

the Circulator

Heart and Lung Transplant Trust (Victoria) Inc A0037327C/ABN 68 585 966 022

First Quarter | 2015 | Issue No. 79

Happy New Year!!



In this edition:

Vice President's Message 2

A note from the editor 3

Caring for Carers 4

Designer T-shirts 6

New DonateLife Week 8

Transplant Anniversaries 13

Congratulations Dr Phil Lewis 14

End of year BBQ 15



Vice President's Message

Happy New Year everyone!! We hope all our members, supporters and friends had a wonderful festive season, and that you're enjoying the summer. For those of you who don't know me, I'm Louisa Walsh, the Vice President of the HLTTV. This would normally be the President's message, but the HLTTV is currently without a President, so I'll have to do for the time being.

The end of 2014 saw the HLTTV AGM, and a few changes on the committee. We said goodbye to our President David Hayne who has been a member of the committee for a number of years and President for the past two. He led the HLTTV through the start-up of our biggest project – the Second Chance Accommodation Program - and through our largest fundraising event – the Tour de Transplant. David's skills, experience, steady hand and calming influence will be greatly missed. He has left big shoes to fill, and we are on the hunt for someone who can continue his legacy.

We also welcome a couple of new committee members – our new treasurer Lauren Dinnar, and a new general member, Matthew Orchard. We advertised and found Lauren through Seek, but by coincidence she has transplant connections, being the sister of a heart transplant recipient. Lauren is also an accountant and brings great skills to our treasurer position. Matthew has been lurking around the HLTTV since before his transplant last year, and he has finally been convinced to step into the spotlight of committee membership. He brings a diverse range of skills including his connections to the heart transplant community and a keen interest in photography. Matthew is eager to build the membership of HLTTV and is looking at a number of ways we can make membership more beneficial.

Camille Condon and Claire Stubber are staying on as the Circulator Editors. Camille is also lending her skills in marketing and social media to look at new ways we can support our fabulous community fundraisers (that's you!), while Claire is working to build more links with the hospital and transplant clinic staff through connections she has made through some of her other volunteer roles. Belinda MacLeod-Smith is our tireless secretary, and is also a dab hand at swapping out a VAD controller should you need some roadside assistance. Vanessa Scott is our membership officer and webmaster, and is working to keep you connected to us. Martina McArdle and Jeff Campbell are both general committee members and are working together to bring you our BBQs and perhaps a couple more fun member events this year (a bit secret squirrel at the moment but more news will be available soon!). Finally on our committee are our clinic representatives, who put in that little bit extra effort on top of their paid work at The Alfred to support the work of the HLTTV – Kelina Attard and Laurie Keown.

We also have a few non-committee-member-helpers this year who are lending their support and skills to the HLTTV. Jon Rolfe and Nick Crowhurst are helping us out with strategic planning and governance; Felicia Welstead is an experienced fundraising manager and is lending her skills to help us revamp our fundraising strategy; Viola Smith provides administration for the Second Chance Accommodation Program; and Ian Stubber – as always – is our in house photographer! There are also a number of former committee members and long time supporters who regularly come to meetings, provide support and suggestions, and run community fundraisers for us. Thank you to everyone who helps us year in, year out and keeps the HLTTV ticking over so well.

As a small organisation we are really lucky to have a committee with such a high level of skills, experience and dedication to the cause. 2015 is shaping up to be a big year for the HLTTV. With an increase in the rooms we provide through the Second Chance Accommodation Program, and an increase in the funds we need to raise, the HLTTV has to start working more efficiently and effectively with the resources we have to meet the needs of our community. We are currently working hard on three-year plans for the organisation which include looking ahead to another Tour de Transplant in 2016, and finding ways to offer more to our members now. It's an exciting time with a new team – and we'd love you to be a part of it! We have a range of great volunteer opportunities to suit a wide range of skills– including event planning and management, graphic design, IT, fundraising and even our President role. If you've been thinking about getting involved in the HLTTV but didn't know how, now is the time to contact us and have a chat. We can find a position that can suit your experience, interest and the time you have available.

