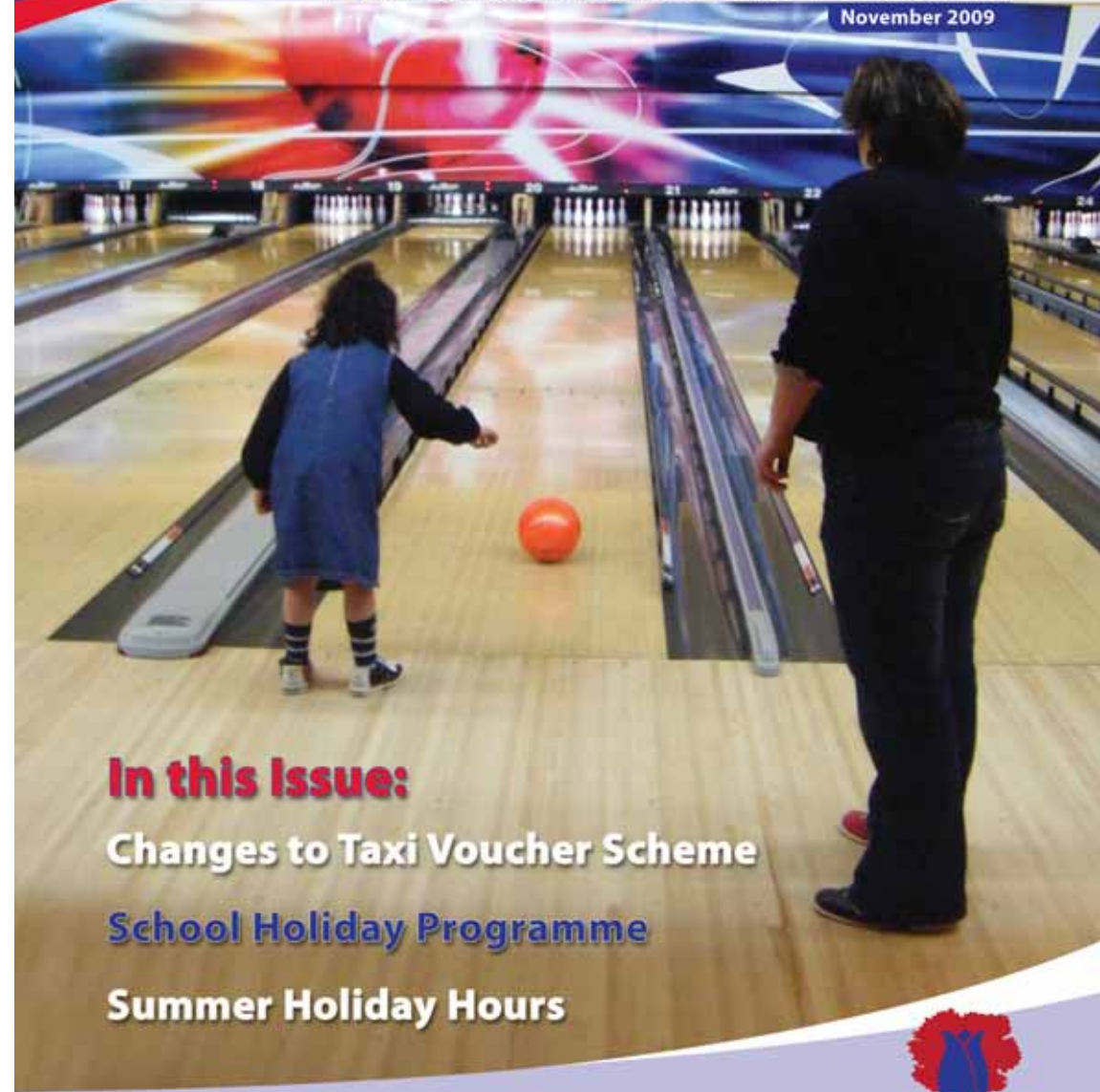


MS+PD



Multiple Sclerosis and Parkinson's Society of Canterbury (Inc)

November 2009



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www.ms-pd.org.nz



Members of the Board

The year is coming to an end and it is hard to believe that 2010 is almost here. It has been an incredibly full year here at the Multiple Sclerosis and Parkinson's Society. With home visits, exercise classes, workshops and social activities, our staff, members and volunteers have been kept extremely busy.

