

October 2022 Newsletter

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

Editor: Geoff Cox 042 990 1131
selaca@bigpond.net.au

Coordinator: Marina Siemionow 042 962 9180
lung.life1@hotmail.com

NEXT MEETING: Thursday 10th November 2022
10:15 am – 12:00 noon
Weston Creek Labor Club
Teesdale Close, Stirling ACT 2611

Guest Speaker Topic: Living with Chronic Lung Disorders

From the Editor

The whirlwind year for Lung Life's own Val Dempsey continues. In this edition, Chris Moyle has written about Val's trip to London to attend the Queen's Funeral at Westminster Abbey. You can read this amusing article on page 4.

You can always contribute to your newsletter by sending articles, photos, or information to the Editor. This month Maureen Bell has done just that; read about her exercise program on page 6.

The Christmas Hampers will be put together following the November meeting. **Please bring non-perishable items for the hampers to the next meeting on 10 November.**

October Meeting

In Marina's absence Chris Gray did a wonderful job of chairing the October meeting and, with Helen Cotter and Chris Moyle also unavailable, taking notes. Thanks Chris.



Val Dempsey in a relaxed mood, wearing her beloved St John Ambulance uniform.

Items discussed by Chris Gray

Lunch on Friday 28 October

- Marilyn advised that she has booked an inside table for our luncheon on 28 October.
- **12:00 pm at the Pollen Cafe, Clunies Ross St, Australian National Botanic Gardens.**
- No bus trip has been arranged. This will be a luncheon only.

World COPD Day, Community Stall, Cooleman Court, Weston Creek

Wednesday 16 November

- Cooleman Court will provide a table and chairs.
- It was decided that we would set up for a **10:00 am start**, and expecting to set down at about 2:00 pm (mainly because the Court quietens down considerably after 2:00 pm)
- Helen Cotter will contact a Pulmonary Clinic in the hope that a nurse can be spared to test people's oxygen levels.
- The number of members attending on the day will be finalised at our next meeting.

Annual Christmas Function, Friday 16 December

- It was decided that our annual Christmas function would be held on Friday 16 December.
- The venue chosen was the **Irish Club**. Marilyn and Kaye are looking after this.
- Marilyn asked that everyone bring items for our Christmas Hampers to the next meeting on 10 November.
- Karen is to approach shops/businesses to seek gift vouchers that can be included in the hampers.



Other discussions

- Chris Gray is to investigate the purchase of more pens.
- John Morley mentioned that at Erindale he sees many people on oxygen. He suggested we produce some up-to-date business cards that people could distribute when out and about. It was mentioned that the cheapest way to purchase them was online through Vista Print. Karen is looking into this.
- Kaye has been in contact with Queensland about providing us with some updated lung-related information pamphlets.
- Kaye mentioned that she attended a Zoom meeting by dialling the provided number on her phone and she was able to hear the discussions of that meeting. So that's something people without computers might be able to do in future when there is an event they'd like to be involved in.

COTA's Seniors and Veterans Expo, Budawang Building, Epic Exhibition Park,

Wednesday 28 September, 10:00 am – 4:00 pm

- This Expo was attended by Pam, Chris Gray, Maureen, Marilyn, Lyn and John.
- The morning was very busy and there was a lot of keen interest. So, we're hoping this will result in new members. The afternoon was a lot quieter.
- Staff from the Office for Seniors and Veterans in the ACT Government took one of our brochures to include our details in their regular newsletter.

World COPD Day -Wednesday 16 November 2022

Information supplied by Helen Cotter

World COPD Day is held every year on the third Wednesday of November. This year, it's on 16 November. It's organised by the Global Initiative for Chronic Obstructive Lung Disease (GOLD) in collaboration with health care professionals and COPD patient groups all around the world.

This year's theme is **'Your Lungs for Life'**, aiming to highlight the importance of lifelong lung health. You are born with only one set of lungs. It's important to look after them.

Fifteen years ago in 2007, the World Health Organisation (WHO) estimated **about 210 million people had chronic obstructive pulmonary disease (COPD)**. They predict that COPD will become the **third leading cause of death worldwide by 2030**. The key risk factors are tobacco smoking, indoor and outdoor air pollution, and exposure to occupational dusts and chemicals.

