



Newsflash

Parkinsonism Society Wairarapa Division Inc.

July - August 2016

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KEEP MOVING AND MOTIVATED

By Jane Flowerday –
Community Educator

Hello, Jane here.

Can't believe we are on the way to Christmas and the summer holidays again! I find it's definitely true that time passes more quickly as you age... maybe I'm taking longer to achieve the same things!

As usual, we are focused on exciting events ahead with some nice activities planned, as you will view through this newsletter. We hope many of you now get a hard copy sent out, to make it easier to keep track of dates and refer back to.



Parkinson's Wairarapa singing group leader Vicki Jones keeping the voices warm through winter.

I will be at our annual National Community Educators' Conference on July 25 and 26. I understand we will meet our new clinical lead there, appointed after the sad departure of Stephanie

Clare, who I was fortunate to spend a special week with at Outward Bound a couple of years ago.

There has been a lot of movement with members these past few months. We have seen several newcomers and several moving out of the district, in most cases to be closer to family. A big welcome to the Wairarapa and our Parkinson's family and we wish all those leaving a happy journey on their new pathway. Sincerest condolences to families who have lost loved ones; our thoughts are with you.

Had an interesting speaker from Green Dollars at our last Education Session. If anyone out there has a skill or talent, such as cooking or sewing, or have a trade you can share, or technical skills you can exchange for another service like a massage or a haircut, or computer advice etc., there is a comprehensive register of these people that you can tap into which doesn't involve money exchanging hands. Call me if interested.

Also congratulations to some who have had special birthdays recently ... some finally gaining a Gold Card and superannuation and others celebrating another decade milestone!

These next few cold months are when light is low and falls are more likely with leaves, frosty paths and decks, so caution is needed.

We have a lively and enthusiastic group of members attending our exercise sessions in Masterton and Greytown and we do strengthening exercises, balance control and practise getting off the ground. Please call me, find out more and join us. We have a lot of fun as well!

If you require a practical session on falls assistance or correct manual handling, I can refer you to the physiotherapist at the Wairarapa DHB, or I can help advise re appropriate equipment through referral to an occupational therapist. I can also provide you with the booklet for ACC guidelines.

Tara Martin, clinical lead at On the Go Physiotherapy, Christchurch says:

What to do if you have a fall and how to help someone up off the floor if they fall?

It is not recommended to try and stop someone from falling.

This can lead to injuries. If someone is slowly losing control of their mobility and is about to fall, it is best, if you can, to help

them safely to the floor. If you know how, you can do this by

cueing them to kneel if they are falling forward, which is often

the case if they are freezing.

The best thing to do after someone has had a fall is to try to

stay calm. Assess the situation and ask yourself these important

Questions (if you answer yes to any of them, phone an ambulance):

- are they injured and in need of medical attention?
- have they lost consciousness?
- is there an immediate danger (for example fire or earthquake)?

If the answer is no, take a moment to help calm yourself and the person on the floor. Make them comfortable with a pillow.

Then decide if it is safe to try and help the person off the floor.

- are they able to move around (roll or sit up) without help?
- are they able to follow instructions?
- are they in an area where there is enough space to move?

If the answer is no to any of the above, it is probably not safe to help the person up off the floor and you should phone for an ambulance.

To help a person up off the floor use the ACC guidelines.

Bring a chair over to the person to help them get up and guide them through the steps. If they are still unable to get up off the floor, phone for an ambulance.

Phoning for an ambulance does not need to mean the person who has fallen will go to hospital. The ambulance crew can help the person up, but will only take them to hospital if they assess that they need medical attention. The ambulance crew can also see to minor injuries (cuts and scrapes) caused by the fall.

I recommend that people become familiar with how to get up off the floor and even practise this in a controlled and safe way.

On a brighter note: An update on stem cell implants.

Living Cell Technologies Ltd, "NTCELL demonstrates continued reversal of Parkinson's disease."

In June 2016 – 81 weeks after treatment, all four of patients who took part in the clinical study, phase I/II of NTCELL for

Parkinson's disease, show reversal of the progression of Parkinson's disease. The measured and globally accepted and validated Unified Parkinson's Disease rating scale illustrated a significant improvement in the patients' neurological scores compared with their pre-implant baseline, representing a 2.8 to 3.5-year reversal of neurological deterioration.

In the first patient, the improvement was sustained at 130 weeks after NTCELL implant. The four patients remain well and there are no safety concerns.

This data was presented by Dr Barry Snow (neurologist) and principal investigator at the International Congress of Parkinson's Disease and Movement Disorders, in Berlin in June this year. His presentation was: "Safety and Clinical Effects of NTCELL (immune protected (alginate-encapsulated) porcine choroid plexus cells for xenotransplantation) in Patients with Parkinson's Disease: 80

-130 weeks follow-up." Dr Ken Taylor, CEO of LTC states "Our goal is to obtain provisional consent and launch NTCELL as the first disease modifying treatment for Parkinson's disease in 2017."

If you wish to read more background, refer back to the Parkinson's New Zealand Magazine, The Parkinsonian, September 2015. You can resource this through our Parkinson's NZ website. The link is: http://www.parkinsons.org.nz/sites/default/files/10811_Parkinsonian_Vol18_Iss3_FINAL.pdf

I hope to see many of you at the Mid-Year Lunch on July 20th.