An aspect of the Society which is often working quietly behind the scenes is our Board of Management. Our current Board was elected in March and consists of 11 members, who meet monthly. Their goal is to: provide governance for the Society, approve policies in order to develop a suitable framework for the Society, ensure the Society is soundly managed and to be involved in the decision making for programmes offered to our members. Many staff members take part in the monthly Board Meetings, giving reports on gym activity, new member statistics and fundraising efforts.

I would like to thank all the Board Members for their dedication to the Society and the time they give freely. If you see these volunteers at social activities, in the gym or around the Society, please tell them a big thank-you for doing such a fantastic job governing the Society. Anyone who is interested in more information regarding the Board of Management, please contact myself or Jenny Boyer at the Society.



Malcolm Rickerby
President
03 338 1770
malcolm.jeanie@slingshot.co.nz

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President
03 338 1770
malcolm.jeanie@slingshot.co.nz



Seated: Ann Morrison, Malcolm Rickerby, Lew Airey, Jenny Boyer
Standing: Graeme Ell, Eunice Bengler, Noel Noonan, Brian Beechey, Rachel Winders, Jerry Matthews (Not pictured: Mike Cameron, John George)

A Night at the Theatre



Wondering what to buy your friends and family for Christmas? How about a night out of razor-sharp wit and off-the-cuff theatre

with New Zealand's most popular comedy show ever! The Court Theatre presents a private showing of The Court Jesters as a fundraiser for the Society.

Don't miss this hilarious night of comedy, buy your tickets today!

When: Sunday, 31 January 2010
Time: 7:30 pm (Bar will open at 7pm)
Cost: \$20 – All proceeds go to the Multiple Sclerosis and Parkinson's Society of Canterbury
Where: The Arts Centre, Worcester Boulevard, Christchurch
Note: Wheelchair access is available

We need your support to make this night a success, so please ring Annette on 366 2857 ext. 6 to purchase your tickets to sell to your friends, family and co-workers.



Jessie, Jan, Raewyn, Annette, Jenny, Donna, Lindsey, Margaret, Janet

Staff Visits

One of the most important services offered by the Society is the free home visiting programme. It may be that you haven't seen a staff member for a while or you have something that you need to discuss. The visits can be made at a time and place to suit you: at work, at your home or at the Society.

As staff members work outside of the office at times, and your call is important to them, please leave a message on their answer phone and they will contact you as soon as possible.

If your call is urgent, please call the Manager or Office Manager for assistance.

To Contact

Please dial (03) 366 2857 and then the appropriate extension number listed below:

Jessie/Jan	1
Jenny	2
Margaret	3
Janet	4
Donna	5
Annette	6
Raewyn	7
Soc Activities	8
Lindsey	9



School Holiday Programme – For children 5 – 15 years old



This year the School Holiday Programme was held over the September/October school holidays. Members and their children were invited to attend the following:

30 September – Tenpin Bowling with lunch at Garden City Bowl
7 October – Movie 'Up' with ice cream, popcorn and drinks provided

We had two very successful days with a total of 29 parents and 47 children participating over these two events. If you would like to know more about this programme, please phone Jenny on 366 2857 ext. 2.

The Society is very grateful to the Christchurch City Council for their generosity for providing funds towards this programme.

Society Holiday Closing Dates

The Society will close for the Christmas Holidays on 18 December. We will reopen on 18 January 2010. Please note: No messages will be cleared from the answering system during this time.

Order Extra Taxi Voucher Books

As the Society will be closed over the Christmas period, you will need to get extra Taxi Voucher books, which can be obtained by phoning Annette on 366 2857 ext. 6.

Volunteer Urgently Needed

A volunteer (or two) is urgently needed to help with our Parkinson's Exercise Groups from 10am-2pm on Mondays and with one of our MS Exercise Groups from 10am-12pm on Fridays.

The role will include helping set up, assisting people to use exercise equipment and help packing up. The volunteer will need to be physically able to manage the job and able to commit to a minimum of six months.

Please phone Jessie Snowdon, Physiotherapist, for a job description and more information on 366 2857 ext. 1.

Information Day – 4th November

This year Parkinson's Awareness Week was the 1-7 of November. Due to the many requests we had for information on MS, Parkinson's and the Society during Carnation Day we decided it would be a good idea to hold an Information Day on Wednesday, 4 November.

