

## The Kidney Society

'Helping people with kidney disease get on with life.'

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**“My name is Feofaaki He Lofu Kofe. I am 58 years old from the Island the Kingdom of Tonga.....”**

Read Lotu's story inside!

# The Kidney Society “Who, what, where.”

PO Box 97026 Manukau City, Auckland 2241  
 Phone: 09 278 1321, or FREEPHONE: 0800 235 711  
 E-mail: [contact@kidneysociety.org.nz](mailto:contact@kidneysociety.org.nz)  
 Website: [www.kidneysociety.org.nz](http://www.kidneysociety.org.nz)  
 Facebook: <https://www.facebook.com/kidneysocietyadks>  
 Kidney Society Centre, Auckland: 5 Swaffield Road, Papatoetoe, Auckland  
 2025. Office hours: generally, 9 - 5 Monday to Friday, Answerphone a/hrs.

<p><b>Contributions to the Kidney Society News are always welcome. Why not write us a story or send us a photo!</b></p>		<p><b>Kath</b> our Chief Executive Officer leads the Kidney Society team in supporting Kidney Society clients through education, home support, wellness programmes and more.</p>
 <p><b>Gina</b> our Office Manager is in charge of running the office, the community houses, raffles, events organising and general administration.</p>		<p><b>Tracey</b> 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 to do at home.</p>
 <p><b>Brian</b> our Community Health Educator can help you understand kidney disease and treatments. these things affect you and your family.</p>	 <p><b>Niu</b> our Social Worker can talk to you about “kidney disease and you”, money problems, family, housing, and many other things.</p>	 <p><b>Nora</b> writes the News. Send us a story!</p>
 <p><b>Jenny</b> keeps an eye on things at the dialysis houses, shows new people how things work and helps them settle in.</p>	 <p><b>Maria</b> our Office Assistant works with Gina to keep everything in the office ticking over, leaflets printed, the News mailed out and more.</p>	

**Deadline for the November/December/January News:  
 Wednesday 23 October 2024. Contributions are very welcome!**

Contact us for information or a chat, weekdays 9 – 5.  
 Phone: 0800 235 711, Email: [contact@kidneysociety.org.nz](mailto:contact@kidneysociety.org.nz)  
 Facebook: <https://www.facebook.com/kidneysocietyadks>  
 or just come to the Kidney Society Centre, 5 Swaffield Road,  
 Papatoetoe, Auckland.



## **Welcome to the winter edition of our magazine!**

We hope everyone is managing to stay warm and well during these cooler months.

It's been great to join the Kidney Society whānau and I've really enjoyed getting out and about, visiting some of the renal units in our region and many of our clients over the last few weeks.

Prior to starting in May, I was on parental leave for 11 months, being Mum to our baby daughter Charlotte. Re-entering the workforce has been refreshing and I'm excited about the opportunities and tackling the challenges that lie ahead. I'm keen to learn from you all, understand your frustrations and barriers, and how the Kidney Society can make this journey easier for you. So please don't hesitate to reach out and share your thoughts and ideas with me ([kath@kidneysociety.org.nz](mailto:kath@kidneysociety.org.nz)). I'm a big believer in "Together Everyone Achieves More", and I'm looking forward to working together and joining forces with other like-minded organisations to bring about meaningful change so you can live your best lives!

The next few months are shaping up to be busy as we start our training for the Auckland Marathon. We are using the event to raise vital funds for the Society so we can grow the great services we offer. There are lots of ways you can join us, so to see how you can get involved, turn to page 7.

This edition also features a range of articles including tips from renal dietitians on eating to boost your immunity, upcoming events, a story from one of our clients' transplant journeys, insight into our Community Dialysis Houses with Jenny, and more.

Wishing you all a wonderful next few months as we spring into spring!

**Kath Eastwood, Chief Executive Officer**

[kath@kidneysociety.org.nz](mailto:kath@kidneysociety.org.nz)

## ***Kidney Society Events***

### **Counties Pre-Dialysis session**

**Wednesday 14 August 9 am – 2 pm**

**Friends Building, Auckland Botanic Gardens**

102 Hill Road, Manurewa, Auckland 2105

For more information, please contact

Niusulu on 0800 235 711 or [niusulu@kidneysociety.org.nz](mailto:niusulu@kidneysociety.org.nz)

### **Hamilton Advanced Kidney Care Session**

**Friday 13 September 10 am – 2 pm**

**The Link Community Centre (Fellowship Lounge)**

4 Te Aroha Street, Claudelands, Hamilton 3216

For more information, please contact

Brian on 027 775 3449 or [brian@kidneysociety.org.nz](mailto:brian@kidneysociety.org.nz)

### **Tauranga Peritoneal Dialysis Session**

**Wednesday 25 September 10 am – 2 pm**

**St Georges Anglican Church**

1 Church Street, Gate Pa, Tauranga 3112

For more information, please contact

Brian on 027 715 3949 or [brian@kidneysociety.org.nz](mailto:brian@kidneysociety.org.nz)

### **Counties Pre-Dialysis Session**

**Wednesday 13 November 6.00 pm – 8.30 pm**

**Selwyn Anglican Church**

Corner Massey Road & Hain Avenue, Mangere East

For more information please contact Niusulu on 0800 235 711 or

[niusulu@kidneysociety.org.nz](mailto:niusulu@kidneysociety.org.nz)

### **Gisborne Advanced Kidney Care Session**

**Thursday 28 November 10 am – 2 pm**

Waikanae Surf Club, 280 Grey Street, Awapuni, Gisborne

For more information, please contact Brian on 027 715 3949 or

[brian@kidneysociety.org.nz](mailto:brian@kidneysociety.org.nz)

## Spring is coming!

Many of us struggle to stay active during the colder months, especially with the wet and cold wintry days.