We hope that you'll continue to support us as we embark on this journey of growth and change. If you've got some ideas of things you'd like from the HLTTV, or if you have some time or skills to share, please contact me: vicepresident@hlttv.org.au

Louisa Walsh

Vice President of the Heart and Lung Transplant Trust (Victoria)
vicepresident@hlttv.org.au

A note from the editor

Happy New Year to all our members and Circulator readers! This issue brings well-deserved recognition of carers in the form of an article by HLTTV secretary and carer Belinda Macleod-Smith. Often the difficult job of carer is unacknowledged but carers are critical for the support of the prospective and recent transplant recipient. Belinda provides excellent and clear information about the practical aspects involved in being a carer for someone, including dealing with the stressful events besides the health crisis that go hand-in-hand with transplantation and its associated waiting time. Belinda's article has been formed from the blood sweat and tears of bitter experience and I would like to personally thank her and all carers for the tasks big and small that they perform in order to prepare and care for us before, during and after transplantation. Farewell to the lovely Emilie, lung transplant clinic nurse. We thank her for her dedication and hard work over the past 5 years. The timing of DonateLife week has changed and with the announcement of the new week the Circulator is also publishing advice from DonateLife about the ways in which individuals can raise awareness of the need for, and facts about, organ donation. Happy reading!

Editor for Quarter 1:
Claire Stubber

Camille Condon
Matthew Orchard
circulator@hlttv.org.au

A great place to relax

Heart to Heart House Barmah Vic

Bookings & Information

Martina Appelman
Mobile 0409 957 492

Laraine Anderson
Tel 03 9770 7197
Mobile 0418 599 745



HLTTV's valued program partner

Since May 2012, HLTTV have been thrilled to partner with the Park Regis Griffin Suites to provide affordable, accessible and practical accommodation for regional transplant recipients. Park Regis Griffin Suites have partnered with our Second Chance Accommodation Program to provide two, 1 bedroom apartments for the use of transplantation recipients. Situated between Melbourne's city centre and St Kilda Beach, the Park Regis Griffin Suites features include a range of different accommodation options, an onsite cafe/bar and a tram practically at the front door.

Park Regis Griffin Suites
Phone | (03) 8530 1800
Location | 604 St Kilda Road, Melbourne
Email | griffin@parkregishotels.com
Web | www.parkregisgriffinsuites.com.au



**Donations to the
Heart and Lung
Transplant Trust (Victoria)
are fully tax deductible
and easy to do**

using www.givenow.com.au

**Simply visit
<http://givenow.com.au/hlttv>
and follow the prompts.**

We highly recommend the Park Regis Griffin Suites, and the Stay-Well Hospitality Group. For those looking for accommodation close to The Alfred, make sure you check with the Park Regis for any available discount rates.



Caring for Carers

Somehow, it's been nearly five years since I first started caring for my husband after his initial diagnosis of congestive heart failure in March, 2010. As a married couple, as parents of school age kids, and as individuals, we've been through a lot, made a lot of mistakes and learnt a lot.

Like the majority of carers, it's not a role I ever planned for, and there's not a lot that prepares you for it. From my perspective, there's two aspects to caring:

Logistics

Feelings

For me, logistics is the easy part, and to be honest, when 'Caring' with a capital 'c' becomes part of who you are, it's the practical elements that need immediate attention. I've had many, many days where it feel like an incredible achievement that all four of us have made it to the end of the week alive - when my checklist has been pretty much that we have clean clothes to wear and food in the fridge (particularly challenging when we didn't have a laundry, and the fridge broke down).

Achievements!

For those of you new to caring for someone pre (or even post) transplant, I've put together a list of the basics that I wish I had have known about right from the start. Maybe there's a magical list somewhere (probably with the manual on how to raise the perfect child) but I've never found that list.

What you do need to know is that Carers are critical to the survival and wellbeing of pre and post transplant patients. All of you who've done a pre-trans-

plant work-up will be familiar with the bit that deals with 'social and emotional wellbeing'. That's part of what a Carer brings to the table, and it's pretty important. If you don't believe me, well, it must be true because there's legislation to prove it!

"Since 1 July 2012, Victoria has had legislation that recognises, promotes and values the role of carers. The Carers Recognition Act 2012 formally acknowledges the important contribution that people in care relationships make to our community and the unique knowledge that carers hold of the person in their care. This Act is supported by the Victorian charter supporting people in care relationships."

