

The **Kidney** Society **news**

No. 234 November/December 2022 & January 2023

The Kidney Society

'Helping people with kidney disease get on with life'



'I didn't ask for this....'

Inside is an abstract of the book Jennifer Palmer is currently writing

The Kidney Society News is proudly supported by our printers



The Kidney Society “who, what, where”

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Kidney Society Centre, Auckland: 5 Swaffield Road, Papatoetoe, Auckland 2025. Office hours: generally, 9 - 5 Monday to Friday, Answerphone a/hrs

<p>Contributions to the Kidney Society News are always welcome. Why not write us a story or send us a photo!</p>		<p>John our Chief Executive Officer is responsible for managing the Society overall. John leads the staff as they go about supporting Kidney Society clients.</p>		
	<p>Gina our Office Manager is in charge of running the office, the community houses, raffles, events organising and general administration.</p>		<p>Tracey our Wellness Educator can help you keep mobile and feel good “the gentle” or “the active” way. She can find you a gym or give you exercises for at home.</p>	
		<p>Brian and Kristin are our Community Health Educators who can help you understand kidney disease and treatments and how these things affect you and your family.</p>		<p>Nora writes the News. Send in a story for the next magazine!!</p>
	<p>Jenny keeps an eye on things at the dialysis houses, shows new people how things work and helps them settle in.</p>		<p>Maria our Office Assistant works with Gina to keep everything in the office ticking over, leaflets printed, the News mailed out and more.</p>	
<p>Deadline for the March/April News: Friday 17th February. Contributions are very welcome!</p>				
<p>Contact us for information or a chat, weekdays 9-5, phone 0800 235 711, email kidneysociety@adks.co.nz Facebook https://www.facebook.com/kidneysocietyadks or just come to the Kidney Society Centre, 5 Swaffield Road, Papatoetoe, Auckland</p>				
<p style="text-align: center;">0800 235 711</p>				



Kia ora, Malo e lelei, Talofa lava, Kia orana, Bula and spring greetings to you all

Your Kidney Society staff have been very busy in recent months and we hope you will get a sense of this in our final issue of the Kidney News for 2022.

Keeping in touch with everyone is a real priority for us here at the Kidney Society. I'm pleased to announce that we are now on Facebook (see below for details) and our website is also being upgraded. Communicating within the kidney community is so important and we want to ensure we are offering timely information and advice as well as sharing your stories more effectively. Having an active Facebook page also opens up better ways for you to get in touch with us.

We also have an article about Kristin attending a conference at Waitangi last month which was focused both on disease prevention and improving treatment outcomes across Northland.

I'm also excited to tell you that we recently filmed a promotional video about our dialysis houses which you will be able to view on our website before the end of the year. The aim of the video is to showcase the positive difference that community dialysis makes to our clients. Talk to us if you think this might be an option you are considering. Watch out for the wonderful talents of Sandra, William, Tainui, Kevin and of course Jenny coming to a screen near you!

Ngā mihi, Regards,
John Loof, Chief Executive Officer

We're on Facebook!

There are over 3.0m kiwis on Facebook and at last the Kidney Society is joining them! Facebook is a good place to keep up to date with what's going on and learn more about what our



clients and friends are up to. You can contact us through Facebook and learn more about what's happening. Following us is simple, just go to Facebook (you'll need an active account) search up our page and you're good to go!

<https://www.facebook.com/kidneysocietyadks>



Follow the adventures of one of our wonderful clients, 'Campervan Cameron', as he travels all over the country in his campervan!

We're very excited to follow your journey. You're an inspiration, Cameron!

Kidney Society Events

EVENING Pre-Dialysis Education, Papakura

with the Counties Manukau Pre-Dialysis Nurses
and Kristin from The Kidney Society

Wednesday 2nd November, 6.00 – 8.30 pm

Papakura Anglican Church, 40 Coles Crescent, Papakura

For information phone the Pre-Dialysis Nurse Specialist on
09 276 9944 Ext 2246

or contact Kristin at the Kidney Society

Phone: 0800 235 711 or Email: kristin@adks.co.nz

Home Visits in Whangarei and the Far North

Monday 7th to Friday 11th November 2022

Kristin will be visiting in your area, if you would like to see her, call
0800 235 711 or 027 345 4449, or email kristin@adks.co.nz

The Kidney Society News in 2023



We are always looking for new ways to stay in touch with our clients and supporters. Now you don't have to wait for the next edition of the KS News for the latest stories, happenings and events because you can follow

us on Facebook. Our website is also being upgraded at the moment to make it easier to find the news and resources you need.

The KS News continues to be an important way to stay connected with the kidney community and will continue to be available in print for those who need or prefer it that way, **with the only change being that we will produce four rather than six issues each year from now on.**

We are indebted to Nora van der Schrieck who continues to put together each issue, fortunately for us she says she likes being a KS News volunteer!