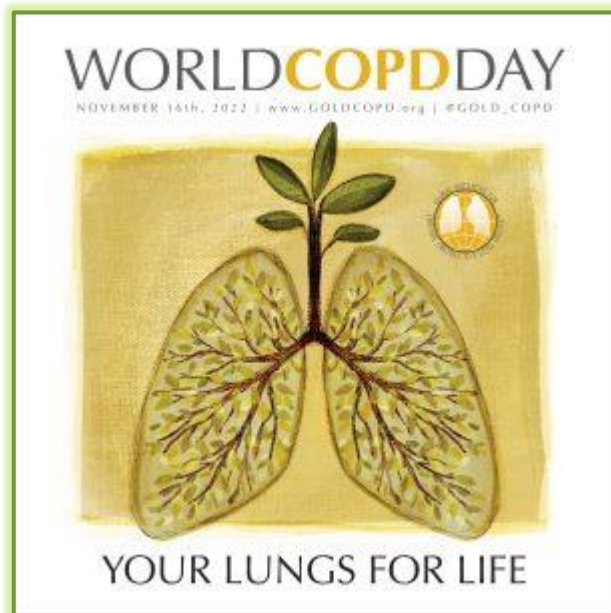
What do people do for World COPD Day? The first World COPD Day was held in 2002 and now more than 50 countries carry out activities, making the day one of the world's most important COPD awareness and education events. Various health care organisations, educators, government agencies, and patient groups worldwide all work together around this day. Activities include:

- Educational evenings for COPD patients and the general public.
- COPD Care Days involving scheduled appointments and counselling sessions.
- Openings for COPD education or health clinics.
- Free pulmonary function tests.
- Outpatient education sessions on quitting smoking.
- Talk show radio programs on dealing with COPD.
- Bus tours that local physicians organise to bring COPD education and management in remote areas.
- Stands in various places providing information about COPD.

Why do we have World COPD Day?

It's an opportunity to make more people aware. Despite how common it is, many people don't quite know what COPD is and how it affects them. They may already have the symptoms and not realise it by dismissing them as 'just a cough'.

It's a day in which experts discuss new ways to reduce the problem. GOLD organises international conferences about this topic, including satellite conferences. That way, every professional can learn about the newest findings.



It's important to remember the facts. With the stress of daily life, it's possible to forget if we're at risk or not, or how serious this disease is. Having this day serves as a reminder of the data, symptoms, prevention methods, and treatments.

What we are doing in Canberra.

We're having a stand at Cooleman Court, Weston Creek on World COPD Day, Wednesday 16 November. We can talk to passers-by about COPD. We can also give a quick lung function test to those who'd like it.

World COPD Day (Chronic Obstructive Pulmonary Disease)

Wednesday 16 November 2022

10:00 am – 2:00 pm Cooleman Court, Weston ACT

Canberra Lung Life Support Group will be having an information stand at the Cooleman Court Shopping Centre, Weston ACT on Wednesday 16 November 2022, to provide information about chronic lung conditions and the support available.

We are hoping the chronic care nurse from The Canberra Hospital, will be on hand to provide a simple lung function test which gives an idea of how well your lungs are working. World COPD Day is overseen in Australia by Lung Foundation Australia. They assist local organisations and businesses to become involved and spread the word about COPD.

Website: [World COPD Day 2022 - Global Initiative for Chronic Obstructive Lung Disease - GOLD \(goldcopd.org\)](http://goldcopd.org)

'London Calling'

By Chris Moyle

'Valmai, oh Valmai, where have you been?'
'I've been up to London to farewell the Queen.'

With apologies to 'Pussy Cat'

Val, a Lung Life member, is certainly leading an exciting life these days. In September the 72 year old Senior Australian of the Year was one of 10 'ordinary' (albeit distinguished) Australians swept off (with the Prime Minister in his VIP plane) to the Queen's funeral in Westminster Abbey. **Editor** – in days gone by these 'ordinary' people would have been 'commoners'.

The advice was to only pack black, save for one item of colour; Val took a scarf. Pyjamas were provided to wear on the plane and Mr Albanese came by to see if they were all okay.



Queen Elizabeth II; photo taken on the occasion of her 90th birthday in 2016.

They had to be seated at the Abbey (behind 10 ‘ordinary’ Canadians) at 8:30 am ahead of the 11:00 am funeral. When the Queen’s coffin passed by, Val crumpled into a curtsy of spontaneous respect. A man standing behind her thought she’d fainted.

