



Office Hours

Monday & Tuesday 9.00 to 2.30pm

Wednesday 9am to 12noon

MS Office

Municipal Building/Old Town Hall

Ground Floor ,Whangarei

Postal Address

Suite 6/71 Bank Street

Whangarei 0110

Phone: 09 438 3945

Email: nthlndms@extra.co.nz

MS Bank A/c No. 12-3099-0399608-00

The office is not attended at all times. If your call is not answered, please leave your name and contact number and a brief message and we will get back to you soon as possible.

August 2017

Patron:

Dr Nicole McGrath

Acting President: Malcolm Jensen

Acting Vice-President: Brenda

McCreedy

Committee:

Kim Silvey

Gael Nankivell

Staff:

Field Officer/Educator

Office Administrator/

Secretary/Treasurer

Wende Quin



ZingerBug.com

Disclaimer: The views and opinions expressed in this Newsletter may not necessarily be the views and opinions of the Northland MS Society or it's members
Compiled & Edited by: Wende Quin

Find us on Facebook—Northland Multiple Sclerosis Society



The Northland Multiple Sclerosis Society is a charity.

To raise funds, we have to hold events. We need your support at events so we can continue to support people with Multiple Sclerosis in our community.

SHARE YOUR STORY IN THE MS NEWSLETTER

Would you like to share your personal MS Story and journey with other readers? Or share tips and hints on how you manage, things that work, things that don't?

We have appointed a roving reporter to conduct a brief interview for this purpose, which can be done in person or by email.

We are seeking new contributors—please contact Wende if you can help. Thanks.

Make a Lasting Gift

Many families have requested that donations be made to the Northland region of the MS Society in lieu of flowers. We offer our thanks to all those who have made such contributions as a symbol of their friendship and support.

Including a gift to the Northland MS Society in your Will can help those affected by MS. and their families.



People leave bequests of all sizes and no gift is too small to make a positive difference. Seek advice from your Solicitor and ask about adding a simple codicil rather than writing a new Will. Please be assured that any Bequest will directly assist those living with MS and the services the Northland Society provides.



TO ALL MEMBERS AND
FRIENDS OF THE SOCIETY
WHO HAVE HAD, OR ARE
SOON TO CELEBRATE A
BIRTHDAY OR SPECIAL
OCCASION, VERY BEST
WISHES FROM ALL AT MS
NORTHLAND SOCIETY.

BOQUETS

THANK YOU



To Tracy De Leeuw who
has kindly donated a copy of The Wahls
Protocol book to the MS Library. Gratefully
accepted and appreciated.

And Thank You To Kathy, Gay and Donna for
the years of service to MS Northland, Enjoy
your retirement days - well-earned.

From the Office . . .

Hi All

I don't even know where to begin as so much has been happening since the last newsletter went out. Some weeks back I began to think a camp stretcher for overnight stays in the Office would not be a bad idea with the extra hours I was working. It was a busy and stressful time that resulted in some scary bad leg days. Yes, it was probably me you saw (the crazy lady) stopped at traffic lights with a 20+ft gap between my car and the one in front! Purely a safety measure as my foot that day was doing a dance all of its own (on the accelerator!) with a few involuntary leg movements thrown in for good measure. Stress is definitely not good for any of us. To alleviate mine, I went to Nelson for a few days, spending time with a best friend who knows how to seriously pamper her guests. I returned home refreshed, revitalised, and with legs to match.

You may have noticed on page 1 the omission of names from the Committee/Staff lists. We do not currently have a Field Worker with Gay resigning from the role in July. President Kathy also decided to step down, for a well earned retirement and Donna had to leave the Committee to focus on her own MS health. They will be missed and the Society sincerely Thanks them for all their effort and contributions over the years.

We are currently recruiting for a new Field Worker with applications for the position closing soon. Hopefully it will not be too long before you once again receive a visit or phone call from a Northland Field Worker. The role for Committee Members is of course on-going and you don't even need to formally apply—the job is yours if you want it! :) 6 meetings per year, for approx 1 hour. Plus one or two additional fundraising roles to be performed throughout the year, i.e. the MS street appeal and in 2017 committee members helped out with the Lions Charity Golf day. Please consider joining the committee. The AGM is in November and prior to this we will be seeking nominations for a new President and Vice President.