But the warmer spring weather is not too far away.

In September we are looking at running some community-based activity days to help you get back on track and moving.



### **We have two sessions organised:**

#### **Wednesday 4 September, 2024**

Venue: Te Puke ō Tara Community Centre  
Main Hall, 20 Newbury Street, Otara, Auckland 2023  
Time: 12.00pm to 2.00pm

#### **Tuesday 17 September, 2024**

Venue: Te Puke ō Tara Community Centre  
Main Hall, 20 Newbury Street, Otara, Auckland 2023  
Time: 12.00pm to 2.00pm

We will have options for **walking programmes**, **Zumba**, and information on **green prescriptions** and **community programmes**.

It will also be a chance to **meet other people** and find activity buddies too.

We are also looking for people who might be interested in starting up **walking groups**, etc.

We will be running the first ones in South Auckland.

If you are interested in attending these sessions or would like support to start up a walking or activity group, please contact Tracey on 027 378 4544 or [tracey@kidneysociety.org.nz](mailto:tracey@kidneysociety.org.nz)

# Westwave Exercise Group

Are you in West Auckland and interested in attending a safe and suitable exercise group? This group is run by the wonderful trainer Lisa McCullum at Westwave and is suitable for people with CKD and those on dialysis or who have had a transplant.

If you are interested in finding out more about this group or would like to attend, please contact Tracey at the Kidney Society, who can assist you with being part of the programme.

Fridays 10:30 am Westwave Gym

\$5 per session (with green script referral card)

Get in touch with Tracey on mobile: **027 378 4544** or email:

[tracey@kidneysociety.org.nz](mailto:tracey@kidneysociety.org.nz)

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## Meet Kath Eastwood our new Chief Executive Officer (CEO) at the Kidney Society



Kath brings over 15 years of experience in business management, people leadership, and operational service delivery across the private, health, high-performance sport, and not-for-profit sectors.

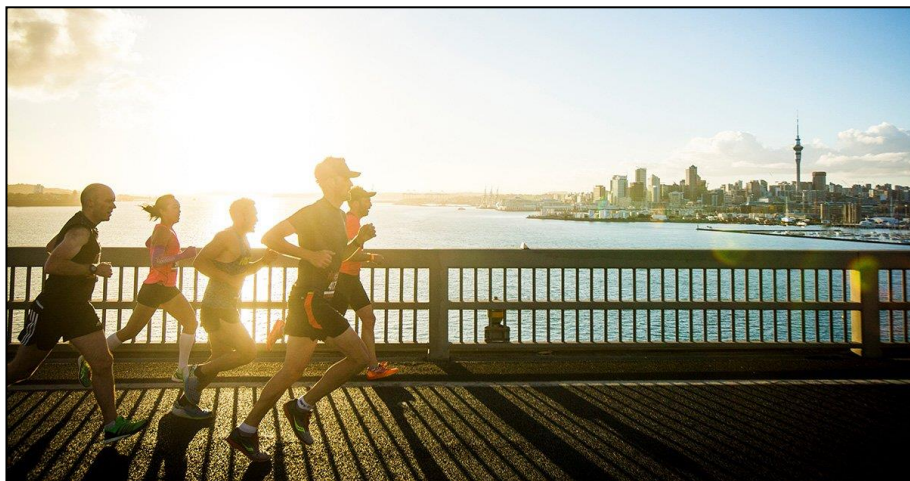
Driven by curiosity and innovation, Kath is passionate about health and wellbeing.

She believes in the power of relationships and collaboration between government, business, and the community to drive change and improve the lives of New Zealanders.

Kath is excited to be leading the Kidney Society team in supporting clients through education, home support, community dialysis homes, wellness programmes, and more.

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**We're excited to announce our participation in the Auckland Marathon 2024, and we want YOU to join us!**



**Our goal is to raise over \$20,000 and to recruit 20 runners to support our vital services for those affected by kidney disease.**

## Why join us?

- Help us make a difference in the lives of those affected by kidney disease: Every step you take will bring us closer to providing more essential services and supporting even more of those who need it.
- Be part of a community that cares: By participating in the Auckland Marathon, you'll be joining a community of individuals who are passionate about making a positive impact on the lives of others.
- Raise awareness about kidney disease: Your involvement will help us spread the word about the importance of kidney health and the impact of kidney disease on our community.

