

Asthmalink



PLUS:

- Balloon Day 2009
- 2009 Volunteer Excellence Award Winner
- 2009 Annual General Meeting
- 'Swine flu' and respiratory conditions

Picture above:

Berkley Middle School students show that 1 in 4 kids can't fill a balloon – asthma won't let them!

Photo used with permission from Hamilton Press

DIRECTORY

Asthma & Respiratory Services (Waikato) Inc

P O Box 7013, Hamilton East
Phone 07 846 4431
Fax 07 846 4435
Waikato_asthma@xtra.co.nz

105B Grandview Road Nawton,
Hamilton
9.00AM to 5.00PM
Monday to Friday

Patron

Dr. Peter Rothwell

Honoured Life Members

Bev Henneker
Shona Bramley
Charmaine Donaldson

President

Dr Janice Wong

Vice Presidents

Andrew Fox & Colin Tuson

Board Members

Jaylene Barwick
Shona Bramley
Dee Campbell
Lois Meneer
Sally Newell
Julian So

Business Manager

Vikki Blundell Email:
waikato_asthma@xtra.co.nz

Community Respiratory Nurse Educator

Val Hollands Email:
asthmawaikatoval@xtra.co.nz

Community Respiratory Educator

Barbara Lawrence Email:
asthmawaikatobarbara@xtra.co.nz

Community Respiratory Nurse Educator - Maori

Tracy Keelan Email:
asthmawaikatotracy@xtra.co.nz

Asthma Fundamentals Regional Trainers

Val Hollands
Barbara Lawrence

School Asthma Educators

Charmaine Donaldson
Barbara Lawrence
Jan Wiles

Matamata Branch

Trevor Robinson Ph 07 888 6391

South Waikato Branch

Iain Bell Ph 07 883 3039

Thames COPD Group

Esther Butwell Ph 07 868 9319

Hamilton COPD Group

Shona Bramley Ph 07 846 4431



Affiliated to Asthma & Respiratory
Foundation of New Zealand

Services available

- Up to date information on respiratory conditions
- COPD Support groups
- Comprehensive education sessions at your place or ours
- Telephone advice
- someone to talk to
- Information pamphlets
- Guest speakers for groups
- Regular newsletters
- local and national
- Spirometry testing
- Nebuliser hire & sales
- Allergy relief bedding sales
- Practice nurse training
- Community health worker training
- Asthma awareness program in schools
- Smoking cessation

REMEMBER: INDIVIDUAL HELP IS ONLY A PHONE CALL AWAY

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2009 COPD support groups

FOR MORE INFORMATION ON ANY COPD SUPPORT GROUPS, CONTACT THE ASTHMA CENTRE

HAMILTON

- Exercise (led by fitness instructor)
- Friendship / Support
- Information (various speakers attend many sessions)

WHEN: **Wednesdays 1.00PM**

WHERE: St Andrews Church Centre,
Cnr River Rd and Te Aroha St

Gold coin donation please

Session followed by tea and biscuits

THAMES

- Information
- Support / Friendship
- Interesting speakers

WHEN: **Last Thursday of the month 1.30PM**

WHERE: Baptist Church Centre,
Mary St, Thames

Gold coin donation welcomed

Session followed by tea and biscuits

MATAMATA

- Information/ Support/ Friendship
- Subsidised gym fees
- Group luncheons every 4+/- months

SOUTH WAIKATO

- Information/ Support/ Friendship
- Public meetings

June Update

What a busy time we've had here at the Centre over the last three months! Lots of people are starting to feel the effects of the cooler weather and are contacting us for help with their respiratory condition.

Our 2009 accounts are complete and audited. These were presented at the Annual General Meeting. If you were unable to attend the AGM and would like a copy, please let us know.

The staff team have been working on a new program for people with COPD which we hope to receive funding for. Watch this space!

Thank you to our Board and Volunteers for the mammoth fundraising efforts over Balloon Week. The efforts of members, supporters and volunteers make us strong and able to deliver much needed services out in the community. Without your support, we wouldn't be as effective.

Thank you for continuing your membership this year and for the many generous donations made at the same time as subscriptions were paid. We also welcome a lot of new members – especially from the thriving Matamata group.

