

MS+PD



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

May 2011

 **THE
COURT
JESTERS**



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www.ms-pd.org.nz



A MESSAGE TO OUR MEMBERS

The Board and Staff extend their deepest sympathies to all in Christchurch for the losses and hardships they are experiencing after the February earthquake. It has been an extremely difficult time for so many people, our thoughts and prayers are with you all.

Thankfully, the building our Society works from was only minimally damaged and we are able to continue to offer our members support programmes throughout Canterbury. While several staff members have lost their homes, all have returned to work and the level of services we provide to our members has not changed.

As we all try and return to some order in our lives, I want to remind you that our staff are available for support, so please do pick up the phone and contact the Society if you feel you are not coping. Staff are highly skilled in these areas. The Society may be in a position to either assist you financially or to refer you to other welfare organisations, so please do talk with staff to see what we can do for you.

We have tried to make phone contact with most of our Christchurch members, but due to people having to relocate, this has not always been possible. If your address or phone number have changed, please advise Society staff as soon as possible by phoning Annette on 366 2857 ext. 6.

While we had to cancel programmes during the month of March, all programmes/groups are back up and running as per usual. If you need a copy of the Gym Timetable, one is available on our website at: <http://www.ms-pd.org.nz/Services/Gym-Programme/> or you can contact Rachel on 366 2857 ext. 1 for a copy. Social activities such as Morning Teas and MS Lunches are back up and running as normal. Please have a look through the Newsletter for upcoming workshops available to our members.

The Society conducted its 2011 Annual General Meeting on 28 March (two weeks delayed due to the earthquake). We have three new Board Members join us. The new Board Members are: Alan Lill, Mike Johnson and Murray Stewart. Welcome and I hope you enjoy being part of our team. I would also like to extend my sincere thanks to those who have served on the board for many years, but have decided to step down. We will miss your valued input.

Please do not hesitate to contact the Society if you have any needs or concerns.



Yours Kindly,

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



“I’ve missed over 9,000 shots in my career. I’ve lost almost 300 games. 26 times I’ve trusted to take the game-winning shot...and missed. I’ve failed over and over and over again in my life. And that is why I succeed.”

– **Michael Jordan**



Notice Board

Annual Donation

Please send your Annual Donation to the Society as soon as possible. See page 4 for more information..

Carnation Day

Remember to put this date in your calendar: FRIDAY 2 SEPTEMBER. Contact Lindsey on 366 2857 ext. 9 to volunteer. More information on page 8.

Parkinson's Spouses Group

Wednesday 3 August

Coffee at Cafe Euro, 45 Merrin Street, Avonhead at 10.30am. Please RSVP to Annette on 366 2857 ext. 6.

Parkinson's Education Session

Cognitive Changes/Psychosis with Dr Mathew Croucher, Consultant Psychiatrist on Wednesday 14 September at 10.30am. Mark this in your diary with more details to follow in the September Newsletter.

Entertainment Book - There is still time to order these. Please contact Annette on 366 2857 ext. 6 to order your book.

MS Lunch Dates

This group meets in the Hall at the Society, 314 Worcester Street, on the first Thursday of each month. Upcoming dates are: 2 June, 7 July, 2 August .

To ensure our records remain up-to-date please advise Annette on 366 2857 ext. 6 if you have changed your address, phone number or email address.



Shirley, Raewyn, Lindsey, Jenny, Annette, Sandy, Janet, Rachel, Jessie (not pictured: Jan)

STAFF VISITS

One of the most important services offered by the Society is the free home visiting programme. It may be that you have not 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/Rachel | 1 |
| Jan | 1 |
| Jenny | 2 |
| Sandy | 3 |
| Annette | 6 |
| Raewyn | 7 |
| Shirley | 8 |
| Lindsey | 9 |

ANNUAL DONATIONS

A huge thank you to those of you who have already paid your Annual Donation. If you have not paid, your Annual Donations are now overdue. We understand that with the earthquake there are delays and if you are in need of a new form, they are available.

