



Asthma Awareness week 13-19th October

Balloon Day 17 October and
World COPD Day 19 November



In Loving Memory of
Ariawa Harlow Hooper
'A Ray of Hope'

Wed 15th October - 11.15

At the Hamilton Lake or at The
Magical Garden (105a Newell rd) if wet

Come and join in the fun with
Sailor and his friend Chris Lam Sam
To support Asthma awareness week.

Lots of great activities planned:
- Face painting - Games - Goody bags

Bring a picnic lunch and come and
join in the fun and support this
worthwhile cause.

A special tribute will be made to
the number of people who lose their
precious lives from asthma each year.

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asthma waikato
40
Magical Garden
Rotary



HALLOWEEN PARTY

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FREE
Sailor The Pufferfish Show

Come join Sailor and his friend
Chris Lam Sam for a free performance

FRIDAY 17 October - 12.30
Garden Place Stage

Followed by a balloon release with
Special guest Mayor Hardaker

www.sailorthepufferfish.co.nz

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Issue Highlights

- ✿ Meet our Staff
- ✿ Dear Nurse
- ✿ Living with COPD
- ✿ COPD exercise and support groups



asthmawaikato
Better respiratory health for New Zealanders

From the Manager

Where has the last five months gone? The year is flying by at a great rate of knots and as I type this I have a list of things to finish today with time running out. It's supposed to be my last day at work! (well actually that was last week but I just couldn't resist one more week)

That's right I am off on maternity leave to have my third child and am trying to let go of this fantastic organisation for a little while to enjoy my baby.

We have been super busy with new courses written, relationships being built and clients being educated, meetings galore and workplace health clinics being held – the staff have been run off their feet and I have been pushing them hard and I would just like to take up a small part of this to thank them all for their fantastic commitment to this organisation. I am looking forward to getting back and working with you all to ensure Asthma Waikato takes on further challenges and exciting new projects.

While I am on leave Rachael Dean will be keeping my 'seat warm' in the short term (and as a supporter in the long term), and is working very hard to make Asthma Awareness week as high a profile event as possible.

We have a big few months coming up which you will see throughout the magazine with Asthma Week coming up in October – we have a fantastic week planned check out what we will be doing on Wednesday 15th October at the lake – we would love to see as many of you as possible at the event supporting and raising awareness of Asthma. We will also be hitting the central city on Balloon Day – 17th October.

On the 8th October is Asthma Waikato's AGM (see inside for further details) – please get this in your diaries and join us for a lite lunch at the Hamilton Gardens. It's important for us to see all our members and have some time catching up. It's a great way of meeting the board and the staff. We have Dr Cat Chang as our guest speaker and she is definitely worth coming out to see.

I would like to wish everyone well over the next year and I am sure to be catching up with everyone regularly!

Again I would like to thank the ongoing support from our grant funders, donations, sponsorship, staff and volunteers for your hard work and amazing contributions to Asthma Waikato.

Kelly McDiarmid – Asthma Waikato Service Delivery Manager

From the Board

This year has been full of surprises and next year is looking to be an exciting year for us. It seems to be that the only thing that remains constant at the moment is change. Kelly our current Service Delivery Manager is due to go on maternity leave in the near future and we wish her well for the year ahead. In the meantime Rachael Dean, who

has a wealth of experience in health and not-for-profits, is helping out.

We are looking forward to supporting the Asthma Waikato team as we develop a better service for our clients and of course our members.

Our role as directors is to govern the society in terms of strategy, performance, risk management and legal compliance. We take these responsibilities very seriously and our board meetings are pretty lively at times as we all want to ensure we are providing the society with the best good governance available.

Not all our Board members have personal affiliations with Asthma or COPD however this really hit home when Colleen Joblin's father passed away from lung cancer not long after she became a Board member and her mother has since been diagnosed with Asthma.

Our current board is quite diverse in terms of the skills, experiences and backgrounds we have and we believe this is a real strength. These attributes range from personal experience with asthma, clinical, and pharmaceutical to information technology, finance, project management, general management and governance.