## How you can support us:

- **Sponsor** the event, organize your team to fundraise, or become a runner.
- **Share our cause** with your networks and help raise awareness about kidney disease.

**Get Involved!** Whether you're a seasoned runner or just starting out, there's a distance for everyone: 5km, 10km, half marathon, or full marathon. Plus, you'll be supporting a great cause!

**Want to join the team to make every step count in awareness of kidney disease? Head to our website for more information:**

**<https://kidneysociety.org.nz/auckland-marathon-2024>**



## Lotu's journey

My name is **Feofaaki He Lotu Kofe**. I am 58 years old from the Island the Kingdom of Tonga.

I moved to the new land of Aotearoa NZ in 1987. I got really sick with a high temperature, weak body and dizziness. The Doctors in Tonga did a lot of tests and found out my kidneys were failing.

At the time when we received the results, the only thought on my family's mind was that I am going to die soon.

They asked a lot of questions about what needed to be done. The Doctor in Tonga suggested they send me to NZ for treatment because they did not have any treatment for me in Tonga.



I travelled to NZ with my mum's sister, and it was the hardest time for me leaving home not knowing what was going to happen to me, but I left knowing that we do have a living God with me.

My mum's last words to me before I hopped on the boat to go is that 'you will be okay.'

We arrived safely in NZ and the very next day we went to my first appointment.

The shocking news of the results came, and the Doctor told me that I only had six months to live. My aunty was crying but I didn't cry because I was thinking that if God knows that I still have any use in this world to continue on, then surely, he will give me another chance.

So we made contact with my family in Tonga to let them know of my results.

My uncle (Uluti Uata) wanted me to ask the Doctor for any other options for me so we can give it a try.

The Doctor told me there is a treatment called dialysis, but I have to pay because I am not a permanent resident. My uncle Uliti Uata

made contact with the Church of the Latter-Day Saints, and they agreed to pay for my dialysis.

My aunty was supposed to go back to Tonga but my parents told her to stay with me so I can continue trying.

To cut the story short my parents came over and the rest of my family stayed back with my mum's other sister.



I started dialysis while waiting for a kidney transplant.

My second brother who was studying in Hawaii at the time heard about my situation so he tried to reach out because the doctors said that my best option is if anyone in my family matches mine then I can have the transplant.

My parents and my older brother were tested but they were not approved because of their diabetes and high blood pressure. They needed someone who was healthy and who did not have any health issues.

My brother in Hawaii heard about this and so he flew over and did all the tests. The doctor said that he's my match and he was willing to have the operation to give me one of his kidneys for me to live on.

It was one of the biggest sacrifices that my brother had done for me, and everything was prepared for our operations to go through. I was only on dialysis for 3 months and then transplant.

Everything went well since I had the transplant in 1987. It has been 37 years since the transplant and I am still alive, even though my kidney is slowly coming to an end, and they are now looking at me to going back on dialysis. Thirty-seven years is a long time.

Ever since my transplant I've always kept up with my appointments and taken my medications every day. A year after my operation, I got married and we had one daughter.

My husband passed away and our daughter got married and I now have 6 Grandchildren.

I thank my heavenly father for his blessings upon me and my health.

My heartfelt thanks to my mother's sister for the huge sacrifice she did by bringing me over to NZ and also being with me during the time I went through my tests and everything.

Huge thanks to my uncle Ulifi Uata's family and the Church of the Latter-Day Saints for the financial help which made which made a big difference to my recovery.

To my extended families your prayers, love and help I thank you. To my Mum and Dad, even though you have passed on, I am grateful for the sacrifice you made for me. My special thanks to my siblings for your love and support with everything you have helped out with.

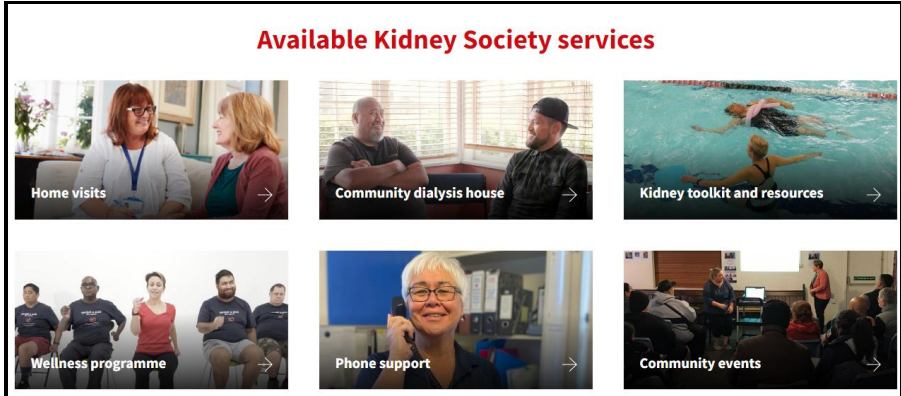
Lastly and not the least I thank my brother Viliami Ve'a for your love and the huge sacrifice you have done for me that I am able to live for 37 years, and I am truly grateful for.

Even though I am going back to dialysis, 37 years of my life journey with the transplant is a lot of years.

