



# Newsletter for the Cancer Support Network ONKAPARINGA

No.8— June 2009



## WEBSITES WELL WORTH A LOOK.

[www.cancercarecentre.org.au](http://www.cancercarecentre.org.au) for new courses.

[www.bestrecipes.com.au](http://www.bestrecipes.com.au)

[www.plancookeat.com](http://www.plancookeat.com)

[www.imthinkingofyou.com.au](http://www.imthinkingofyou.com.au) is an internet based service using email and SMS technology to link family and friends when they need information and help most.

[www.thesurvivormovie.com](http://www.thesurvivormovie.com) This excellent movie only takes a few minutes to view.

[www.cancersa.org.au](http://www.cancersa.org.au) Cancer Council Helpline 13 11 20

[www.nowwhat.org.au](http://www.nowwhat.org.au) A new website set up by Canteen for young people aged 12-18 who have a parent who has cancer. Easy to navigate with easy to understand language.

[www.leukaemia.org.au](http://www.leukaemia.org.au) has an excellent Education and Support Program

[www.relayforlife.org.au](http://www.relayforlife.org.au) check for the details of this great event in our region, to be held in November 2009.

[www.stephentaylor.com.au](http://www.stephentaylor.com.au) To review your lifestyle and wellbeing.

[www.stjohn.org.au/quick\\_ref.html](http://www.stjohn.org.au/quick_ref.html)The info sheets on emergency first aid are easy to read, download or print.

[www.npsf.org/askme3](http://www.npsf.org/askme3) During the next visit to your health professional ask these three important questions to get the information you need to care for your health.

[www.lifeflow.com.au](http://www.lifeflow.com.au) For practical meditation training.

[www.adssa-inc.com.au](http://www.adssa-inc.com.au)

[www.asbestosandyou.com.au](http://www.asbestosandyou.com.au)

[www.asbestosinfo.com.au](http://www.asbestosinfo.com.au) Great information an, "Asbestos and you."

[www.49.com.au](http://www.49.com.au) Promoting Health Awareness in Men



## FLEURIEU CANCER NETWORK

### MY DIARY PROJECT

After much hard work the Fleurieu Cancer Network (FCN) has launched their FREE, 'MY DIARY'. This diary is available to individuals who have a recent diagnosis of cancer. To obtain a copy please phone Vanessa on 8201 7860. Please visit [www.fcncn.org.au](http://www.fcncn.org.au) for photos of this special day and register your support for this wonderful group representing all who are affected by cancer in the Fleurieu Region.



Chris Seiboth, Amanda Rishworth, Artie Ferguson, Bryan Hearn at the launch of 'My Diary'

### NEWSLETTERS

We are pleased to announce that the Fleurieu Cancer Network have commenced a Newsletter to assist in keeping us informed.

To receive this Newsletter you will need to register your interest by emailing their Secretary Frank Ronan on

[sjronan@bigpond.com](mailto:sjronan@bigpond.com)

phone 08 8384 2463 0409 645387

The F.C.N. also has a wonderful new web site [www.fcncn.org.au](http://www.fcncn.org.au)

### CONGRATULATIONS TO Sheralyn

from the Beautiful Vegie Garden group at Seaford. To celebrate on her significant birthday Sheralyn with her dear friends held a wonderful evening in the Burnside Ballroom and raised \$20,000. These funds will be used to purchase some new chairs for people receiving chemotherapy treatment, cancer research etc.

## LUNGS

Your lungs pump about 10.000 litres of air in & out of your body every day, with the help of about 200 million delicate air sacs.

These organs deliver oxygen to the bloodstream and get rid of carbon dioxide.

When it comes to looking after lungs the "use it or lose it" policy has a very strict disclaimer.

Heather Allan, from the Australian Lung Foundation, says regular exercise is the key to good lung health. And smoking is a definite No-no.

"Smoking is the worst thing you can do for your lungs," Allan says. "Smoking is bad for all parts of the body, but the lungs really cop it.

Avoiding dusty environments will also help protect the delicate tissue of the lungs.

(From the SeaBreathers April Newsletter)

### SOMETHING TO THINK ON

"THE BEST AND MOST BEAUTIFUL THINGS IN THE WORLD CANNOT BE SEEN OR EVEN TOUCHED. THEY MUST BE FELT WITH THE HEART.

