

March 2023 Newsletter

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

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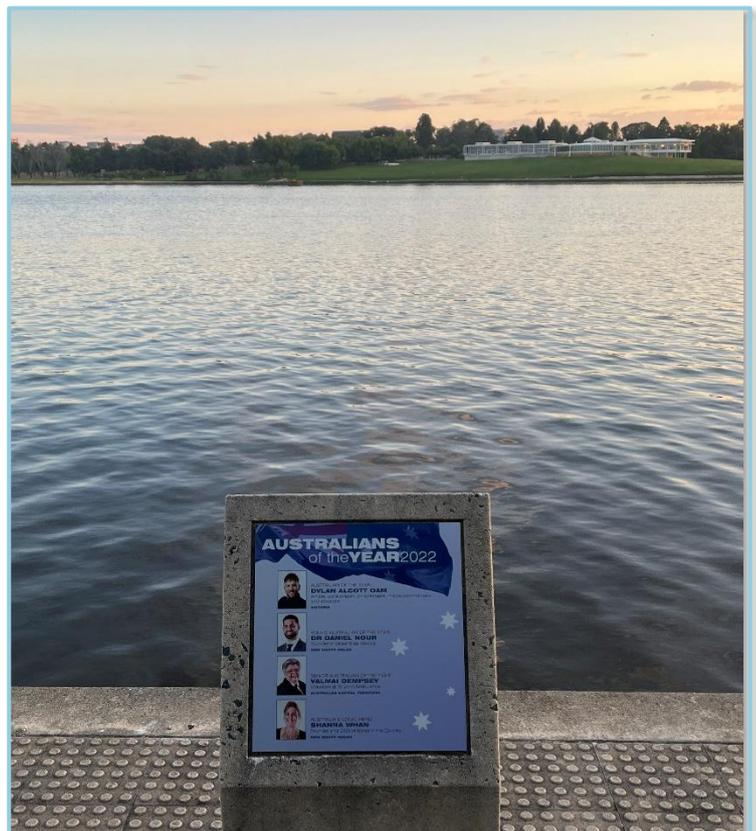
NEXT MEETING: Thursday 13 April 2023
10:15 am – 12:00 noon
Weston Creek Labor Club
Teesdale Close, Stirling ACT 2611

You are welcome to enjoy a bistro lunch with the group after the meeting.

From the Editor

For those who are able, when was the last time you took a stroll along the southern shore of Central Basin? It is an interesting place where you can see the names of all the various *Australian of the Year* winners. Val is there of course alongside names like Cathy Freeman and plastic surgeon, Fiona Wood. Another famous Canberran Rob de Castella was the 1983 *Australian of the Year*; although, unlike Val, Deek did not grow up in the nation's capital.

Recently your editor took a little time out from his morning ride around the lake to get this photo of the plinth where the 2022 winners are named. It is a completely flat walk along the shoreline to see the names of the various winners.



Do you like to attend our social events?

It would be of great assistance to your editor if someone who attends most of the social functions **could volunteer to send me a short summary of the event** soon after it has occurred. It would not be a tedious or time consuming task as some notes or a paragraph would do the trick. Could this be you?



A close-up view of Val's information on the plinth by the lake.

February Meeting - Karen Anable

The Meeting began soon after 10:30 am with 13 attendees. Apologies were received from Deanne Peerboom and Jackie Doulis (who hopes to make it to our next lunch), Chris Gray (who unfortunately caught COVID on a cruise) and Helen Reynolds. As Marina was away, Colette Mommer kindly stepped in and chaired the meeting.

We welcomed Renate Cowell, who found us through our Facebook page. Renate was seeking information and guidance on available services for her friend, Chris. At the end of the meeting she thanked us for all she had learned, including better recommendations for a good specialist. She hopes to return in the future.

Meeting Information

- There was an update on COTA Expo (10:00 am - 4:00 pm on Wednesday 15 March). Pam compiled a list of volunteers and organised car-pooling. Thank you to all those who volunteered their time.
- Marina had suggested we begin compiling a list of doctor and specialist recommendations. A sheet was passed around and filled in by those that could assist with this.
- Lyn brought to our attention a new hospital protocol of being attended to by available staff rather than our specialists being contacted. Kaye suggested contacting Darlene Cox at HCCA to follow up on this and voice an objection.
- Kaye has organised Mark Brooke, CEO of Lung Foundation Australia, to come and speak in May.
- Mark Kirk has been asked to speak about the new *'In house support service program'*. Possibly for 13 April.
- Lunch venue for 24 March - Oaks Brasserie, Yarralumla. 12:00 pm.
- It was suggested we give a gift for our speakers (as was the case pre-COVID). Margaret and Linda offered to organise these and Karen will organise 'Certificates of Appreciation' as well.