Please be aware that you are also able to make your payment via online banking. For forms or online banking details, please contact Annette on 366 2857 ext. 6.

ENTERTAINMENT BOOK

The 2011/2012 edition of the Christchurch Entertainment Book will be titled the 'Recovery Edition'. Ordering of this book has been extended. Please contact Annette on 366 2857 ext. 6 if you would like to order book(s).

Entertainment Publications have been working with businesses that have not been affected as well as many that are planning to re-open in the foreseeable future. To view a sample of the book go to www.entertainmentbook.co.nz/flickbook/christchurch.

This is a great fundraiser for the Society please support us!



MORNING TEA

Morning Teas are organised regularly and are held in various suburbs and outer areas of Christchurch. Shirley Noonan is the Society's Social Activities Coordinator. She arranges and attends these groups.

If you would like more information please phone Shirley on 366 2857 ext. 8. Shirley can phone and remind you of upcoming venues if you are interested. Members are also welcome to bring a friend or family member to the Morning Teas.

PODIATRY SERVICES

The Podiatrist is at the Centre on the first Tuesday of the month. This service is available to all financial members for a fee of \$15, which is significantly subsidized by the Society.

For non-financial members the fee will be \$30.

If you are unable to keep your appointment, please ring and cancel, otherwise you will be charged for the appointment. To cancel or book an appointment, contact Annette on 366 2857 ext. 6.

50TH ANNIVERSARY CELEBRATION



The Society originally planned to celebrate our 50th Anniversary in February 2012, but due to the February earthquake we no longer feel this is appropriate. This celebration will still be held in 2012, but a time later in the year will be found.

In 1962, the Society first began providing services for people with Multiple Sclerosis in Canterbury. In the mid-1980s the Society extended the services to include people with Parkinson's. Despite the hardships these last eight months have brought us, we still feel this is something to celebrate.

We have formed a committee who will help with the planning and organisation of the 50th Anniversary Celebration. If you would like to join this committee please contact Lindsey on lindsey@ms-pd.org.nz or 366 2857 ext. 9.

50TH ANNIVERSARY COOKBOOK

As part of our 50th Anniversary Celebration, we are planning a cookbook. We need your help with this fundraiser and request that you send us your favourite recipes to include in the cookbook.

This book will be a fabulous asset in everyone's home, but we need your recipes to make it great! **There is a huge amount of work in completing this project, so please find your recipes and send them to us by 25 May!** Be sure to include your name and phone number on the recipe in case we have any questions. If you do not want your name used in the cookbook, be sure to let us know at the time of submission.

HOW TO GET YOUR RECIPES TO US:



Mail recipes to:

Shirley Noonan
MS & PD Society
PO Box 32-135
Linwood, Christchurch 8147



Phone/fax recipes in to:

Shirley Noonan
Phone: 03 366 2857 ext.8
Fax: 03 379 5939



Drop recipes off at:

Aspire Canterbury – Room 3A
314 Worcester Street
Linwood, Christchurch



Email recipes to:

lindsey@ms-pd.org.nz

Thank you for your help making this recipe book at great success!

POWER PLATE

Following a very generous donation, we now have an exciting new piece of equipment in the gym. The Power Plate® arrived shortly after Christmas, and following my training at the beginning of February is now all ready to go.

A Power Plate®, what is that I hear you all say...

The Power Plate® uses the principles of Whole-Body Vibrations and Acceleration Training™ to strengthen your muscles, with a reduced risk of injury and reduced time to achieve your goals.

Power Plate® training can provide the following advantages:

- Improved function
- Enhanced fitness and wellness
- Shorter duration training for similar results
- Increased muscle strength and power
- Improved flexibility and joint movement
- Increased circulation
- Improved balance and coordination
- A reduction in pain
- Increased bone mineral density

Whole-Body Vibration training may seem like a brand new innovation, but the first implementation of vibration to improve human function dates back to ancient Greece, when saws covered in cotton were used to transfer vibrations to injured parts of the body.