We had four information sites around Christchurch and volunteers passed out information throughout the day. There were many requests for information on the Society and it was a great way to let people know that there is a resource available for those diagnosed with MS and Parkinson's.

Thank you to all those who volunteered their time to pass out information. We couldn't hold events like these without your amazing help.



Exciting New Course for People with Parkinson's

Here at the Society we have been looking at new ways to offer information and support to our members and their families. The first step in this is that next year we will offer a Self Management Course for people with Parkinson's and their Spouses.

The Course is still in its planning stage and some of you have been invited to help with this through a series of small focus groups. The vision for next year is a 6-8 week Course that will run once a week. It will cover a range of topics around living with Parkinson's and those completing the course will have a greater understanding of different aspects of Parkinson's and how to deal with issues in their daily lives.

Courses such as this have been running overseas for people with a variety of long-term conditions and have been a great success in terms of improving the health and quality of life of participants. We will advertise the Course to our members as well as via GP Surgeries and other public arenas and expect to fill the places quickly, so watch this space and be in early for next year!

Thank You and Farewell



It is with much sadness that we say farewell to Jocelyn Brash, who has been our very caring and loyal volunteer for the Monday morning Parkinson's Exercise Groups. Jocelyn has been with this group for the past three years and leaves us now to follow other interests.

Jocelyn, we are indebted to you for making Mondays such a pleasant and welcoming time for everyone. We thank you for the wonderful support you have given to Jan and to the exercise team and wish you many days filled with much love, laughter and happiness.



A Member's Perspective:

Exercise for People with Multiple Sclerosis and Parkinson's - Article written by Virginia Gray

For those of us with MS or Parkinson's, the benefits of staying as strong and as limber as possible are profound, whatever exercise is chosen whether it is Swimming, Tai Chi, Nordic Walking or Yoga. For those in my group, regular attendance at the gym is our chosen exercise.

A regular gym attendee with Parkinson's said that the gym is absolutely critical to his body maintenance. Another feels the gym keeps him in good shape and that his condition slips when he is not able to attend. A third Parkinson's attendee stated that he goes to the gym regularly in order to stay strong enough to enable him to turn over in bed at night. This is essential to his basic wellbeing.

A person with MS said that it is so good to have a regular routine that keeps her more agile so that she can remain self-sufficient for as long as possible. She is determined not to let MS win. Another stated that the discipline and the aerobic aspects make her energy level increase and that the exercises

strengthen her muscles. A third person said the fitness afforded by regular exercise aids his recovery from MS episodes.

One member of our group told of when she was given her diagnosis some years ago. She thought that it would be all down hill from there on, but much to her surprise she discovered that it is not so.

Exercise regimes need to be individually prescribed by a Physiotherapist. At the MS and Parkinson's Society, we are fortunate in being the only centre that has a fully equipped gym and a Physiotherapist to keep us moving, motivated and fit.

I have found that with exercise, energy levels improve as does balance and thereby walking. Gentle, regular gym exercise improves mood and therefore outlook and sense of wellbeing.

I believe that for those who are newly diagnosed, and for that matter all of us, there is a need to be proactive in finding out what we can do to stay as fit and strong as possible.



Changes to the Total Mobility (Taxi Voucher) Scheme

Environment Canterbury, who co-ordinate the Taxi Voucher Scheme, asked us to give them the amount it costs the Society to provide this service to you, our members. This figure is about \$95 per person per annum – a cost the Society has had to find over the many years that we have been associated with this scheme.

From 2010, members who have been assessed to use the vouchers will be sent, as part of their Annual Donation account, a request for an additional \$15 Administration Fee. The Society is very mindful

that this is an extra cost for those using the vouchers, but it is one the Society can no longer carry.

Some of our members may have been assessed to receive the Taxi Vouchers but are no longer using them. If this is the case you should phone Annette on 366 2857 ext. 6 by 18 December and let her know whether you want to continue to be on the Total Mobility database. You can, of course, go back on the database at any stage, but you will then need to have a re-assessment, which will incur the standard assessment fee.

MS+PD Throughout Canterbury

Ever wonder how we decide where to hold a morning tea? While it might be fun to pick the location out of a hat, these locations are well thought out in order to allow the most people to attend as possible.

