

Asthmalink



PLUS:

- New look for Asthma Waikato



- Tips to help with summer chores
- Sensitive Choice
- Frequently asked questions
- Anti-allergen carpeting

Picture: Look out for the new Asthma Waikato cars as we work throughout the region.

These new cars wouldn't have been possible without the support of The Lion Foundation, Dallas Mitsubishi and Signs & Beyond. We are tremendously grateful for that support.

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South Waikato Branch

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Thames COPD Support Group

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Hamilton COPD Support Group

Shona Bramley Ph 07 846 4431



asthma waikato
Better respiratory health for New Zealanders

Affiliated to
The Asthma Foundation of New Zealand:
Better respiratory health for New Zealanders

Services available

- Up to date information on respiratory conditions
- COPD Support Groups
- Comprehensive education at your place or ours
- Telephone respiratory 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 asthma training
- Community health worker training
- Community based Respiratory Rehabilitation Programs

REMEMBER:

INDIVIDUAL HELP IS ONLY A PHONE CALL AWAY

2009/10 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)

Closed for Christmas until Wed 3rd February 2010

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

Closed for Christmas until Thu 25th February 2010

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

A message from the staffing team

We sincerely thank Dr Janice Wong and the Board for volunteering their time and sharing their skills, experience and knowledge for the benefit of the organisation and ultimately for everyone we help.

We also thank Kym Moore and her new Fundraising Committee and all the fundraising volunteers for their commitment in joining a brand new group and organising two big events for early next year. Thank you Nancy Illing, for organising the team of sausage sizzlers.

To our other volunteers – you make a huge difference to our ability to help people in the community with respiratory conditions. Shona, thank you for coordinating the Hamilton and Thames COPD support groups. Thank you for your administrative support, Alan & Judy Thomson.

The Matamata and South Waikato branches are run by committees of volunteers dedicated to helping people in their regions and many have been doing so for a very long time.

To all of you, we wish you a Merry Christmas filled with love, laughter, friends and family. May 2010 be a fabulous year for one and all.

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.

The authors, publishers and editor of the Asthma and Respiratory Services (Waikato) Inc Newsletter shall not be responsible or in any way liable for the continued validity of the information given; or for any errors, omissions or inaccuracies in this publication, whether arising from negligence or in any other way, or for any consequences arising therefrom. The inclusion or exclusion of any product does not mean that the publisher advocates or rejects its use either generally or in any particular field or fields. Any original material in this newsletter may not be used in any way without request to Asthma & Respiratory Services (Waikato) Inc.

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

Hamilton City Council –community wellbeing

Lion Foundation

NZ Lottery Grants Board

Norah Howell Trust

NZ Post

Page Trust

Perry Foundation

Sir John Logan Campbell Residuary Trust

Southern Trust

Trust Waikato

Waikato Asthma & Respiratory Trust

Waikato WDFK Karamu Trust

WEL Energy Trust



Thank you for donations from:

The friends and family of the late Catherine Duncan

The friends and family of the late Betty Williams

The friends and family of the late Leigh Dunbar

Hauraki Plains Lioness Club

The friends and family of the late Noel Forsyth

The Cambridge Parish Opportunity Shop

Morrinsville Lions Club

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

Care Medical

Community Waikato

Creative Images NZ

Dallas Mitsubishi

Entertainment Books

Evans Bailey, Solicitors

Hamilton Press

Hauraki Herald

Microsoft & TechSoup

MYOB

Ngaruawahia Golf Club

Owen McLeod & Co, Chartered Accountants

Powder Room

Ricoh

Signs & Beyond

St Francis Church

The Heating Gurus

This Week

Volunteering Waikato

Waikato Times

Warmup Waikato

Web Health



Summer Chores

Early summer is the time when we tend to get into all the cleaning and those odd jobs that we have put off around the house over the winter. If there are allergies, we need to go about these chores carefully, with a lot of forward planning. Top on the list would be to acquire someone who is tall (to reach those high places), energetic (so your list can be completed quickly) and have no known allergies or asthma.

Even the simple jobs like washing the bedspreads, duvets and curtains can irritate sensitive lungs. If they are dusty, it may pay to wait until you have someone to remove them for you. Hanging them out on the line to dry, on a nice sunny, windy day, can also pose problems with dust particles and pollen in the wind. Again, get another person to put them onto the line and bring them in for you. If you have these larger items dry cleaned, they will need airing before they are stored or reused.