In 2023 look out for the Kidney Society News coming to you in March, May, August and November.

Our office closes on Friday 23rd December at noon and reopens on Monday 9th January 2023





I didn't ask for this - by Jennifer Palmer

Jennifer is a writer and photographer and also a Tairawhiti dialysis client. She has previously had a book published.

Here is an abstract from Jennifer Palmer's latest book about her journey which she is currently writing, she has kindly agreed to share it in the News. We feel honoured to have a preview!

I didn't ask for this, it wasn't my idea to be here for 5 hours at a time watching as my blood passes through a plastic tube and not my body.

It's not an easy thing to see.

I have to be honest it did get me down. I want to be out doing things, travelling, having coffee with friends. Being normal. Instead, I'm here in a cubicle, attached to a machine on a gorgeous sunny day. What did I do wrong? Nothing, that's the truth.

I am living with it.

That's my life now.

I listen as machines go off around me, then my one joins in as the nurses run to see if we are all right.

Even though dialysis is serious, we have still become a close unit, we are like a family.

But better than anyone I know my own body, even though this machine keeps me alive for another day.

I listen, I watch everyone.

It's better than tv actually.

Oh, what fun we have in the Dialysis unit, on the days we are there laughter fills the room and spills over like a waterfall.

When I see lights before my eyes, I know my blood pressure is on its way down.

Feet go up and head down.

So I get horizontal.

Passing my time under a blanket wishing I was anywhere else in the world but here in this room with 8 other people.

All I wanted was peace and quiet, and not my daily routine of cutting lunches the night before.

It's like being back at school.

I try to be normal but having ports in your chest is not good.

But the idea of it going into my shoulder with needles is worse ahhhhh.

Happy not....

But I can't and won't complain.

Jennifer Palmer



Keep Your Brain Young with Music

If you want to firm up your body, head to the gym.

If you want to exercise your brain, listen to music.

There are few things that stimulate the brain the way music does. If you want to keep your brain engaged throughout the aging process, listening to, or playing music is a great tool. It provides a total brain workout.

Research has shown that listening to music can reduce anxiety, blood pressure, and pain as well as improve sleep quality, mood, mental alertness, and memory.

The Brain-Music Connection

Experts are trying to understand how our brains can hear and play music. A stereo system puts out vibrations that travel through the air and somehow get inside the ear canal. These vibrations tickle the eardrum and are transmitted into an electrical signal that travels through the auditory nerve to the brain stem, where it is reassembled into something we perceive as music.

Johns Hopkins University researchers have had dozens of jazz performers and rappers improvise music while lying down inside an fMRI (functional magnetic resonance imaging) machine to watch and see which areas of their brains light up.

Music is structural, mathematical and architectural. It's based on relationships between one note and the next. You may not be aware of it, but your brain has to do a lot of computing to make sense of it!!

TRY IT!

Everyday Brain Boosts from Music

The power of music isn't limited to interesting research. Try these methods of bringing more music—and brain benefits—into your life.

Jump-start your creativity.

Listen to what your kids or grandkids listen to, experts

suggest. Often, we continue to listen to the same songs and genre of music that we did during our teens and 20s, and we generally avoid hearing anything that's not from that era.

New music challenges the brain in a way that old music doesn't. It might not feel pleasurable at first, but that unfamiliarity forces the brain to struggle to understand the new sound.

Recall a memory from long ago.

Reach for familiar music, especially if it stems from the same time period that you are trying to recall. Listening to the Beatles might bring you back to the first moment you laid eyes on your spouse, for instance.

Listen to your body.

Pay attention to how you react to different forms of music and pick the kind that works for you. What helps one person concentrate might be distracting to someone else, and what helps one person unwind might make another person jumpy.

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/keep-your-brain-young-with-music>



Teresa Tangatakino lets nothing stop her from reaching her goal!

Teresa Tangatakino has been a Kidney Society client since 2016. She came from the Cook Islands and started dialysis in 2015.

In 2018 Teresa had a below knee amputation and in the same year had toes on her other foot amputated.

But Teresa has not let anything stop her. She continued to stay mobile and active with a home based exercise programme from the KS wellness programme and using a walker to assist her.

In 2021 Teresa received a transplant.

A year later she is working hard to continue to improve her mobility and fitness. Teresa has been going to the local YMCA in Glen Innes working hard in the gym.

As a self-confessed "Water baby" Teresa had not been swimming for seven years.

Restricted due to her dialysis accesses and wounds she was unable to enjoy one of her favourite activities.

Cleared to return to swimming Teresa's recently had her first



time back in the water and she LOVED it!

With the support of her wonderful support person Joanne and KS wellness educator Tracey, Teresa was a real “fish in water”!

