



North's Park's



The newsletter of Parkinson's Northland

SEPTEMBER 2017

WHAT'S ON IN THE NORTH

10th November 10.30am – 12 noon

Whangarei Morning Tea to be held at The Kamo Club Rooms, Meldrum Street, Kamo

Guest Speaker; Lee Iwashita – Principal Trustee from Public Trust



16th November 11am – 1pm

Kerikeri Luncheon – St Johns Ambulance Station
Guest Speaker; to be advised

17th November 10am - Noon

Waipu Christmas Lunch – The Tee Café @
Waipu Golf Club

Check this newsletter for menu and further details



Growing

//////// *is* //////////

Old

MANDATORY

GROWING UP

is optional

Activities update:

Support Groups in Northland



Kerikeri- 3rd Thursday monthly

Kaitia – 3rd Tuesday every 2nd month

Whangarei – 1st Friday monthly

Dargaville – 1st Thursday every 2nd month

Waipu – 3rd 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

Most of our Xmas functions have been booked so check this newsletter for details.

I have had a busy month collating volunteer lists for our annual street appeal on Friday 3rd November. There are still places to fill in so if you are able to offer two hours of your time on said date please contact Trisha for Whangarei District and Vicki for Kerikeri. Don't forget to also book in for the Barry Snow seminar on Monday 6th November details in this newsletter.

We have received donations to be able to offer another multi draw raffle for Xmas, details also in this newsletter.

Our Calendars have been proving popular so don't forget to get yours from Vicki, Barbara or through the office.

My first grand baby is due on Sunday 22nd October and I hope to take a few days off when it arrives. Will keep you all updated on the arrival of this precious delivery.

Trisha Ryan
Coordinator

northland@parkinsons.org.nz

Phone 09 437 6878

Best contact time;

Mon to Fri 8.30am to 4pm



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.

In September Upbeat held a Table tennis session at the Table Tennis Centre. Thank you to Allen Smith for making this possible. It was poorly attended but those of us who did attend enjoyed ourselves. Peter Garelja recently attended the Upbeat conference in Hamilton and has come back with some good ideas and ways to increase the involvement of Upbeat members. We look forward to hearing his feedback and implementing ideas that will improve Upbeat in Northland.

The last event of the year is a get together at **The Gallery and Cafe Helena Bay**. (November 19 at 11:30). Hoping to see a big crowd.

Please contact me if you are able to attend on 094346874 or 0211353919.



DATES TO REMEMBER

Next Support Meetings

Whangarei – 1st December – Xmas Lunch

Dargaville – 7th December – Xmas Lunch

Kaitia – 5th December – Xmas Lunch

Kerikeri – To be advised

Dance Classes

There will be no dance class on 25th October, will start again on 1st November



Hard to believe
I once had a
phone
**ATTACHED TO A
WALL.**
When it rang I'd
pick it up
**WITHOUT
KNOWING WHO
WAS CALLING.**
Amazing I'm
still alive.

Madly Odd!



THINKING GLOBALLY BUT ACTING LOCALLY

I have recently returned from the Extraordinary Meeting of the Parkinsonian Society of New Zealand held in Wellington. The momentous decision made at that meeting was for the Society to be wound up and for a new national charitable trust to be created in its place. There will be a period of transition lasting until March next year, in terms of implementing this change. We will keep you informed of further developments in this important stage of

the history in supporting those in NZ with Parkinson's. It makes sense to be a national organisation in order to develop consistency and coherence of practice. But, it also makes just as much sense, to always take into account the local context. With this in mind, I remind readers that existing reserves held by divisions and branches have been ring-fenced for use in the local community from whom which they were raised. Here, in Northland, our committee will soon be working on drafting on a strategic plan for 2017 (complete with accompanying budget) for the provision of future support of those with Parkinson's in Northland. We plan to be bold, research and evidence-based, innovative and assertive. Once our draft has been produced, we will consult with our members, in order to develop an extraordinary plan for Northland.

