

**MS+PD**



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

September 2009



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[www.ms-pd.org.nz](http://www.ms-pd.org.nz)



## Beards Off For Charity

Rumours that Ian 'The Hedge' Costello, known as the Celtic grand-daddy of New Zealand, was hiding a bottle of Jameson's Whiskey in his 30-year-old beard were dispelled when he shaved his beard to raise money for the MS and Parkinson's Society on Sunday 31 August.

Half a dozen others joined him in The Big Bog Beard-Off, including fellow band member Tom Gregg, whose beard dates back to the mid '80s. They banded together to raise over \$4,000.

The event was inspired by one of our members, Chris O'Neill, who is a regular at The Bog Irish Bar. Everyone at The Bog call her 'Ma' because of all the support she gives them. The staff and regulars wanted to do something to give back to Chris and she suggested they raise money for the Society.



Tom Gregg's transformation from Santa Clause to a mere mortal man.



Ian 'The Hedge' Costello loosing a beard, but gaining a chin.



Event inspiration and Society Member, Chris O'Neill

Chris says "A big thank-you to all The Bog staff who look after me. It really, really means a lot because MS really isolates you, if you don't make the effort to get out and do something. But to get out is a mammoth effort. I really think that the MS and Parkinson's Society of Canterbury do an absolutely marvellous job and without them over the last couple of years I would have been sunk, in reality."

This amazingly successful fundraiser was the kick-off to MS Awareness Week and the Society's big street appeal, Carnation Day. To view more photos or to see the video of Ian's beard coming off, go to [www.ms-pd.org.nz](http://www.ms-pd.org.nz).

## Exercise and Multiple Sclerosis



Those of our members who were diagnosed over 10 years ago may well have been advised at the time to avoid exercise for fear of increasing their symptoms. This theory has been disproven and a Cochrane review (a highly respected study of published evidence) in 2004 found that "there was strong evidence in favour of exercise therapy, compared to no therapy, regarding muscle function and mobility...". Since this review there have been numerous other studies on the effects of exercise.

One interesting study was carried out in Ireland and published last year. The study involved 24 people with mild MS (able to walk without any aids such as a frame or stick). The people had an average age of 40 and had been diagnosed with MS on average for 5 years. The study involved these people exercising twice a week in a gym and once a week at home for 3 months.

The main findings were:

- Improved exercise capacity (fitness)
- Improved quality of life (using a questionnaire for people with MS)
- Improved fatigue (using a measure specific for MS)

The study also found that people were much less likely to do the exercises they were given at home and after the study finished people lost the improvements in exercise capacity (fitness) once they stopped attending the gym.

This study also discussed other studies that have found:

- People with MS often have lower fitness and are more sedentary than their actual capability
- Physical deconditioning can contribute to fatigue and general poor health for people with MS
- In general physical deconditioning can increase the risk of cardiovascular disease, osteoporosis and diabetes

This study is exciting as it shows the benefits of exercise not just on strength and fitness but on quality of life and fatigue – something that affects many people with MS. What is also exciting is that the people in the study did just under an hour of exercise, including warm up and cool down, twice a week (as many didn't do the home exercise) to achieve these benefits.

Our gym is open twice a week and the hour long circuit class is the perfect way to get your exercise dose! For those of you who are not able to attend due to work or other commitments there are plenty of local gyms open long hours and I am happy to come and meet you out in the community to work out the best programme for you.

If you are interested in the gym or meeting with me please speak to your MS Nurse or phone me directly on 366 2857 ext. 1.

Jessie Snowdon (Physiotherapist)

**Note: It is not recommended to exercise during an MS 'relapse'.**

Article references available upon request.



## Exercise Classes

Listed below are the exercise classes offered by Jessie, our Physiotherapist, Jan, our Exercise Coordinator, and Donna, our MS and PD Resource Nurse. If you feel one of these classes could benefit you, please contact Jessie or your Outreach Nurse on 03 366 2857 to arrange an appointment.



Jessie



Jan



Donna

## Parkinson's Nordic Walking Group



The harsh Christchurch winter weather has not deterred the members of our Nordic Walking group, with a hardy bunch of 10-12 turning up regularly every Friday morning. We have enjoyed a few walks in other parts of Christchurch, but most of our walks are based in Hagley Park. The benefits of Nordic Walking for people with Parkinson's include improved posture and stance, improved arm swing and good overall general health benefits from regular exercise.

We welcome new members and their spouses to join us on Fridays at 10am. Nordic Walking Poles are provided. We ask for a \$5 fee to off-set our costs.

Please contact Donna McLelland on 366 2857 ext. 5 or Jessie Snowdon on 366 2857 ext. 1 for more information.

## Tai Chi

The Tai Chi group began at the MS and Parkinson's Society at the beginning of June. The group is open to members with MS, Parkinson's and their Spouses and we have a good representation from all these groups in regular attendance.