Be aware of the cleaning products that you may wish to use. Choose ones that are sensitive both to the individual and to the environment. Strong smells, including paint fumes and strongly perfumed products can also trigger off an allergic reaction or asthma. Always have the area being cleaned or painted, well ventilated or if this is not possible wear a respirator (these can be hired). Do not go back into the room until all the smells and fumes have cleared. Keep that room closed off to prevent the smells from penetrating the rest of the house. Cover the skin with garments and gloves. These will need to be changed if they become wet from the cleaning agent.



If the gutters are blocked by weeds or leaves, the overflow of water can run down into the interior walls of the house encouraging moulds and fungi. This moisture can take several months to dry out. There are gutter protection products available to prevent the build up of leaves. Leaking gutters and blocked spouting may need to be repaired or replaced as water running and pooling under the house can also pose health risks.



Beware of dusty plants and shrubs as well as moulds and fungi lurking in barked and damp areas. Ask someone else to do the chopping and weeding for you if these chores pose a problem. If using a potting mix, ensure it is damp and that you wear a mask and gloves and work in an open, well ventilated area. Avoid planting plants with highly perfumed flowers or those with a milky sap which can also be an irritant.

Enjoy your summer, your neat and clean environment and most of all; your tall, energetic, allergy- free helper. *Val* – Community Respiratory Nurse

Matamata Branch update

What happened to the SPRING? Some of our members breathing has been all over the place with the changeable weather that we have had - so don't think it is just you. Let us hope the weather will improve over the next few weeks before Xmas.

Our highlight over the past few months has to be our 25th birthday celebration. On behalf of the committee, we would like to thank all the past and present members for coming and making it a great success - good food, good friendship great speaker. Thank you Glenda Sullivan, Clinical Nurse Specialist, Waikato Hospital, for giving us a most informative talk on equipment used for breathing relief from 1654 up to our modern inhalers. There were certainly some unusual things used for breathing! One thing a lot of us did not know that inhalers are used on animals. There was certainly a lot of information that most of us had never heard of before.

Our 25th Birthday Cake, kindly made by Audrey Lennox, was cut by Bill Burr our eldest active member (92 years). The cake was delicious.



We do hope you all have a very Merry Xmas with your families and friends and that the New Year will bring you joy and happiness in our wonderful paradise - New Zealand.

MATAMATA HUFFIN AND PUFFIN FRIENDS

Anti allergen carpeting

We have recently had an inquiry regarding Anti-Allergen carpeting for families with children with severe house dust mite allergies.

This information is on a carpet manufacturer's website:

The best way to manage the symptoms of asthma and other allergies is to make the home environment as healthy as possible.

- *Install fitted anti-allergenic carpet: Only (name of manufacturer) have a stylish range of 100% wool carpets crafted with unique Anti-Allergenic Yarn that reduces dust mites, mould and mildew so the whole family can breathe easier.*

Our medical panel investigated this claim and sought research information from the manufacturer.

The product that the carpet manufacturers are using to make the carpets anti-allergenic is marketed under the name *Ultra Fresh* and is produced in Canada. This product is an anti-microbial, designed to control the growth of bacteria, fungi – moulds and mildew, and House Dust Mites. The research which has been provided to us about *Ultra Fresh*, was commissioned by the product manufacturers. The consistency of the chemical usage in the carpets and the safety of the product to humans was not confirmed. The tests used in the research were for only six weeks and indicated that carpet cleaning will reduce the effects of the anti-allergen treatment. The research data does not appear to have been published.

Our medical panel, Dr Jan Sinclair, Immunologist at Starship Hospital and Dr Bob Hancox, Medical Director Asthma Foundation, do not recommend asthmatics use the treated carpet. They recommend removing the carpet altogether.