From the staff team, we hope you look after yourselves over the winter months, stay well and enjoy the long evenings. Remember, we are only a phone call away if you have any breathing concerns.

Barbara, Tracy, Val and Vikki

**IF you are UNSURE about anything, ALWAYS ASK.
Get an ASTHMA MANAGEMENT PLAN
from either your FAMILY DOCTOR or LOCAL ASTHMA SOCIETY.
It is best to ALWAYS BE PREPARED for any problems.**

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Friends and supporters of Asthma & Respiratory Services (Waikato) Inc

Te Ha Ora Huango

We gratefully acknowledge receipt of the following grants/financial support in the past twelve months:

Asthma & Respiratory Foundation (NZ)
COGS
Donny Trust
D V Bryant Trust
Hamilton City Council –community wellbeing
Lion Foundation
NZ Lottery Grants Board
NZ Post
Page Trust
Sir John Logan Campbell Residuary Trust
Trust Waikato
Waikato Asthma & Respiratory Trust
Waikato WDFF Karamu Trust
WEL Energy Trust



Thank you for donations from:

The friends and family of the late Leigh Dunbar
The friends and family of the late Earnest Selman
The friends and family of the late Murray Crook
The friends and family of the late Eda Bock
The Cambridge Parish Opportunity Shop
Lions Morrinsville

Asthma & Respiratory Services (Waikato) Inc wishes to thank the generous support of the following businesses/Organisations - *Please support them too*

Community Waikato – for free assistance with capacity building
Creative Images NZ – for making a sail/banner for us at no charge
Dallas Mitsubishi – for providing a fantastic discount on our new asthma cars
Entertainment Books – for inviting us to utilise their fundraising opportunity
Evans Bailey, Solicitors
Hamilton Press – for free notices regarding the COPD support group and editorials
Hauraki Herald – for free notices regarding Thames COPD support group
Microsoft – for heavily subsidised Office Products software
Ngaruawahia Golf Club – for their support with our biennial golf tournament
Owen McLeod & Co, Chartered Accountants, especially Gary who audits our accounts
Powder Room - for discounted services
Ricoh – for discounting the price of our new photocopier and discounting the ongoing copy charges
Signs & Beyond – for making a sail/banner for us at no charge
St Francis Church where we hold our AGM/SGM's
The Heating Gurus – for providing a Daiken air purifier for clients to trial
This Week – for editorials
Volunteering Waikato – for finding us so many superb volunteers
Waikato Times – for editorials
Warmup Waikato – for trialling their product for a Waikato Asthma client family
Web Health – for free promotion on their health website. See www.webhealth.co.nz
Zoom Digital Print – for discounted personalised stationery

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SHONA WINS 2009 WAIKATO VOLUNTEER EXCELLENCE AWARD



At the 2009 Volunteer Excellence Award Ceremony on Wednesday 17th June, our Shona won the Individual Volunteer of the Year Award!

The nominations were all of a very high standard and the event was published on page 3 of the Waikato Times on Thursday 18th June – did you see it?

Shona Bramley has given more than twenty years of volunteer service to Asthma & Respiratory Services (Waikato).

She continues to work tirelessly as a Board Member, as COPD support group co-ordinator for both our Hamilton and Thames Groups, as event organiser for our biennial golf tournament fundraiser and as fundraiser / awareness raiser for National Balloon day in particular.

Shona provides a wealth of knowledge for staff and new Board Members alike and her passion for helping people with respiratory conditions is legendary.





BACK TO SCHOOL



It has been many years since I first developed and presented the school programme. This year, I have found myself back in school. It is an interesting experience to go back to where you started and see whether you have maintained the skills to remain successful.

Presenting the School Program, although still about asthma, is a very different task to taking spirometry tests, delivering one-on-one education sessions and other general Respiratory Educator duties. I must say, I do enjoy being back in the classroom. What is it they say? Old teachers never change; they just keep on going and going!

Our School Asthma Awareness Program is being delivered by me in the Hamilton area, by Charmaine Donaldson in Matamata, Jan Wiles in South Waikato and Tracy hopes to visit the Maori schools as time permits.