There is no stopping Teresa now!

It has been over 8 years since Teresa has been home to the Cook Islands to see her family and she is looking forward to visiting them soon.

She said her goal is to be able to go home and not need her walker anymore.

NZ on track for one of its hottest summers ever - NIWA



HOT

Tue, September 20, 2022

Source: Seven Sharp

According to research institute NIWA, New Zealand is in for another significant marine heatwave this summer.

NIWA says a marine heatwave could be on its way

NZ is on track for one of its hottest

Kiwi summers. In fact, it's saying it could be one of the hottest yet.

While New Zealand has just endured a wet winter, the other side of the world faced sweltering heats. Now it's Aotearoa's turn - according to NIWA, one of our biggest marine heatwaves could be on its way.

NIWA Meteorologist Tristan Meyers told Seven Sharp it's unusual to see such high surface temperatures at the moment. He said the areas that are hot right now, will get “even hotter” – even hotter than last year's temperatures.

Seven Summertime Tips for People with Kidney Disease



<https://www.davita.com/education/ckd-life/lifestyle-changes/seven-summertime-precautions-for-people-with-kidney-disease>

with thanks to Davita!

(a few changes were made to the article for NZ conditions)

There are certain measures that everyone should take during the sunny and warm summer months. If you have chronic kidney disease (CKD), you'll need to take a few additional steps to protect your health in the summertime or when visiting warmer climates.

1. Go outside and get moving.

Sunny summer days are ideal for going outside and exercising. If you have kidney disease it may be wise to check with your health care team before starting an exercise routine. Your health care team (or the Kidney Society Wellness Educator) can help you create an exercise plan that will support your health. Even if you feel tired at times, easy exercises may help you feel better. Walking and yoga are two activities that put minimal stress on the body.

2. Balance your fluid intake.

Check with your dietitian or health care team for guidance about your fluid intake and whether it should be adjusted on days that you spend more time outdoors. Be careful of very cold beverages, which can cause stomach cramps. Avoid drinking caffeine or alcohol or ingesting large amounts of sugar, as these can actually cause your body to lose more fluid. Stay cool by wearing a hat or a wet bandana around your neck to help control your thirst. Consider carrying a small spray bottle filled with lemon water or mouthwash to spray your mouth when you are feeling dry.

3. Help protect your skin from sun exposure.

Apply sunscreen liberally. Unprotected sun exposure can cause skin damage. Use a sunscreen with an SPF of at least 15. Remember to reapply your sunscreen every two hours as well as immediately after

swimming or exercising. A water-resistant sunscreen will be less likely to come off if you swim or perspire. You can also protect your skin by covering up with a shirt, wearing a hat or sitting in the shade.

4. Wear sunglasses.

Sunglasses help protect your eyes in the same way that sunscreen helps protect your skin from harmful sun damage. Your sunglasses should block at least 99% of UVB rays and 50% of UVA rays. Wraparound sunglasses and other styles that completely cover the eyes are best.

5. Protect your access if you go swimming.

If you are on dialysis check with your health care team for tips on how to protect your access when you go swimming. If you have a vascular access, it is typically recommended that you cover it with a protective dressing when you swim. For people on peritoneal dialysis (PD), your health care team will show you how to properly protect your PD catheter. When going for a swim, do so in the ocean or a chlorinated pool. Avoid bodies of water that aren't chlorinated, such as ponds, lakes and rivers, which have a greater chance of hosting bacteria that can infect your access.

6. Eat healthy summer foods

Research shows that fruits and vegetables are important for good health, yet most people don't eat enough. Summer is the perfect time to fill your plate with kidney-friendly foods that are low in phosphorus and potassium.

7. Plan your holiday to include dialysis.

When you're on dialysis you can still enjoy a summer holiday. To accommodate treatments while you're away, pre-planning is the key to a successful trip. If you do in-centre haemodialysis or home haemodialysis (HHD), ask your nurse or social worker how you can schedule treatments at a dialysis centre close to where you'll be staying.

People on peritoneal dialysis (PD) typically have an easier time traveling because their treatments do not require access to a machine, and the necessary supplies are smaller and more portable. Be sure to pack enough supplies to do your PD exchanges when you're away. You can also work with your supplier to have dialysate delivered to your destination. Start planning at least three months

before your trip, and work with your PD nurse or supplies company to get things organised.

By taking a common-sense approach to summer, you can enjoy long, warm days while you support your kidney health.

Kidney Society YouTube Wellness Channel

All you need to do to find our YouTube channel is use the link below or, once in YouTube, search 'Kidney Society'.

<https://youtube.com/channel/UC1uP59-O1pCnuS97IY91Grg>

REMEMBER to CLICK SUBSCRIBE & LIKE!!

