



NOVEMBER
2017

THE POWER OF DANCE!



A RECORD
STREET APPEAL
\$61,600 RAISED

Details on page 4

MULTIPLE SCLEROSIS & PARKINSON'S CANTERBURY (INC)

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PRESIDENT'S MESSAGE

We are into the last two months of 2017 and those warmer days we look forward to must be just around the corner.

Where have the last 10 months gone? We have been hard at work in quite a hectic year with one of our main tasks being an upgrade of our software system. Our service delivery teams have seen an up surge in members, and with our different exercise and social programmes we have plenty to offer via our nurses and physios with the gym, coffee meetings, Nordic walking Fridays, dance and boxing groups. Our development this year has been exciting. Thank you to the staff and volunteers in making these groups happen to help our members living in their communities.

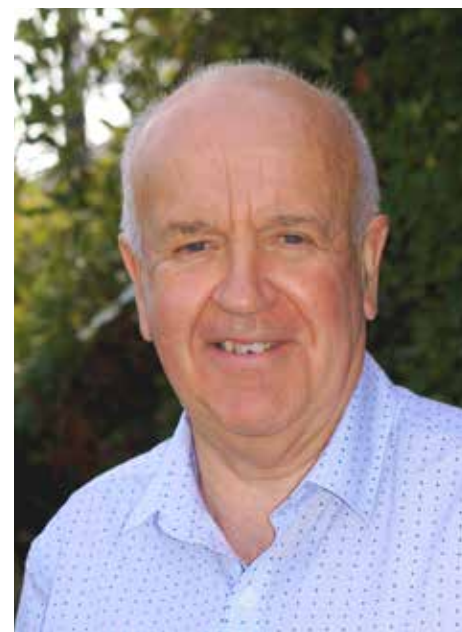
As you may know, throughout the year we have been working with Dementia Canterbury on a collaborative approach regarding a new building to house both organisations. In this initiative, we hope to incorporate other societies who also work with people with neurological conditions. As this newsletter goes to print the "Canterbury Brain Collective Limited" has been formed. This is the name of the collaboration between ourselves and Dementia Canterbury. The Canterbury Brain Collective is a company with charitable status which has now been officially registered with Charity Services and IRD. It is timely that we have been working on this project, because last month the Aspire Centre Trust gave us notice that our tired old building will be demolished. We have been on a month by month lease here for many years, and in March 2018 we will be moving out.

We have a high calibre team working with us on our collaboration and we will keep people informed of progress as we move through the next three months. Things are still very much in the planning phase, and we do not yet have a firm

decision about the location of our next centre. We may need to have two moves. The first one would be an interim base so we have time to fundraise for our 'forever' building, which we want to serve our members well into the future. This requires a capital fundraising campaign and we are already underway with energy and strategic positioning as we embark on this exciting adventure.

We want to acknowledge that it is now 55 years since the Society was formed. We will have a celebration in the New Year when we will be in a position to communicate our vision for our future, and can show you how we will look in new premises and how and when this significant transformation will take place.

Have a very pleasant Christmas and holiday period.



Warmest regards

Malcolm Rickerby

president@ms-pd.org.nz





MANAGER'S MESSAGE



Hello everyone. It is a pretty spring day as I write this and I am enjoying the leafy garden and courtyard view from my office window, with the awareness that, as Malcolm has mentioned, our occupancy of this site is now limited. We have 'made do' for a long time now, and the time has come for positive changes. We know from member feedback that parking is a problem around here these days, and in our search for a new site we will prioritise easier parking and improved accessibility. For many reasons, we want to encourage greater use of our services, and we need to have welcoming, modern, comfortable premises to meet our member needs, now and in the future.

STREET APPEAL

We have gone from strength to strength with the success of our 2017 Street Appeal. Despite the weather, our collection was bigger than ever, thanks to the excellent logistics organisation by Lynne and Tessa, and the help of our many willing volunteers. Thank you all so much for your commitment to this annual event.

CHAMPION CANTERBURY BUSINESS AWARDS

This year we were delighted and honoured to be selected as a finalist in the Community Impact category. It was fun to put our application together, by telling the story of who we are and what we do. The icing on the cake was enjoying the finalist dress up event at Horncastle Arena with staff, volunteers and some of our key stakeholders. Perhaps we will enter again next year. . .

