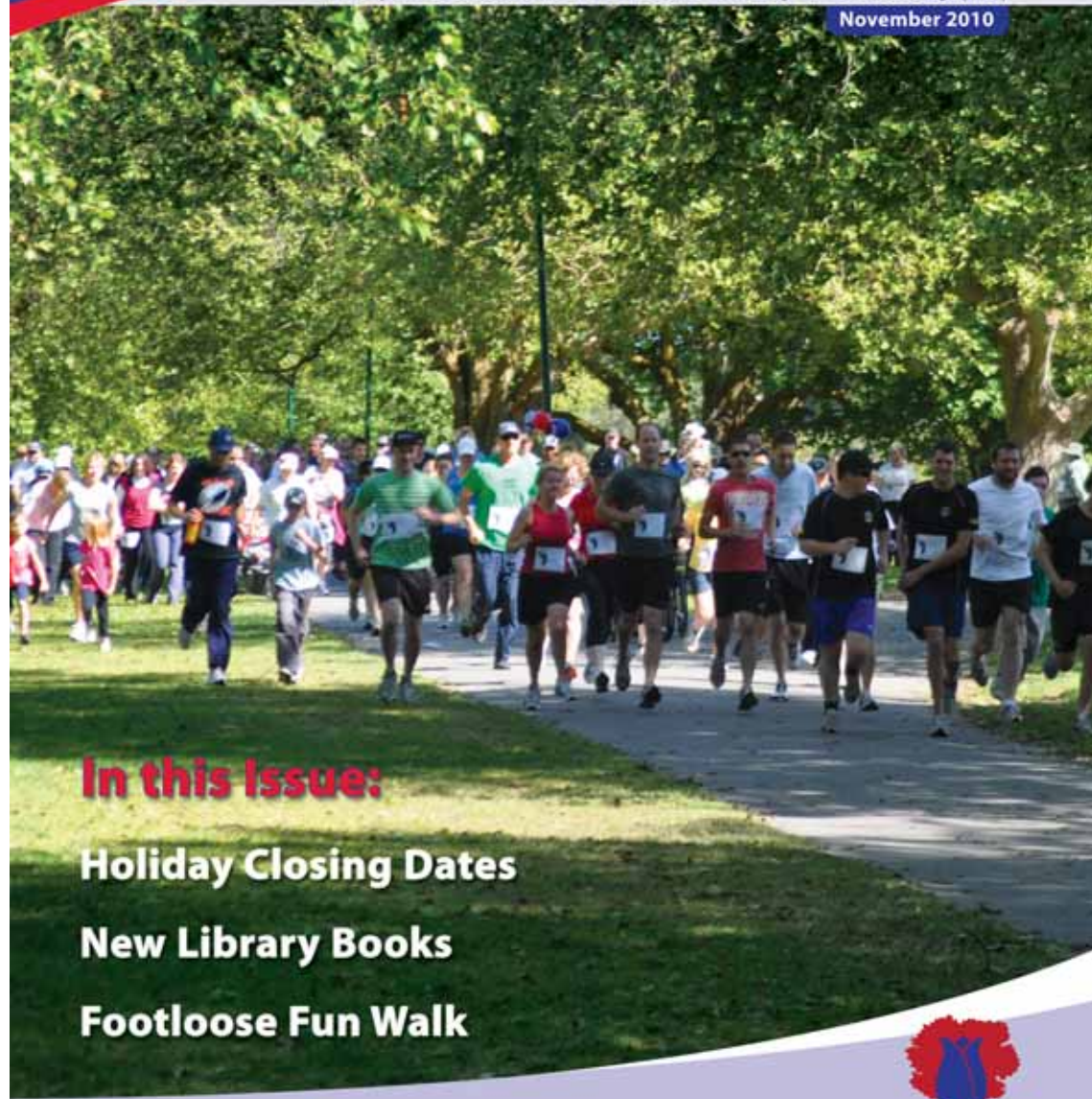


MS+PD



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

November 2010



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www.ms-pd.org.nz



Rewarding Experience

This has been a year that no Cantabrian will forget. All throughout the year the staff and volunteers at the Society prepared for Friday 3 September and the Carnation Day Street Appeal, little did we know that it was Saturday 4 September, and the 1,000+ earthquakes that followed, that would stick in our minds for years to come.

The week following the earthquake the city shut down and that included the Society. We remained closed to visitors for several weeks following the earthquake in order to be confident the building was safe and posed no danger to our members and that the minor repairs to the gym were completed. We hope this closure was not too inconvenient, but the safety of our members is our first concern.