Tracey Drinkwater, Wellness Educator

027 378 4544, freephone 0800 2345 711 or email tracey@adks.co.nz

For personal advice you can contact Tracey by phone, email or text.



Diabetes Action Month

The month of November is Diabetes Action Month with the theme 'Diabetes Matters'.

- Diabetes and untreated high blood pressure are the most common causes of chronic kidney disease (CKD) in New Zealand.
- Māori and Pasifika people with diabetes have an increased risk of chronic kidney disease.



If you are one of the many people whose kidney disease has been caused by diabetes, you can help protect your family by taking action:

Protect your family - take part in Diabetes Action Month together!



Diabetes New Zealand is taking action and explaining why diabetes matters to everyone and why people with diabetes matter and deserve to live well.

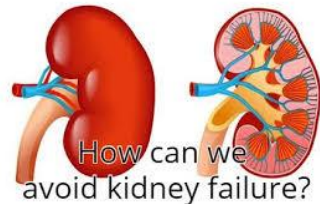
Diabetes NZ supports all people with diabetes, unfortunately this is a number that continues to rise as diabetes becomes prevalent in our country.

Diabetes Action Month is Diabetes New Zealand's biggest awareness campaign, bringing New Zealanders together to take action for our country's largest and fastest growing condition.

For more information on what's coming up go to www.diabetesactionmonth.org.nz or google 'diabetes action month'.

Key points about kidney disease and diabetes:

Kidney damage caused by diabetes is called diabetic nephropathy or diabetic kidney disease. It develops slowly over time. But the good news is, there are lots of ways to prevent kidney disease or spot it early. And when it's spotted early enough, treatment can slow down diabetic nephropathy.



1. High blood glucose (sugar) and blood pressure can damage your kidneys.
2. Diabetes and high blood pressure are the most common causes of kidney disease in Aotearoa New Zealand.
3. There are lots of ways to reduce your chances of developing kidney disease or stop it from getting worse.
4. Kidney disease can be spotted early through a urine (pee) and blood test.
5. Getting your annual diabetes health checks are an important way to help prevent or spot kidney disease.

Kidney Health Mahi: Springboard to Integrated Care in Northland

By Kristin Leslie

On Saturday 24 September, I was very pleased to be able to attend the Kidney Health Mahi at the Waitangi Events Centre.

This beautiful venue was filled to capacity with engaged and enthusiastic health professionals, keen to help solve the problem of chronic kidney disease (also known as CKD) in Northland.

The attendees heard from the Nephrologists, Clinical Nurse Specialists, a Green Prescription Health Coach and CKD patients themselves.



All of the presentations were informative and gave me very good understanding about the extent and cost of late CKD in Northland.

Two kidney patients spoke about their journey with CKD, dialysis and the hope for a kidney transplant. Importantly, these two courageous

gentlemen spoke about their aim to educate the people of Northland about kidney health and the prevention of disease.

The audience was truly touched by their Whaikorero.

The Kidney Health Mahi Day:

- Promoted the need for change to improve patient outcomes and reduce kidney disease in Northland.
- Highlighted the relationship between CKD, hypertension, diabetes and Cardiovascular disease.
- Provided practical education sessions and the opportunity for shared learning with healthcare professionals.

AGM Notice

All members and friends of the Society are invited to this year's annual general meeting which is to be held at

**7pm on Tuesday 29 November at
the Independent Living Centre,
14 Erson Avenue, Royal Oak,
Auckland.**



For our financial members the AGM is an opportunity to comment on and approve the Society's annual performance report.

For others, it is a chance to meet the board, hear about our achievements from the previous year and learn about plans for the future.

There will be a light supper provided so please register with us (email Gina@adks.co.nz) if you are coming – everyone is welcome.

Architects on the Move

Congratulations and a huge thank you to the team from Wingate Architects for raising \$620 for the Kidney Society through their participation in the recent Tauranga half marathon. Aply led by Kidney Society Board member David Wingate, the team did a great job in their first event.

Well done and thanks again to David and the team!



If you, family, friends or colleagues have ever thought about participating in a fundraising challenge then please let us know so we can help you get going. Whether it is an ocean swim, a cycle event or perhaps Round the Bays, these events are a fun way to raise much needed funds for kidney support services. Feel free to drop me a line at john@adks.co.nz and we can have a chat.

How To Live a Good Life by Making These 8 Conscious Choices

Lifehack

By Lidiya, the founder of Let's Reach Success, a blog on personal, spiritual and business growth

<https://www.lifehack.org/articles/communication/live-better-life-making-these-8-choices.html>

In its basic form, a good life explores the things and feelings that give you joy and satisfaction. It's all about finding purpose and happiness in what you do.

The good life is a state where a person has a high standard of living while adhering to moral and ethical laws.