I'm not going to bang on about what this means specifically, but if you're reading this as a Carer, know that you have rights, and that you're not alone. I strongly, strongly recommend that you get in touch with your State's peak carer body (here in Victoria, we have the fantastic Carers Victoria, located in Footscray). Their website is brilliant, and the staff wonderful. You might want to start here to get some advice and support about logistics (and feelings!).
www.carersvictoria.org.au
Ph: (03) 9396 9500

More logistics

Once you're past the emergency accommodation stage (if that's the stage you're at, you may have already experienced HLTTV's

brilliant Second Chance Accommodation Program, created so that you only need pay a small portion of costs at the local Park Regis apartments). We (HLTTV) collaborate with clinic social workers to make sure a dedicated number of apartments are available for rural and regional patients. More on the wonderful social workers a bit later.

My recommended first step is to ensure you investigate all possible financial supports available to you - ongoing illness often mean a significant change to your financial circumstances. For our family, it's been a huge change from being a double income family living in our own home, with access to significant disposable income for all the fun stuff, to sometimes living week to week.

As a carer, I cannot emphasise strongly enough how important it is to pursue as many financial support options as possible, particularly if you have school age children (as we do).

Fair warning - be prepared for long waiting times, a lot of paperwork, and maybe a little frustration as you research and put into place the different supports available.

While waiting in line (in person, or on the phone) may not seem the best use of your time, I promise it's worthwhile - better to find out up front if you and your 'patient' are eligible for benefits and get them happening as quickly as possible. The emotional and physical stress of Caring is enough - do what you can, when you can

to reduce financial stress later on.

A Carer's motto could be a little like the Boy Scouts motto - Be Prepared. I always have a notebook and pen, spare charger for my phone, and my iPad. If you're not a real technology person, that's okay - just realise that most support services are pretty focussed on providing services online.

Local council libraries are a great place to access free wi-fi, and book use of a computer if you don't have one at home. This is by no means an exhaustive list - but just the things I wish I'd known right at the start.

If you have any other hints or tips for Carers, please let us know - we'd love to share them via our website. You can post suggestions to PO Box 25036, Melbourne, 3004 or email us via circulator@hlttv.org.au

Belinda's Logistics Checklist

Alfred Social Work Department (ground floor, adjacent to Alf's Cafe). If your 'patient' visits either the heart or lung transplant clinic, there's a good chance you may have already had contact with one of the dedicated clinic social workers. Be aware that they have massive patient loads, and it may be helpful to have some other options up your sleeve. Make sure you visit their area on the ground floor - there's plenty of brochures, and always someone to help point you in the right direction. Legal services (pro bono) are also offered by lawyers provided by Maurice Blackburn, as are JP services.

Call 9076 3026 or email social.work@alfred.org.au

Department of Human Services (Centrelink) Possible payments include disability allowance, carers allowance, carers payment, rent assistance, health care card,

The number to contact for eligibility enquiries about both disability and carers payments is 132 717 or visit <http://www.humanservices.gov.au/customer/dhs/centrelink>.

Transport and accommodation support:

This varies from State to State. As our family is originally from South Australia (where heart transplantation is not available) our government subsidises our accommodation. In SA, the scheme is known as the Patient Assistance Transport Scheme, here in Victoria it's known as the Victorian Patient Transport Assistance Scheme (VPTAS). Every State is different, but the schemes are generally run through your State Health department. You may be more comfortable seeking advice from your State Carers organisation, or the Alfred Social Work department.

Medicare covered services (health management plans):

Be aware that your local GP will be the starting point for some of the concession services you apply for - ideally you'll find one of those wonderful practices that is able to bulk bill concession patients - this is a big help.

Another fantastic thing your local GP can do for you or your patient

is a 'chronic disease management plan'. If relevant to your situation, it means access to up to six sessions with a range of allied health providers (physiotherapist, dietitian, osteopathy, psychology) with little or no gap payment.

As a carer, the psychological load of caring and managing all the other parts of life can be overwhelming, and depression is very, very common. Again, your GP may be able to assist by creating a Mental Health Treatment Plan, with which Medicare rebates will cover up to ten clinical psychology sessions.

