ageing (COTA)

Medicines Australia

The Pharmaceutical Society of Australia

The Pharmacy Guild of Australia.

World COPD Day Helen Cotter

Wednesday 15 November 2017 was World COPD Day this year, a day to spread the word about COPD. As with last year, we had a stand in the main foyer at the Canberra Hospital for the day where interested passers-by were able to stop and talk with us about COPD. Xia, our chronic care nurse, was there, providing a short lung function test for those who wanted it. Eleven people took advantage of the free test and it was good to see that all had good results.

Xia came in to assist on her day off so we thank her very much for doing that. We also thank the previous chronic care nurse, Jody, who dropped in for a while and brought those lovely cupcakes and fancy biscuits that we could offer passers-by. They looked very tempting.

Pam and Esther were the primary organisers for setting up the display and running the event. And they were ably helped by Linda, Marilyn, Maureen and Kaye. Many thanks, all of you, for the work you put into World COPD Day. It looked good to see you there wearing your green COPD T Shirts and your smiling faces.



POC for Loan Helen Cotter

We have an InogenOne G2 POC for loan. If you are on oxygen cylinders and thinking of buying a POC, you may like to borrow this one for trial. If you are on oxygen cylinders and need, for instance, to travel to another city for a break or to visit a doctor, this may help.

The Inogen has all its attachments. We ask for a donation to Lung Life for its use. Contact Helen on cotterhe@hotmail.com or phone 02 6281 2988.

We are so pleased at the use of this POC. It has been lent out 9 times, mostly because people's machines have broken down and needed to be sent away to be repaired. We lent it to one person who wanted to trial a POC to see whether he wanted to buy one for himself.

We are so grateful to Patrick who bought a POC when he developed a serious lung condition and required oxygen. Then he had a lung transplant, no longer needed it and donated his POC to us, suggesting that we lend it out to users. It has been a real boon and we heartily thank him for the machine and the suggestion.

Christmas 2017 Luncheon

When: Tuesday 5 December 2017

Where: Weston Creek Labor Club
Teesdale Close, Stirling
Phone: 02 6288 5047

Cost: \$30.00

If you weren't at the meeting but would like to come to the Christmas Luncheon, contact Pam on bapjh@live.com.au or phone 02 6288 2053.

Remember: *If you have booked in for the Christmas Lunch and then find you are unable to attend you must contact Pam to cancel your meal by Thursday 30 November 2017 otherwise you will be responsible for the cost of your meal.*

Merry Christmas and a Happy New Year to you all. Make sure you have a wonderful time enjoying the company of family and friends and preparing yourself for the coming year...

A laugh at Christmas

What does Santa bring naughty boys and girls on Christmas Eve?

A pack of batteries with a note saying "toy not included".

What Christmas Carol is a favorite of parents?

Silent Night.

What do lawn ornaments do over winter break?

Go gnome for the holidays.

Name the child's favorite Christmas king?

A stocking.