



1172 Haupapa Street, Level 1
Community Health Hub
Rotorua 3010
P O Box 645 Rotorua 3040
Phone : 3437986

COORDINATOR: Rachel Stewart

Our Office Hours are Mon – Wed
from 9.00am to 12.00pm.
centralplateau@parkinsons.org.nz

COMMUNITY EDUCATOR

Fiona Leighton

Our Community Educator is
available from Mon – Thurs
9.00am – 4.00pm by appointment.
educator.centralplateau@parkinsons.org.nz

If you phone us and our office is
unattended please leave a message
and we will attend to your call as
soon as possible.

COMMITTEE:

Cathie Waites
Don Korte
Karen Nixon
Bruce Holt
Jan Grigg

CHAIRPERSON:

Glenys Searancke

PARKINSON'S NEW ZEALAND

www.parkinsons.org.nz

0800 473 4636

NEWSLETTER

December 2017

MERRY CHRISTMAS AND A HAPPY AND A NEW YEAR FROM US ALL
at PARKINSON'S CENTRAL PLATEAU.

Enjoy the season, sunshine and time with loved ones.

Well December and Christmas are upon us, the sun has come out finally...a little too much on some days – I'm sure it won't be long and we will be hoping for a little rain.

The Parkinsons office will be closed over the Christmas period so we can also enjoy a break in the sunshine catching up with family and loved ones.

The office will close Midday Thursday the 21st December and reopen 9.00am Monday the 8th Jan 2018. Neither the office phone nor cell phone will be manned over this time, please feel free to leave a message but be aware that your call will not be returned until after the 8th Jan.

If you have an urgent medical issue please contact your GP.

FROM THE COMMUNITY EDUCATOR

December arrived and with it the sunshine, long may it continue over the Christmas and New Year period. Groups for the year have finished up with morning tea's, and a lunch and dinner for respective groups across the region.



Looking back over the year the various coffee and the cosmopolitan club group meetings have had regular attendees. If you have any suggestions for topics and/or guest speakers for next year then please let me know.

CounterPunch Parkinson's has started in Taupo (after much waiting and anticipation) three sessions have been fitted in prior to Christmas. I will forward the dates for 2018 to you all as soon as I have them. I attended the first session and as well as a workout it was a lot of fun. Rotorua people be assured there is work being done to have it running here in 2018.

Movers and Shakers Singing Therapy Group has a great core group of participants, but always keen for more to join us. The warm up exercises and singing is great for People with Parkinson's for voice volume and general wellbeing.

You will see elsewhere in the newsletter the changes that will be occurring operationally for Parkinson's Central Plateau next year, any questions you have can be directed to the committee or I may be able to answer them. As well as our usual closedown over the Christmas/New Year period, I will be taking 2 weeks leave in February, last day of work 8th February and return on the 26th.

Wishing you and yours a Happy Holiday Season! *Fiona*

CONGRATULATIONS

To all our Awareness Week Raffle Winners.

The Raffle was drawn on the 11th Dec at our Morning tea by a lovely hostess from Aorangi Peak Restaurant.

1st Prize (gift Hamper) went to Dennis

- the winning ticket was sold by our committee member Cathie Waites

2nd Prize (gift Hamper) went to Kate

Kate bought her ticket at our stall at the Rotorua Night Market

3rd Prize (gift Hamper) went to Bev

- The ticket was sold to Bev by our committee member Jan Grigg.

Thank you to everyone who purchased and sold tickets.

We have some super star ticket sellers in our organisation by the names of Robyn and Judy. We can't thank the pair of you enough.

Also thank you to Trevor from Taupo who contributed a beautiful painting for our Awareness Week fundraising. It was purchased along with other items from our night market stall.

Also a big thank you to the Glass Slipper Princesses who came along to the night market to hand out balloons and encourage people to visit our stall. You certainly stood out in the crowd.