NURSES' NEW PHONES

Please note that our nurses now have work mobiles. You can text or phone them here – Judy 022 638 9501 (MS Nurse) or Anna 022 474 2918 (Parkinson's nurse)

COMMUNITY MORNING TEAS

As many of you are aware, these are organised by Lesley in different cafes around the suburbs. They were previously for people with Parkinson's and their wives or husbands to have

a coffee and a catch up, to chat about Parkinson's specifically or life in general. We are now including people with MS in these morning teas, so you may get a phone call from Lesley inviting you along. You will be made most welcome.

RESEARCH

This year we have gained great benefit from three research projects carried out by 4th year students from Otago University School of Physiotherapy.

- Investigate the effects of dance on participation in life by people with long term neurological conditions
- Create an online social connection platform (websites) for use by the organisation and its members
- Explore perceptions of members about the gym facility and associated services

These projects have contributed valuable information which supports our ongoing aim of being evidence based in developing services. If anyone is interested in learning more about these projects, please contact me.

Wishing you all the kind of summer that suits you best.

Robin Furley

robin.furley@ms-pd.org.nz

Proud to be a
Finalist
COMMUNITY IMPACT
(Small Enterprise)

 **CHAMPION CANTERBURY BUSINESS AWARDS 2017**

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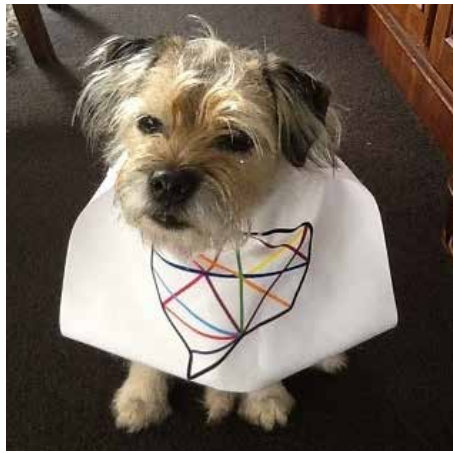
FROM THE FUNDRAISING OFFICE

The Annual Street Appeal is our biggest fundraising event of the year. It is our greatest opportunity to raise awareness of Multiple Sclerosis and Parkinson's in Canterbury. It is dependent on good weather.

We (foolishly) started looking at the weather forecast about a week before the Street Appeal. "It will change," we reassured ourselves. Our hearts sank as the days sped by with no evidence of change. Suddenly it was The Day, and conditions couldn't have been worse. Wet, wild and bone-chillingly cold, exactly as predicted.

**"Never, never, never give up".
Winston Churchill**

It was pouring, it was freezing, it was miserable...but against all odds, the Street Appeal was a huge success! We should never have doubted your resilience, we're New Zealanders after all; "weather" is what we do. Collectors, (young and not so young, four legged



and furry, and some from outer space) collected with bright smiles, through hail and horizontal sleet, from Amberley to Ashburton, from Templeton to Lyttelton. What an outstanding result! The total to date is \$61,600, so thank you all for your incredible contribution, whether it was collecting, driving, or co-ordinating.

PEOPLE GIVE TO PEOPLE

Without you, (approximately 140 volunteers), there would be no Street Appeal. The more volunteers we have, the more we can raise. Collection sites are getting tougher to secure, so it's all about numbers of collectors on the street, maximising every site we have.

If you can think of a group or school in your community that may be interested in helping next year, please let us know.



Thanks for the opportunity for my daughter Indigo and myself to lend a hand to MS and Parkinson's Society of Canterbury. We both had a lot of fun and heard some very heart-warming stories from many people who have been directly affected by MS or Parkinson's....As a father, I strongly believe in teaching my children the importance of helping in the community.

Mark Smith
(Entertainment Guide)



I enjoyed being involved and look forward to helping out again next year for this very worthy cause.