As you can see from the map there are people with Multiple Sclerosis and Parkinson's throughout the city and surrounding towns. There is one pin on the map for every person in Christchurch with MS (red pins) or Parkinson's (blue pins).



We work hard to provide Social Activities where our members can easily access them. For more information on the Social Activities provided throughout the year contact the Social Activities Coordinator on 366 2857 ext. 8 or visit our website at <http://www.ms-pd.org.nz/social-activities.html>.



UPBEAT - Outward Bound

Course for people with **Early Onset Parkinson's**
– Sunday 28 March - Friday 2 April 2010

You must be independent, active and seeking adventure! Outward Bound is a safe and supportive environment, where challenge is by choice.

The UPBEAT course is supported by three Outward Bound instructors and two Parkinson's New Zealand support workers. You can choose to attend independently or with your carer - your Parkinson's Nurse can help you decide. Each participant needs to pay \$200 towards course costs. Outward Bound will gain sponsorship for the rest of

the course costs (\$1,406.25 each). You also need to pay for travel to and from Picton, where the course starts and ends.

Register your interest by:
Monday 30 November 2009
Please provide your name and full contact details to:
Nuala Dunne, Parkinson's New Zealand
Email: nuala@parkinsons.org.nz
Phone: 0800 473 4636

Medical Advisory Team

It is our pleasure to introduce to you our Medical Advisory Team of Dr Philip Parkin, Dr Deborah Mason and Professor Tim Anderson.

These three Neurologists meet twice a year with the Society President Malcolm Rickerby, Manager Jenny Boyer and members of the support staff. This unique arrangement allows a two way sharing of information and resources that leads to a streamlining of services to you, our members. We are very grateful to the Medical Advisory Team who give their time and expertise to the Society.



Prof Tim Anderson, Dr Deborah Mason, Dr Philip Parkin

Walk Off That Christmas Pudding!

Get moving in December and January and work off those huge holiday meals with a light walk around the block while practicing for this year's City 2 Surf.



Celebrating its 36th year, The Star City 2 Surf is a fun event for young and old, the serious and not-so-serious. It's all about having a good time and reaching personal goals.

Join the Society's team in 2010 on Sunday, March 21st. If you are interested in being part of this fun event, contact Lindsey on 366 2857 ext. 9 or Jessie on 366 2857 ext. 1.

Entertainment Books



We will be selling Entertainment Books again in 2010. These books are great value for money and have proved very popular over the last few years. It is not too early to place your order. To reserve your book(s) phone Annette on 366 2857 ext. 6.

Websites to Remember



There are two websites everyone in New Zealand should familiarise themselves with. They are www.donatenz.com and www.givealittle.co.nz.

The Donate NZ website allows groups, individuals and businesses to donate unused goods to charities like ourselves. For example, if you have an unused computer desk, you can list it on the website and a charity will see your listing and phone you about it. It is a great way to give a second life to your unused items and it is completely free.

The Give A Little website is a way for individuals to make online donations to charitable organisations. The Society has a page on this website, which allows us to accept online donations from anywhere around the world.

To see our profile or make a donation, go to <http://www.givealittle.co.nz/org/MSPD>.

Mobile Library Now Open

The Society now has a Mobile Library! Books are available on Multiple Sclerosis, Parkinson's and on caring for people with these diagnoses. The Mobile Library will move around the Society to make the books readily available to our members after using the gym, attending exercise classes or workshops. Books can be checked out for a four week period and renewals are allowed. Contact Raewyn on 366 2857 ext. 7 to check out a book.



Podiatrist

Please note the change in dates for the Podiatry services for the next few months. The dates are: 1 December, 9 February (second Tuesday), 2 March. The Podiatrist will not be at the Society in January. This service is available in Room 6 at the Worcester Centre, 314 Worcester Street from 9.00am – noon.

The fee for this service is \$15.00 and is significantly subsidised by the Society. If you cannot make your appointment you must ring to cancel. **If you do not cancel at least one day in advance you will be charged for the missed appointment.** There is a long waiting list, so if you are unable to attend we can allocate your appointment to someone else.

To book or cancel an appointment, please contact Annette on 366 2857 ext. 6.



Important Dates

Mark your calendar for the up-coming MS+PD events.

