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KSN NEWSLETTER



Supporting Kidney Patients for over 38 years

In Memory of

Walter Charlwood

(Beerwah)



June Rasmussen

(Chuwar)

Reports From

The President

2020 is a year that none of us will ever forget – a year of adversity and change. It is during testing times like these that we find out our true character and I have been so proud of the way the staff and volunteers have banded together to keep Op Shops open, to ensure transport services kept going and all of the small things, often behind the scenes, that are required to keep the organisation operating.

The committee has primarily been focussed on supporting the staff and volunteers to keep services up and running during the worst economic downturn for 100 years. The harsh reality has meant some difficult decisions have had to be made and, whilst these decisions have had some direct impact to staff and volunteers, the committee have always kept in the forefront of their mind that the prime responsibility and duty of care is to KSN members.

That said, I am delighted to announce that we have, so far, navigated these events and managed to minimise the impact to our finances. As a result, the committee has decided now is a good time to look to the future and start some new initiatives to support our members: You will see in the newsletter an exciting announcement where KSN will, with some minimal guidelines, help financially support renal patients and families that have to travel and potentially stay away from home to receive life-saving renal treatment. Whilst this is initially a trial, we are hoping that you, our members, believe this is a great initiative and one that we should expand and extend. We are looking forward to getting your feedback on this initiative.

I will finish my part of the newsletter with, once again, reaching out to KSN memberships in an attempt to see if any of you would be keen to be part of the management committee. We are always looking for people, with the right skillset, to bring diversity to the committee and to help make a positive difference to the lives of those impacted by renal disease in Queensland.

Take care and stay safe.

Andy Bull

The Operations Manager

Hey everyone, its Summer time again and that means Christmas will be soon here. Over the festive season KSN Op Shops & Offices across the State will be closed from the 23rd December and will recommence operations on the 4th January 2021. For afterhours emergency please contact Liza Williams on

0428 877 028 or email to operationsmanager@ksn.org.au

FOR ALL TRANSPORT CANCELLATION OR ENQUIRES PLEASE CONTACT YOUR LOCAL TRANSPORT COORDINATOR IN YOUR AREA

Trevor Porter (Mackay) 0428 791 747 or email to transportmackay@ksn.org.au

Steven Venz (Sunshine Coast) 0480 244 730 or email to mackayadmin4@ksn.org.au

As this year starts to wind down to Christmas I would like to say a big thank you to our dedicated volunteers who are unable to continue with their duties thanks to COVID -19 and if you are not able to help in the near future please could you let us know, you will be dearly missed . KSN has appreciated all our volunteer's efforts for 2020 and hopefully we will be stronger next year.

Recently, Mackay Support Group Volunteers have started going back to the hospital to provide our hand foot massage program and it would be good if we could find more volunteers in our other areas to help provide a great service for our clients. If you have any ideas you would like to put across to KSN please drop a line to operationsmanager@ksn.org.au

We have anew range of stock available for purchase, KSN wrist bands and a KSN Bear

Item	Members	Non-Members	
KSN Wrist Bands	\$5.00	\$7.00	Postage included
KSN Bear	\$25.00	\$25.00	Plus, Postage
PD Belts	\$14.00	\$23.00	Limited Stock Postage Included



The Committee

Current KSN Management Committee

President: Andy Bull

Andy joined KSN's Management Committee in 2016 as Secretary and was confirmed as President in 2019. Originally from Southampton in the UK, Andy moved to Brisbane with his family in September 2013.

Andy's journey with kidney disease started 15 years ago when his eldest son, Anton, was diagnosed at 4 weeks old with chronic renal failure. Since that time in 2014, Andy and his wife Paula have always tried to support kidney charities that support and give back to renal patients and their families.



Treasurer: Geoff Gargett

Geoff joined the Management committee in 2019, becoming the Treasurer at the last Annual General Meeting.

After 35 years as a school principal, Geoff joined KSN as a volunteer driver in 2014.

Something that he continues to do in the Mackay area. On a more personal note, some years ago Geoff's son David, as a 2-year-old, had renal reflux that fortunately corrective surgery addressed in time.

