

## January 2024 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 8 February 2024  
10:15 am – 12:00 noon  
Weston Creek Labor Club  
Teesdale Close, Stirling ACT 2611

*Come and enjoy our first meeting of the year, followed by lunch*

### From the Editor

Welcome back everybody. We hope you had a good Christmas and New Year and are looking forward to a fruitful year. This is the first newsletter for the year.

Your editor has not been the best this January and his computer went out during the big storm in the middle of the month; so this newsletter is being put together by a committee. We wish Geoff well and hope all is resolved soon.

As with last year, we'd like to hear about items of interest to you and about what you're doing – plus any photos. They all help to make an interesting newsletter.

### Lyn Morley

Our recent previous Coordinator, Lyn Morley, passed away on 20 January 2024 in Clare Holland Hospice. Lyn was a quiet and effective Coordinator, keeping Lung Life together during the difficult time of Covid with its limitations on meetings. We will remember her through all those lunches she organised throughout that period.

A memorial service will be held for Lyn at the Tuggeranong Salvation Army Corp on the corner of Anketell and Reid Street at 2:00 pm on Thursday 1 February 2024.

We pass our condolences on to her husband John and the family. It's always a very sad time.

## January Get together

Instead of a January meeting, we had an informal coffee catch-up. About 14 people rolled up, eager to catch up with everyone and all the news. So it was a bright and lively catch-up with most people continuing their conversations over lunch.

A good way to begin the year.



## Christmas Lunch in December 2023

Pam Harris

As usual, we had a lovely time at our Christmas Lunch in December. About 20 people came to the Hellenic Club for a bistro lunch – including some new people who we were pleased to see. Marilyn had made the table look Christmassy with lots of lovely decorations and, with the help of friends, had created lovely hampers from donations by Lung Life members. These hampers were raffled - to the joy of those who won them. Have a look at the photo of one of the hampers.

A good time was had by all and it was a lovely way to end the year.



## POC Repair

Helen Cotter

My SimplyGo Mini portable oxygen concentrator (POC) recently was playing up. Such a nuisance. I phoned AirLiquide who have previously fixed my POCs but they wouldn't take it as it hadn't been bought through them. So I phoned Philips, the provider of the machine – I phoned a few times as I found it very difficult to get through to the right section and to a useful person – but finally I did.

He told me that they work through a couple of CPAP businesses in Canberra where I could leave the POC and they would pick it up and return it to the business. Wonderful.

One of the businesses was CPAP Direct in Townshend Street, Phillip. I thought I'd go there as parking would be easy. I contacted them and the manager, Taylaar, was so helpful - knew what she was doing, contacted a few people for extra detail, then took control of the machine.

She was able to lend me a substitute machine while mine was away.

After a few weeks (of course - POCs are never fixed quickly), Taylaar contacted me to tell me it was back. As usual, it was quite expensive but it's so good to find a system in Canberra that makes it easy for POCs to be repaired. I must admit though – I had to send the machine away again as it played up a second time but all was beautifully handled again.

## Companion Card

Do you need assistance so that you can go to the pictures – or to other events that accept a companion card? And you have to buy two tickets? A companion card enables you to go to these places – without having to pay for a second ticket.

To be eligible, you must:

- Be a permanent resident of Australia, living in the ACT;
- Show you have a significant, permanent disability;
- Show that you would be unable to attend most community venues or activities without care support;
- Show that this need is lifelong.



To apply, you need to:

- Fill out the application form;
- Have the information verified by a health professional;
- Have 2 passport photos, signed by the health professional;
- Send the completed application form and photos to  
ACT Companion Card Program  
Access Canberra  
GPO Box 158 CANBERRA ACT 2601

For more information or assistance in completing this form contact ACT Companion Card Program Access Canberra Phone: (02) 6205 4333 National Relay Service: 133 677

Email: [companioncard@act.gov.au](mailto:companioncard@act.gov.au) Website: [www.companioncard.act.gov.au](http://www.companioncard.act.gov.au)

## Volunteering for allied health and medical students

Thanks to Caroline Scowcroft

From: Arthritis, Pain Support & ME/CFS ACT <[info@arthritisact.org.au](mailto:info@arthritisact.org.au)>

The Discipline of Speech Pathology are again seeking volunteers to act as patients in our upcoming simulated clinic (SIM Week)!

