

**MS+PD**



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

May 2009

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



## A Lasting Legacy

A Greek philosopher once said ‘What you leave behind is not what is engraved in stone monuments, but what is woven into the lives of others.’ Each of us has the ability to make a difference in the lives of others; it is up to us how we go about making that difference. Many members and supporters of the Multiple Sclerosis and Parkinson’s Society find that the easiest way to make a significant gift to MS+PD is through a bequest.

A bequest is a gift made through a Will, and it is your opportunity to make a statement about your values and beliefs and is also a way 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. A bequest can be put into a new Will or added to your existing Will.

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, including: Exercise Classes and Gym Activities with our Physiotherapist, Nordic Walking with our MS & PD Outreach Nurse, Educational Workshops and Social Activities, as well as the very important home visits by our Resource Nurses.

There are several types of bequests:

**General Bequest:** A gift of a specific dollar amount.

**Specific Bequest:** A gift of a specific asset (land, property, shares).

**Proportional Bequest:** A gift of a specified percentage or share of the Estate.

**Residual Bequest:** A gift that directs the Society to receive all or a portion of what remains in the Estate after gifts have been provided to family/ friends and debts/ expenses have been paid.



*Malcolm Rickerby*

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.

**Malcolm Rickerby**

President

03 338 1770

malcolm.jeanie@slingshot.co.nz

## WORDS OF WISDOM

*“We make a living by what we get, we make a life by what we give.”*

**Sir Winston Churchill (1874 - 1965)**



# Parkinson's Spouses Support Group

In March of this year, invitations were sent to a small group of people to initiate a Parkinson's Spouses Support Group, which would offer support, educational sessions and social gatherings for spouses and partners of people with Parkinson's. The initial meeting was well attended, with nearly 30 people coming to the Worcester Centre for morning tea. A quick survey of those who were present showed that the majority favoured meetings 6-8 weekly, with a mixture of both educational and social gatherings. We now offer this opportunity to meet to **all** spouses/partners of people with Parkinson's. These meetings will be held throughout the year, on different weekdays, to try and allow as many as possible to attend.

All details of upcoming meetings will be in your MS and Parkinson's Newsletter and on our website <http://www.ms-pd.org.nz/social-activities.html>. Please phone Donna on 366 2857 ext. 5 if you have any enquiries about the group or meetings.

*The next two scheduled meetings are:*

**Date:** Thursday, 11 June 2009

**Time:** 10.00 – 10.30am – Morning Tea  
10.30 – 11.30am - Presentation

**Venue:** The Worcester Centre, 314 Worcester St, Linwood

**Guest Speaker:** Anne Miller from Presbyterian Support speaking on 'Grief and Frustration'

**RSVP:** Please phone Annette on 366 2857 ext. 6, by Monday, 8 June, to confirm your attendance.

**Cost:** A gold coin donation to cover costs would be appreciated.

**Date:** Tuesday, 28 July 2009

**Time:** 10.30 – 11.30am – Morning Tea

**Venue:** Café Atua Garden Hotel and Restaurant Complex, 110 Marshlands Road, Shirley

**RSVP:** Please phone Annette on 366 2857 ext. 6 to confirm your attendance.

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## Northlands Walking Express

*- Article written by Bob Keen*

Here are the details of the Walking Group sponsored by Northlands Shopping Centre. First and foremost it is FREE! You have to register at reception, which is in the entranceway opposite Halliwell Avenue. You are required to disclose any medical conditions so that if you become unwell the management know what they are possibly dealing with.

The group meets on a Tuesday and Thursday from 8.00am – 9.00am and begins and ends at reception. The actual walk is under the guidance of "Configures Express – The Gym for Women" and takes a circuit in the mall interior. Each circuit is 1.2kms in length – I know because I measured it with my measuring wheel. To date, I have walked 288km since I began on 3 August 2006.

You walk at your own pace and do as much or as little as you like. You can walk on your own or go in a group of two or more.

There is a lot of social interaction between walkers and many take advantage of the coffee discounts offered by mall shops along with discounts on retail items.

Since joining the Nordic Walking Group, I have tried out the poles in the mall and was able to do four circuits without any bother, yet without them my results were 2kms, if I was lucky.

In conclusion, I would recommend this as an alternative to outdoor activities, especially in the winter as the Mall is safe (security is on hand), warm, dry and clean.

If you have any questions about the group, please phone Annette on 366 2857 ext. 6 with your contact details, and she will forward those on to me.



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.

## 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>

## Tai Chi Classes

Tai Chi classes will be offered to our members on a trial basis beginning **10 June 2009** at the Worcester Centre. Classes will be held every Wednesday morning from 10.00am – 11.00am.

