



March 2025 Newsletter

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

Editor: Brian Chauncy and Helen Cotter
lung.life1@hotmail.com

Coordinator: Marina Siemionow 0429 629 180
lung.life1@hotmail.com

NEXT MEETING: Thursday 10 April 2025
10:15 am – 12:00 noon
Weston Creek Labor Club
Teesdale Close, Stirling ACT 2611

Michelle Cullen the coordinator of the Chronic Conditions Network of the Health Care Consumers Association (HCCA) will talk on the Health Care Consumers Association (HCCA) and what it does, but in particular about the health rights of health care consumers and how best to navigate the health system.

March Meeting – Helen Cotter

- ✚ Marina began by letting us know what she'll be working on this year to promote our group. Marina represents our group on the Chronic Conditions Network which is managed by the HCCA. This network works closely with the Capital Health Network which is responsible for building and maintaining an IT-based tool for medical practices called Health Pathways. Every medical practitioner in the ACT and surrounds uses this tool as a reference for any diagnoses they make. This year she'll be going through everything they have in the system on chronic lung conditions to ensure that all the relevant pathways reference the Canberra Lung Life Support Group as an available resource and support tool for any person with a chronic lung condition.
- ✚ Next, she told us about a FREE 10 week **Falls Prevention Program**, organized by Uniting Aged Care beginning Monday 14 April until Friday 20 June. You can choose between:
 - ✚ Group 1: Deakin, 21 Napier Close – Monday and Wednesday 10am;
 - ✚ Group 2: Deakin, 21 Napier Close – Tuesday and Thursday 10am;

✚ Group 3: Lyneham - Monday and Friday 1.30pm.

"We'll combine specially tailored seated spin exercises, a guided balance program, and weekly educational sessions from our allied health team members."

You needed to let them know by March 21st – but if you are interested you could try phoning or emailing them: phone 0434 958 724 or saanderson@uniting.org .

We had our first Advisory Group meeting in February and decided on the following points:

- ✚ We would have 6 speakers spread out over the year;
- ✚ Marilyn Doak has agreed to become our Treasurer;
- ✚ Helen Crombie is now the Events Organiser (to replace Chris Gray who has moved North to be with family);
- ✚ We decided to move to an annual – but voluntary fee – of \$20pa.

We then discussed the annual fee and the meeting agreed it was a good idea. We will still collect money at the meeting for those who would like to do so. The fee is to be paid each year in March. See later for the bank details.

- ✚ We are still looking for a newsletter editor. It's not an onerous job but is a regular one. Brian Chauncy volunteered to edit it this month.
- ✚ Marina then reminded us of the **Breathlessness Action Plan** which we talked about in January. It has a 5-stage action plan which Marina then took us through to remind us:
stop; think; position yourself for easy breathing; breathe out slowly; airflow/cool.
- ✚ Finally, we got into groups of three and talked about: the first novel we read; which do we prefer – oceans or mountains; and if you could live anywhere, where would you live?
A lot of animated discussion – and laughter – followed. Then it was on to our speaker.

We agreed at the meeting that we would move to an **annual voluntary membership of \$20**. Our tradition has been that we donate some money at our meetings for Lung Life's expenses. But fewer people are using cash and cannot donate at the meetings; paying an annual amount would solve this issue for us all.

Here are our banking details for your donation: Our bank is **Beyond Bank**,

- ✚ **BSB Number: 325-185**
- ✚ **Account Number: 04043535**
- ✚ **Ref. No.: member's first name and surname**

Lung Life's expenses include membership of SHOUT and HCCA; events like Seniors Expo; pamphlets; pens and other paraphernalia for Expos etc; extras for special lunches; and general running costs.



The benefits of exercise and the facilities available for exercise

Our speaker was Dylan Grubb of **Equipd Allied Health**, the gym which used to be called Chifley Gym – obviously in Chifley. Dylan talked about the benefits of exercise through the facilities of the gym.

It's good to be assessed before you start any exercise and the gym has **accredited Exercise Physiologists** who can assess your health and condition to work out which exercises can best benefit you. This assessment gives a baseline reference for your activity.

Once assessed they can suggest maybe individual exercises or Strength for Life classes, the fitness room, cardiovascular work and so on. You can work individually or in group classes.

The **physical activity guidelines** put out by the Department of Health recommend 150-300 minutes of activity each week. This can be done in short bursts and can include activities like walking up stairs etc. Even if you are quite breathless or on oxygen, it's important to exercise at your level. Even if you are in a wheelchair or use a wheelie walker, you can still do a variety of exercises to maintain or improve your condition.

Dylan went on to talk about some of the techniques used to assess fitness. He talked about mats you can stand on that check your balance and postural sway. He showed us a handgrip to measure the strength of your grip – and we all had a go. He showed us a tool that measures strength, stability and function in various parts of the body.

What is important is knowing your own limits and working within that to either maintain or improve those limits.

If you are interested in attending Dylan's gym, here are the contact details:

Equipd Allied Health

9/70 Maclaurin Cres, Chifley 2606 (the old Chifley school) NEED QR CODE

Email: admin@equipedalliedhealth.com.au ph: 5135 6600

End of month lunch: Rocksalt in Hawker Friday 28 March 11.45

Rocksalt is at 78 Hawker Place, Hawker. Ph: 6254 7865

If you drive in along Hawker Place Road, parking is quite close

Newsletter Request

Our newsletter (your newsletter) is generally written by a couple of people and we'd love to have contributions from other people – things which you think would interest our readers:

- ✓ Lung and health information
- ✓ Events/ meetings coming up
- ✓ Trivia
- ✓ Something that you've done or learnt
- ✓ Photos

George used to send lovely photos and information about his travels. They always were a joy to read. Alas no more.

