



August 2021 Newsletter

Our mission is to provide a supportive and informative environment for people with lung conditions and their carers.

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NEXT MEETING: Thursday 9th September 2021
10:15 am - 12 noon
Weston Creek Labor Club
Teesdale Close, Stirling ACT 2611

An email will be sent prior to the meeting should a cancellation be necessary.

August Meeting – Helen Cotter

We had a good turnout for this meeting – about 20 people. At the beginning of the meeting, Esther has traditionally done a ‘roll call’ so we could find out who was absent and, if necessary, organise someone to make contact - part of caring for our members. Esther has not been well so is relinquishing the job and our coordinator, Lyn Morley, is currently doing it. It would be good if someone would take over the job so that we can share the work out among our members.

- ✚ A reminder to put in your diaries, the Seniors Expo – **Silver is Gold** – at the Exhibition Centre (EPIC) on Thursday 16 September (COVID permitting) from about 10:00 am to 3:00 pm. Always a good event.
- ✚ Lyn has the latest contact list for members who attend meetings. She will email a copy to you if you let her know.
- ✚ The lunch at the Burns Club went well with many attending. We discussed having them regularly – if no other activities intervene. The suggestion was well received.
- ✚ Helen Reynolds reminded us that the Botanic Gardens has a little bus that can take us around the Gardens; and the Arboretum has a little bus that does the same job. As The Seniors Expo is planned for September; a visit to either the Botanic Gardens or Arboretum might be our activity in October when Spring is around. Helen will look into it.

- ✚ Esther is also relinquishing looking after our name tags and we would like a volunteer to take over the job of bringing them to the meetings and encouraging people to wear them. Our members do not always know the names of the others in the room, and this is a good way to learn.
- ✚ We were pleased to learn that Val Dempsey is up for an award as Local Hero. Westfield has an annual program to recognise local heroes, nominated for specific regions - in this case Woden. Val has been primarily nominated for her work with St John Ambulance, but also for quilts she's made for charity, and her involvement in lung issues. We wish her luck – and give her our support.
- ✚ At the next meeting, we would like to have reports from the members who are on various committees – letting us know what's been happening over the past year or so. It's also a good way to let members know what other areas we are involved in, advocating for chronic lung issues and concerns.

Palliative Care ACT – Helen Cotter

Tracy Gillard, CEO (pictured with the microphone) and Anne Monahan, Respite Manager (seated), talked to us about the work of Palliative Care ACT, a local charity and volunteer organisation. It was formed in 1985 and aims to foster and promote quality care for those on palliative care, their carers and family. Good palliative care is about reducing suffering and making the most of your life. It deals with young people as well as old and is not only dealing with end of life patients.



Palliative Care ACT provides volunteers for the hospice and for those on palliative care at home. They make cups of tea, massage hands, provide companionship, do other small jobs like writing letters and so on. They can provide transport to appointments and outings, assist with meals, and help connect with family and friends via the internet. As it's a volunteer organisation, this assistance is free.

Leo's Place

Palliative Care ACT has recently established a respite centre – Leo's Place, named after their patron's late husband. It provides a place for patients, allowing their carers to have a short break. Patients can stay for up to seven nights or during the day. It also offers advice and information to carers. Anne Monahan, our other guest speaker, is the manager for respite care.

Life Story Program

Palliative Care ACT also offers a scheme where you can tell your life story to a trained volunteer who produces a book for you. Everyone has a story, and they often find this activity very therapeutic.

Other programs

Palliative Care ACT also provide personal care such as providing meals when you feel incapable of doing it. They are broadening their message to other language groups so more people have the awareness of palliative care and what it does.

The organisation also runs **Pallilearn** which provides eight modules on different topics for people to learn about palliative care and its provision.

Canberra Hospital

The hospital has a specialist palliative unit run by Dr Michael Chapman, a geriatrician. They are in the process of creating ‘comfort care’ which will make it look less clinical.

There is also home based palliative care – where a triage system is used as there are many on the waiting list. You need a referral from your doctor.