Now back to the day before the big day...Carnation Day. I would like to thank the 400 volunteers who made Carnation Day possible. This is our biggest fundraiser of the year and without people taking time out of their day to contribute, this would not be possible. I hope to see many more members out there in 2011 helping to collect, because the more collectors we have on the streets, the more money we collect!

Other essential volunteers here at the Society are our Board Members. We are in need of new members to join our Board and to be actively involved in projects throughout the year. Please ring or email me if you would like more information about joining our Board.

Finally, as my last few words of 2010, I would like to thank the staff of the Society. I believe the services they provide throughout the year are the best in the country, year after year. Please join me in thanking them for their dedication to the Society and their belief in the services and support we provide.

Until 2011...



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



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.

Notice Board

Christmas BBQ

Tuesday 14 December

Contact Annette on

366 2857 ext. 6 to RSVP

More information is available on page 11.

Court Theatre

Purchase your tickets today for a fun-filled night at the Court Theatre on Sunday 20 February. See page 4 for more details.

Parkinson's Spouses Group

The final group of the year will be held on Wednesday 17 November. See page 10 for more details.

Society Holiday Closing Dates

Closed from 22 December

Reopen 17 January

Gym Holiday Closing Dates

Last Day 15 December

Sessions Commence 31 January

Change of Contact Details

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

Survey Included

We need your help to plan services for the future. Please fill out the enclosed survey and return ASAP.



Society Representatives Needed for 2011

The Society is looking for members who are willing to represent the Society in a variety of capacities in 2011. We would like to enlist one or two people with MS and one or two people with Parkinson's to become our 'Ambassadors' for 2011.

We anticipate that this will take approximately two hours each month. The duties may include: speaking at presentation to organisations (such as Lions and Rotary clubs), having your story printed in donor appeals, and appearing with a staff member at media interviews. These duties mean that the Representative must be comfortable speaking in public.

If you are interested in becoming a Society Representative for 2011, please contact Lindsey on 366 2857 ext. 9 to further discuss the role.

MS and Keeping Cool

Does the heat exacerbate your MS symptoms, especially fatigue and weakness? Summer holidays are approaching so keeping cool during this time enables you to continue your usual activities. If you are contemplating a holiday in a tropical climate, taking up that New Year's resolution to exercise more, or just needing to keep cool during the hot summer days at home, investing in a cooling collar or vest may be the solution. These are made locally at AdrieNZ Cool Products and can be ordered online at www.adrienz.co.nz, phone 03 310 7797 or email adrienz@xtra.co.nz.

Cooling collars are also available by contacting Koolnek Products Limited on 03 327 9909 for product details.

For more information on coping with the heat, the Society has a very good article on Heat & MS. This can be found on our website <http://www.ms-pd.org.nz/documents/HeatandMS.pdf> or phone Annette on 366 2857 ext.6 and she will post or email you a copy.



A Night at the Theatre

Last year's night at the Court Theatre was such a huge success we thought would do it again...only this time BIGGER. We have booked the large theatre for a night of impromptu comedy. The Court Jesters are amazingly witty and adept at audience participation.

Invite your friends, family, neighbours and co-workers or purchase as Christmas gifts and support this hugely entertaining fundraiser!

When: Sunday 20 February 2011
Time: 7:30pm (Bar will open at 7pm)
Cost: \$20 - With the proceeds going to the Society
Where: The Arts Centre, Worcester Blvd, Christchurch
Note: Wheelchair access is available, but we will need to know at time of booking

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. Last year the tickets sold out, so be sure to book yours early!

Help Plan the 50th Anniversary Celebration

In 1962, the Society first began providing services to people with Multiple Sclerosis in Canterbury. In the mid-1980s the Society extended the services to include people with Parkinson's. This means that in just over a year, the Society will have been providing services for 50 years...and we think this is something to celebrate!

Staff members are beginning to put ideas together for a huge celebration in early 2012. We would like to have volunteers on our planning/organising committee, so if this sounds like something you would be interested in helping with, please email Lindsey on lindsey@ms-pd.org.nz or ring her on 366 2857 ext. 9.

ICE - In Case of Emergency

In the event of an emergency paramedics, police and fire-fighters are trained to check your cell phone address book when you cannot speak for yourself. To create an ICE listing enter your contact persons phone number in your mobile phone address book or contact list and name the entry ICE. They would call the ICE number, usually your next of kin, to identify you and obtain relevant medical information.

