

MS+PD



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

February 2009



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www.ms-pd.org.nz



Welcome to our New Look Newsletter!

This is the first of a number of changes that the MS & Parkinson's Society will undertake over the next 12 months, which we hope will increase the profile of the Society in the community.

This new image along with our website, new logo/lozenge and letterhead design will raise our image as we continue to offer professional services to you, our members.

The next change will happen at our AGM on the 16 March where the Rules and Constitution of both the Society and Foundation are to be brought up to date and in line with the future direction of our organisation. These are available to be viewed and copies can be taken away for your appraisal before we vote on these changes.

The goal this year of staff and committee is to bring together a business team to work with Lindsey Kerr our Project Coordinator so we can generate the necessary funds so we can deliver the services that you, our members and caregivers, require to be able to continue as vital members in your community.

WORDS OF WISDOM

“If I can help somebody as I pass along,
if I can cheer somebody with a word or song,
if I can show somebody he's travelling wrong,
then my living will not be in vain.”

Dr. Martin Luther King, Jr.



Malcolm Rickerby

Fundraising will not be easy with the world in financial crisis - tucked away down in the South Pacific, we too have not escaped. You may have contacts in the business world which could help us financially or you may want to volunteer your services - so if you can help in any way, please do not hesitate to contact me.

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

Annual General Meeting

The Annual General Meeting of the Society will be held at:

Venue: The Worcester Centre
314 Worcester Street
Date: Monday 16 March 2009
Time: 12.30pm

If you wish to nominate anyone for the Society Board, please contact **Annette on 366 2857 ext. 6** for a nomination form which includes a proxy form to complete if you are unable to be present. **FORMS MUST BE RECEIVED IN THE OFFICE BY FRIDAY 13 MARCH 2009.**

Lunch For People With Parkinson's

Last year, via our Newsletter, we invited people with Parkinson's to join us at the Worcester Centre for lunch on the last Thursday of the month. Those who came on a regular basis thoroughly enjoyed the contact and the opportunity to meet others. A staff member attended as well. Unfortunately, we will not be offering this group in 2009 as numbers attending were not sufficient to make this possible.

Morning Teas

Glenda Baker was very busy last year arranging and attending coffee mornings in various areas around the suburbs and outer areas of Christchurch. She plans to offer these again in 2009. If you would like some information on venues etc, or think you and your spouse/family member/friend would like to attend, please phone **Glenda on 366 2857 ext. 8** to discuss further.

Notice Of Motion – Changes To Constitution/Rules

Your committee proposes changes to the Constitution/Rules of both the 'Society' and the 'Foundation' to take effect from the AGM on 16 March 2009.

The current 'Constitutions' of both bodies contain many areas of conflict and duplication and are considered overdue for revision. Also, the committee are proposing a change in the functions of both bodies which necessitates alteration to the objects of both.

The committee believes that the prime functions of the 'Foundation' should be to protect and invest all funds entrusted to it. Currently, the 'Foundation Constitution' has fundraising as a prime function. This is proposed to become a 'Society' function.

The proposed 'Rules' changes reduce the content of both by nearly half and hopefully simplify both documents. The changes are too numerous to detail here and it would be too costly to mail a copy of the new 'Rules' to all members.

As an alternative, copies of the proposed new 'Constitutions' will be available at the Centre for members to peruse. Also, we would be happy to email copies to any member upon request.

Following the formal part of the meeting, Malcolm Rickerby will give a brief overview of what these changes mean.

Refreshments will be available after the meeting.





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

Meet The Staff

For your reference, listed below are the staff, their role at the Society, extension numbers and their hours of work.