For some, a good life may mean basking in nature every single day. For others, it means dedicating their life to be of service to others. There are also people whose definition of a good life means playing video games and eating whatever they please.

Every person you have met wants to live a good life. Unfortunately, many still associate living a good life with social status, wealth, and even fame, hoping that material things and money will help them live life to the fullest.

However, that is not a holistic definition of a good life. Instead, it is a life lived with integrity and joy.

“Good life is not a sprint. It's an exerting marathon of purpose, passion, patience and perseverance. It's the road where faith and hard work meet. It is an unusual love adventure between success and failure. It is where truth is a belt and integrity a shield. It is knowing your lane, staying on your lane and running your own race. It's a road loathed and less travelled by most men.” – Abiodun Fijabi

So what is the secret in how to live a good life?

Make Every Minute of Your Life Count!

It is simple. To live a good life is to understand that life is not just made up of pleasure, wealth, and material things. It's also living a life in pursuit of personal excellence.

Here are some of the choices you need to make in order to see this world for the wonderful place it is, full of opportunities, kindness, and love.

8 Things You Can Do to Live a Good Life

1. Let Go of the Past

You won't be able to continue your life and enjoy your days if you're stuck in past memories and constantly reliving what happened a long time ago.

Free yourself from the burden of the past by letting go. We often hold on to the deaths of loved ones, mistakes made in relationships, things we said when we were angry, or decisions we made that led us in the wrong direction.

However, each of those things can offer a lesson for how to move forward. Now that you know what not to do, let the lessons lead you toward something better.

Meditation is a great way to overcome harmful reliving of the past. Try sneaking in a few minutes of meditation each day to stop the reminiscing in its tracks.

2. Don't Take Things Too Personally

We tend to overthink every little detail of our days. We think life is unfair when something bad happens. We keep asking "why" when someone leaves us. We fail and give up.

But most of these things shouldn't be taken personally. People leave, they argue or are mean because they have their own problems, they are misunderstood, or they just don't need you anymore. It's not your fault.

You make mistakes and fail, yes. And the beauty of it is that you get to try again, more experienced and confident this time. That's how leaders are created. No one succeeds from scratch.

You may meet bad people, end up in awkward situations, have things taken from you, or lose something important to you. Learn to look at challenges with a sense of humour and a lightness of heart that will allow you to overcome them and move on more quickly.

3. Choose Less Over More

In today's world, it's easy to overdo it, to buy too much, eat too much, spend too much on that new phone they just released, or work too much.

Get rid of some of the things cluttering your house, speak less so that you can listen more, eat less or healthier, and dress more simply.

Eliminate the people in your life that only burden you with negativity, because you don't need them.

Shorten your to-do list by focusing on the essential things you have to do and ditch everything else that only keeps you busy.

By cutting back on areas where you feel you can, you can create space for your hobbies, passions, and the important people in your life. Ultimately, you'll find that you don't miss most of that extra stuff.

4. Appreciate What You Have

Grateful people live great lives.

They are thankful each day for what they have and are so much happier because they focus on the people they love, the opportunities that are everywhere around them, the things they enjoy doing, the time they have, the place they live in, and the friends that surround them.

Being grateful doesn't mean being happy all the time. It simply means that you can recognize that things will get better during hard times and that you will come out on the other side.

It means you can see the good when others can't and that your positive outlook permeates most of life's challenges.

If you're not great at gratitude, don't worry! There are simple ways to get started to live life.

The easiest is to start a gratitude journal. Start by writing just three things each day that you were grateful for. These could include people you talked to, a positive experience you had, or a gift you received.

5. Stop Worrying About the Future

By constantly thinking about what might happen, you miss out on the present moment, which is where life is happening.

We worry about tomorrow, fearing something bad might happen. We try to predict it, we prepare for everything, and we try to plan our days. However, most things in life just happen, and the only thing we can do is enjoy it to the fullest and make the best of it.

Life is full of surprises, and that's a good thing. By expecting the worst to happen, you complicate life and make it hard. So let go of all those worries and the need to control and predict everything. The so-called Type "A's" out there will find this more difficult.

If you fall into this category, you're likely a control freak or a perfectionist who doesn't handle change or surprises well. Stopping those worrying thoughts may be a challenge, but they can be done.

Work first on some relaxation techniques, including practicing your favourite sport, yoga, or meditation. These will get your mind pulled back into the present, and after some practice, it will become second nature.

6. Realise That You Are Enough

You don't really need anyone to make you feel good and to start living, so stop waiting for them. That's just another excuse that keeps you from dealing with things.

There may be a void inside you, but another person won't fill it. You need to fix your relationship with yourself first - to start loving, appreciating and accepting yourself for the person you are.