I am a keen user of social media. I have my own Facebook page and Twitter account and regularly use these to communicate with people all over the world. I am also able to keep abreast of the latest developments in the treating of Parkinson's Disease. One resource that I came across recently was a blog called the Perkie Parky (found on perkieparky.com). It contains some interesting and insightful contributions, such as the one I am reproducing below. It certainly struck a chord with me, as it may do for you.

“Parkinson's isn't a walk in the park”

When I was first diagnosed with Parkinson's disease, I was naïve to believe that I would only be inconvenienced by a slower pace or struggle with a [slight tremor](#). That was based on the only person I knew who had Parkinson's... Michael J. Fox. He didn't look that bad. Maybe I will get a mild case of PD... kind of like the watereddown version. Ignorance is bliss, eh?

Oh, man was I wrong. I learned quickly that Parkinson's would negatively impact many facets of my life and that each day will present a challenge of some sort. Parkinson's isn't a walk in the park. It is emotionally, physically, and mentally exhausting. But the one thing that you can count on is your [Wolfpack](#) (people who support you). They will take that stroll with you through the botanical garden of life.”

Sharing thoughts with others is a helpful way to enable you to continue to walk your talk.

Peter Garelja

Chairperson Parkinson's Northland



Parkinson's Awareness Week 1-7 November

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YOUNG LIONS
COMPETITIONS



Connecting People. Changing Lives

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 1st December

@ Kamo Club

Please contact Trisha on 09 437 6878
if you would like to attend this
luncheon by the 24th November.

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

Entertainment

Jan Robson and her
Scottish Dancers



Dargaville Support Group Xmas menu

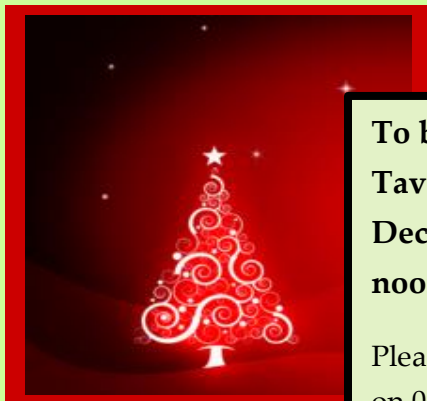
\$21.00pp

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 7th
December @ 11.20 for 12
noon.

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

Waipu Support Group Xmas menu

\$20.00pp

Hot Dishes

Roast Ham & Chicken

Honey roasted root Veges

Roast Potatoes

Peas

Gravy & Apple sauce

Desserts

Fruit Salad & Pavlova

Complimentary Tea & Coffee.

Barista coffee @ normal café prices



To be held at the "The Tee
Café" Waipu Golf Club

Rooms

Friday 17th November

11.30am for 12 noon.

Please contact Barbara Leslie on 09 437
68881 by 10th November if you wish to
attend this function.





VICKI'S CORNER

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

A client and I were talking about EPOA's so that is my topic this month.

Everyone should have an EPOA as none of us know when we may be unable to make decisions for ourselves. This ensures that someone who knows your wishes can help to implement them if needed.

There are 2 types of EPOA- 1 for Property & 1 for Personal Care & Wellbeing. They can be the same person or you can have different people for each one. Whether you use family or friends is entirely your decision and theirs of course. You can have more than 1 person for Property i.e. break down to financial and asset/property. You can also have successor's if for some reason your 1st choice is unable to carry out the role.

It needs to be proven that you are incapable of making decisions for yourself before these people can act for you.

You can also have a Power of Attorney for a fixed term.

An example of this is for Financial & Property while you are out of the country on holidays.

You can stipulate the dates and what this person can decide for you, for that period of time i.e. pay certain bills while you are away and other things that may crop up.

An EPOA needs to be set up with a lawyer who can give you the best advice & guide you through the process.

You can change or cancel your EPOA at any time as long as you are considered mentally capable.

Well Christmas is now around the corner.

We have a number of things happening over the next 2 months

Awareness Week Collection Day Friday

3rd November-all volunteers gratefully accepted so, contact Trisha.