Acceleration Training™ was first used and researched in the former Soviet Union during the 1960's space race, to enable cosmonauts to withstand the negative effects of microgravity whilst in space.

It was in the late 1980's that a Dutch Olympic coach, Guus van der Meer introduced the technology to the western world, with the development of the Power Plate®. It has been widely used in the fitness and sports settings for many years and in the last 10 years has had increased use in the rehabilitation and health setting.

There is plenty of scientific research and evidence to support its use, including a recent study which showed an improvement in walking and balance in patients with MS who used the machine (Mason, 2009).

The Power Plate® machine produces mechanical vibrations in three dimensions, creating an acceleration force, which can be compared to gravity on earth. Our bodies are accustomed to, and respond to the gravity on Earth, if you increase this force then your body has to get stronger to cope with the increased force.

This acceleration/vibration stimulates your reflexes to induce the responses needed to keep you safe and upright and allow your muscles to produce more force on an unconscious level. To generate more force your muscles increase in size, change their fibre make up and also become more co-ordinated, and as a result stronger.

It is well known that individuals diagnosed with Parkinson's or Multiple Sclerosis benefit tremendously from regular physical activity, but often struggle to exercise due to a loss of muscle strength, coordination and balance, joint pain and fatigue. Because the Power Plate® is so easy and quick to use, the benefits of physical activity are now achievable for those who struggle with more conventional exercise.

If you would like to try the Power Plate® and see what benefits you can achieve, please contact Rachel on 336 2857 ext. 1, to arrange an appointment.

References

Core Fundamentals Study Manual, produced by Power Plate® 2008.

Mason, R. Whole Body Vibration training for Multiple Sclerosis patients. Massey University Masters Thesis, 2009.



MS + PD WEBSITE

There is a great deal of information available on our website and hopefully our members have gone to www.ms-pd.org.nz to check it out.

Here is what you will find:

- **Urgent Updates** – In times of crisis, like the earthquake, we will post information about the services available at the Society and if/when the building is safe to go into. This information will be placed on our homepage.
- **Event/Workshop Updates** – There are times when we get little notice of upcoming community events and Workshops. The best way of getting this information out to our members is our website. The best place to look for this information is the homepage or the NEWS/EVENTS tab on the top toolbar.
- **Social Activities** – Upcoming Morning Teas, Spouses Groups, Lunches and Workshops are regularly updated. This calendar of activities can be found at www.ms-pd.org.nz/NewsEvents/Social-Activities/
- **Gym Timetable** – There are sometimes changes to gym classes we offer and there might be a class you did not think you could attend, but then the time changed without your knowledge. The current Gym Timetable can be found at www.ms-pd.org.nz/Services/Gym-Programme/

WORLD MS DAY

World MS Day will take place on 25 May. The theme this year is 'Work & MS' with a focus on the role that employers can play in enabling people with MS to stay in work. Over 2,000,000 people in the world have MS and the aim of World MS Day is to raise awareness and mobilise the global movement.

World MS Day was launched in 2009 with over 200 events in 67 countries. More details are available on www.worldmsday.org.

GYM PROGRAMMES WE OFFER

We would like to take this opportunity to remind you of a few of the Gym Programmes we offer for our members:

- **Yoga** – This class is held on Tuesdays at 1.00pm for one hour in the Hall at the Centre. Lisa is the Yoga instructor.
- **Tai Chi** – Held on a Wednesday from 12.45pm – 1.45pm in the Hall at the Centre. This class has a new instructor, Jan. Tai Chi gives a great whole body workout that has been proven to reduce the incidence of falls in older people by 47.5% over 16 weeks*. **Over the last few months the numbers attending this class have dropped off. If you are interested in attending, please contact Jessie or Rachel as soon as possible, or this class may have to be cancelled.**
- **Nordic Walking** – Held on Fridays at 10.00am in Hagley Park. This class is for people with Parkinson's and their spouses. Sharon leads this group.

If you would like more information on any of these groups please contact Jessie or Rachel on 366 2857 ext. 1.