Denise Abbott
(individual volunteer)

Changed your email address? Please let the fundraising office know: frassistant@ms-pd.org.nz



The team from MYOB



THANK YOU

Thank you to the following businesses that provided services or supplies during the Appeal, free of charge:

- Ruth Leslie Design
- Mike McCaleb, ETC Media (Digital billboard advertising)
- Canterbury Copy Service
- MYOB
- Croftpak Canterbury (50 collection buckets and lids)



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SNAPSHOT OF OUR PRESIDENT

Malcolm Rickerby, our president, has been involved with the Society in one way or another since 1974, and has been our President since 2003. He is a councillor on the boards of both MSNZ and Parkinson's NZ, and in 2012 he became President of MSNZ. Malcolm's commitment to the Society is outstanding, his enthusiasm is infectious and I sometimes wonder where he finds the time to juggle all his duties. Recently Malcolm has taken on another role - elected by the regulars at the Cathedral to be their representative on the Cathedral Chapter (committee) because, "I thought I could make a difference". This typifies Malcolm and his desire to help others. Below is a brief snapshot from Malcolm outlining his involvement with the society and the community over the last 43 years.

"We first became members of the Multiple Sclerosis Society of Canterbury in 1974 soon after my wife, Jeanie was diagnosed with MS. At that stage, the Society was based in its own building in St Asaph Street down by the hospital. I was asked to join the committee in about 1976 and then became President the following

year. In 1978, I was a councillor on MSNZ and was Vice President during 1979-80. I then resigned from both committees due to work commitments at the time.

Our three daughters were born between 1969-1972. Jeanie was diagnosed with MS in 1972. This was a challenging time for us; raising three young girls, Jeanie was not at all well and we were trying to run our own business. Thank goodness for the support of the Society, family and friends during that period - it was full on.

We were both involved in PTA at primary and secondary school levels and I was on the Primary School Committee, then on Linwood High School Board of Governors. I coached women's cricket at both club and Canterbury levels. Jeanie fortunately went into remission with her MS in the early 1980's, and she was able to return to secretarial work part-time and later full time, but fatigue was still an issue, making sure we did not forget the MS.

In 2002, I had a visit from Diana Jackson, the person who was involved with MS Canterbury in the 70's. Diana was the

leading light for the Society during the 70's, 80's and 90's through to around 2008. It was her energy and foresight that led the way to where MS and Parkinson's Canterbury is today. Diana asked me if I would join the committee. I could not refuse her because her passion to support those with MS and Parkinson's was amazing and she had been extremely helpful to Jeanie during those years.

I was elected President of MS and Parkinson's in 2003 and feel privileged to have remained in that position since that time, with thanks to the high calibre of staff and volunteers the Society has employed, who are a pleasure to work with. Over the last 14 years, our membership has grown considerably, and the services we deliver have grown accordingly to support the needs of our members. The programmes we offer now are well ahead of any other MS or Parkinson's society in the country."



Malcolm chairing our 2017 AGM



Malcolm and Jeanie in 2005

INTRODUCING ABBY SHAW, NUTRITIONIST



I was a competitive swimmer before completing a degree in Sports and Exercise Nutrition at Otago University. Over the last few years I have worked with a number of clients, from those wanting to lose weight, tone up and feel great, to more high performing athletes. One comment I find clients saying a lot is that "Nutrition is confusing". So that's where I come in and make life easier for them. My vision is to find sustainable eating habits for clients that will work for individual lifestyles and sporting needs. Losing body weight/ fat and keeping it off shouldn't mean that you feel hungry and low in energy. Food should be seen positively as nourishment, to be enjoyed as part of a healthy lifestyle.

While there is no specific 'MS or Parkinson's diet', maintaining a healthy diet is very important for people with any chronic disorder. Because MS symptoms typically come and go, measuring the effectiveness of a diet is difficult, but here are some healthy tips and guidance to maintaining a balanced diet!

FRUITS AND VEGETABLES

- Eat a variety of seasonal, local and where possible, organic fruits and vegetables.
- Load up on fibrous fruits and vegetables. If you are struggling to find what is in season try - www.5aday.co.nz/whats-in-season/.