Special thanks to all the Doctors and nurses who have helped me throughout my journey, I am thankful and grateful for your help and support. Malō aupito Feofoaki He Lotu Kofe.



# Discover the Full Range of Kidney Society Services



In a recent survey, some of you mentioned that you weren't aware of the range of services we offer at the Kidney Society. To address this, we'd like to highlight the various ways we can support you.

## Home Visits

If you prefer to discuss your kidney condition in person, our experienced and knowledgeable team can visit you at home.

We understand the impact kidney disease can have on your life, and we recognize the difficult choices and decisions related to treatment, transplants, and dialysis. Having supported thousands of clients over the years, we are here to help.

## Wellness Programme

Living with kidney disease requires diligent self-care. Our wellness programme can assist you in maximising the benefits of your dialysis, nutrition, and medication, helping you stay as fit, mobile, independent, and positive as possible. The Kidney Society Wellness Programme is a FREE home-based service for people with kidney disease who are registered with us. Our qualified Wellness Educator collaborates with you to discover physical activities that meet your needs. Whether you aim to regain strength, improve your range of movement, or simply feel less out of breath, we can support you in

achieving your goals. This might include regular walking, joining a Tai Chi class or aquarobics group, or doing exercises in your living room.

## Phone Support

Being diagnosed with kidney disease can be overwhelming, and knowing where to start can be challenging. Our phone support service offers you the opportunity to call us with any questions about your condition and receive guidance on the next steps. Our team is available Monday to Friday, 9 am to 5 pm, providing information, resources, and contacts for additional support organisations.

## Community Dialysis Houses

For those unable to have a dialysis machine at home, the Kidney Society offers a 'home away from home' solution. In collaboration with Middlemore Hospital, we provide three community dialysis houses located in South Auckland. Our clients love the community house option, which allows them to take more control of their time and life. To get started, simply talk to us and your treatment provider.

If you have any questions or need support, please get in touch with us. Email: [contact@kidneysociety.co.nz](mailto:contact@kidneysociety.co.nz) Phone: 09 278 1321 or 0800 235 711 Website: <https://kidneysociety.org.nz>.

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## Have you joined our Facebook community yet?



If you haven't, do follow our Facebook page, Kidney Society - ADKS.

It's a place where we share stories, what we've been up to, as well as our upcoming plans and events, information, statistics, and resources.

It's a place for us to be able to create a two-way conversation about how we can continue making a positive impact on you and others living with kidney disease together.

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

## Want to go online?

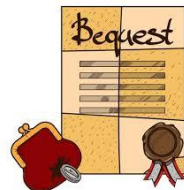
We want to extend a thank you to everyone who has already made the switch to our digital magazine. Your support helps us become eco-friendlier and more cost-effective. For those who haven't made the switch yet, you can decide to do this at any point.

By going digital, you'll gain instant access to our latest issue, including the next upcoming magazine. Making the switch is simple. Just email us at [contact@kidneysociety.org.nz](mailto:contact@kidneysociety.org.nz) and let us know you'd like to receive the digital version of the Kidney Society Magazine.

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## BEQUESTS - ANOTHER WAY TO HELP THE KIDNEY SOCIETY SUPPORT FAMILIES

Making or changing a will provides a wonderful opportunity to ensure that your family is provided for, show your appreciation to good friends and to leave a last gift to the cause close to your heart.



The Auckland District Kidney Society strives to provide you and your family with services and support to enable you to live life to the fullest. With the day-to-day struggles of today's economic environment, legacy income is becoming a vital source of funding for our work for people with kidney disease.

Consider making a bequest to the Auckland District Kidney Society Inc. in your will.

You can use the suggested wording below and help us to continue our very valuable work supporting people with kidney disease and their families. It is important to make sure you get the name exactly right: confusion has arisen in the past over incorrect names (such as "Auckland Kidney Foundation") which

can cause the money to go to a recipient other than the one you had so carefully chosen.

“ I..... bequeath to The Auckland District Kidney Society Inc, Auckland, the sum of \$..... Free of all duties payable at my death and the receipt of the Treasurer for the time being of the said Auckland District Kidney Society Inc. shall be a sufficient discharge for such legacy”.

All Wills or Codicils must be in writing and signed by you, the Testator, and attested by two witnesses, in your presence.

(If you wish that your legacy should be expended on a particular aspect of The Auckland District Kidney Society's work, you may add a directive to that effect to the form of bequest.)

If you would like to speak in confidence about leaving a legacy to the Auckland District Kidney Society Inc, please contact the office phone 09 278 1321 or email [contact@kidneysociety.co.nz](mailto:contact@kidneysociety.co.nz).

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## Tips from Renal Dietitians

From the kidney dietitian team at Auckland Hospital

### Eating to boost your immunity

Winter has arrived across Aotearoa, bringing more colds and flu as the temperature drops. Eating fresh foods can boost your immune system and help prevent these illnesses. If you do get sick, eating well can also help you recover faster. Read on to learn how to eat to prevent illness this winter and what to watch for when buying supplements or fortified foods.