The School Program is available to any school in the greater Waikato region. It is designed for Year 5 (old Standard 3) and upwards. The sessions cover the following topics:

- ✓ The airways and changes in them when asthma is present
- ✓ Signs and symptoms of asthma
- ✓ Identifying triggers and practical tips on managing them
- ✓ Asthma medications, spacers and inhaler technique
- ✓ Management plans and healthy lifestyle
- ✓ How to act in an asthma emergency

The program is FREE. Staff sessions are also provided and an asthma emergency kit is given to qualifying schools. Schools are encouraged to become certified as 'Asthma Friendly'.

If you have a school near you, are on the School Board, or have children/grand children at school and you would like them to receive the Asthma School Program, please mention this to the teachers or principal and ask them to contact us to make a booking. (Ph 07 846 4431)

Barbara



NEW FUNDRAISER

**\$10 goes to Waikato Asthma
For every book sold**

These books are full of **discounts** for all sorts of entertainment within Waikato and Bay of Plenty. Use them just a couple of times and get your \$50 back. Use them more and you save lots AND help Waikato Asthma at the same time.

Good discounts and offers are available for:

- | | |
|------------------------------|---------|
| ○ Restaurants | Arts |
| ○ Casual dining | Leisure |
| ○ Accommodation | Travel |
| ○ Sports | Retail |
| ○ Attractions | |
| ○ Informal dining/ takeaways | |

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Thank you to the Volunteer and Staff team for a successful, fun day at Mitre 10 Mega, Te Rapa. Many people with questions about asthma were delighted to have them answered. We had a great day interacting with the public, raising asthma awareness and its affect on children and fundraising. We raised a total of \$1286.90 by running a sausage sizzle and accepting donations.



9th May 2009

CHARTWELL MALL

Thanks to our fabulous team of volunteers, and the support of Mall Management, we received \$723.30 in donations for Balloon Week



Elizabeth's Hot Air Balloon basket was a main attraction outside Mitre10 Mega on the day! (It was too windy for the balloon)

BERKLEY MIDDLE SCHOOL

The Berkley Middle School Student Council organised a 'Red Day' to represent the lungs and Asthma Balloon Day.

They had a (wear red) mufti day, red biscuits, sausages and a 'guess the number of balloons in the box' competition.

The students raised a total of \$699.50 for Waikato Asthma!!



Thank you Elizabeth Morine, a long time supporter of Asthma Waikato, for donating a hot air balloon ride in the Balloon – Miss Waikato.

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NEWS

2009 Annual General Meeting – Sunday 21st June 2009

IMPORTANT INFORMATION

- **The newly elected 2009/2010 Board Members are:**

President	Dr. Janice Wong (Respiratory Specialist)
Vice President	Andrew Fox (Business/Management) Colin Tuson (Chartered Accountant)
Board Members	Jaylene Barwick (Health auditor) Shona Bramley (Waikato's Wonder Woman) Dee Campbell (Paediatric Nurse) Lois Meneer (Management Consultant) Sally Newell (Respiratory Nurse) Julian So (Chief Financial Officer)

- **Constitution**

The proposed Constitutional changes were ratified. To view the new constitution, you can visit www.companies.govt.nz and go into the Incorporated Societies register and search number 213038. Or you can visit www.charities.govt.nz to find us on the Charities register.

- **Membership fees**

Membership to Asthma & Respiratory Services Waikato will increase to \$25 per household from 1st April 2010 (\$20 for beneficiaries and superannuitants).

- **Annual Report**

Enclosed with this newsletter
(for members)

- **Financial Reports**

Please phone the Centre if you would like to be sent a copy of the financial reports and auditors letter.

Thought of the day

**Those who think too much
about every step they take will
stay on one leg all their life.**



To the outgoing Board Members:

***Nancy Illing
*Isabel Laing
*Alan & Judy Thomson**

For the support and commitment you have given while on the Asthma Waikato Board. It is very much appreciated. Thank you for your ongoing commitment to help in so many big and small ways. You make such a difference to our ability to help others in the community with respiratory conditions. **THANK YOU**

MATAMATA UPDATE

Winter is now with us and this is the time of the year we are all very conscious of keeping away from people with colds and keeping warm.

We had a very enjoyable Bi-Annual General Meeting at the Matamata R.S.A. Our meal once again was scrumptious, followed by lots of laughs and fellowship. It was a pleasure to have Barbara Lawrence and Shona Bramley joining us.