Helen Keller

### Random Acts of Singing

Singing for health and wellbeing—Fridays 1-3pm. **ALL WELCOME**—no previous singing experience necessary.

Enquire with Barbara or Libby.

Ph: 8384 9266 Southern Primary Health—Noarlunga Village



### **CANCER SURVIVORS GROUP**

We are pleased to announce that a new Cancer Survivors Group was successfully launched on 11- 6- 09.

The new committee will meet in the near future to plan for regular get togethers for information, education, support and many good hearty laughs around some fine food.

Please phone Nicole on 8384 9266 if you would like further info. or to be registered on the list to receive updates



Frank Ronan & Guest Speaker, Linda Collard at the launch of the Survivors Group

### **FREE DIRECTORY ASSISTANCE**

Sensis, a subsidiary of Telstra is replacing the Directory Assistance with a new number, which is 1234. If you phone this no. it will cost 40c to call and then 4c a second.

By law Telstra must provide a FREE Directory Assistance number.

The FREE number is 1223. Advice from Ben Hardwick, Lawyer, Slater & Gordon.

“Life is a series of moments. To live each one is to succeed.” Corita Kent

“The **part** cannot be well unless the **whole** is well “ Plato

“SOMETIMES IN THE WIND OF CHANGE WE FIND OUR TRUE DIRECTION.” Author unknown

### **NATIONAL MYELOMA TELEPHONE SUPPORT PILOT PROJECT**

Trained facilitators will provide participants with emotional support, information and the opportunity to connect with people in a similar situation . For further info contact Kathriye Strassnick Ph. 8291 4111 or the Cancer Helpline 13 11 20

### **CHOLESTEROL TIP**

Slash your cholesterol with Cinnamon!

Sprinkle cinnamon on your morning coffee, or toast or oatmeal. A half-teaspoon each day could cut your triglycerides and total cholesterol by 12 to 30 % while it boosts your body's ability to store blood sugar, report the USDA's Beltsville Human Nutrition

“ **It's choice – not chance** that determines your destiny”

Jean Nidetch

“ **BE THE CHANGE YOU WISH TO SEE IN THE WORLD**”

Gandhi

“**CHANGE** the things that don't add value to your life“

Brenda Wilson Chief Exec. Cancer Council SA

“**I HAVE LEARNT THAT AS HARD AS IT IS TO REMEMBER, THIS IS THE ONLY MOMENT I HAVE IN TIME**”

Jan - Celebrating Women Alive at the Cancer Care Centre, Unley, SA

An **Ovarian Cancer Support group** is being planned for the Southern Area. This will be coordinated initially by Helen Gray.

**For further info ph. Nicole on 8384 9266.**

**Take a bowel cancer screening test and encourage others to do likewise. Bowel cancer when detected early responds well to treatment. It may well be a life saving experience. In Australia we record one death every 2 hours from Bowel Cancer**

“**LAUGHTER IS AN INSTANT VACATION**”

Milton Berle.

*‘Friends are quiet angels who lift us to our feet when our wings have trouble remembering how to fly.’*

“ I'm a great thinker now, I was a great rusher before”  
John Beautiful Vegie Garden

The humble **PEA** is the oldest known vegetable.

The average **HEART** beats 100,000 times every day.

### **TAXI RANKS - A SAFER WAY**

There are now staffed taxi ranks around Adelaide to help you get home after a great night out.

The ranks are well-lit and staffed with a security guard and concierge. They operate between 11pm and 3am on Fridays and on Saturdays between 11pm and 5am.

The ranks are located at the corner of Pulteney Street and Rundle Mall, the corner of Hindley and Morphett Streets and at the Bay on Jetty Road, near Moseley Square.

Staffed taxi ranks are a safer place to wait for your next taxi.

*This message has been authorised by*

*Jerome Maguire, Chief Executive,*

*Attorney-General's Department and Department of Justice*

**"YOU CAN'T CROSS THE SEA BY  
MERELY STARING INTO THE WATER"**  
Rabindranath Tagore; 1913 Nobel  
Laureate for Literature.