### Key tips for eating to stay well this winter:

1. **Eat a variety of vegetables and fruits every day**
  - Aim for 2 servings of fruit and 5+ servings of vegetables each day.
  - Buy in season to save money.



- Right now parsnips, cabbage, fennel, brussels sprouts, leeks, yams and pumpkins are all in season.
- Frozen or canned fruits and vegetables are often cheaper.
- Look for products that have no added sugar or salt.

**2. Include other foods rich in nutrients, like nuts, seed, legumes and whole grains.**

These foods are high in dietary fibre and support a healthy gut, which is important for immunity.



**3. Eat regular meals to maintain your energy levels.**

**4. Wash fresh fruits and vegetables under running water to clean off any germs.**

**5. Drink regular fluid over the day to stay hydrated.**

**Talk to your doctor or dietitian if you are unsure how much fluid you can have each day.**

**If a food label says it helps my immunity should I buy it?**



Often, it is better to choose a fresh/non-packaged food over those claiming to boost immunity. In Aotearoa, food companies can make general immunity claims on labels if products contain certain amounts of vitamins.

For example, a muesli bar label can say ‘immune-boosting’ if it contains a required level of the specified vitamins. But these bars often contain a lot of sugar and saturated fat and can cost more than fresh foods like fruit. Be careful about claims on food labels, and if you are unsure, choose fresh products.



## What about supplements for winter illness?

Always talk to your doctor or dietitian before taking any supplements. Some ingredients in supplements can accumulate in the body or interact with medications, especially if your kidney function is reduced.

Supplements can also be expensive. Eating more fruits and vegetables is often cheaper and tastier. For example, high-dose Vitamin C tablets can contain 1,000mg or more, but most adults need only 45mg daily. Vegetables and fruits high in Vitamin C include broccoli, kiwifruit, red capsicum, cauliflower, cabbage, and oranges. Consider adding more of these fruits and vegetables to your diet before starting a Vitamin C supplement.

We recommend following the 5 tips above to improve your immunity, rather than buying supplements or fortified food products.

**Check out this recipe for a warming winter/spring dish that is packed full of nutrients.**

## Chilli beans on toast – Serves 6

### Ingredients:

1 tbsp oil

2 cloves garlic, crushed

1 onion, diced

1 and ½ tsp of ground coriander

1 and ½ tsp of paprika

1 tsp ground chilli

400g can of kidney beans in spring water, drained

400g can of butter beans in spring water, drained

2 x 400g cans of no-added-salt chopped tomatoes

2 cups of frozen/fresh vegetables of your choice

12 slices of wholegrain bread



## Method:

1. Add oil to a large pan and put over medium-high heat.
2. Add onion, garlic and ground spices to the pan and fry for 2-3 minutes or until the onion is soft.
3. Stir in kidney beans, tinned tomatoes and frozen/fresh vegetables.
4. Bring to the boil and then reduce heat to low. Cook on low for 10 minutes or until thick.
5. Toast the wholegrain bread and butter it when done.
6. Serve bean mixture on toast.
7. Top with fresh herbs and black pepper (optional).

*Recipe adapted from Healthy Food Guide.*

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## We want your feedback

Whether you've had a home visit, advanced kidney care session, or engaged with us in any other way, your feedback is invaluable to us.

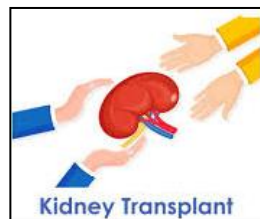


It serves multiple purposes, including improving our services, supporting our funding efforts, and potentially featuring in our marketing with your permission.

To share your thoughts, please email us at [contact@kidneysociety.co.nz](mailto:contact@kidneysociety.co.nz)

or submit a message via our website at [kidneysociety.org.nz/contact-us](http://kidneysociety.org.nz/contact-us). We look forward to hearing from you!

# Study Improves Outcomes for Kidney Transplant Patients



Did you see the article on the Te Whatu Ora website about a study improving outcomes for kidney transplant patients earlier this year?

The article, posted in January 2024, reads as below.

Kidney failure is a significant health problem in New Zealand but results from an Auckland City Hospital (ACH)-led study will benefit many patients receiving a deceased donor kidney transplant.

The four-year **BEST-Fluids trial** found using an intravenous fluid, **Plasma-Lyte 148**, as a replacement for the usual saline used during surgery and the few days after, **meant fewer patients require dialysis treatment following a transplant, reducing their recovery times**, while also freeing up dialysis units for other patients waiting for treatment.

Nephrologist Dr Michael Collins, who led the research at ACH, alongside co-author and intensivist Dr Colin McArthur, says that in 2022 an estimated 5,500 Kiwis were receiving kidney replacement therapy; with over 2,000 patients living with a functioning kidney transplant and 3,000 on dialysis.

“While not everyone who is on dialysis is well enough to have a transplant, the team works very hard to get people on the transplant list where possible,” he says.

Dialysis requires patients to have their blood filtered for several hours, typically three times a week, says Dr McArthur. “It’s quite a major impact on their lifestyle and associated with a lot of complications. Whereas a kidney transplant provides a better lifestyle and longevity.”

