

# OUTLOOK

## Meet Wayne Cooper

Meet Wayne Cooper, LSBM (that's Longest Serving Board Member).

Wayne's dialysis story begins at 28. Only married for three years, he was typical of young people, ignorant of renal failure and in particular dialysis. He had his first treatment at Flinders Medical Centre, but was then taught self care at a satellite unit at North Adelaide, where he met Nancy Douglas-Irving for the first time.

After three years of three times a week dialysis, he finally received the call! A compatible kidney had become available and gave him six years of near normal life.

With rejection of the transplant in 1998 and a return to dialysis, he had to give up his employment as a foreman at a tyre company. He then turned his life around, retraining, and finding employment on the switchboard the The Queen Elizabeth Hospital, and thus was able to accommodate his need for dialysis. Three years later he had another successful transplant.

However, after four months he and his wife Helga were called to an emergency meeting of renal and vascular specialists at Flinders, including department heads. It was believed the kidney may have melanoma deposits in it. He had to go through the enormous physical and emotional stress not only of losing the transplant, but it was also considered necessary for his body to reject it completely before it could be removed.

At least it was not all unnecessary. Melanoma was present, and Wayne was advised he could not have a further transplant for at least two years, and one did not become available until a year and a half after that, giving him another eight years before he went back on dialysis three years ago.



He admits he started out an angry young man, reluctant to accept the invasive tests, the constant commitment to dialysis, the unfairness of it all. His life has revolved around renal disease and dialysis for 26 years. He has worked for all but a year of that time and feels this is definitely part of the healing process, as he is busy with various projects and not focussed on his next dialysis session.

He is also President of the Glenelg Bowling Club and plays pennants every Saturday. He has just organised a fantastic and successful fundraising night for DELA with the bowling club members.

*continued next page...*

### New member application

\$50 per person

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Please circle one of the following:

Haemo

Peritoneal

Recipient

Supporter

Or join online at [www.dialysisescapeline.com.au](http://www.dialysisescapeline.com.au)

### Upcoming events

Annual Fundraising Dinner

Saturday 6 August 2016

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This Club association enables him to mix regularly with his friends and experience as closely as possible a normal lifestyle.

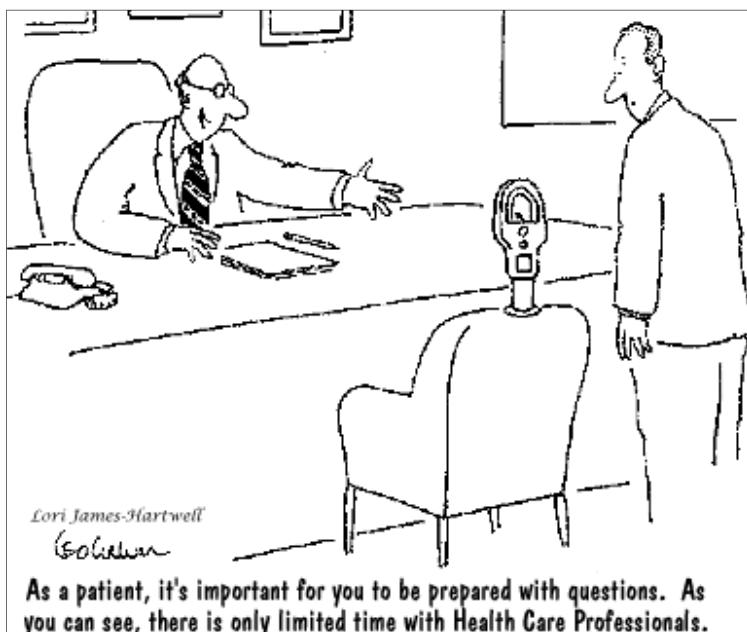
And now for Wayne's words...

"One of the life changing moments for me was joining Nancy and Enzo at DELA.

