



The Christchurch Kidney Society (Inc.)
Patient Support Group
SERVING THE LOCAL RENAL COMMUNITY
FOR OVER 40 YEARS

THE RENAL MESSENGER

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From the Editors Desk...

Dear members and supporters, welcome to 2016, I wish you all a safe and happy year ahead.

It was lovely to finish 2015 on a high note, with our annual Christmas party. As the date for the party draws closer, I always panic and wonder whether I will have enough presents for the children attending, whether we will have good raffle prizes, etc, and it always falls into place because we have such generous supporters and members, along with our dedicated Committee, who all contribute. This year I was astounded by the generosity shown, and it truly made my Christmas. Over 320 people attended and the weather was kind to us again. It was lovely to see everyone enjoying the day—some even mentioned they finished their Christmas shopping there! Thank you to everyone who attended, those who donated raffle and chocolate wheel prizes, those who baked and made goodies for the produce table, and everyone who helped out on the day. I won a Peter Timbs voucher in the raffle and bought a lovely handmade wooden bowl from the produce table made by one of our members (which is displayed at home and receives lovely comments).

I have started planning the year ahead and we have another Bingo Night booked with the two lovely pensioners, Ethel and Bethel, on Friday 11th March at the Cashmere Club. Please get in quick for your tickets as numbers are limited and many missed out last time. It is an experience not to be missed!

I hope to have at least two cake stalls in the foyer at Christchurch Hospital over the year (dates to be advised), and will explore other fundraising options, so we can continue to support our members and new patients through our care pack program.

Don't forget about our "mini exercise bikes", we already have quite a few people cycling their way around Christchurch from the comfort of their armchairs! We still have some in the office if you are interested in joining the peloton.

Jo Houghton





2015 CHRISTMAS PARTY FACTS:

- ◇ Over 320 people attended.
- ◇ There were 15 fantastic prizes in the Monster Raffle.
- ◇ Kidney Kids families joined us on the day.
- ◇ 600 sausages were ordered, and almost all got eaten

- ◇ Funds raised on the Raffle, Chocolate Wheel and Produce Table were the best yet and covered the main expenses of the day.
- ◇ The produce table had an amazing choice of goodies from wooden bowls, hand-knitted jerseys, plants and baking



***Thank you to everyone who contributed
our Annual Christmas Party***



OUR FABULOUS CHRISTMAS

PARTY SPONSORS

Hanmer Springs Thermal Pools, Willowbank Wildlife Park, Orana Park, Powell Fenwick Consultants, Cadigan Family, Kidney Kids, Mike Jones—Boat Shed Café, Jon Ewen—Weta Productions, Joe's Garage—Cranford Street, Peter Timbs, Vast Interior, Hellers, Pam Crawford, Mal and Deanne Dowding, John and Sandra Stapleton, Beverley Mckie, Sandra Rumary, Garry Knight of Penny Lane, Chris Kent, Mary Gerard, Millwood Nurseries, June and Ian Shaw, Margaret Murphy, Russell Jones, Court Theatre, Fresh Choice Merivale, Barry Holland, Karyn Agar, Wendy and Julia Schist, Katya Houghton, Dr John Irvine, Lorraine Marriott, Carol Jackman, The Seconds Shop Ferrymead, Noeline Cox, Greg Beach, Sara Ford, Countdown Moorhouse, Dave and Jenny Manks, John Irvine, June Gillanders, Judy Shaskey, Dryberg/Kern Merivale, Unichem Eastgate, Rodger Curragh, Naoko Suzuki, Judy Port, Annette Thom, Annette Schist, Caroline and Roger McKenzie, staff at the Home Dialysis Training Centre, Acute Ward and Ward 14, and everyone who popped goodies on the produce table and chocolate wheel on the day. Special thanks to the Committee.

A DATE TO REMEMBER:

SHOW YOUR ABILITY: 29 FEBRUARY 2016—PIONEER STADIUM FROM 9AM TO 2PM. *On display are all kinds of equipment for younger and older disabled people and older persons care equipment including: Wheelchairs, shower stools, portable ramps, daily living equipment, disability information, etc.*

SPECIAL THANKS TO:

**The Christchurch Kidney Society
acknowledges support from
these organisations:**



**I'm there once in a minute,
twice in a moment, but
never in a thousand years.**

Who am I?



