



Canberra Region Kidney Support Group

Kidney News

The views expressed in this newsletter are not necessarily those of the CRKSG

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Renal Morning Teas

Come and Join us on
Wednesday 12th June
From 10:30 to 12:00
Hellenic Club Coffee Shop
Matilda St, Woden

(Club membership preferred but not compulsory)

The Renal Morning Tea provides the opportunity to meet and make friends in a relaxed and informal setting. All renal patients, carers, family and friends are most welcome.

Please Note – Coffee & tea provided by the Kidney Support Group. Cakes, sandwiches, etc., at regular club prices.

Enquiries please contact:

John Kelly (0450 962 155)

Chaz Mostert Rally's to Support Kids Living with Kidney Disease

Kidney Health Australia are thrilled to announce that Supercars Championship driver, Chaz Mostert, will be getting behind the wheel to join this year's Kidney Kar Rally, which has over 35 cars taking part in a fun but gruelling route along the New South Wales coastline in August.

'I am stoked to be involved in the Kidney Kar Rally, it's going to be great to flick up some dust on the dirt tracks and support their cause at the same time! The Rally will raise money for kids living with kidney disease, and I'm honoured to be a part of the event' says Chaz.

With 27 year old Chaz's spirited personality taking on the challenge, it is certain he will inject enthusiasm and help fuel the fun filled seven day rally.

In its 31st year, the Kidney Kar Rally enthusiasts will drive from Port Macquarie to Armidale, via the Capricorn Coast from 9-17 August, 2019.

As a community fundraising event, each year rally teams from every state meet up and travel thousands of kilometres across the Australian countryside with one ambition... to change the lives of

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Seattle Sojourn & 7-Day Alaska Glacier Cruise on Celebrity Solstice

with Dialysis Abroad • 13-24 August 2019.

Seattle - 7 Night Alaska Glacier Cruise (including Ketchikan, Endicott Arm & Dawes Glacier, Juneau, Skagway, Alaska Inside Passage and Victoria, British Columbia)



Savour the "Emerald City" of Seattle followed by an Alaska Cruise onboard Celebrity Solstice with Dialysis Abroad and your host, Nancy Douglas-Irving OAM on a journey you'll remember for years!

Visitors to the Emerald City of **Seattle** will find a fusion of American, Asian and Native American cultures set against a backdrop of Puget Sound and the magnificent Olympic Mountains. Travel in comfort knowing that your dialysis treatment has been taken care. Highlights include the **Elliott Bay Waterfront, Pioneer Square, Pike Place Market, Olympic Sculpture Park and the Seattle Center.**

Journey through the wild terrain of Alaska on board Celebrity Solstice and discover the natural wonders that await as the rugged beauty of this pristine frontier unfolds. Get up close and personal with 30-tonne whales and massive glaciers or take a flight high above the glaciers. The complex labyrinth of fjords, bays and lush green islands is home to an abundance of wildlife including orca, mountain goats, bald eagles, bears, puffins and sea otters. The port of Ketchikan is the ideal version of an Alaskan town whilst Skagway is home to many gold rush era structures. Travel the White Pass and Yukon Route Railroad which runs through the mountains.

Ketchikan is the ideal version of an Alaskan town whilst Skagway is home to many gold rush era structures. Travel the White Pass and Yukon Route Railroad which runs through the mountains.

13-24 August 2019
12 days land & cruise only
\$9,813.00*
Per person twin share
Single Supplement \$7,420.00

TOUR INCLUSIONS

Meet and greet on arrival in Seattle
Transfers and transport throughout the entire trip
4 nights accommodation in Seattle
Porterage of one piece of luggage at the Grand Hyatt Hotel Seattle
4 x full breakfasts & 1 dinner in Seattle
Seattle Half Day City Tour with inclusions as per itinerary
Tips and gratuities to drivers and guides throughout the tour
7 night Alaska Glacier Cruise on Celebrity Cruises "Celebrity Solstice" in a balcony stateroom
All meals on cruise
All cruise taxes and port charges

Dialysis treatment* will be available in Seattle and on the cruise.
Limited to 6 (stb) dialysis patients only.

Kernel News Apply. Prices in US Dollars, unless otherwise specified. All Dialysis Abroad packages include a minimum of 10 days as required with Dialysis treatment. These Inclusions are based on a per person twin share price. Cruise packages are on an all inclusive per person basis and are subject to change without notice or obligation and are based on a minimum of 10 paying passengers per cruise. Prices are subject to cancellation fees for anyone who books and does not travel. Quotations are based on the 2019/2020 season. Dialysis Abroad Bookings are completed upon payment of a non-refundable deposit of \$1,000.00 per person to be made immediately upon booking. Final Balance due by 22 May 2019. Quotations are based on 10 days of Dialysis treatment as outlined on the tour page. The 10 days of Dialysis treatment are not included in the cruise price.