Movers and Shakers

Singing for therapy

For people with Parkinson's, Stroke and other neurological conditions

Linton Park Community Centre - 16 Kamahi Place Pukehangi Rotorua
easy access and plenty of parking

Starting: Tuesday 13 Feb 2018 10am - 11.30 am

FEB 2018 Tues 13th, 20th, 27th	MAR 2018 Tues 6th, 20th, 27th	APR 2018 Tues 3rd and 10th	MAY 2018 Tues 1st, 8th, 15th, 22nd, 29th
JUNE 2018 Tues 12th, 19th, 26th	JULY 2018 Tues 3rd, 24th, 31st	AUG 2018 Tues 7th, 14th, 28th	SEPT 2018 Tues 4th, 11th, 18th, 25th
OCT 2018 Tues 16th, 23rd, 30th	NOV 2018 Tues 6th, 20th, 27th	DEC 2018 Tues 4th, and 11th	

ENTRY BY GOLD COIN DONATION

A fun and exciting new therapy group for people with neurological conditions affecting communication and speech. Research reveals evidence that singing helps the voice and breathing in people with Parkinson's and helps to rewire the brain after injury so may help with conditions like aphasia following a stroke.

Singing is a culturally universal pastime that improves bonding and produces a sense of belonging that traditional therapies often cannot match. It helps co-ordinate muscles, strengthening the voice and improving the sound that's produced and provides an expressive outlet.

Assisted by one of our talented local pianists, there will be a series of voice and breathing exercises led by a speech language therapist followed by a repertoire of familiar songs.

NO EXPERIENCE OR SKILLS REQUIRED

IT'S NOT ABOUT HOW WE SOUND - IT'S ABOUT MAKING A SOUND

For more information contact:

Parkinson's Community Educator
Fiona Leighton
3437986 / 0211553365
educator.centralplateau@parkinsons.org.nz

Community Stroke Advisor
Vivienne Witt
349 6022 / 021 962 379
lakeland@stroke.org.nz



This Year we have to give a huge
**THANK YOU to the ROTARY CLUBS of
 ROTORUA**

We cannot thank the Rotary groups of Rotorua enough for their support over the past 12 months. We have had several generous donations and a large amount of effort put into events supporting our organisation

Rotorua Lakes

Rotorua Lakes Rotary Trailer Raffle

In December last year Lakes Rotary put in a massive effort to organise and run a trailer raffle. We were lucky enough to be one of two receipts of the profits. In Feb this year we banked a whopping \$5800.00 as a result of their hard work.

Sadly this chapter of Rotary is dissolving due to low numbers but one of their last acts of kindness was to again think of us, and this week we were present with our very own 'Parkinson's Parking Meter'.

This will be a great fundraising tool for us and it certainly grabs your attention. We already have it in use collecting donations at the Christmas lights display at 34 McDowell St Rotorua.

Thanks to the Stewart Family for arranging this



This November we were very lucky to be one of eight recipients of the Rotary Charitable Luncheon Trust annual 'funraiser'.

The event is a massive undertaking for Rotary and we greatly appreciate the amount of time and effort required to put on such an event.

We were absolutely delighted and grateful to receive \$9000.00 as our share of the proceeds from the day.



Our Chairperson, Glenys happily attended the Sunrise Rotary – Toi Ohomai Charity House, presentation ceremony, where we receive a giant cheque for \$1500.00 to help fund our support groups. Glenys was also invited to attend a dinner with Rotary West earlier in the year, there she was present with a significant donation to assist with our Singing for therapy Group.

IMPORTANT NOTICE

- Changes to the Structure of Parkinson's Central Plateau Division and Parkinson's NZ



On 3 October 2017, representatives from each area, the Council of the Parkinsonism Society of New Zealand, met and agreed to make a change to the legal structure of Parkinson's New Zealand.

This change will mean that Parkinson's New Zealand and the divisions and branches will reform as one legal entity, the "Parkinson's New Zealand Charitable Trust".

Since the National AGM in 2016, we have been on a journey to make sure that we can provide the best possible service to people with Parkinson's throughout New Zealand in the future. The Recommended Pathway Forward was a result of many months' consultation with Parkinson's members across the country.

Parkinson's has always had a big vision – to improve the everyday lives of people living with Parkinson's. We've come farther than we could have imagined. The impact we have collectively made on the Parkinson's community is recognised across New Zealand. We'd like to thank everyone for your involvement in this process.

Our new structure means we can deliver local services that best support the growing number of people with Parkinson's and enhance our core Parkinson's Community Educator Service.