*The benefits of Tai Chi include:*

- Improves flexibility
- Increases muscle strength
- Improves fitness (cardiorespiratory)
- Improves balance
- Promotes relaxation
- Corrects posture
- Improves self confidence

We meet on Wednesdays from 11am to 12 noon at the Worcester Centre hall, with an earlier session available for newcomers to learn the basics, or for those wanting a little extra help - you are most welcome to join the group. We ask for a gold coin per session to help cover costs please.

Please contact Donna McLelland on 366 2857 ext. 5 or email [d.mcllelland@ms-pd.org.nz](mailto:d.mcllelland@ms-pd.org.nz) if you are interested in joining the group.



## MS Exercise Group for Wheelchair Users

The exercise group, run on Wednesdays from 1pm-2pm, is an excellent way to have an upper body workout for those who use a wheelchair. We have space for 4-5 additional people in this group. At the moment numbers are low and this group is at risk of closing. If you are interested please contact Jessie Snowdon, Physiotherapist, on 366 2857 ext.1.

## Volunteer Needed

A volunteer (or two) is 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.

### Monday

10am	Parkinson's Exercise Class – This is a high level class offering strengthening and stretching exercises with Jan.
11am	Parkinson's Exercise Class – This is a high level class offering strengthening and stretching exercises with Jan.
1pm	Parkinson's General Exercise Class – This is a more gentle class for people who may use a walking stick or frame with Jan.
2pm	Open Gym – The gym is open for general use with Jan.
3pm	Gym Circuit – This is a strength circuit class for people with MS or Parkinson's with Jan.
4:30pm	Strength/Balance Class – This is a yoga based class for people with MS with Jessie.

### Wednesday

11am	Tai Chi – For those with MS or Parkinson's and their spouses/partners with Donna.
1pm	MS Gym Exercises – This is an exercise class for people who use a wheelchair with Jessie.
2pm	Open Gym – The gym is open for general use with Jessie.
3pm	Gym Circuit – This is a strength circuit class for people with MS or Parkinson's with Jessie.

### Friday

10am	Nordic Walking – This is for people with Parkinson's and their Spouses and takes place in Hagley Park with Donna.
11am	MS General Exercise Class – This is a class for people with decreased mobility with Jessie.
1pm	Strength/Balance Class – This is a yoga based class for people with MS with Jessie.



# Carnation Day 2009



A huge thank you to all who helped make Carnation Day on Friday 4 September a big success. We had over 300 volunteers, including high school students, local MPs, Society members and community volunteers. Several local businesses also placed buckets on their counters during MS Awareness Week. Together they collected an amazing \$20,100!

Carnation Day is the Society's major fundraiser for the year, not only raising the funds necessary to run the essential programmes we provide, but also to raise awareness of MS, Parkinson's and the Society.

I would personally like to thank all those who helped coordinate the various shopping centres and towns throughout Canterbury. Due to the amazing efforts of the Society staff, Christchurch collections ran seamlessly throughout the day. Collections also look place in Ashburton, Rakaia, Darfield, Akaroa, Kaiapoi and Rangiora. Without the amazing help of service organisations, such as the Lions Club, and remarkable volunteers none of this would have been possible.

Thank you,  
Lindsey Kerr – Project Coordinator





Jessie, Jan, Raewyn, Annette, Jenny, Donna, Lindsey, Margaret, Janet (not pictured: Glenda)

## 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.

## Glenda Baker Social Activities Co-ordinator

Several of you will have met Glenda at one of the many coffee mornings that she has arranged and attended around the different areas of the City and Ashburton. As well as offering these mornings Glenda also organises and is part of the monthly MS Lunches, the annual School Holiday Programme and when she is not doing all of the above she co-ordinates the Total Mobility (Taxi Voucher) Scheme. If you would like more information on any of these groups you can phone Glenda on 03 366 2857 ext. 8.



## To Contact

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

<b>Jessie/Jan</b>	<b>1</b>
<b>Jenny</b>	<b>2</b>
<b>Margaret</b>	<b>3</b>
<b>Janet</b>	<b>4</b>
<b>Donna</b>	<b>5</b>
<b>Annette</b>	<b>6</b>
<b>Raewyn</b>	<b>7</b>
<b>Glenda</b>	<b>8</b>
<b>Lindsey</b>	<b>9</b>

## Communication and Relationships Study

*The following is a request from a Speech Language Therapist who is completing her Masters on Communication and Relationships.*

Do you or your spouse/ partner use special communication devices (e.g. a computer with an electronic voice)? Would you like to talk about your experiences using this form of communication and how it has influenced your relationships?

Angela Leigh is a qualified Speech and Language Therapist completing a Masters degree at the University of Canterbury. Her research is examining how adults who use different forms of communication (as a result of a stroke, illness or an accident), communicate with their spouses and partners. Participants should be willing to talk about their relationships and the impact their communication difficulties has on this area of life.