Call 1300 978 466
or email info@dialysisabroad.com.au
for bookings and a detailed itinerary

Discover and Cruise Eastern Canada and New England

with Dialysis Abroad • 22 September to 5 October 2019.

Toronto • Niagara Falls • 9 Night Canada & New England Cruise (including Cape Liberty, Boston, Portland, Bar Harbor, Halifax and Saint John)



Discover Eastern Canada & New England with Dialysis Abroad, a registered Dialysis Nurse and your host Michael Pound on this amazing 14 day small group journey and cruise

An intimate metropolis filled with culture, creativity and a unique mosaic of diverse neighbourhoods, Canada's largest city **Toronto** is one that celebrates culture, heritage, food and the arts. Take a memorable day trip to the breath taking **Niagara Falls** and enjoy the **Voyage to the Falls** boat tour followed by lunch overlooking the magnificent Horseshoe Falls. A visit to the region isn't complete without a trip to the charming town of **Niagara-on-the-Lake** in the heart of wine country.

Following a short flight to Newark in New Jersey, USA, board your **9 day cruise on Royal Caribbean's "Anthem Of The Seas"**. The autumn colours of a Royal Caribbean cruise are one of nature's great spectacles. Your itinerary will include the cities of **Boston** and **Portland**, quaint and colourful **Bar Harbor** and the seaside historic sites of **Halifax** in Nova Scotia and magical **Saint John** in **New Brunswick**.

Dialysis treatment* will be available in Toronto and on the cruise. Limited to 6 (stb) dialysis patients only.

22 September – 05 October 2019
14 days land & cruise only
\$8,562.00*
Per person twin share
Single Supplement \$6,292.00

This Exclusive Small Group Tour is based on a minimum of 10 passengers**

TOUR INCLUSIONS

Meet and greet on arrival in Toronto
Transfers and transport throughout the entire trip
4 nights accommodation in Toronto
4 x full breakfasts, 1 x lunch, 1 dinner (Toronto & Niagara Falls)
Internal flight and taxes between Toronto and Newark
Admission to Voyage of the Falls boat tour and CN Tower
Tours as detailed on itinerary
Parks fees, Destination Management Fees, city taxes as well as provincial and federal taxes
9 night cruise on Royal Caribbean's "Anthem of the Seas" in a balcony stateroom
All meals on cruise
All cruise taxes and port charges
Host and Registered Dialysis Nurse for the duration

Kernel News Apply. Prices in US Dollars, unless otherwise specified. All Dialysis Abroad packages include a minimum of 10 days as required with Dialysis treatment. These Inclusions are based on a per person twin share price. Cruise packages are on an all inclusive per person basis and are subject to change without notice or obligation. A minimum of 10 paying passengers per cruise is required to be able to sail. Final Balance due by 22 May 2019. Quotations are based on the 2019/2020 season. Dialysis Abroad Bookings are completed upon payment of a non-refundable deposit of \$1,000.00 per person to be made immediately upon booking. Final Balance due by 22 May 2019. Quotations are based on 10 days of Dialysis treatment as outlined on the tour page. The 10 days of Dialysis treatment are not included in the cruise price.

ATAS
travel accredited

Dialysis Abroad
UNIQUE & BOUTIQUE

Kids Living with Kidney Disease get a Cricket Lesson from The Best

Children living with kidney disease have a special treat in store at their annual Kidney Kids Camp, with former Australian cricketer and Kidney Health Ambassador, David Hussey, and Cricket Victoria running a special cricket workshop to boost their enjoyment at camp and raise awareness to others about kidney disease.

On Thursday, 30 May, 113 children aged from 8-17, including siblings, will be descending on Lord Somers Camp on the Mornington Peninsula for four fun filled days of team based activity, kicking off with a special session with David Hussey, who has just been appointed Coach of the Melbourne Stars and has seen up close the life changing impacts of kidney disease.

“I became an Ambassador for Kidney Health Australia because I have a friend who has attempted two kidney transplants but unfortunately, the kidneys haven’t taken. He has been and still is on dialysis and seeing him juggle being a father, husband and work while on dialysis is simply incredible,” Mr Hussey said.

