

May 2020 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 9th July 2020 (to be confirmed)
10:15 am - 12 noon
Weston Creek Labor Club
Teesdale Close, Stirling ACT 2611

There will be no meeting in June.

Owing to COVID-19 we have suspended our monthly meetings until at least July; however, the lockdown may continue past this date so we are not sure if we will need to extend our enforced break into later months.

What have Lung Life members been doing during the lockdown?

Helen Cotter

Helen hasn't let the 'Great Isolation' slow her down too much; in fact, she reports that she has been enjoying the time. However, there have been a few hiccups along the way. First her fridge broke, followed by her toaster, and then her watch stopped working. This has lessened her isolation as she has had tradies in and been shopping for a new battery, along with a new toaster. She has also been doing some online shopping.

Helen has also been seeing friends, one on one, outside in the sun under her lovely big pin oak. One friend came in a mask, another sanitised everything she touched; the others didn't bother.

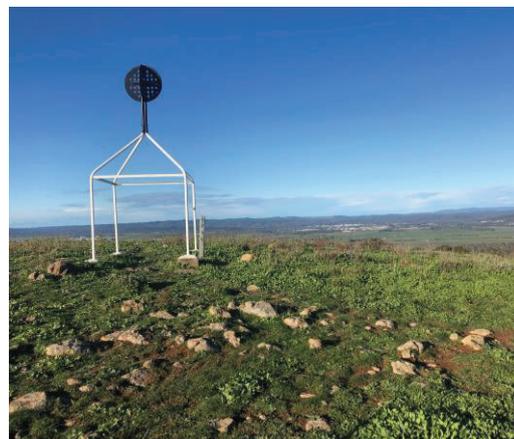
On nice days Helen goes for a walk and gardens. She has followed the PM's advice and did jigsaws, as well as doing crosswords. Her computer has had a good workout, but she hasn't joined the world of Zoom like so many others. She uses her phone and email to communicate.

Helen has enjoyed taking the time to stand in the autumn sun, watching and listening to the bees as they fly around her flowers.

Your Editor, Geoff Cox

What has your Editor been doing during lockdown? Among other things I have been working on my fitness. I have walked every day since March 24th so I am now challenging myself to keep this 'streak' up for as long as possible. Around every third day I also do a little bit of Cliffy Young style jogging. It is hard to believe that it is thirty-seven years since Cliffy shuffled his way to Melbourne - and I'm still not as old as he was then.

I also have a routine of exercises to do at home. I have been working on my push-ups. Before my transplant I couldn't do any, while now I'm up to two sets of fifteen.



The trig on Isaacs Ridge looking towards Queanbeyan; a steep walk but a great view.

SimplyGo POC – Too good to miss

We have been donated a SimplyGo portable oxygen concentrator which we'd like to pass on to another user. The SimplyGo provides continuous oxygen as well as pulse.

It was only used for a short while and is in good condition. It has a trolley, a manual, a power cord (charger) and a car power cord.

A new SimplyGo with only one or two batteries costs about \$4500 - \$5000. This one has 4 beautiful batteries. They each cost about \$500 new.

We ask for a donation to Lung Life.

Contact Helen Cotter on 02 6281 2988 or cotterhe@hotmail.com.

Samantha Kourtis

Samantha Kourtis, managing partner and pharmacist at Charnwood Pharmacy, was recognised as Telstra ACT Business Woman of the Year in October 2014. Her Pharmacy was awarded Pharmacy of the Year in March 2014. Some of you may remember her addressing us on two separate Education Days.

Samantha was recently on Channel 9's late news discussing current problems occurring at her pharmacy because of the COVID-19 pandemic. Samantha said 'Many, many staff were screamed at and sworn at because it was inconvenient for the patient to follow social distancing measures'. Security guards have been employed to help staff cope. One customer threatened staff with a baseball bat and another threw a tube of cream at a staff member's head, while others have come straight from being tested for COVID-19 into the store for supplies and another breached self-isolation measures to 'get out of the house'. Samantha does believe however, that the community is becoming much more understanding.



