



# North's Park's



The newsletter of Parkinson's Northland

NOVEMBER 2017

(last newsletter for 2017)

## WHAT'S ON IN THE NORTH

**1<sup>st</sup> December 11.00am – 1.00pm**

Whangarei Xmas Lunch to be held at The Kamo Club  
Rooms, Meldrum Street, Kamo

**Entertainment; Jan Robson and her Scottish Dance  
Group**



**December 11am – 1pm**

Kerikeri Xmas Lunch –  
Cornerstone Church Hall

**Check this newsletter  
for menu and details**

**5<sup>th</sup> December 11.30am to 1pm**

Kaitia Xmas Lunch - Kauri Kingdom,  
Awanui

**Check this newsletter  
for menu and details**



**7<sup>th</sup> December 11.30am to 1pm**

Dargaville end of year function  
Aratapu Tavern, Pouto Road

**Check this newsletter  
for menu and details**



**Don't forget that there are no Support Meetings after  
December until February next year check dates to  
remember in this newsletter**



## **Activities update:**

### **Support Groups in Northland**



**Kerikeri- 3<sup>rd</sup> Thursday monthly**

**Kaitia – 3<sup>rd</sup> Tuesday every 2<sup>nd</sup> month**

**Whangarei – 1<sup>st</sup> Friday monthly**

**Dargaville – 1<sup>st</sup> Thursday every 2<sup>nd</sup> month**

**Waipu – 3<sup>rd</sup> Friday monthly**

### **Walking Group: - Whangarei**

Every Monday @ 9.30am contact  
Margaret 09 435 6239



### **Walking Group: – Dargaville**

Bi-monthly on the first Thursday  
Contact Alison Robertson 09 439 7798

**Physio** – Every Tuesday 2 – 3pm @ Kensington  
Gym

### **Voice & Singing Exercise –Whangarei**

Every Tuesday 10.30am – 11.30am @ New Hope  
Church, cnr Princess & Nixon Streets

### **Hydrotherapy - Water Based Exercises**

**Whangarei**- Every Thursday 2.15pm to 3p.m @  
Whangarei Aquatic Centre.

**Kerikeri**-Every Wednesday 11.30am to 12.00  
noon @ Little Dippers Pool

**Pilates** – Every Wednesday @ New Hope  
Church, cnr Princes & Nixon Streets

Intro Class 12.30pm. 1.30pm start for other  
classes

**Dance Classes** – Every Wednesday 2pm to  
3pm @ Instep Dance Studio 42 Reyburn House  
Lane, Town Basin Whangarei

### **Tai Chi** Classes –

**Kerikeri** – Every Tuesday 3.30pm @ Cornestone  
cnr Kerikeri Road and Heritage By-pass

**All members and intending members are  
encouraged and welcome to join in these  
activities.**



## Trisha's News

### A Warm Hello to Everyone

Well not sure where this year has disappeared to. Xmas is nearly upon us and this is the last newsletter for the year. Please find enclosed in this newsletter the annual subscription fee forms

Apart from the exciting new arrival of our first grandchild things have been rather busy this month.

Firstly, we had our annual collection day on 3<sup>rd</sup> November, we did rather well this year once again. (As you are all aware there are collectors out there every week and it is getting harder each year). A big thank you to all the volunteers who gave their time on this day.

We then had our seminar on Monday 6<sup>th</sup> November with Barry Snow and Adele McCahon. We had a good turn out with approx. 150 attending.

Don't forget that we still have some of our amazing calendars for sale.

The next few months will be busy with all the end of year functions happening throughout the district. Hope that everyone who attends has a great time.

I will be busy in the office collating all the information required to be forwarded onto Head Office with the change-over, so I am not sure that I will be able to attend any of these functions this year.