In July, Dr. Nicole McGrath from Northland District Health Board gave an interesting talk on MS. There is always something new to learn about this disease we all share. I was interested to learn that there is now a generic substitute available for Fampridine This is a drug that may improve walking speed and ability (helpful for those with type PPMS). Not subsidised by Pharmac it cost \$360 per month, simply not affordable for many folk. The cost of the generic substitute is approx \$2 per day, and I will soon begin a 12 week trial to see if there is any improvement. Very excited about this, and I will keep you updated on the outcome. Thank you again Nicole for donating your valuable time and for sharing your knowledge on MS. with us.

Please see the flyer on page 8 regarding a possible clinic held by Gilly Davy of Connect Neuro-Physiotherapy. If there were sufficient numbers wanting to attend, we may look at a booking in November. Individual consultations cost \$150 for one hour which you would have to pay for. The Society may be able to subsidise costs for a one hour group talk which would be held either on a Thursday evening or Friday day time. At this stage we are seeking indications of interest.

Finally, before I run out of room—street appeal week is looming. If you work during the week, there will be a table and chairs at Regent New World on Saturday 2nd September, also vacant spots on Thursday 31 August, and Friday 1st September. You choose a preferred time, and I will happily provide a volunteer badge to wear on the day. I'm avoiding stress remember —so please phone or email me at the office to add your name to the roster, Thank you. Till next time,

Regards, Wende





Gathering expression of interest for a Neurological Physiotherapy Satellite Clinic

Whangarei

- Do you know that exercise is neuroprotective?
- Do you know what the BEST exercise is for you?
- Are you living with a neurological condition?
- Have you recently been diagnosed with a neurological condition or living with your condition for a while?
- Would you like to receive some intensive therapy input?

This unique opportunity for all those with a neurological condition including MS, Parkinson's, Stroke etc to attend this expert level satellite clinic in Whangarei. You will be assessed, educated and provided with an individualised tailored program specific to you and your neurological condition. This will assist you in reaching your goals and improving your life. It also offers you the chance to book an intensive package over the three days to maximize your progress.

Gilly is an expert neurological physiotherapist and clinical director of Connect Neuro Physiotherapy in New Zealand. She is currently a Clinical Fellow of Australian Catholic University and was awarded Australian Physiotherapy Association IPSEN 2015 Award for Special Commendation for Achievement in Neurological Physiotherapy. Gilly is extremely passionate about neurological rehabilitation and believes that every individual can improve their function and quality of life.



**Take this rare opportunity to maximise your potential by
contacting us now to show your interest so we can arrange a
clinic in Whangarei**

Gilly will also provide two educational evening talks as well.

CONTACT: Wende the field office for Northland MS Society
nthlndms@xtra.co.nz

COST: \$150 for a 1 hour initial consultation and \$130 for a follow up hour
Evening Talks: \$25 per person per hour talk

www.connectneurophysiotherapy.com



Field Officers Corner



FAREWELL

Hi Folks,

It is with regret that I inform you that I have resigned as your Field Officer/ Educator for the Northland Multiple Sclerosis Society.

Due to ongoing health issues I finally made the decision to retire, sooner than I expected. I am improving health wise, but feel that it is time to feel more sunshine on my shoulders, do some more fishing and enjoy all my hobbies.

It has been an honour and privilege to be involved with MS Northland for the past 22 years, and MSNZ for 6 years and your Field Officer for the past 4 years. I have really enjoyed my role as your Northland Field Officer and getting to know you all a little more.

Your hospitality and generosity of sharing with me is something that I will always hold dear and never forget.

I do hope that I get the chance to meet up with many of you again in the future.

I wish you all the best of health and happiness. Thanks for being you and look after yourselves as best you can.

