



February 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 9 February 2017
10:15 am - 12 noon
Weston Creek Labor Club
Teesdale Close
Stirling ACT 2611

Guest Speaker: Richard Gray from COTA
The next step - going into a retirement village
Downsizing

Dates for your diary

Thursday 2 February 2017	9:30 am - 11:30 am meet the UC Physio students
Wednesday 8 February 2017	1:30 pm - 3:30 pm meet the UC Physio students
Thursday 9 March 2017	10:15 am - 12 noon CLLSG Meeting. Guest Speaker Jody Hook
Thursday 23 March 2017	Seniors Expo at Exhibition Park
Wednesday 3 May 2017	LFA Education Day

January Meeting

Helen Cotter

About 20 people all bright and cheerful after their Christmas and New Year, attended the first meeting for 2017. It was a relaxed meeting with time to catch up on what we had been doing.

We talked about the following items:

- Before Christmas, Carmel sent out Christmas cards to members we hadn't seen for some time. In her absence, we thanked her for doing this. It's a good tradition, well worth continuing.

**Sponsor
Pam Harris**

Many thanks to the Millenium Group for their donation of \$1500 which has been used to purchase pamphlets, pens, post-it notes and other stationery items. The pens and post-it notes have our name and a contact number written on them. I picked up the pens and note pads just before Christmas and have them to distribute to you all. The pamphlets we give out at such occasions as the Senior's Expo to let everyone know there is a group which is there to support people with respiratory problems.

- LFA's Education Day this year will be held on Wednesday 3 May 2017. As yet, we don't know the venue or the names of the speakers. This year, members of LFA will get a discount on their payment for Education Day. We will let you know when we have more details but put the date in your diary.
- Pam reported on the Christmas lunch held on the last meeting date in December. She thanked everyone who helped:
 - ❖ those who donated goods for the hampers
 - ❖ those who helped create the hampers
 - ❖ those who helped with Christmassy items and
 - ❖ those who helped organise the day. The day went well, although noisily. Next year, we may hold it earlier in the week and month, perhaps a little less noisy.
- Pam also reminded people of the physio students' sessions coming up -

**University of Canberra Physiotherapy Students
Pam Harris**

Once again it is time to think about volunteering for this most worthwhile event. With our help the University of Canberra's physiotherapy students are able to interact with people who suffer from a chronic condition. For us it is a social outing where we not only chat about our condition and how it impacts on our way of life but we get to enjoy a scrumptious morning or afternoon tea as well.

Dates to remember

Morning Session	Thursday 2 February 2017	9:30 am - 11:30 am
Afternoon Session	Wednesday 8 February 2017	1:30 pm - 3:30 pm

If you are interested in joining this most enjoyable and worthwhile activity, please contact Pam Harris on email: bapjh@live.com.au or phone: 02 6288 2053.

- We discussed possible speakers for this year and came up with various suggestions that we'll follow up.

We then had a general discussion about some of the things people did over the Christmas break. A couple of people went on cruises to different parts of Asia/Pacific and enjoyed themselves very much. They

found visiting these other countries a real eye opener regarding conditions and living standards. Everyone agreed that Australia is a great country to live in.

The meeting finished with a ukulele recital by Jan, Judy, Terry and Leo. The group played and sang golden oldies such as Rambling Rose, Red River Valley, Home on the Range, You are My Sunshine and a few others. Some of us even sang along with them.

At the moment the ukulele is undergoing a revival. The Music Store in Woden has sold over 2000 instruments in the past year. There are different sorts of ukuleles - banjo, tenor, soprano and bass ensuring a complex sound is created.

Jan, Judy, Terry and Leo meet with others at the Lanyon Youth Centre on Wednesdays from 1.30 pm - 3.30 pm to learn and play their ukuleles. You don't need to own a ukulele as there are instruments to borrow. If you are interested. . .

It was a most enjoyable recital - a great way to end our meeting.

Christmas Lunch

Pam Harris/Helen Cotter

Early in December we had our lovely Christmas Lunch to wrap up the year. About 40 people attended, all enjoying the Christmas Lunch provided by the Labor Club. The area was opened up and many other groups enjoyed their Christmas lunch as well. Needless to say, the atmosphere was really cheerful but very loud and noisy. Next year, more in keeping with the maturity of the group, we will organise our luncheon for early in December and on a different day.



Kaye is very pleased. Her ticket won a prize!