*http://www.acc.co.nz/news/PRD_CTRB074865

SPOUSES EDUCATION SESSION

FIT TO CARE

This workshop is open to all spouses/partners of members with MS or Parkinson's.

Often those providing care for others do so at the expense of their own health. This hour long session looks at how you can look after your own physical health and what a balanced physical activity programme comprises.

WHEN: Tuesday 14 June

TIME: 10.00am – Morning Tea
10.30am – Presentation by Jessie Snowdon, Physiotherapist

WHERE: Aspire Canterbury, 314 Worcester St, Linwood

Please phone Annette on 366 2857 ext. 6 by 10 June if you are able to join us.

CARNATION DAY STREET APPEAL



Thankfully the Society has come through the February earthquake able to provide our members support programmes at

the same high level as before the earthquake. Fundraising post-earthquake is going to be difficult, so more than ever we need your help to make these fundraising events a success.

The Carnation Day Street Appeal will go ahead this year as planned. We anticipate that fewer venues will be available for collection, as many shopping areas, supermarkets and the city centre will still be closed in September. This will mean that we will just have to concentrate our efforts on other parts of Canterbury for our appeal.

Having our members and their families as volunteers this year will be even more important than ever before. **Please put the 2nd of September in your diary to help as a collector for our street appeal.**

Here are the collection details:

WHEN: Friday 2 September 2011

TIME: Anytime between 9.00am and 7.00pm

WHERE: From Kaikoura to Ashburton

For those of you who have not collected before, it is a fun and easy job. Just fill in the VOLUNTEER FORM (which will be sent out in July/August) and let us know which area of town you prefer and what time suits you. We will then roster all the volunteers and phone you with the time and place for you to collect. We provide you with the signs, collection bucket, official collector sticker and stickers to hand out to all who make a donation. It is a fun and rewarding experience!

We are also looking for Team Leaders. Team Leaders will be responsible for a location, which means finding friends and family to collect throughout the day and banking the money at the end of the day. All you need are 6-10 friends who can spare a few hours to help collect for a great cause.

If you would like to be a Team Leader or have any questions regarding Carnation Day, please contact Lindsey on lindsey@ms-pd.org.nz or 366 2857 ext. 9.

COURT THEATRE FUNDRAISER



The fundraising night at the Court Theatre took place only days before the February earthquake. With over 250 people in attendance and almost \$4,000 raised, this event was a huge success. This money was able to be used by the Society to continue to provide support for our members during this difficult time.

The Society would like to say thank you to all who purchased tickets and especially to all who sold tickets on behalf of the Society. The Society would like to thank the following sponsors of our raffle and silent auction:

**AKAROA GOLF CLUB
AVONDALE GOLF CLUB
BIENESTAR BEAUTY THERAPY
BOHEMIAN CAFE AND BAR
CAFE ATUA
DENTON PARK MOTEL
ELLESMERE GOLF CLUB
GARDEN CITY BOWL
HANMER SPRINGS GOLF CLUB
HAREWOOD GOLF CLUB
HINTONS RESTAURANT
M1NT HEALTH & FITNESS
ODERINGS NURSERIES
PEGASUS GOLF CLUB
RANGIORA GOLF CLUB
READING CINEMAS
RODNEY WAYNE (THE PALMS)
SCIENCE ALIVE
SWANNDRY NEW ZEALAND
THE COFFEE HOUSE
THE COURT THEATRE
WAITIKIRI GOLF CLUB**



DINE @ MATES RATES FOR MS

The National MS Society is holding a nationwide fundraising competition. This event will not only raise money for the National MS Society, but also for the Regional Societies, like ourselves. It is easy to participate, just invite a friends around for dinner!