Kind Wishes to you all,

Gay Dickie

Ps; In the meantime there will not be a Field Officer for a while so if you have any medical problems get in touch with your Primary Health Carer.



CONGRATULATIONS CHELSEA



Chelsea Horsford a member of the MS Northland community was recently awarded a diploma in Information and Library Studies, level 5. Chelsea received a Dorothy Newman Scholarship from MSNZ which helped toward the cost of her studies, she will now continue doing the papers for a degree. Well done Chelsea and congratulations from all at MS Northland.

This hearty soup is an easy low-GI soup and if you team it with grainy toast, you're well on the way to a warm, filling and nourishing meal. Plus it has little fat and lots of fibre. This wholesome, healthy winner is bursting with flavour.

BACON, LENTIL AND CANNELLINI BEAN SOUP

- | | |
|------------------------------|---------------------------------|
| 1 tablespoon Olive Oil | 400g can cannellini beans |
| 6 Bacon rashers, chopped | 400g can diced tomatoes |
| 1 Onion, chopped | 1 litre (4 cups) water |
| 3 cloves garlic, crushed | 1 litre (4 cups) chicken stock |
| 2 sticks celery, chopped | 2 teaspoons black mustard seeds |
| 3/4 cup of lentils | 1 tablespoon tomato paste |
| 1 carrot, peeled and chopped | Cracked black pepper, to taste |



Heat oil in a large stock pot over a medium heat. Add bacon, onion, garlic, celery and mustard seeds. Cook, stirring occasionally for 6-7 minutes or until onion and celery soft. Stir in tomato paste then add carrot, lentils, beans, tomatoes, stock and water. Bring to boil, then simmer uncovered for approx. 30-40 minutes or until lentils are tender. Stir in some finely chopped parsley and Enjoy.

STEVE MACKERETH



ASB Good as Gold is an ASB initiative recognising, rewarding and helping wonderful people in our community. We ask the public to nominate people, who are making a real difference in their community, have grabbed hold of life against the odds or who really deserve help in a time of hardship. The recipients are featured on TV One's Seven Sharp.

Steve Mackereth is a one man machine, putting everything and everyone before himself. Steve farms the dairy farm that has been in his family for 4 generations. As times have been tough for farmers, he can't afford to hire help so he does everything by himself - milking his heard twice a day, and everything else that dairy farming entails. It's a hard job doing it all solo but what makes it even more impressive is that he does all this whilst battling MS. As his daughter Hannah mentions, "How he manages to do what he does and still come in with a smile blows my mind."

Steve loves his kids and they are equally devoted to him. He works this hard because he wants to ensure that Hannah and Mark have the best start in life, and supports them financially while they are studying at university. Hannah is doing a post-graduate degree in teaching and Mark is studying to be a surveyor. Steve wants them to be able to do this without coming out the other end of all their hard work with a big student loan.

He loves horse racing and he talks wistfully of a retirement in Cambridge amongst all the race horse studs. Hannah worries about her Dad working so hard, and never taking any time for himself, so she asked for a small holiday for Steve and his wife. We agree, and we've given Steve an all-expenses paid holiday for two to the Melbourne Cup, a bit of spending money and enough extra to hire someone to come and take care of the farm while he's gone. We hope Steve has a great break away from the cows and the milking shed.

(You can still find this interview on-line if you missed seeing it, but be warned, you may need a box of tissues or a hanky at hand. The MS Northland Community also wishes Steve an enjoyable holiday, good luck with the bets, may you select all the winners!).

Northland MS patients facing long wait for appointments

(Newspaper Article 24 July 2017)

Multiple sclerosis patients in Northland are waiting between two and four months to see a specialist, and up to three months for a magnetic resonance imaging scan (MRI).

The waiting times were revealed after an official information request by the Multiple Sclerosis Society of New Zealand. Society vice-president Neil Woodhams said there was a major shortage of neurologists which was having a significant effect on MS patients.

Northland District Health Board spokeswoman Liz Inch said MS patients were a priority.

MS patients are prioritised on clinical urgency and we expect these scans to be done within three months."

Northland was not the only region where patients were facing long waits.