Morning Tea

Morning Teas are organised regularly and are held in different suburbs of Christchurch. Please ring the Social Activities Coordinator on 366 2857 ext. 8 or visit the Society website to see when and where the next Morning Tea is being held. Go to <http://www.ms-pd.org/social-activities.html>.

MS Lunch Group

The MS Lunch Group is held in the hall at the Society (Worcester Centre), 314 Worcester Street on the first Thursday of each month. Upcoming dates are: 3 December

Christmas BBQ – You're Invited

The Papanui Club generously holds the Christmas BBQ each year for members of the Society and their partners.

When: 8 December 2009

Where: At the Society - 314 Worcester St, Linwood, Christchurch

Time: Noon

RSVP: Please phone Annette on 366 2857 ext. 6 **by 4 December**, as numbers are required for catering purposes.

Dates for Gym Closure

The last week for the Gym, Exercise Groups, Yoga, Tai Chi and Nordic Walking will be the week beginning 14 December. Sessions will commence again the week starting 18 January 2010.

Sponsors



FINANCIAL SERVICES LTD

Available for mortgage, insurance or financial advice. Phone Peter Sullivan on 03 372 1917.



The Staff and Board would like to thank the many people who have supported the Society this past year. We are extremely grateful for the many and various ways you contribute to the Society.

We wish our members, their families and friends, as well as the many individuals and organisations that have supported us throughout the year a very happy and safe Christmas and New Year.

We will see you all again in 2010!

COPAXONE IS NOW FUNDED FOR RELAPSING REMITTING MULTIPLE SCLEROSIS.

COPAXONE (glatiramer acetate) is the first non beta-interferon, non-steroidal agent for the treatment of relapsing remitting multiple sclerosis funded on the pharmaceutical schedule. Copaxone has been shown to reduce the frequency of relapses and slow disease progression in patients with relapsing remitting multiple sclerosis¹.

Copaxone's side-effect profile differs from the beta-interferons^{2,3,4} and offers an alternative to the currently available reimbursed multiple sclerosis treatments.

Copaxone 20mg is administered daily by a convenient single-use subcutaneous pre-filled syringe.

Copaxone is a Prescription Medicine and is reimbursed for those patients that meet the Special Authority Criteria in the Pharmaceutical Schedule. Ask your specialist if Copaxone is right for you.

If you have any queries about Copaxone, please do not hesitate to contact us on **0800 283 684 - Option 2 (Medical Info).**

References: 1. Johnson KP et al. Mult Scler 2000;6:255-66 2. Copaxone approved data sheet. 3. Betaleron approved data sheet. 4. Avonex approved data sheet. Copaxone is a prescription medicine for the treatment of relapsing remitting multiple sclerosis. Your specialist can advise on funding criteria. Ask your specialist if Copaxone is right for you. Do not use if allergic to glatiramer acetate or any of its ingredients. **Precautions:** Subcutaneous (under the skin) injection only. Possible immune reactions, patients with asthma, patients under 18, impaired kidney function, pregnancy and breastfeeding. **Side Effects:** injection site reactions, vasodilatation, chest pain, weakness, infection, pain, nausea, joint pain, anxiety and hypertension. Contains 20mg of glatiramer acetate, 40mg of mannitol and water for subcutaneous injection. Use strictly as directed and if you experience side effects please talk to your doctor. For further information please contact sanofi-aventis, Auckland on 0800 283 684. NZgla06Q11 TAPS NA1045



Multiple Sclerosis and Parkinson's Society of Canterbury (Inc)

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Officers of the Society

Patron: Mr Cyril L.L. Smith M.B.E
President: Malcolm Rickerby
Treasurer: Graeme Ell CA, PP
Committee: Eunice Bengier
Ann Morrison CA
Jerry Matthews
Noel Noonan
Lew Airey
Bryan Beechey
Mike Cameron
Rachel Winders
John George
Life Members: Keith McArtney
Noeline McIlroy Q.S.O

A special thanks to the following organisations for their continued support.



Staff

Manager: Jenny Boyer
Office Manager: Annette MacFadyen
Resource Nurses: Margaret Chapman RN, BA
Janet Wills EN
MS & PD
Outreach Nurse: Donna McLelland EN
Administration
Assistant: Raewyn Turner
Project Coordinator: Lindsey Kerr
Physiotherapist: Jessie Snowdon
Exercise Supervisor: Jan Rait

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