

ms.

Taranaki Multiple Sclerosis Society Inc.

mstaranaki.co.nz

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Te Rewa Rewa Bridge Walkway

<https://us.fotolia.com/id/77789256#>

Disclaimer: The views and opinions expressed in this newsletter are those of the authors and not necessarily those of the Taranaki Multiple Sclerosis Society. The Taranaki Multiple Sclerosis Society accepts no responsibility for accuracy of information contained within this newsletter.

1.

Thank you to our Taranaki sponsors and supporters

APEPSI Trust

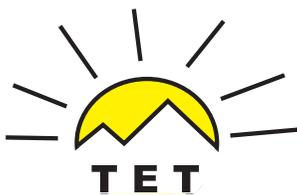


Lottery Grants Board
FUNDS FOR YOUR COMMUNITY

New Plymouth Contract Bridge Club Inc.



Taranaki Racing Club



TSB Community Trust 
Supporting You – Supporting Our Community

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President's annual report for March 2016

This is my report for the 36th Annual General Meeting of the Taranaki Multiple Sclerosis Society.

Our mission is to provide information, education and support to people with MS and other allied neurological conditions and their families in the Taranaki region. To be able to do this the committee employs a Field Worker who provides the practical and emotional support and assistance needed by our members and their families.

We distribute a newsletter every 3 months with all the latest nationwide information about managing MS, and maintain a website and Facebook page. I thank Jill Smart for a magnificent job over several years but who is no longer able to look after our website due to deteriorating MS and one very active toddler.

I also thank Cindy Smith and Cheryl Gatsby for their service on the Committee, and who are replaced this year by Kathy Harris and Grant Porteous. Thanks also to Stewart Shaw for his ongoing commitment and a most sincere thank you to Rachael Smith who magically creates an amazing newsletter from content emailed to her by the Committee.

There are many more charities now applying for that elusive dollar so the amount we receive from funding organisations decreases each year which means the Committee have to do more fundraising activities and call upon our members to respond to our requests for help. The Committee now pays Jeannette Aldridge a small monthly remuneration to maintain our obligations to Charities Services, to prepare funding applications and seek fundraising opportunities.

We have held two successful quiz nights at the Good Home Bar and Restaurant. The first in June last year and the second one in March this year. We need your support for these fundraising efforts. How about joining us for the next one later in the year. We need 12 or more tables of 6 people who pay just \$15.00 each. It's a truly fun night.

The dates for this year's Awareness week are August 29th - September 4th. There will be details in the August

newsletter. Please volunteer as a collector if you can give a couple of hours.

We were the grateful recipients of generous donations from the Bridge Club (Hobson St) and the New Plymouth Lioness Club and we are most delighted by these spontaneous donations.

We have an exciting raffle on sale right now for a ride to the top of the Port Taranaki Chimney for a unique view. Details of a raffle taking place are all in your newsletter.

Moira, our Field Worker suffered a painful injury in January. She has done her best to keep in touch with clients and I do hope you understand that she has been unable to visit as many as usual. Moira does a sterling job and I thank her most sincerely for her ongoing commitment.

I have agreed to be President for a third and final year. I have been part of MSTaranaki since 1980 and I will continue to be an advocate but the Society needs someone considerably younger than me to preside. Please consider coming on board as a committee member. We can co-opt at any time during the year. Two more committee members would be great. Thank you for considering this.

Information for those members who were not at the Annual General Meeting:

The following remit was proposed and supported unanimously.

That a change to Clause 6.5 in the constitution to remove client members who are 65+ years of age from the exemption of paying an annual subscription. It was moved that Clause 6.5 read 'Life Members, Life Subscription Members and client members who reside in a rest home are not required to pay a subscription but shall be eligible to stand for Committee and entitled to be present, to speak and to vote at Annual General Meetings of the Society.'

Thankyou to all those who are filling out the survey online and returning it to MSNZ by May 6th.

Those of you who do not have access to a computer will be able to complete a



'hard copy' in due course.

Another Quiz night will be held on Tuesday, July 5th at the Good home Bar and Restaurant.

Please see advert in this newsletter.

I would like to pay a tribute to Bob Atkinson who died in October last year.

Unfortunately I was unaware of his death until recently.

Bob was made a Life Member of the Society in 1998 after serving as Treasurer for eighteen years.

Bob did a brilliant job as he was dedicated to this task. He was an Accountant at the old Farmers Department Store for many years and so had a good understanding of figures.

