

Julie Collier & Friends Completed A Half
Marathon To Raise Money For MS Research

More details on page 4



Thank you to our Taranaki sponsors and supporters

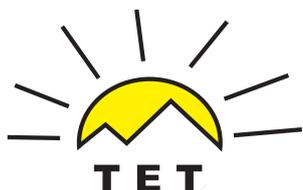
APEPSI Trust



New Plymouth Contract Bridge Club Inc.



Taranaki Racing Club



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President's report for November 2016



Hi everyone and greetings to you all. First of all I need to apologize profusely for canceling the planned morning tea in August.

Due to unforeseen circumstances Moira and I were unable to be there. I phoned everyone who attended the May morning tea but in case other folk turned up (which they did) Stewart offered to be there with tea, coffee and hot scones and I understand a great time was enjoyed by those present.

There will be a social gathering in our rooms Onuku Taipiri Hall 136 Ngamotu Road on Wednesday November 16th from 11am – 3pm.

I have arranged it later as some of our clients need care givers to shower and dress them and therefore are unable to attend any events in the early morning.

SO...We can have morning tea, lunch, afternoon tea as a continuous session.

Just come when you can during that time.

National Awareness week held in August/September went as planned but more volunteers would have been very welcome.

The raffle winners were:

Mrs S. Dombroski who won the

home spun, hand knitted rug, wheat bag and moisturizers.

Mrs M. Sisarich won the Pak N Save grocery voucher.

MS Taranaki appreciated the support from the public.

Everyone will receive their November newsletter in the mail this time as **you will also receive a NOEL LEEMING FLYER.**

Noel Leeming have invited us to participate in their next FRIEND AND FAMILY FUNDRAISER.

“From November 14th - 20th Noel Leeming are offering cost + 10% on core items and a huge saving on accessories across all stores nationwide. All you need to do is present the flyer.”

You can print more off to give to friends and family members. Unfortunately it only lasts the one week.

MSNZ and societies will receive a percentage of the total sales.

This will also promote awareness of MS. Which is always a good thing.

Included in this newsletter will be a paragraph written by Graham Walker about Gilly Davy's (neurophysiotherapist) talk when she visited New Plymouth earlier this month. More on page 10.

Grant Porteous will inform you all about our next planned fundraiser which will be in the form of an art auction.

The society has recently purchased 2 new books.

The books are 'WAHLS PROTOCOL' and 'EAT DIRT'. Heather Hoffman has reviewed these on page 11.

Please let Moira know if you wish to borrow the books

The National AGM is to be held in

Christchurch on October 18th.

Graham Walker (Vice President) and Jeannette Aldridge (Secretary / Treasurer) will be representing MS Taranaki.

I look forward to seeing some of you on Wednesday November 16th.

Warm regards

Mary Needs

PRESIDENT

CHECK OUT OUR WEBSITE!
.....
mstaranaki.co.nz



SOCIAL GATHERING

You are invited to come along to the MS rooms

ON WEDNESDAY NOVEMBER 16TH 2016

AT ONUKU TAPIRI HALL
NGAMOTU RD, SPOTSWOOD

The committee will welcome you plus a friend or relative if you wish. Any time from 11am - 3pm. We look forward to having a social time with you.

- Please let Moira know if you require transport.

Mobility Options

It's great to see a range of options for getting about in Taranaki are available. The following paragraphs are from the 'Total Mobility Newsletter' of Taranaki Regional Council.

*"New Plymouth district now includes a new Total Mobility Travel Option - **Freedom Companion Driving Service**. Freedom Drivers have joined the group of Taranaki operators who are approved to take your Total Mobility vouchers.*

Part of a New Zealand-wide franchise, your Freedom drivers are Diana de Jong and Elaine Demaine, along with Jeff Baker and Mike Davis. They are passionate about offering a personalised, affordable companion driving service, ideal for Total Mobility members.

*The fare is agreed with the customer before they are picked up. Additional assistance is available, including help at the supermarket, getting to hospital or medical centre waiting rooms, staying with you in the appointment, or simply to be good company on an outing. Total Mobility vouchers can be used only for the travel portion of the Freedom Drivers' service. **Contact the friendly Freedom Drivers on 06 758 0734 or 027 585 2019, or free phone on 0800 956 956. Bookings are essential.***

***"St John has added a special vehicle to the existing health shuttle service based in Hawera** that is not only helping with trips for medical purposes, it is also serving a need for 'wellbeing' trips that allow people with very limited mobility, including people in wheelchairs, to participate in their community and attend family functions.*

Richard Ousey, CCS Disability Action regional manager

said the lack of accessible transport in the district was causing hardship.