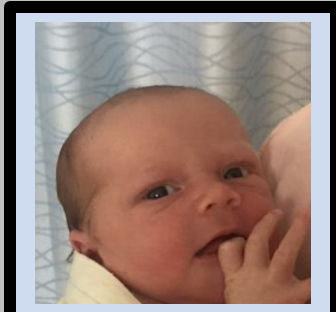
Thank you everyone for their support throughout 2017 and I would like to wish you all a Merry Xmas and a Safe and Happy New Year for 2018

I will be on leave from 20<sup>th</sup> December 2016 returning to work on 15<sup>th</sup> January 2018.

**Trisha Ryan**  
Coordinator



## Welcome to our first Grand Baby



Ryan Andrew Slavich  
Born 26<sup>th</sup> October 2018

Weight 8lbs 13 ozs.

Parents and bubs all doing well.

Proud Grandparents  
Trisha & Desmond Ryan



## UPBEAT

***This group is for newly diagnosed and under 65 Parkinson Sufferers.***

*Upbeat exists to provide people with early onset Parkinson's and their whanau and friends a forum to communicate with other people and to share ideas and experiences.*

Because Parkinsons North has arranged some very dynamic speakers and seminars throughout this year the focus for Upbeat is social activities. If you are a newly diagnosed or an early onset member I encourage you to come along and meet others with Parkinsons. Spouses and family members are also welcome.

The last event of the year is a get together at

**The Gallery and Cafe Helena Bay.**

**(November 19<sup>th</sup> at 11:30).**

Hoping to see a big crowd.

**For all events above please indicate your intention to attend by ringing or texting Lorraine Kokich on 09 4346874 or 0211353919.**

Regards from *Lorraine Kokich.*



### DATES TO REMEMBER

#### **Next Support Meetings**

**Whangarei** – 2<sup>nd</sup> February 2018

**Dargaville** – 1<sup>st</sup> February 2018

**Waipu** – 16<sup>th</sup> February 2018

**Kaitia** – 20<sup>th</sup> February 2018

**Kerikeri** – 22<sup>nd</sup> February 2018



#### **Walking Group**

Last walk on 27<sup>th</sup> November recommencing on 5<sup>th</sup> February 2018

#### **Singing/Voice Exercise Group**

Last class on 21<sup>st</sup> November recommencing 6<sup>th</sup> February 2018

#### **Tai Chi Classes**

Last Class Dec 19<sup>th</sup> 2017recommencing 23<sup>rd</sup> Jan 2018.

#### **Physiotherapy/Hydrotherapy**

Last classes Tuesday Dec 19<sup>th</sup> & Thursday 21<sup>st</sup> Dec 2017. Start dates to yet be confirmed.



## PETER'S REPORT

In my piece this week, I have chosen two separate themes;

- (1) SUPPORTING SALES OF OUR CALENDAR
- (2) PARKINSON'S IS AN EQUAL OPPORTUNITY AFFLICTION

### LET'S MAKE A DATE AND BUY A PARKINSON'S NORTHLAND CALENDAR

#### WHY?

##### TO RAISE FUNDS

Two of our members, Warwick & Cathy Walker, have done a wonderful job co-ordinating the production of our calendars. They have cleverly sought the financial support of local businesses by asking them to each sponsor one month of the calendar, resulting in all of the costs associated with producing the calendar being covered. This means that 100% of the \$10.00 people pay for a calendar goes straight to Parkinson's Northland. A big thank you to the sponsors: PLUS Chartered Accounts, Bindons, Warren Hay Marine, Baigents Office Products Depot, Amber-Lee Florist, Hubands Energy, WRMK Lawyers, Cowley's Hire Centres, Fishers Jewellers, Orrs Pharmacies, Fabers Furnishings, Northland Spa and Pool and Maunu Dental.

##### TO TAKE THE STRESS OUT OF OUR LIVES

As the year winds to an end, we naturally enough start to think about what the next year has in store for us. I have found that the loss of executive function (the ability to multi-task and to make decisions under pressure) brought on by my Parkinson's encourages me to be more organised. I increasingly use my phone to keep a running record of what I need to do each day. However, I still am "old school" enough to need an annual planner, in the form of a hard copy, paper calendar. By being organised, I reduce the likelihood of unexpected events, which generate stress. Parkinson's and stress do not make for good bedfellows.