Our guest speaker Bill Crabb from the Hinuera - Te Poi Lions gave us an interesting talk on what the Lions do for the community groups. For example, on the first Saturday of every month they collect newspapers put out by people willing to help. They actually collect tons and tons of papers throughout the year which are then recycled. The money raised, is then used to help many community groups.

Our Gym Group is going very well on a Monday and Thursday. At this time of the year some of us do not find going out in the cold to the Gym easy but still go along and always feel better after our exercise. We have had 5 new members in our group in the past year so this has to be good.

We all know that when you find it hard to breathe it is hard to exercise, but the thing we do stress - A LITTLE EXERCISE IS BETTER THAN NONE AT ALL.

Matamata Huffin & Puffin Friends

SOUTH WAIKATO ANNUAL REPORT



This year we have carried on with our main business; that of supporting and helping those who, at times, find it a challenge to breathe. We have had a variety of speakers and have interacted in different ways with the community.

Once again we have had three public meetings during the year. Our June 2008 meeting was addressed by Barbara Lawrence who spoke on matters concerning improving our environment to help our breathing. In November 2008, Claire Chalkin had some very good advice for us about breathing techniques. In March 2009, Glenda Sullivan, Respiratory Nurse Waikato Hospital spoke to us. These speakers helped us understand how to

manage our breathing better and how to live a normal life in spite of the challenges we find with our breathing. We have continued to use the Community House at St. Marks and have found it to be a central and comfortable place for our meetings.

We also had a meeting in Putaruru in October 2008. This was to ascertain the support we would find for holding our meetings there. Barbara came to speak to us. The level of support was disappointingly minimal and we decided to concentrate our efforts at public meetings here in Tokoroa.

During the year, the Putaruru District Nurses requested that we supply them with a nebuliser to help very ill patients receive medications. We decided that this was a worthwhile destination for our funds and met their request positively. They expressed their gratitude for our help.

In September 2008, Jan Wiles attended a large conference for asthma educators in Wellington where a great deal of worthwhile material was presented. Snippets of this material have been very useful when talking to people in our local community about asthma. Jan has continued to meet with individuals upon request to support and help them understand the nature of breathing difficulties. She has also completed many interviews on Raukawa FM about asthma and how it can be controlled. Feedback from this has been very positive. This year, she has also participated in asthma awareness education in local schools – hopefully more on this later in the year.

In October 2008, Iain was honoured as a volunteer in our district as a result of nomination presented by our society.

Balloon Day was once again a focus of our activities in early May 2009. While our receipts may have shown a lower balance than last year, (the cold day and the cold climate as well?) the enthusiasm of members of our group in organising and participating in the day was very much appreciated. The help of the Pakeke Lions is always valued on Balloon Day. Please, next year, can more members help us?

As we look forward to the coming year, we are optimistic that our society will continue to grow and that we will be able to help more people understand their respiratory health better. Our aim is that our members should be able to live constructive, active lifestyles to the best of their ability.

Jan Wiles – Chairperson

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Classic Beef, Garlic and Herb Hotpot – serves 4

From food in a minute

Rich and satisfying for those cool nights. Add some garlic and herb sea salt to the mashed potatoes for full happy tums. Another easy recipe for the oven or crockpot.

Method

1. Preheat oven to 170°C.
2. Combine Gregg's Garlic and Herb Sea Salt with flour, mix well, toss beef pieces in seasoned flour.
3. Heat oil in a non-stick frying pan, brown beef pieces, turning once. This is best done in 2-3 batches.
4. Place the browned beef in a casserole dish, add red onion, celery, capsicum and bay leaf. Pour over Condensed Tomato Soup with 1 can water, stir to combine.
5. Cover and cook for 1 1/2-2 hours or until the beef is tender. Season with pepper, garnish with parsley and serve with mashed potatoes seasoned with a little Gregg's Garlic and Herb Sea Salt.

Ingredients

- 1 Tblsp Gregg's Garlic and Herb Sea Salt
- 3 Tblsp flour
- 750g beef blade steak, Trimmed and cut into 3-4cm pieces
- 1 Tblsp oil
- 1 red onion, finely sliced
- 2 celery, sliced
- 1 capsicum, diced
- 420g can Condensed Tomato Soup
- 1 bay leaf

Crockpot / Slow cooker instructions:

Prepare beef following steps 2-3 and place in slow cooker. Add vegetables, Condensed Tomato Soup with 1/2 can water and bay leaf. Stir to combine and cook on LOW for approx 8 hours (refer to your user manual). Garnish and serve as directed above.



