



North's Park's



The newsletter of Parkinson's Northland

February 2019

WHAT'S ON IN THE NORTH

1st March 10.30 – 12 noon

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

Guest Speaker – Kaz Howlett - Northable

21st March 11am – 1pm

Kerikeri Luncheon – St Johns Ambulance Station

Guest Speaker; to be advised



15th March 10am - Noon

Waipu Morning Tea to be held at Waipu Presbyterian Church Hall, 50 The Centre Waipu

Guest Speaker;



12th March 10.30am

Whangarei Carers Meeting
Milk & Honey Café
Kamo Road



Podiatry Cards

If you are a financial member of Parkinson's Northland and have paid your subs please contact; Trisha on 09 437 6878 if you would like a podiatry card.



Activities update:

Support Groups in Northland

Kerikeri- 3rd Thursday monthly

Kaitaia – 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

Dargaville - Bi-monthly on the first Thursday.

Contact Alison Robertson 09 439 7798

Physio – Whangarei -Every Tuesday 2 – 3pm @

Kensington Gym

Kaitaia – Every Thursday 11am to 12 noon @ Union Parish Church

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.

Ballroom Dance Classes – Every Wednesday 2pm to 3pm @ Instep Dance Studio 42 Reyburn House Lane, Town Basin Whangarei. Foxtrot, Foxtrot & Cha-cha all adapted for people with Parkinsons.

Tai Chi Classes –

Kerikeri – Every Tuesday 3.00pm @ Cornerstone cnr Kerikeri Road and Heritage By-pass

Dance Fit for Parkinsons Classes: \$2.00pp

Whangarei; Every Thursday 10.30am – 11.30 am @ Kamo Club, Meldrum Street Kamo.

Contact Elizabeth 09 436 0819

Kerikeri; Every Wednesday

10.45am-11.15am & Aligned Movement Studio, 11

Cobham Road, Kerikeri. Contact Alyssa 021 022 45016

Please note that participants need to wear grip socks, ballet style shoes or bare-feet for these dance classes.





Trisha's News

A Warm Hello to
Everyone

Hard to believe that we are half way through February.

An important thing to note is that the seminar with Professor Faull's and Professor Curtis is that this date has changed from 11th April and will now be held on 28th May. This seminar will now also include Dr. Simon Stott from the UK and Dr Barry Snow. A great opportunity not to be missed. Please refer to info in this newsletter. Don't forget to book your space on the bus. Please take note of all the important dates coming up and mark them on your calendar so you don't miss out.

Trisha Ryan

Administration Assistant

northland@parkinsons.org.nz

Phone 09 437 6878

Best contact time;

Monday & Tuesday 9.00am to 3.30pm

8-9am Wednesday, Thursday & Friday



DATES TO REMEMBER

Next Support Meetings

Whangarei – 5th April 2019

Dargaville 4th April 2019

Waipu – no meeting due to Holidays

Kaitia – 16th April 2019

Kerikeri – 18th April 2019

Next Carers Meetings

Whangarei – to be decided at end of each meeting

Golf Tournament

Auckland – Monday March 4th

International Parkinson's Day Event

Auckland – Tuesday May 28th



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.

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.

For all events please indicate your intention to attend by ringing or texting Lorraine Kokich

on. r.kokich@xtra.co.nz 09 4346874 or 0211353919.

Regards from *Lorraine Kokich.*

Upbeat weekend will take place 12-14 July 2019 at the Distinction Hotel, 9 Riverside Drive, Whangarei.

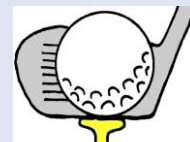
Registration forms have been sent out to Upbeat members. If you did not receive one and would like to attend please contact National Office. 0800 473 4636

The cost of the weekend is \$140 per person, this includes all meals and 2 night's accommodation or \$70 per person if accommodation is not required. Accommodation is limited so please return your registration form as soon as possible.

Parkinson's Auckland Golf Tournament

If you know people who golf, we encourage you to let them know about the Parkinson's Auckland Northshore Golf Tournament. This exciting event is taking place on **Monday, 4 March** at the beautiful Wainui Golf Course in Silverdale.

For more information contact [Karen Schade](#) or Parkinson's Auckland member, [Ann Cambie](#).



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.



PETER'S REPORT

WHEN AWARENESS IS NOT ENOUGH

THAT WAS THEN, THIS IS NOW

Prior to last year's establishment of the PNZCT (Parkinson's New Zealand Charitable Trust) as a national entity, when Parkinson's Northland was a division of Parkinson's NZ, Northland enjoyed autonomy in being responsible for our own finances, operations and the employment of staff. Never-the-less, in Northland, we saw the advantage in Parkinson's NZ becoming a national organisation. However, we did express great concern that the reserves held by the Northland Division could, with the winding down of the Parkinson's Society of NZ, disappear into a "black hole" in Wellington. Although our funds have gone to Wellington, through the trust deed, Northland's funds, and the interest gained, have been ring-fenced for use only within Northland. The Northland Action Group is charged with the responsibility of determining where and to what purpose these funds are to be expended on.