RICOH

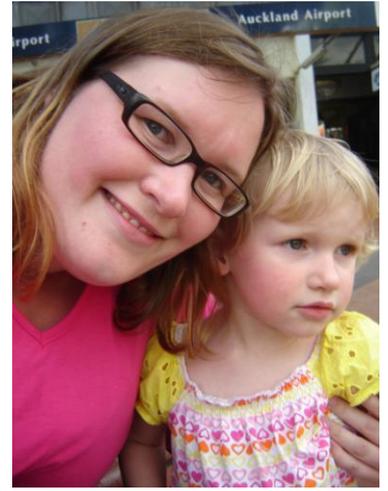
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Harwood Street, Hamilton
Phone 07 839 9710

FUNDRAISING

Hi - My name is Kym Moore and I've recently come on board with the Asthma & Respiratory Services (Waikato) Inc, as the Fundraising Committee's Co-ordinator.

I was diagnosed with mild asthma when I was 18 years old, but I have a lifelong association with asthma with an asthmatic father and cousins as well.

I'm 31 years old, a mother to an active toddler and I work full time. With the birth of our first child I realised that I wanted to be more involved in community events. So here I am.



Our fundraising committee is working hard at the moment on two fantastic events for 2010.

A High Tea and silent auction

will be held on 27th February 2010. Tickets will be sold for \$25.00 each, and will include a lovely afternoon tea with cups of tea and musical entertainment in the gorgeous surroundings of Houchen's House. We hope to have at least 100 people in attendance. We have had a fantastic response from sponsors including South Pacific Pictures who have given us some "Shortland Street" and "Outrageous Fortune" goodies to auction on the day.

Things we still need:

- Do you know a musician who would donate their time to this event? We would love to have stringed instrument players, flutists, etc. We are looking to create a relaxing musical atmosphere.
- Are you or someone you know keen to be involved in events helping with food preparation or helping with the hospitality side (serving food and beverages)?
- Do you have contacts that could help us source auction items?

A "**Red Walk for Asthma**" will be held on 18th March 2010. This will be a community walk around the Hamilton Lake, starting and finishing at Innes Common. We already have some fantastic spot prizes including a free 3 month membership from Configure Express worth \$499! We will be holding some raffles and a sausage sizzle. Entry for the walk will be \$5, or free for children under 14 years of age.

Things we still need:

- Keen volunteers who would like to help with the running of raffles or the sausage sizzle
- Volunteers interested in helping direct cars in the car park
- People to help us pick up any left over rubbish at the end of the event
- Field marshals to help direct people on the track and to provide assistance if required
- Gas barbeques to cook the sausage sizzle on
- Transport for items to and from the event, as required

The committee also have a number of sausage sizzles planned (thanks to Nancy) at The Warehouse Hillcrest on 16th January 2010 and 6th March 2010.

We are looking for people to join our fundraising committee! Come and help us put the fun back in fundraising. We are looking for worker bees, and organisational queens or kings! We are open to fresh ideas and letting you take a lead in events and planning for 2010 and beyond.

What else is coming up?

Great question
– watch this space!

RICOH

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Phone 07 839 9710

NEWS

Upcoming Events

10th February - PUBLIC MEETING - TOKOROA
St Marks' Community House
Topic: Fit to Breathe
All welcome
- gold coin donation appreciated
Ph Jan 07 888 8564
- for more information

27th February - HIGH TEA AND SILENT AUCTION
Houchens House
Houchens Rd, Hamilton
Cost : \$25

18th March - RED WALK FOR ASTHMA
Hamilton lake
Entry fee: \$5



Nancy Illing, fundraising committee member is helped by volunteer Edith Mc Donald at one of her (becoming famous) sausage sizzlers outside The Warehouse at Hillcrest.

Thank you to the team of sausage sizzlers. The funds raised help us to help more people with respiratory conditions and helps more people know who we are, how we can help and where to find us.

**** IMPORTANT ****



Do you use SPIRIVA?

Ask your pharmacist to replace your handihaler **annually**.

The needle inside the handihaler which pierces your medication capsule goes blunt over time, so must be replaced

WORLD COPD DAY 18TH NOV 2009
Asthma Waikato's Cross Street banner
in Tristram St, Hamilton



World COPD Day is traditionally recognised here by a morning tea at Hamilton Gardens organised by Shona Bramley. It was well attended again this year and the poor weather prevented everyone going for a walk around Turtle Lake.

Many from the Asthma Waikato Hamilton COPD Support and Exercise Group were there, as were some clients from the Waikato Hospital Respiratory Department and some travelled from further afield.