I have seen firsthand that what we do as a charity is one of the best examples of people helping people. With DELA, I have been able to see people of all ages through their eyes and their disease. They have taught me to enjoy what I have, to laugh when you are able and just get on with life.

"DELA looks after the partners as well, they deserve a break too, they are the heroes who pick up the pieces when you fall apart.

"The backbone of my life is my wife Helga, she has never let me short change myself, she keeps me going when I am struggling. She really deserves a medal for perseverance."



## A postcard from New Zealand...

G'day, I'm 75 and I dialyse three times a week at Sutherland in Sydney for 4.5 hours each time. You know the story. My wife and I have just returned from our first cruise, 12 days to New Zealand aboard the biggest floating block of flats, the Diamond Princess. Joining DELA allowed us both to have a holiday: my wife to have a break, myself to be cared for by a doctor, three nurses, admin staff and a technician to ensure the four portable dialysis machines did their job.

With about 5000 passengers and staff on the ship, it took me about three days to get my bearings: I still got lost, but it was a nice kind of lost. I met new and old people and found some really nice spots to hang out "far from the maddening crowd" (my apologies to Thomas Hardy).

There were all manner of people from many countries and all "walks" of life ....with canes, walkers, wheel chairs, electric scooters and just legs and feet. We kept meeting each other in the restaurants, food halls and corridors that went off into infinity!

Our Captain decided we needed a smooth ride, so we skirted a disturbance in the Tasman Sea, unfortunately missing Auckland in the process. We waved to Auckland, cruising smoothly past, heading for Rotorua: Maoris, boiling mud and geysers.

Next Wellington, the capital. My wife and I grabbed a local bus into town and then to the historic cable car to relive past glories, with a great view of the city, and good coffee, at the top. We chose to walk down through the Botanical Gardens to the pickup area, I hadn't considered how high up we were. Great walk, poor execution.....our quads took a while to recover!

Next stop Akaroa, a small French settlement that is now the new port for Christchurch, as the old one is still ruined courtesy of the earthquake. It's a beautiful old town and the scenery on the road to Christchurch is stunning. Everyone should see the devastation an earthquake can wreak on a city.

Dunedin was our next port, a genuine old town, complete with old churches, a magnificent old railway station, and happy welcoming locals glad to see us. Then we sailed around the tip of the South Island to Fjordland National Park, sailing into three fjords, and finally, the stunning Milford Sound, before heading back for a dawn arrival in Sydney two days later.

We managed to do all that and I still had my 4.5 hours of dialysis regularly while the ship was cruising. The DELA group occupied two staterooms for dialysis, with two beds and machines in each room. It was great and Dialysis Escape Line made all this possible. I advise all renal patients to join DELA, a volunteer run charity based in Adelaide. Find out what DELA is all about and maybe you could have a great 5 star experience as we have.

Allan

POSTCARD  
FROM A  
FRIEND

# Considering a holiday? Read postcards from our happy travellers!

2015 was a pretty rough year. After five years on peritoneal dialysis, I had to start haemodialysis, and then my high school sweetheart of 21 years left me. For the first time in my life things got on top of me and I needed to ESCAPE! I started my research, finding DELA, liaised with Nancy and booked my week away in Pt Douglas.

POSTCARD  
FROM A  
FRIEND

March 6th finally arrived. All the participants arrived within minutes of each other, I met Nancy and soon we were all on board the bus to the resort. Nancy had organised welcome drinks, it was really nice to meet everyone on the first day, so as we met over the week we could stop and have a little chat or a hello.

The Sheraton Mirage resort was beautiful, the room amazing, with welcoming friendly staff and the best customer service.

While there, I went to Kuranda on the old railway and returned on the Skyrail. I highly recommend this! I also went on a trip to the Daintree looking for crocodiles and other wildlife and fulfilled my ambition to swim in the amazing Mossman Gorge. I did it!