Jenny Boyer Manager

Ext. 2
Monday – Thursday 8.30am – 4.30pm
Friday 8.30am – 1.30pm

Annette MacFadyen Office Manager

Ext. 6
Monday – Friday 8.30am – 4.30pm

Margaret Chapman MS Resource Nurse

Ext. 3
Monday 8.30am – 3.30pm
Tuesday 8.30am – 12.30pm
Thursday & Friday 8.30am – 3.00pm

Janet Wills

PD Resource Nurse

Ext. 4
Monday – Wednesday 8.30am – 3.00pm
Thursday 8.30am – 12.30pm

Donna McLelland MS & PD Outreach Nurse

Ext. 5
Monday 8.30am – 2.30pm
Wednesday & Thursday 8.30am – 2.30pm
Friday 8.30am – 12.00pm

Jessie Snowdon Physiotherapist

Ext. 1
Monday 8.30am – 5.00pm
Wednesday 1.00pm – 5.00pm
Friday 8.30am – 5.00pm

Jan Rait Exercise Supervisor

Ext. 1
Monday 9.30am – 4.00pm

Raewyn Turner Administration Assistant

Ext. 7
Monday & Tuesday 9.30am – 3.00pm
Thursday 9.30am – 3.00pm

Glenda Baker Social Activities Coordinator

Ext. 8
Tuesday 9.30am – 1.00pm
Wednesday 9.30am – 1.00pm
Thursday 9.30am – 2.00pm

Lindsey Kerr Project Coordinator

Ext. 9
Monday 8.30am – 4.30pm
Wednesday 8.30am – 4.30pm

Staff Visits

One of our 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 work out 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.

Gym News

There must have been a few New Years Resolutions made around exercise as the gym is nice and busy these days. We have exercise groups, yoga style classes, strength circuits and open gym times. The different classes are organised by ability, so whether you can stand on your head or have trouble walking even a few steps there is a class to suit you. If you would like to try out a class for the first time or would like to come back after a break please contact your nurse or Jessie (Physiotherapist). We look forward to seeing you.



Wheelchair And Wheelchair Carrier Loan

The Society has 3 manual wheelchairs and a wheelchair carrier suitable to fit on the tow-ball of a car that can be loaned out to our members on a short-term basis. There is no charge for these, but as we do have to get them serviced regularly, a donation would be appreciated.

Please note: The Society no longer has any motorised wheelchairs/scooter available. For more information on availability, please contact **Annette on 366 2857 ext. 6.**

Centre Name Change

Please be aware that our Centre, which is situated at 314 Worcester Street, has undergone a name change. Previously called the Disabled Persons Centre, it is now called The Worcester Centre.



The Society's phone number is: (03) 366 2857



How YOU can contribute...

Ever wonder, 'what can I do for the Society?' Well, check out each quarterly newsletter to find new ways you can give back...here goes our first appeal:

In order to meet the needs of the Society's 800+ members, corporate partnerships are needed. We realise this needs to be a two way street, so we have developed the MS+PD CORPORATE CLUB to encourage Canterbury businesses to become our partners.

At this point you might be thinking to yourself, 'Wow, what a great idea. It is high time they involved area businesses in the Society. But what does this have to do with me?'

Well, we are glad you asked! We need you to look at the business people you know in the community who, because of their connection to you, would be eager to help the Society. Many of you have wonderful connections in the business world and we would like you to work on our



behalf to ask them to become part of our MS+PD CORPORATE CLUB.

By joining the MS+PD CORPORATE CLUB businesses make a significant contribution to our Society, ensuring that we will continue to provide support, information and education to our members. Go to www.ms-pd.org.nz for full membership details.

If your business would like to become part of our MS+PD CORPORATE CLUB or you have connections to a generous business we should approach, please contact Lindsey at lindsey@ms-pd.org.nz or 03 366 2857 ext 9 for additional information.

Funding Opportunity - Entertainment Books

Enclosed with this Newsletter is a flyer/order form promoting the sale of the Entertainment Books.

These books are great value for money and have proved very popular over the last few years. You'll find some exciting new additions in this year's book, including: Dux de Lux, Old Vicarage, Crusaders Rugby, Oil Changes, Channel X, and Café Roma.