And while it’s not uncommon for kidney transplant patients to need dialysis after surgery, until the new kidney is able to fully function on its own, the BEST-Fluids research indicates many patients will no longer require post-surgery dialysis at all, when Plasma-Lyte is used instead of saline, he says.

“Just a simple change of one fluid to another has meant for every ten patients receiving a transplant, one fewer will require dialysis in the days and week after surgery,” says Dr McArthur. “This means the

time patients need to stay in ICU is reduced and fewer patients need dialysis, which benefits other patients who require those resources."

Plasma-Lyte is now the usual intravenous fluid used at ACH for deceased donor kidney transplantation - and is currently under consideration at Christchurch and Wellington hospitals that also perform transplants. Drs Collins and McArthur say the trial results look to be good news for other kidney transplant patients around the world as well.

Visit Organ Donation New Zealand <https://donor.co.nz> to find accurate information on deceased organ and tissue donation in Aotearoa.



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## *Are you ruining my Life?*

*This story from many years ago is still very much true today.*

The last time my husband was in hospital for haemodialysis, a young man in the next bed was out of harmony with his wife. Suddenly she shouted... "You don't realise you are ruining my life". This made me think - has my life as a carer for 20 years been ruined?

Peter's polycystic kidneys were diagnosed in 1977 when he was 46. There were many anxious and tearful moments as dialysis became part of a different life. I left my teaching job to become a home tutor to sick children in the mornings. I became a clock-watcher - any delay getting Peter 'on' the machine meant a later time getting him 'off' after 8 hours.

I became a keen gardener - a shout from the bedroom window was enough to bring me running! I went to a weekly art class, a hobby I could practice confined to the house.

We got hardened to explaining to wine waiters that Peter shouldn't drink wine and my mother never could accept that he didn't want a full cup of tea.

It's not all sweetness and light being a carer. Tempers become frayed by both partners. One has to put up with irritability and unfair criticism, but if the partner says 'sorry', then it alleviates hurt feelings. One can only be ill on non-dialysis days and 36 hours in bed with 'flu is the maximum. Even with a streaming cold, needles have to be put in - and you stand on one leg if you have sprained your ankle! The mental and physical strain is tiring. My husband had a breakdown and took early retirement. A transplant in 1995 failed after 7 months and he was back on dialysis, very anaemic, lethargic and apathetic. It was hard not to give in to despair.

I am back to manoeuvring a very heavy machine and, now being 20 years older, I don't find it easy. But Peter now dialyses for 4 hours; he is feeling better mentally and physically, and I am happier to see improvements.



We are excited to be part of the **Light For Life Fundraising Gala** this November 2024 at the Mahatma Gandhi Centre in Auckland.

This year's event marks the 5th Light For Life Fundraiser, founded by

our board member Jatin Patel.

The Light for Life Charitable Trust reflects his dedication to community service and fundraising excellence. Jatin's commitment to helping others shines through his various initiatives, whether he is volunteering, seeking sponsorships, or organising gala dinners.

Each year, they've reached ambitious goals and proudly donated to various charities.

**Their 2024 goal is to raise a minimum of \$200,000, with proceeds shared between four charities, including the Kidney Society.**

An estimated 500 guests will enjoy an evening of cultural entertainment, a culinary feast showcasing Indian cuisine, and the excitement of a live auction.

Building on the success of previous years, including August 2021, when \$250,000 was raised, donating \$25,000 each to The Cancer Society, Child Cancer Foundation, Gandhi Nivas, Neuroendocrine Cancer NZ, Ronald McDonald House, and Totara Hospice. **If you know anyone who would like to sponsor the event or donate an auction item, please get in touch with us at**

[contact@kidneysociety.co.nz](mailto:contact@kidneysociety.co.nz)

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## Community Dialysis Houses:

### A chat with our very own, Jenny



We want to show the difference our community dialysis houses make to our clients, so we decided to have a chat with our very own Jenny, who manages our Community Dialysis Houses.

We spoke to Jenny, who both does dialysis at one of the houses and manages our three community dialysis houses. Jenny shares her journey of being diagnosed with kidney disease as a teenager on a video (link below). She underwent numerous tests and treatments,

including peritoneal dialysis, before transitioning to her current dialysis routine. If you're thinking about dialysis at one of our community houses, listen to Jenny's insights about being in a dialysis house and what it's like. A Community Dialysis House is an alternative option to dialysing at the hospital. It can be a home away from home, where you can meet others on the dialysis journey. We have three dialysis houses in **South Auckland**, all conveniently located near Middlemore Hospital.



In this video you'll hear about Jenny's personal experience that fuels her passion for her work at the Kidney Society, where she runs the three community dialysis houses. She enjoys helping new clients, drawing from her own ups and downs with kidney disease to offer guidance and support. Jenny finds fulfilment in helping others build independence, form relationships, and regain time with their families.

We want people to know there's no complicated process or waitlist to start community dialysis at one of these houses.