Many people let their lack of a romantic relationship stop them from doing things, from going out with friends to taking that big vacation they've been planning. Ultimately, many of these things can be done alone once you build up your self-esteem and courage and accept that being alone and being you is a great gift.

7. Watch for New Opportunities

"The good life consists in deriving happiness by using your signature strengths every day in the main realms of living. The meaningful life adds one more component: using these same strengths to forward knowledge, power or goodness." – Martin Seligman

You can truly live a life full of excitement if you choose to live outside your comfort zone every once in a while. If you want to live life, take risks, try new things, do what scares you and challenge yourself as much as you can. That's how you grow and improve, and that's how you feel free and full of life.

To get started, try saying yes to one new thing each week. If your friend invites you to go try out that new restaurant downtown, say yes.

If your sister wants to go to a karaoke bar, get up there and sing. If you see a sign for a free dance class, go ahead and give it a go. What do you have to lose?

8. Choose Kindness

“A good life depends on the strength of our relationships with family, friends, neighbours, colleagues and strangers.” – David Lammy

Be kind to everyone you meet. No matter how they treat you, you can always be polite, smile, and offer help.

It's true that we often contribute someone's bad mood to a flaw in their personality, but most of the time they are simply having a bad day. Maybe they just had their heart broken, lost a loved one, got fired, or just got a bad medical diagnosis. What they need more than anything is a kind word or a smile, and you can easily give it to them.

Once you start offering kindness, you'll be surprised by how quickly it is returned to you. Not only will you improve someone else's day, but you'll find that you feel better in return.

If you want to know how to live a good life, make it a goal to say one kind thing to someone each day. This could include sending a nice text to your mom, complimenting a friend's outfit, or telling a joke to the cashier to make him laugh. Whatever it is, just keep it kind.

Final Thoughts

Learning how to live a good life can be difficult when the world is so full of complications and negative news. However, by starting with these 8 choices, you can turn your perspective around and start living each day in a more positive way.

Get started and make the best of what life has given you!



Patrick Ngatai

My journey on dialysis started 2010 when I was diagnosed with kidney failure and had to go on a machine.

First, I did 5 years on PD which is the tummy treatment and then 7 years on Haemodialysis.

The last 2 and a half years have changed my life spiritually as I am a Chaplain and on the 17th of June my prayers were answered, and I was told by a renal doctor that there's a kidney waiting for me in Auckland.

The Transplant was a success and 4 months on I'm living life to the fullest.

There are 3 things that I learnt to perfect:

1. Listen.
2. Take your medication.
3. Do your full time on the machine
- no shortcuts.

To God be the Glory

Nga Mihi

PJ Ngatai

Patrick certainly is living his life to the fullest.

Patrick lives in the beautiful Rotorua. He has recently returned to work and starts his mornings with the best cardio exercise, walking the fields and this enjoying this beautiful view.

Patrick has also got back into his gym programme.





Mindfulness during the summer season

Coming into summer, there are a lot of things to look forward to here in Aotearoa such as warmer weather, social occasions, and a variety of tasty seasonal foods. Here are a few tips to help practice mindful eating over the warmer months:

- ✚ There are several fruits and vegetables coming into season. Aim to include a balance of both lower and higher potassium options. For further information, speak to your dietitian.
- ✚ Choose fresh, home-cooked meals as much as possible. This allows you to know exactly what you're eating.
- ✚ Enjoy meals with whānau and friends. Eating with others is great for our wellbeing.
- ✚ If you are eating out, choose options that include some vegetables and limit sauces and salt.
- ✚ Practise being aware of your body's hunger cues, eating when you're hungry and stopping when you're full.
- ✚ Share any dietitian resources with friends and family so they support you in making kidney-friendly food choices.
- ✚ Be aware of your fluid intake, as warmer weather can increase our thirst. If you have been needing to limit your fluid intake, here are some handy tips:
 - Have small sips of cold drinks across the day.
 - Suck on ice cubes or make homemade ice-blocks.
 - Use small glasses at home and during social events.
 - Chew on cold slices of fruit, gum, or breath mints for a cooling sensation.
 - Cool yourself down with a fan, cold flannel, or swim at a local beach, lake or pool if you are able.

There are free public pools for all ages in Auckland at Ōtara, Moana-Nui-a-Kiwa, and Papatoetoe Centennial pool and leisure centres. Other public pools in the Auckland and Northland regions typically vary from \$3-\$10 per visit. Visit your local pool for pricing and further information.

Try the following tasty and easy recipes this summer to impress your whānau and friends.