##### TO PROMOTE CREATIVITY

There is some evidence that people with Parkinson's experience an increased desire to be creative. I know that in my case, I have gained much pleasure from writing and from photography. I have enjoyed the positive feedback, especially when my writing and/or photos are chosen for publication. That's another reason why I support us producing our first ever calendar, one which largely features photos of local landscapes, taken by members of Parkinson's Northland.

#### BUT, WAIT THERE'S MORE!

##### TO GIVE THE GIFT THAT KEEPS ON GIVING

Some Christmas gifts enjoy a short lifespan, but not a calendar, which, by implication alone, lasts for 365 days. I have brought 10 copies of the calendar and am sending them out to friends and relatives both here and overseas.

##### TO RAISE AWARENESS OF PARKINSON'S

There is more to the calendar than photos of local landscapes. One of the pages is titled "A letter To My Friends". This deeply personal account of what it is like to have Parkinson's is guaranteed to strike a chord with fellow sufferers. There may not be a set of steak knives to go with this calendar as a means of inducement, but this account alone, is worth \$10 admission price.

#### PARKINSON'S DISEASE – the great leveller

Apart from the fact that one and a half times as many men have Parkinson's than is the case with women, the disease is an equal opportunity affliction. Ordinary people have it and so too do famous people, such as; Michael J Fox, Billy Connelly, Linda Ronstadt and many others. The latest being Jesse Jackson, the high-profile US civil rights activist. As part of the media release, he wrote a letter. I have excerpts of it here as I believe, in it, he expresses the sentiments that make us all human, regardless of the profile we have in society.

##### **Excerpts from Letter written by Jesse Jackson.**

*"Now in the latter years of my life, at 76 years old, I find it increasingly difficult to perform routine tasks, and getting around is more of a challenge. My family and I began to notice changes about three years ago. For a while, I resisted interrupting my work to visit a doctor. But as my daily physical struggles intensified I could no longer ignore the symptoms, so I acquiesced.*



After a battery of tests, my physicians identified the issue as Parkinson's disease, a disease that bested my father. Recognition of the effects of this disease on me has been painful, and I have been slow to grasp the gravity of it. For me, Parkinson's diagnosis is not a stop sign but rather a signal that I must make lifestyle changes and dedicate myself to physical therapy in hopes of slowing the disease's progression.

I am far from alone....., this diagnosis is personal but it is more than that. It is an opportunity for me to use my voice to help in finding a cure for a disease that afflicts 7 to 10 million worldwide. Some 60,000 Americans are diagnosed with Parkinson's every year.

I will continue to try to instill hope in the hopeless, expand our democracy to the disenfranchised and free innocent prisoners around the world. I'm also spending some time working on my memoir so I can share with others the lessons I have learned in my life of public service. I steadfastly affirm that I would rather wear out than rust out.

I want to thank my family and friends who continue to care for me and support me. I will need your prayers and graceful understanding as I undertake this new Challenge.

KEEP HOPE ALIVE!

Rev. Jesse L. Jackson. Sr.

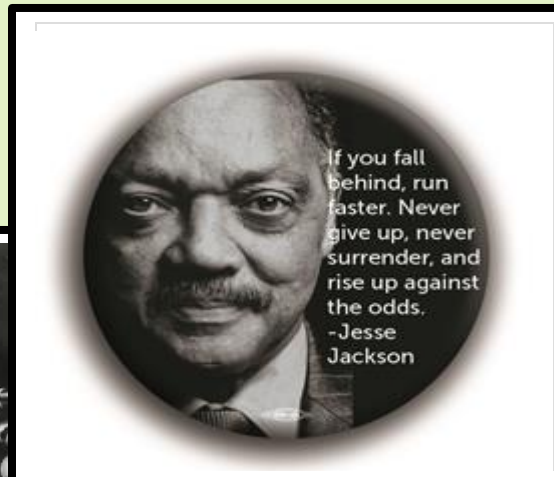
In conclusion, I would like to thank members for their participation and support in the consultation process as Parkinson's NZ re-structures into becoming a national charitable trust.