It is Geoff's hope that KSN will continue to grow & provide a range of services for renal patients and their families when they need help.



Secretary: Liza Williams

Liza Williams has been volunteering with KSN for 12 years now and has been employed with KSN for 10 years as the Operations Manager.

Liza recently celebrated her 13th Anniversary for a Kidney Transplant which was kindly donated by her mother who is still going strong. It is Liza's vision to help support as many Kidney families as possible as it can be a hard journey without support.



Member: Jenny Scott

Jenny has a passion for helping people and has worked in Aged Care and Dementia for many years as a Diversional Therapist and Assistant in Personal Care.

Jenny has enjoyed being a support group volunteer for KSN for 9 years. Within this time, she has assisted with a variety of fundraising events and has visited dialysis patients at 2 different Renal Units in Mackay for conversation, support and relaxation hand massages when required. She has been an advisory committee member since November 2018.

Jenny's connection with the Kidney Support Network is very personal. In early 2011, she selflessly donated her kidney to her daughter Sam. Next year, it will be their 10- year transplant 'KidneyVersary'. Both are keeping very well. Jenny and Sam are always keen to share their experiences with other KSN renal patients to help them in their transplant journey and their family and friends have also learned a lot about organ transplantation and donation along the way.



Member: David Gill

While neither David nor any member of his family have experienced renal disease personally, he has been both a General Manager and Director of large metropolitan hospitals and health services based in Sydney and Brisbane whose services included treatment for patients with advanced renal failure. Now retired, he joined KSN in 2018 as a volunteer in the Redcliffe Op Shop where he still works on the sales counter three days a week. He was elected to the Management Committee in 2019.



From the Branches

Mackay & Districts

This year has brought some challenging times for everyone including KSN but rising from the dust that COVID has brought over our community has been exactly what our thriving Marian store has achieved.

Kathy and her wonderful team of volunteers have proven that a small country op shop store can survive anything. The store has been inundated with donations and as quick as they have been receiving them, they are walking out the door.

Marian store has also established selling Rags to some local companies which is proving to be very effective and we appreciate all our volunteers help to make it a successful store.

KSN is looking to develop another local community op shop within the Queensland region to help support our services and to help the local community with affordable priced clothing so, if you know of a great position for a new premises with great access for the community please drop us a line .

Left to right- Kathy, Lyn, Roger & Nita



Sunshine Coast

Well it has been a very interesting 2 months here in the Sunny coast. We would like to welcome Ann Thompson who is now our Administration Assistant who is helping our Branch Coordinator, Angie Stewart, in the office.

We have acquired a few new volunteers also and would like to welcome into our team the following: -
Angela Nickelson – Angela looks after all our jewellery as she did a course with a jeweller.

Kate Gisby – fantastic pommy worker.

David Wright – classed as the shop clown and a great worker

Suzie Canik – fantastic worker.



Unfortunately, our Maroochydore car was in an accident and had to be repaired which took a while due to the Covid-19 as parts were hard to get within Australia.

The School Holiday just gone brought a lot of tourists into our shop and was like K-Mart – constant customers.

We were overwhelmed recently with Donations – could not believe what was dropped off over the weekend so have put a stop at the moment for Donations until the volunteers can catch up.

We also have 3 new drivers who are doing exceptionally well and enjoying the drives with our Clients so a warm welcome to the following as well:



Corrie Joyce

John Douglas

David Castro Ruiz

That is, it from the Sunny Coast – hope you all take care.

Angie Stewart

Branch Coordinator – Sunshine Coast

From the OpShops

Redcliffe

We have been steady but consistent with our shop sales this quarter, with a good stream of customers every day. Our Kidney Girl Tammy is progressing well with her new Kidney & has done a few shifts at the shop already. Thank you, Tammy.

We are excited to receive a very special painting donated to us by a local.

This original Jonathan Madzinger painting was valued at \$950 in 2008.

We have decided to have a "Make an Offer" on this painting to try & get as much as we can for it.