Drawing from this diversity our board members have recently taken on lead responsibilities e.g. Andrew Fox as our current President, Tony Hill as our Vice President and organisation development lead; Peter Granville as our financial lead, Stanley Koshy as our clinical lead, Shona Bramley as our Member Advisory lead and Colleen Joblin as our risk management lead.

There are a lot of legislative changes that will be coming into effect next year including amendments to the Incorporated Societies Act (1908) and the Health and Safety Reform Bill also the newly enacted Vulnerable Children Act 2014. This has meant that the board is reviewing our purpose and the best way of doing things as we strive for growth. We have been under consultation with Asthma Hawkes Bay who transitioned from an incorporated society to a charitable trust back in 2008, and have not looked back. We are looking closely at this model to see how this move could benefit us. We hope to have something to discuss at our upcoming AGM.

Part of our strategic plan is to re-focus on our membership base, as part of this we will be looking into developing a member's advisory portfolio to act as a membership voice and ensure we are kept abreast of your needs.

We really value the contribution you as members give to the society, not only by your subscription fees but also the insights you share in contributing to our newsletter, fundraising events, etc.

We look forward to seeing you all at the upcoming AGM in October.

Andrew Fox

Meet our Staff

JOLENE DALZIEL



Hello Asthma Waikato members. For those who don't know me my name is Jolene Dalziel, I have been working for Asthma Waikato for 3 years. I am a registered nurse with 13 years of paediatric experience. Most of this experience has come from working in the children's ward at Waikato Hospital. I also work as a practise nurse at Mahoe Med in Te Awamutu. This gives

me great opportunities to work with all ages. I particularly enjoy working with families. My role at Asthma Waikato allows me to visit families in there own homes at a time that suits them. This is the ideal environment to provide education that really makes a difference.

RAEWYN BELL



I have been nursing since 1975 and my career includes community nursing, as a Clinical Nurse Specialist in the Surgical Pre-admission clinic at the Waikato Hospital, and the position of Associate Charge Nurse Manager at the Te

Continued on page 9...

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Dear Nurse

My G.P. suggested I see a physiotherapist to help me breathe properly, what can they do for me?

A physiotherapist can help you learn to manage the physical effects of your asthma and COPD. A vital technique to know about is: how to breathe correctly! Simple changes to the way you breathe will help you feel more relaxed, in control and can prevent your asthma symptoms from getting worse. A physiotherapist can teach you how to control cough, get rid of mucus, perform breathing exercises and help you with an exercise plan. The nurses at Asthma Waikato can also help you with basic breathing patterns and sputum clearance. They can also discuss Asthma and COPD with you and explain how the medications work.

I love gardening but suffer from hay fever and asthma during spring, this affects me during the best time to be gardening, what can I do?

The following are handy tips that may help you avoid the triggers that set off your hay fever and asthma.

- Ensure you are using your preventer twice every day.
- Avoid plants that pollinate themselves via the wind (they release millions of tiny pollen grains that react with your eyes, nose, sinus and airways)
- Choose plants pollinated by birds and insects as they don't release their pollen into the air
- Use female species as male plants produce the troublesome pollen
- Avoid plants with strong fragrances or odours, and certainly don't plant them under bedroom windows or next to entrances and exits (roses are okay)
- Choose a native or slow-growing, low or no pollen grass that doesn't require frequent mowing
- Use inorganic mulches e.g. pebbles and gravel to reduce weeds and mould spores
- Avoid compost heaps
- Don't garden on windy days when pollen may be in the air
- Always carry your reliever puffer with you when working in the garden and make sure you have a written Asthma Action Plan so you know what to do if you have problems

I am looking at buying a new duvet and have seen the blue butterfly on the one I want, what does this mean?

To help you identify asthma and allergy-aware products, community-conscious companies use the Sensitive Choice® blue butterfly symbol on their packaging. More than 300 products and services are carrying the blue

butterfly - from bedding to building products, cleaning agents to carpets, air purifiers and vacuum cleaners to the paint you put on your walls. For a list of these products and services, and where to find them, as well as more tips and advice, visit sensitivechoice.com/products-services.