SPECIAL DEAL FOR MEMBERS

The Heating Gurus offer our members a discount on any air purifier or heat pump purchase. They can also offer finance if required.

'The Heating Gurus' have also provided us with an air purifier to lend to you for a FREE trial.

If you'd like to know more about their products, take a look at www.heatinggurus.co.nz or contact us at the Asthma Centre.



NEW NEBULISERS

We have recently negotiated a great deal for new nebulisers – so prices have DROPPED

Omron NE-C28 \$ 220 (For non-members)
\$ 200 (For members)

Omron NE-C29 (with built in storage for nebuliser kit)
\$ 260 (For non-members)
\$ 230 (For members)

Are you a regular nebuliser user?

Let your power company know that you need electricity for your medical equipment

Your nebuliser should be checked (electrical and air flow) every twelve months and the tubing needs to be replaced regularly

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IF PIGS COULD FLY

“IF PIGS COULD FLY” – if we are talking about the Swine Flu then definitely in a sense pigs can fly, since this used to be a flu virus (initially identified in Mexico) that only infected pigs, hence the name Swine Flu, and is highly contagious, so yes it is capable of flying.

New Virus

In New Zealand the number of confirmed cases of Swine Flu continue to grow on a daily basis. Because this virus is new, people have no immunity to it so it will spread more quickly and more widely than the seasonal flu. The pandemic situation could mean lots of people become sick at the same time and this could have a huge impact on our day-to-day lives placing considerable pressure on health providers and hospitals.

What is Swine Flu?

Also called Influenza A (H1N1), the Swine Flu is a respiratory disease caused by viruses (influenza viruses) that infect the respiratory tract of pigs. In the past, people developed the Swine Flu infection when closely associated with pigs (eg. Farmers etc.). Unfortunately, the Swine Flu has now become a human to human transmission without having to be in close contact with pigs.

Signs and Symptoms

According to the Ministry of Health the signs and symptoms of the Swine Flu are similar to the symptoms of the common seasonal flu and can include: **fever** (a temperature greater or equal to 38 degrees); **cough**; **sore throat**; **runny or stuffy nose**; **body aches**; **headache**; **chills** and **fatigue**. Some people also experience **diarrhoea** and **vomitting**. The worst symptoms usually last about 5 days but coughing can last up to 2 to 3 weeks.

Most people who develop the Swine Flu will have mild to moderate symptoms and will recover at home without needing any medical treatment. Some very young children, people with other medical conditions,

pregnant women, and older people, can get very sick if they come in contact with the Swine Flu. It is difficult to tell the difference between the seasonal flu and the non-seasonal Influenza A (H1N1) Swine Flu. But it is recommended that **if you have flu like symptoms**, stay at home for 7 days after your symptoms begin or until you have been symptom-free for 24 hours, whichever is longer. **If your condition worsens**, seek medical advice by phone **FIRST** by calling **Healthline 0800 611 116** or your **healthcare provider**.

Protecting yourself and others

- Covering coughs and sneezes
- Regularly washing your hands (for at least 20 seconds) and drying them thoroughly
- Avoiding contact with other people if you or they are sick
- reducing time spent in crowded settings
- Stay home if you are unwell

Treatment

- **Antiviral drugs:** (Tamiflu and Relenza) make your illness milder and make you feel better, faster. They may also help stop serious influenza complications.
- **Medicines to manage symptoms:** Paracetamol or ibuprofen help to relieve pain and fever.
- **Vaccine:** There is no vaccine available in New Zealand against the new influenza (H1N1) virus at present.
- **Seasonal flu jab:** will not provide protection against the new Swine Flu virus. However it is strongly advisable to have the seasonal flu vaccination. According to the Ministry of Health, it will make patients easier to diagnose and treat if they become sick during a Swine Flu pandemic.

So keep well this winter and remember, protect yourself and others because - “PIGS CAN FLY”.

Tracy

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Can you help? Or do you know someone who can?