Many of you who read this will remember Bob as a great guy to work and socialize with.

Our condolences to his wife Rae and extended family.

THANK YOU

Mary Needs

PRESIDENT

WEDNESDAY MAY 25TH IS MS WORLD DAY



You are invited to come along to the MS rooms at
Onuku Taipiri Hall, Ngamotu Rd, Spotswood

The committee will welcome you plus a friend or relative if you wish. Any time from 10am onwards to share in morning tea which we will provide. I look forward to having a social time with you. • *Please let Moira know if you require transport.*



PLEASE, GET INVOLVED!

ms.

Taranaki Multiple Sclerosis Society Inc.

Please Remember: The Multiple Sclerosis Taranaki Society is a charity. To raise funds, we have to hold events. We need your support at our events so we can continue to support people with Multiple Sclerosis in our community.

Field worker's report

At the time of writing this it is a beautiful autumn day and I have to say I am loving the cooler weather as no doubt a lot of you folk are.

I am now back at work after my back injury, during which I learnt a few lessons about disability and some of the symptoms that go with it, such as nerve pain and having an MRI. It sure has been a learning curve and I will have a greater understanding when folk with MS try to explain about these things.

We have a number of people on the treatment drug Gilenya and most seem to be doing well. We have one person on Tecfidera and I know of other MS folk, who do not belong to the society, who are on Tysabri. It would appear that different neurologists have differing ideas about the drugs, when speaking to the Field Worker in Waikato, she said that they have a number of people on Tysabri as that is what the neurologist up there recommends.

We have not been having any lunches or coffee mornings due to the poor attendance of both but if there are folk who really want us to continue



with these please ring and let us know. If we can get some numbers we will consider starting them up again.

I am playing catch up with my visits and will hopefully get to see everyone in the near future but should you require a visit please give me a ring and I will try to get to you sooner.

Moira

Contact details below:

The 2016 MS Taranaki Inc. Details for the Officers and Committee and key support functions

President

Mary Needs

Mobile: 027 282 7281
Phone: 06 751 1224
email: needsmj@xtra.co.nz

Vice President

Graham Walker

Secretary/Treasurer

Jeannette Aldridge

Mobile: 021 0229 95061
Phone: 06 758 0507
Email: treasurer@mstaranaki.co.nz

Privacy Officer

Grant Porteous

Committee

Stewart Shaw
Grant Porteous
Kathy Harris

Field Worker

Moira Paterson

Mobile: 027 4643940
Phone: 06 751 2330
Email: fieldworker@mstaranaki.co.nz

Web Administrator

Rebekka Brandstaetter-Trithart

Newsletter Designer

Rachael Smith

CHECK OUT OUR WEBSITE!

A very big thank you to our new
Web Administrator:
Rebekka Brandstaetter-Trithart
for supporting us.

SEE THE WEBSITE FOR
YOUR SELF:

mstaranaki.co.nz



MSNZ Strategic Plan 2016 – 2020



VISION

A world without MS

MISSION

To advocate for people with MS in New Zealand to have access to first world treatment, resources and services to improve their well-being and quality of life

To reduce the burden of MS on those diagnosed, their carers and families

AIMS AND OBJECTIVES

1) *Advocacy*

- > Effective Advocacy on behalf of:
 - Individuals: Field Workers and Regional Societies advocating on behalf of their clients
 - Systemic: National advocacy to improve the lives of people with Multiple Sclerosis in New Zealand
 - Collaborative: Working with other organisations and health professionals on common issues
- > Raising awareness nationally for MS as a chronic condition affecting New Zealanders and highlighting the needs of those living with the condition

2) *Supporting Regional Societies to help people with MS to self-manage their lives*

- > Working collaboratively with Regional Societies to gain a clear understanding of the diverse needs of PwMS together ensuring they are provided with choice and access to services
- > Providing training for regional staff to encourage consistent and professional services
- > Providing relevant, evidence based, up-to-date information on MS, its management and available services

3) *Consistent and equitable level of care and services wherever you are across the country*

- > Providing Regional Societies with nationally consistent resources and policies to deliver programmes and services in their communities. Ensuring Regions are supported to successfully implement these
- > Working with Regional Societies to establish a minimum level of service, model of care and delivery to achieve successful outcomes

4) *Agreed National Data Set*

- > The development and implementation of an agreed nationally consistent, relevant and accurate reporting of data to inform services, advocacy, regions, Government agencies and other funders

5) *Research*

- > Working collaboratively together to benefit people with Multiple Sclerosis
- > Supporting the work of the New Zealand Multiple Sclerosis Research Trust, including supporting its fundraising efforts

6) *Recognised national voice of Multiple Sclerosis in New Zealand*

- > To be seen as the spokesperson on all national issues related to MS

7) *Viable and successful organisation*

- > Ensuring MSNZ has the funding and other resources to deliver on its Strategic Plan and its annual Business Plan

Make a bequest to MS Taranaki

A bequest is a gift made through your will, giving you the opportunity to acknowledge the worthwhile and ongoing work of the Taranaki Multiple Sclerosis Society Inc.