These classes are for people with MS or Parkinson's and their spouses/partners. We would ask for a gold coin donation from each person to cover costs. The class will be evaluated on popularity and attendance after a three month period.

### *Benefits of Tai Chi include:*

- Improved flexibility
- Increased muscle strength
- Improved fitness (cardio-respiratory)
- Improves balance
- Promotes relaxation
- Corrects posture
- Improves self confidence

Donna McLelland will be our Tai Chi instructor and can be contacted on 366 2857 ext. 5.

If you have not attended an exercise programme at the Society previously, a Physiotherapy assessment will be needed prior to joining the class. To schedule this assessment please contact Jessie on 366 2857 ext. 1.



## The Big Bog Beard-Off

Staff and patrons of The Bog Irish Bar in Cashel Mall will forego the hot toddies and mulled wine to warm themselves this winter. They are planning a more traditional form of warmth, facial hair!

Beginning 1 June men throughout Christchurch will begin to grow their beards in the hopes of raising money and awareness for Multiple Sclerosis. The beard growing will continue until The Big Bog Beard-Off on Sunday, 30 August when the beards will finally be shaven off.

MS+PD Society member Chris O'Neill is a regular at The Bog and staff wanted to do something in honour of her, for all the support she has given them. Chris says all the regulars are like family to her and she is known for taking the young people who frequent The Bog 'under her wing.'

'Everyone calls her 'Ma' and if any of us are having a bad day she is the one we go to' says Matt Kamstra, Duty Manager of The Bog. 'This is our way to give back to her for all she has done for us.'

### Annual Donation Reminder

The Annual Donation form was posted out with the February Newsletter. They were due to be paid by **17 April 2009**.

**Please Note: In order to receive tax vouchers, use our gym facilities or continue to use our services, you need to be a financial member of our Society.**

If you are unsure as to whether or not you have paid, please contact Annette on 366 2857 ext. 6.



Matt has even arranged for Ian Costello, known as the Celtic 'Grand-daddy' of NZ and member of The Black Velvet Band, to shave off his beard, which he has been growing for 35 years. If \$2,500 is raised the beard will be shaved and if \$7,500 is raised he has agreed to shave his head as well. Ian is getting quite nervous, as the Big Bog Beard-Off is growing much larger than he ever thought possible.

If you would like to join the Big Bog Beard-Off go to [www.ms-pd.org.nz](http://www.ms-pd.org.nz) for more information or visit The Bog at 82 Cashel Mall.

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## Entertainment Books

This year we set our target to sell 200 Entertainment Books. We are delighted to advise you that we have exceeded that goal with the support of you, your family and friends. We have raised \$2,800.

**THANK YOU.**

# How YOU can Contribute...Carnation Day - 4 September 2009



The Carnation Day Street Appeal planning is chugging ahead at full steam. We have a growing list of volunteers, including local students, members of service organisations (such as Lions and Rotary) and even 9 local MPs signed up to collect on Friday, 4 September.

We believe we have set a realistic collection goal **if** we can mobilise 400+ collectors. We would love to have you, your friends and your family on the streets

and in the shopping malls collecting on behalf of the Society. A volunteer form has been included with the newsletter, or you (and your friends and family) may go to [www.ms-pd.org.nz](http://www.ms-pd.org.nz) to download the volunteer form.

## ***If you are unable to collect on Carnation Day there are other ways to help:***

- Request a bucket to place at reception or in the lunch room at your work
- Organise a 'Dress Down for MS+PD', where everyone in your office who gives a gold coin donation gets to dress casually for the day
- Host a BBQ for friends and family and ask each person for a gold coin donation

If every member of the Society collected \$20 through the above ideas, Carnation Day would be off to an amazing start.

Give Lindsey a call this week on 366 2857 ext 9 to discuss how YOU can help collect for Carnation Day.

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## World MS Day

The first international World MS Day was held on 27 May 2009. World MS Day has been established by the Multiple Sclerosis International Federation and its member MS Societies for any individual, group and organisation involved in the global MS movement. Their slogan is 'Join the Global Movement. End MS!'

Kiwi Phil Keoghan, presenter of the American TV show 'The Amazing Race', has gotten behind World MS Day. From 28 March to 9 May, Keoghan will do a "Ride Across America", in which he partners with several organisations to raise money for MS, biking coast-to-coast.

More information can be found on World MS Day at [www.worldmsday.org](http://www.worldmsday.org).

## World Parkinson's Day

Throughout the world on 11 April 2009 World Parkinson's Day was celebrated. This annual event is held to raise awareness for Parkinson's.

*Here are just a few of the events held around the globe:*

- Pakistan** – Over 250 people attended the 'Never Surrender' seminar and celebrated World PD Day.
- Poland** – World PD Day saw the beginning of the union of Parkinson's associations in Poland.
- India** – A team of doctors at the National Institute of Mental Health and Neuro Sciences in Bangalore made a strong plea for a nationwide effort to detect Parkinson's at an early stage.