Flavourful vegan burger patties

(Makes 6 patties)

- 2 tsp vegetable oil
- 1 small diced red onion
- Juice of 1 lemon
- Pepper, to taste
- 2-3 handfuls of spinach
- 1-2 tsp minced garlic
- ½ tsp ground cumin
- 2 cans of lentils, drained
- 1 cup breadcrumbs
- ½ cup crushed nuts (optional)
- Extra oil for frying
- 6 hamburger buns
- Your favourite burger toppings



Heat the oil in a large frying pan. Add onion, and lemon, stirring until onion is soft. Add spinach, garlic, pepper, and cumin. Stir until spinach is wilted. Take off heat and transfer to a large bowl. Add lentils, breadcrumbs, and nuts, and mix. Add more breadcrumbs as required, until the mixture holds together and is not too sticky. Refrigerate for at least 1 hour or overnight.

Divide mixture into 6 balls, then press into a patty shape. Add oil to a frying pan or barbeque. Cook patties for approximately 3 minutes on each side. Assemble burgers with desired toppings and enjoy!

Topping ideas: lettuce, tomato, carrot, cheese, beetroot, fried egg, raw onion rings, avocado, and low-fat mayonnaise or another sauce of choice.

Recipe adapted from Food Network.

Festive gingerbread people

- 2 cups flour
- ½ tsp baking soda
- 1 Tbsp ground ginger
- 1 tsp ground cinnamon
- 1 cup soft brown sugar, firmly packed
- 150g butter, at room temperature
- 1 egg
- 1 cup icing sugar



Preheat oven to 180°C, and line 1-2 oven trays with baking paper. Sift the flour, baking soda, ginger, and cinnamon together into a large bowl. Add sugar and mix. Add butter and rub with your fingertips until the mixture resembles fine crumbs. Add egg and mix. Knead the dough into a ball and refrigerate for 30 minutes. Roll out dough on a floured surface until 5 mm thick. Cut into shapes using a knife or cookie cutter, and place on oven trays. Repeat the rolling and cutting process until all dough is used. Bake for 8-10 minutes or until golden. Remove from the oven and cool. Mix icing sugar with 3-4 tsp of hot water, decorate biscuits, and enjoy!

Recipe adapted from Food in a Minute.

Refreshing lychee and strawberry drink

- 5 lychees (fresh or tinned)
- ½ cup water
- 1 tbs lemon or lime juice
- 1 cup soda water
- 1 cup sugar-free sprite
- 9 frozen strawberries (sliced)



Lychee juice: Blend lychees in ½ cup of water until smooth. Strain the juice through a strainer, and use a spatula to push through the remaining juice.

Combine ½ cup lychee juice and the rest of the ingredients in a bowl and mix. Refrigerate for an hour. Serve in a small glass for cold drink or freeze into ice-blocks.

Recipe adapted from Funky Asian Kitchen.

Summer in Aotearoa



- | | | | |
|-------------|--------------|--------------|----------------|
| 1) Swim | 8) Sprinkler | 15) Wai | 22) Moana |
| 2) Kai | 9) Fishing | 16) Park | 23) Hat |
| 3) Pavlova | 10) Jandals | 17) Presents | 24) Barbeque |
| 4) Picnic | 11) Beach | 18) Aroha | 25) Sandcastle |
| 5) Sunny | 12) Towel | 19) Holiday | |
| 6) Relax | 13) Family | 20) Sunblock | |
| 7) Icecream | 14) Raumati | 21) Sweat | |

This article was written by Stephanie Rozbicki, Kendall Airey, and Loran Parker on behalf of the Counties Manukau renal dietitians.

2023 WORLD TRANSPLANT GAMES



The **NZ Transplant Games Association** aims to promote organ donor awareness through the participation of its members at National and World Transplant Games. It's primary goal is for its members to have a good time in attending and promoting all events in which the Association participates.



Since its inception, the Association has sent teams to the World Transplant Games every two years – with the exception of 2019 when the event was cancelled due to COVID.

The 24th World Transplant Games will be staged in Perth, Australia and promises to be a games like no other bringing the transplant community back together when we need it most.



First held 1978 in Portsmouth, UK, the World Transplant Games has grown to become the world's largest awareness event for the gift of life and a beacon for transplant recipients, their families and supporters, donor families and living donors. The Games has been held on the continents of North America, South America, Africa, Asia, and Europe.



Registration is open until Friday 17th February 2023 to attend this seven-day event of high exertion and low impact sports, along with many social and cultural events, caters to both elite and social athletes and attracts 2500 participants from over 60 nations.

Entry is open to recipients, aged between 4 and 80 plus, of life-supporting allografts and haemopoietic cell transplants from other individuals or species which require or have required the use of immunosuppressive drug therapies. Donor Families and Living donors can take part in selected sporting events.

Competitors must have been transplanted for at least 1 year, with stable graft function, be medically fit and have trained for the events in which they have entered.

See more on the website: <https://transplantnewzealand.org.nz> or on their facebook page. To contact them, use the form on their website to send a message.

