



September 2018 Newsletter

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

Editor: Helen Reynolds 02 6259 7737
helen.reynolds5@bigpond.com
Coordinator: Lyn Morley 02 6291 0626
lung.life1@hotmail.com

NEXT MEETING: Thursday 14 September 2018
10:15 am - 12 noon
Weston Creek Labor Club
Teesdale Close
Stirling ACT 2611

REMEMBER: Our meeting this month is a coffee, cake and social chit chat followed by lunch, as per usual.

Dates for your diary

Thursday 11 October 2018
Wednesday 21 November 2018

CLLSG Meeting
World COPD Day

August Meeting

Lyn Morley

The attendance at the August Lung Life meeting was very low. The number of apologies (eleven people) was almost equal. Discussion focused on:

- ◆ There are two green shirts, used to publicise COPD, available. These are both XL but small sizing. Kaye Powell said that some new ones in various sizes will be available soon.
- ◆ Kaye reminded us about 3 seminars that are being run by HCCA. One of these was Gut Health and another was My Health Care. I have sent emails about these seminars as I have received them from HCCA.
- ◆ There will be no Lung Life Meeting as such next month (September). The club has the room we use booked for a two day conference. We will have a coffee morning opposite the bar in the club instead. Come along and have a coffee and a chat and, why not stay for lunch?.
- ◆ Thank you to Helen Reynolds who brought along the fans she had ordered in bulk from Lung Foundation Australia. Many of us now have hand held fans for when we are feeling short of breath.

Guest Speaker Marian Kosatz Lyn Morley

We had a very interesting guest speaker today. Her name was Marian Kosatz. She is a retired school teacher. Since retirement Marian has had many adventures voluntarily teaching children in remote places in Australia, as well as travelling overseas teaching children whose parents were members of the Moscow Circus. Marian is 84 years old and only stopped her voluntary work two years ago. Marian wears a hat with badges on it from many of the places she has worked.

Marian's volunteer work began when she took two of her grandchildren to see the Moscow Circus in Canberra. It was then that someone from the circus noticed the badges on her hat and asked her if she would teach the children in the circus. That was about 22 years ago.

Marian travelled for four years with the circus to places including Hong Kong, Singapore, South Africa and Taiwan. She has taught children on islands and in very outback places in Queensland, the Northern Territory and the Gulf of Carpentaria. One of the islands she taught on had a population of six. On this island there were more animals than people. There were 200 cattle and 20 horses and a dog. None of these were ever slaughtered. Marian had the children doing their school projects in the sand. The crocodiles surrounding the island were bad and the sharks were very close to the shore. When Marian went for walks around the island the dog Billy would guide her where to walk. Apparently dogs can smell the very distinctive smell that belongs to crocodiles.

One of the houses that Marian lived in was made completely from iron. This is because the termites are rampant and eat anything that is made of wood. At another place the termites had eaten the school house floor and when there was a strong wind the walls would swing outwards. Another school house had initially been a full sized transportable classroom and the termites had eaten half of it.

Marian has now stopped her voluntary teaching work as she feels it would be unfair to the people on the islands or the stations if anything were to suddenly go wrong with her health: they may feel responsible if they were unable to get her the medical treatment she required quickly.

At 84 years of age I think that Marian is certainly worthy of permanent retirement. She has certainly done her part as a wonderful Australian in helping children in the remote and outback areas of Australia.



What is the Chronic Disease Telephone Coaching Service?

The Chronic Disease Telephone Coaching Service is a telephone based support service provided free of charge by ACT Health. The service aims to help people with selected chronic diseases to improve their ability to self manage their condition, improve quality of life, reduce hospitalisation and slow progression of their disease.



Who is eligible?

ACT residents with the following conditions are eligible for the program:

- Chronic Heart Failure
- Coronary Artery Disease
- Chronic Obstructive Pulmonary Disease
- Type 2 Diabetes

How does the service work?

