



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

# THE RENAL MESSENGER

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**Summer 2017**

*This issue has been funded by*

*Karen Faalilo, Property Transfer Office*

[www.propertytransferoffice.co.nz](http://www.propertytransferoffice.co.nz)



## From the Editors Desk...

Dear members and supporters, welcome to 2017, I wish you all a safe and happy year ahead. We start this issue with photos of our annual Christmas party, which was a huge success, with well over 300 people attending again. I would like to thank everyone who helped out on the day, as it is a huge job and could not be done without you.

There was one item missing this year—the ice cream machine! This was damaged in an early 2016 earthquake and was unable to be fixed. The day was saved by a Tip Top ice cream cart and of course our lovely ice cream doctor, John Irvine, handing out the goodies inside.

Last year the Society added to the “care pack programme” by extending what was available to new dialysis patients—we now have an “entertainment menu” and are able to offer all sorts of different items (e.g. crossword and Sudoku books, mindful colouring books, radios, just to name a few). Our usual care pack programme continues with helpful items for our dialysis patients leaving the HDTC, and items for transplant recipients and live donors.

Of course to fund the above we need to fundraise, so we kick this off on Friday 10th March 2017 with a Bingo night with our favourite “Bingo Babes, Ethel and Bethel” where all money raised is earmarked for our patient support services. To secure your ticket, please get in touch with us in the office. The Bingo will be at the Woolston Club and a fun night is guaranteed!

We will be selling Entertainment Books again this year and have been told they will be the same price as last year (\$65). If you have any fundraising ideas, we are always keen to explore them.

We will also be holding another transplant recipient gathering, due to the success of the one held in the latter part of 2016—if you would like to join this group, please let us know, it was so lovely to hear people sharing their stories and experiences. We had people attend who had been transplanted 38 years, right down to 4 months (and all in between).

**Jo Houghton**





## CHRISTMAS PARTY 2016

This was a great day, filled with wonderful, generous and kind people. There were plenty of smiles, laughter, wonderful gifts from Santa, food and goodies to win!

To each person who contributed to this day, whether you donated an item or money, made something for the produce table, volunteered on the day, or just came along ..... THANK YOU!

*Jo, Viv and CKS Committee*



**AND .... AS YOU CAN SEE, IT IS NOT JUST CHILDREN WHO LOVE SANTA AND TIP TOP LEMONADE POPSICLES!**

# OUR FABULOUS CHRISTMAS

## PARTY SPONSORS

Kidney Kids NZ, Dennis and Wendy Cadigan, Powell Fenwick Consultants, Hanmer Springs Thermal Pools, Tip Top, Mike Jones—Boat Shed Café, New World Northwood, Court Theatre, Fritz Weiners—Restart Mall, Hellers, Casual and Country, John and Sandra Stapleton, Sandra Rumary, Garry Knight of Penny Lane, Chris and Bev Kent, Millwood Nurseries, Ian Shaw, Lorraine Marriott, Carol Jackman, The Seconds Shop Ferrymead, Noeline Cox, Greg Beach, Sara Ford, Dave and Jenny Manks, Viv and Mike Smith, John Irvine, June Gillanders, Judy Shaskey, Unichem Eastgate, Rodger Curragh, Jo and Wayne Houghton, Judy Port, Annette Schist, Caroline and Roger McKenzie, Jane and Peter Greer, Prime Foods (Henry and Jenny Studholme), The Spur Redcliffs, Pharmacy @ Ferrymead, Bev McKie, Countdown Northwood, Mitre 10 Ferrymead, Mike Kerr, Café 131 Methven, Party World Ferrymead, Morgan & Page, Redcliffs Pharmacy, Holly Tuilaepa, Arancio Café Eastgate, New World Redcliffs, Linda Biggs, Carol Jackman, Banfields Butchery, Rouge Hair Eastgate, Aerofast Pty Ltd Australia, 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.

# MEET.....



## **Sarah Urlich**

Hello, my name is Sarah, I joined the dialysis team in September as a registered nurse and I currently work in peritoneal dialysis. Prior to joining dialysis I spent a few years working in the inpatient oncology ward at Christchurch Hospital after finishing my nursing studies in Wellington. Before commencing my nursing training I worked in marketing and analytical roles for a variety of organisations. In my spare time I enjoy walking up hills, travelling and craft activities, and I am passionate about food. I am enjoying my role in the peritoneal dialysis team and I look forward to meeting more of our patients.

