



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

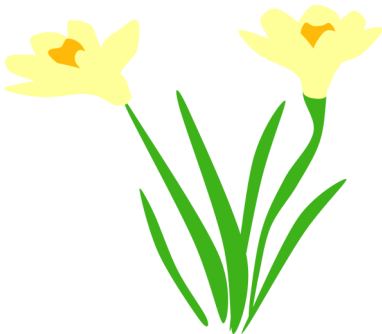
Phone: 09 438 3945

Email: nthlndms@xtra.co.nz

Field Worker: 027 5399883

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



October 2017

Patron:

Dr Nicole McGrath

Acting President: Brenda McCreedy

Acting Vice-President: Kim Silvey

Committee:

Gael Nankivell

Staff:

Field Officer/Educator:

Renee Cains

Office Administrator/

Secretary/Treasurer:

Wende Quin

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?

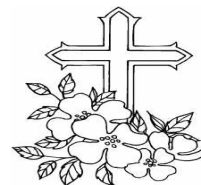
We have appointed a roving reporter to conduct a brief interview for this purpose, which can be done in person or by email.

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



**PAULINE SOWRY FOR YOUR WORK ATTENDING TO THE END OF FINANCIAL YEAR ACOUNTS
DONNA ROGERS FOR PRINTING THE BOOKS OF CHRISTMAS
RAFFLE TICKETS. APPRECIATED.**

From the Office . . .

Hi All

After what can only be described as a 'tumultuous' past few months with many resignations arriving on my desk or email inbox, everything now appears to be looking brighter.

A new MS Field Worker has recently been appointed for Northland and we welcome Renee to the MS Northland Community. The vacant positions of Acting President and Vice President were filled by Brenda and Kim respectively, both enjoying their roles to date and working hard for the Society—Thank you ladies. The **plea** for new committee members is still out there and I would urge some of you to accept this volunteer role, meet fellow MS'ers, share ideas for fundraising, social events, activities, or ways to improve our services. Anyone without a diagnosis of MS is also welcome, so if you know of someone, family or a friends who may be interested in joining a committee, please mention it to them.

The annual appeal and awareness week of 2017 raised \$2,617.65 This figure is slightly down on the past 2 years, mainly due to not being represented at as many sites this year. The Volunteers, MS members, and Whangarei and Paikeke Lions Clubs who put their hands up to assist, did a great job and hopefully enjoyed themselves in the process. Grateful Thanks for your support and help, Special Thank You also to Glennis Paxton and the Dargaville Support Group (now disbanded) and to the Onerahi Lions Club for their kind donations to MS Northland.

Coinciding with the annual appeal is the end of the Society's financial year which means it is the busiest (and craziest) time of year at the Office. To regain my equilibrium, I went to Australia to visit our daughter Becky who lives at Noosa. Had a lovely time and the weather was perfect. Very nice to leave the rain behind as it sure has been a wet winter and spring here in Whangarei. Travelling solo I opted to take advantage of the free wheelchair assistance service offered by Air New Zealand. Mainly because flying direct into the Sunshine Coast means a big flight of steps to negotiate on exiting the plane. I was assisted down these by a very friendly stewardess, but on the return journey entered the aircraft by way of a hydraulic lift. It does seem easier going down a set of stairs, rather than up. This new travel experience prompted me to include some other travel tips (page 6) which you may find helpful.

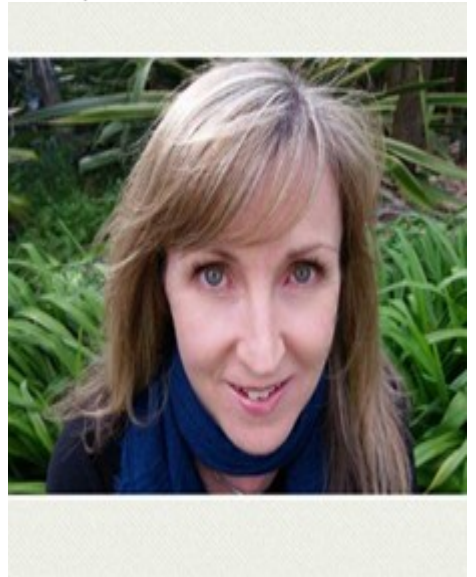
To my fellow PPMS'ers, I mentioned in the last newsletter that I would update you on my trial with the drug Fampiridine (generic name 4-Aminopyridine) and I am pleased to advise it is working. My walking speed has improved greatly and walking ability also—according to friends and family who advise "I now look more normal" - I did hope they actually meant my walking gait! :). However I have experienced a side-effect of increased paraesthesia. In my case this is the 'burning feet' sensation I experience only at bedtime (but controlled by taking Neuropentin), This increased from just my feet to thigh level, which was both scary and painful. I stopped taking the prescribed evening tablet, which in turn stopped the side effect. I will now monitor whether taking just the one 10mg tablet daily results in the same benefits, if not, there's an option to try a lower dose 5mg tablet in the evenings.