FATS

- Be mindful that some fats, such as saturated, hydrogenated and trans fats can worsen the symptoms of MS. Saturated fats come primarily from animal-based foods such as red meat and full-fat dairy products. They're also in foods that contain palm and coconut oils. Trans and hydrogenated fats come from baked cookies, crackers, pies, and any other processed products that include trans fats in their ingredients list.
- However, don't eliminate all fats, but look at including 'healthy fats' into your diet. Good fats supply essential fatty acids and help vitamin A, D, E and K travel around the body. These play a critical role in promoting eye and brain health. Monounsaturated and polyunsaturated are the 'good guys'. These types of fats are unsaturated and should be the dominant type of fat in your diet, coming from foods such as avocado, olive oil, peanuts, salmon and mackerel.

REDUCE YOUR SUGAR INTAKE

- Sugar can contribute to inflammation in the body. When blood sugar is high, the body generates more free radicals, which can damage healthy cells.
- Cut down on 'refined sugars' such as lollies, fizzy drinks, high sugar cereals and processed foods.

BE MINDFUL OF YOUR FLUID INTAKE

- Keep hydrated with plenty of water and herbal teas each day.
- Limit coffee, tea, coke and hot chocolate and energy drinks as caffeine may interfere with some medications and also make you thirstier.

DROP THE DIET DRINKS

- Drinks with aspartame, caffeine, and alcohol can irritate the bladder. According to nutritional guidelines from National Multiple Sclerosis Society, it's best to stay away from these drinks if you have bladder-related MS symptoms.

EATING WHEN YOU ARE TIRED

- Look for meal options that are quick and easy to help save your energy for eating. If you can, get others to help with food prep.
- Use delivery services – such as Meals on Wheels, My Food Bag, Fitfood and supermarket deliveries.
- Cook bulk meals and freeze them for other meals throughout the week.
- Create a folder with your favourite recipes to help save food prep time.
- Try to never skip meals; eat a larger meal for breakfast to help with your energy levels throughout the day

Lastly, try to enjoy your meals! As mentioned there is no specific 'MS or Parkinson's diet', however fuelling your body well may help reduce the symptoms. There are plenty of healthy and tasty options out there. For recipe ideas please don't hesitate to contact me – abby@abbyshawnutrition.co.nz.

FANTASTIC EXERCISE OPPORTUNITIES

POWER OF DANCE

Tuesdays and Thursdays at Impact Dance and Stage School.

COUNTERPUNCH

Parkinson's boxing group, Saturdays at '1 More Round Gym'.

*For more information
Contact Joan or Leila
on 3662 8157 ext. 1*

Phone: (03) 366 2857
www.ms-pd.org.nz

MIND OVER MATTER WHEN MESSING ABOUT WITH BOATS

Brian Jacques believes his happiness and his ability to cope with Parkinson's can be attributed to keeping both mind and body active.

He exercises Chaos his trusty canine companion, attends our classes with Kim and walks regularly with a group he calls the Dawdlers.

When living in Brisbane, Brian was a keen sailor, owning the Kookaburra, a 24ft four berth keeler (a midsized yacht), which was used for fun (rum?) racing and weekend excursions out of Moreton Bay. These trips were rather more successful than the racing. "We kept coming first, but at the wrong end of the fleet!" Brian chuckles.

Brian sold the Kookaburra on his return to Christchurch in 1998, but when walking through Hagley Park one day, Brian was captivated by the sight of model yachts racing on Victoria Lake. The next thing he knew, he was building his first, an Endeavour, (precursor to the Canterbury J Class model), which took around 3 months to complete. He joined the Canterbury Model Boat Club then based at QEII, and his interest grew. He went on to build a further 8

boats, spending 3 to 8 months on each build. He says that enthusiasts at the perfectionist end of the scale can spend years, and many hundreds of dollars, on a single model. "Models" can be up to 6ft, but Brian's builds are smaller, lighter and easier to handle. His first weighed over 13kg, and his latest, a 'Mini J', a three-quarter scale Canterbury J Class, weighs just 4kg. Getting the heavier models on and off the water can be problematic, but unlike most of his fellow 'boaties', he has not tripped and taken a dunk in the lake himself!

Brian gets as much pleasure from building (and the problem solving that involves), as he does from actually sailing the models. The work and skill are in the construction, the models being simple to manoeuvre once in the water. The attention to detail and 'fiddly bits' can be trickier because of his Parkinson's, but Brian says he takes his time, doesn't let himself get frustrated, and thinks each problem through until a solution is found. Mind over matter indeed.