Reference: Canberra Times, 5th April 2020

Scammers Targeting Superannuation in COVID-19 Crisis

Scammers are now trying to exploit Australians financially impacted by the Covid-19 crisis with new superannuation scams being reported to Scamwatch in recent weeks. Scammers are already trying to take advantage of the Government's recent announcement that people suffering financial hardship can have partial access to their superannuation from mid-April.

'The Australian Taxation Office is coordinating the early release of super through myGov and there is no need to involve a third party or pay a fee to get access under their scheme. Never follow a hyperlink to reach the myGov website. Instead you should always type the full name of the website into your browser yourself', spokesperson Ms Rickard said.

Since the Government's announcement in March, there have been eighty-seven reports of these scams, but no reported losses. In most cases the scammers are seeking to obtain personal information, including information that will help them fraudulently access the victim's superannuation funds.

'While older people are more commonly affected by superannuation scams, the new early-access scheme means a range of age groups are now experiencing these scams. We also have reports of scammers offering to check if a person's super account is eligible for various benefits or claiming the new scheme will lock people out of their accounts', Ms Rickard said.

In 2019, Australians lost over \$6 million to superannuation scams with people aged 45-54 losing the most money.

'Never give any information about your superannuation to someone who has contacted you to make a decision immediately. Take your time and consider who you might be dealing with. Be wary of callers who claim to be from a government authority asking about your super. Hang up and call the organisation directly by doing an independent search for their contact details', Ms Rickard said.

If you have provided information about your superannuation to a scammer, immediately contact your superannuation institution. If you have provided personal or banking details you should also contact your financial institution.

You can also contact IDCAE, a free Government-supported service which will work with you to develop a specific response plan to your situation and support you through the process.

More information on coronavirus scams is available on the Scamwatch website, including how to make a report and where to get help.

You can also follow @scamwatch.gov on Twitter and subscribe to Scamwatch alerts.

Any suspicious behaviour relating to superannuation can be reported to ASIC through its online complaints form.

For more information on superannuation scams visit the ASIC's Money website.

Reference: Australian Competition and Consumer Commission (ACCC), Scamwatch.

Remembering Past Members: Dianne Proctor OAM

Chris Moyle

Dianne Proctor (pictured at the 2009 Christmas in July lunch) was born in England in 1939. Her mother insisted the name be pronounced Dee-ahn. Later Dianne herself, until the day she died, also insisted on that pronunciation, being quick to correct anyone who got it wrong.

As an adult she lived in Hawaii and mainland USA, New Zealand, and South Australia, before moving to Canberra in 1978. Here she became Director at the Woden Community Service, a job she loved. After ten years in this position, making numerous friends and putting in place many programmes, Dianne moved to Family Planning Australia as the Executive Director.

Dianne was a dedicated social reformer in the field of women's reproductive rights and received an Order of Australia Medal in 1991. Her background in Family Planning led easily into her commitment to establishing the Australian Reproductive Health Alliance, where she galvanised women (and a few men) to change attitudes and practices.

In 2003 Dianne met Reuben Gravett who became her third husband a year later. With her own son, Andrew Proctor, and Reuben's two children, her final years, family-wise, were a joy. Not so her health. Dianne lamented the fact that she took up smoking. She really enjoyed it and knew one day it would get her. Her opinion was correct as she was burdened with COPD in later years.

About 2008 Dianne and Reuben joined the Lung Life Support Group, and Dianne became a member of the Lung Foundation Australia's COPD patient taskforce, the **COPD Patient Advisory Group (CPAG)**. She became involved in raising awareness about the dangers of woodsmoke to lungs, which was a national, as well as an international issue. She and others attended meetings and sent in submissions to the ACT Government to limit (or eliminate) wood heaters in the ACT. The Government responded by offering a financial incentive for people to change from wood heaters to gas; and the Government tightened the restrictions on wood heaters' emissions. As yet there has not been a complete ban on wood heaters in the ACT, as was achieved in Launceston, Tasmania.