Barry Snow & Adele McMahon Seminar Mon

6th November, Forum North-don't forget to book in.

Christmas lunches throughout Northland.

Regards

Vicki Sadgrove



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

To be held @ Kauri Kingdom,
Awanui

Tuesday 5th December **12noon**

We will be having Secret

**Santa gifts Value \$5.00 -
\$10.00**



Contact Vicki on
09 437 6876 by 28th

November if you wish to
attend this event.

Whangarei Carers Group

Someone has left a blue and white plate at Elizabeth
Swifts house from one of the carers meetings.

Please contact Elizabeth on 09 436 0691 if this is yours.

PUZZLE PAGE

Rural New Zealand terminology

- **SCREEN:** What you shut in the mosquito season.
- **BYTE:** What mosquitos do...
- **MEGABYTE:** What South Island mosquitos do.



Sudoku Puzzle for October

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

September Crossword Answer

A	I	D	S		N	O	M	S		C	A	G	E
C	L	I	P		O	P	I	U	M		O	R	E
M	E	S	A		T	E	R	R	A		D	E	N
E	X	T	R	A		N	E	G	O	T	I	A	T
		R	I	M	S		S	E	R	A	C		
E	M	A	N	A	T	E		S	I	L	I	C	A
R	O	U	G	H	A	G	E			C	L	O	G
G	A	G			R	O	T	O	R			N	A
O	T	H	E	R			C	R	E	D	E	N	Z
	S	T	R	I	K	E		E	A	R	L	I	E
			E	P	I	C	S		P	U	L	P	
P	U	M	M	E	L	L	E	D		B	I	T	C
E	T	U	I		L	A	D	E	S		P	I	L
L	A	S	T		S	I	G	M	A		S	O	A
T	H	E	E		R	E	E	D		E	N	D	S



Riddles (answers at the bottom)

- What has cities, but no houses; forests, but no trees; and water, but no fish?
- An old lady forgets her driver's license at home. She travels down a oneway street the wrong way. She does not stop at stop signs, or stop for people crossing the road. A cop is watching her do this and he does not give her a ticket. Why didn't he give her a ticket?

a. A Map, b. She was walking

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. 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



Barbara's Bits & Pieces

Kia Ora

For some reason people with Parkinsons have a higher risk of melanoma.

It could also be associated with medications commonly used to help replace dopamine but recent research hasn't proved to be conclusive. However, it is important to be extra careful in regard to avoiding sunburn when outside. NZ has arguably the highest rate of melanoma in the world so it makes sense to be sun safe. The sun is at its strongest from 11am-4pm but we in Northland seem to have longer hours of sun than this.

If you can't be in the shade please wear longer sleeved tops [shirts], wide brimmed hats and long cool shorts or skirts. Long loose clothes are best. Lighter colours with closer weaving also help.

It's also a really good idea to wear sun glasses to protect our eyes. While all this may seem obvious often people are seen out in the hot sun in skimpy clothes and red skin.

It can also be a good idea to wear sunscreen, especially when swimming or on the water. It's also easy to get sunburnt on cloudier days. If you are out and about don't forget to take your water bottle as it is also easy to get dehydrated.

Summer is coming, it will be nice to get outside more after this horrible wet winter many of us have had.

Where I live winter 2017 has been the wettest in the last 30 years, and I'm still wearing gumboots just to go out to my garden/orchard let alone the paddocks. Thankfully the grass is finally starting to grow. There have been a lot of very closely cropped muddy paddocks around for months.

Please support our end of year festive lunches, I have negotiated with the Aratapu Tavern [south of Dargaville on the Pouto peninsula] and Tee Café [half way between Waipu and Ruakaka] and we will be having traditional roast meals at reasonable prices. The Aratapu Tavern will have their dining room decorated for us, and the Waipu Golf club has a fantastic view out to sea and if the weather is nice there is a putting green outside for a bit of exercise. Please feel free to bring friends/family. More info elsewhere in this newsletter.