Till next time,

Wende



Field Officers Corner



Hi There

Let me introduce myself, my name is Renee Cains & I have recently taken on the role of Field Worker for MS Northland.

I am looking forward to the challenge that this new role will present and also the opportunity to update my current MS knowledge.

I have a background in Nursing, having worked in a variety of Health care environments as a Registered Nurse. I am also a Registered Homeopath, out of interest & am interested in all types of complementary therapies.

I live on a lifestyle block just out of Whangarei with my partner & four children & enjoy the country lifestyle.

Northland is such a great place to live with our beautiful natural environment and fantastic coastline, I hope everyone is looking forward to the summer months ahead and also the festive, holiday season which is fast approaching.

I recently spent some time with the Field Workers in Auckland & had the opportunity to view how they support their members.

I look forward to meeting with you all at some stage in the not too distant future.

Kind Regards

Renee Cains

Research Roundup

Can diet help people with Multiple Sclerosis (MS) manage their disease and their symptoms?

The National MS Society thinks so. In fact, it is funding two new studies that look at the effects on diet and MS. One study, out of the University of Iowa, looks specifically at the effects of diet on MS-related fatigue.

A second study, out of Icahn School of Medicine at Mount Sinai in New York, is a pilot study looking at the feasibility of studying the effects of diet on people with MS.

Both studies are a result of a wellness task force put together in 2014. Bruce Bebo, Vice President of Research at the National MS Society said that the task force was a result of both patient and doctor requests for research on more than just pharmaceuticals and mice. The task force brought together experts to chart out a course to follow in lifestyle and wellness.

"We began to better understand where the knowledge is, and where gaps are, and how we can make the best investments for the patients and the Society," Bebo explained how studies on diet are not easy. It is difficult to "blind" the participants to the treatments when they are planning and preparing the food. Considered a modifiable risk factor, diet for the most part can be controlled by people with MS or their caregivers.

HOW DIET CAN HELP

A study published in *Neurology* found that in addition to weight control, people with MS may find both neuroprotective and anti-inflammatory benefits from certain calorie-controlled diets.

Another report looked at 175,000 women and found that ingesting polyunsaturated fats may modify risk factors for MS. Diet also has the potential to improve cognitive function in people with MS. A paleo diet was recently found to help with mood, depression, anxiety and cognitive function, more than exercise and stress management.

BUT CAN DIET HELP FATIGUE?

The National MS Society just committed more than \$1 million to find out. The trial led by Dr. Terry Wahls will look at two different popular MS diets and their effects on MS-related fatigue.

To date there are no FDA approved drugs for fatigue, which is currently one of the top five causes of MS disability, and a factor in reducing quality of life.

Wahls who has MS, found a way to help people with the condition, manage their symptoms and disease by using a modified paleo diet called the Wahls' Protocol. After years of research she learned of the task force and submitted a proposal to test her theories. Her study looks at diet and MS-related fatigue, specifically while following either a modified Swank diet or modified Wahls' Protocol diet. The Swank diet is named after Dr. Roy Swank, who has treated many MS patients. Through these experiences he determined a diet to help manage the disease.

Do either of these diets reduce fatigue and improve quality of life? This is the main question, Wahls said. While it will be interesting to see how the diets compare, what matters most is how effective these diets are when compared to the baseline.

A healthy diet and maintaining a healthy weight can reduce other health issues and should have benefits for people with MS. Eating a healthy diet is good for everyone.

(Source: Healthline September 2017)

Tips for travelling with MS

Taking a trip gives us all the welcome opportunity to break free from the mundane of everyday life and get away from it all. Whether it is a day trip to the beach, a museum, a weekend away, or a week long adventure, we all need a break.

But the reality is; if you or a loved one is living with Multiple Sclerosis (MS) having this chronic condition is the one constant that none of us can escape. While we can't escape the disease, it does not mean we can't get out and have a great time travelling and enjoying life. With some pre-planning and preparation, a great trip is within your grasp, in spite of MS.