### What?

Our second year Master of Speech Pathology students will conduct a speech pathology session with you playing the client. You'll be provided with a script and a background to your character – a patient aged 30-70 with a speech, language, or swallowing disorder, one of their loved ones, or a fellow healthcare professional. No prior acting or speech pathology experience is required! It's a great opportunity to try something different and experience speech pathology practice and clinical education with the next generation of health professionals.

### When?

Wednesday 31 January 2024 - Friday 2 February 2024  
AM (9:30 am – 12:00 pm) or PM (1:00 pm – 3:00 pm).

### Where?

At the University of Canberra Hospital.

Please reply to me ([Sarah.Greet@canberra.edu.au](mailto:Sarah.Greet@canberra.edu.au)) if you're interested. Please share amongst your networks and with your students. A certificate of time contributed can be provided to students/staff in healthcare fields for CPD hours.

## ANU needs volunteers to allow student GP's learn about arthritis

15 volunteers with some arthritis (no specific type, hands/knees/hips all welcome!) who might be interested in coming to the medical school to let 7 students examine their knee/hip joints. The tentative date set for this teaching session is Tuesday 5 March 2024 from 1:00 pm - 2:30 pm. We teach the students how to examine "normal" joints; however we'd like to broaden the topic to include patients with "arthritic" joints. We have Coles gift vouchers available to help meet the cost of attending

Contact: Janis Pitt [JANIS.PITT@anu.edu.au](mailto:JANIS.PITT@anu.edu.au)

## Chronic Health Conditions Energy Efficiency Upgrades

From Marina Siemionow

Chelsea from CHS has let us know that they have expanded the eligibility criteria for the Energy Efficiency Program to include **any** Chronic Condition now, and they have availability in this program. So, if you have clients who are struggling through the heat and cold and need assistance with thermal comfort get in touch!

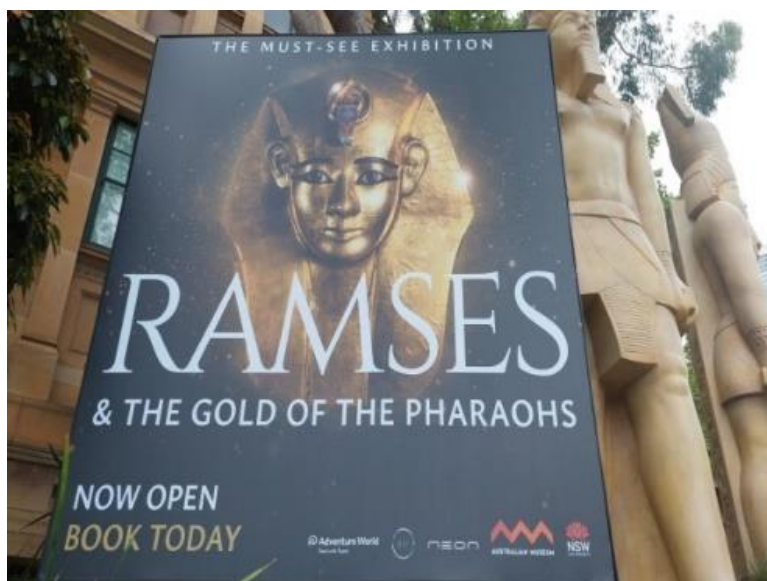
*“The Home Energy Efficiency Upgrades Pilot will improve the thermal comfort and energy efficiency of homes by providing upgrades to electric appliances and ceiling insulation. This will make your home more comfortable and help to reduce your energy bills.”*

For more information email [HomeEnergyHealth@act.gov.au](mailto:HomeEnergyHealth@act.gov.au) or phone the Sustainable Home Advice team on 1300 141 777.

## **Ramses & The Gold Of The Pharaohs Exhibitions.**

**Marina Siemionow**

Earlier this month my youngest daughter (of three) Toniya and I caught the train to Sydney, where we met one of my sisters, Barbara, who had flown in from Adelaide. One of our plans was to visit The Gold Of The Pharaohs at the Australian Museum.