## **Anne Munro**

I have now been a member of the dialysis team since August 2016, and I am thoroughly enjoying meeting the clients and members of the team. I have lived in New Zealand for 13 years initially coming from Scotland. My background is Surgical/Vascular and Intensive Care Nursing and have a huge interest in wound management. Looking forward to meeting everyone as they come through the service.

## **Tracey Cloughly**

Hello, I have recently joined the Dialysis Team as a Registered Nurse. I am a born and bred Cantabrian and have graduated from Christchurch Polytechnic as a nurse in mid 2016. Previously I worked as a travel agent and have been fortunate to travel far and wide. My favourite places so far are Africa and Antarctic as I love animals, especially the penguins. I have a cat called Oko, who rules the house and makes a terrible mess at times. My other passion is the great outdoors and when possible I enjoy heading to the mountains. I am excited to be working as a Dialysis Nurse and look forward to meeting you all.





***20 FEBRUARY 2017***

***PIONEER RECREATION AND SPORTS CENTRE  
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.*

***Attend and be in to win an Ipad. Free entry***

#### **Disclaimer**

While every care is taken to ensure 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.

## Who is who?

*There has been some confusion over the correct name for the Society. If you wish to give a donation to the Society, or a family requests funeral donations to the Society, please use:*

### **THE CHRISTCHURCH KIDNEY SOCIETY INC.**

*We are often called “The Christchurch Kidney Foundation” or “The Kidney Foundation” however this is incorrect and we cannot accept cheques if they are made out this way, even if they are intended for us.*

*Sometimes we are unsure whether a donation is for Kidney Health New Zealand (formerly known as ‘The Kidney Foundation’) or the Society .*

*Thank you*

## SPECIAL THANKS TO:

The Christchurch Kidney Society acknowledges support from these organisations:



the  
Southern  
trust

# ARTICLE FROM MEDIA/CEO UPDATE:



Timaru man, Jim Scott, gets a buzz from the fact he helped get seven new therapy chairs for Christchurch Hospital's Nephrology Department. Jim was admitted to the Nephrology Department for 16 weeks of haemodialysis training from June to September 2016. The second week in he asked Wendy Cuthill, Nephrology Charge Nurse Manager, was there anything the department needed to make it better for patients. Wendy replied "off the cuff" that they really needed new chairs, not expecting that would be possible. "I was actually about to put a capex request through to get two new chairs per year for the next four years – but at around \$7500 per chair – it wasn't guaranteed," Wendy says. "But Jim said to leave it with him."

Within a few weeks Jim had organised a special donation from a friend, who would like to remain anonymous, of \$50,000. He had also found Bionic therapy chairs made by a German company called TEKMED. The next step was involving the Christchurch Kidney Society who facilitated the financial side of the transaction to purchase the chairs. Seven chairs were purchased in all and already they're making a huge difference to patient comfort, Wendy says. "This has just helped us tremendously," Wendy says. "It was so kind (of Jim's friend). We never thought we would get a donation like it. It really has lifted



everyone's spirits because we've been really busy this year".

Jim says he's thrilled to have been able to help, even though he never really got to test out a chair for himself. "I never got to use one. They arrived the day I went home."

Despite not getting to test one out Jim says he's still happy with the result and the difference it is making to other patients. "I really get a buzz out of it. And I know my friend who donated the money towards them, gets a buzz too," Jim says.

Antonio Mangioni, who has experienced both the old and the new chairs while receiving haemodialysis training, says the chairs are wonderful. "There's no comparison between the old and new chairs. These new chairs are just lovely," Antonio says.



*Wendy Cuthill - CNS*

*Nephrology,*

*Jim Scott,*

*Jo Houghton, Manager, -  
Christchurch Kidney*

*Society,*

*Antonia Mangioni (patient)*

# **ACKNOWLEDGEMENT AND THANKS TO:**

- Special thanks to Karen Faalilo from the Property Transfer Office for her continued sponsorship of this newsletter.
- Thank you again to the Cadigan family from the West Coast for the amazing donation to the Christmas Party.
- Donations in memory of Laurine MacKenna
- Donations in memory of Judy Giles
- Donations in memory of Ted Barnden
- Donations from Ian Shaw for the sale of plants lovingly grown by the late June Shaw.
- The Stratford Garden Club for their donation in June Shaw's memory.
- Rodger Curragh for the donation to the Christmas party, along with boxes of biscuits for everyone involved in the Christchurch Hospital Nephrology Department and the Society.
- Kidney Health New Zealand for their donation supporting our new dialysis care pack programme .
- The Southern Trust (Field Officer Wages) and The Four Winds Foundation (Rent) - both grants have now been fully expended. These grants enabled the Society to use all money independently fundraised patient support services.