DINE @ MATES RATES IS SIMPLE:

1. Complete the registration form (included in the Newsletter), send it to MSNZ and you will be sent a pack with all the information you need to get started. Additional registration forms are available at www.ms-pd.org.nz or from the Society.
2. Decide on the meal you would like to cook and the friends you would like to invite. A team is comprised of one couple who invite as many people as they wish to a dinner party at their home. As the hosts, you will buy the relevant ingredients and cook a meal of your choice. Guests bring their own alcohol.
3. At the end of the evening the guests decide the value of each course and pay that amount to the hosts. The total amount paid is then sent to National MS Society (with a portion going to the Canterbury Society).
4. The team who raises the most money – WINS!
First Prize (Top Fundraiser) - \$10,000 Shopping Spree from Kitchen Things; Second Prize - \$3,500 Shopping Spree from Kitchen Things; Third Prize - \$1,500 Shopping Spree from Kitchen Things.

Good luck and happy cooking!



GREEN PRESCRIPTION

By *Sandy Connolly, MS Nurse*

Keeping as active as possible has physical and psychological benefits for people with MS. Maintaining activity improves fatigue and promotes wellbeing. Being active does not always mean exercising in a gym. Keeping your body moving on a regular basis and doing what you love to do is what it is all about.

The Green Prescription is an initiative by the Ministry of Health and Sport and Recreation NZ (SPARC) to help people who have a health condition to become more active.

TO BE ELIGIBLE YOU:

- Must be over 18 years old
- Have a medical condition stable enough for participation in low to moderate intensity physical activity
- Are currently inactive (less than 2.5 hours of physical activity per week) but ready to be more active
- Must be able to give consent to being referred

WHAT HAPPENS ONCE YOU ARE REFERRED?

- Your GP or Practice Nurse will be contacted by Green Prescription Support to sign off the referral and provide any other relevant information.
- You will be contacted by a Green Prescription support person in your area.
- You choose your activity and they will help you develop an activity plan that fits your lifestyle – either on your own or in a group.
- They will keep in contact with you over a 3-4 month period.
- They help you set realistic goals to get you on your way to a more active lifestyle.
- They will help you overcome your barriers to physical activity.
- They will send you a newsletter every 3 months.
- They report your progress to myself and/or your GP.

This is a FREE service and as a Registered Nurse I can prescribe this for our members. Just contact Sandy Connolly on 366 2857 ext. 3 or email s.connolly@ms-pd.org.nz to arrange the referral.

STUDY ON MEN WITH MS WHO EXERCISE

The Centre for Physiotherapy Research at the University of Otago is conducting a study which explores the experiences of exercise participation in men with MS. There are still spots available in this study. If you are interested, please contact Dr Moss as soon as possible.

WE WOULD LIKE TO TALK TO MEN WHO:

- Exercise at least once per week in the community (e.g. walk, cycle, swim, box, use Nintendo Wii®, do a weights programme or group exercise classes)
- Have experienced changes in energy levels since diagnosis of MS
- Are able to walk a short distance independently (either with or without an assistive walking device)

This study has received ethical approval from the University of Otago Human Ethics Committee (Ref: 10/117).

For further information please contact Dr Marina Moss (Centre for Physiotherapy Research) on **marina.moss@otago.ac.nz** or 03 479 4979.

PLEASE FIND BELOW A LIST OF USEFUL PHONE NUMBERS IN REGARDS TO THE EARTHQUAKES.

EARTHQUAKE GOVERNMENT HELPLINE

(For information and emergency financial support) **0800 779 997**

EARTHQUAKE COMMISSION

(EQC) **0800 326 243**

CHRISTCHURCH CITY COUNCIL

941 8999 or 0800 800 169

FREE QUAKE COUNSELLING AND SUPPORT SERVICES

0800 777 846

EMERGENCY ACCOMMODATION

0800 435 700

HELP WITH A TEMPORARY PLACE TO STAY

(Help finding rental or government supported temporary accommodation while house being repaired or rebuilt)

0800 673 227

A LASTING LEGACY

A bequest is a gift made through a Will, and it is your opportunity to make a lasting difference. It offers flexibility – you retain use of your assets and can make changes at any time to reflect your philanthropic and financial goals.