A bequest enables the gifting of property, an insurance policy, cash or other assets from your estate to the specified recipient.

It is so untrue that only the well off leave money to charities when they pass away. The reality is that without the gifts left in wills by people such as yourself, many of the charities would not survive or exist.

For some people, making a bequest through their estate is the only way they will be able to make a significant contribution to an organisation they support.

If you would like to leave a lasting legacy to the Taranaki Multiple Sclerosis Society Inc., please include a bequest to the Society in your will. We strongly recommend you seek legal advice from your solicitor when adding a bequest to your will.

There are several types of bequests:

General Bequest: A gift of a specific dollar amount

Specific Bequest: A gift of a specific asset (land, property, shares)

Proportional Bequest: A gift of a specified percentage or share of the state

Residual Bequest: A gift that directs the society to receive all or portion of what remains in the estate after gifts have been provided to family/friends and all debts/expenses have been paid.

Sample Bequest

I give \$..... or% of my estate to the Taranaki Multiple Sclerosis Society Inc. to be applied for its general purposes.

A receipt taken by my trustees as being given on my behalf of that beneficiary will be a complete discharge to my trustees for this legacy.

By remembering the Society in your will, you can secure the future services provided by the Society for people with multiple sclerosis in your community.

YMCA Fitness and Wellness Centre

We are here to help build a pathway for people with MS to a better standard of health and fitness through exercise.

Some of the benefits that you can expect to happen from joining the YMCA community are:

- Learning how to exercise properly.
- Decreased risk of Diabetes, Heart Disease, Osteoporosis and other health diseases.
- Getting stronger, increasing your muscle and metabolism, which will ultimately lead to better health.
- Making new friends whilst achieving your health and fitness goals.

Y Fitness Assessment

To help develop and establish an effective fitness program we first assess your current level of fitness.

We also identify any potential areas of health or injury risk to ensure you reach your fitness goal.

We help establish those goals and your motivation and we then track and evaluate your progress by offering re assessments.

- **This service is FREE**

Y 1st Workout Induction

We believe it is essential for members to be familiar with all that our fitness centre has to offer and most importantly how to use the fitness centre in a safe and correct manner.

That's why as a new member we provide a 1st Workout induction to teach you the correct techniques for your personalised program making sure you are confident and comfortable with all the equipment. You will be booked in for your 1st Workout induction once you have completed your Fitness Assessment

- **This service is FREE**

GYM Memberships

Full Membership

\$500.00 or \$11.50 per week

Card Holders

\$6.50 per week – Community Service, Gold Card



YMCA Fitness & Wellness Centre

83 Liardet St, New Plymouth

Ph: 06 758 3666 | www.ymcataranaki.org.nz

Mobility problems?



Scooter shop offers a friendly service to all MS Society Members with a 10% discount on all sales and services including New mobility scooters, Pre-owned mobility scooters, Walkers,

Wheelchairs, Canes, crutches and walking sticks, Daily living aids, All service and repairs on mobility scooters and other equipment, Rentals on mobility scooters and Road side assistance via toll free number.

They will come to you or you can visit their store for a demonstration or a service at 14 Constance Street, New Plymouth, or at 51 McLean Street, Waitara.

Phone 757 8432 or 754 8432 or 0508 745543

See <http://www.scootershop.co.nz/> for more details and remember to tell Philip you are a member of the MS Society to receive your 10% discount.

Help available in the community

Saint John's Caring Caller

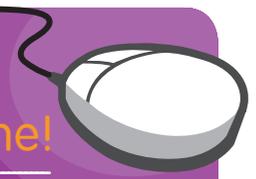
Caring Caller is a service that St John provides for people who live alone or feel a bit lonely. Volunteers phone clients regularly to check that everything is o.k. To sign yourself up for this service and receive a regular call from a Caring Caller Phone 0800 780 780



St John

<http://www.stjohn.org.nz/What-we-do/Community-programmes/Caring-Caller/>

Can't get out?
You can shop online!