Conclusion

Tracy and Anne came prepared to talk with a PowerPoint presentation but alas our machine decided not to work (despite the studious attempts to fix the issue demonstrated here), therefore Anne had to talk, ‘off the cuff’ and she gave a most informative and interesting talk - well worth hearing.

Palliative Care ACT offers a wide range of support. I’m sure we only heard part of it at our meeting.

Contact details for Palliative Care ACT:

Phone: **02 6255 5771**

Email: office@pallcareact.org.au

You can find a large amount of information on palliative and related services in ACT and surrounding areas on the palliative care website: www.pallcareact.org.au



Silver is Gold Expo

Here we have Pam and Esther inviting you to come and help at the Seniors Expo (**Silver is Gold**) this year. It will be held at **Exhibition Park in Mitchell** - like many events **COVID permitting**.

Don't forget the date:

Thursday 16 September. You can help promote Lung Life all day (from about 10:00 am to 3:00 pm) or for part of that

time. And maybe you can help set up or take down the stand. You can also chat, eat, and spend some time wandering around the vast array of stands and organisations that are also there. It's a grand event.



If you can help at all, please see Pam, or let her know on **0418 483 627** or bapjh@live.com.au.

COTA ACT (Council on the Aging) - Seniors Information Service

Phone: **02 6282 3777**

Website: [Seniors Information Service - COTA ACT](#)

Their office: Hughes Community Centre (next to the Hughes shops) – you can book an appointment

They provide information on:

- Seniors cards and discounts
- Social activities
- Aged care and retirement options
- Household assistance and transport
- Community and Government services ... and more.

A wide range of information is available at the Hughes Community Centre. Booklets and brochures cover:

- Transport and getting around in Canberra
- Health and medical issues, including falls prevention, dementia, and emergencies
- Legal, financial and safety information
- Retirement and aged care
- Advocacy housing
- Exercise and fitness
- Consumer directed care
- Home library services ... and more.

COTA has programs to help seniors which include:

- **Get IT** – learning how to use your laptop, smart phone, iPad, or tablet in one-on-one sessions.
- **Advance Care Plan** – COTA can help you develop your plan with individual assistance.
- **Free legal service** – on the second Wednesday of each month.
- **Aged care navigation** – help regarding your next steps in aged care.
- **Strength for life** -an individualised training program with group classes – designed for all abilities.
- **Tax help** – a service for people on a low income; available from July to October.

COTA can also issue the Seniors/My Way cards at their office and are happy to help with a range of services including photocopying.

www.cotaact.org.au/programs

Woodfire Heater Pollution – by Helen Cotter

A recent study on wood heater pollution brought to the fore the seriousness of the pollution. It has been a known problem for many years. In Canberra, it is the most serious form of pollution – more than pollution from cars. Wood smoke is dangerous for people's health because of long-term exposure to tiny particles and other carcinogens and this brings about such conditions as chronic lung disease, heart attacks and strokes. Wood heater smoke contains some of the same (or similar) chemicals as cigarettes. It also contains pollutants like carbon monoxide, sulphur dioxide and nitrogen dioxide – and we know how dangerous all that is. The geographical characteristics of Canberra mean that if smoke settles on a clear night, it will not be blown away.

For two or three years around 2010, Lung Life was involved, along with other interested groups and individuals, in action to clean Canberra's air. Long term Lung Life members will remember Darryl Johnston who was very active. He lived in Tuggeranong where the woodsmoke often blanketed the valley in winter, affecting his family profoundly.

Along with the others, and as the Lung Life representative, I attended meetings, lobbied people, and put in submissions to get the Government to act. Some wanted a ban on wood fired heaters, but the government solution was to mandate strict limits on the heaters and the wood used, in order to reduce the amount of smoke emitted. They also provided a rebate for users who wanted to remove their heaters and move to an alternate heating system. The rebate still exists.