Dr Janice Wong, Respiratory Specialist, Waikato Hospital and Asthma Waikato President, spoke to the group about the history of smoking, its effect on the respiratory system and the value of research to constantly improve the care of people with respiratory conditions. It was a well-received, informative talk – Thank you Janice.

We also acknowledge the support from Di Perry-Knox-Gore, Boehringer Ingelheim – the Spiriva people - for sponsoring this event once. Thank you Di.

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NEWS

The Asthma Foundation has a new logo and name. They were until recently known as the Asthma and Respiratory Foundation but are now simply The Asthma Foundation, with the strap line: 'Better respiratory health for New Zealanders.'

'We have a fresh, new look that reflects our professionalism and a greater sense of unity with the nationwide affiliated Asthma Societies,' says Chief Executive Jane Patterson. 'This will help us to effectively compete with other not-for-profits for national awareness and support, and enable us to strengthen our relationships with the health community.'



the asthma foundation

Better respiratory health for New Zealanders

As Jane mentions, affiliated societies have been invited to adopt the new brand. Asthma & Respiratory Services (Waikato) Inc has fully adopted the new look which you will start to see on our stationery, cars and signage.



asthma waikato

Better respiratory health for New Zealanders

Earlier this year, Asthma Waikato was extremely fortunate to receive tremendous support from the Lion Foundation to purchase three very much needed Asthma cars for each of the educators.

That support, along with the generous discounts offered by Dallas Mitsubishi, because we are a charity doing such important work in the community, and support from sign writers Signs & Beyond, we have replaced the old Starlet and Pulsar with Mitsubishi Colts.



... and they now have new Asthma branding.





A Christmas Treat

Layered Boysenberry Delight

Method

1. Drain the **Wattie's Boysenberries** and reserve the syrup. Dip half the sponge fingers in half of the boysenberry syrup and make a layer on the base of 6-8 serving dishes, breaking the sponge fingers if necessary.
2. Roughly chop most of the chocolate, reserving a small amount to decorate. Whip the cream until smooth and thickened and fold through the yoghurt and chopped chocolate.
3. Divide half of the creamy mixture between the dishes. Gently mash the boysenberries and layer them in the dishes.
4. Dip the remaining sponge fingers in the remaining boysenberry juice and make another layer in the dishes. Finish with a layer of cream mixture and grate over the remaining chocolate then chill for an hour before serving.

Ingredients

- 425g can Wattie's Boysenberries in Syrup
- 250g pkt sponge fingers
- 300ml cream
- 1 cup thick Greek yoghurt
- 75g dark chocolate

Tip: This can also be made in one large dish.

IT COULD BE ASTHMA...

This poster is on my office wall. We don't have asthma in the family and none of my children wheeze. They are fit, active and healthy. One son coughs and one sneezes but neither trigger any alarms in me because they are well - no sign of infection or reduced activity.

On a recent holiday, my cousin expressed concern at my son's cough. She suggested it may be asthma. I was horrified to realise that he's had this cough for at least a year. I was further horrified when the doctor prescribed him asthma medication. Why aren't asthma symptoms better known??? Vikki



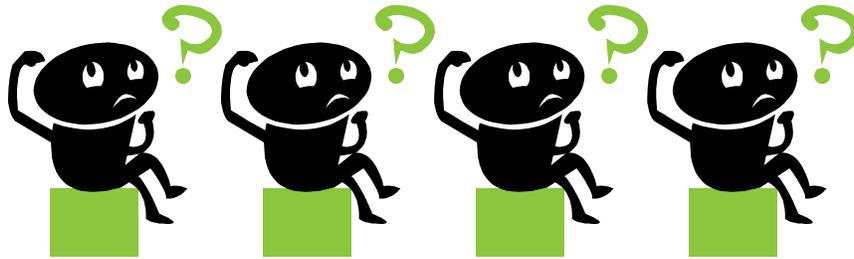
Asthma in children is often over looked if the child doesn't wheeze. A wheeze is a very good sign that a child has asthma but not all asthmatics wheeze and all wheezes may not be asthmatic. A persistent cough, particularly at night or after exercise, is a very good indication that all is not well. A cough can also be a symptom of many other conditions but in the absence of a fever and/or the state of feeling unwell, a niggly cough is a very good indicator that it may be asthma. For some older children, a cough may be the only real symptom they are experiencing. Things like being short of breath or a little tight in the chest do not always register. Many children will stop physical activity if they get short of breath; just sit things out for a while then join in again. Asthma does not occur to them. In short, the signs and symptoms of asthma are the following:

- Coughing; particularly at night and after exercise
- Breathlessness
- Wheezing
- A tight feeling in the chest

For many families, a cough is what takes them to the doctor in the first place. Remember: cough, wheeze or being short of breath are not normal symptoms and should always be checked out by your G.P if they continue for longer than 6 weeks. *Barbara*

Frequently asked questions

Over the years as an educator the same questions re-occur.
Below are a few of the more frequently asked ones.



Q. Spacers are only for children, why do I need to use one?

A. Spacers are for everyone regardless of age. By using a spacer you get a deeper deposition of the medication in your lungs. If you do not want to carry a spacer around with you, make sure you take your preventer via the spacer morning and night. This will help with greater protection for your lungs. You could also ask the doctor to prescribe a turbuhaler device instead.

(if you would like help with your spacer use please contact us here at the Asthma Centre)

Q. The doctor has given me a new medication, can I get rid of the old one?

A. Yes, if you have been given a new medication that is to replace the old ie Pulmicort instead of Flixotide or vice versa, then you can stop using the old one and replace it with the new. However, if the doctor has introduced a new kind of medication i.e preventer added to reliever or a symptom controller added to your preventer, then you need to take both medications, they do not replace each other.

Q. My reliever works well why do I need a preventer?

A. A reliever is great for when you have breakthrough asthma, but to help prevent these episodes most asthmatics need a preventer. Preventers work by protecting the lining of the tubes and stopping the asthma from starting while relievers 'mop up' the asthma that you have.

Q. My asthma is ok now, I can stop taking my medication?

A. As a rule asthma improves once a preventer is established so how would you know whether you need to continue the treatment? For many asthmatics preventer is a way of life, they will need it every day and forever. For others, particularly seasonal asthmatics, they may have a period of being medication free. If you feel well controlled and experience the absence of symptoms, then you can talk to your doctor about slowly reducing the amount of preventer you are using. If you start to have symptoms again and begin using your reliever that is showing you that your preventer is still needed.

Q. What is the best medication? (a question very frequently asked!)

A. The best medication is the one that works for you. That is; the one you find easy to take, keeps you symptom free and you are happy using. There are many choices of asthma/COPD medications and only four groups for them to belong to so whichever reliever, preventer, symptom controller or combination inhaler you use is a matter of choice. If you are unhappy with your inhaler discuss this with your G.P

Barbara

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



Asthma Centre WISH LIST



- Do you know anyone who would like to **join our new Fundraising Committee**? This group of willing and enthusiastic volunteers is fast developing into a fun, hard working team that is raising funds in creative new ways. You'll get a great sense of achievement and satisfaction while giving to the community and meeting new people.
- 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.
- 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. We also need 4+ carparks.

Thought of the day

Your thoughts become your words.

**Keep your words positive,
because your words become your
behaviours.**

**Keep your behaviours positive,
because your behaviours become
your habits.**

**Keep your habits positive,
because your habits become your
values.**

**Keep your values positive,
because your values become your
destiny.'** **Gandhi**

Our waiata

Tihei mauri ora e

Ko tēnei te rūpu

Te hā ora huangō

O Waikato e

He rūpu āwhina

Rōpu atawhai

Ki ngā uri o te motu e

Ki te hā ora

Ki te hau ora

O te whatumanawa e

Tihei mauri ora e

Breathe the breath of life

We are Waikato Asthma and

Respiratory Services



We help and support

We are caring and nurturing

To all the people of this land

To help improve awareness

For their respiratory wellbeing

And for their whole wellbeing

Breathe the breath of life

Written for Te hā ora huangō, Asthma & Respiratory Services (Waikato) Inc-

By **Hone Gage** © 2009

The English translation provided is a loose translation only. The waiata is sung in te reo Maori and the Maori wording is much deeper than the English translation suggests.

RICOH

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Have you seen the sensitive choice logo yet?



It is a blue butterfly symbol which is aimed at helping consumers choose products to help them manage their asthma and allergies more effectively.