On behalf of the Committee of the Northland Division I wish members the Very best over the holiday season and hope that you have the opportunity to share special times with family and friends.

*Regards*

*Peter Garelja*

Chairperson Parkinson's Northland



## Whangarei Support Group Christmas Menu \$26.00pp

### Hot Dishes

Roast Potatoes, Pumpkin,  
Kumara.

Peas/Beans

Fish Bites

### Meats

Ham on the Bone & Chicken

### Salads

Tossed Salad

Beetroot Salad

Coleslaw or Egg Salad

### Dessert

Trifle/Pavlova

Fruit Salad & Cream

Complimentary Tea/Coffee



### Whangarei Xmas lunch

on 1<sup>st</sup> December 11am-1pm

@ Kamo Club

Please contact Trisha on 09 437 6878

if you would like to attend this luncheon by the 24<sup>th</sup> November.

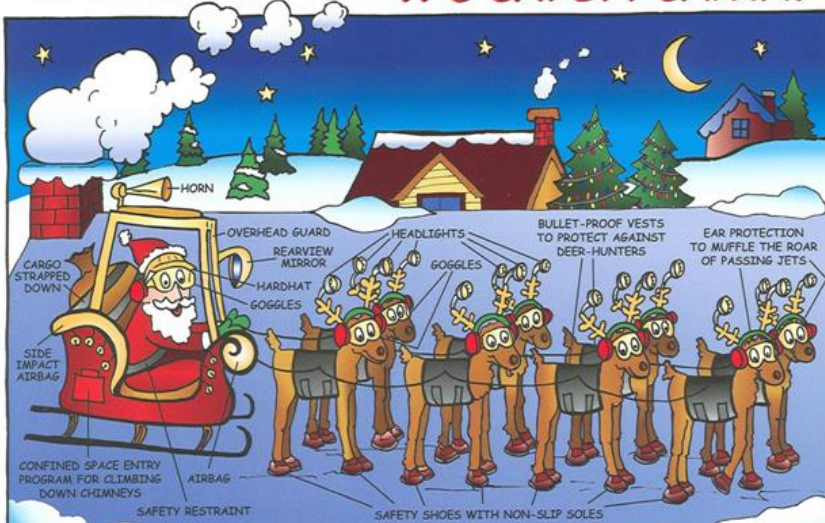
We will also be having Secret Santa gifts value \$5-\$10.00.

### Entertainment

Jan Robson and her  
Scottish Dancers

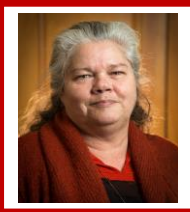


## UP ON THE ROOFTOP... *IT'S SAFETY SANTA!*



## VICKI'S CORNER

*A warm hello to everyone and welcome to the new members.*



I hope you all enjoyed Barry Snow's Seminar and got some information from both Adele and Barry. It was a great turn out. Unfortunately, the results for the NZ Pig Cell Trial have come out and the results have not shown a statistically significant difference in the trial as yet. Positives were that there were no safety issues. Living Cell Technologies will not be proceeding with a regulatory application at this time to treat Parkinson's people in NZ. There will be ongoing monitoring of participants for more analysis so it's not over yet. Here is a link to the article.

[www.nzherald.co.nz/business/news/article.cfm?cid=3&objectid=11942667](http://www.nzherald.co.nz/business/news/article.cfm?cid=3&objectid=11942667)

Well all the Northland Xmas lunches are coming up so please don't forget to book in with Trisha, Barbara or me. They all sound delicious. I am on leave from Friday 17<sup>th</sup> Nov returning Wed 29<sup>th</sup> Nov. During this time please contact Trisha for information on Parkinson's Northland or your GP for medical advice.