If you are interested in hearing more about this study or would like to be involved, please contact Angela at the following:

Angela Leigh, Masters Student  
Department of Communication Disorders,  
College of Science, University of Canterbury  
Private Bag 4800, Christchurch 8140  
email: ale51@student.canterbury.ac.nz  
Phone: 03 364 2987 ext 7603

## Parkinson's New Zealand National Review

Parkinson's New Zealand (PNZ) would like to say a big thank you to all who attended the Regional meetings that were held in August and particularly to the hosting divisions: Auckland, Rotorua, Palmerston North, Christchurch and Dunedin, for your hospitality. The next part of the National Review will be the Survey/Questionnaire. This is another way for people to have their say about future service provision. It will be available to be completed on-line by going to [www.parkinsons.org.nz](http://www.parkinsons.org.nz) and following the link. The Review Survey/Questionnaire will also be in the post. All Questionnaires need to be returned to PNZ by 7 October please.

If you have any questions, please contact the National Office on 04 472 2796.

## Women's Wine Group

This group was set up in late 2008 and was offered to women diagnosed with MS in the previous 5 years. It allowed women who had little contact with the Society the chance to meet socially for a coffee or glass of wine at the end of the working day.

Attendance at these functions fluctuated with two groups having to be cancelled. As a result an evaluation form was sent to this group of 60. We had 13 replies with most identifying that the group was something they would value. The problem appears to be finding a day and time that will suit enough people to make this group viable with only six people being able to attend at the offered time.

With these results and with much regret we have decided not to continue to host this group. We, as always, will continue to try and meet the needs of the majority of our members. If you would like to discuss this further, or have ideas for similar groups, please contact our Manager Jenny on 366 2857 ext. 2.

## Book Review - by Donna McLelland "Rain, Hail or Shine"

"Rain, Hail or Shine" by Tricia Irving discusses the sorts of changes, losses and grief that carers can experience. Often not seen by others, the caring role can place significant stress on physical health, mental and emotional wellbeing, social life, financial situation and so much more. The book contains comments from carers across New Zealand. They talk of their own journey, and what has brought them – and is still bringing them – through.

We have recently received 4 copies of this book in our office, and they are available on loan for members to read. To borrow a copy of "Rain, Hail or Shine" please contact Raewyn on 366 2857 ext. 7.

## MS Voice Magazine

This magazine is a quarterly publication, which is produced and posted by our MSSNZ National Office to people with MS and their families/carers. If you would like to view a copy or be put on the mailing list to receive one, please contact Annette on 366 2857 ext. 6.



## Save the Date

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

### 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:

1 October, 5 November, 3 December

### Parkinson's Spouses Group

This group met for coffee on 26 July at Café Atua and again on 9 September for a session on Taking Care of Yourself. Our Physiotherapist, Jessie Snowdon was scheduled to give a presentation on various ways for spouses to take care, including relaxation and stretching.

The next and final session for the year will be:

**Date:** Thursday, 29 October 2009

**Time:** 10:30am

**Venue:** Elevate Café, 2 Colombo Street – at the foot of the Cashmere Hills

**Note:** There will be an opportunity to purchase coffee/cake and to have a chat with others.

**RSVP:** Please phone Annette on 366 2857 ext. 6 by 23 October to RSVP your attendance.

Donna will be arranging more opportunities for meetings for 2010. More details to follow in the next newsletter.

### Brand New Plasma TV for Sale!

A Panasonic Viera 42" Plasma TV (TH-P42X10Z) has been generously donated to the Society. As a fundraiser we are selling the TV and wanted to first offer it to our members.

This amazing TV's regular retail price is about \$1799, but we will consider offers over \$1500. Please contact Annette on 366 2857 ext. 6 to register your interest.

## Podiatrist

The Podiatrist is at the Worcester Centre, 314 Worcester Street, on the first Tuesday of the month. This service is available in Room 6 from 9.00am – noon. The fee for this service is \$15.00 and is significantly subsidised by the Society.

We are very lucky to have Podiatrist Louise Nixon available to come to the Centre for our members. She has asked us to mention to you that she is concerned that some people are regularly not turning up for their appointments and if this continues, she may have to charge you for the missed appointment, even though you have not attended.

She is very hesitant to do this, but as you can appreciate, she has significant expenses to cover. We also have a large 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.

### Parkinson's Awareness Week – Volunteers Needed 4 November

This year Parkinson's Awareness Week will be the **2-6 of November**. During Carnation Day we had many requests for information on MS, Parkinson's and the Society, so we decided it would be a good idea to hold an Information Day on **Wednesday 4 November**.

We plan to have eight information sights around Christchurch and need volunteers to pass out information throughout the day.

Many of you have voiced in the past that the Society should provide more information to the public, so we hope that you will take this wonderful opportunity and volunteer your time to help make it happen.

If you would like to volunteer please contact Lindsey on 366 2857 ext. 9 or [lindsey@ms-pd.org.nz](mailto:lindsey@ms-pd.org.nz).

### Christmas BBQ

The Christmas BBQ this year will be held on Tuesday 8 December. More details to follow in the next newsletter.

## Sponsors

The MS+PD Society would like to thank the following generous sponsors of our Newsletter:



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## Officers of the Society

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Physiotherapist: Jessie Snowdon  
Exercise Supervisor: Jan Rait  
Social Activities  
Coordinator: Glenda Baker

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

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

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**MS+PD**