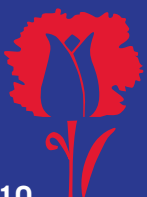
As little as 1% of your estate will make a lasting difference to the Multiple Sclerosis and Parkinson's Society, and will support our many services and allow essential programmes to continue. If you would like to leave a lasting legacy and remember those with Multiple Sclerosis and Parkinson's, please include a bequest in your Will to the Society. We recommend that you seek legal advice from your Solicitor when adding a bequest to your Will.

If you choose to leave a gift in your Will to the Society, our bequest wording may be useful for you.

SAMPLE BEQUEST

I give \$_____ or _____% of my estate to The Multiple Sclerosis and Parkinson's Society of Canterbury (Inc), to be applied for its general purposes. A receipt taken by my trustees as being given on behalf of that beneficiary will be a complete discharge to my trustees for this legacy

By remembering the Society in your Will, you can secure the future programmes for people with Multiple Sclerosis and Parkinson's in your community.



BOOKLETS ON MS

MSNZ have produced a series of booklets about MS, its symptoms and day-to-day management. These publications use the most up-to-date research available, and all medical information is reviewed by experienced professionals, including their Medical Director. These booklets are comfortable to read and easy to understand, providing important information, ways to manage your everyday life, along with hope for the future. The booklets can be downloaded from the internet at <http://www.msnz.org.nz/Page.aspx?pid=294> or if you would like a copy of the booklets, contact Annette on 366 2857 ext. 6.

BEGINNER'S GUIDE TO MULTIPLE SCLEROSIS

This booklet will answer many of your commonly-asked questions and, while some matters are only briefly touched on here, other information booklets in this series deal with particular issues in more depth.

MS AND FATIGUE

This booklet describes strategies for reducing and overcoming fatigue that can make a significant difference in facing the day-to-day challenges of MS. It also explains the impact fatigue can have and helps people with MS (and others) to understand the condition better.

MS AND YOUR EMOTIONS

This publication is for the person with MS and for your family and friends, to provide you a better understanding of the emotional aspects of living with MS and to help you find ways of dealing with the changes the condition can bring.

MS AND YOUR BLADDER & BOWEL

The first section of this booklet explains bladder dysfunction caused by MS and describes the range of solutions available. The second part sets out to clarify the common bowel problems associated with MS, the range of solutions available and how these problems can be better managed in day to day life.

MS AND VISUAL PROBLEMS

This booklet discusses some of the basic facts about common eye problems that occur in MS, the help that is available to you and what you can do to help yourself.

MS AND SPASTICITY

This booklet has been written to help lessen the impact of spasticity on your life. It contains information on the best ways to manage spasticity, including some strengthening exercises especially designed for people with MS.

MS AND SEXUALITY & INTIMACY

This booklet presents a discussion of intimacy and sexuality, and explores the ways MS can affect one's sexual life. The information within provides a basic overview of the issues involved, and it is recommended that additional input be sought from health professionals where necessary.

MS AND SPEECH & SWALLOWING

This booklet offers an overview of the problems with speech and swallowing in MS and helps those with these difficulties to understand more. You should read this booklet in conjunction with assistance and advice from medical professionals.

MS AND CHANGES TO THINKING & MEMORY

This booklet provides a better understanding of the common problems with thinking and memory that can occur with MS. It explains some of the reasons for cognitive dysfunction, and suggests activities and resources that can help deal with the effects of these changes.

MS AND PAIN

This booklet outlines some of the common types of pain in Multiple Sclerosis and describes the range of treatments available.



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

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

314 Worcester Street
(PO Box 32-135)
Linwood, Christchurch

Phone: (03) 366 2857
Fax: (03) 379 5939
Email: support@ms-pd.org.nz

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OFFICERS OF THE SOCIETY

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 Resource Nurse: Sandy Connolly RGON,ADN
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 Rachel Bladon
 Exercise Supervisor: Jan Rait
 Social Activities
 Coordinator: Shirley Noonan

The views and opinions expressed in this newsletter may not necessarily be the views of the Multiple Sclerosis and Parkinson's Society of Canterbury (Inc) or its members.