To check for eligibility on either of these health management plans, call the Department of Health on 132 011.

Utility concessions (electricity and gas):

If, like my husband, the person you care for requires at-home life support devices, you can make provisions for priority continuous supply. Everyone has different providers, but AGL provides discounts/concessions for certain customers. Check with your provider to see what they can offer.

Disability parking permit:

as those of us who are visiting hospitals, pathology labs and all sorts of allied health providers at least weekly (usually more often) parking can be a real challenge. Especially when those we care for aren't at their most mobile. Disability parking permits are issued by your local council, and in addition to giving you access to disabled parking spots, these permits have a few other benefits such as allowing extended parking time, and often free parking in coun-

cil managed parking areas. DO read the terms and conditions clearly, as they can be different for different medical conditions.

Belinda Macleod-Smith

Designer T-shirts!

Karen Murray received a heart transplant in May 2014 and as sometimes happens the early days can be a bit difficult. Karen was supported during this time by her family, some coming over from New Zealand for extended periods. When she heard about the Christmas BBQ gathering she was keen to meet other transplant recipients. So despite the heat Karen and her husband Rod came along. The T-shirts they wore were designed by their middle daughter Paris (16), who was keen to pass on to others through talks at her school and community groups about the importance of organ donation. Karen said her daughter was shy when younger and she was so proud at how she was willing to do this. **Give Life Live Life** is on facebook.

-
Gaylynn Pinniger



Modeling the T-Shirts!

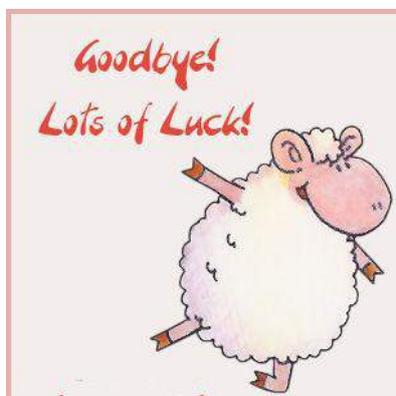
Changes to Nursing Roles in Lung Transplant clinic.

Update from Emilie ☺

There will be a few changes happening at the Lung Transplant Outpatient Clinic over the next month. Rani Martin will be on maternity leave from 20th February and Kelina Attard will be filling in for her as the Paediatric Transplant Nurse Coordinator for the next 12 months. We wish Rani all the best with her pending arrival ☺ I will also be leaving my role as one of the outpatient clinic nurses and coordinators. After almost 10 years at the Alfred working in Respiratory, I am taking a break to spend time with my family and have a few adventures. I have loved working with everyone and have thoroughly enjoyed caring for some of the most inspirational, wonderful and unique people in the transplant community. It has been such a privilege. I will miss you all and wish everyone great health and happiness. The Transplant team will keep you updated with the new nursing staff that will be starting in clinic. Take care and Stay well.

Kind Regards

Emilie Beattie (nurse em ☺)



Heart and Lung Transplant Trust (Victoria)

Our Vision, Mission & Values

Our Vision is for a bright and active future for all those involved with
or in need of a heart or lung transplant.

We actively encourage organ donation and support The Alfred Hospital Melbourne, the Transplant Team, patients, recipients, their families and carers throughout the journey.

Our Values

Hope | We provide a sense of confidence, belief and realism throughout the experience.

Leadership | We lead and promote a focus on caring, advocacy, support and community to those who share in the transplant journey.

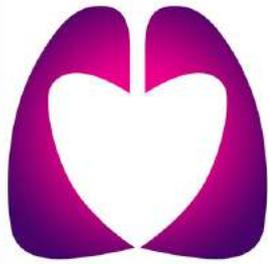
Teamwork | We believe our success depends on how well we interact and communicate with others. We inform, network, collaborate and partner with all relevant stakeholders.

We have a bias towards action.

Trust | Our integrity is fundamental in all that we do and stand for. We act ethically and honestly

at all times. We do what we say.

Vitality | We approach our task with compassion, understanding, strength and joie de vivre.