**Until I am measured
I am not known,
Yet how you miss me
When I have flown.
Who Am I?**

(Answers on Page 18)

Paul Regan, is currently receiving dialysis at the Waikato Renal Centre and he has designed a t-shirt (see design below) and after many expressions of interest has decided to see if patients in other areas would be interested in purchasing a t-shirt, with \$5.00 from each sale going towards a “kidney related fundraiser”. If you are interested in purchasing a t-shirt, please contact Paul at mlf2u2@gmail.com or text 021 02902780.



Please note the design is coloured, but unfortunately we are unable to show this in newsletter.

Also on Kidney Health NZ Facebook page



At the end of 2015 the Society was the recipient of such wonderful generosity. Firstly Laurie Hogg of Cirrus International donated \$1,000 to the Society to fund the care packs that are given out to all new dialysis patients and transplant recipients and live donors. The next surprise was a visit from Tania Hollander (Oliver Norman's mum). Tania had completed a 21km walk in 2 hours, 40 minutes and as she had been challenged by her workmates to complete this walk within 3 hours, they had all contributed to a charity of her choice—The Society received \$1,500 from Tania, which is such an amazing gift (not to mention an amazing effort)!

June Shaw has continued to donate the proceeds of her plant sales from the Linwood Market to us throughout 2015, which is a wonderful boost to the Society's funds.



ACKNOWLEDGEMENTS

AND THANKS ALSO TO:

- Funeral donations were received from the estate of Norma Booth. Norma was not a member of the Society, but her daughter Jeanette Jones volunteers regularly at the office to ensure it is open from 10am to 1pm each weekday. Funeral donations were also received from the estate of Crawford Russell, and his family made a donation in his memory. It is always a privilege to be nominated by the family at this sad time.
- **The Warehouse South City**, who continue to have collection boxes in place at their checkouts whenever there is not a National collection running.
- Riley has a new uniform for school thanks to the **Lions Club Wigram** donation.
- Many thanks to our lovely members, who often send in donations at Christmas, knowing our costs are always higher with the Christmas Party, we appreciate this so much.
- Rob Johnston from Wanaka has sold over 80 cookbooks for us and continues to support the Society with amazing enthusiasm!
- Every week at the Society, I am amazed by the generosity of our members and supporters. I would like to acknowledge the Cadigan family from the West Coast for their amazing donation to the Christmas Party, this was completely unexpected and I am so pleased you could make it to the party to see so many people having a lovely time.

On behalf of the Society, thank you all so much

CKS Graeme Cox Youth Education Trust

Supporting young people affected by CKD



The Warehouse at South City has a “token box” at the entrance to the store. If you make a purchase, grab a token and add to the box with the Trust’s name on it. This opportunity only has a short time to run, then the proceeds are distributed to the three nominated groups, based on amount of tokens received.



If you would like any further information on the Trust, require an application form, or wish to donate to the Trust, please contact the CKS office, 230 Antigua St, Christchurch (Ph 3795529) or email the trustees via the Society c.ks@xtra.co.nz.



Our Trustees (from the top):

Greg Beach (President), Noeline Cox (Secretary), Jo Houghton (Treasurer), Carmel Gregan-Ford and Becky Hayston are all closely associated with the Society and happy to answer any questions you might have.



***Our thanks to all those who donate to,
fundraise for and assist in
maintaining the Trust.***



POT LUCK LUNCH

Stay away from the cabbage and bean casserole.

The next Pot Luck lunch will be on:

THURSDAY 25TH FEBRUARY 2016 AT 12 NOON

CHRISTCHURCH SOUTH LIBRARY

66 COLOMBO STREET, BECKENHAM, CHRISTCHURCH

***(location chosen due to severe parking issues
around former meeting place)***

Guest Speaker: Rachel Mullins

Inclusive Communities Co-ordinator

*Please bring along your own lunch, or a plate of something to share.
We will provide tea and coffee and there is also a café in the library if
you would like to purchase anything.*

Exercise Bike Update



We've got 6 people up and cycling on the Peddlers so far; trainer wheels may be still on for some of them, but peddling away they are! Viv has made the first monthly phone call to see how everyone is going.

*It's not all hard slog,
uphill and exhausting!*

So are they effective and are there any benefits? These bikes are great at simulating a level of exercise similar to walking which can improve overall fitness, burn calories, improve tone, maintain healthy joints and improve circulation. Convenient too, as you can sit anywhere, and not only exercise your legs, but arms too!



Contact us if you would like to try one of the Peddlers. Viv will gladly run through the process with you.