*Regards*

*Vicki Sadgrove*



To be held @ Kauri Kingdom,  
Awanui  
Tuesday 5<sup>th</sup> December **12noon**  
We will be having Secret Santa  
gifts  
Value \$5.00 - \$10.00



## Kerikeri Group Xmas menu

\$30.00pp

### Hot Dishes

Cranberry glazed Ham,  
Roast lamb  
Salmon, Asian style  
Baby Potatoes, with herb  
butter

Roast Pumpkin & Feta

Greek Salad

Orzo Salad

### Desserts

Selection of mini desert bites  
Including Chocolate brownie.

Mini Pavlovas, bite size tropical fruit

We will also be having  
Secret Santa gifts value  
\$5-\$10.00.



To be held at the Cornerstone Church hall

12 midday

Friday 8<sup>th</sup> December

Please contact Vicki Sadgrove on 09 437 6876 by 1<sup>st</sup>  
December if you wish to attend this function.

## Kaitaia Support Group

### Xmas Lunch menu

\$26.00pp

### Buffet Menu

#### Main

Rosemary infused  
Spit Roast Lamb  
Honey Glazed ham  
Gourmet potatoes with  
Parsley Butter  
Kiwi Coleslaw  
Tossed Lettuce Salad

#### Dessert

Christmas Fruit log  
Pavlova  
Fresh Fruit Salad



Contact  
Vicki on  
09 437 6876  
by 28<sup>th</sup>  
November  
if you wish  
to attend  
this event.





# PUZZLE PAGE

## Rural New Zealand terminology

- **MICROCHIP:** What's left in the bag after you've eaten the chips.
- **MODEM:** What you did to the lawns.
- **LAPTOP:** Where the cat sleeps....



## Answer October Suduko Puzzle

6	1	3	8	2	4	9	5	7
4	9	5	1	6	7	8	2	3
2	7	8	9	5	3	4	6	1
5	8	9	4	7	1	6	3	2
7	6	4	5	3	2	1	9	8
1	3	2	6	8	9	5	7	4
8	4	7	2	9	5	3	1	6
3	5	1	7	4	6	2	8	9
9	2	6	3	1	8	7	4	5



*Merry Christmas and a Safe and Happy New Year from the Staff and Committee of Parkinson's Northland*



**Riddle** An old man wanted to leave all of his money to one of his three sons, but he didn't know which one he should give it to. He gave each of them a few coins and told them to buy something that would be able to fill their living room. The first man bought straw, but there was not enough to fill the room. The second bought some sticks, but they still did not fill the room. The third man bought two things that filled the room, so he obtained his father's fortune. What were the two things that the man bought?

The wise son bought a candle and a box of matches. After lighting the candle, the light filled the entire room.

## New Parkinson's Northland Calendars for Sale

Thanks to all who submitted photographs; To Jeff Oliver Print for selecting the cover sheet photo and a selection of photos suitable for the sponsors to choose from.

Grateful thanks to all our sponsors who chose from this selection and have made this calendar possible.

Plus Chartered Accountants, Bindons Auto, Warren Marine Ltd, Baigents OPC, Amber-Lee Florist, Hubands Energy, WRMK Lawyers, Cowley's Hire Centre, Fishers Jewellers, Life Pharmacy Orrs, Fabers Furnishings, Northland Spa & Pool, Maunu Dental

*Please support these sponsors as they are supporting us.*

Next year we are hoping to receive a larger selection of **high resolution** photos taken by members from all over Northland. Suggest that you send in any photos as they are taken (photos can get lost!) throughout the year so we can have a store of images ready for next year. Send to Trisha Ryan Coordinator @

[northland@parkinsons.org.nz](mailto:northland@parkinsons.org.nz). Start clicking!

Initially the calendars will be on sale at all Parkinson's meetings and at the seminar during Parkinson's Awareness Week. You can also purchase them from the office by contacting Trisha on 09 437 6878 or from any of our committee members and Community Educators see contact details on back page of newsletter.

**Calendars make useful Christmas presents, they come with envelope ready to post.**



Front Cover



# Bits & Pieces

Kia Ora

WISHING YOU  
your family  
\* A VERY HAPPY HOLIDAY \*

We all know exercise is very important for PWP. On our recent Dargaville walking group outing after a stroll along Glinks Gully most of us managed a sand dune. This type of activity where power and strength are required ticks many of the boxes. Photos elsewhere in this newsletter.