One last thing for those of you needing rides to medical Appts Red Cross may be able to help. In the rural areas there are also linking hands health shuttles and in Dargaville town and around, and Te Ha Oranga organises transport for Hospital Appts. Contact these organisations as they may be able to help. For e.g. Maungaturoto has if memory serves me correctly a 6 car/van fleet.



Bye for now

Barbara Leslie



Dargaville Walking Group

Next walk will be on 2nd November

Meet at the Boating Club carpark @ 10am
to car pool, or at Peter's house 19 Ocean Close,
Glinks Gully around 10.20am for a walk along
the beach.

Please contact Alison on 09 439 7798 for more info.

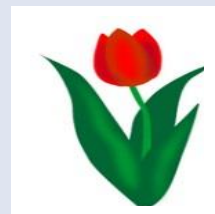
This walk is during Parkinson's awareness week and will be the last one for 2017. (please be sun smart and take food, drink and medication)





An Invitation Not to be Missed

The Northland Division of Parkinson's New Zealand



Are proud to be presenting a seminar

“200 YEARS, IS IT TOO LONG TO DISCOVER A CURE FOR PARKINSON’S?”

With Guest Speakers

Barry Snow - Neurologist

Clinical neurologist and Parkinson's disease authority Medical Director, Adult Health Services, Auckland
District Health Board Member, Neurological Foundation Council

Dr Barry Snow is a leading neurologist specialising in movement disorders such as Parkinson's disease. He is recognised internationally for his expertise in the management of these disorders, and locally, he is a leading authority in patient care, advocacy and research.

&

Adele McMahon - Movement Disorder Nurse Specialist

Auckland City Hospital

Specialising in research, device assisted therapies and support for patients and families
with Movement Disorders

VENUE: Forum North, Exhibition Hall, - Rust Avenue, Whangarei Central

DATE: Monday 6th November 2017

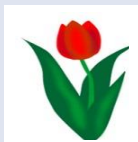
TIME: 2.30pm – 3.15pm Afternoon Tea

3.30pm – 4.30pm Speakers

Entry by gold coin Donation for Parkinson's Northland Society

**There will also be a Raffle & Parkinson's Northland Calendar for sale along with
a Trading Table**

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



Please RSVP to Trisha Ryan, Co-ordinator for the Northland Division

Email; northland@parkinsons.org.nz or phone 09 437 6878 by Friday 27th October

Multi Draw Xmas Raffle for 2017

\$2 per ticket or 3 for \$5

1st Prize

5kg Xmas Ham

Donated by Jillian & Barry Comer



2nd Prize

Xmas cake made & decorated by Trisha Ryan

3rd Prize

Xmas table runner

Donated by Lorraine Kokich



4th Prize

Garden Tool Bag with garden utensils

Donated by Geoff & Vicki Skudder



5th Prize

Jar, Bottle Openers & Cupcap

Donated by Northable

This raffle will be drawn on 1st 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 October

Irene Barriball, April Ellis, Patrick Hannan, Maureen Nathan, Jerry Litt, Brent Robertson, Ash Russell, Judy Allen, Amanda Fischer, Roderick Fraser, John Inverarity, Garth Jennings, Keith Jiampa, Jenny Poore, Jan Robson, Duncan Robson, Denis Russell, Bruce Shaw, Murray Wilderspin