Disaster Preparedness for People with Disabilities

The Disabilities Resource Trust of Whakatane has produced this wonderful resource to assist people in compiling their own personal assessment/disaster preparation list. We have a few copies in our library which are available on loan by phoning Raewyn on 366 2857 ext. 7. You can contact the DRT on 0800 227 363 or www.drct.co.nz to see if they have spare copies.

If you need are not coping following the earthquakes, free counseling services are available. Phone 0800 777 846 for free quake support and counseling services.

TravelJohn™ Disposable Urinal

Urinary symptoms such as urgency and frequency can be troublesome for some people. Do you put off going on long car journeys or going to places where you do not know how accessible the toilets are? Are you going camping or boating this summer?

A disposable, lightweight, discrete urinal that is suitable for both men and women is now available at the Nurse Maude Shop, 15 Mansfield Avenue, Merivale. The TravelJohn™ has a 'bag within a bag' design that solidifies liquids into an odourless spill proof gel that will not leak and can be easily disposed of in any convenient waste receptacle. They are handy to keep in your bag for those 'just in case moments'. Price is \$6.40 for box of 3.

For more information email Sandy on s.connolly@ms-pd.org.nz or phone 366 2857 ext. 3.

New Library Books

The following new books are available to borrow from the Society's Library. If you would like to borrow a book, please contact Raewyn on 366 2857 ext. 7.

Books on Parkinson's Disease:

- Always Looking Up: The Adventures of an Incurable Optimist by Michael J Fox
- Life in the Balance: A Physician's Memoir of Life, Love and Loss with Parkinson's Disease and Dementia by Thomas Graboys with Peter Zheutlin
- On the Move - Produced by the European Parkinson's Disease Association
- Living Well With Parkinson's Disease by Gretchen Garie and Michael J. Church
- Parkinson's Disease - Medifocus Guide
- The Parkinson's Disease Treatment Book : Partnering With Your Doctor to Get the Most from Your Medications by J. Eric Ahlskog

Books on Multiple Sclerosis

- Living with Progressive Multiple Sclerosis: Overcoming the Challenges by Patricia Coyle and June Halper
- Multiple Sclerosis: An Essential Guide for the Newly Diagnosed - 2nd Edition by Margaret Blackstone
- Multiple Sclerosis: Answers at Your Fingertips by David Rog
- Multiple Sclerosis: An Essential Guide for the Newly Diagnosed by Margaret Blackstone

General Books

- Disaster Preparedness for People with Disabilities
- Short Term Memory Issues and Keeping the Brain Stimulated: an address given by Joyce Alberts - Compact Disk (CD)



Carnation Day 2010

Rain, wind, hail and finally earthquakes surrounded the 2010 Carnation Day Street Appeal, but nothing could stop the amazing collectors who volunteered!

I would like to thank each and every volunteer for your time and effort in making Carnation Day a huge success. On Friday 3 September we had over 400 volunteers, including high school students, local MPs, Society members and community volunteers. Together they collected just over \$28,000!

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.



Due to the wonderful effort of the Society's staff, the Christchurch collections ran seamlessly throughout the day. Collections also took place in Ashburton, Rakaia, Darfield, Lincoln, Rolleston, Leeston, Kaiapoi, Rangiora and Hanmer Springs. A collection was due to take place in Lyttleton on Saturday the 4th, but due to the earthquake had to be cancelled.

The Society would like to thank the following schools, organisations and businesses for their generosity in organising collection points throughout the region:

Altrusa International
Lions Club of Rangiora Pakeke
Lions Club of Rangiora
Lions Club of Rakaia
Lions Club of Lyttleton
Lions Club of Hanmer Springs
Lions Club of Christchurch Pegasus
Lions Club of Darfield – Malvern Lions
Lions Club of Christchurch South
Lions Club of Riccarton Waimairi
Lions Club of Ashburton Pakeke
Presbyterian Support – Ashburton
Rotary Club of Christchurch South
Rotary Club of Lincoln
Rotary Club of Avonhead
Kiwanis Club of Waimairi
Cavell Leitch Law Firm
Rangiora High School
Kaipoi High School
Christchurch Boys' High School
Hornby High School
Cashmere High School

We hope to see you all again next year for Carnation Day, because without your help none of this would have been possible.