The next walk [optional] will be at 11am, to the Church [reputedly the smallest in NZ] and surrounds near the Kumara Box on Pouto Road prior to our end of year Festive lunch at the Aratapu Tavern on Dec 7<sup>th</sup>. RVSP to me please by Dec 4<sup>th</sup>. Arrival time 11.30 onwards. The dinner served at 12noon will be a roast meal [two meat choices] with trifle for desert \$21pp. Exact menu will be decided closer to this date. We already have 9 people booked. All welcome. This is the last meeting in the South area for this year.

Gardening as a form of exercise is not something well promoted, but I think is well worth considering, as there is something for almost everyone interested.

This pastime can vary from having a few pots of herbs and floral items to a full-blown orchard and large garden. A good thing about gardening apart from the obvious benefits of beauty and fresh food is that it can also improve mood and outdoor enjoyment. From bending down to weed a pot to digging up a potato bed, pruning large trees, swinging a weed-eater or using a trowel there is a wide variety of choices.

Weather you enjoy making compost, shifting mulch, collecting seaweed off the beach, or picking roses there is satisfaction to be gained.

Health benefits from eating your own produce e.g. grapes, citrus, apples, peaches, lettuces, carrots etc. are an added bonus.

A good workout in the garden is a great way to start the day or to wind down at night. It can also give you plenty of brain exercise as getting the most out of your garden involves many challenges from planning through to menus.

An hour of gardening on a regular basis has the additional advantage of being able to do it at home, appreciating nature, a sense of achievement, saving money and helping the environment.

For those who want to garden but don't have the room there are many community gardens in Northland, no doubt always on the lookout for helpers. Another way to make new friends, gain experience and get advice. As this is our last newsletter for the year I would like to conclude by wishing you all a safe and happy holiday season and all the best for 2018. If we are on leave please ring Healthline 0800 611 116 or your Local Doctor for help and support.

Kia Kaha

*Barbara Leslie*

**HAPPY  
HOLIDAYS**  
*and  
Safe Travels*

## Dargaville Support Group End of Year Function menu \$21.00pp

**Roast meal, two choices of meat along  
with roast vegetables and greens**

**Dessert, Trifle for dessert.**

**Complimentary Tea & Coffee.**

**(exact menu available closer to time)**



**To be held at the Aratapu  
Tavern, Pouto Road on 7<sup>th</sup>  
December @ 11.20 for 12  
noon.**

Please contact Barbara Leslie  
on 09 437 68881 by 4<sup>th</sup>  
December if you wish to  
attend this function.

## SUGGESTIONS FROM WHANGAREI SUPPORT GROUP MEETING, 10<sup>TH</sup> NOVEMBER 2017.

It was a very small group who met on 10<sup>th</sup> November which was not surprising given the commitment during Awareness week, when we had an excellent turnout of 150 plus to hear Adele McMahon and Barry Snow – two very inspiring and enlightening speakers. Northland are very fortunate that they are always so willing to travel to share up-to-date information with us.

Peter Garelja welcomed a new member **Roger Tyler** and congratulated Merle and Ray Armiger who celebrated 61 years of marriage.

Prior to the arrival of the excellent speaker from Public Trust on 3<sup>rd</sup> November, we took the opportunity to ask what the Whangarei support group would like to see included at their monthly meetings. It is after all, their meeting and the committee, in looking after the interests of their members', need to ensure that their interests and needs are catered for. We do have a suggestion box which has stood empty for some time so we decided to be pro-active and prompted discussion about this. It was good to hear a buzz of discussion; see heads down and lots of writing which after 10 minutes produced all the ideas below.

- \* At the start of each meeting to have a few exercises or a few songs
- \* Hear other people's journeys through Parkinsons as we are all different
- \* Hear Caregivers journeys telling of their journeys.
- \* Day out – bus trip, bring picnic lunch. Location handy to Whangarei.
- \* Quizzes or similar for brain work and fun.