“I really want to help raise awareness about the importance of keeping your kidneys healthy and checking for kidney disease early. “For the camp, I want to see the kids have fun playing a game that I love. The cricket sessions being run by Cricket Victoria are part of a great camp program planned by Kidney Health Australia. Cricket really is a game for all and I’m hoping the weather holds up so it will be a fun afternoon for everyone,” Mr Hussey said.

Kidney Health Australia Chief Executive Officer, Chris Forbes, thanked Mr Hussey and Cricket Victoria for giving the children a special memory to take home with them from their time at camp.

“Managing chronic kidney disease is physically, psychologically and emotionally challenging, so we want to remove that stress for four days, for the parents as much as the children,” Mr Forbes said.

“As well, the camp is a great opportunity for these kids to enjoy a camp experience, which can be denied them because of the nature of their illness.”

Mr Forbes said the camp program also helped children to build friendships with other kids in the same situation, and build their self-esteem and confidence in a safe, supportive and positive environment, while also being able to address their medical needs.

“We are fortunate to be able to give parents peace of mind while their children are with us, thanks to our fantastic team of health professionals from children’s hospitals nationally and volunteers from the Australian Catholic University and a number of other volunteers passionate about assisting young children living with kidney disease,” Mr Forbes said.

The Kidney Kids Camp, which has been running since 1995, is a collaborative effort between Kidney Health Australia, renal paediatric units, universities and volunteers. Hospitals providing support staff for this year’s camp are the Royal Children’s Hospital Melbourne, Monash Children’s Hospital, Brisbane Children’s Hospital and South Australia’s Women’s and Children’s Hospital.

Mr Forbes said Kidney Health Australia was able to offer the Kidney Kids Camp to families at no charge due to the fantastic fundraising efforts of programs such as the Kidney Kar Rally.

“I want to give a huge thank you to our Kidney Kar Rally organisers and participants for their amazing fundraising efforts for our Kidney Youth Program, and for running a fantastic event,” Mr Forbes said.

The Kidney Kar Rally is running from 9-17 August from NSW up the Capricorn Coast and back. To find out more about the rally to visit www.kidneykarrally.org.au or to donate to Kidney Health Australia visit www.kidney.org.au donate The Camp Welcome starts 3pm, Thursday 30th May, followed by the Cricket Victoria workshop from 3:30pm-5:30pm. Lord Somers Camp, 150 Lord Somers Road, Enter via Gate A off Parklands Avenue.



David Hussey with Billy Kidney

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Kids Living with Kidney Disease get a Cricket Lesson from The Best

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Kidney Health Australia is a not-for-profit and the peak body for kidney health in Australia with the aim to protect 5 million at risk Australians from developing end stage kidney disease, and to save and improve the lives of people already affected by the disease through support services and funding crucial research. To find out more visit www.kidney.org.au

Kidney Health Facts:

- Kidneys are essential to a person's health and wellbeing. They rid your body of waste (through urine), clean your blood of waste and toxins, regulate your blood pressure and manage the production of Vitamin D – essential to strong bones, muscles and overall health! If a person's kidneys stop functioning, they will die within a few days
- The biggest risk factors for kidney disease are diabetes, high blood pressure, established heart problems and/or stroke, family history of kidney failure, smoking, obesity, being 60 years or older, of Aboriginal or Torres Strait Islander origin, or a history of acute kidney injury. To check your risk visit www.kidney.org.au/kidneyrisktest
- 65 people die with kidney-related disease every day
- Kidney disease is a silent killer - sufferers can lose 90% of kidney function without experiencing any symptoms
- 1 in 3 people in Australia are at risk of developing chronic kidney disease
- A staggering 1.7 million Australian adults are affected by kidney disease while 1.5 million of those are unaware of it
- Kidney-related disease kills more people than breast cancer, prostate cancer and road accidents combined
- Tragically, one in five Aboriginal and Torres Strait Islanders have indicators of chronic kidney disease and are four times more likely to die from it than the non-Indigenous population.

Louise Blue OAM

We lost one of our Renal Morning Tea stalwarts on 4th May. Louise has been attending the morning teas since the inception some years ago.

Louise's funeral was held on Monday 13th May. It was a very big funeral as expected and was beautifully done with good stories of Louise's life which gave a good idea of the wonderful person she was and how energetic she was despite her illnesses.

Louise was very proud to tell us at the April CRKSG morning tea that her son had also won an OAM in this year's Australia Day Honours!