Members enjoying their Christmas lunch, a lunch that Pam very successfully organised.

Pam, Esther and their willing elfin helpers did a great job organising the lunch, the three beautiful hampers, the other big presents and for the little presents we each received - a mighty job. I don't know how they do it.

As usual the raffle was a great success, making the grand sum of \$204.00. Pam thanked everyone for their donations for the raffle and also for buying the tickets. Next year we must give thought to a more equitable method of distributing monies allocated for the drinks bill.

The winners of the hampers were:

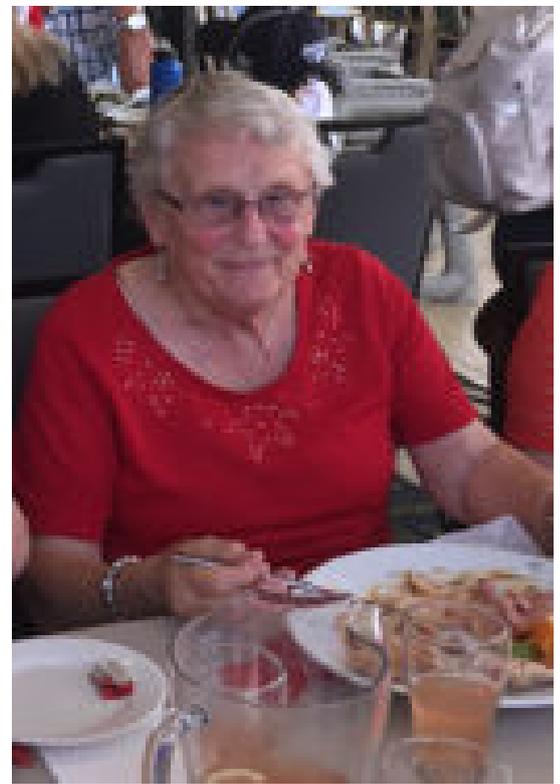
- Lyn Brooks
- Fifi Abdelaty and
- Helen Cotter.

The winners of the other presents were:

- Graham Dickerson
- Chris Moyle
- Kaye Powell
- Shirley Dillon
- Jan Hunt and
- Robyn.

There were also thank you presents for those who did extra work throughout the year:

- Helen Cotter as Acting Coordinator
- Helen Reynolds as Newsletter Editor
- Chris Moyle as Finance and Speaker Organiser
- Pam Harris and Esther Fitton for their work in organising social engagements, expos and physio medical students
- Lyn Morley, our current Coordinator, could not attend the lunch so she received a personal visit from Pam with her thank you present.



Esther is always ready to lend a hand to assist Pam and the club in any way possible.



The Three Amigos enjoying lunch.



Jenny and Perc enjoying lunch and great conversation.

Pam thanked all the little elves who supported her with their time and energy:

- Esther, who brought all the little Chrissie Pressies
- Robyn, who is always there to help with anything that needs doing

- Carmel, for making all the placemats, stars etc and for joining Pam and Robyn in helping put the hampers together
- Jan and Robyn, Pam's friends, for collecting the money and selling the raffle tickets
- and last but not least, all who came together to celebrate the end of the year's festivities, not just as members of the Support Group but as friends.

It was a lovely Christmas Lunch, made more so by the effort and thought put into it by Pam, Esther and their friends. A great way to finish the year.



Chris, Fifi, Dawn, Esther, Maureen and others having a wonderful time at our Christmas Lunch.



Marilyn and Shirley are still tucking into their lunch but Michael now has a full tummy.



More members enjoying their Christmas Lunch.



Brian and David enjoying their Christmas Lunch.

The A-Z of Preventative Medicine

Chris Moyle

Questions to ask your doctor (Dr Oz)

Write down the 3 most important questions you need to ask your doctor. You need your doctor to listen to you. You need to walk out with a concrete idea of what happens next. If you leave it vague then the GP may slip up. You need to ask your doctor:

1. **What do you think this could be?**
2. **What do I hope to learn from this test?** Never assume that no news is good news. You deserve to know the results of every test, whether it is a good result or a bad result.
3. **What are my options?** You have the right to accept or decline the doctor's opinion. You have the right to get a second opinion.