The cost to purchase the books is \$65 with \$13 being retained by the Society. Your support for this fundraising initiative is important. Last year, we made \$2,000 from the sale of these books!

Please Order Early

There will only be a limited number of books this year. To save disappointment and to secure your book(s) – **PAYMENT MUST BE MADE BY THURSDAY 26 MARCH 2009.**

The book is due to be launched on **Thursday 14 May**. If you would like more information please phone **Annette on 366 2857 ext. 6.**

A Message From National Office

Welcome to the new year from all of us at National Office – I can't believe we're a couple of months in already! A quick update on two things:

First: We at MSSNZ, have launched our Facebook page on the internet! Facebook is a global social networking site on the internet, which enables people of all ages to get together online and share ideas, ask questions and express their opinions. We regularly update our page – answering your questions, posting photographs, listing events and so forth – making it a great way for you to keep in touch with what's going on with the National Society – and in the regions!



To belong to our page you first need a profile page – which is quick and easy to do, you can access this at <http://www.facebook.com>. Then – all you need to do is add us as your 'friend' at: <http://www.facebook.com/business/dashboard/#/pages/Wellington-New-Zealand/Multiple-Sclerosis-Society-of-New-Zealand/48692484104>

Second: We'd like to make a few changes to your magazine, the *MS Voice*.

We'd like to make it more about *our* people and one of the first steps that we'd like to take is the introduction of a "Letters to the Editor" page. This will be an avenue for two-way communication between the magazine and its readership, and an opportunity for readers to share their thoughts on something that has interested them, troubled them, or made them smile! If you wish, your contribution can be anonymous.

There will also be a section where you can let someone know how much you appreciate them by writing just a few lines about how that special someone makes all the difference in your life. We will then choose someone for each issue and reward them with a small gift!

For these ideas to work we really need your input, so if you have *anything* you'd like to share with other Voice readers, or someone that you would like to recognise, please let me know via email at rosie.gallagher@msnz.org.nz or in writing to:

Rosie Gallagher
National Communications Coordinator
MSSNZ
85 The Terrace
Wellington 6011

All the best for 2009,
National Office

MS+PD Website

Have you been to the Society's website? Check it out at www.ms-pd.org.nz for all the latest information on:

- Gym Programmes
- Social Activities
- Donation Opportunities
- Links to the national websites for MS and Parkinson's
- Plus much, much more



Carnation Day 2009

MS+PD

**Carnation Day
streetappeal**

It is never too early to begin planning for the annual Carnation Day Street Appeal. This year it will take place on Friday, 4th of September, so mark it on your calendars.

There are many ways to help with Carnation Day; here are just a few ideas:

- Become part of a working bee and help in the organisation and planning prior to the collection
- Organise a group of friends or family to collect on the 4th
- Request a bucket to place at reception or in the lunch room at your work (this can be done for several weeks or even months leading up to Carnation Day)
- Host a BBQ for friends and family and ask each person for a gold coin donation for MS+PD

Contact Lindsey at lindsey@ms-pd.org.nz or 03 366 2857 ext. 9 for help implementing these ideas.

Annual Donation 2009

You'll find your annual donation form included in your newsletter. Your donation for membership is now due.

It is important that you keep up-to-date with this donation because in order to receive tax vouchers, Environment Canterbury have stipulated that you must be a financial member of our Society.

There is even a great benefit of paying without delay: If you pay your annual donation before **31 March 2009**, you can claim a 1/3 rebate (\$11.00) which you will receive in 2009.



Thank You Papanui Club

The Papanui Club continues to be a generous donor to the Society. We would like to say a special thank you for the kind donation of \$2500 plus sponsoring our end of year BBQ.

We had 60 members, staff and board members in attendance and a great time was had by all.

MSSNZ Research Roundup

The MSSNZ Research RoundUp goes out weekly via email to a variety of people throughout New Zealand. It is compiled and coordinated by Rosie Gallagher, National Communications Coordinator for MSSNZ. The RoundUp comments on the latest research, updates and identifies research outcomes.