Asthma Centre WISH LIST



- Does anyone have any left over **paint** from the Resene whites and neutrals range for inside the Asthma Centre rooms.
- New or nice second hand **couches** for the Asthma Centre reception area. Discounted or gifted would be appreciated OR do you know a friendly upholsterer who could recover our couches?
- Is there an **artist** out there who could create something special to put on the wall and make the Asthma Centre a lovely comfortable and appealing place to visit and to work in?
- Is there a budding **freelance writer** who would like to help write articles for this newsletter?
- Do you know anyone who would like to **lead (or join) our new Fundraising Committee**? This group of willing and enthusiastic volunteers will develop into a fun, hard working team that will raise funds in creative new ways. You'll get a great sense of achievement and satisfaction while giving to the community and meeting new people.
- Do you know a **handy man** who we could call upon from time to time to fix things?
- Soon, we will need to look for larger **premises** for the Asthma Centre. Does anyone know of a property we could consider? We need at least 4 rooms for offices/consulting and the usual amenity rooms. A lined garage and/or basement would be a bonus and it needs to be handy to public transport and preferably have a fairly high road profile.

Thank you Mr Campbell for removing graffiti from the Asthma Centre. Now that it gets cleaned off straight away, we are not getting tagged.



We now purchase anti-allergen bedding covers to order so have two items in stock at the Asthma Centre for sale below current cost price.

Queen Mattress Protectors - \$55
(x2) 2 year guarantee

If you'd like to purchase these, phone us or pop into the Centre.

home is where the heat is

**undertile • undercarpet
concrete • timber
insulation • thermostats**

also available:
outdoor heaters • waterproofing
panel heaters • mirror demisters
heated towel rails

Clean, space-saving,
maintenance-free. If you're
warming to the idea now, contact
us today for an obligation-free
site visit and make your home
warm & welcoming.

For your local branch
Freephone: **0800 927 687**
www.warmup.co.nz

Radiant Floor Heating
warmup™

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Our family are now into winter and are happy!



The **Warmup** heating pad was installed at the end of April. This was quite a process as the room and wardrobe had to be completely emptied – not an easy task with three small children. First, the carpet and underlay were removed. Then a water repellent and water resistant adhesive was applied to the floor including the wardrobe. An insulator board was laid on top, followed by the underlay and then the thermo pad which looks just like a silver electric blanket. This covered all but a 15cm border around the edge of the floor. An electrician wired in the pad and the thermostat. Then the carpet was replaced.

At the same time, the family had a heatpump installed in their living area. Both the heatpump and the **Warmup** pad are left on for 24 hours per day and on their last reading, there had been no change in their power account. The family is stoked at being lovely and warm with no increased running costs. Last winter they had a fan and a column heater as well as 2 dehumidifiers running constantly.

Things are even better with the health of their children! This time last year, the then two year old son was constantly at the doctor and had already had one visit to hospital. He was needing Ventolin almost every day for a chronic cough and wheeze. This year he is on a preventer for his asthma, but so far has not had a cold or runny nose. Last night with the sudden drop in air temperature, he developed a cough for which they gave Ventolin and he quickly recovered – the first time since the **Warmup** pad was installed.

The 7 month old baby has already had a runny nose and bronchiolitis, so they have shifted both her and her 5 year old sister into the heated bedroom, with no further respiratory symptoms in any of the children. As this bedroom is so warm, the other bedrooms seem much colder in comparison.

The parents now say that if ever there is any spare money, they will install the **Warmup** heating into the other bedrooms because even with it in just one room it has improved their children's health so much! *Val*

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Meet our Board Members

A dedicated group of people bring a variety of skills and experience to Asthma & Respiratory Services (Waikato) Inc. Together, the Governing Board Members work with management to continue the wonderful work that an enthusiastic group of people started 36 years ago. That is - to help people affected by asthma and other respiratory conditions so they can live full, active and rewarding lives.

In this issue of *AsthmaLink* we introduce you to Dee Campbell.

My name is Dearne (Dee) Campbell – I am a nurse who has worked at Waikato Hospital on and off since 1995 and have a particular interest in looking after children who have breathing problems. Currently I work in two different areas of the hospital – in Children's clinic and on the Children's ward.