Disclaimer

While every care is taken to insure the accuracy of information, views expressed in the Renal Messenger are not necessarily those of the Society. Articles by non professionals are intended to interest and inform and are not intended as medical or dietary advice. This information should come from the medical professionals involved in your care.



KHNZ update

Happy New Year from the KHNZ Office, already we look to have a very busy year ahead, here are some of the areas we are working on.

World Kidney Day 2016

Plans are well underway for this year's World Kidney Day on **Thursday 10th March**. We are working with the New Zealand Police to screen as many of their staff as we can throughout the country, in an effort to raise awareness in the community about kidney disease. We couldn't do this without the incredible support of the staff from all of the renal units throughout the country for which we are very grateful.

Education

We are currently working on developing education modules to support staff working in Primary Care services throughout New Zealand, we are already receiving large number of enquiries for education sessions for nurses working in primary care about Managing Chronic Kidney Disease in Primary Care.

Organ donation

It was very encouraging to read about the increase in deceased and live organ donation over the past 12 months, more work is being done to try and raise the transplantation rate in New Zealand, so we look forward to further improvements in the future.

There were 53 deceased organ donors in 2015, the largest number ever in New Zealand.

This is a 15% increase from the 46 donors in 2014 and a 47% increase from the 36 donors in 2013. In 2015 there were also 78 live donors who donated a kidney or a part of the liver to 78 recipients. As a result of both deceased donors and live donors, the number of New Zealand organ transplant recipients rose to 232 in 2015 (the largest number ever) from 214 in 2014– an 8% increase.

Freedom Dialysis Project NZ

So the big news.....finally after a few hiccups, the Freedom Dialysis Van named **Te Waka Takihi** is available for bookings from February. This has been a huge project realising a dream of Scott Smith from Tauranga and supported by the wonderful Waikato renal team to enable those who are able to dialyse independently to be take off for a holiday in this purpose built van.

So for those of you who are keen to get on the road to do a trip, visit some relatives or friends you haven't been able to see since having been on Haemodialysis or just wanting to have a few quiet days at the beach away from your home machine....you can now do it! Ring the unit on 0800 77 22 99 for more details.

0800 Help Line and Website

The Kidney Health New Zealand Facebook Page is growing in popularity with over 400 likes and messages/questions coming via this social network forum. The 0800 Help line has had more than 120 calls in the past three months, so great to see this free 24 hour service being utilised. Check out our website for the latest news and information. We welcome any feedback or suggestions.

Carmel Gregan-Ford

[www.kidneys.co.nz/email: info@kidneys.co.nz](http://www.kidneys.co.nz/email:info@kidneys.co.nz)

SPAGHETTI-BASIL FRITTATA

(Recipe suitable for CKD non-dialysis, dialysis and diabetes—sourced from DaVita.com website)

Ingredients:

- 1/3 cup onion
- 2 tablespoons fresh basil
- 2-1/2 cups whole wheat spaghetti, cooked
- 1/3 cup 1% low fat milk
- 4 large eggs
- 2 large egg whites
- 1/4 teaspoon black pepper
- 1/2 cup mozzarella cheese



Preparation:

1. Chop onion and basil, set aside.
2. Coat a medium non-stick skillet with 2 teaspoons of olive oil. Spread cooked spaghetti noodles evenly in skillet and cook over medium heat for 2 minutes.
3. Whisk milk, eggs, egg whites and black pepper together in a bowl and gently pour over pasta. Sprinkle the top of the frittata with cheese, onion and basil. Cover and cook for approximately 8 minutes until set.
4. Cut into 4 wedges and serve.

Helpful Hint: Substitute refined spaghetti for whole wheat, if preferred. Serving size—1 wedge.

2016 FUNDRAISERS

****ETHEL AND BETHEL BINGO****



-ON SALE NOW-

FRIDAY 11TH MARCH 2016

7pm to 10.30pm

at the Cashmere Club

Tickets are \$15.00 per person with a limited number available, so be quick. Please contact the CKS Office (ph; 3795529 or by email c.ks@xtra.co.nz) to purchase tickets. There will be prizes, a raffle and a very entertaining auction on the night.

Entertainment Books

We will be selling Entertainment Books again this year, please email c.ks@xtra.co.nz or ring the office on 3795529, if you would like to reserve a book. Please ask family and friends also, as this is great way for the Society to fundraise. The cost of the books remains at \$65.