*"Alone we can do  
so little; together  
we can do so  
much."*

*Helen Keller*

# CKS Graeme Cox Youth Education Trust

*Supporting young people affected by CKD*



The Trust has again been successful in being chosen for the “Bags for Good Neighbourhood” initiative and there will be a token box at The Warehouse South City from February to July 2017. When you shop at this store you can take a token from the counter (or ask if none available) and vote for us. The more votes we receive the bigger the cheque will be when this is paid out in September 2017.



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](mailto: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.



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

# Exercise Bike Update



**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!

We have peddlers available now, please contact the CKS office—there is no charge, all we ask is that you return the peddler to us when no longer in use.

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





# Kidney Disease and Obesity

HEALTHY LIFESTYLE FOR HEALTHY KIDNEYS

9 March 2017



© htp://amplone.com

© World Kidney Day 2006-2017

Follow us on



World Kidney Day is a joint initiative of



*TO CELEBRATE **WORLD KIDNEY DAY** ON 9 MARCH THE CHRISTCHURCH KIDNEY SOCIETY IS INVITING YOU TO JOIN US ON A WALK AROUND SOUTH HAGLEY PARK, WE WILL LEAVE THE OFFICE AT LEVEL 1, 230 ANTIGUA STREET, CHRISTCHURCH AT 10.30AM—IF YOU WOULD LIKE TO JOIN US, PLEASE CALL THE OFFICE ON 03 3795529 OR EMAIL JO AND VIV—[c.ks@xtra.co.nz](mailto:c.ks@xtra.co.nz) (or we could meet you along the way, where the parking is easier?).*

# **WORLD TRANSPLANT GAMES 2017**

## **MALAGA, SPAIN**

The next World Transplant Games are coming around very fast for the small team of New Zealanders who are making the trip over to Malaga from 25th June to 2nd July 2017.

You need to be one year post transplant, pass a medical 6 months out, then one month before leaving home to compete in the World Transplant Games. You can compete in the Australian Games if you are post transplant and on dialysis.

If you are interested in more information for either the World Transplant Games, or the Australian Games, please feel free to contact either:

**Sheryl Power** (Team Manager)  
[sheryl@transplantnewzealand.org.nz](mailto:sheryl@transplantnewzealand.org.nz)

**Sara Ford** (CKS Committee Member)  
[saraford@clear.net.nz](mailto:saraford@clear.net.nz)

***Sara Ford***

Malaga's **Palacio de Ferias y Congresos** where the closing dinner of the World Transplant Games will be held.



## TRAVEL OPTIONS FOR DIALYSIS PATIENTS:

Have you every considered “Enjoying the Italian Riviera”, or going on a “Danube Waltz to the Delta” - if so, check out [www.dialysisabroad.com.au](http://www.dialysisabroad.com.au).

Or if that is not your thing, and/or funds won't stretch that far...

### BOOK THE SOCIETY'S MOBILE DIALYSIS CAMPERVAN!



Enquiries to: [dialysis.workshop@cdhb.health.nz](mailto:dialysis.workshop@cdhb.health.nz)  
or contact the CKS office

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*UPDATE: The Campervan has been out and about lately, which is fantastic!*

*I have asked Selwyn to advise me regarding the television in the campervan, as comments have been made regarding being unable to use it at some locations. We updated the aerial to a satellite one last year but this only works if you are plugged into power at your location. The campervan's house batteries are unable to power the TV if you are not plugged into another power source.*

***Send us your holiday snaps, we love seeing them!***

# 2017 FUNDRAISER

## **\*\*ETHEL AND BETHEL BINGO\*\***



**-ON SALE NOW-**

**FRIDAY 10TH MARCH 2017**

**7pm to 10.30pm**

**at the Woolston Club**

Tickets are \$20.00 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](mailto:c.ks@xtra.co.nz)) to purchase tickets. There will be a raffle, prizes and a very entertaining auction on the night (includes a silent auction).

\*\*\*\*\*

I WOULD LIKE \_\_\_\_\_ TICKETS (AT \$20 EACH) TO THE ETHEL AND BETHEL BINGO NIGHT TO BE HELD ON FRIDAY 10TH MARCH 2017—7pm to 10.30pm at the Woolston Club, 43 Hargood Street, Christchurch

Name: \_\_\_\_\_

Address to post tickets to: \_\_\_\_\_

Email address: \_\_\_\_\_

CKS bank account number: 03 1591 0025801 00 (please use "Bingo" and your name as reference and email [c.ks@xtra.co.nz](mailto:c.ks@xtra.co.nz), to let us know payment has been made). Cash and cheques accepted also.