- You have lots of tools at your disposal to make travelling easier. Use them. Wheelchairs, walking sticks, trekking poles, scooters, disposable undergarments.
- Don't underestimate the importance of a reliable travel companion. When you need a little extra assistance, and extra pair of able bodied hands (and legs) can be a godsend.
- Pace yourself. You know your body better than anyone. You don't have to do absolutely everything in the guidebooks for your holiday to be a success. Choose activities wisely and factor in some recovery time.
- Stress, heat and/or fatigue (all of which can easily happen when travelling) could cause a temporary flare up of symptoms, with adequate rest these should clear by the next day.
- It is probably wise that you don't take medications out of their original containers. Customs officials don't really like to guess what pills are what.
- If you are taking Tysabri or other disease modifying drugs, be sure to plan around your injection or infusion dates.
- View your accommodation online before you make reservations. Email or call if you have any questions. You don't want to be stuck going up a huge flight of stairs at a B & B when you thought it was all single level.
- A room with an accessible bathroom isn't just for folks who use wheelchairs. Having a larger bathroom with grab rails is especially helpful after a tiring day. Some motels or hotels will have shower chairs available if the shower is not equipped with one, but again it pays to ask..
- Invest in roadside assistance. Being able to call a toll-free number to request reliable service to repair a flat tyre or tow your broken down vehicle is priceless.
- Think about what you are wearing. Keep your apparel simple and comfortable and wear shoes that are easily removed.
- Take one more day off. Take a day to rest when you get home. That way you can recover and won't find yourself saying "I need a holiday to rest up from my holiday".
- With these tips in mind, enjoy a break from everyday realities. No matter the length of time, such a break is a great way to recharge yourself to keep moving forward despite your MS. Happy travels.

SAVE THE DATE.....

THE NORTHLAND MS SOCIETY **ANNUAL GENERAL MEETING** WILL BE HELD ON SATURDAY 18TH NOVEMBER AT 10.30A.M.

IN THE LOUNGE OF THE OLD MUNICIPAL BUILDING, 71 BANK STREET, WHANGAREI.

ALL ARE INVITED TO ATTEND. Tea and Coffee will be provided after the meeting.

THE SOCIETY IS SEEKING NOMINATIONS FOR NEW COMMITTEE MEMBERS.

A nomination form is included in this newsletter, or one can be collected from the Office. The role of a Committee Member is not difficult with approx. 6 meetings held per year and participation in any fundraising ventures that are held from time to time.

* * * * *

ANNUAL CHRISTMAS LUNCHEON



To be held at A'Fare, 197 Lower Dent Street on Thursday December 14th meet at mid-day (for a 12.30 lunch)

Cost is \$20 per person with beverages an additional cost. The venue is fully licensed.

Members and their partners or carers are welcome.

Definite numbers attending are required. Please rsvp to the office, by phone or email, by 30th November. Thanks.

For those who have their copy of our Newsletter posted, you will find enclosed with this issue, your 2017 Raffle books. Others will be posted separately. If you do sell a whole book, please complete each individual butt as every one goes into the draw.

While the gesture is a kind one, rather than buy the books yourself, please also endeavour to sell tickets to family, friends and workmates. Your assistance with this annual fundraiser is greatly appreciated.



MS ANNUAL APPEAL 2017



The Paikeke Lions Club trio helping out

Thank You everyone



Acting President Brenda McCreedy with Sandra Dixon outside the Countdown Supermarket



Brad Quin and Kathy Meara had fun during their time at Regent New World on Saturday



Dennis Parks of the Whangarei Lions Club in Rathbone Street



Wende and good friend Margaret, wear Orange for a good cause

2018 - What's happening...

Monthly MS Support Group—Whangarei

Support Groups are groups of people who gather to share common problems and experiences, associated with a particular condition or illness. In a support group you are able to talk to other people who truly understand what you are going through, can offer emotional support and share the types of practical insights that can only come from first hand experience.

A support group is a safe place to talk about worries, issues, experiences, struggles and thoughts. Realising you are not alone, that there are other people who have the same concerns or problems. Members can support each other and may suggest new ways of dealing with a particular issue. It is a chance to meet new people in a similar situation as yourself and talking to others in the group can also help reduce anxiety.

Commencing on the 22nd February 2018 and on the last Thursday of each month thereafter, a group of us will meet at a central Whangarei Café at 10a.m. (venue to be advised in December newsletter). We welcome new members and do hope that you will come along and join us.