She was deeply touched by the service and the silence in the abbey. At the end, the group was instructed to stay seated until the ‘extra-ordinary’ people – royalty and heads of state – had departed.

But there was the insurmountable matter of the breakfast cuppa beginning to put pressure on Val’s bladder. It couldn’t be denied, and Val took the chance, looked around and quickly legged it down an aisle and out the back of the abbey where she knew they had loos.

On the way back, she was confronted by a formidable marching group of Beefeaters, Yeomen of the Guard, and the Queen’s body guard carrying halberds (pikes).

She quickly sidestepped into a pew to let them pass, nipped back into the aisle and, from under her wide-brimmed black hat, bam! She’d walked straight into the chest of a man in a suit.

Brim lifted, looking up and without missing a beat, Val said, ‘G’day, Mister President, and how are you?’ To which **Joe Biden** assured her he was fine. Mercifully, the American President’s shoot-first security crew was waiting outside the abbey, otherwise the Senior Australian of the Year might have been in a spot of bother. Since then she’s been fielding calls from American media who were astonished to hear this story.

Finally, for the return journey, Val asked ‘nice Mr Albanese’ if it would be possible to fly low over the Egyptian pyramids. Val had never seen them before. There were tremors of concern when that request got back to flight planners in Canberra.

But they did what the PM asked and as the plane flew low over Giza, someone woke the pyjamaed Val to see pyramids. She was awestruck and excited and dashed up the plane and, ‘knock-knock’, into a room where ‘Albo’ was holding a meeting.

She effusively thanked the PM and left with the promise that (husband) ‘Lindsay would probably vote for you next time!’

No flies on our Val, and ‘not bad going for a girl from Frome Street, Narrabundah’.

Reference: City News, Oct. 13-19, 2022

Photograph: <https://www.royal.uk/downloadable-image-queens-90th-birthday> Press Association/Danny Lawson.

Note from the Editor

It is interesting that in these great cathedrals the ‘commoners’ can not actually see what is happening up near the altar. So being seated behind the Canadians was probably not an issue.

What could be next for Val? Maybe a guest spot on *Spicks and Specks*. Fellow award winner Dylan Alcott was on the program a few weeks ago.



Have you been wondering how to improve your fitness?

Maureen Bell has been attending a **University of Canberra (UC) student-led clinic**. At this clinic she is under the supervision of a 4th year Exercise Physiology student who is her personal trainer (PT). The sessions are designed for people who have chronic conditions such as heart and lung conditions, and /or diabetes.

Compared to other PT workouts these sessions are quite reasonably priced (\$8 a session – but check prior to commencing). They are held in the UC Health Hub, Allawoona St, Bruce (Level D).

You can make enquiries about these student-led sessions by calling **UC Health Clinics on 02 6201 5843**.

The Canberra Institute of Technology (CIT), Fit and Well also has a system of supervised one-on-one exercise programs. To make enquiries call 02 6207 4309 or email FitandWell@cit.edu.au.

Concessions For Life Saving Medical Equipment – Helen Cotter

Essential Medical Equipment Payment (EMEP) <https://www.servicesaustralia.gov.au/>

If you are a concession card holder, you can get a yearly payment from the Government to help with energy costs if you need to run essential medical equipment used for medical needs. Once you get it, you don't need to claim again for the same equipment as you'll get your payment each year until your circumstances change, or you move address.

Your equipment can be any of the following:

- home dialysis machine
- home ventilator
- home respirator
- home parenteral or enteral feeding device
- oxygen concentrator
- heart pump
- suction pump.

You can also get payment if you use any of the following:

- nebuliser, used daily
- positive airways pressure device
- phototherapy equipment
- air bed vibrator
- electric wheelchair
- insulin pump

The best way to claim – once you have checked that you can get it – is online but you need a myGOV account linked to your Centrelink online account. If you can't claim online, you can complete the [Claim for Essential Medical Equipment Payment form](#). If you can't access a claim form you can either phone: 132 717 or go to a centre such as Medicare or Centrelink. For more details check out the website: <https://www.servicesaustralia.gov.au/>

Heating and Cooling For Medical Needs

You can also get the Essential Medical Equipment Payment for heating or cooling used for medical needs. Use the claim details above to find out more or to claim.

Electricity Companies

Electricity companies also offer rebates on life support equipment such as oxygen concentrators, respirators, CPAP regulators and other equipment. You need to have it prescribed by your doctor for a life threatening condition. Contact your electricity supplier for more details.