I was originally from the 'winterless' north but have just worked out I have spent more years in the Waikato than I did up there so must nearly qualify as a Hamiltonian. I am not married and have no children so supposedly have a lot of spare time – not sure where that spare time is but one day I hope to find it!

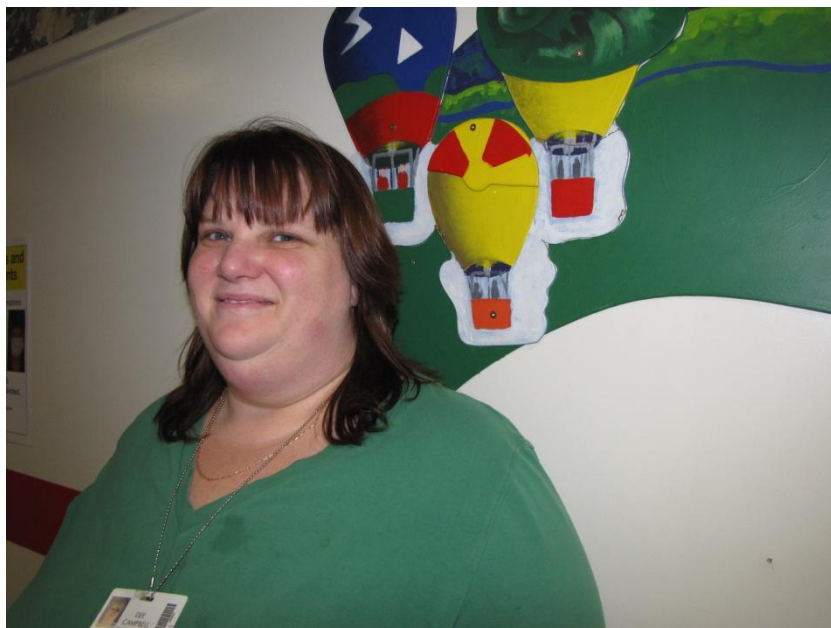
I look forward to working with the Board Members at Asthma and Respiratory Services (Waikato) to further develop the wonderful services that are currently offered by the Society.

Dee's account of herself was very brief and as I have worked with her for many years I thought I would add a bit to her spiel.

As a nurse, Dee is and has always been an excellent advocate for children and their families. She always goes the extra mile to ensure that her patients have all the care and support that they need. Often she achieves this by working many hours longer than expected. She also goes out of her way to make sure that other paediatric nurses have the knowledge and skills to care effectively for their patients.

Knowing Dee it is not at all difficult to understand that she never has any spare time as she gives 110% to everyone she deals with.

Val



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If you would like to support us, we invite you to become a financial member of the Society.

Members receive:

- ✓ *The quarterly Asthma and Respiratory Foundation (NZ) newsletter as well as **Asthmalink***
- ✓ *Discounts on allergen free bedding*
- ✓ *Discounts on nebuliser purchases and nebuliser hire*
- ✓ *Discounted Spirometry (lung function) testing (one test annually per membership)*

Please complete this form and return to:

Asthma & Respiratory Services (Waikato) Inc
Te Ha Ora Huango
P O Box 7013
Hamilton East, Hamilton 3247

I would like to become a member of Asthma & Respiratory Services (Waikato), and enclose my membership subscription

Name:

Last name

First Name(s)

Address: _____

Phone: _____

Email: _____

*Annual membership is **\$20**
or \$15 for seniors and beneficiaries
and covers everyone living at your address*

Annual membership \$
Donation \$
Please find enclosed \$

Yes, I want to help others in the Waikato understand their respiratory conditions

Please find enclosed a cheque for:

- ☐ \$20
- ☐ \$30
- ☐ \$50
- ☐ \$100
- ☐ Other _____

Please write cheques to:

Asthma & Respiratory Services (Waikato)

And post to:

P O Box 7013, Hamilton East
Hamilton 3247

Or pay directly to:

National Bank, Frankton Branch
Account: 06 0313 0186176 00

*(Donations over \$5 are tax deductible.
Receipts are provided if requested)*

- ☐ Please tick if a receipt is required
- ☐ Please send me information on how to make a regular donation from my bank account
- ☐ I would like information on leaving a gift to Asthma & Respiratory Services (Waikato) Inc. in my will

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