Routine

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

Source: *Better Living with COPD*

Puffer & Spacer - Achieving Better Asthma Control

National Asthma Council Australia

Using your inhaler (puffer) properly is important when you have asthma or COPD. Many people do not realise they aren't using their asthma or COPD inhaler (puffer) correctly. Although it might seem simple, it can be hard to get the steps just right without an expert showing you how. And if it's been a while since you were last shown, it's easy for little mistakes to slip into your routine.

With the right technique you can be sure that the dose prescribed by your doctor is the same as the dose received by your lungs. Using your inhaler properly can give you better control of your asthma or COPD and may even mean you need to take less medication.

Getting the most out of your inhaler

It's a good idea to ask your doctor, pharmacist or asthma & respiratory educator to explain how your inhaler should be used. They can check you are using your inhaler properly, tell you where to find the expiry date on your inhaler, show you how to check if your inhaler is empty or nearly empty, discuss any unwanted effects from your medication, and explain how to clean your inhaler and spacer (if you have one).



Common Problems

- Not breathing in quickly enough after pressing the canister, so the medication falls to the bottom of the spacer
- Not breathing in deeply enough
- Not holding breath for long enough after taking a puff
- Taking several puffs without waiting or shaking the inhaler in between.

Tips

- Looking after your spacer properly helps the medication get to your lungs better, as it doesn't stick to the sides or get clogged in the valve
- Using a spacer can help reduce the chance of side-effects like hoarse throat and thrush.

Check you have the steps right by watching a short video showing how to use a puffer and spacer correctly on our website www.nationalasthma.org.au.

Checklist of Steps

1. Assemble spacer
2. Remove inhaler cap
3. Hold inhaler upright and shake well
4. Insert inhaler upright into spacer
5. Put mouthpiece between teeth without biting and close lips to form good seal
6. Breathe out gently
7. Hold spacer level and press down firmly on canister once
8. Breathe in slowly and deeply
9. Hold breath for about 5 seconds or as long as comfortable
10. While holding breath, remove spacer from mouth
11. Breathe out gently away from mouthpiece
12. Remove inhaler from spacer
13. If an extra dose is needed, wait 1 minute and then repeat steps 3 to 12
14. Replace cap and disassemble spacer.

Your inhaler and spacer will come with instructions in the package. Always check the package insert for any specific instructions.

Using your inhaler (puffer) correctly is important when you have asthma or COPD.

Source: www.nationalasthma.org.au

Donation Acknowledgement

Pam Harris

I would like to thank Dawn, Esther's sister-in-law, for her donation of \$50.00. It is really appreciated.

Available support for those with chronic lung conditions

- **Life Support Electricity Rebate for oxygen and CPAP users** provided by electricity providers such as ACTEW, Origin and TRUenergy need a letter from your doctor. For more details, check their websites or phone ACTEW 13 14 93; Origin 13 23 56; TRUenergy 13 34 66.
- **Essential Medical Equipment Rebate** for concession card holders using oxygen or CPAP see www.humanservices.gov.au or contact Centrelink.
- **Companion card** for those who need a companion with them in order to access theatre, sports and other events. You get two seats for the price of one. See www.companioncard.gov.au.
- **Australian Disability Parking Permit** must be assessed by a doctor. See www.rego.act.gov.au.
- **Pulmonary Rehabilitation** an exercise and life improvement course at Canberra Hospital. Need a referral from a specialist. For more details phone: 02 6244 2154.
- **Lungs in Action** an exercise program for people who have completed pulmonary rehab. Needs a referral from a doctor. For more details phone: 02 6201 5843 or go to www.canberra.edu.au.
- **Air Liquide** offers a 10% discount to Lung Life members. See <http://www.airliquide.com.au>. Their EMERGENCY NUMBER for Healthcare/Medical Oxygen is 1300 360 202.
- **NSW National Parks** offer a free annual park entry to concession card holders (not for Tidbinbilla which is an ACT park). See www.nationalparks.nsw.gov.au.
- **ACT IPTAS** provides reimbursement for medical or oral surgical treatment in another city. Full details of the scheme and its guidelines are available on the internet at www.health.act.gov.au/iptas or you can telephone 02 6244 2234, fax 02 6244 3453 or email IPTAS@act.gov.au.

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If you no longer want or need this newsletter, please send an email with the word "Unsubscribe" in the Subject.

All the Canberra Lung Life Support Group newsletters since December 2009 are available at:

<http://www.creationcorporation.com.au/Canberra-Lung-Life-Support-Group-Newsletters.htm>.