We work with Middlemore Hospital to make sure new clients are fully trained and comfortable to start their own treatment. Watch the full video here on our YouTube channel:

<https://www.youtube.com/@kidneysocietyadks>

# Manage Better, Feel Stronger

Our Manage Better, Feel Stronger courses are FREE 6-week long programmes, designed to help you and your family cope better with long-term health conditions.

**JULY - SEPT 2024 INTAKE NOW OPEN**

**6-WEEK, IN PERSON PROGRAMMES: 10AM-12:30PM**

MANUREWA DIABETES	Nathan Homestead, 70 Hill Road, Manurewa Thursdays, 15th August
MANGERE GENERIC	Mangere Old School Hall, 299 Kirkbride Rd, Mangere Thursdays, 8th August
OTARA DIABETES	Starcare Centre, 120 East Tamaki Rd, Otara, Level 1 Wednesdays, 14th August
RANUI GENERIC	Ranui Community Centre, 474 Swanson Rd, Ranui Fridays, 2nd August

## ZOOM PROGRAMMES

CHRONIC PAIN 10am - 12:30pm 6 consecutive weeks	Tuesdays, 20th August
DIABETES 10am - 12:30pm 6 consecutive weeks	Tuesdays, 20th August
MANAGE BETTER TOGETHER Tuesdays, 6pm-7.30pm 4 consecutive weeks	Tuesdays, 9th July





# Join our 6-week Manage Better, Feel Stronger Course

The self-management course is for anyone who has a long-term condition (physical and/or mental health), and for caregivers of someone with a long-term condition, such as:

- Diabetes, asthma, arthritis, gout
- Heart disease, high blood pressure
- Depression, anxiety, stress

The course provides a self-management tool kit of support and information for:

- Healthy eating, physical activity, sleep
- Action planning, problem solving, decision making
- Communication, understanding emotions
- Medication, working with providers

People who attend the courses have reported:

- Better understanding of health behaviours
- Improved social life, sleep and reduced levels of pain
- Better understanding of diabetes and chronic pain
- Improved quality of life and confidence to take care of themselves and others

**FREE for registered patients.**

**Courses available Auckland wide and via Zoom.**

## INTERESTED?

Ask your doctor, nurse, wellness advisor,  
health coach, or get in touch with:

Rita - SME Team Lead

09 274 7823 ext 9540 | 027 836 5413

[rita.taietamakihealth.co.nz](mailto:rita.taietamakihealth.co.nz)

*"It is way easier to log in,  
make a coffee and not have  
to leave the house" (Zoom  
Course)*

*"I gained confidence to  
talk to my doctor and  
family about my health"  
(In-person course)*

*"It felt like I was on the  
course physically" (Zoom  
Course).*

*"This course has been  
healing for my physical  
and emotional self" (In-  
person course)*



**# Local Doctors**

**Tāmaki Health**

Our Kidney Society social worker Niusulu recently attended The Renal Education Forum for registered social workers in Wellington in May of this year.



**The forum was a great opportunity to network with other social workers from different regions working in the area of renal health.**

It was held over 2 interactive days with a variety of workshops and presentations from Kidney Health NZ, a panel of renal patients sharing their renal journey from their cultural perspectives, and an update on the national renal clinical network to name just a few. It is hoped that this forum will be an annual event.

# Te Kaupapa Nekeneke

## Total Mobility Scheme

### About the Total Mobility scheme

This provides an overview for Total Mobility scheme users and contact information for regions operating the scheme in New Zealand.

### What is the Total Mobility scheme?

Funded in partnership by local and central government, the Total Mobility scheme **assists eligible people, with long-term impairments to access appropriate transport to meet their daily needs and enhance their community participation.** This assistance is provided in the form of **subsidised door to door transport services wherever scheme transport providers operate.**

It provides:

- Electronic cards or vouchers to eligible scheme members that subsidise the normal transport fare by 75% up to a maximum fare (set by the relevant regional council, or Auckland Transport).
- Funding to scheme providers to help purchase and install wheelchair hoists.
- Payment to the owner of the wheelchair accessible vehicle for each Total Mobility scheme member who requires the use of a wheelchair hoist or ramp on a trip.

### Who administers the scheme?

The scheme is managed and operated by **regional councils.**

### How does the Total Mobility scheme work?

Scheme users are issued with an electronic card or a book of vouchers.

You can obtain an electronic card or vouchers from the relevant regional council.

Total mobility subsidies can be claimed **anywhere in New Zealand where the scheme operates.**

The subsidy per trip is 75% of the fare, up to a maximum subsidy.

The maximum subsidy varies between regions; these costs are available under the [regional information in this guide](#).

If the total fare is more than the maximum subsidy you must meet the additional cost.

Read more about the scheme: For general information about the scheme, visit: [www.transport.govt.nz/area-of-interest/strategy-and-direction/total-mobility-scheme/](http://www.transport.govt.nz/area-of-interest/strategy-and-direction/total-mobility-scheme/)

Note: While this guide provides information about the Total Mobility scheme, it does not guarantee travel. It provides an overview for Total Mobility scheme users and contact information for regions operating the scheme in New Zealand.

## Historic moments...

We have come a long way from the very early days of dialysis but not everything has changed: but fortunately treatments have become easier and better!