I also went to the main street of Pt Douglas several times to dine or shop, it was great! Nancy had also organised an amazing seafood buffet on the last night, so we could say our goodbyes to each other before going home. While I was away I was able to forget about everything at home, relax and clear my mind.

I do home dialysis, so it was lovely to have the nursing staff do everything for me for a week, I could just sit and relax. The nurses, Nancy and the technician were all so lovely, I am so grateful to them & DELA for making this possible.

Best wishes, Kathie.

PS After returning home, Kathie organised a "casual dress day" fundraiser at her workplace in aid of DELA.

Thanks so much, Kathie!

Thank goodness for a midmorning flight, Sydney to Cairns, Qantas service up to scratch as usual.

What an eyeopener to arrive in Cairns! The last time I saw Cairns was 1943, on my way to the Pacific. A couple of shops on the waterfront, mud and mangroves.

POSTCARD  
FROM A  
FRIEND

But it brought back memories....we were flying a fully loaded Martin Mariner seaplane Cairns to Pt Moresby, unable to land on the glass like water until we called in a boat to zigzag the course to break up the surface tension, spotting a fighter plane off our starboard wing, it looked like a Zero, but turned out to be one of our own.....

But I digress. So on to Pt Douglas. I must still have been on 1943 mode, I had not expected the town to be so developed with its fine shops and restaurants. My wife Helen had been before, so no surprises for her! The accommodation was great, we had been warned about the renovations, but it was a shame there wasn't more than one restaurant, due to those renovations. The breakfast was excellent and we really appreciated the little buggies to take you anywhere in the vast complex. The dialysis setup was top notch and the nurses really pleasant.

For me, the visit to the Reef was a disappointment, so many people on a huge catamaran, depressing bleaching of the coral. In hindsight we should have taken an island small group tour. But on another day, off to the Daintree, a good half day trip up the river. Unfortunately the crocodiles were on holiday except for a couple of babies on the mudbank. Coming back we walked into the jungle where there was a lovely stream. My wife and others enjoyed a refreshing swim.

Saturday was our last day, and this was topped off with a wonderful farewell dinner. Really great! Thanks for all the planning and hardwork put in by Nancy, overall we enjoyed the venture very much.

Ron & Helen



DELA's

# Gala Dinner

Saturday 6<sup>th</sup> August 2016 – Norwood Town Hall  
7pm 'til late

**\$120.00**  
all inclusive

Tickets:

Catryn Zappia 0438 890 125 [catryn@pennyblackevents.com.au](mailto:catryn@pennyblackevents.com.au)  
Wayne Cooper 0448 588 880

Compered by  
**Peter Goers**



Swing along with  
**Lucky Seven**



All funds raised go to the Volunteer Run Charity **Dialysis Escape Line Australia**,  
providing opportunities for people with kidney failure and on dialysis.

## Did you know?

We are an Adelaide based charity, staffed entirely by volunteers.  
We set up temporary dialysis units in Port Douglas and on cruise ships,  
costing approximately \$25,000 each time.  
So without any Government funding, we are very grateful for your  
membership, donations and support of our annual fundraiser.

Dialysis Escape Line  
Australia Inc

### CONDOLENCES

Sincere condolences to Allan and  
the family of Barbara Poor, a long  
time member of DELA.

### ABOUT US

A volunteer run charity  
**Patron** Mr Gordon Pickard AM  
**Ambassador** Tim Campbell  
**Ambassador** Dennis Walsh

#### Head office

South Australia  
PO Box 324, Stepney, SA, 5069  
p: 08 8227 0181  
f: 08 8312 4949  
e: [info@dialysisescapeline.com](mailto:info@dialysisescapeline.com)  
w: [www.dialysisescapeline.com.au](http://www.dialysisescapeline.com.au)

### DELA COMMITTEE

Nancy Douglas-Irving OAM  
Wayne Cooper LSBM  
Linda Scipioni  
Margaret Turner  
  
Newsletter editor:  
Bridget Penna

# NORTHLINE