In Taranaki and South Canterbury, people were waiting four months for an initial appointment - the maximum time Ministry of Health guidelines allow for first specialist assessments.

Taranaki District Health Board chief operating officer Wendy Langlands said some patients would have to wait up to four months for a first appointment to offer those with the highest clinical need to get treatment first.

Mr Woodhams said the waiting times for people to see a neurologist were unacceptable.

"In Palmerston North, we have reports of people waiting 15 months for a follow-up.

"Delays can mean that a person with MS cannot access the treatment they desperately need in a timely manner which may result in disease progression and disability."

Mr Woodhams believed the delays were caused by under-resourcing of the specialty because of a lack of funding.

"New Zealand only has 37 full-time equivalent neurologists employed in DHBs across the country. This figure is a disgrace," he said.

An article in the *New Zealand Medical Journal* in August 2015 found 74 full-time neurologists were needed to cope with demand at that time, with pressure only expected to increase.

The journal also found about half of the current workforce would hit retirement age by about 2027 but, on average, only one new New Zealand-trained neurologist was entering the country's workforce each year.

"As a result of these shortages, neurologists, MS nurses, and other staff are being placed under intolerable pressure to try and provide an adequate service," Mr Woodhams said.

"The latest evidence is that the sooner you are diagnosed and the sooner you get on to treatment, the more likely the drugs that are available in New Zealand for treating MS will be successful".

Continued on next Page.....

Newspaper Article of July 24th 2017 Continued....

"Any undue delays in diagnosis - that means not just an appointment with the neurologist but access to MRIs, access to ophthalmology - is not desirable."

As at May 26, some MS patients in Canterbury were waiting more than six months for MRI results.

Acting chief of radiology Dr Mike Hurrell said the current waiting time had now fallen to 22.5 weeks for a routine MRI but urgent cases could be seen within 48 hours.

Clinical status guidelines meant even the least urgent MS patients should be seen within four weeks, according to the district's written response.

Dr Hurrell said a rapid increase in population and new funded drugs for MS which required an MRI to determine suitability had put pressure on radiology resources.

Pharmac now also required an annual review and MRI scan for MS patients on funded treatments which was only increasing the workload for neurologists, he said.

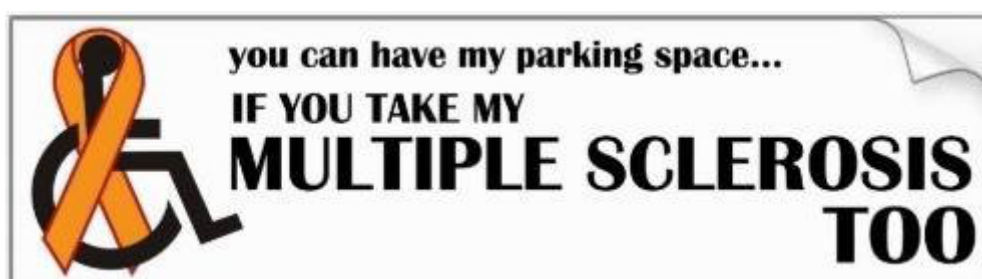
Association of Salaried Medical Specialists executive director Ian Powell said he was aware there was an undersupply of neurologist positions in the country's public hospitals.

"These are not so much advertised positions but positions not advertised leaving existing staff to cover.

"This means overstretched neurologists, delays in specialist assessments and delays in necessary follow-up treatment."

About Multiple Sclerosis:

- MS is a progressive disease of the central nervous system, for which there is no cure at present
- MS affects 2.3 million people worldwide
- About 4000 New Zealanders live with the disease
- More women than men have MS, with a global ratio of three women to one man
- Diagnosis of MS is generally between 20 and 40 years of age, although onset may be earlier
- MS attacks the nervous system. Symptoms can include sight loss, pain, fatigue, incontinence and disability.