Sadly, Northland fares poorly in comparison to the rest of New Zealand in nearly all social, economic and well-being indicators. The then Northland Division had received an extremely generous bequest of over a \$1 million. Through prudent investment we have seen our reserves grow. We have focused on using interest, earned on our reserves, to fund the recent initiatives we have introduced. However, we need to continue to be future-focused, innovative and strategic. Sitting on the money, and doing little with it, could be construed as being fiscally responsible, but it most certainly would be morally irresponsible.

WE NEED NEW PEOPLE FOR THE NORTHLAND ACTION GROUP

We are developing a long-term strategy to use our funds in such a way that we can offer enhanced support in a sustained manner to Northlanders who have Parkinson's Disease. We currently have several vacancies on the Northland Action Group. In Northland, our financial situation is such that we have the unique opportunity to lead the way. If, like me, you are excited about the possible directions we can head in, please contact me (pgarelja@gmail.com or 021 509954) to discuss matters further. We need positive and constructive thinkers and doers.

INCREASING ACCESSIBILITY

In the meantime, we are taking steps to address the traditional barriers of distance and cost in accessing support provided in Northland for those with Parkinson's. In our forthcoming newsletters, more specific information will be provided about subsidised programmes and reducing the transport costs incurred in accessing them.

Please give serious thought about putting yourself forward (or the name of someone you think would be great) to become a member of the Northland Action Group.

Regards

Peter Garelja

Chairperson

Northland PAG (Parkinson's Action Group)

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"



SAVE THE DATE!

International Parkinson's Day Event

With

Sir Richard Faull,
Professor Maurice Curtis

Dr. Simon Stott

Dr. Barry Snow

Thursday 28th May 2019

10.30am – 2.30pm

Greenlane Christian Centre, 17 Marewa Road, Greenlane, Auckland

Members, Parkinson's Patients & Families \$30.00

Public \$50.00

Parkinson's Northland will be providing bus transport to and from this exciting event. Hear from Sir. Richard Faull, Professor Maurice Curtis and Dr. Simon Stott on exciting new developments in Parkinson's disease research. This is also a chance to mix and mingle with members from other regions.

Reserve your space today by contacting Trisha on 09 437 6878 or email; northland@parkinsons.org.nz

Speakers:

Sir Richard Lewis Maxwell Faull KNZM FRSNZ is a New Zealand neuroscientist and academic who specialises in human neurodegenerative diseases. He is a professor of anatomy and director of the Centre for Brain Research at the University of Auckland.

Richard along with Parkinson's specialists will give some inspirational insights on the latest research.

Prof. Maurice Curtis is Head of the Department of Anatomy and Medical Imaging at the University of Auckland.

Will speak on Parkinson's Research and Findings – The Latest.

Dr. Simon Stott, Director, Cure for Parkinson's Trust – UK

Originally from New Zealand, Simon brings over 15 years of experience in the field of Parkinson's research - in both the academic and biotech sectors

Will speak on his latest research and findings from the UK

Dr. Barry Snow MB CHB FRACP, Neurologist

Will chair the panel and Question & Answers

Watch this space in the next newsletter for more information

Karen Schade – CEA Northern



Sir Richard



Professor Maurice
Curtis



Dr. Simon Stott



Dr. Barry Snow

More details to follow regarding travel and accommodation.
Contact Trisha 09 437 6878



VICKI'S CORNER

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



The heat is upon us so I do hope you are all drinking plenty! It's also warm at night so I thought I would give you some tips for sleeping. There are articles on "Sleep Hygiene" online but here are some tips.

Try to keep your bedroom well ventilated.

Regular sleep times-it is best to train your body to go to bed and get up around the same time every day.

Sleep when you are sleepy not when you think it is time to go to bed. Better than lying in bed awake.

If unable to sleep get up, do something calming or boring until you feel sleepy.

Avoid caffeine, alcohol & nicotine for approx. 4hrs before going to bed.

Try to avoid watching TV, using your laptop etc.

Sleep rituals i.e. do some relaxing stretches, breathing or just have 10mins quiet time before going to bed.

Try not to nap after 3pm and for no longer than 40mins-1 hour.

Have a bath/shower 1-2 hrs prior as it raises your body temperature and makes you feel sleepy as your body temperature drops. And it is nice & relaxing.

Don't watch the clock, then you start thinking about not been able to sleep.

Keep a healthy diet but not a big meal before bed. Try a cup of warm milk.

Ensure your bedroom is a quiet & comfortable area.

Good luck!

Looking forward to catching with everyone over the next couple of months.

Please phone me if you need support or have any questions.