## Yoga for People with MS

- Article written by Virginia Clegg

Our group, when asked for their views of yoga for people with MS, had some interesting answers. One said that when she was diagnosed her neurologist gave no indication that there was anything she could do to keep, or even improve, her present level of mobility. It looked to her that it was all down hill. However, much to her surprise, she has found yoga a boon.

Another said yoga is a management strategy to help fatigue and relieve stress. Regular practice helps both mind and body. She likes to practice when in the shower or supermarket queue.

A third member of the group said how much his balance and flexibility had improved.

Jessie Snowdon, Physiotherapist, takes yoga classes twice a week for people with MS at the Christchurch Disabled Persons Centre on Worcester Street.

Jessie stated, "It is important to have a teacher with understanding. People should feel safe about the practice and confident in their teacher."

I talked to her about the classes and asked her, "How do you see yoga making a difference?"

Jessie replied, "Yoga must be an ongoing practice to alter lifetime postural habits. It is twofold: The biomechanics of muscle stretching and

strengthening, along with bringing awareness to the body and the way it is moving. Most of us go through life without ever knowing the correct way to move. We must learn to listen to what our body is trying to tell us and break bad postural habits – this is not just related to MS people. It must be extending, but not painful for participants. They must listen to their bodies."

"I feel lucky because I get to see results in a way I would not, for example, in a hospital practice," said Jessie. "There is continuity with the opportunity of ongoing constant observation. I get to see improvement in balance, gait, coordination and wellbeing of each person."

Jessie has been practicing yoga herself for two years and from that experience, and through her physiotherapy training and understanding of biomechanics, could see how it would benefit MS people.

We find Jessie inspiring, enthusiastic and gently persuasive when certain postures are difficult. We consider ourselves most fortunate to have her.

Yoga is a gentle form of exercise which can be practiced at home. This is recommended between classes, but not mandatory. It is a way of keeping supple and strong and gaining improved balance and gait and the lovely bonus of peace of mind.

# What Happens at Disability Information Service?



The Disability Information Service is a confidential, free information and referral service to all the community. The DIS is unique in that it houses a library of information related to the 19 categories

of information we offer, this ranges from Philosophy & Literature to Aids & Devices, and anything in between. If it is about disability, we either have the resources on hand to answer your query immediately, or it is our mission to find answers to those questions for you (if they are in existence).

Some of the people who access the DIS are people with disabilities themselves (including many older persons) or their family/whanau, community workers, health professionals and students undertaking research papers or a disability component of their degrees.

The Service is fully accessible and is located in a pleasant environment as part of the DPC (Disabled Persons Centre) Worcester Centre and has been operating since 1981. The DIS offers a range of daily living aids for sale, the most sought after of these being patterned, folding lightweight walking sticks. Other items for sale are Safety Plugs that prevent water overflowing from your sink or tub, easy openers for bottles and cans, long handled

dusters and toilet brushes, a range of bed protectors and some other small aids.

The Christchurch & Canterbury Services Directory, which details information on over 300 disability and related health services in the region, is available for sale to all for \$17 (including P&P) and can be posted to you with an invoice. Some of the smaller aids can be posted to you as well (but will incur a postage charges).

The DIS is open Monday – Thursday 9am – 4.30pm and Friday 9am – 2.00pm. You are welcome to drop in, or if you prefer, phone to make an appointment time. Staff are friendly and professional and will go the extra mile to ensure you receive the information you require.

Please contact:

**Jennie Swain-Nicholls**

*Lead Information & Community Consultant*

**Dorothea Amey**

*Centre Administrator & Information Consultant*

**Disability Information Service @ the DPC  
Worcester Centre**

314 Worcester St

Phone: 366 6189

PO Box 32 074

Fax: 379 5939

Christchurch

Email: [dis@disinfo.co.nz](mailto:dis@disinfo.co.nz)

Web: [www.disinfo.co.nz](http://www.disinfo.co.nz)

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## MS Symptom Management Workshop by Dr Debbie Mason – 9 March 2009

*- Article written by Mary Kingston*

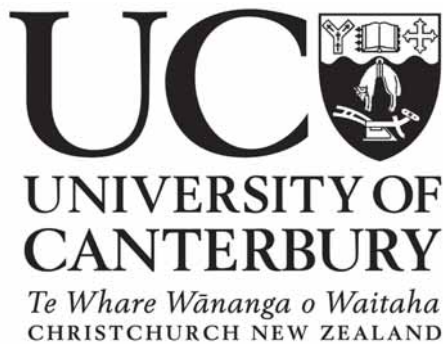
It always takes a huge effort to get to a Workshop by 6.30pm, but those of us who attended Dr Debbie Mason's lecture were very well rewarded. Debbie's amazing presentation, along with her sense of humour, was informative and an entertaining evening.