"It's known that people can become socially isolated if they are not able to get out and about in the community. It affects their wellbeing in all sorts of ways.

"A lot of research shows the importance of people being able to access the community with equality, and transport becomes a significant part of that," he said.

*There are 155 Total Mobility clients in Hawera registered with the Taranaki Regional Council and eligible for subsidised taxi fares. Their needs are largely met by Energy City Cabs. St John's ability to provide an accessible transport option for the foreseeable future has been welcomed by the TRC. **For details and bookings contact 06 278 6249"***

***"Driving Miss Daisy** is a nationwide companion driving service that provides more than simple door-to-door transport if you have impairments or limited mobility. Delwyn or Mel can get you safely from inside your home to the car if necessary, and take you in to appointments, whether they're at a medical centre, Base Hospital or your hairdresser's salon. You can even have your pet delivered to a vet appointment. Not been out much recently? Driving Miss Daisy will happily take you for a scenic drive. Arrangements to have these types of extended services in place can be of great comfort if your family lives out of the region. **Contact Delwyn on 06 215 4282 or Mel on 06 751 0209.**"*

*Also, don't forget **"All buses in the Citylink fleet are super low floor and wheelchair accessible."***

Field worker's report



It seems like such a lot has happened since the last newsletter, where does one start.

It seems like forever since I had my holiday in the Gold Coast and

I ended up staying for an extra week. My son and daughter-in-law had their wee baby girl on the 10th August by c section so it was nice to be able to help for that first week she was home. Kalila Ellouise is a beautiful wee girl who is growing like a mushroom and is quite the little chubby bub now.

Awareness week went well and thank you to those who came and sat with me in Centre City and although we didn't make thousands of dollars I felt we were getting people more aware of MS which is what it is all about.

We had a 1 hour evening talk by Gilly Davy (neuro physiotherapist) who was interesting to listen to and I believe most people that attended would have gained some knowledge from her. From my perspective it was also great to catch up with a couple

of people I had not seen in a while and to meet 1 new girl.

Very sadly one of our long time Hawera members, Trevor Walker, passed away this month and within days his father also died. Fly free Trevor! Our condolences go to the rest of the Walker family.

At the last meeting I attended at the TDICT we were told that Freedom Drivers now have a mobility van which may of use to some of our members. You can google them or :

Phone: 06 758 0734

M: 027 585 2019

FP: 0800 956 956

Moira

e: moitz56@yahoo.co.nz

m: 021 985 285

Gilly Davy's (neurophysiotherapist) talk



Gilly Davy's

Image acknowledgment

<http://www.connectneurophysiotherapy.com>

Gilly Davy Seminar Presentation at Sport Taranaki

**Thursday 22nd September
2016**

Gilly Davy is an inspiring, Senior Neurological Physiotherapist based at The Millennium Centre, North Shore, Auckland.

The field of Neurophysiotherapy is a developing one but is well proven and accepted by medical science and offers huge advantage to MS sufferers.

The basis of the therapy is that of Neuroplasticity, where the Medical Science community has demonstrated that our brains are not in fact hard wired as thought in the past, but are capable of modification. This has huge implications for those that have neuromuscular conditions such as MS. Neuroplasticity therapists help reconnect the brain and body.

Gilly's message was mainly about how pwMS, are hugely advantaged by following regular exercise programmes.

Points of note are:

- Hydrotherapy and cycling have been identified as providing the greatest benefit.
- Patients need to exercise to the extent that they feel breathlessness several times during their session.
- Sessions need to be enjoyable.
- The approach needs to be individual, holistic and goal based rehab.

As a patient of Gilly's I can thoroughly recommend her approach.

For those that missed her talk, Gilly can be contacted at:

Connect Neurophysiotherapy
Ph 022 0440295

www.connectneurophysiotherapy.com

\$3000.00 for MS research



Julie Collier & Friends After Completing A Half Marathon To Raise Money For MS Research

The cover of this magazine shows a client member Julie or Jules as she likes to be called, walking with 2 of her supporters in the half marathon held recently in New Plymouth.

Altogether she had 20 supporting friends all wearing the KISS GOODBYE T shirts walking with her.