Jonathan Madzinger was born in Zimbabwe in 1985 and has had his painting in nearly every gallery in the world.



He now resides on the Gold Coast.

Another nice donation, "COCK'S HEN'S & CHICK'S"



The Redcliffe Op Shop Team.

Support Groups

Mackay

Client Mr John Hayward has now moved from Mackay to Rockhampton



Children KSN

Through generous donations received, KSN was able to purchase family passes to the Gold Coast's infamous Theme Parks. These passes were given to our youngest clients and their families to enjoy some 'time out' from treatment.

We hope they all have had a wonderful time.



"Hello

I wanted to send you photos of our family trip using the passes we went in September. The kids have never been to any of the parks before we had an unforgettable time and want to Thank you, we appreciate the tickets. Vaughn had an operation in July and is doing much better now.

*Kind regards
Melissa"*



COMMUNITY CHEST FOR KSN MEMBERS

HELP WITH YOUR TREATMENT TRAVEL EXPENSES

KSN has set aside a small pool of funding to enable us to now offer all current members (as of 1 October 2020) financial assistance towards their accommodation costs and 'out of pocket expenses' when travelling in excess of 25 kilometers to obtain medical treatment for any renal condition.

KSN will now -

- Pay a maximum \$100 per night towards your hotel accommodation expenses for a maximum of four nights per annum whether or not the four nights are taken consecutively.
- OR
- Pay a maximum of \$30 per day for a maximum of four days towards 'out of pocket' expenses during your stay if you did not incur accommodation expenses.

To be eligible for assistance with accommodation expenses, KSN members must provide us with –

- a written request for financial assistance (preferably by email at least two weeks prior to the commencement of the travel – or three weeks prior to travel if notifying us by post)
- a copy of your specialist appointment.



If financial assistance for accommodation is approved, you must subsequently provide us with a copy of the receipt for your hotel accommodation.

Or, if the financial assistance is just for your out of pocket expenses during any overnight stay, you must subsequently provide us with evidence of the length of the stay.

If you need any further assistance or have any other query regarding this funding please don't hesitate to contact Liza Williams, KSN Operations Manager on:

Mobile: 0428 877 028

or Email: operationsmanager@ksn.org.au or

Postal:
PO Box 6657 West Mackay 4740

Transplant Australia and Free Membership

The road to recovery following life-saving organ transplantation can be long and complex. Transplant Australia, as the national charity for organ donation and transplantation, is dedicated to helping recipients along that journey. In our mission to help more recipients, the Board of Transplant Australia is introducing free national membership to ensure all transplant recipients have access to our education, support, and information. Transplant Australia Medical Director, Professor Richard Allen, said free membership will ensure there were no barriers to recipients accessing our 'Living with a Transplant' education program.

"We are very proud of these resources that we designed for the recipients – everything from going home and the first few days through to education on diet, medications, physical activity and mental wellbeing," Professor Allen said. They will complement the ongoing medical care provided by their transplant clinicians and nurses.

"We are also working with the transplant professionals at Westmead Hospital to convert this education into easily digestible videos. There are more than 1,700 people receiving a transplant in Australia every year and this is a much-needed resource." The series of videos are being produced by Digital Story Tellers with the support of Astellas, Australia.

Previously Transplant Australia offered free membership only to organ donor families, living donors and health care professionals. This is now extended to anyone wanting to join Transplant Australia and become part of a growing charity promoting donation and supporting recipients. It will be particularly attractive for those recipients living in rural and regional areas where access to our State committee programs is limited.

Transplant Australia CEO, Chris Thomas, said Transplant Australia also encouraged members to sign up to their relevant state committee to receive local newsletters, event invitations and to represent their team at the Australian Transplant Games or World Transplant Games.

"The State Committees are run by volunteers so there is the option of adding a State contribution fee of \$60 for two years that will help the states and their volunteer programs. That fee allows members to be eligible to represent their state or Australia in transplant games and to opt-in to attend state activities or events," Mr Thomas said.