### Speakers on

- \* helpful hints on dealing with condition, e.g. constipation, eating, getting off to sleep, wakefulness, less trips to the toilet,
- \* How to do things easier, e.g. getting out of bed, getting up out of chair, etc. – *this could be an occupational therapist.*
- \* WINZ – benefits available
- \* IRD
- \* NASC (needs assessment and service co-ordination) and the journey through to residential care; carers' support
- \* Residential Care options
- \* Carers' support meetings – every 2 months
- \* The journey of a caregiver of their spouse pre-Parkinsons
- \* Police – security
- \* Statistics (one member expressed an interest in this subject)
- \* Advantages/disadvantages of having Parkinsons – Merle Armiger shared the story of an advantage of having Parkinsons – the man whose hand shook – he just held his spoon of sugar over his porridge and it sprinkled itself

### Independence With Therapy



The Committee and Staff of Parkinson's Northland would like to thank all the supporters and volunteers who help with fundraising events throughout the year 2017.

Your help and assistance is always very much appreciated and without it we would not have been able to achieve the results achieved for this year.

Wishing you and your families a Very Merry Xmas and a Safe and Happy New Year.





## Multi Draw Xmas Raffle for 2017

**\$2 per ticket or 3 for \$5**

### 1<sup>st</sup> Prize

5kg Xmas Ham

Donated by Jillian & Barry Comer



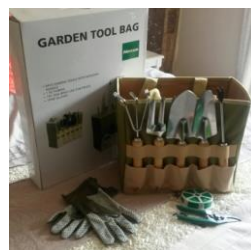
### 2<sup>nd</sup> Prize

Xmas cake made & decorated by  
Trisha Ryan

### 3<sup>rd</sup> Prize

Xmas table runner

Donated by Lorraine Kokich



### 4<sup>th</sup> Prize

Garden Tool Bag with garden  
utensils

Donated by Geoff & Vicki  
Skudder



### 5<sup>th</sup> Prize

Jar, Bottle Openers &  
Cupcap

Donated by Northable

This raffle will be drawn on 1<sup>st</sup> December  
at the Whangarei Support Meeting.  
Winners will be notified by phone.

**Tickets are on sale now check with Vicki &  
Barbara as they will have tickets to sell at  
the next Support group meetings.**

Thank you for supporting Parkinson's Northland  
(All proceeds will be used in the support and education  
for the people of Northland with Parkinson's.)

## Birthday Shout Outs for November

Arie Bonselaar, Richard Jeanes, Ethel  
Lawrence, Ann Shanks, Bob Cullen,  
Glenys Given, Philip Hulse, Olwen  
Neville.

Please let me know if you are  
not on the list and I can add  
you to our Birthday Diary  
Trisha Ryan Coordinator  
09 437 6878  
(this includes carers and staff as  
well)



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- Boost Circulation
- Cramps and Restless Legs
- Build Strength and Improve Balance and Joint Flexibility

## Dancing with Parkinson's

Parkinson's Northland are offering our members  
the opportunity to attend dance classes.

These classes are being held @ Anne Leitch's  
Instep Dance Studio, 42 Reyburn House Lane,  
Whangarei.

Time; Wednesday's

@ 2 – 3pm

Cost; \$5.00 per head

If you are interested in these classes please  
contact Trisha Ryan our Coordinator

On 09 437 6878 or

Email; [northland@parkinsons.org.nz](mailto:northland@parkinsons.org.nz)

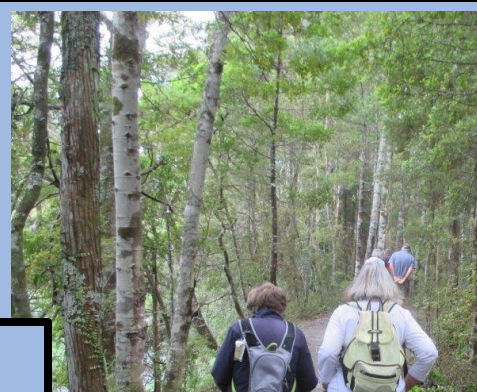




# WALKING GROUP PHOTOS – Taken by Sue Lee



6<sup>th</sup> November  
A.H Reed Park to Whangarei Falls.