Meals: www.eatunlimited.co.nz

Supermarkets with online shopping/delivery (Countdown):
<http://shop.countdown.co.nz/?banner=www>

Vitamins and Supplements: www.healthpost.co.nz

Need Health Supplements?

Health 2000,
Vivian Street, New Plymouth

**10% OFF
Supplements**

Just show your society membership card when purchasing

 **Health 2000**
where caring comes naturally



 Facebook

To find out more about upcoming events, Join our MS Taranaki facebook page where support and helpful information is always shared and available:

<https://www.facebook.com/groups/MS.taranaki/>

The Voice

Do you want to share your MS Story for publication in the National newsletter 'The Voice'

<http://www.msnz.org.nz/Page.aspx?pid=590>

Having transport issues?

The following transport systems are available to members, contact Moira for more details:-

Ironside Vehicle Society - Phone 06-753 6469

Total Mobility Scheme – Phone 0800 868 662

Access discounted bus fares – Phone 06-759 0019

Your image in this newsletter

Every issue of this newsletter a different image / photo will be used on our front cover. If you have any photos of you out and about in Taranaki you would like in our newsletter we would love to see them. Send your photos through to Rachael Smith via email at: noz4r2@gmail.com.

All other images used in the newsletters are purchased from <https://us.fotolia.com/>



Useful websites

Weka - New Zealand's weka website is for the use of disabled people, (their families, whanau, caregivers) and health professionals

<http://www.weka.net.nz/>

Do you know of any websites that would be useful to other members? Please let us know.

Starting a support group?

If you would like to start a support group (*with a focus and date that suites you*) please let Moira know.



MS robbed you of your sight but you would still love to read?

Audible maybe able to help you through Audio Books



"Audible Inc. is a seller and producer of spoken audio entertainment, information, and educational programming on the Internet. Audible sells digital audiobooks, radio and TV programs, and audio versions of magazines and newspapers. Through its production arm, Audible Studios, Audible has also become the world's largest producer of downloadable audiobooks.

<http://www.audible.com/>

Library

Here the titles of some of the books we currently hold in our library:

- Exercises and MS
- Healing MS
- The Gift of Remission
- Finding Harmony
- Yoga and MS
- MS and having a baby
- Primary Progressive MS
- Curing MS
- When the Diagnosis is MS
- Overlooked causes and the prevention of MS
- Fly with me
- Facing the cognitive challenges of MS
- The Brain that changes itself
- Life on Wheels

Please contact Moira if you wish to borrow any of these books

To make a donation

If you would like to make a donation to the Taranaki MS

Society, just send us your donation by post with your name and address so we can send you're a receipt - all donations \$5 and over qualify for a tax rebate:

The Treasurer, Taranaki MS Society,
PO Box 791, New Plymouth 4340

The society is a registered charity under the Charities Act 2005 (No: CC25707)



Charity Quiz Night
TUESDAY 5TH JULY
7.00pm Start



We at The **Taranaki Multiple Sclerosis Society**
In conjunction with the Good Home bar & restaurant
would like to invite you to indulge your helping nature
for a night of Brain Stimulation, Laughter and Good
Times, all in the name of Charity!

the Good Home bar and restaurant have been kind
enough to offer their place to host this event, asking for
no money from the ticket sales.

It all goes to The Taranaki M.S. Society.

They have also offered a nibble platter for each team &
3 secret prizes for 1st 2nd & 3rd place, there must be a
reason they call themselves the Good Home.

So Round up Your Best Brains, go find that friend that
bores you with lots of useless informationIt's their
time to shine!

Organize a team of 6 players & at \$15 per head you will
go towards helping **The Taranaki M.S. Society** continue
our great work plus have a wonderful time doing it.

Please turn over for contact/team details & thank you
for caring and supporting us.**Taranaki Multiple
Sclerosis Society Inc.**

Do your little bits of good where you are;
It's those little bits of good that overwhelm the world!

Team

.....

1.....

4.....

2.....

5.....

3.....

6.....

PLEASE BRING THIS WITH YOU TO THE EVENT

P.s Don't forget the \$15 per head is not a maximum .This event is for charity so get your work colleges, friends and family to sponsor you!

Total Team Charity Money

\$.....

PLEASE RSVP YOUR TEAM TO

Graham Walker, email, walkergj@gmail.com



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