The free membership is available for new and existing members although Transplant Australia believes existing members will want to continue to be part of their state committee.

Importantly, membership helps Transplant Australia:

- Promote organ and tissue donation to the Australian public
- Strengthen its voice to governments at both state and federal levels where we need to ensure that transplantation remains a high priority for our health care systems
- Celebrate the 'gift of life' through programs such as the Australian Transplant Games, DonateLife Week, and other activities at both national and local levels
- Thank donors, both living and deceased, and their families for the ultimate gift

But most importantly it gives recipients access to a wide support network of people who have gone through similar experiences. Transplant Australia is only just a phone call away on 1800 827-757.

Mr Thomas said Transplant Australia's mission was to ensure organ donation was accepted by all Australians and that all transplant recipients receive help and guidance on their transplant journey.

More information about Transplant Australia is available at www.transplant.org.au

Regards

Matty Hempstalk
National Membership Manager and Sports Administrator
Transplant Australia Ltd
M: 0404 177 748
www.transplant.org.au

transplant
australia
make the most of life.

donate life
PARTNER

Prednisone and weight gain

Immediately after your transplant, among other medications, you will be on high doses of **corticosteroids** called prednisone or prednisolone to keep the new graft safe.

Prednisone typically increases appetite, which can result in increased calorie intake. Even if you're not on large doses of prednisolone, you may find your appetite improves naturally because you no longer feel sick. In the short-term (days to weeks) after your transplant, this may not be too much of a concern as your body needs extra energy and nutrients to heal and begin rehabilitation.

In the longer term, weight gain is a known side effect of prednisone use. Although different for different people, most commonly prednisone can cause a redistribution of fat on the face, stomach and back of the neck.

If increases in appetite have been subtle, you may not even realize this is an issue. Being aware of your increased appetite is the first step.

Weight gain from **fluid retention** in the body can sometimes be caused by prednisone. Reduce salt intake if you are building up fluid.

Managing hunger cravings

- Wholegrain cereals, fresh fruit and vegetables, nuts, seeds, lean meat, and dairy will help keep you feeling fuller for longer and manage your hunger cravings
- Make sure you're well hydrated. Often, we mistake thirst for hunger
- Choose fresher, minimally processed foods in place of processed foods (bacon, sausages, and packaged foods) to ensure you're satisfying your appetite whilst avoiding excessive intake of unhealthy fats, added sugars and excessive salt
- Be mindful of portion sizes and pay attention to the nutritional quality of the food you eat. A main adult meal should consist of a palm-sized portion of protein, fist-sized portion of starch and two handful-portions of vegetables or salad
- Eat slowly and with minimal distraction. Focus on what you're eating and listen to your body. Stop when you've had enough and try to be disciplined

- Snack on fresh fruit, vegetables, nuts, and reduced fat dairy products which are highly nutritious and are not excessive in calories
- Avoid skipping meals and always start your day with breakfast
- Increase physical activity. You might feel that you can't do enough to burn calories, but it's important to do something rather than nothing. With advice from your transplant team, build an exercise routine that takes your abilities into consideration and can fit into your day. See our section on [transplant sports](#) for information on [recipient-friendly exercises](#).

What is DonateLife Thank you Day

DonateLife Thank You Day is a national day to recognise all Australians who make organ and tissue donation possible.

DonateLife Thank You Day 2020 will be held on 22 November 2020.

DonateLife Thank You Day is an important opportunity for the Australian community to collectively say Thank You to all the individuals and their families who make donation possible. Their stories inspire other Australians to register as organ and tissue donors and discuss with family and friends.

Each year thousands of Australian lives are saved and transformed through the generosity of deceased and living organ and tissue donors and their families. Families play a crucial role in the donation process because they are asked to confirm their loved one wanted to be a donor, and provide vital health information before donation proceeds. Families also help the broader community understand donation by generously sharing their stories with the public. In doing so, these families help to educate Australians about donation and the comfort that it can bring families.



Ready-to-eat healthy snacks

Prepare in advance: plan! Adjust recipes to incorporate lean cooking, more vegetables and fibre.