Thank you,
 Lindsey Kerr – Project Coordinator

Missing Signs

With all the earthquake chaos following Carnation Day, we are unsure where two of the Carnation Day signs have gone. If you were the last collector at a site and think you may still have a sign in your car boot or garage, please ring Lindsey on 366 2857 ext. 9 as soon as possible.

Footloose Fun Walk

The first annual Footloose Fun Walk was full of family fun. Around 150 people participated on Sunday 7 November in North Hagley Park. While some chose to walk 2km, others pushed themselves to complete 5km and still others rounded the park twice for a 10km run. Over \$1,500 was raised through registration fees and sponsorship.

We would like to thank those who volunteered their time to help marshal the event and run the sausage sizzle. We



would also like to thank: Orana Wildlife Park, Southern Encounter and Willowbank for providing vouchers as spot prizes, Coupland's Bakeries for donating bread and especially to Ellesmere Butchery for donating all the food for the sausage sizzle.

Thank you to all who participate in the Footloose Fun Walk and we look forward to seeing you again next year!

Taxi Vouchers

As the Society will be closed over Christmas, you will need to order extra taxi vouchers to cover this period.

Please Note: Empty butts need to be returned to the Society. Please phone Annette on 366 2857 ext. 6 by **Thursday 16 December.**

Entertainment Books

The Society will again be selling these wonderful value-for-money Entertainment Books, with the price remaining at \$65.00. This is a great fundraiser for us. Last year we sold over 240 books and it would be great to match that in 2011! Some new additions – The Naked Baker, Art Restaurant with a large Nelson/Marlborough content including Boutereys Restaurant. There will be an order form with the February Newsletter – please support us by telling your family and friends.

Senior Chef – Cooking Classes For Older Adults

Senior Chef is an 8 week cooking class where you can learn – or improve on – your practical food and nutrition skills. It is a social, relaxed and informative class with practical sessions – all focused on cooking for one or two people. And it's FREE!

These classes are aimed at those:

- Over 60 years of age
- Living on their own or with one other person
- Keen to learn some new culinary skills and meet new people

Classes will be set up when there are enough people for a class and a venue will be organised near the participants involved, so please contact Hiedee Hantz on 03 337 7781 or hiedee.hantz@cdhb.govt.nz to register your interest today.



How to Read Health News

Adapted from: *Behind The Headlines on NHS Choices*
Source: *Headlines / Neurological Foundation of NZ Volume 87 / Autumn 2010*

If you've just read a health related headline that has caused you to spit out your morning coffee ('Coffee Causes Cancer' usually does the trick), it's always best to keep calm and carry on reading. On further inspection, you'll often find the headline has left out something important, such as, 'Injecting five rats with really highly concentrated coffee solution caused some changes in cells that might lead to tumours eventually' (Study funded by The Association of Tea Marketing).

The most important rule to remember is: don't automatically believe the headline. It is there to draw you into buying the paper and reading the story. Would you read an article called, 'Coffee pretty unlikely to cause cancer, but you never know'? Probably not. To avoid spraying your newspaper with coffee in the future, you need to analyze the article to see what it says about the research it is reporting on.

Does the article support its claims with scientific research?

Your first concern should be the research behind the news article. If an article touts a treatment or some aspect of your lifestyle that is supposed to prevent or cause a disease, but doesn't give any information about the scientific research behind it, then treat it with a lot of caution. The same applies to research that has yet to be published.

Is the article based on a conference abstract?

Another area of caution is if the news article is based on a conference abstract. Research presented at conferences is often at a preliminary stage and usually hasn't been scrutinized by experts in the field. Also, conference abstracts rarely provide full details about methods, making it difficult to judge how well the research was conducted. For these reasons, articles based on conference abstracts should be no cause for alarm.

Was the research in humans?

Quite often, the 'miracle cure' in the headline turns out to have only been tested on cells in the laboratory or on animals. These stories are regularly accompanied by pictures of humans, which creates the illusion that the miracle cure came from human studies. Studies in cells and animals are crucial first steps and should not be undervalued. However, many drugs that show promising

results in cells in laboratories don't work in animals and many drugs that show promising results in animals don't work in humans. If you read a headline about a drug or food 'curing' rats, there is a chance it might cure humans in the future, but unfortunately a larger chance that it won't. So there is no need to start eating large amounts of the 'wonder food' featured in the article.

How many people did the research study include?

In general, the larger a study the more you can trust its results. Small studies may miss important differences because they lack statistical 'power' and are also more susceptible to finding things (including things that are wrong) purely by chance.