Heart and Lung Transplant
Trust (Vic) Inc
Bringing the Alfred transplant family together
www.hlttv.org.au

2015 EASTER BBQ

SUNDAY MARCH 29
at FAWKNER PARK

(opposite the MAIN entrance to the ALFRED)

12 PM

The Easter BBQ is a great social event for pre and post transplant patients, families, carers and friends.

BBQ and drinks are provided (inc vegetarian options) with great raffle prizes on offer and an Easter egg hunt for the kiddies

BYO CHAIRS and TABLES (and shelter in case of rain)

To find out more contact events@hlttv.org.au or call Jeff 0400 031 698

We truly look forward
to seeing you there





DonateLifeWeek  **2015**
 SUNDAY 2 AUGUST – SUNDAY 9 AUGUST

Donate Life Week has moved from its traditional time at the beginning of the year to August. This year DonateLife Week runs from the 2nd to the 9th of August. DonateLife has many tips and hints for those looking to raise awareness of organ donation and DonateLife, these include who to talk to, how to get the conversation started in different situations such as work or on social media and the specific information you need to convey in those conversations.

About DonateLife week:

DonateLife Week is a key part of the Australian Government's national reform programme to increase organ and tissue donation and transplantation outcomes and is led by the Organ and Tissue Authority.

During DonateLife Week, events are held across Australia to encourage all Australians to:

More information about DonateLife Week 2015 will be posted online as it becomes available.

GET INVOLVED

- Start a discussion in your workplace
 - Consider using your internal communications channels to promote organ and tissue donation and generate discussion within your work environment.
 - Your organisation might be interested in joining the DonateLife Corporate Partnership Program, which aims to engage the Australian corporate community to educate employee and customer networks about organ and tissue donation and motivate family discussions.
 - To be eligible your organisation must meet certain requirements.
 - Encourage colleagues to use the online banner
- HOST A 'HAVE THE CHAT' EVENT**
- In 2014, 1,117 Australians received a life-saving transplant as a result of the generosity of 378 organ donors

- and their families.
- Organ donation is a rare event - just 1% of people die in hospital in the specific circumstances where organ donation is possible, with many more having the potential to become tissue donors.
- Place posters on notice boards, in staff rooms, staff changing rooms, restrooms and kitchens. We have a selection of promotional materials to download and print, they're available online
- Include information about your event in newsletters, on the extranet/intranet and on notice boards.

SOCIAL MEDIA

Share the message on Facebook

- Like and share the DonateLifeToday page on Facebook.
- You can also motivate people to 'have the chat' by encouraging your friends and

- family to engage in online discussions, posting pictures from your events and by sharing updates and information.
- Or you could upload a DonateLife banner to your wall or in your status update and encourage your friends to do the same.
- We encourage you to post on your Facebook page. Your message could be something like:
- Have the chat about organ and tissue donation decision with your loved ones. Discover, decide, discuss organ and tissue donation.

OR

- Would your family know what to say if they were asked, "Did they want to be an organ and tissue donor?" Havethe chat and share your organ and tissue donation decision with your loved ones today.
- Discover the facts about organ and tissue donation.
- Decide and register an informed decision on the Australian Organ Donor Register.
- Discuss their decision with their loved ones. OR
- I just had the chat with my family that could one day save a life. You can too by sharing your organ and tissue donation decision with your loved ones today.
- You can also encourage your friends, or supporters, to become DonateLife Facebook fans. You'll find DonateLife's Facebook page at: <http://www.facebook.com/DonateLifeAustralia>

- Get involved on Twitter Follow @DonateLifeToday on Twitter and tweet: #havethechat that saves lives. Discover, decide, discuss #organdonation. donatelife.gov.au

OR

- I had the chat that could save a life! Share your #organ and tissue donation decision with your family today.
- Tweet about events that your followers may be interested in. You can find out about upcoming DonateLife events here (/news-events/events).
- Hashtags
- Aim to include these campaign hashtags when posting or tweeting about organ and tissue donation:
 - #DonateLife
 - #organdonation
 - #havethechat

Hashtags can be used on Facebook, Twitter and Instagram.

Hashtags are like keywords that can be used to organise posts or tweets. They facilitate the searching and grouping

of posts that contain the same keywords or phrases.