The Canterbury Model Boat Club (CMBC) now meets at Victoria Lake and is for all types of models whether boats or yachts,

(not to be confused with the Yacht Club – yachts only). It's friendly, social and non-competitive, with around 25 members and models of all standards. Some clubs are very serious and highly competitive so it is a hobby that can be taken to different levels, but for Brian, who was widowed in 2014, the social contact, the camaraderie and laughs make the CMBC the perfect club for him.

"It sure beats gardening!" Brian concludes.

“

There's nothing -- absolutely nothing -- half so much worth doing as messing about in boats.

*Kenneth Grahame,
The Wind In The Willows*



OUTWARD BOUND OPPORTUNITY FOR PARKINSON'S MEMBERS



Anna, our Parkinson's nurse, has been offered the chance to attend the annual Upbeat Outward-Bound course in March 2018, held at Anakiwa in the Marlborough Sounds. Two members from MS & Parkinson's Canterbury are also invited to attend. "It will be a wonderful experience for those attending. It will push members both physically and mentally, and last year's group thoroughly enjoyed the challenge".

ABOUT UPBEAT

Upbeat is a seven day course for people who have early-onset Parkinson's and their partner or carer. This is your opportunity to get outdoors and have your own Outward Bound experience in

the beautiful Marlborough Sounds and renew your zest for life!

This course is suitable for people with early-onset Parkinson's. You can choose to attend independently or with your partner or carer. To safely and fully participate in the course you must be able to participate in a full day's activities (with rest breaks), feel comfortable in water and getting your head underwater (wearing a life jacket), be independent in all personal cares and finally, be able to work well with others in a team environment.

The courses are designed to be mentally, emotionally, and physically challenging for the average participant. Activities occur in

all weather conditions and can include off-track tramping, camping outside (sometimes alone), whitewater and surf kayaking, running, sailing, swimming, rockclimbing and high-ropes.

"I found the course life changing. Everyone in life has troubles and I now think I am doing OK. I am not disabled and I am still living and able to enjoy myself. On the Outward Bound course I had fun, and with or without Parkinson's, having fun is what is important in life".

Monica

COST

The course is heavily subsidised with the cost to a member being around \$500

Date: 16th - 22nd March, 2018

For more information: go to www.outwardbound.co.nz/courses/parkinsons-upbeat or give Anna a call on 03 3662857 ext 4



NEW ZEALAND PARKINSON'S NURSES CONFERENCE

Anna Fraser attended the annual New Zealand Parkinson's Nurses Conference in September. Thirty two educators from around the country met together to listen and learn from talented guest speakers.

The importance of exercise was reiterated for members and emphasis was put on making sure our members enjoy life to the fullest.

Dr Mark Simpson, Auckland Neurologist explained about medication used in the treatment of Parkinson's and the benefit of deep brain stimulation.

Dr Glenda Wallace spoke about intimacy and sexuality in our aging population, the

importance of talking to each other and counselling where needed for couples.

Dr Anna Miles presented her findings about communication and swallowing difficulties for people with Parkinson's. Early referrals to community speech language therapists are vital.

Gilly Davy, Senior Neurological Physiotherapist stressed the importance of promoting exercise and keeping members moving for physical and mental wellbeing.

Janet Thackray, Continence Specialist spoke about bowel and bladder health. The importance of pelvic floor exercises



and once again early referral to the continence service was reiterated.

The conference was well received and Anna thoroughly enjoyed her stay in Auckland.

Phone: (03) 366 2857
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JOIN US AT THE MS LUNCH

For our November MS lunch we made Christmas decorations. Everyone had lots of fun making their own lovely creations and it was good to see the staff joining in.

The MS lunch is held on the first Wednesday of each month, people bring their own lunch or snack, and we often provide yummy nibbles as well.

The lunches are all about connecting with other people with MS and having fun! We start the lunch off with a topic.

Recently we had Lisa our yoga therapist to demonstrate how to breathe gently, which was an excellent session. In addition we have had dancing demonstrations, quizzes, aromatherapy, massage and reflexology.