Other Suggestions for future speakers were:

- Manager of Leo's Place (respite and hospice care), Anne Monahan (02 6171 2290). Her talk should include home palliative care.
- An update from Scams ACT liaison officer, Lisa. This will possibly be on 12 October.
- Matt Garven, paramedic. Lyn will follow up on this.
- Donna Azzopardi for information and direction on oxygen issues (bottles and machines etc).
- Someone from HCCA to talk on the issue of assisted dying.
- Carol Favour on funeral arrangement options. She is from Tender Funerals, a not for profit organisation (02 4276 1611).
- David Smith, Federal MP for Bean, re his recent release of [Retirees and Seniors Information Booklet](#).
- Someone from Department of Health and Ageing.

Suggestions for future social events and venues:

- Snapper on the Lake, which has indoor and outdoor spaces.
- Southern Cross Club, Jamison.

Okami Restaurant, 8 Mawson Place, Mawson (Japanese cuisine).

- Bellucci's, 4 Irving St, Phillip (Italian cuisine).

Val suggested ideas for fundraising:

- A Trivia Quiz.
- Each member makes a dish for all to taste and the recipes are sold for gold coin donation.

Meeting closed at 12:00 pm and lunch was available from the bistro.

How's your exercising going?

Many people with chronic conditions develop anxiety and depression. Exercise is now well known to help alleviate these conditions – even better at it than medication or counselling. So how's your exercising going?

Obviously, we can't all exercise like an Olympic athlete, but we need to do what we can within our limits. And exercise doesn't only mean brisk walking or running up Mt Ainslie. It includes Yoga, Tai Chi, dancing – any form of movement at all. The more vigorous the better. Pushing yourself a bit is also good. And doing it regularly for many weeks is also beneficial.



Exercise has many lovely benefits: maybe reduced health care cost (depending on what exercise you do) and fewer side effects affecting our health. Benefits can include a healthier body weight, improved cardiovascular and bone health, and cognitive benefits.

Why does it work? Immediately after exercise, endorphins and dopamine are released in the brain. This helps boost mood and buffer stress. In the long term, the release of neurotransmitters promotes changes in the brain that help with mood and cognition, decrease inflammation, and boost immune function.

As well, regular exercise can lead to improved sleep, which plays a critical role in depression and anxiety. It also has psychological benefits such as increased self-esteem and a sense of accomplishment – all of which are so beneficial.

While it's fine to exercise on your own; the results could be better if you do it with others. You could also have a treatment plan which includes a combination of lifestyle approaches. Exercise is a powerful and accessible tool for relieving anxiety, depression, and other mental health conditions. It can be free – and it comes with additional health benefits.

It would be great for Lung Life people to combine their knowledge about what exercising/activities they are doing and what organisation provides what sort of exercise or activity.

Reference: *Exercise is even more effective than counselling or medication for depression. But how much do you need?* March 2, 2023 [The Conversation](#). Thanks to **Helen Cotter** for providing this information.

Editor's Note

Your editor would call exercise his hobby, so much so that he has kept 'health and fitness' diaries since 1987. He can tell you what workout he did on a Tuesday in July in 1988, 1998, 2008 and 2018 or any other day for that matter. Now that may seem a bit obsessive but writing down what you do can serve as motivation. It is also a place where you can note injuries or illness, and this may be of assistance in preventing a reoccurrence.

Jokes from '1001 Cool Jokes' by Glen Singleton, 2000 Hinkler Book Distributors Pty Ltd.

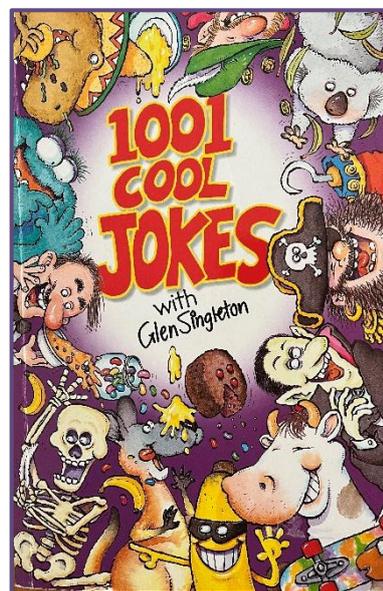
Doctor, Doctor, people keep disagreeing with me.
No they don't.