I am available for support Mon-Fri 9am-5pm so don't hesitate to call me. 09 437 6876

Regards

Vicki Sadgrove



REMINDER



Volunteers Required for 2019

We are looking for volunteers to help out with the Voice/Singing Exercise group held every Tuesday 10.30 – 11.30 am @ New Hope Church, cnr Princess & Nixon Street, Kensington.

If you can volunteer your time please phone Vicki Sadgrove on 09 437 6876



Whangarei Carers Meetings

It has been decided that the Whangarei Carers Meeting will now meet monthly

Venue; Milk & Honey Café, Kamo Road
(You will be notified if this venue changes)

Time; 10.30 a.m.

Next meeting is Tuesday 12th March

(Time & Date for next meeting to be decided at end of each meeting)

Whangarei Walking Group – Photos by Sue Lee



Monday 4th
February walk to
the Whangarei
Falls



A baby duckling even joined the group for lunch



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

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Continence Helpline

Janet Thackray, Specialist Continence Nurse is now available from 0900 to 1700 on Mondays and Tuesday for a free, confidential chat for people worried about bladder or bowel health. This is for clients, public or health professionals.

The Helpline Number is 0800 650 659 or email info@continence.org.nz or direct to Janet at janet@continence.org.nz

REMINDER

Ballroom Dance Classes

These classes have been adapted for people with Parkinsons and include Waltz, Foxtrot and The Cha-Cha. Classes held every Wednesday @ 2pm at Instep Dance Studio. Please refer to Activities on front page of the newsletter.



Barbara's Bits & Pieces

This month I thought I'd talk about something completely different to my usual offerings about directly Parkinson's related topics but one we can all relate to. I therefore have chosen to focus on kindness.

Kindness is defined as the quality of being friendly, generous and considerate. Aristotle called it helpfulness towards someone not in return for anything. Nowadays people consider the Play it forward movement in a similar way; through acts of kindness we create a more caring society.

Kindness can be as basic as saying hello to your neighbours, taking time to chat to a child, an elderly person, or someone unwell. It can be sharing something you don't need, i.e. tomatoes from your garden, or giving away a pot you haven't used for years.

For the giver, it can give pleasure as well as the receiver.

Kindness can also be considering others when driving, giving a friend a compliment, or supporting someone who is feeling low. I'm sure there are many more examples.

Those of you with Parkinsons and those of you who are carers face daily challenges, some big, some not so big, but a kind word or action can help to make the day go better.

Something that helps people feel connected and valued is communication.

For many of you our newsletter, and other mail outs help you to feel involved and supported.

Remember we are here to help you, please feel welcome to contact us by phone, email or txt, or even letter.

Our phones are free phone so there is no cost to you.

Not everyone is well enough, or it's not their cup of tea to go to Support group, or other Parkinson's offerings.

Transport can also be a barrier. Please think about asking those you live near if you can help, or are on your route.

To me kindness is also about honestly and doing the right thing in a timely manner. Of course, we are all human and as such don't always live up to our own desired behaviours.

This is just a brief item about kindness, but let's all try to be kind to ourselves and each other.

Kia Ora,

Regards

Barbara Leslie

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



**NB; Pools are currently closed for maintenance
we will advise when they re-open**



Birthday Shout Outs for February

Brenda Alison, Mel Clements, Ian Fulcher, Murray Shaw, Tina Taylor, James Crookshank, Wilma Davis-Colley, Fae Fischer, Cherry Flewitt, Steve Gardner, Ken Gavin, David Gill, Kevin Graham, Stan Hayes, Boris Jurlina, Simon Kim, Donald MacDonald, Dale Moselen, Steven Newson, Beverley Parsons, Anne Proctor, Malcolm Ross, Joyce Shields, Allen Smith, Kit Subritzky, Bronko Ulrich, Peter Wilkinson.

**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



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



The printing of this monthly Newsletter & Fact Sheets is proudly sponsored by;



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

Dave Mandeno - Whangarei

LIFE MEMBERS OF PARKINSON'S NORTHLAND

June Grove
Elizabeth Swift
Merle Armiger
Margaret Page
Marilyn Edwards



CURRENT ACTION GROUP

| | |
|---------------------------|-------------|
| Peter Garelja Chairperson | 021 509 954 |
| Marilyn Edwards | 09 4351341 |
| Elizabeth Staats | 09 436 0819 |
| Lorraine Kokich | 09 434 6874 |
| Jan Robson | 09 430 0099 |
| Jack Robson | 09 430 0099 |

Contacts

Chairperson

Peter Garelja
021 509 954



Community Educator Northland North



Vicki Sadgrove
09 437 6876

vicki.sadgrove@parkinsons.org.nz

Community Educator Northland South

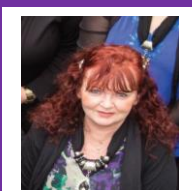
Barbara Leslie
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barbara.leslie@parkinsons.org.nz

Coordinator

Trisha Ryan
09 437 6878



northland@parkinsons.org.nz

Community Engagement Advisor – Northern

Karen Schade
027 527 3642

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Mailing Address

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