I recently had to call St. Johns to take me to the hospital with an asthma attack. I didn't realise they would charge me for this. Do you know how much a membership is?

There is a part charge when a person is attended by the ambulance service for a medical emergency. This is because they are not fully funded by the government for this. There is an option of Individual membership for one year costing \$45 or household membership \$65. The household membership covers all people living in the home, their names must be listed. You can download a membership form from www.stjohn.org.nz

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Living with COPD

Living with COPD can be challenging for sufferers as the restrictions of a less effective respiratory system can impact on your daily routine. As the disease progresses, feelings of depression and hopelessness can develop as the demands of every day life become more difficult. This is a unpleasant way to start an article, I know, so let's investigate what we can do about this situation in order to allow you to continue a life style where you are the focus and not the disease.

Firstly, do not allow yourself to become socially isolated from your community. There is a big world out there that holds many possibilities and sources of stimulation that will enable you to focus on something other than the four walls of your home. If you are retired, seek out people with similar interests to yourself who will inspire that creative or inquisitive side of you to come forward – perhaps you are a budding artist or potter who has yet to be discovered!! Home cooking is gaining popularity once more thanks to reality shows such as My Kitchen Rules or the beautifully embossed publications containing the authors favourites of her grandmothers culinary delights so maybe some time as a volunteer educator in the art of baking may interest you as the younger generation look to regain the ability to become domestic gods or goddesses, dependent on gender.

Children and animals may not be easy to work with in the film industry but they offer an abundance of uplifting energy and an excuse to get out and play in the sunshine or a leisurely walk around the block. This form of exercise alone, albeit for a few minutes, can offer both a panacea for a day where you may feel a little out of sorts as well as a valued form of exercise.

Winter holds its own set of challenges as the temperatures drop and the need for protecting yourself from the ails of the cold deters you from wanting to step outside the warmth of your own home. Cold air and the risk of chest infection and flu are understandable excuses for hibernation but the need for activity remains the same so what can we do about this predicament? There are many avenues available to you that will enable you to maintain a level of activity that keeps those muscles active. There are Sit and be fit videos available that allow you to exercise within the comfort and warmth of your own home. These DVD's allow you to follow along at your own pace and can even be done in intervals of a few minutes at a time. These sessions are, therefore, under your control and you can manage your own work out to fit with the limitations that your diagnosis of COPD may place upon you.

While we are on the subject of your home let's discuss keeping yourselves safe there. It is important to keep yourself safe in order to preserve your current state of health and independence.

Things you can do around your home include:

- Remove all throw rugs from your floors
- Place safety bars in your bathroom and toilet as well as entrance ways

- Use a raised toilet seat
- Remove all cords and other debris from pathways in and outside your home
- Ensure adequate lighting
- Use non-slip shoes or slippers around the home
- Discard any medications that have expired or no longer used in a safe place
- Do not allow yourself to be in the close vicinity of someone who smokes
- Write down emergency numbers and place in a visible place.

Asthma Waikato are going to be in your region setting up support groups for people with COPD. These groups will offer a one stop shop for all things important to this ailment. If you would like to join our groups in:

- Hamilton
- Otorohanga
- Te Kuiti
- Thames
- Putaruru
- Tokoroa
- Te Awamutu

with more to come in an area near you please contact us here at Asthma Waikato, Hamilton on 07 855 9746. We would love to hear from you!!

Until next time, take care of yourselves and each other.

Raewyn Bell - Community Respiratory Nurse Asthma Waikato



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Arelawa Harlow Hooper
'A Ray of Hope'