Doctor, Doctor, my nose is running.
You'd better tie it up then.

Doctor, Doctor, I'm at death's door.
Don't worry, I'll pull you through.

Doctor, Doctor, I'm having trouble breathing.
I'll put a stop to that.

Doctor, Doctor, everyone hates me.
Don't be silly, not everyone has met you yet.



SimplyGo POC (Portable Oxygen Concentrator) for loan

We have a SimplyGo POC for loan. It provides continuous or pulse oxygen.

If you need to borrow a POC with continuous provision of oxygen, this is the one.

You may like to borrow it for a trial, or to travel to another city for a break, or to visit a doctor, or when yours is to be sent away for repair.

The SimplyGo has all its attachments and has been serviced.

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

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

Building Immunity

You may recall that last year we had Erica Roughton, a dietitian from Arthritis ACT, as a guest speaker. Her presentation was then subsequently reported on in the September 2022 edition of our newsletter. As a follow up to that presentation **Chris Moyle** has forwarded the following information on Immunity.

Your body's immune system is complex and delicately balanced by many factors. It is supported by healthy foods that consist of a wide range of nutrients, healthy practices like regular exercise and good sleep, and managing the factors that cause stress. Your immune system is also a two-step system.

1. Your first line of defence is what is known as innate immunity. These are functions that are naturally designed to fight the pathogens that enter your body and can cause disease. Tiny hairs in your nose trap germs, the mucus lining of your respiratory system blocks bacteria, and stomach acid destroys these pathogens. Sweat and tears create antibacterial compounds on your skin. And, of course, white blood cells attack the foreign substances that enter your body.
2. Your second line of defence is known as adaptive immunity. This is when your body reacts to specific pathogens by creating antibodies to attack and destroy harmful substances. This type of immunity is regulated in your organs, bone marrow, and lymph nodes.

What factors weaken your immune system?

Age: As we become older our bodies produce fewer immune cells.

Toxins: Household chemicals, air pollution, cigarette smoke etc can suppress our immunity and make us more susceptible to illness.

Nutrition: Obesity and poor nutrition cause chronic inflammation which can impair the function of our white blood cells.

Stress: Chronic stress releases hormones like cortisol that affect the function of your immune cells.

What factors boost your immune system?

Nutritional Balance: This is one of the most important components of building a healthy immune system. Your body is designed to function best with a wide variety of nutrients and micronutrients. Some of the most critical are C, D, zinc, selenium, iron, and amino acids – specifically glutamine. Healthy foods are the ideal way to acquire nutrients but supplementing with vitamins can also assist.

Healthy Microbiome: This goes hand-in-hand with nutritional balance. Our highly processed western diets are the enemy of a healthy gut. Keeping your microbiome in good shape is critical for a strong immune system. This is best accomplished with a good nutritional balance, including high fibre foods with prebiotic and probiotic benefits. Supplements are also available if required – it is suggested you discuss this with a health professional.

Balancing your nutrients and keeping a healthy microbiome gives your body a fighting chance against germs and illness. It can strengthen your immune system and help your overall health.

Reference: Dr Ryan Shelton NMD (Dr Shelton is based in the US).



The humble leek, high in fibre and low in calories. And the national symbol for Wales.

Out and about with George – Silo Art



Our regular traveller, George, sent your editor this photo from one of his trips up north. The photo was taken in Three Moon, Queensland.

Three Moon is a rural locality with a population of around 150, near the township of Monto. Your editor counts himself as pretty knowledgeable when it comes to geography, but he had to concede on this one and refer to Google Maps. Three Moon is inland from Bundaberg but actually closer to Gladstone by road. If you're still lost it is about 450 km north west of Brisbane.

These silos were painted by Joel Fergie (aka The Zookeeper) and Travis Vinson (aka Drapl) and were completed in 2020.

Lung life information stall at the COTA Expo held on 15 March at EPIC.

Thanks to Pam who organised this event for us. She, along with her son Dean, set up the stall prior to the 10:00 am start. A special thank you to Dean who came along to help his mum out. They were soon joined by Marilyn who, along with Pam, represented our group on the stall until around lunch time. They were then replaced by John and Collette who stayed until 4:00 pm giving out information and letting people know what our group does. Thank you to all the hard working volunteers. An event such as this can't go ahead without you.