*Drop a word of cheer and kindness.*

*Just a flash and it is gone*

*But there's half a hundred ripples*

*Circling **on and on and on.***

### **Completion of the Cancer Support network - Onkaparinga**

The CSN-O will cease on the 26-6-09. In 2005/6 two separate grants were received from Cancer Australia. Since that time some of the CSN-O key achievements have been:

- Attracted other Cancer Services to the South eg Leukemia Foundation.
- Provided a central point of contact for Information referral and counseling.
- Established strong networks with other cancer service providers, Noarlunga Hospital, community etc.
- Established the Fleurieu Cancer Network – a community group focusing on Cancer.
- Raised the profile of Community Cancer services both in the community and Health Services.
- Held numerous successful community meetings – eg November 2008 – Workshop and luncheon for over 100 people (supported by the Noarlunga - Morphett Vale Lions Club).
- Referred numerous individuals, families and carers to appropriate services.
- Supported the development of the Community Garden at Seaford in conjunction with S.P.H. – Seaford.
- Promoted the instigation of Meditation groups within Southern Primary Health.
- Held Information forums on Bowel Cancer prevention and screening.
- Established a large contact list to enable the distribution of information-eg. a regular Newsletter.
- Produced a local brochure listing appropriate places to exercise.
- Books, CD's, DVD's and numerous articles have been made available to the public.
- Supported local Cancer Support groups including the Breast Cancer and Prostate cancer.
- Enabled the distribution of information regarding asbestos to over 250 businesses in the south.
- An ongoing Cancer Survivors Group was launched on the 11<sup>th</sup> June 09. This also recognized the National Cancer Survivors Day.

### ***There is still much to be done***

The establishment of a local centre for information and support for those affected by cancer which would enable the development of ongoing programs and services such as promotion of information ( eg library, DVD's), exercise programs, transport, education and ongoing support etc. are seen as important areas for future development.

## **FUTURE CONTACTS**

**If you have any enquiries please contact either Nicole Burke or Ann Young at Southern Primary Health - Noarlunga( Noarlunga Health Village) Phone: 8384 9266**

## A Final Farewell

The past 2 1/2 years have been one of the most rewarding times of my life. It has been an absolute pleasure and privilege to meet so many people who have been affected by cancer. Their, courage, inner strength, sense of purpose and ability to have a good laugh has truly touched me in so many wonderful ways. THANK YOU ALL FOR ENRICHING MY LIFE.

I would like to acknowledge the Staff from the Health Village at Noarlunga who had the vision in 2005/6 to apply for and secure two Federal Government grants to establish cancer services in the South.

My thanks also to:

Healthy Cities – Onkaparinga — for being the auspicing body.

Southern Adelaide Health Service — for administration and their willing and generous support.

The Cancer Support network – Onkaparinga Management Group and all the Task Groups

The City of Onkaparinga City Council — for their great support for the program and for support of the Fleurieu Cancer Network.

The staff from Southern Primary Health at Noarlunga, Seaford, Woodcroft, Inner Southern and GP Plus Aldinga.

The volunteers who were so enthusiastic to support all aspects of the program.

To all the people who attended the programs and activities, I have great admiration and respect and you will always be fondly remembered. It is for you that I rejoice in what has happened, feel hopeful that what is currently happening will continue and encouraged when I think of the future possibilities.

My philosophy on life can be described in part as stated in a proverb “Do not withhold good from those to whom it is due, when it is in the power of your hand to do so”

I very much believe that for every person we have been able to assist with a change in their lifestyle it will influence at least another 12 people. I love the Dr Seuss poem, “ Today you are you, That is truer than true, There is no one alive, Who is youer than you” Cancer support groups allow us the joy and freedom to be our true self.

It is difficult to say goodbye. Recently I came across a brief movie which really explains my hearts desire for you and I invite you to view it at [www.blessyoumovie.com](http://www.blessyoumovie.com) This movie only takes a couple of minutes and was inspired by Kate Nowak. It is about joy, gratitude, kindness and love.

I believe in the power of meditation and prayer and as I move into ‘refocusment’ for my life I want to dedicate more time daily to these.

**Take time to love others, look after your health and wellbeing.**

**The time to love is short, don't delay.**

**Pursue your Passion. Thank you all Dolph**

*In recognition of the people who have been affected by Cancer*



*A candle loses nothing by lighting another candle*