# Chicken and Rice Balls

75g cooked short grain rice  
75g minced chicken  
2 spring onions finely chopped  
1 teaspoon crushed garlic  
1 teaspoon grated ginger  
1 heaped tablespoon grated carrot  
1 tablespoon finely chopped parsley  
½ teaspoon low salt soy sauce  
Pinch pepper  
1 teaspoon oil



**Makes 5 balls, Serves 1**

- Line a baking tray with non-stick paper.
- Pre-heat oven to 170 degrees Celcius.
- Saute onion, garlic, ginger and carrot in a non-stick pan, in the oil.
- Add the chicken and saute for about 3 minutes until cooked.
- Remove from the heat and add parsley, soy sauce and pepper, mix well and allow to cool.
- Mix the rice and meat mixture, take a heaped tablespoon and with wet hands form into a ball.
- Place each ball carefully onto the tray and bake for 5 minutes.
- *Serve with a salad sprinkled with fresh lemon or lime juice.*

***This recipe is from the CKS Cookbook (for sale \$10 per book)***

***Nutrition: Phosphate 102mg / Potassium 218 mg***

Enjoy the power and beauty of your youth

**Floss** Don't worry **YOU'RE NOT AS FAT AS YOU IMAGINE**  
about the future **GET TO KNOW YOUR PARENTS.**

**DO ONE THING EVERY DAY THAT SCARES YOU**

Don't be reckless with other people's hearts, and  
don't put up with people who are reckless with yours.

Don't waste Don't feel guilty if you don't know  
what to do with your life **STRETCH**

your time **WEAR SUNSCREEN**

on jealousy be kind to your knees Sometimes your ahead, **remember**

Understand that sometimes your behind  
friends come and go.

**compliments,** **forget the insults.** *Love* travel **MAYBE**  
**YOU'LL**

Don't congratulate yourself too much or berate yourself either

**READ THE DIRECTIONS, EVEN IF** **Don't expect anyone**  
**YOU WON'T FOLLOW THEM** **else to support you.**

*be nice to your siblings* **RESPECT YOUR ELDER** **YOU**  
**WON'T.**

Don't mess too much with your hair Accept certain inalienable truths

# 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.**

**Please tick all that apply:**☐ New member☐ Dialysis Patient☐ Existing member

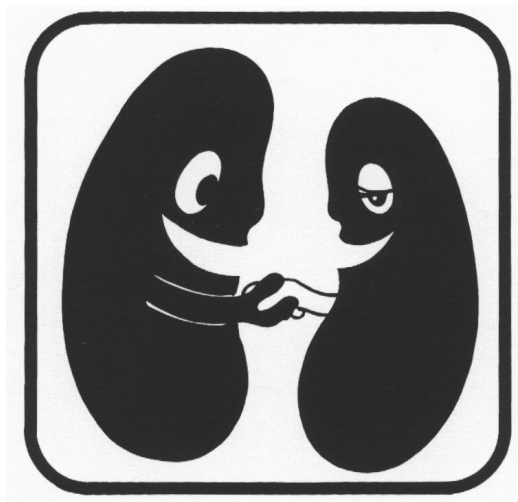
# The Christchurch Kidney Society (Inc.)

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](mailto:c.ks@xtra.co.nz)



## CONTACT LIST

|                                |                                       |                         |
|--------------------------------|---------------------------------------|-------------------------|
| <b>Patron:</b>                 | <i>Professor John Morton</i>          |                         |
| <b>President:</b>              | <i>Greg Beach</i>                     | Ph: (H) 3515401         |
| <b>Vice President:</b>         | <b>TBA</b>                            |                         |
| <b>Secretary:</b>              | <i>Jo Houghton</i>                    | <i>Ph: 0212 860 309</i> |
| <b>Treasurer:</b>              | <i>Roger Sandford</i>                 | Ph (W) 366 6254         |
| <b>Committee:</b>              |                                       |                         |
|                                | <i>Noeline Cox</i>                    | Ph: (H) 338 9902        |
|                                | <i>Lois Russell</i>                   | <i>Ph: (H) 383 1730</i> |
|                                | <i>Kathy Tuu'u</i>                    | Ph (H) 351 3401         |
|                                | <i>Sara Ford</i>                      | Ph: (H) 980 2073        |
| <b>Nephrology Associates:</b>  | <i>Dr John Irvine / Dr Nick Cross</i> |                         |
| <b>Field Worker/Membership</b> | <i>Viv Smith</i>                      | Ph: (W) 379 5529        |