The telephone coaching service is provided by registered nurses. The program provides patients with:

- an individual plan to help them achieve their personal health goals over one or two years;
- regular support calls from the program's registered nurse;



- advice on ways to improve health, including healthy eating, understanding their medication and the importance of exercise;
- advice on effectively communicating with their doctors;
- appropriate support and information relevant to their health conditions;
- assistance in accessing local community services; and
- access to telephone support, 6 days a week.

How can I access the service?

Referrals to the service can be made by GPs, specialists and other medical officers, senior nursing staff and allied health professionals.

Referral information

Referral information must be sent to ACT Health Community Health Intake in the following format:

- Phone referral to (02) 6207 9977 during business hours
- CHI Patient Referral Form faxed to (02) 6205 2611
- Referral posted to CHI, GPO Box 825, Canberra ACT 2601

Further information

can be obtained by contacting the Chronic Disease Management Unit of ACT Health on 02 6207 6833.



ACT
Government
Health



Provided by Bupa Health Dialog.

A beggar approaches a grandmother at the beach with his hands out.

“Please, Señora,” the poor man pleads, “I haven’t eaten all day.”

“Good,” says the grandmother. “Now you won’t have to worry about cramps when you go for a swim.”

—Source: Funny in Spain Survey

In the hardware store, a clerk asked, “Can I help you find anything?”

“How about my misspent youth,” joked my husband.

The clerk shot back, “We keep that in the back, between world peace and winning lottery tickets.”

—Leslie McRobie, Lee, New Hampshire

Source: www.rd.com/jokes/old-age/

Vale to our POC benefactor Helen Cotter

We recently heard the terrible news of the death of Patrick Harris, our POC benefactor. In late 2015 Patrick had contracted a devastating lung disease which had him on oxygen 24 hours a day. He was luckily fit enough to have a lung transplant which meant he could breathe normally without the need for oxygen assistance.

Patrick offered us his POC, suggesting that we lend it out to people who needed to borrow one for a short period of time. This we did - and it has been such a great success that we wonder how we managed before. We have lent his machine to people who needed to send theirs away to be fixed. And we have lent it to people who wanted to try one before they buy. It has been such a boon to quite a few oxygen users.

We were very sorry to learn that Patrick’s lungs had given out and that he had passed away in late July. We are ever grateful for Patrick’s thoughtful action and will have the memory of him embedded in the POC he lent us.



Robyn Meaney
Helen Cotter

We were shocked by Robyn's sudden death in early August. Robyn has been a good and valued member of Lung Life for many years – and a good attender of meetings. She was a quiet, private person who gave good input to the meetings when necessary and was a great help with organising our social events such as the Senior Expo, World COPD Day and our lunches. Robyn's last event with us was the recent lunch at the Hellenic Club.

I used to see her working hard (and chatting) at the Chifley Gym with Pam Harris who she sat with at our meetings.

Robyn's COPD has gradually been getting worse but, unexpectedly, she couldn't breathe well and was admitted to Intensive Care at Canberra Hospital where she passed away.

Robyn had a lovely funeral – very dignified – which suited her personality. Her daughter and granddaughter (aged about 10) both spoke beautifully about her. It was great that about 10 people from Lung Life – or with connections to Lung Life – attended the funeral.

She was a lovely person. We will miss her quiet presence.

The A-Z of Preventative Health Care

Chris Moyle

Viruses

On hard surfaces viruses can survive for more than 8 hours consequently don't share belongings. In cold weather viruses live longer and we spend more time indoors with more exposure to each other. Wash hands often with soap and water (or alcohol-based hand sanitiser if soap isn't available). Guard against transmission via hands to face. Cover your mouth and nose with your elbow whenever you sneeze or cough. Stay at home if you're sick.

Source: (Life Pharmacy Group magazine, April 2018)

Volunteering is good for your mind and body

Dan Buettner, talking about longevity on the Dr Oz show, said that people live longer in some countries for a variety of reasons such as diet, physical activity and close social networks. Costa Rica is one such country. Volunteering weekly can add 7 years to your life. It gives you a sense of purpose, takes your mind off your own problems and you are happier.

How do I access community transport

From Guide to Getting around in Canberra – by COTA

To use community transport, you need to register with the Regional Community Service Organisation in your area. Before registering you, they'll do an assessment (which can be completed over the phone). Once assessed and registered, you can ring to make a booking.