1946	<i>Peritoneal dialysis used successfully for the treatment of acute renal failure.</i>
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1954	<i>The first successful renal transplant, between identical twins, was carried out in Boston.</i>
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1960	<i>Development of the arterio-venous shunt and beginning of chronic haemodialysis treatment in Seattle, USA and development of the Kill kidney in Sweden</i>
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1961	<i>The first use of Azathioprine to prevent transplant rejection.</i>
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1959	<i>The first transplant from a non-identical live donor was performed.</i>
1964	<i>Home haemodialysis began in USA and United Kingdom and the first use of peritoneal dialysis for the treatment of acute renal failure in New Zealand.</i>
1965	<i>First New Zealand patient began chronic haemodialysis treatment and the first renal transplant between an identical twin pair was carried out in Auckland. The first transplant from a cadaver donor was done the next year.</i>
1966	<i>The first New Zealand home haemodialysis patient began treatment in Auckland and the arteriovenous fistula was developed.</i>
1968	<i>Tenckhoff developed his permanent peritoneal catheter.</i>
1969	<i>First New Zealand home dialysis training centre established in Christchurch.</i>
1976	<i>Continuous Ambulatory Peritoneal Dialysis (CAPD) developed and introduced to New Zealand soon afterwards.</i>
1978	<i>First use of Cyclosporin A to prevent transplant rejection.</i>
1985	<i>The first use of Erythropoietin to treat the anaemia of chronic kidney failure.</i>



Te whakamahere tiaki i mua i te wā taumaha

## What is an Advance Care Plan?

An Advance Care Plan is a process of thinking about, talking about, and writing down a plan for future health care, and also end of life care.

It's about what matters to you, so that your needs and wishes are known, and your personal beliefs and values are respected in any future health care decisions.

It helps to guide doctors and other health professionals in their decisions about treatment if you become too sick to speak for yourself or are incapable of making decisions for yourself.

If you share your completed plan with your local Hospital Renal Service, with your consent, they will load a copy onto your electronic computer record, so that if you present to a DHB facility and are not able to speak for yourself, your wishes will be known to the clinical staff.

'Whenua ki te whenua' is a document designed to help New Zealanders think and talk through their advance care plans. It encourages people to look at what is important to them, their values and beliefs and consider practical decisions should they become unwell or unable to speak for themselves. It also provides resources and examples of other people's approaches to advance care planning.

For more information and to download the plan, go to: <https://www.myacp.org.nz/your-plan> There is a lot of helpful information about advance care planning on this website: <https://www.myacp.org.nz/what-is-advance-care-planning>  
<https://www.myacp.org.nz/to-tatou-reo-stories>



# I Wish.....

You have a choice between wishful thinking and expressing your emotions. Wishful thinking might be tempting. It is hard to admit that life is different than what we expected, and it is natural to want to hold on tightly to what you used to believe or know. However, it is important to learn how to honestly recognize and express your emotions around kidney disease. Wishful thinking is about believing or making decisions based on what you want to happen, not the reality of the situation. People who think wishfully may be having a hard time accepting the situation or reframing it so that it is manageable.

Some people diagnosed with kidney failure will 'hope things will get better' and may not fully understand what is happening to their health.

Wishful thinking might not be harmful in the short term. For many people, wishful thinking may help you overcome the initial shock of the diagnosis. However, it is not a permanent solution. Sticking with this way of thinking could cause you to lose sight of what is truly important in your life and could create larger health problems by delaying decisions and treatment.

Melissa, age 65: "I was in disbelief when the doctor said my kidneys were failing. I told him I would eat more salads and less red meat to help improve my kidney function. I didn't really listen to him when he said that my kidney function wasn't coming back or maybe I thought I'd be that miracle person in which it would. It wasn't until my pastor told me his mom died of kidney disease because she kept thinking it would come back and didn't take the necessary steps to understand, learn and take control of her disease...that shocked me into facing this problem."

[https://aakp.org/wp-content/uploads/2020/02/Coping-Living-and-Thriving-with-Kidney-Disease\\_Brochure\\_FINAL\\_Digital.pdf](https://aakp.org/wp-content/uploads/2020/02/Coping-Living-and-Thriving-with-Kidney-Disease_Brochure_FINAL_Digital.pdf)

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 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 our client services:

- ANZ Staff Foundation \$20,000
- Aotearoa Gaming Trust \$15,000
- Chenery Memorial Trust \$5,000
- Esme & Tom Tombleson Charitable Trust \$4,000
- JM Thomoson Trust \$35,000
- Lion Foundation \$27,000

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:**

Wayne Russell	June Shaw
Robert Dunstone	Mary Miller
Veronica De Latour	Jock Allison
John Durling	Pat Morman

We offer our thoughts to family and friends and thank them for their support.

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:

- Website address is: [www.kidneysociety.org.nz](http://www.kidneysociety.org.nz)
- Bank account number: **12-3032-0705009-00**

Please include your details so we can send you 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 mobile: 021 663 435 or email: [kath@kidneysociety.org.nz](mailto:kath@kidneysociety.org.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.