Her knowledge and compassion during question time was outstanding. Debbie also made herself available to talk one-on-one after the presentation.

It is also a wonderful opportunity to catch up with others living with Multiple Sclerosis.



# Speech Research at the University of Canterbury



The following is a request for people with Parkinson's to participate in a study on speech issues.

Individuals with PD commonly experience problems with their speech. Some people may develop fast or very quiet speech; others might notice that their speech lacks pitch variation. In combination, these problems make the speech of some people with PD very difficult to understand. Speech therapists call this dysarthria. Speech treatment for dysarthria generally focuses on the individual speaker, aiming to improve their speech (e.g. getting the individual to speak louder or slower). In some cases, speech treatment is successful but in others, the effects are limited. Recently, the research team at the University of Canterbury and the Van der Veer Institute have begun to explore the role of whanau, family, and friends in speech therapy treatment for people with PD. Specifically, whether speech treatment can be

modified to focus on improving the ability of the listener to comprehend the speech of people with PD. This research is in its early stages but findings to date suggest that listeners may play a considerable role in the intervention process.

Currently, two studies in this field are being conducted. The research projects are being conducted by Stephanie Borrie (PhD student in speech therapy) and Dr Megan McAuliffe (Senior Lecturer) from the University of Canterbury in conjunction with Professor Tim Anderson at the Van der Veer Institute. One of the research projects is funded by the Neurological Foundation of New Zealand.

At present, we are looking to for people with PD and speech problems to participate in this research. For the project, you will be invited to attend the Department of Communication Disorders, University of Canterbury for a speech assessment. This will take no longer than one hour. You will be asked to read aloud some phrases and your speech will be recorded onto a computer and a videotape. We will arrange taxi or petrol vouchers to cover any travel costs incurred.

If you are interested in being involved in this study or if you would like further information, please contact Stephanie Borrie on 364 2987 ext. 4237 or e-mail at [sab88@student.canterbury.ac.nz](mailto:sab88@student.canterbury.ac.nz). Both projects have received ethical clearance from the NZ Health & Disability Ethics Committee.

## Communication Group at Princess Margaret Hospital

The Community Speech and Language Therapy Service at Princess Margaret Hospital will be running an 8-week group for those people with Parkinson's Disease who have difficulty with their communication skills, and their Spouses/ Carers.

The aim of the group is to promote LOUDER, STRONGER voice in a supported environment.

In addition, some education sessions will be given to Carers around enhancing communication skills at home.

Our aim is that this group will become a regular event throughout the year.

If you would like further details please contact **Alison Lunn (Speech Language Therapist)** on 03 337 7765 ext 66457.

## 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:

4 June, 2 July, 6 August, 3 September, 1 October, 5 November, 3 December

### Parkinson's Education Sessions

**Guest Speaker:** Dr Matthew Croucher – Consultant Psychiatrist, Psychiatry Services for the Elderly speaking on **'Depression in Parkinson's'**

**Date:** Thursday, 18 June 2009

**Time:** 10.30 – 11.30am – Tea/Coffee will be available after the presentation

**Venue:** The Worcester Centre, 314 Worcester St, Linwood

**RSVP:** Please phone Annette on 366 2857 ext. 6, by **Monday, 15 June**, to confirm your attendance.

**Cost:** A gold coin donation to cover costs would be appreciated.

### Mark your Diary

**Guest Speaker:** Professor Tim Wilkinson – Health Care of the Elderly, Princess Margaret Hospital speaking on **'Healthy Ageing in the 21<sup>st</sup> Century'**

**Date:** Wednesday, 16 September 2009

**Time:** 10.30 – 11.30am

**Venue:** The Worcester Centre, 314 Worcester St, Linwood

**Note:** There will be a reminder in the next Newsletter

### Nordic Walking for People with Parkinson's and their Spouses

This group continues to meet in Hagley Park on Friday mornings. For more information, please phone Donna on 366 2857 ext. 5.

### 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.

### Suburban Morning Teas

Glenda has added new venues to the Suburban Morning Tea Group list.

*They are:*

- Café Atua, Shirley
- Riccarton House
- Coffee Club on Halswell
- Table Twelve Café, Woodend

If you are interested in finding out more about the morning teas in your area, please contact Glenda on 366 2857 ext. 8.



# Sponsors

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



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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 RN  
 Ann Morrison CA  
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 Lew Airey  
 Bryan Beechey  
 Mike Cameron  
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 John George  
**Life Members:** Keith McArtney  
 Noeline McIlroy Q.S.O

## 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  
**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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