- Keep a container in the fridge of snacks like carrot sticks, celery sticks, cherry tomatoes, raw mushrooms, snow peas, raw beans and low-calorie dips like tomato salsa, hummus, or tzatziki
- Cut up fruits to have ready for snacks or after dinner
- Make only the amount needed for the meal, or pack leftovers straight into the freezer in portion sizes
- Keep a regular supply of fresh fruits and vegetables in the house
- Stock cupboard with small supply of low-fat crackers and pretzels
- Nut snack packs are available in major supermarkets and are a healthy option to have in stock



Make sure you know when you're most likely to get hungry (e.g. soon after you've had your dose of prednisone), and ensure you have healthy food at hand to prevent you from impulse buying less nutritious snacks.

Visit our [recipe](#) section for healthy snacks and meals ideas.

Healthy snack options

Mini pizza on a grainy English muffin. Add ham, pineapple, tomato, capsicum and grated low-fat cheese

Fruit smoothie made with berries and low-fat milk, add plain yoghurt

- 1 piece of fruit. For example: apple, pear, nectarine with skin on
- 1 handful of strawberries, berries or grapes
- 1 cup reduced-fat milk
- 1 tub (200g) yoghurt
- 1 cheese stick
- Plain crackers such as Corn Thins, Cruskits, Vita-Weet with protein topping (cheese or tuna), tomato or vegemite
- Air-popped popcorn
- Vegetable sticks (carrot, celery, cucumber, capsicum, cherry tomatoes) with a reduced-fat dip (hummus, tzatziki, cream cheese, cottage cheese, salsa)
- 1 cup vegetable soup + 1 slice multigrain bread
- 1 boiled egg, small tin of tuna or small (130g) tin of baked beans on 1 slice multigrain bread or ½ an English muffin
- Boiled egg on half a multigrain English muffin



Battling the effects of prednisone

Are you registered as an organ donor?

Grants and Donations

KSN would like to acknowledge the following for their generous donations:

AM Blewett

Mackay City Council

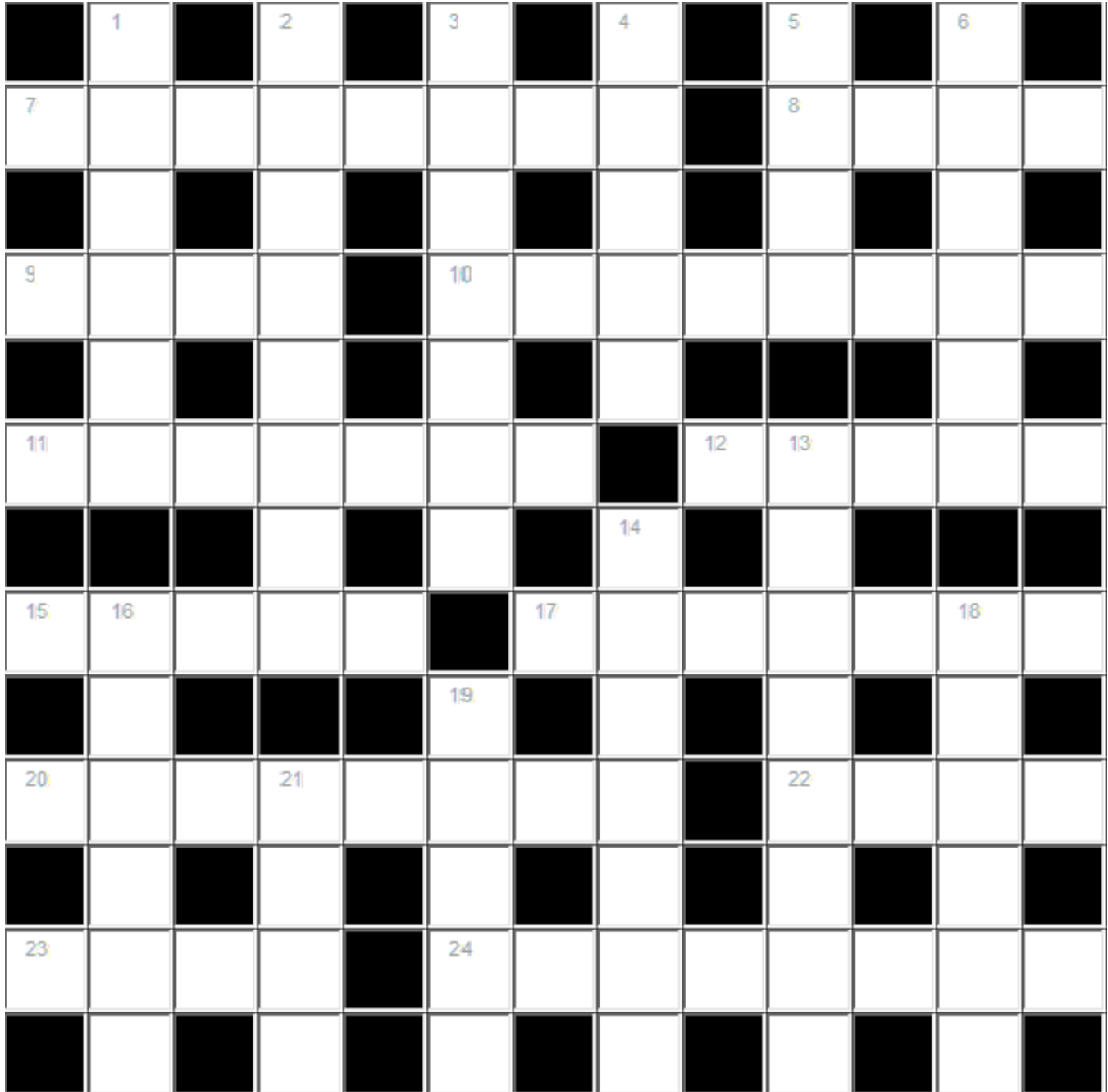
Congratulations

KSN would like to acknowledge the following volunteers for their hard work and efforts year after year. Thank you for all for your motivation and encouragement given throughout the years. May you continue to inspire us for many years to come!

Name	Years' Service	Name	Years' Service
Elizabeth Williams	10	Denis Phillips	9
Jennifer Ann Scott	9	Samantha Lee Scott	9
Michael (Mick) Dawson	7	Trevor Waldron	7
Ray Bowers	5	Trevor Porter	5

Puzzle Corner

Cross Word - EASY



ACROSS

- 7 Relating to a Mother (8)
 8 Case of Film (4)
 9 ____ Minnelli: US Actress (4)
 10 Water (8)
 11 Injurious (7)
 12 Not concealed (5)
 15 Small decorative balls (5)
 17 Vertical stone supports (7)
 20 People holding positions of authority (8)
 22 Very Keen (4)
 23 Too (4)
 24 Crucial (8)

DOWN

- 1 Thin plate (6)
 2 Made still (8)
 3 Full of jealousy (7)
 4 Warning of danger (5)
 5 Steep and rugged rock (4)
 6 Zone (6)
 13 Explosively unstable (8)
 14 Affinity: Blood relationship (7)
 16 Envelop (6)
 18 Nasal (6)
 19 Retrieve and object (5)
 21 Symbol (4)

Numbers Game

Example

Numbers	Solution
25	$10 \times 6 = 60$
50	$+ 50 = 110$
2	$+ 2 = 112$
10	
10	
6	
Target	112

Numbers	Solution
25	$- =$
75	$\times = 350$
1	$- =$
6	$\div =$
10	$350 - = 348$
7	
Target	348