You can visualize this by thinking about tossing a coin. We know that if we toss a coin the chance of getting a head is the same as that of getting a tail - 50/50. However, if we didn't know this and we tossed a coin four times and got three heads and one tail, we might conclude that getting heads was more likely than tails. But this chance finding would be wrong. If we tossed the coin 500 times - i.e. gave the experiment more 'power' - we'd be more likely to get an even number of heads and tails, giving us a better idea of the true odds. When it comes to sample sizes, bigger is usually better.

Did the study have a control group?

There are many different types of studies appropriate for answering different types of questions. If the question being asked is about whether a treatment or exposure has an effect or not, then the study needs to have a control group. A control group allows the researchers to compare what happens to people who have the treatment/exposure with what happens to people who don't. If the study doesn't have a control group, then it's difficult to attribute results to the treatment with any level of certainty.

Who paid for and conducted the study?

This is a somewhat cynical point, but one that's worth making. The majority of trials today are funded by manufacturers of the product being tested - be it a drug, vitamin cream or foodstuff. This means they have a vested interest in the results of the trial, which can potentially affect what the researchers find and report in all sorts of conscious and unconscious ways. This is not to say that all manufacturer-sponsored trials are unreliable. Many are very good. However, it's worth seeing who funded the study to sniff out a potential conflict of interest.

'Overcoming Multiple Sclerosis - An Evidence-Based Guide to Recovery'

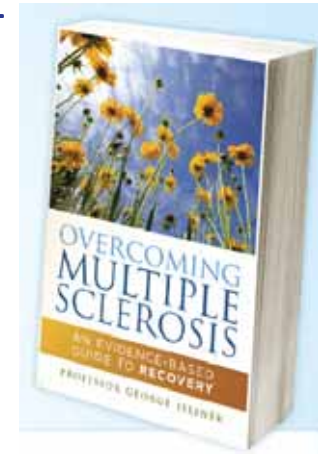
by Professor George Jelinek

Book Review by Sue Keogh

Evidence-based medicine, put simply, is medicine that has measurable and concrete evidence that it works as it is claimed to. This comes about as a result of extensive research and ethically approved trialling. You need to understand this in order to make sense of large parts of this book and indeed some basic knowledge of research methodology would make this book a lot more meaningful for you to read.

Basically Professor Jelinek is advocating a healthy, balanced lifestyle, which can only be good for all of us, no matter what our MS is doing at the moment. Focusing on diet, exercise and lifestyle, he makes many pertinent points. While acknowledging we are all MS experts, there is a large portion of the book dedicated to a review of the literature relating to MS and I must admit - my eyes glazed over in places!

I think this book certainly deserves its place in the library, but I have reservations about his claim of



reversing MS - I think he is just one of the lucky ones who has had a good run so far. I hope he continues to do so. Some of the rest of us are not quite so lucky.

A Note from the Society:

There are three copies of Professor George Jelinek's book in our library for you to borrow. Please ring Raewyn on 366 2857 ext. 7 if you would like one for a one month loan. Professor Jelinek spoke at the recent Focus on MS seminar in Auckland. His presentation will be posted soon on the MSNZ Society website www.msnz.org.nz. Keep an eye out for it along with some of the other speaker's presentations.

TV Needed

The Society has been the lucky recipient of a Wii Fit. For those who have not seen one of these in action, it is a gaming console that combines fun and fitness into one product. It helps with exercise, balance, and even how you move. This will be a great tool for our Physio in the upcoming years.

The only missing piece is a TV to plug the Wii into. We are in need of a 32" or larger, modern TV that could be used in the gym in conjunction with the Wii Fit. If you have a TV which you would like to donate, please contact Annette on 366 2857 ext. 6.

Websites for Exercising the Brain

During the year Dr Joyce Alberts, Clinical Psychologist BIRS Burwood Hospital, gave an excellent presentation to members on Short Term Memory Issues. We have handouts from this presentation, but also have some websites for you to access for information and ways to exercise your brain. They are:

- www.neurological.org.nz
- www.brain-injury.org.nz
- www.headway.org.uk
- www.lumosity.com



Visit from the Chief Executive of Parkinson's New Zealand

We invite you and your spouse/family member to join with us for morning tea and the opportunity to meet with Deidre O'Sullivan from Parkinson's New Zealand. Deidre has just returned from the World Parkinson's Conference in Glasgow. She will give a presentation and will discuss what happens within the National Parkinson's office and answer questions that you may have. Please support the Society by attending and welcoming Deidre to Christchurch.