<https://transplantnewzealand.org.nz/news/game-on/> where you can find a link to their recent newsletter.

May 2022

Newsletter

New Zealand Transplant Games Association

<https://transplantnewzealand.org.nz/media/zlacamo4/nztga-newsletter-1.pdf>

With Thanks

The Kidney Society is a well-respected charity that relies on public donations, bequests, sponsorships and other forms of financial support from the community in order to be able to meet the needs of those with a serious kidney condition. The Society's services are provided to you free of charge because we firmly believe that everyone with a kidney condition should have access to good quality support and information.

We offer our sincere thanks to the following Trusts and Foundations who have recently provided grants to help fund client support services.

- Trillian Trust - \$6,000.
- East Coast Community Trust - \$10,000.
- The Trusts Community Foundation - \$3,000.
- Milestone Foundation - \$5,000.

We acknowledge, and are grateful for, the generous support received from all of the organisations listed above.

In Memoriam:

Donations have been received in memory of Praful Patel & Clive Cocking. We offer our thoughts to their families and friends and thank them for their support.

Donations:

The Kidney Society welcomes public donations and these are tax deductible. Donations can be made via the Society's website or directly into our secure bank account. Details below:.

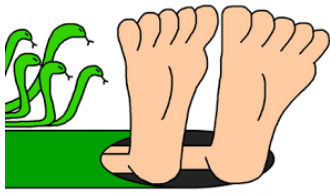
- Web address is kidneysociety.co.nz.
- Account number 12-3032-0705009-00.

Please include your details so we can send a receipt for tax purposes.

If you would like to talk to us about a donation, sponsorship or fundraising event, please contact John Loof on 021663435 or

John@adks.co.nz.

- **A \$20 donation supports a client to receive this magazine for a whole year!**
- **A \$96 donation funds the purchase of 20 Wellness packs for clients.**
- **A \$240 donation funds a series of home visits to clients in need.**



MISSION: Happy Feet

Your feet are AMAZING! But we do not really think about just how AMAZING they are until we have a foot problem.

In each foot you have 26 bones, 33 joints and 100 muscles, tendons and ligaments! That's a lot of moving parts to keep in good working order.

Unfortunately our feet are the furthest away from our heart. With all of those bones, joints etc a good circulatory system is vital for them to stay healthy. This is often an issue for renal clients and if you also have diabetes or heart conditions this can add to the reduced blood flow and circulation to this area.

Most of the people I visit have concerns around foot health. Numbness, pins and needles, burning or electric feelings, weakness etc.

If you do have a loss of sensation in your feet then it is very important that you do daily foot checks as you can often get an injury, cut, blister etc and not even know it. If you have restricted vision then this can also make you miss little injuries or sores that can result in major health issues. If your eye sight is not so good then make sure that you get family, doctors or nurses to regularly check your feet for you.

Do not let a small issue with your feet end up being a MAJOR health issue.

Below are the TOP 10 Foot Fitness Tips...

1. Take a few minutes everyday to check your feet it only takes a few minutes and you can do it sitting down. If you cannot get to your feet or you need someone else to do this for you ask your GP, nurse or a family member to help.
2. Walking is the best exercise for feet. But if your feet are a problem then walking is usually not as easy as it should be. There are a lot of seated foot exercises you can do daily to ensure improved circulation and even strength in your feet!
3. Wear clean and hole free socks and wear foot wear outside at all times.

4. DO NOT WEAR JANDALS to do any type of distance walking or activities other than around your home. Jandals cause a lot of foot problems.
5. Invest in at least one good pair of supportive shoes and do not share other peoples shoes.
6. Some shops, like Shoe Clinic in Manukau and Sylvia Park in Auckland have a range of shoes for people with diabetes and osteoarthritis.
7. If you have problems with your feet get your nails cut by your podiatrist or ask your diabetes nurse for assistance with this as many have foot clinics in your area that are suitable.
8. There is a FREE podiatry service available for diabetic patients that are enrolled in the Chronic Care Management program in Mangere. You can ask your diabetes nurse, GP or other health practitioner for a referral to this program near you.
9. If using a local pool or shared showers wear jandals or aqua shoes to prevent picking up any nasty bacteria that are left behind by others.
10. If in doubt have it checked out. A small cut, blister or bumped toe can turn into something much BIGGER very quickly.

If you would like a foot exercise program for improved circulation or strength I can assist you to get your feet back in step.

Educator **Tracey Drinkwater, Wellness Educator**

027 378 4544, freephone 0800 2345 711 or email tracey@adks.co.nz

Has your address or phone number changed?

It is important that we have your current details so you can continue to receive this magazine and

we are still able to support you. If any of your details have changed or you would like to join our mailing list – please contact us on 0800 235 711 or at kidneysociety.co.nz



**UPDATE
YOUR
DETAILS**