Now, the recent research shows clearly how wood smoke is more dangerous than we thought then. A recent study was carried out by Dr Robinson (her report is in: [Home | The Medical Journal of Australia \(mja.com.au\)](https://www.mja.com.au) who was active about reducing wood heater pollution those many years ago and is still involved. Even modern wood heaters have been shown to emit eight times more particulates than they were designed to emit into living rooms. The particulates are smaller than the wavelength of light, so you can't always see them, but you are breathing them in.

In the ACT, wood heater sales are going up despite long-term buyback schemes. Fireplace sales have increased as much as 12 per cent in the past financial year. For asthmatics and others with chronic lung conditions, the uptake of wood fires and increased level of smoke in the atmosphere is of concern.

Some steps have been taken since 2010 to minimise the harm, but still the damage to health remains a concern.

Information taken from:

[Health experts call for reform as data suggests woodfired heaters are responsible for more premature deaths than thought - ABC News](#) 9 Aug 2021

[Canberrans are burning through firewood this winter and suppliers can't keep up with demand - ABC News](#) 1 Aug 2021

[Aphorisms from the City News by Clive Williams](#)

More aphorisms can be found in Clive Williams column: [Digital edition August 5 | Canberra CityNews](#)

'Relationships are a lot like algebra. Have you ever looked at your X and wondered Y?'

Inspiring Chris Moyle to write her own joke about algebra:

'My own puzzling experience with algebra is that I always looked at X and wondered Y'.

[Quick Quiz – How well do you know your regional towns and cities? \(Answers on Page 6\)](#)

1. Where would you go to find the Big Banana? **C** _____ **H** _____
2. Rod Laver was known as the '**R** _____ **Rocket**', after the city he was born in.
3. Where would you go, to find the Big Marino? **G** _____
4. 1952 Olympic Gold Medallist Marjory Jackson was known as the '**L** _____ **Flash**'.
5. The Talking Tram can be found in which Australian regional city? **B** _____
6. Legendary racehorse Gunsynd was known as the '**G** _____ **Grey**'.



LUNG LIFE LUNCH At the Burns Club

On 22 July twenty-four members of our group met at the Burns Club to socialise and enjoy a smorgasbord lunch.

Thanks to Pam Harris for her work in organising the event and to John Morley for his photographs of the occasion.

Margaret Geaghan (left) and Joe Marks (right) were two of our members at the lunch.



Neologism

The Washington Post conducts a yearly 'Neologism' competition, in which readers are asked to supply **alternative meanings for common words**. Here are some of winning entrants.

1. **Coffee** (n.) - the person upon whom one coughs.
2. **Flabbergasted** (adj.) - appalled over how much weight you have gained.
3. **Abdicate** (v.) - to give up all hope of ever having a flat stomach.
4. **Esplanade** (v.) - to attempt an explanation while drunk.
5. **Willy-nilly** (adj.) - impotent.
6. **Negligent** (adj.) - describes a condition in which you absentmindedly answer the door in your nightgown.
7. **Lymph** (v.) - to walk with a lisp.
8. **Gargoyle** (n.) - olive-flavoured mouthwash.
9. **Flatulence** (n.) - emergency vehicle that picks you up after you are run over by a steamroller.
10. **Balderdash** (n.) - a rapidly receding hairline.
11. **Testicle** (n.) - a humorous question on an exam.
12. **Rectitude** (n.) - the formal, dignified bearing adopted by proctologists.
13. **Pokémon** (n.) a Rastafarian proctologist.
14. **Oyster** (n.) - a person who sprinkles his conversation with Yiddishisms.
15. **Frisbeetarianism** (n.) - the belief that, when you die, your soul flies up on to the roof and gets stuck there.
16. **Circumvent** (n.) - an opening in the front of boxer shorts worn by Jewish men.

[Microsoft Word - verds.doc \(newcastle.edu.au\)](http://newcastle.edu.au/verds.doc)

Answers to the Quiz

(1) Coffs Harbour, (2) Rockhampton, (3) Goulburn, (4) Lithgow, (5) Bendigo, (6) Goondiwindi