**WALK YOURSELF**  
OUT OF YOUR  
**BAD MOOD.**  
STUDIES SHOW  
THAT EVEN A  
10 MINUTE  
**WALK**  
IMMEDIATELY BOOSTS  
BRAIN CHEMISTRY  
TO INCREASE HAPPINESS.



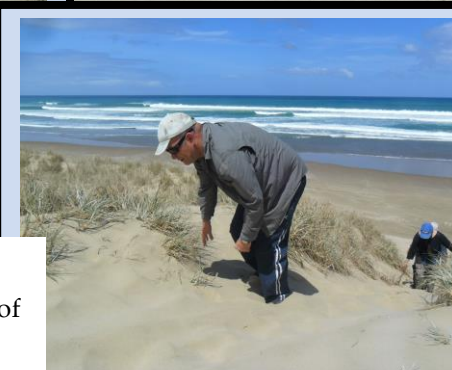
Come Rain, Hail or Snow the walking group still gathers together for their weekly walk



## Dargaville Walking Group

Glinks Gully Walk

2<sup>nd</sup> November 2018



Looks like a beautiful day with a great form of exercise





## Te Hana Heated Pools

Pool exercise classes every Wednesday from  
11am – 12noon \$10.00 pp  
(not in school holidays)  
Contact Amy on 021 207 2729



**A Warm Welcome to all  
New Members  
who have joined  
Parkinson's  
recently**



## Bequests

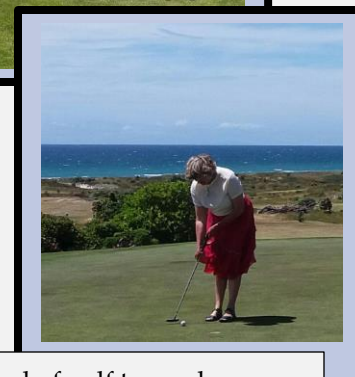
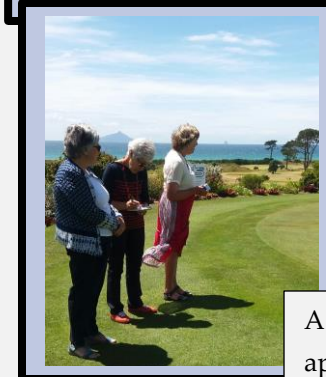
Many families have requested that donations be made to the Northland Division of the Society in lieu of flowers when one of our members pass away. We offer our thanks to all those who have made such contributions as a symbol of their friendship and support.

If any or you or someone you know would like to make a bequest to the Northland Division in your/their Will we now have, thanks to help received from our Honorary Solicitor a brochure to help you with your decision.

*Please contact the Coordinator to request one. 09 437 6878*



## WAIPU END OF YEAR FUNCTION



A round of golf to work up an appetite

## LIFE MEMBERS OF PARKINSON'S NORTHLAND

**June Grove  
Elizabeth Swift  
Merle Armiger**



**Don't  
Forget!**

If you have anything of interest to share with everyone I will be only too happy to place it in the newsletter. Please email it to me at;

[northland@parkinsons.org.nz](mailto:northland@parkinsons.org.nz)

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Our Condolences to the families who have lost loved ones over the past months.



Charities Commission Registration  
Number: **CC27392**

### **THANK YOU**

Parkinson's Northland are extremely grateful for the valuable support they have received from organisations and the many donations received from members, friends and businesses.

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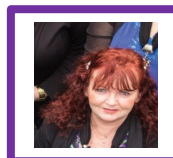


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### **WEBSITE & FACEBOOK**

For information on

Parkinson's New Zealand go to;

[www.parkinsons.org.nz](http://www.parkinsons.org.nz)

There is also a Facebook page under

"Parkinson's New Zealand"

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