Some people worry that they can't write very well. We could edit it for you.

Send it to the Lung Life address and put **For the newsletter** in the subject heading.

Hope to see some lovely items.



Tips and Ideas for Older Australians (65 years and older)

What sort of activity should I be doing?

Four types of activity are needed to keep you healthy.

- **Moderate Activities** – for your heart, lungs and blood vessels
- **Strength Activities** – to help maintain bone strength
- **Flexibility Activities** – to help you move more easily
- **Balancing Activities** – to improve your balance and help prevent falls.

Try to include at least one activity from each group.

Moderate Activities

Do 30 minutes of activity from this group on most days

- Brisk walking
- Continuous swimming
- Golf (no cart!)
- Aerobics
- Cycling
- Washing the car
- Walking the dog
- Yard and garden work
- Tennis
- Water aerobics
- Dancing
- Mopping and vacuuming

Strength Activities

Do specific strength exercises two or three times a week

- Weight, strength or resistance training exercises.
- Lifting and carrying (eg groceries or small children)
- Climbing stairs (instead of taking the lift or escalator)
- Moderate yard work (eg digging and shifting soil)
- Calisthenics (eg push-ups and sit-ups)

Flexibility

- Tai Chi
- Bowls (indoor and outdoor)
- Mopping, vacuuming
- Stretching exercises
- Yoga
- Dancing

Balancing Activities

- Side leg raises
- Half squats
- Heel raises

Make your move – Sit less – Be active for life!



Molly's Car

<https://www.fxfjholden.com/molly-goodall/>

One of our members, Marilyn Allen, has a personal connection with an exhibit in the National Museum – Mollie's car.



Photo: Dragi Markovic.



Mollie Goodall was Marilyn's grandmother who lived in a tiny house at the end of Tharwa. Marilyn grew up in Melbourne and every Christmas, the family would drive to Canberra to stay with Grandma. Mollie had eight children so there were plenty of relatives to catch up with.

Molly bought this Holden Special Sedan in September 1955. For the next 25 years, she drove it regularly between the family sheep farm in Tharwa, New South Wales, and the

local town of Queanbeyan. To leave the farm, Mollie had to open eight gates every time.

During this time, Molly took great care of this car, garaging it and covering it with a rabbit skin rug and a horse blanket.



It is now a part of the National Historical Collection in the National Museum of Australia, an example of the FJ Holden which is one of Australia's most recognisable cultural artefacts of the 1950s. The car comes complete with whitewall tyres, rear wheel spats, the original spare tyre and red upholstered interior – the original paint and upholstery. *Photo: Dragi Markovic.*

The 'New Look' Holden

The much anticipated FJ Holden came on the market in 1953. Known at the time as the 'New Look' Holden, the FJ was essentially a revamped version of the first Holden sedan, the FX released in 1948 which was judged too gaudy for the local market and too expensive to produce. They set about creating a more conservative interior for the Australian market.

Rising affluence and the easy availability of credit helped make the FJ one of Holden's best selling models. As time went on, Molly found driving more difficult as more people bought cars. She had managed gravel roads and tricky creek crossings but found traffic lights, crowded streets and roundabouts confusing. So, in 1980 Molly sold the car to Queanbeyan mechanic Albert Neuss, who had performed the first service on the FJ.

And now, it sits in the National Museum for all to see.

Article courtesy of The National Museum of Australia Canberra

http://www.nma.gov.au/collections/fj_holden/

Australia's Health in Brief 2024

From: **Australia's health 2024 in brief** - The Australian Institute of Health and Welfare 2024

www.aihw.gov.au/reports-data/australias-health

P12 In 2022, the 5 leading causes of death in Australia were:

1. Coronary heart disease
2. Dementia
3. COVID-19
4. Cerebrovascular disease
5. Lung cancer.

Coronary heart disease and dementia have remained as leading causes of death. However, COVID-19 entered the top 5 in 2022. This was the first time in over 50 years that an infectious disease has been in the top 5 leading causes of death in Australia.

P27 Respiratory conditions In 2022, **an estimated 8.5 million (34%)** Australians self-reported chronic respiratory conditions such as hayfever, asthma and coronary obstructive pulmonary disease (COPD).

P38 The 5 risk factors that caused the most disease burden in Australia in 2018 were:

1. tobacco use (8.6% of total burden)
2. overweight and obesity (8.4%)
3. dietary risks (5.4%)
4. high blood pressure (5.1%)
5. alcohol use (4.5%).

P39 Tobacco smoking continues trending down, but vaping is trending up. In 2022–2023, for people aged 14 and over, an estimated:

- 1.8 million (8.3%) were smoking tobacco daily - down from 12.2% in 2016
- 700,000 (3.5%) were using e-cigarettes daily — up from 0.5% in 2016

Most age groups experienced a substantial decline in tobacco smoking between 2019 and 2022–2023.

In contrast, the use of e-cigarettes increased for most age groups between 2019 and 2022–2023 and the increase was much more substantial among younger age groups.

"People who think they know everything are a great annoyance to those of us who do."

- Isaac Asimov

Courtesy of Chris Moyle