Notice Board



INFORMATIVE WEBSITES ON MS

WWW.MSRC.CO.UK
WWW.MSRA.ORG.AU
WWW.MSOLOGY.CA
OVERCOMING MS.ORG
MS DIET FOR WOMEN.COM
HEALTHLINE.COM / MS
MS NETWORK.ORG
NATIONAL MS SOCIETY.ORG
ACTIVEMERS.ORG

BOOKS AND JIGSAW PUZZLES

Available from the Office and free for members to take out on loan at any time.

There is an array of books that covers all aspects of MS. Call in during Office hours to see the range available.

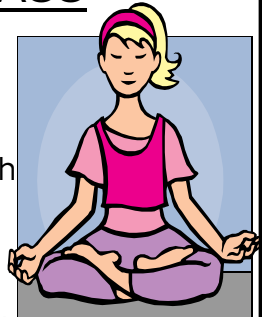


Can't get out? You can shop online!

Meals: www.eat.co.nz
Supermarkets: with online shopping & delivery (Countdown): <http://shop.countdown.co.nz>
Vitamins & Supplements:
www.healthpost.co.nz

YOGA CLASS

Held weekly at Yoga Central, Whangarei. Modified for those with MS and free to Financial members. Phone Office for details.



Free health advice
when you need it



Healthline

0800 611 116

www.healthline.govt.nz



Important dates for 2017

MS Awareness Week 2017

28th August to 3rd September.

Volunteers will be needed on August 31st & September 1st and 2nd.
Please help.





Notice Board



FIREWOOD FOR SALE

\$65.00 PER CUBIC METER

PHONE DONNA DIRECT

On 09-4329677



Delicious and affordable meals are available from Forget-me-not Centre, 110 Boundary Road, Tikipunga for the elderly and those with a disability.

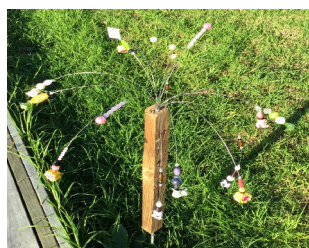
Meals are cooked on site in the WDC certified kitchen by Chefs and are freshly frozen. Meals cost \$8.00 each and can be collected from the Centre Mon-Friday 8.30a.m. to 4p.m. or they can deliver for someone who is immobile etc. Phone 09 4371144 to order, or visit to see what meals are available to purchase. Payment can be cash, internet banking or cheque.

FOR SALE

GARDENT ART.

Bright colourful beads on stainless steel wire that move with the breeze. A variety of colours and styles and look great in any garden or outdoor setting.

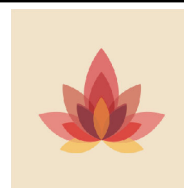
See Donna at the Artisans Market (Canopy Bridge) on Saturdays, visit her facebook page DMRCraftyDesignsnz or phone direct for enquiries 021 1051627 or 09 4329677



Contact the Office, if you would like to advertise your craft or any item for sale in the Newsletter (no charge)

Not quite ready for a full Mobility Cart but interested in a lightweight compact version then have a look at the website travelscootnz.co.nz

These scooters can fit in the boot of a car and travel 17ks before the battery needs recharging. There is a free 5 day trial. Telephone 0800 272 668 for more information.



SANCTUARY WELLNESS STUDIO

Level 1, 1 James Street, Whangarei. (There is a lift)
Check out the website www.sanctuarywellnessstudio.co.nz for Massages and the other treatments provided.

A small discount is also offered to Members of MS Northland, Contact Cathlyn on 022-6188558 or email; sanctuarywellness@outlook.co.nz for appointments.