They were asking for sponsors in order to raise funds for MS research.

When Mary Needs spoke to Jules about it they had raised \$3,400 with probably more to come.

A great achievement. Well done girls.



Scholarships, grants & awards

Just a reminder that it will soon be a new year! The following ***scholarships, grants and awards may have finished for 2016 but they are available to you annually.*** If anything comes up in 2017 you think might qualify please let The Taranaki MS Society know so we can keep an eye on the next scholarship season for you to apply.

1. Dorothy L Newman Scholarship

scholarship towards continued education/retraining for future employment

2. Mastering Mountains Grant

****NEW** - grant to assist people who have been diagnosed as having Multiple Sclerosis to overcome a specific obstacle so that they can achieve a specific outdoor pursuit. Funded by Mastering Mountains Trust. www.masteringmountains.org

3. Esme Tombleson Awards

Person with MS of the Year - to recognise people with Multiple Sclerosis who have demonstrated that they are an exceptional and outstanding example to the MS community

Carer of the Year – to recognise people who are or who have been exceptional caregivers to people with Multiple Sclerosis (PwMS) and who have demonstrated outstanding commitment and devotion in their support

4. Outward Bound Scholarships – Not provided by MSNZ but through Outward Bound

The next Outward Bound Activate course in November. This course is for those aged 18+ with a physical disability and runs from **Saturday 5 November - Saturday 12 November 2016**. Activate is a great opportunity to get out into the wilderness, face some new challenges, meet new people and work on personal development.

Anyone who is a client with WINZ can apply for full funding from them, and if not, Outward Bound can source sponsorship through the Outward Bound Foundation. Contact Outward Bound for more information on Freephone: 0800 688 927.

More details for the above are available on the MSNZ website: www.msnz.org.nz



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.

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/> unless stated otherwise.



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:

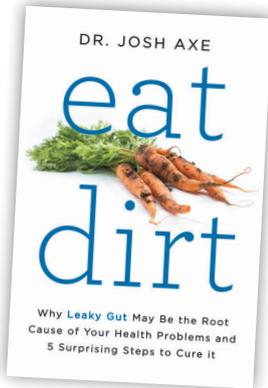
The Treasurer, Taranaki MS Society,
PO Box 791, New Plymouth 4340

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

New books

Images of books acknowledgment to google image search

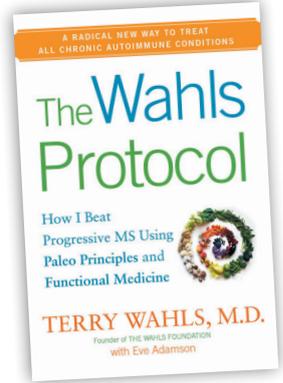
Lately the Taranaki MS Society has purchased two new books for our Resource Library.



The first one is **by Dr Josh Axe, titled Eat Dirt** which might take you by surprise, but he explains that 70% of our immune system is located in our gut and when it comes under attack, our health suffers. A condition known as “leaky gut” happens. Dr Axe, a functional medicine practitioner explains the hidden causes and widespread effects of leaky gut syndrome, a condition that is thought to be ground zero for many confounding health crises –

including allergies, asthma, food sensitivities, diabetes, digestive diseases, arthritis, thyroid conditions, and even frustratingly difficult to treat conditions such as chronic fatigue and autism.

The second book is The Wahls Protocol, How I Beat Progressive MS using Paleo Principles and Functional Medicine, By Dr Terry Wahls, an Integrative approach to healing autoimmune conditions by a doctor, researcher and sufferer of progressive multiple sclerosis. She shares how she made a recovery from this disease and got out of her tilt and recline wheelchair. She shares how she did this by using a modified paleo diet and specific exercises adapted to her specific needs.



Both these books are interesting reads and well worth contacting our field officer Moira so you can.

Sausage Sizzle

A big thank you to Stewart and his friends Frank and Tina who held a sausage sizzle to raise awareness and funds for the MS society. It was so nice of them to do this and they made \$135 which sure will help. Also, thanks to Symons transport for the use of their cute barbecue truck that they loaned out free of charge for the event.



CHECK OUT THIS!

.....

This amazing tattoo is inspiring and belongs to Angel Hintz



PLEASE, GET INVOLVED!

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.

ms.

Taranaki Multiple Sclerosis Society Inc.