Belconnen Community Services	(02) 6264 0200
Communities@Work (Gungahlin, Weston Creek and Tuggeranong)	(02) 6126 9090
Northside Community Services	(02) 6247 5757
Southside Community Services	(02) 6126 4780 (transport@sscs.org.au)
Woden Community Services	(02) 6234 6852

Who is eligible?

It's best to call the service in your local area for advice on what transport assistance they can offer you, taking into account your individual circumstances as well as local resources. Belconnen Community Services offers a whole-of-Canberra service.

How much does it cost?

Some services ask for a gold coin donation, while others might require a small fee.

How far ahead do I have to book?

Some services require a 2-3 week booking notice, and other services are able to provide transport in a shorter time frame. Generally you have to contact them at least two days before the planned trip.

Other options:

The ACT Government provides a flexible bus service to seniors, operating in the inner Belconnen, inner south, Woden and Weston areas. The service can take you to either Belconnen, Woden or Cooleman Court shopping precincts and return you home, inside school hours. The north side services also connect with Calvary Hospital and the south side ones with Canberra Hospital. To find out more about the service or to book, call 02 6205 3555.

Many of the commercial organisations providing home support to older people also provide transport on a fee-for-service basis. These include Just Better Care, Dial-an-Angel, IRT Home Care and others. The going rate is around \$50-\$60 an hour (including a support person and per km fuel costs).

Tip: The availability of community transport is limited by provider resources, so you might find, for instance, that available pick-up and drop-off times don't exactly suit your schedule.

Trelegy - What is it and how do I get it?

Helen Reynolds

I recently discovered a new medicine called Trelegy. I had never heard of Trelegy but my GP had, and so she introduced me to it. I toddled down to the chemist, prescription in hand, to give it a try.

I have been taking it for almost two months and am feeling great. One inhalation in the morning and I'm set for the day. A slight cold hasn't deterred me. When I've felt a little breathless I simply reached for the Ventolin, my rescue inhaler. Since changing to Trelegy I find I don't have to resort to the use of Ventolin to relieve breathlessness as often as in the past.

Like everything else, medication works differently for different individuals but, it's worth a conversation with your GP. You never can tell.

TRELEGY IS AN INNOVATIVE, 3-IN-1 TRIPLE THERAPY FOR COPD

TRELEGY combines 3 separate, long-acting inhaled medicines that help you breathe better in 3 ways:



Open Airways

LABA (bronchodilator) opens airways by relaxing muscles around the airways in your lungs.



Keep Airways Open

LAMA (bronchodilator) blocks tightening of smooth muscle around your airways.



Reduce Inflammation

ICS (anti-inflammatory) reduces inflammation and swelling in your lungs.

TRELEGY – 3 WAYS TO BETTER BREATHING

TRELEGY is the only FDA-approved medicine that combines 3 separate, long-acting COPD medicines in 1 inhaler. Learn more about TRELEGY [here](#).



3 IN 1

TRELEGY combines 3 separate medicines in 1 inhaler that work in 3 ways to keep air flowing: **open airways, keep them open, and reduce inflammation.**



COMPLETE

TRELEGY is the only complete maintenance treatment with all 3 types of long-acting inhaled COPD medicines in 1 inhaler. TRELEGY does not replace a rescue inhaler.



CONVENIENT

TRELEGY offers the convenience of once-daily dosing with 3 long-acting medicines in 1 easy-to-use ELLIPTA inhaler.

Source: www.trelegy.com/meet-trelegy/index.html

Seeing her friend Sally wearing a new locket, Meg asks if there is a memento of some sort inside.

“Yes,” says Sally, “a lock of my husband’s hair.”

“But Larry’s still alive.”

“I know, but his hair is gone.”

While visiting a retirement community, my wife and I decided to do some shopping and soon became separated.

“Excuse me,” I said, approaching a clerk. “I’m looking for my wife. She has white hair and is wearing white shoes.”

Gesturing around the store, the clerk responded, “Take your pick.”

Source: www.rd.com/jokes/old-age/