The aim is about enjoyment and engaging with other people.

If you are interested in joining us next year phone Judy on 03 3662657 ext 3 or cell 022 389501



VITALITY® NEW ZEALAND NZ BLACKCURRANT — BEST BERRY FOR LIFE

Vitality® New Zealand Blackcurrant products are being used in international research on overall neurodegenerative diseases. Current independent clinical trials here in New Zealand are indicating possible future prevention of dementia (including Parkinson's dementia), in line with worldwide focus on prevention rather than cure.

Vitality® NZ (VNZ) Blackcurrant extract is known to have the world's highest levels of anthocyanins. These are key antioxidants which in ongoing research in the prevention of dementia are shown to have some beneficial effects on the brain.

Suggested dosage is 1 capsule daily for one week, then increase to 2 capsules daily up to a maximum of 3 daily if required after 8 weeks. Testimonials are available from people who have experienced benefits and can describe these.

Vitality® New Zealand products are GMO-free, gluten-free and dairy-free. This supplement is in no way intended to replace any prescribed medication.

For further product information contact Jim Grierson
Phone: 027 534 1261 Email: info@vitalitynz.nz



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2017 NOTICES

CHRISTMAS CAKE RAFFLE

We have 8 small Christmas cakes for our raffle this year, generously made and donated by one of our members. Her secret family recipe has been enjoyed by many of us over the years.

Demand for tickets is always high so don't delay, get yours today.

Ticket price:
\$2 each, 3 for \$5 or 6 for \$10

Pick up your tickets from the office or, if you are unable to come in, contact Annette and she will assist you. If you can sell tickets on our behalf that would be most appreciated.

Phone 03 366 2857 ext 6 or email: support @ ms-pd.org.nz

Closes: 12pm Friday 1st December, Drawn Monday 4th December at the Christmas BBQ.

JOIN US FOR THE CHRISTMAS BBQ (Sponsored by Papanui Club)

When: Monday 4th December

Where: Papanui Club,
310 Sawyers Arms Road

Time:
12 – 2pm

RVSP by Monday 27th November

Ph. 03 366 2857 ext 6 or email support@ms-pd.org.nz

We look forward to sharing some Christmas cheer with you.

RANGIORA MORNING TEA AND CHRISTMAS CAROLS

When:
Wednesday 29th November

Where:
Knox Church Wylie Room

Time:
10.00am – 12.00pm

NEW BOOKS ADDED TO OUR LIBRARY

The Brain that Changes Itself
Norman Doidge
The Brain: The Story of You
David Eagleman

DECEMBER/JANUARY CLOSING DATES

We will be closed during the Christmas holidays. Our last day for the year will be Friday 22nd December and we will reopen on Monday, 8th January. If you need medical assistance during this time, please contact your GP or one of the after hours clinics.

The last dates for Gym and Exercise Classes are as follows:

GROUP	DATE/TIME FOR LAST CLASS
Open Gym	Friday 15th December
Parkinson's Exercise Group	Thursday 14th December
Yoga	Thursday 14th December
Nordic Walking	Friday 15th December
MS Thursday Group	Thursday 14th December
MS Friday Group	Friday 15th December
Power of Dance	Thursday 14th December

All groups will resume the week of 15th January, 2018. Except;
Yoga - resumes **Tuesday 30th January.**
Power of Dance - resumes **Tuesday 23rd January.**

THANK YOU TO OUR SUPPORTERS

E B Milton Trust, William Toomey Charitable Trust, Jones Foundation, Hornby Workingmen's Club and MU Welfare Trust Board



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\$61,600
THANK YOU



Table Bowls in Rangiora



Morning tea at Wigram Air Force Museum



**TIMES... THEY
ARE A CHANGING**



@MSPDCHCH

Facebook is the largest world community with 2 billion monthly users. Help us to extend our reach: **SHARE** our page with your contacts, **LIKE** our posts, and ask your friends and family to do the same.

- 50% of the world's population is under 30 years old
- The fastest growing demographic on Twitter is...GRANDPARENTS
- Today's college students have never licked a postage stamp
- 93% of buying decisions are influenced by social media
- 1 in 3 marriages start on line. LOL.



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