



**EBOP Asthma/COPD Support Group**  
**Newsletter March 2010**

For the next four months I am back in Germany to spend some time with my mother who just had a major operation. The COPD Liaison Service will be here for you as usual as we have a stand-in COPD Liaison Officer for that time. We will introduce her to you at our COPD Support Group Meetings in March.

The Community Respiratory Nurse, Wendy O'Connell, has started clinics at the Disabilities Resource Centre Trust. Appointments can be made through reception on phone 307 1447 or 0800 227 363.

**Mobility scooter training/information**

If you are interested in attending please ring Alison on 307 1447 for more information.

**COPD Support group meetings**

The theme for March is **Podiatry** (or Chiropody as many of you will know it). Podiatrists are highly trained health professionals who specialise in foot care and lower limb conditions.

You should see a podiatrist: -

- If you have foot pain
- If you have toenail pain
- If you have itchy or dry feet
- If you hurt your foot or toes
- If you have diabetes
- If you have poor circulation
- If you have a medical condition with foot problems

Employed carers are not allowed to trim or cut toe nails as too many complications can arise from untrained people attempting this important job.

Jude Hamer BSC (hons) Pod is holding clinics in Kawerau, Opotiki, at the Disabilities Resource Centre Trust and also offers home visits. She will be our guest speaker at all three support group meetings:

**Kawerau Support Group**

Monday, 15<sup>th</sup> March at 10.00 am at the Bert Hamilton Hall, Porritt Drive.

**Opotiki Support Group**

Tuesday, 16<sup>th</sup> March at 10.00 am, 17 Kelly Street.

**Whakatane Support Group**

Wednesday, 17<sup>th</sup> March at 1.00 pm, Disabilities Resource Centre Trust, 141 King Street.

## Bronc's Tomato Soup

7 lbs ripe tomatoes  
3-4-large onions  
1 tsp celery salt  
6 cloves  
1tsp white pepper  
1 cup sugar  
1 Tbs salt  
4 sprigs parsley or mint (optional)

Put all ingredients in pot, add seasoning and boil 1 hour.

Put all through moulee.

Bring back to boil and simmer for 10 min

Melt ¼ lb butter in small pot, add 3Tbs flour, mix well and add to main mixture, stir and boil. Bottle while hot or freeze when cold. Dilute with milk or water if desired – enjoy!

## A daily habit that may make you sick

(from:<http://www.webmd.com/allergies/features/6-daily-habits-that-may-make-you-sick>)

They say that home is where the heart is. But what you may not know is that it's also where 65% of colds and more than half of food-borne illnesses are contracted. The things we do around the house every day have a big impact on both our long- and short-term health. Here are six common household activities that may be making you sick.

### 1. Using a Sponge

The dirtiest room in everybody's home is the kitchen, says Phillip Tierno, PhD, director of clinical microbiology and diagnostic [immunology](#) at the New York University Langone Medical Center and author of *The Secret Life of Germs*. "That's because we deal with dead animal carcasses on our countertops and in the sink." Raw meat can carry *E. coli* and [salmonella](#), among other viruses and bacteria.

Most people clean their countertops and table after a meal with the one tool found in almost all kitchens: the sponge. In addition to sopping up liquids and other messes, the kitchen sponge commonly carries *E. coli* and fecal bacteria, as well as many other microbes. "It's the single dirtiest thing in your kitchen, along with a dishrag," says Tierno.

Ironically, the more you attempt to clean your countertops with a sponge, the more germs you're spreading around. "People leave [the sponge] growing and it becomes teaming with [millions of] bacteria, and that can make you sick and become a reservoir of other organisms that you cross-contaminate your countertops with, your refrigerator, and other appliances in the kitchen," Tierno explains.

**Solution:** Tierno suggests dipping sponges into a solution of bleach and water before wiping down surfaces. "That is the best and cheapest germicide money can buy -- less than a penny to make the solution -- so that you can clean your countertops, cutting boards, dishrags, or sponges after each meal preparation."

In addition, once you've used your sponge, be sure to let it air-dry. Dryness kills off organisms. Another way to keep bacteria from building up in your sponge is to microwave it for one to two minutes each week. "Put a little water in a dish and put the sponge in that," Tierno advises. "That will boil and distribute the heat evenly [throughout the sponge] and kill the bacteria."

Have a lovely late summer and autumn

**Gisela Sonntag**

**COPD Liaison Officer**

**(Phone 07 307 1447 or 0800 227 363)**