Find a word

Z	Q	U	A	L	I	F	Y	N	M
P	I	M	T	K	E	K	J	Y	L
J	H	M	T	O	T	A	M	Z	K
X	L	Y	O	D	F	O	R	A	V
Q	E	P	S	B	I	A	C	L	J
K	V	R	T	I	T	E	I	C	Y
H	U	O	X	P	C	X	W	T	C
A	V	S	K	J	A	A	O	D	H
S	S	T	V	U	B	M	L	S	E
Q	W	H	R	K	S	I	N	P	E
O	Y	O	F	E	N	N	R	Z	K
B	V	D	E	B	D	A	H	E	Y
O	X	O	K	O	V	T	U	D	C
O	C	N	E	X	Q	I	W	T	M
Z	G	T	Y	Y	Z	O	V	E	O
E	U	I	Z	B	C	N	E	J	E
D	D	C	D	W	A	W	E	B	F
Q	R	T	H	G	M	B	R	I	B
W	T	N	M	O	Z	Z	I	E	S
T	A	D	V	A	N	T	A	G	E
R	G	D	M	T	J	R	A	G	X

- Words
- AUTO
 - LAZY
 - PROSTHODONTIC
 - BOOZED
 - JUKEBOX
 - ASH
 - BABY
 - EARLY
 - CHEEKY
 - PHYSICAL
 - QUALIFY
 - CAB
 - MOZZIES
 - EXAMINATION
 - COW
 - WEB
 - ADVANTAGE
 - TAG
 - FAITH
 - GOAT

Word Scramble

See if you can unscramble this 9-letter word

C	N	I
I	S	A
H	Y	P

Contacts List

Head Office		Mobile:	0428 791 747
Phone:	1800 358 797	Admin/Transport SSC	Steven Venz
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E-Mail:	information@ksn.org.au	Mackay Op Shop	
Website:	www.ksn.org.au	Shop 1, 235 Shakespeare St, Mackay 4740	
Ops Manager:	Liza Williams	Mobile:	0477 169 148
E-Mail:	operationsmanager@ksn.org.au	North Mackay Op Shop	
Mobile:	0428 877 028	Shop 2, 45 Evans Ave, North Mackay 4740	
Support Groups		Mobile:	0448 012 475
Mackay:	Marg & John Matthews	Sarina Op Shop	
Mobile:	0417 712 380	31 Broad St, Sarina, 4737	
North Brisbane:	Sharon Jones	Phone:	(07) 4837 126
Mobile:	0417 056 255	Marian Op Shop	
Rockhampton:	Katrina Duff	Shop 3, 20 Daly St Marian 4753	
Phone:	(07) 4920 7928	Mobile:	0438 268 419
Gladstone:	Pat Howard	Currimundi Op Shop	
Phone:	(07) 4979 1752	Shop 1, 1 Gannawarra St, Currimundi 4551	
Sunshine Coast:	Angela Stewart	Branch Coordinator:	Angie Stewart
Mobile:	0410 755 476	Phone	(07) 5370 2084
Townsville:	Darryl Coyne	Mobile:	0410 755 476
Mobile:	0408 755 221	Emergency Mobile:	0410 749 074
Mackay Office		Northern Brisbane – Redcliffe Op Shop	
Shop 5, 237 Shakespeare St, Mackay 4740		124 Sutton St, Redcliffe QLD 4020	
Phone:	(07) 4837 1239	Mobile:	0417 056 255
Branch Coordinator:	Rebekka Murray	Op Shop	Sharon Jones
Mobile:	0423 964 397	Phone:	07 3883 2353
Transport Coordinator:	Trevor Porter		

Credit Card Authorization

I authorize the use of my credit card described below for the purpose of a Donation towards the support Kidney Support Network Inc

I understand that the amount charged to my credit card will be reflected on my credit card statement within seven days. The amount charged is based on services requested by me.

My Credit Card details are as under

Credit Card Type: Mastercard VISA Name of Card Holder: _____

Credit Card Number: _____

Expiry Date: (MM/YY) _____ Security Number: _____

This Authorization Letter is valid from: _____

OTHER PAYMENT OPTION

Direct Deposit

Please use your **"Your Name-** as reference – **Donation**

Bank Name: Bendigo Bank **BSB:** 633 000 **Acct:** 162 879 597
Reference **Your Name - Donation**

- Cheque Payable to Kidney Support Network INC.
 Credit Card Please Complete the Credit Card Authorization Form