While she was a school Principal, Louise worked hard to get disabled children into mainstream schools. She also, along with the mother of an intellectually disabled adult, formed a committee to build a House where the adults could live independently from their parents with a supervisor. The house provided a home for 10 residents, each had their own private bedroom and ensuite and responsibilities. This house still exists today in Curtin and the residents can stay there for their whole lives.

Since then there has been much improvement in care services and independent residential homes for disabled people. Louise was the pioneer.

Louise wanted her life to be useful and she was very successful in achieving this.

She is going to be sorely missed by the Renal Morning Tea fraternity!



Louise Anne Blue OAM

26 February 1942 – 4 May 2019

Diary

Meetings for the Group are held on Saturdays at 2:00pm. At the Southern Grounds Coffee Shop, adjacent to The Good Guys, Tuggeranong.

All welcome

Dates for 2019 —

- August (AGM) (Date to be advised, 3rd or 10th)
- 23rd November

.2019 Renal Morning Teas at Hellenic Club, 10:30 to 12:00

Wednesday 12th June,
 Thursday 11th July,
 Wednesday 14th August
 Thursday 12th September,
 Wednesday 16th October,
 Thursday 14th November, and
 Wednesday 11th December

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children and young people affected by kidney disease.

Following the traditions of the Australian reliability trials from the 1970s, the rally is not a race but a test of skills and is designed to allow the novice and the experienced to participate on a level playing field. Whilst there's camaraderie between participants, the rally is competitive and organised by individuals who have rallied competitively for most of their lives.

The rally drivers have been long term supporters of kids living with kidney disease and raised over \$15m in total for Kidney Health Australia's annual Kidney Kids Camp and youth programs. Kidney Health Australia are sincerely grateful to individuals and organisations in the

community like Biante Model Cars who are supporting the event this year.

Chief Executive of Kidney Health Australia, Chris Forbes, said the Kidney Kar Rally had provided fantastic support for the charity's program which helps children and young people deal with the physical, emotional and psychological impacts of this life changing disease.

"Many children living with kidney disease lead isolated lives as a result of their condition and treatment. Our kid's camp and youth programs have been designed to help young people make friendships with others in their situation and build confidence and self-esteem through a series

of fun peer-networking activities," Mr Forbes said.

"Alarmingly, 65 people die with kidney related diseases every day, and currently 1.5M Australians are unaware they have early signs of the disease. So the rally is also a great platform to connect with and educate local communities about kidney disease and the importance of prevention, early detection and support," Mr Forbes said.

For more details about supporting the Kidney Kar Rally or getting involved please contact John Paine, Event Director on: Mobile: 0418 243 616, or visit the website: <https://www.kidneykarrally.org.au>

Eurobodalla Renal Support Group

"Find Out Friday"

When- Most Fridays

Venue- Bridge Plaza. Batemans Bay.

Time- 9.30am to 5.00pm

We urge all Australians to take the time to register as Australian Organ and Tissue Donor's.

Australian Organ Donor Registration forms available. And then —

On Display Donate Life "The Book of Life"

Chat with Brad Rossiter — Dual Organ Transplant recipient – Kidney & Pancreas and Double Leg Amputee.

Brad & Lorae Rossiter.

Co-Chairs & Founders.

Organ Transplant Recipient- Kidney & Pancreas.

2012 Eurobodalla Shire citizen of the Year

M- 0458534470

For more information visit — Donate Life.
www.donatelife.gov.au and Kidney Health Australia. www.kidney.org.au





MEMBERSHIP APPLICATION/RENEWAL

Canberra Region Kidney Support Group Inc
PBox 5051 GARRAN ACT 2605.
ABN: 77 396 063 641

Last Name: **First Name:**

Address:.....

Email:

Phone No:

. Signature: **Date:**.....

Post form to the address shown at the top of this page.

I would like to make a voluntary donation to CRKSG for the amount of: \$.....

Please accept this application for membership of the Canberra Region Kidney Support Group Inc.

NOTE: This form may also be used to notify a change of address/contact details.

The Canberra Region Kidney Sup0rt Group is a registered charity so donations of \$2.00 or more are tax deductible. They can be made by Cheque, Money Order payable to CRKSG Inc., or by Bank Transfer.

Bank: Commonwealth Bank

Account Name: Canberra Region Kidney Support Group Inc.

BSB: 062 912

Acc No: 10028872

Reference: Your name.

After making the bank transfer, please forward by email to crksg@shout.org.au, your contact details and the bank transfer receipt. We will then send you a tax receipt.

Canberra Region Kidney Support Group

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Garran ACT 2605

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Web: <http://www.crksg.org.au>