Support Groups held outside of Whangarei

Eventually we would also like to get support groups up and running in the North. Please contact the Office if you would consider being a local area co-ordinator for this.

In February or March 2018 we also hope to conduct a meet and greet morning tea in Kerikeri for local MS members living in that area. This will also be an opportunity to meet Renee our new Field Worker.

Whangarei MS Yoga Class

The Society would like to see a few more people attend this class next year, held Tuesday mornings at Yoga Central in Bank Street. It may not be financially prudent to continue offering this class in 2018 with low numbers attending.

What are the alternatives?

A group exercise class run by a Physiotherapist? (perhaps with specific set exercises to counteract MS issues like poor balance or foot drop). Would you be likely to attend a Pilates class? Or Sit Fit? What other form of exercise class would you like the Society to provide its members? Do you have any ideas that we could investigate?

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
ACTIVEMSERS.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 what is 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

ANNUAL GENERAL MEETING
SATURDAY 18TH NOVEMBER
COMMENCING 10.30 a.m.

VENUE— Brenda Gardner Lounge
71 Bank Street, Whangarei



CHRISTMAS LUNCH—DECEMBER 14TH



Notice Board



WHAT IS IN YOUR PANTRY?

THE MS XMAS GROCERY HAMPER RAFFLE IS ON AGAIN.

Do you have a spare grocery item you could kindly donate for our fundraiser raffle. Drop off at Office, **Thank You.**

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.

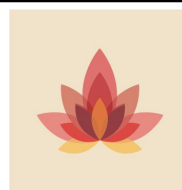
See Donna at the Artisans Market (Canopy



Bridge) on Saturdays, visit her facebook page DMRCraftyDesignsnz or phone direct for enquiries 021 1051627 or 09 4329677

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.

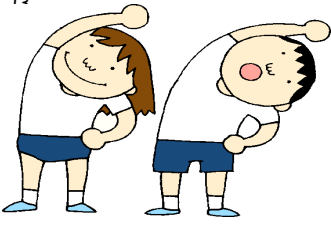
KAITAIA AND DISTRICT Age concern Exercise Classes

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

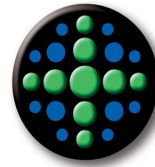
Group classes are held at the Whangarei public pools each Wednesday 11.10-11.45 in the main competition Pool (tepid 27d) and 12-12.45 in the Hydrotherapy Pool (34d) during school terms. Beneficial to those with MS. Isobel Finlayson, a physiotherapist runs you through the exercises and you do what you 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

NORTHLAND MULTIPLE SCLEROSIS SOCIETY INC

AGM, 18th November 2017

NOMINATION FORM

You are invited to submit nominations for the President, Vice President, and members of the committee (not less than six members are required). Nominations must be received by the Secretary not less than Ten (10) days before the AGM (8th November 2017)

Nominations in writing must be signed by the candidate, proposer and seconder. Candidates must be financial members of the Northland MS Society.

I, _____, wish to
nominate _____
for the position of _____

President/Vice President/Secretary/
Sclerosis Society Committee.

Treasurer/Committee Member (please circle one) on the Northland Multiple

Seconded By: _____

I, _____, am willing to accept this position.

****Notices of motion are also to be in the hands of the Secretary by 8th November 2017 ****

Please send nominations and notices of motion (to be received no later than 8th November 2017) to:

The Secretary
Northland Multiple Sclerosis Society
Suite 6, 71 Bank Street
Whangarei 0110

THIS IS NOT A VOTING PAPER

Excerpts from the constitution relevant to AGMs

All members may attend general meetings (Special and Annual) and take part in discussions.

The quorum for an AGM shall be not less than 8 financial members.

The executive committee shall be elected at the AGM. Candidates shall be nominated in writing, signed by the candidate, proposer and seconder

If insufficient numbers of nominees for the executive committee to fill the number of vacancies, then further nominations may be taken at the AGM.

Voting by proxy:

1. An ordinary member provided that they are financial, may be **proxy** under their hand sufficiently indicating their intent nominate another member of the society to vote on their behalf whether in the election of the officers or other business of the society.
2. All ordinary members may move, second or vote on any resolution. However, no executive committee meeting (management committee) member, or staff employee of NMSS shall exercise an ordinary proxy vote.

All **proxy** voters to be registered with the secretary prior to the commencement of the meeting.