If you require the full text of articles you may be required to pay for it or you can take the reference to your nearest public library who should be able to access it for you. There might be a slight charge for this service.

To subscribe send an email with SUBSCRIBE in the subject line to info@msnz.org.nz.

Exercise Classes

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



Jessie Snowdon

Monday

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

Wednesday

1pm	MS Gym Exercises – This is an exercise class for people who use a wheelchair.
2pm	Open Gym – The gym is open for general use.
3pm	Gym Circuit – This is a yoga based class for people with MS or Parkinson's.

Friday

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





Nordic walking group at Hagley Park

Parkinson's Nordic Walking Group

Our Friday morning group has now become a regular sight around Hagley Park and I'm pleased to say we are one of the bigger groups out and about with 17 walkers last week and more people expressing interest in joining. The group is open to our members with PD who are able to manage the 40-50 minute walk. We also have some partners and friends attending which makes it a lovely social group. A few have been spotted making up for all the hard work with coffee and cake afterwards!

Nordic walking encourages people to take bigger steps, stand up taller and swing both arms. This makes it particularly beneficial for people with PD as well as being great exercise. If you are interested in joining this group please phone me (Jessie - Physiotherapist) to make a time for an assessment prior to starting. You can also talk to your Parkinson's Nurse - **Janet Wills on 366 2857 ext. 4** or **Donna McLelland on 366 2857 ext. 5**.

At this stage, we are not in a position to offer any other walking groups. There are already several Nordic walking groups running in the community. If you would like any information or contact details for other groups, please phone **Jessie on 366 2857 ext. 1**.

Podiatrist

The Podiatrist is at the Centre on the first Tuesday of the month. This service is available at the Centre (in Room 6) from 9.00am - noon.

The fee for this service is \$15.00 and is significantly subsidised by the Society and therefore is very popular. To avoid missing out, it is advisable to make your appointment well in advance.

It is important that if you do have a booking with the Podiatrist and find that you are unable to attend, that you contact Annette to cancel, so that she can then offer this time to someone from the waiting list.

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

Save the Date

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

MS Lunch 2009 Group

The MS Lunch Group is held at the Society on the **1st Thursday of each month**.

The dates are:

5 March, 2 April, 7 May, 4 June, 2 July, 6 August, 3 September, 1 October, 5 November, 3 December.

MS Workshop

- Symptom Management

We extend an invitation to you, your spouse and family members to come and listen to Dr Debbie Mason, Clinical Senior Lecturer, and Consultant Neurologist, give a presentation on symptoms of MS and ways to manage them.

Date: Monday, 9 March 2009

Time: 6.30pm - 7.30pm

Venue: Holiday Inn on Avon, 356 Oxford Terrace, Christchurch

There will be time for questions at the end of the presentation.

RSVP: Please phone **Annette on 366 2857 ext. 6** by **Tuesday, 3 March** to let her know if you will be able to join us.



Upbeat Weekend

For People With Parkinson's Under The Age Of 65

27 - 29 March 2009

The UPBEAT weekend will be held at the Airport Gateway Motor Lodge, 45 Roydvale Avenue from 1.30pm on Friday 27 March until after lunch on Sunday 29 March.

Speakers include:

- Professor Tim Anderson - Neurologist
- Dr Matthew Croucher - Consultant Psychiatrist
- Lois Tonkin

This is a unique opportunity to attend educational sessions and social activities while getting to know other people with Parkinson's from around New Zealand. Spouses are very welcome to attend.

The cost for two night's accommodation and all meals is \$110.00 per person. If you do not want to stay at the Motor Lodge, the cost is \$55.00 per person for meals. Registration forms are available.

Please phone **Jenny on 366 2857 ext. 2** for more information.

The Society would like to thank a generous sponsor of our Newsletter:



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
Jerry Mathews
Noel Noonan
Lew Airey
Bryan Beechey
Mike Cameron
Barbara Taylor
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

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

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



MS+PD