MOBILE DIALYSIS UNIT UPDATE:



Unfortunately the Campervan has not been used for quite some time. Over Christmas there were three bookings, but for various reasons these were cancelled. The Committee is meeting again on Wednesday 17th February at 5.30pm and at this meeting we will be discussing the use of the campervan and the possibility of opening up the use to all dialysis patients and possibly the wider renal community.

If you have any thoughts on the future 'rules of use' for the MDU, please contact the CKS Office—(03) 795529 or email c.ks@xtra.co.nz

SONG update:

Nicole, the SONG project coordinator, is just running the analysis and will be drafting a report in the next couple of months (a lot of data to work through - and all very interesting!) The SONG website (under news), provides a link to a blog post about the song initiative, which has some preliminary results:

<http://homedialysis.org/news-and-research/blog/129-the-song-hd-initiative-it-s-not-the-same-old-song-and-it-s-got-a-very-different-meaning>



CKS MDU Available for Hire

Take you off on your long awaited (aren't they always) holiday weekend or plan a spring break. Our Mobile Dialysis Unit is fully equipped for all dialysis needs and bookings can be organised by phoning Kieran Smith or Selwyn Heatley at The Home Dialysis Training Centre Phone 364 0610.

Hire Charges: The current fees are as follows: (all include GST, insurance and road user charges)

1. New Zealand dialysis patient's \$200 bond plus \$50/day.
2. Overseas dialysis patients \$500 bond plus \$125/day (\$NZD).

Bond and hire fees must be paid in full by either cash or cheque at least 2 weeks prior to picking the vehicle up. *Note:* The Christchurch Kidney Society will consider the reduction or waiving of these fees for any dialysis patient under the care of the Nephrology Department, Christchurch Hospital, for whom their payment would be a burden.



Bookings and general enquires should be directed to:

Dialysis Services,
Christchurch Hospital,
Private Bag 4710,
Christchurch 8001,
New Zealand
Telephone: (03) 3640-614



MEMBERSHIP APPLICATION

APPLICATION To The Christchurch Kidney Society Inc.

MEMBERSHIP:

DATE:

- ◇ New Member
- ◇ Renewal of Membership

I/We, Name: Mr/Mrs/Ms/Dr)

Address: :

Phone: () _____

Email: _____

(Include your email address if you would like us to keep you informed about any events/information for which falls between issues of our newsletter.)

Hereby apply for membership/renewal of membership of the Christchurch Kidney Society (Inc.), and enclose an annual subscription and/or donation.

Membership (includes immediate family) \$ 15.00 (incl. GST)

Donation (no GST, no obligation) \$

Total Enclosed: \$ _____

If you prefer to pay membership directly to the CKS Inc. bank account:

Westpac Bank: 03 1591 0025801 000. Please include your name and initials in the reference. Please complete and return this form to the society to enable us to update our records and correctly receipt your membership with any donation you may wish to make.

Brain Teaser answers:
The Letter M / Time

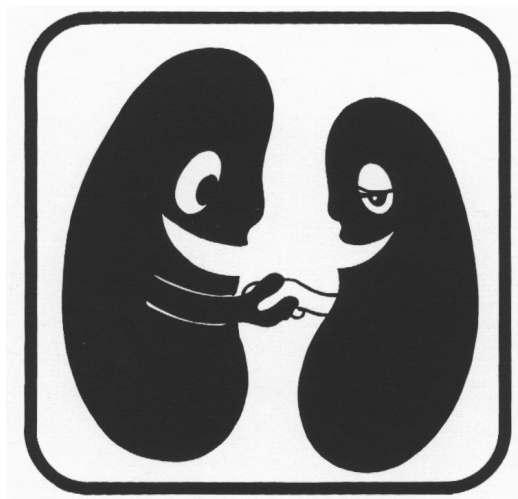
The Christchurch Kidney Society (Inc.)

Kidney Information Centre
(open 10am to 1pm weekdays)

Level 1, 230 Antigua Street
Christchurch 8011

Phone: (03) 379 5529

Email: c.ks@xtra.co.nz



CONTACT LIST

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Committee:		
	<i>Noeline Cox</i>	Ph: (H) 338 9902
	<i>Pam Crawford</i>	Ph: (H) 357 9404
	<i>Kathy Tuu'u</i>	Ph (H) 351 3401
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Nephrology Associates:	<i>Dr John Irvine / Dr Nick Cross</i>	
Field Worker/Membership	<i>Viv Smith</i>	Ph: (W) 379 5529