The blue butterfly symbol, developed by the National Asthma Council Australia (NAC) partnered by the Asthma Foundation, encourages people with asthma and allergies to make informed choices about products that have been analysed carefully.



It is similar to that of the red tick of the Heart Foundation which helps consumers make healthier choices around nutrition eg. food and beverages.

Except the sensitive choice products don't only include food and beverages but many other types of products (as asthma and allergies are not only dependent on what you put in your mouth), some of these are listed further on in this article.

So why choose a butterfly as the symbol for the sensitive choice programme? Personally I like it, the colour, and the butterfly has a peacefulness about it. But what does the Asthma Foundation say about this? The butterfly was chosen because it was recognised by people as being "better for the environment" and "better choice for allergy and asthma". Other reasons were that the moving wings of a butterfly are symbolic of the lungs, it is a gentle and sensitive creature and it flies best in fresh air.

According to the Asthma Foundation, any products

bearing the Sensitive Choice butterfly logo has gone through an approval process before it is considered for inclusion as a sensitive choice product. Approval is based on hard evidence that the product is considered a safe, sensitive choice product for people with asthma and allergies. Sensitive Choice approved products include foods and beverages, appliances such as air purifiers, heaters; building products such as insulation, underfloor heating; bedding, pet products; gardening products; cleaning products and the list goes on.

The blue butterfly symbol may not yet be as widely known as the red tick of the heart foundation, but it is fast becoming more and more visible in the NZ marketplace as a significant increase in the number of products are being specially approved as sensitive choice products.

Again like the Heart Foundation's red tick of approval and the Asthma Foundations blue butterfly approval shows the seriousness of these conditions in New Zealand, with heart disease being a top health priority and the prevalence of asthma in New Zealand being one of the worst internationally, affecting 1 in 4 children and 1 in 6 adults. Of course allergies are also very common and affect 1 in 3 New Zealanders. It is no wonder we now have a sensitive choice logo in our society today. Like the red tick, the blue butterfly speaks a thousand words on the affects that asthma and allergies have on our society.

It is great to see the blue butterfly sitting alongside the red tick out there in our shops/stores. It is a positive way to get the message out there and encourage the production of products and services that will benefit people with asthma and allergies. Maybe one day, like the Heart Foundation, we will see more and more manufacturers and suppliers producing low irritant, and low allergy products. So remember if you experience asthma and allergies look for the Sensitive Choice blue butterfly symbol. It is there to help and give you more informed consumer choice. *Tracy*

Meet our Board Members

A dedicated group of people bring a variety of skills and experience to Asthma & Respiratory Services (Waikato) Inc. Board Members lead the organisation so that management and staff can continue the wonderful work that an enthusiastic group of people started 37 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 Lois Meneer – Management Consultant



Originally from Christchurch, Lois has spent most of her working life in the North Island. She currently lives with her partner, Roger, in Cambridge. Lois has two adult children who live in Australia, and thanks to Roger's sons, six grandchildren in New Zealand.

Her decision to apply for this Board position arose from two things – her personal experience with Asthma, and her wish to put something back into the community at a level that counted. Lois' other voluntary work includes the 'Look Good Feel Better' programme for women undergoing cancer treatment.

Lois has a diverse range of work experiences within the public and private sectors at a management level, and is currently self-employed as a Management Consultant. She has served on three previous Boards in the not for profit sector.

Lois is a qualified mediator (current member of the Arbitrators and Mediators Institute of New Zealand), and has a good understanding of Commercial and Employment Law.

As a Management Consultant, she has introduced competency-based performance programmes in both Health and Local Government sectors, worked with school boards to facilitate their strategic planning, and facilitated employment processes at a CEO level for commercial boards.

Her current work focuses on individual and team leadership development, and she is an accredited coach for the Wellington-based Leadership Development Centre (LDC). Just recently, she has taken on an Interim Management contract at Waikeria Prison.

Lois strongly believes in ongoing learning and her current study includes Satir's systemic therapy, art, and bookmaking. Her interests include travel, walking and family.

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

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

THANK YOU

FREEPOST Number 209543

Affixing a stamp here
will help our work
THANK YOU

Asthma & Respiratory Services (Waikato) Inc
P O Box 7013
Hamilton East
HAMILTON 3247