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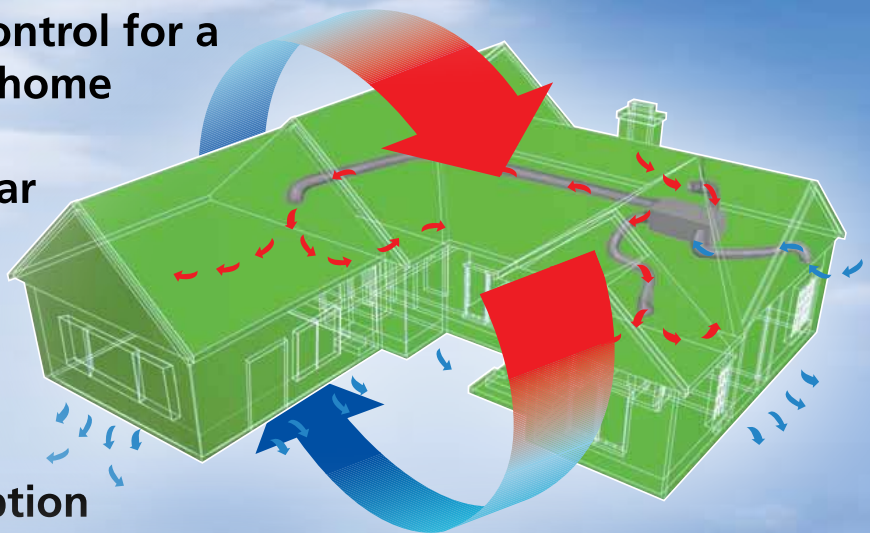
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COPD Exercise and Support Groups



Twenty five years ago the Asthma Society was asked by the hospital Respiratory Nurse, Annie Fullerton if they would set up a community COPD exercise and support group, as there were about six patients needing further support. So St. Andrew's Church centre in Te Aroha was chosen as a convenient place. At this time one of the respiratory physiotherapists, Judith Hyde was leaving to go on maternity leave but available to take the exercise programme. So the Society agreed to fund the group. Judith accompanied by baby and then her toddler ran the group for a number of years. Bronwyn Thomas, another physiotherapist working in the community at Trevellyn took over. Later a fitness instructor, Deborah Wilson led the exercise programme followed by Neil Brown, another fitness instructor, who has taken the exercise programme since 2003.

The first programmes run by the physiotherapists included regular measurements of oxygen saturation levels and pulse rates and six minute walking tests. Members moved around different equipment stations - two minutes on the equipment and one minute to move to the next station - and measurements were recorded. When the group had to move from St. Andrew's due to extensive renovations being undertaken they found a new home at the Beerescourt Bowling Pavilion and have been happily settled there since early 2010. There is no room to store exercise equipment so a "Sit and be Fit" programme is run and includes hand weights and stretchy bands and our instructor brings along balls to each session. There are lots of laughs - another form of exercise!

Regular contact has been kept with the hospital respiratory physiotherapist and the coordinator of the Pulmonary Rehabilitation programme at the hospital. When members of the group are accepted for the hospital programme they are away for 10 weeks and usually manage to then fit in visits to the gym and to the support group. The Asthma Respiratory Educator has visited our group regularly to update members on new treatments and inhaler techniques. Three Respiratory Doctors have also addressed the group at different times over the years.

Numbers have fluctuated. We started with a small group and it grew until at one stage in 2012 we had 26 to 30 attending a session. Current numbers are lower - usually only reaching the early teens. A number of members have moved to retirement villages where an exercise programme is provided. Sadly we have had to say farewell to many supporters over the years.

Mia Oomen, who came along with her husband Peter at





the very beginning and made the tea for the group, stayed on until 2006 to make the tea and often provided us with a treat of homemade food. Mia is the only one now alive who was present at the first session. She came along to the afternoon tea we had on the 10th of September to celebrate our 25th birthday. We invited current members and those who have recently been in the group.

We always welcome new members. Please come and visit us on any Wednesday at 1pm at the Beerescourt Bowling Club, 63A Maeroa Rd. and see if this group is for you. We look forward to seeing you there.

Shona Bramley



Our experience with Asthma..

My daughter has had asthma since she was a toddler. Her dad also has asthma so we knew there was a 50/50 chance she may get it. I never knew how bad asthma can actually get until she came along. His is nothing compared to the problems Ella goes through.

She normally has to go on a nebulizer at least twice a year but recently she had a attack that was so bad I woke her up and rushed her to hospital. This was the worst and scariest thing in the world I have ever experienced. Ella was struggling to breathe when she was wheel chaired into resus and from there it was all on. Nebulizer, medicine, tablets, pump, spacer all throughout the day and night. It took a good 24 hours to get her back to normal breathing.