By including your hashtag in a post or tweet, you are automatically joining the conversation surrounding that tag.

Your post will appear in a feed along with all other posts containing the same hashtag.

Below is an example of a tweet using DonateLife campaign hashtags:

Donate Life Today @DonateLifeToday

Discover, Decide, Discuss: The conversation you have today

could one day transform the lives of 10 or more people

#DonateLife #organdonation

- Instagram
- Follow @DonateLifeToday on Instagram.
- Post photos from your community events and remember to tag @DonateLifeToday in any images you post. Post photos from your community events and remember to tag @DonateLifeToday in any images you post.
- Resources
- The below text could be used in your organisation's printed or online newsletters, websites or intranets.
- You could also use it for a staff information session over a morning tea.

HAVE THE CHAT THAT SAVES LIVES DISCOVER, DECIDE AND DISCUSS ORGAN AND TISSUE DONATION.

- Did you know that only around one per cent of hospital deaths occur in the specific circumstances where a person can be considered for organ donation?
- Many more have the potential to become eye and tissue donors as tissues can be donated up to 24 hours after death regardless of where death occurred.
- As an organ and tissue donor, you could transform the lives of 10 or more people.
- It's important that you register your intent to donate on the Australian Organ Donor Register and, most importantly, that you share your decision with those closest to you.

Donate Life Week 2015

POSSIBLE WORKPLACE SCRIPT:

[Organisation spokesperson] can state, “Every Australian family needs to know each other’s organ and tissue donation decision. This is important because in Australia the family of every potential donor is always asked to confirm the donation wishes of their loved one before organ and/or tissue donation can proceed.”

“In the same way that we discuss what we want to have happen in the event of our death, we also need to talk about whether we would like to become an organ and tissue donor. It’s a conversation we can have today, that helps prepare our loved ones should they be offered the opportunity to proceed with organ and tissue donation.”

“Research commissioned by the Organ and Tissue Authority confirms that families that have discussed and know each other’s donation decisions are much more likely to support organ and tissue donation proceeding.”

[Organisation spokesperson] said, “Even if you have previously made a decision about organ and tissue donation, take the opportunity to remind your family about your donation decision, and to ask and know their decision.”

“It’s a conversation that could one day save lives,” said [organisation spokesperson].

To encourage family discussion, [organisation] will be [insert details of any activities your organisation may be involved in including date, venue and booking details].

ENGAGE THE MEDIA

You can adapt the below media release template for your workplace, local sporting or community organisation and issue it to local media to generate awareness about organ and tissue donation:

[ORGANISATION NAME] URGES [LOCATION] FAMILIES TO HAVE THE CHAT THAT SAVES LIVES

[Organisation] is urging [location] families to talk about organ and tissue donation with their loved ones.

To help encourage more Australians to discuss organ and tissue donation, [organisation] will be [insert details of your event including date, venue and booking details].

“Only around one per cent of hospital deaths occur in the specific circumstances where organ donation is possible, although many more people can become tissue donors,” said [your organisation spokesperson]. As an organ and tissue donor, you could transform the lives of 10 or more people. It’s important to register your donation decision on the Australian Organ Donor Register and, most importantly, that you share your decision with those closest to you.

“To optimise every potential organ and tissue donor, we each need to have the chat with our family members so that we know each other’s donation decision. Having the chat can make a life-saving difference to people waiting for a transplant. It can be the difference between seeing and being blind, mobility and never walking again,”

[Spokesperson] said.

[Organisation spokesperson] said, “In the same way that we discuss what we want to have happen in the event of our death, we also need to talk about whether we would like to become an organ and tissue donor. It’s a conversation we can have today, that helps prepare our loved ones should they be offered the opportunity to proceed with organ and tissue donation.”

In Australia, the family will always be asked to confirm the donation decision of their loved one before donation for transplantation can proceed.

“Families that have discussed and know each other’s donation wishes.