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

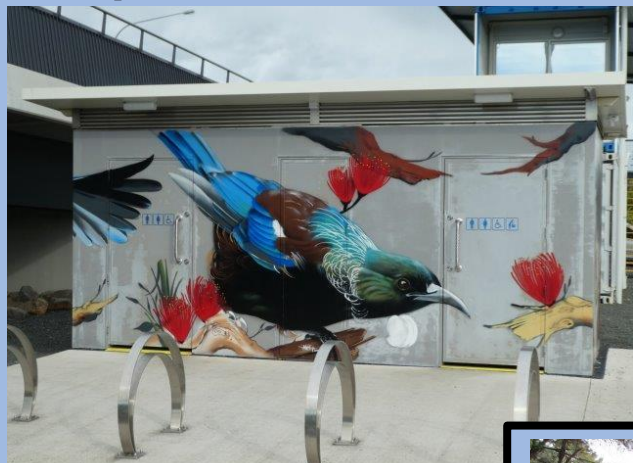
Email; northland@parkinsons.org.nz



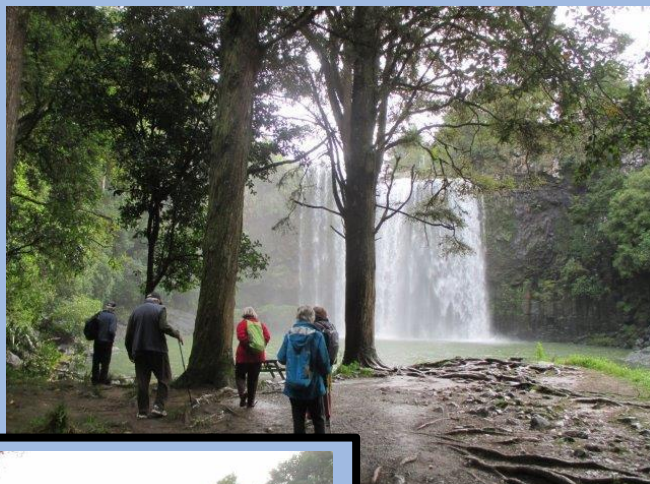
Due to Sue & Doug Lee not been well over the last few weeks there are no walking group photos

I have picked out some of the amazing photos taken over this year hope you enjoy them and that they bring back some happy memories.

The Loop 5/6/2017



The Falls 26/06/2017



Waro Rocks Hikurangi 31/07/2017



Pocket Park Mural 14/08/2017



27/3/2017 Mair Park





Update on Jack Robson
He is back home and doing well

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



Be with those that
bring out the best in you,
not the stress in you.

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



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

The monthly printing of this Newsletter and Fact Sheet are proudly sponsored by;

Morris & Morris
Funerals

FDANZ Ph: 09 - 4375799

'Here when you need us'



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

Ingo Staats - Whangarei



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.

**Sir John Logan Campbell Trust, Oxford Trust, Tiaho
Trust, Whangarei Croquet Club, IRD Book Club,
Morris & Morris, COGs Far North districts, Lions &
Rotary Clubs, LW Nelson Trust, Whangarei Avocado
Growers Group, Anglican Parish, Whangarei
Masonic Bowling Tournament, Penguin Direct,
Lottery Grants Board, Kamo Club**

A list of a few of our many sponsors and donators

Contacts

Chairperson

Peter Garelja

09 439 7731



Community Educator Northland North



Vicki Sadgrove

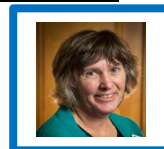
09 437 6876

educator.northland@parkinsons.org.nz

Community Educator Northland South

Barbara Leslie

09 437 6881

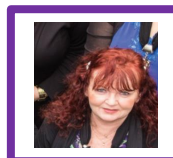


educator.northlandsouth@parkinsons.org.nz

Coordinator

Trisha Ryan

09 437 6878



northland@parkinsons.org.nz

Mailing Address

P O Box 641

WHANGAREI 0140

CURRENT COMMITTEE

Susie Abraham	09 438 9445
Judy Allen (Vice President)	09 437 5291
Chris Cook	021 803 234
Marilyn Edwards	09 435 1341
Elizabeth Staats	09 436 0819
Lorraine Kokich	09 434 6874
Jan Robson	09 430 0099
Denis Russell	022 063 1249
Warwick Walker	09 432 8652
John Watson	09 438 0512

WEBSITE & FACEBOOK

For information on

Parkinson's New Zealand go to;

www.parkinsons.org.nz

There is also a Facebook page under

"Parkinson's New Zealand"

Disclaimer: The views and technical content in this newsletter are not necessarily those of the Society.
Please do not interpret anything in this newsletter as medical advice – Always check with your doctor.