Her asthma is usually pretty good until it gets to winter and she gets a cold. From there it can come hard and fast. It's good that there is Asthma Waikato on hand to give you education on how to understand asthma, what triggers it and a plan to try and prevent it also to better control and manage it. It's not a disease but it is something that if not managed properly has a major effect on life for the person living it and the people around her.

I spend a lot of time worrying about my daughter especially when at school or when she is sick so keeping it under control helps both of us out in different ways. Ella's thoughts on the day of hospitalisation "I felt scared and I thought the doctors were going to give me an operation I had a sore chest, asthma sucks"

By Lauren and Ella Elkington



...Continued from page 2

Kuiti Hospital where I remained for last five years. I have also set up a nurse-led anaesthetic assessment clinic for patients about to undergo surgical procedures under a general anaesthetic, a new area for that anaesthetic team and one that proved to be successful. I also wrote and taught a post-anaesthetic care course for nurses looking after children immediately following a general anaesthetic.

Working in the rural area taught me firstly about the needs, often unfulfilled of our rural communities also about the amazing work done by rural nurses and the wealth of knowledge and experience they bring to their role. As a Community Respiratory Nurse for Asthma Waikato. I am committed to supplying the best possible service to all the communities that need us. Part of this involves establishing clinics for COPD patients throughout the Waikato. I look forward to continuing to work with the Asthma Waikato team to provide optimal health outcome for people with respiratory condition in the Waikato.

VANDA WATSON



I have worked as a nurse for 21 years. This experience has spanned from community settings as a practice nurse and fertility nurse. To the acute settings in Post Anaesthetic Care/ High Dependency and Cardiothoracic and Vascular. I have thoroughly enjoyed working in these different areas over this time

and love having new challenges. My passion for client education and specialised care has brought me to Asthma Waikato. I am enjoying working with the other nurses here and providing quality respiratory care to the Waikato community.

On a personal note, I enjoy spending my time running and cycling though out our beautiful Waikato. My husband and I are busy with three active children who all love sport. I look forward to my future here at Asthma Waikato.

VICTORIA JOHNSTONE

Hi, my name is Victoria Johnstone and I am delighted to have been given the opportunity to full-fill the role of Community Asthma Nurse for the Waikato region.

I have been a Registered Nurse for the past 17 years with a background incorporating caring for paediatric and adult

patients in a variety of specialties; these have included PACU, CNE ORL, and HDU. I have always had a desire to work and educate in the community and look forward to working with children, their families and within the Community Health Sector.

When I'm not working I spend as much time possible with my husband and our two children. They keep us busy with all their sporting activities. As a family we regularly take advantage of the many cycle and walking tracks the Waikato has to offer and enjoy spending summers at the beach.



I am really looking forward to raising the awareness of Asthma in our young. To be available by providing a service that gives an understanding that Asthma can be managed and support is available.

Memorial to Iain Bell

Iain passed away on Saturday 12th July 2014 after a long illness with COPD.

Iain worked so hard for our Asthma Society in South Waikato. He took on the dual role of Secretary/Treasurer for South Waikato for nearly nine years. He travelled regularly from his home in Putaruru to Tokoroa for committee and public meetings. He was there at the beginning when South Waikato came out of recess and at the end when it went into the recess again with the president moving out of the district and with Iain's health deteriorating. He was also a regular attendee at the AGM meetings of the Society in Hamilton.

Through his connections from past work with the Lions he was able to enlist their help with collecting donations at Asthma Week. He managed the finances wisely and was able to arrange a long term deposit at good rates.

Public meetings were held three times a year in Tokoroa and Iain helped organise and record the meetings, which were well attended. In October 2007 he received an Asthma Foundation Achievers Award in the COPD category and we were able to present it to him at a Christmas luncheon in Matamata.

We have said goodbye to a real advocate for Asthma Waikato. He donated his time so willingly and we shall miss him.

Rest in peace

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Asthma Waikato

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