**The entry to the Ramses exhibition**

We arrived at the museum at 11:30 am for our 1:15 pm session, early as instructed, and ready to learn all about the most celebrated Pharaoh of ancient Egypt. The museum was packed; queues snaked from the ticket office around the entry foyer through the doors outside and down the walkway.

We managed to sneak into an early session for the Virtual Reality show. We were ushered into golden, circular pods where we were strapped in and fitted with headsets and goggles. Nefertari, the first and favourite wife of Ramses11, welcomed us to her husband's tomb and for 15 minutes became the storyteller of Ramses' life and our tour guide as we glided through the labyrinth of intricately decorated corridors and chambers inside the Pyramid.

Although the Pyramid had been built to hold Ramses11 tomb for eternity, nearly 3,000 years earlier, poor Ramses only managed to lie there for a few hundred years. Grave robbers had helped themselves to the riches he had secured for his afterlife and a later Pharaoh commandeered Ramses tomb for himself reburying the mummy of Ramses in a much smaller tomb along with four other Pharaohs whose tombs had also been raided. It appears that stealing from earlier Pharaoh's tombs was customary among Egyptian Kings.

We learned that Ramses11 was one of the greatest of all Egyptian Pharaohs who reigned ancient Egypt for 66 years living into his 90's. He was a warrior, peacemaker, builder, brilliant communicator and a public relations master. It was a fabulous introduction, giving context to the exhibition itself.

Fifteen minutes before the start to our session we made our way to the exhibition's entrance and only had a few people in front of us.



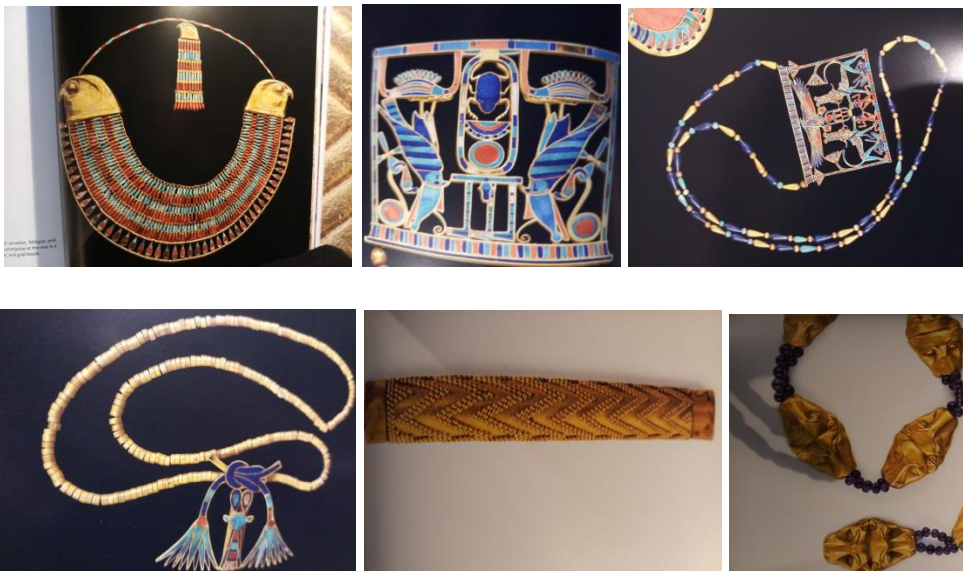
**Ramses tomb**



**The coffin of Ramses**

The Exhibition was exceptionally well curated. The stories and history of Egypt from 3,000 years ago were outlined on plaques, shown through pictures and artefacts and experienced through lighting effects, models and re-productions of whole tombs and pyramid walls. At times it really felt as if we were inside a pyramid walking through decorated narrow corridors and entering wider chambers full of treasures.

I marvelled at the intricate and stunning jewellery made of gold inlaid with lapis lazuli, turquoise, emeralds and rubies. This was all made by hand with basic tools and looked not much different to what we were wearing today. The basics really have not changed that much over the last 3,000 years.



**Jewellery 3,000 years old**

It took us two hours to complete the circuit at the end of which we were drained and exhausted but pleased that we had made the effort.