We will be keeping everyone updated and informed about next steps and how we will all work together in the future. Nominations for the trustees of the Parkinson's New Zealand Charitable Trust Board are being sought.

We will keep you updated on time frames and any changes that are happening and in the next letter an introduction to what the new structure will look like and how it will operate.

Please contact The Central Plateau office if you have any questions

Please note these changes will not impact on the service you receive from your Parkinson's Community Educator and will keep you updated as we progress.

Keeping your cool!

Very high temperatures and humidity can present a risk to health, and older people can be particularly susceptible to heat-related illness.

Take advantage of the cooling power of water.

Wet towels and bandannas can have a cooling effect when worn on the shoulders or head. A spray bottle filled with cold water for refreshing spritzes throughout the day.

Head downstairs.

Since hot air rises, the upper stories of a home will be warmer than the ground floor. A basement can be a cool refuge from the midday heat.

Remember to maintain an adequate level of hydration You'll need to consume more water than you usually do when it's hot. If you're sweating profusely, you will also need to replace electrolytes by eating a small amount of food with your water. Thirst is the first sign of dehydration. **Avoid alcoholic beverages and caffeine, these substances can act as diuretics and promote dehydration.**

Know the Warning Signs of Heat-related Illness

Heat exhaustion

Muscle cramps, especially in the calves and toes • Exhaustion and general weakness • Nausea and/or vomiting • Dizzy spells • Pale, cool, clammy skin at first, becoming flushed and red later • A rapid and weak pulse and rapid noisy breathing

Heat stroke

No longer sweating • Red, hot and dry skin • A body temperature over 40° • A rapid and strong pulse • Rapid and noisy breathing • Irrational or aggressive behaviour • Losing consciousness

DATES TO REMEMBER!

JANUARY

There will be no coffee or support groups in TAUPO in January, however Counterpunch in Taupo will recommence of the 12th of January.

For those of you who are wanting to attend Counterpunch Taupo but haven't been yet, we will get more information and dates to you when we return in the New Year.

Tues 30th Jan Rotorua Coffee Group – Lakeside Café 10.00am ALL WELCOME

No Singing for Therapy in January – recommencement on the 13th FEB

FEBRUARY

Thurs 1st Feb Taupo Support Group – Taupo Cosmopolitan Club From 5.00pm, ALL WELCOME
You will Find us in the Room at the back of the dining area, if you can't find us, just ask the friendly staff.

Tues 13th Feb Shakers and Movers Singing for Therapy – 10.00am -11.30 am - gold coin entry
Linton Park Community Centre, 16 Kamahi Place, family friends and caregivers welcome

Tues 20th Feb Shakers and Movers Singing for Therapy – 10.00am -11.30 am - gold coin entry
Linton Park Community Centre, 16 Kamahi Place, family friends and caregivers welcome

Tues 27th Feb Shakers and Movers Singing for Therapy – 10.00am -11.30 am - gold coin entry
Linton Park Community Centre, 16 Kamahi Place, family friends and caregivers welcome

**** Please note there will be no Taupo Coffee group this month as Fiona will be away on leave.**

MARCH

Thurs 1st Mar Taupo Support Group – Taupo Cosmopolitan Club From 5.00pm, ALL WELCOME
You will Find us in the Room at the back of the dining area, if you can't find us, just ask the friendly staff

Tues 6th Mar Shakers and Movers Singing for Therapy – 10.00am -11.30 am - gold coin entry
Linton Park Community Centre, 16 Kamahi Place, family friends and caregivers welcome

Wed 7th Mar Rotorua Care Partners Group – 10.30 am Venue to be confirmed *for more info contact Fiona*

Tues 13th Mar Rotorua Coffee Group – Lakeside Café 10.00am ALL WELCOME

Wed 14th Mar Taupo Coffee group - 10.30 am – 11.30 am Liston Heights Village Hall

Tues 20th Mar Shakers and Movers Singing for Therapy – 10.00am -11.30 am - gold coin entry
Linton Park Community Centre, 16 Kamahi Place, family friends and caregivers welcome

Tues 27th Mar Shakers and Movers Singing for Therapy – 10.00am -11.30 am - gold coin entry
Linton Park Community Centre, 16 Kamahi Place, family friends and caregivers welcome