DARGAVILLE EXERCISE CLASS—ZUMBA FITNESS

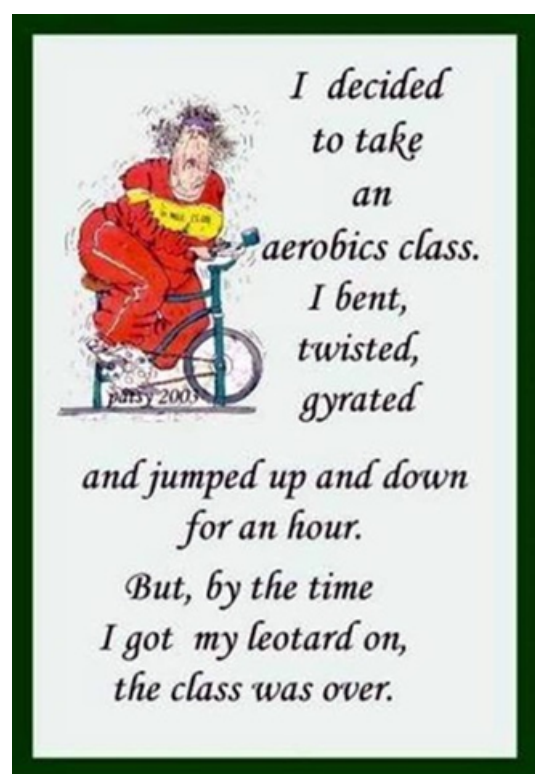
Exercise to music while sitting. Non-impact, safe, fun and a great way to improve your fitness and loose weight. Held at the Holy Trinity Church, Dargaville on Wednesdays 9a.m. to 9.45a.m. This class is free to attend. Phone Diana for more info on 09-4390407.

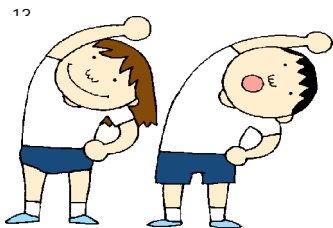
KAITIA AND DISTRICT Age concern Exercise Classes

Tone, stretch and strengthen your body with age and ability appropriate exercise. Held every Wednesday and Friday 10a.m.—11a.m. at Te Ahu Centre, main hall. \$2.00 per class. Everyone welcome.

For more information phone Gayle on 09-4088-2997

As we age it is so important to stay active, strong and flexible. Toning and stretching the body protects bones, reduces joint stress, increases brain function and helps with falls prevention.





KENSINGTON FITNESS CENTRE

MS Patients with a caregiver can make use of the Fitness Centre Gym on Monday to Friday between the hours of 9a.m. and 3p.m. at a cost of \$5.00 per visit. For those that do NOT require a caregiver, an assessment (for approval) would first need to be undertaken by Whangarei Physiotherapy service or Isobel Finlayson, the Movement Rehabilitation Physiotherapist at the Kensington Gym. You can contact Isobel on 021-499697 or Whangarei Physiotherapy on 09 4595000 for this assessment.

Kiwi Seniors (those over age 60) can also use the Gym Fitness Floor, Mon-Sunday 9am-3pm at \$5 per visit. There is a \$15 charge for an initial assessment and a personal gym workout programme.

POOL EXERCISE CLASSES

Group classes are held at the Whangarei public pools each Wednesday 11.10-11.45 in the main competition Pool (tepid 27d) and 12-12.45 in the Hydrotherapy Pool (34d) during school terms. Beneficial to those with MS. Isobel Finlayson, a physiotherapist runs you through the exercises and you do what you can manage. The cost is \$8 per class to be paid on a term by term basis at the start of each term. Pool entry is paid to the Aquatic Centre \$4.50 casual disability rate or \$40 for 10 visits.

Telephone Isobel
on 021 499697
for further information or to enrol



GRATEFUL THANKS TO ALL MS SPONSORS & SUPPORTERS

PLEASE ENDEAVOUR TO SUPPORT THE LOCAL FIRMS IF YOU CAN



PLUS
chartered accountants

PLUS CHARTERED ACCOUNTANTS—134 Bank Street Whangarei. 09 4383322

P J EDLINGTON PANEL BEATERS—36 Hannah Street, Whangarei. 09 4387072

REGENT NEW WORLD SUPERMARKET—167 Bank Street, Whangarei. 09-4701090

SUBLAB WHANGAREI, AUTO WORKSHOP-104 Cameron Street, Whangarei. 09-4385300



L W NELSON TRUST



A K FRANKS TRUST



Lottery Grants Board
FUNDS FOR YOUR COMMUNITY