A submission was also put to the Senate which was looking at the question of air pollution and we are pleased to see that they have improved the air quality conditions.

Dianne died in October 2009, at age 70. Her son's obituary reads, in part: 'Fiercely independent, a committed feminist, and environmentalist, and activist, an advocate, a loving mother, a besotted grandmother, a good friend, a devoted wife and loving partner, a controversial person from time-to-time, a strongly opinionated woman – a humanitarian in all areas'.



Lung Foundation Australia's (LFA) committee

Helen Cotter is retiring, and a new representative is required

For many years, the Lung Foundation Australia (LFA) has had an advisory group for people with chronic lung conditions – called **CPAG (COPD Patient Advisory Group)** with representatives from around Australia. They teleconferenced every two months to talk about what they were doing and what they had done since the last teleconference. LFA also talked about what they were doing and what we needed to know to pass on to our support group. It was also a time for further discussion on a variety of issues. It was good to hear what those in other states and territories had to say. Currently Kaye Powell and Helen are on the committee. In the past, quite a few members of our group have been on it, including Dianne Proctor (written about in this newsletter).

Last year, LFA restructured their system and set up a variety of committees to meet the varied needs of their target groups. So CPAG was restructured to become **The Chronic Lung Disease Advisory Committee**. It is still planning to teleconference every two months – with maybe an annual meeting (fares paid) where everyone gets together somewhere – last year it was in Brisbane where the headquarters of LFA is located.

Helen has been on the committee for many years and feels that it is time for her to resign and allow someone else to become the representative. Helen said about the committee, 'I've enjoyed being on it. It's good to hear what's happening elsewhere and to help LFA's work for people with chronic lung conditions'.

LFA has various groups for the different chronic conditions so you are encouraged to investigate the groups and think of joining the one for your condition. Have a look at the LFA website. If you are interested in joining the group Helen has retired from, send an email to Chantelle Moar, the convenor of the group at LFA: chantellem@lungfoundation.com.au and she'll give you the lowdown.

LungNet Southern Highlands Support Group

Helen Cotter

There are a few support groups surrounding the ACT: Goulburn, Southern Highlands and Pambula/Bega are some of them.

John Schweers is the contact person for the **LungNet Southern Highlands Bowral Support Group**. Here's what he wrote about the group: 'I have been the coordinator for LungNet Southern Highlands since we established it five years ago. We are a small group which exercises every Monday. We work in with the Bowral Hospital Physio Department and conduct some social activities'.

I am quite willing to pass on any information. My contact details are:

Land line 02 48 540 165

Mobile 0434 623 402

Email schweers@hn.ozemail.com.au

Post 1 Alfred St Mittagong NSW 2575.

John suggests we come and visit them sometime. Sounds like a good idea – although maybe not just at this virus time.

A little light humour, during the time of isolation

Half of us will come out of this quarantine as amazing cooks. The other half will have a drinking problem.

I need to practise social distancing from.... the refrigerator.

I'm so excited.... it's time to take out the garbage. What to wear, what to wear?

I hope the weather is good tomorrow for my trip to Puerto Backyardia. I'm getting tired of Los Livingroomia.

Classified Ad: Single man with toilet paper seeks woman with hand sanitiser for good clean fun.

Day 6 of homeschooling: My child just said: 'I hope I don't have the same teacher next year'.

POCs for Loan

We have two POCs for loan: **InogenOne G2** and **SimplyGo**

The Inogen gives oxygen as a pulse; the SimplyGo gives continuous oxygen or pulse.

Both have all their attachments.



If you are on oxygen cylinders and thinking of buying a POC, you may like to borrow 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.

If you have a POC and it needs a service, you may like to borrow one.

We ask for a donation to Lung Life for their use.

Contact Helen on cotterhe@hotmail.com or ph: 02 6281 2988