Donate Life Week 2015

ORGANISE AN EVENT

Hold an event to encourage Australian families to 'have the chat'. This could include:

- Organise a morning tea or BBQ lunch to raise awareness and encourage discussion.
- Ask your employer to host a 'Have the Chat' information session. Host a 'Have the Chat' event
- A 'Have the Chat' dinner with family and friends – get your loved ones together and have the chat over some great food.
- A sporting event – this could be a run, a walk, a marathon or half-marathon, a sporting match. Try and get a popular sporting personality involved to encourage participation and help with promotion.
- An entertainment event – a concert or dance performance is a great way to raise awareness.
- A street performance or flash mob encouraging people to 'Have the chat that saves lives.'

Email the details of your event

to enquiries@donatelife.gov.au for promotion on the DonateLife website and social media pages.

When promoting the event on social media, use the hashtags #havethechat and #DonateLife, and include the donatelife.gov.au link to help people access more information about organ and tissue donation.

Magenta is the colour of organ and tissue donation in Australia so we encourage you to colour your event in a sea of magenta.

OTHER WAYS TO RAISE AWARENESS AND GENERATE PUBLICITY

- Ring your local radio station to share your story about organ and tissue donation.
- Post a blog about why you decided to support organ and tissue donation.
- Brief local media contacts on organ and tissue donation and what is happening in your community.
- Contact your local newspaper to organise a photo opportunity to promote your

event.

- Write a letter to the editor of your local paper encouraging your community to have the chat about organ and tissue donation decisions.
- Write an opinion piece for a newspaper or newsletter about the importance of organ and tissue donation and family discussion of donation decisions.
- Ask employees, members and volunteers to use and display DonateLife materials within their own communities (schools, sporting groups, universities, libraries etc.).
- Invite local libraries and councils to stage their own DonateLife displays and provide them with access to DonateLife materials.
- Hold your own public education display(s) at major community hubs in your area.
- Add a DonateLife banner to your Twitter or Facebook page.

For more information

www.donatelife.gov.au

(<http://www.donatelife.gov.au/>)

The Circulator editorial team is keen to review books, magazines and articles that may be of interest to the transplant community. We're also keen to promote the work of those who have embraced their 'second chance' at life to explore their creativity or pursue their dreams.

Contact Camille and Claire by email | circulator@hlttv.org.au

Items for review can be posted | Editorial team C/O PO Box 25036, Melbourne, Vic, 3004.



DonateLife representatives at the recent Australia Day march

Become a member now



Heart and Lung Transplant Trust (Victoria) Inc.

Membership Form

Name:

Partner's name (if applicable):

Address:

Postcode:

Telephone:

Mobile:

Email address:

Date of birth:

New member

I wish to become a member of the Trust

OR

Existing member

I wish to renew my membership

I wish to receive my copy of 'The Circulator' by email:

Yes

No

Recipient (Please complete information regarding Transplant Type, Operation, Month and Year – this allows us to celebrate transplant anniversaries if you consent below.)

Lung/s	Month	[]	Year	[]
Heart	Month	[]	Year	[]
Heart & Lung	Month	[]	Year	[]
Other (please specify)	Month	[]	Year	[]

Are you happy for this information to be included in 'The Circulator' newsletter 'Transplant Anniversaries' each year? Yes No

OR

Pre-transplant (Waiting list)

OR

Carer/other/supporter (please specify)

Signature: **Date:**

Membership for Pre-transplant members is free. An annual fee of \$15 applies to all other category of member. A membership reminder will be included with the Winter edition of The Circulator each year. Prompt payment on receipt of a membership invoice is appreciated and we are grateful for any donations. Donations over \$2 are tax deductible.

Please return this form to:

Membership Officer, Heart and Lung Transplant Trust (Victoria) Inc.
PO Box 25036
Melbourne Victoria 3004

Members may also join online and pay membership and donation via direct bank transfer. Please visit <http://www.hlttv.org.au/> and follow the 'Membership' links.