Jane

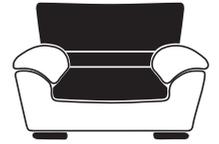
No Greytown Singing Group on Wednesday, July 20th, due to Parkinson's Wairarapa Mid-Year Lunch.

give a little
from the  Spark Foundation

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FROM ANYWHERE IN THE WORLD:**

<https://givealittle.co.nz/org/parkinsonswairarapa>

FAVOURITE CHAIR



Trish Burgiss, Parkinson's Wairarapa Chair

Hello to you all. I hope you are keeping warm as the weather changes from nice days to cold rainy ones. Things can only get better as we head towards Spring. Thank you to committee member Rona Bramwell for organising the fundraising evening at the MATs musical Bad Girls. What a wonderful and enjoyable evening's entertainment we were presented with; the show was so professional, very slick and polished and if you remember the TV show Bad Girls and enjoyed it, you missed a great re-enactment, set to music.

Our Mid-Year Luncheon is very soon at the Masterton Cosmopolitan Club on July 20th, with the theme MAD HATTER'S TEA PARTY. Please come, wear a mad hat if you like -- and join us. We want your company!

Finally, Parkinson's Wairarapa relies on memberships to help fund our services to you – including Jane's employment. Our division is 100 percent self-funding, with NO government

assistance and we need memberships, grants, donations and fund raising to operate. There's still time to pay your membership for 2016. If you have misplaced your membership form, please contact Julia the coordinator. To those who have paid, thank you for doing your bit to support us.

Trish

PARKINSON'S WAIRARAPA

MID-YEAR LUNCH



Wear a Mad Hat!

WEDNESDAY JULY 20TH
from 11:30am-3:00pm

Cosmopolitan Club

398 Queen Street, Masterton

\$25 per person

RSVP to Julia by 15 July

Pre-payments to bank account 03-0687-0328642-00.

Please include SURNAME and LUNCH as reference.

BOOKINGS ESSENTIAL



NOTICEBOARD

GENTLE EXERCISE WITH JANE

Masterton - Every Thursday at Masonic Village Hall, Edith St, 1.30pm

Greytown - Every 2nd Monday at Ultimate Care, 186 East St, 1.30pm.
July 18, August 1st, 15th and 29th.

SOCIAL GROUP

Gatherings and outings for the young at heart.

Phone Colleen Wright 06-304-9346.

CARERS' SUPPORT GROUP

Monday, 8th August at 7-9pm. Salvation Army HQ, High St, Carterton. Ask Jane Flowerday for more details.

SINGING GROUP

Wednesdays at 10.30am, South Wairarapa Workingmen's Club, Main St, Greytown. Therapeutic voice warm-up, singing and cuppa.

Carparking at rear. Contact Marguerite Chadwick 06-379-5376

EDUCATION SESSION:

Thursday, August 25th, 2.30pm-3.15pm, after exercise class at Masonic Village Hall, Masterton.

Ali Gordon, physiotherapist with specialty in neurological conditions.

WALKING GROUP

Every Monday and Friday (no longer Wednesdays).

Meet at Henley Lake Gates, Te Ore Ore Road, Masterton at 9am. Everyone welcome.

Contact Ruth Sutherland 06-3773613.

MID-YEAR LUNCH

MAD HATTER'S TEA PARTY

Wednesday, July 20, 11.30am. \$25.

Cosmopolitan Club, Masterton. ***Wear a mad hat!***



GOOD *in the* HOOD

The votes have been counted!

Thank you to Good in the Hood

Parkinson's Wairarapa gratefully received \$835 from the recent Z Service Station appeal.

PARKINSON'S WAIRARAPA SEMINAR

Wednesday, October 19th, Masterton Club, Chapel St (note change of venue). Day-long seminar with guest speakers on Living with Parkinson's, stalls, information and more. More details in the September-October Newsflash.

AGEING WITH ATTITUDE EXPO

Tuesday, 20th September 10am-3pm. Genesis Recreation Centre, Masterton (opp. QE II Park) Look for the Parkinson's Wairarapa stand.

LIVING WITH PARKINSON'S ONE-DAY EDUCATIONAL SEMINAR

WEDNESDAY, 19TH OCTOBER 2016

Masterton Club, 98 Chapel St, Masterton

Speakers Include:

Occupational Therapist, Neurologist, Specialist Physician, Hospice Wairarapa, Dietitian and more.

Stalls and information stands.

***\$15 for Parkinson's Wairarapa and other division members.
\$20 for non-members.***

INCLUDES LUNCH AND REFRESHMENTS.

Full details in September-October Newsflash.

THANK YOU PRUE!

Harcourts

Parkinson's Wairarapa is excited to welcome **Prue Hamill**, of **Harcourts Hamill Realty**, as sponsor of the Newsflash newsletter.



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\$100 PER LOAD



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Regular donations from sales to
Parkinson's Wairarapa.*

PHONE ROD SUTHERLAND
06-377-3613 or 027-2037-239

THANK YOU TO OUR SPONSORS AND PARTNERS:

Wairarapa 4-Wheel-Drive Club
Masterton Amateur Theatrical Society
(MATs) and Rona Bramwell
Fantail Graphics

South Wairarapa Workingmen's Club
Z Service Station, Chapel St, Masterton
Harcourts Hamill Realty



Postal Address: Community Centre, 41 Perry St, Masterton 5810
Email Jane Flowerday: educator.wairarapa@parkinsons.org.nz
Email Julia Mahony Co-ordinator: wairarapa@parkinsons.org.nz
Find Parkinson's New Zealand on Facebook and Twitter



Charities Number:
CC 27400