When: Thursday 25 November 2010 at 11am

Where: 314 Worcester Street; DPC Hall

RSVP: For catering purposes please phone Annette on 366 2857 ext. 6 by 23 November.

UPBEAT for People with Parkinson's

This special interest group for people with early-onset Parkinson's (i.e. diagnosed under the age of 60), their families and friends provides Newsletters, an annual Outward Bound course and an annual weekend conference. Details can be found on the Parkinson's New Zealand website, www.parkinsons.org.nz.

If you would like to receive the three-monthly newsletter please phone Annette on 366 2857 ext. 6.

Changes to Nordic Walking

Cher, our Nordic Walking Instructor, has gone back home to be with family for an extended period of time. In her absence, Sharon Emslie will be responsible for supervising and leading this group, along with her volunteer Emma. The final walk for 2010 will be held on **Friday 17 December**, with walks resuming on **Friday 4 February**.

Parkinson's Spouses Support Group

Event: Morning Tea – Our morning teas are a good way to meet up and chat with other spouses.

Date: Wednesday 17 November, 10.30am

Venue: The Society, 314 Worcester Street, Linwood

We will use this opportunity to follow up on questions and information and plan our programme for 2011. Please bring a small plate to share for morning tea, as this will be our final get-together for 2011.

Please RSVP to confirm your attendance to Annette on 366 2857 ext. 6 or email support@ms-pd.org.nz

Farewell to Donna McLelland – MS+PD Outreach Nurse

Many of you will have met Donna either at Nordic Walking, visiting you in your home, at Tai Chi or at the Parkinson's Spouses Group in her role as Outreach Nurse with the Society. Sadly for us Donna has resigned. The NZNO has raised the Enrolled Nurse (EN) scope of practice to a level 5 which means that all existing EN's have 12 months in which to transition. To do this Donna has to work alongside a suitably qualified RN, something she is not able to do with the present staff at the Society. She has had to find other employment with the opportunity to upgrade.

On your behalf, I extend to Donna your thanks for all she has done over the 2½ years she has been with us and wish her well with her future nursing studies. From all of us here we say farewell and send warm wishes to you Donna.

The staff will be having a planning day in December and will look at staffing issues within the Society. Sandy our MS Nurse, working full time, had already taken over some of Donna's work load so we will need to think carefully on how we replace our Outreach Nurse.

Christmas BBQ

The Christmas BBQ has become a popular annual event. This event is made possible by our wonderful friends from the Papanui Club who generously provide and prepare the food. We thank them most sincerely for continuing to do this for us. We would like to extend an invitation to you, your spouse/partner and family friend to join us.

When: Tuesday 14 December

Where: Worcester Centre – 314 Worcester Street

Time: Noon

RSVP: For catering purposes, please phone Annette to confirm your attendance on 366 2857 ext. 6 by **Wednesday, 8 December**.

Compassion Through Wine



Compassion Through Wine has entered into a nationwide alliance with Alzheimer's NZ, Autism NZ, Multiple Sclerosis NZ and Women's Refuge NZ to raise funds for the benefit of many New Zealanders.

Spencer Hill Estate has agreed to provide wines made at cost to Compassion Through Wine. Compassion Through Wine will sell the wines at a profit and it will donate 100% of the net profits to the above charities. Spencer Hill's Tasman Bay and Latitude 41 wines are known for their quality and value. Their Compassion wines follow in their footsteps.

This is a great fundraising opportunity for the National MS Society and we would like to help support this great cause. To purchase the Compassion Wines, visit their website www.compassionwine.com.

Podiatrist

Please note the change in dates for the Podiatry services for the next few months. **The dates are: 7 December, 8 February (second Tuesday), 1 March.** The Podiatrist will not be at the Society in January. This service is available in Room 6 at the Society, 314 Worcester Street from 9.00am – noon.

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



Happy Holidays!

The Staff and Board would like to thank those 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 2011!



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

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
Noel Noonan
Lew Airey
Bryan Beechey
Mike Cameron
John George
Life Members: Noeline McIlroy Q.S.O

Staff

Manager: Jenny Boyer
Office Manager: Annette MacFadyen
Resource Nurses: Sandy Connolly RGON, ADN
Janet Wills EN
Administration
Assistant: Raewyn Turner
Project Coordinator: Lindsey Kerr
Physiotherapist: Jessie Snowdon
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.