Transplant anniversaries - we wish you many more

December

Heart:

- David Ash, 2008
- John Bisiach, 2002
- Ena Clark, 1999
- Greg Dartnell, 2004
- Eric Gill, 2009
- David Hales, 1998
- Jack Jones, 1989
- Dennis McCarthy, 2008
- Gaylynn Pinniger, 2002
- Helen Rankin, 2011
- Rodney Whitford, 2011
- Russell Wills, 1991

Lung/s:

- Wendy Jenkins, 2006
- Anne McArthur, 2011
- Graham Mitchell, 2011
- Alison Walters, 2004

January

Heart:

- Diana Almonte, 2009
- Howard Bear, 2013
- Carol Darroch, 1992
- Simon Eaton, 2011

- Gordon Field, 2001
- Mark Ginn, 1993
- Andrew Hunt, 2008
- Michael Muschamp, 1996

Lung/s:

- George Bouios, 2008
- Michael Cox, 1996
- Elizabeth Johnson, 2013
- Gary Quick, 1999
- Nancy Reynolds, 2008
- Philip Stephenson, 2003
- Christopher Teese, 2014
- Graeme Vessey, 2011
- Glenn Walker, 2010
- Margaret Westwood, 2013

Heart and Lungs:

- David Maude, 1995

February

Heart:

- Mark Brewer, 2008
- Margaret Neilson, 2009
- Barry Parsons, 1997
- John Winter, 1992

Lung/s:

- Jeannett Collins, 2008

- Camille Condon, 2013
- Phyllis Cremona, 1994
- Ken Gain, 2004
- Debra Larchin, 2011
- Kirsten Larsen, 2003
- Frank Lineen, 2008

March

Heart:

- Gary Down, 2012
- Chris Gerritzen, 1995
- Sue Konieczny, 2008
- Edward O'Bryan, 1990
- John Timothy Prior, 2008
- Matthew Orchard 2014

Lung/s:

- Nola Barry, 2011
- Camille Condon, 2013
- Judi Groves, 2012
- Heather Hill, 2006
- Toni Miles-Bennett, 2011
- Suellen Pettersen, 2002
- Jon Rolfe, 2009
- Betty Sammartino, 2011
- Vicky Yfantis-Cocossis, 2013

Donate now

I/We would like to make a donation to the Heart and Lung Transplant Trust (Victoria) Inc.

Name:

Address:

Postcode:

Donation: \$
(Donations over \$2.00 are tax deductible)

Please send to: Treasurer Heart & Lung Transplant Trust (Victoria) Inc
PO Box 25036, Melbourne, Vic, 3004

Please visit <http://www.hlttv.org.au/> and look under 'Quick Links' and choose one of the 'Donate Now' links.

Congratulations Dr Phil Lewis, PhD

HLTTV Committee Meeting

Date: Tuesday 12th May

Time: 7:30 pm

Place: Seminar room, level 5,
Centre Block.



You can also join members of the committee for an informal get-together at 7pm in Alf's cafe.

All welcome!

HLTTV contacts

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Picture of Phil Lewis with son Kieran and supervisor Professor Franklin Rosenfeldt from the Heart Lung Transplant Department

Late last year transplant recipient Phil Lewis received a PhD at Monash University on the topic of cerebral autoregulation, his supervisor Professor Franklin Rosenfeldt wrote the following to the HLTTV in recognition of Dr. Lewis' achievement:

Friday 24th October 2014 was a Red Letter Day for double lung transplant recipient Phil Lewis when he was awarded a PhD of Monash University at the Robert Blackwood Hall. Phil has been working part time over the last eight years on his thesis and has published around 10 papers and made presentations at local and international meetings. Over the eight years he has supported his family and been the loving father of Kieran aged five.

HLTTV End of Year BBQ

The weather was warm for the 2014 end of year/ Christmas barbeque. These barbeques are held twice a year, timed to coincide with Easter and Christmas festivities, and are run by the HLTTV committee; a small core of dedicated volunteers organises and sets up for the barbeques. The event coordinator Geoff Campbell and committee members Martina McArdle and Jeff Prior are key to the success of these events. HLTTV secretary Belinda Macleod-Smith was the master of ceremonies for the November 30th event. There was a visit by a very slim Father Christmas, the wonderful Ed whose father is waiting for a heart transplant took on the role despite the heat. Thank you Ed! The HLTTV provides food, soft drinks and water for these barbeques and many people elect to bring a picnic and sit under the trees of Fawkner park. If you have yet to attend one of these please know that you are very welcome, you may run in to old friends and meet new ones.

The next BBQ is on Sunday March 29 in Fawkner Park (see page 7 for details) - we hope to see you there!



HLTTV End of Year BBQ

