



Newsflash

Parkinsonism Society Wairarapa Division Inc.

May - June 2016

Jane Flowerday Community Educator
Freephone 0800 306 844

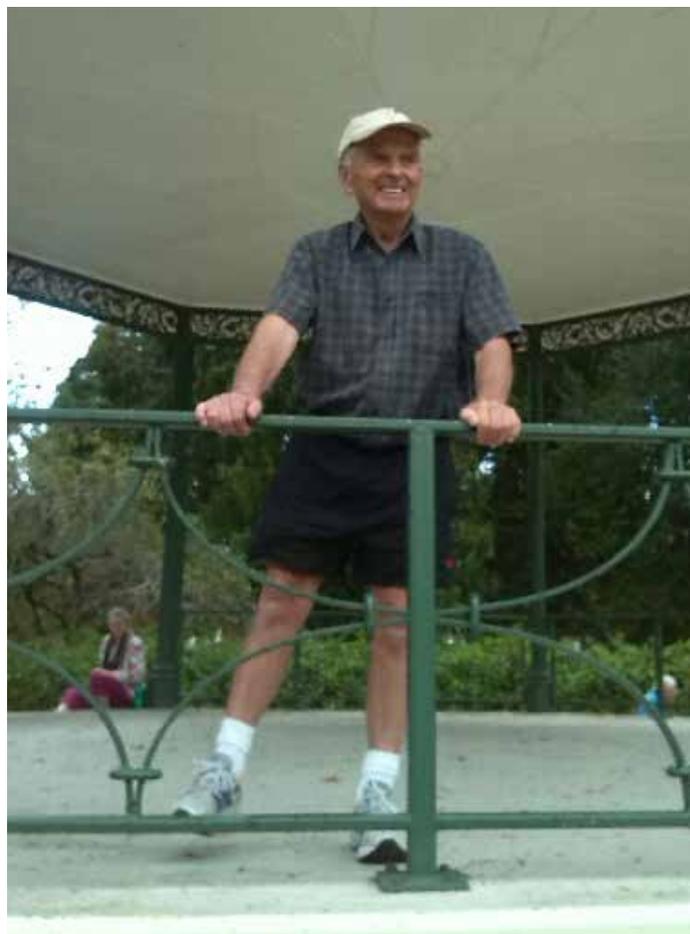
Julia Mahony Co-ordinator 021 722 332

OUR STRONG PARKINSON'S COMMUNITY

By Jane Flowerday –
Community Educator

This Indian summer has really been a treat. We have been spared those chilly frosts the Wairarapa is so renowned for, longer than usual! I didn't expect to be still having to water the garden though!

Welcome to all our new members. Our Parkinson's family in the community continues to grow and it has been awesome to see many embracing the services we offer and the fellowship they have gained in doing so. I'm taking this opportunity to wish Adrienne and Terry Waghorn of Martinborough all the very best in the future with their move to

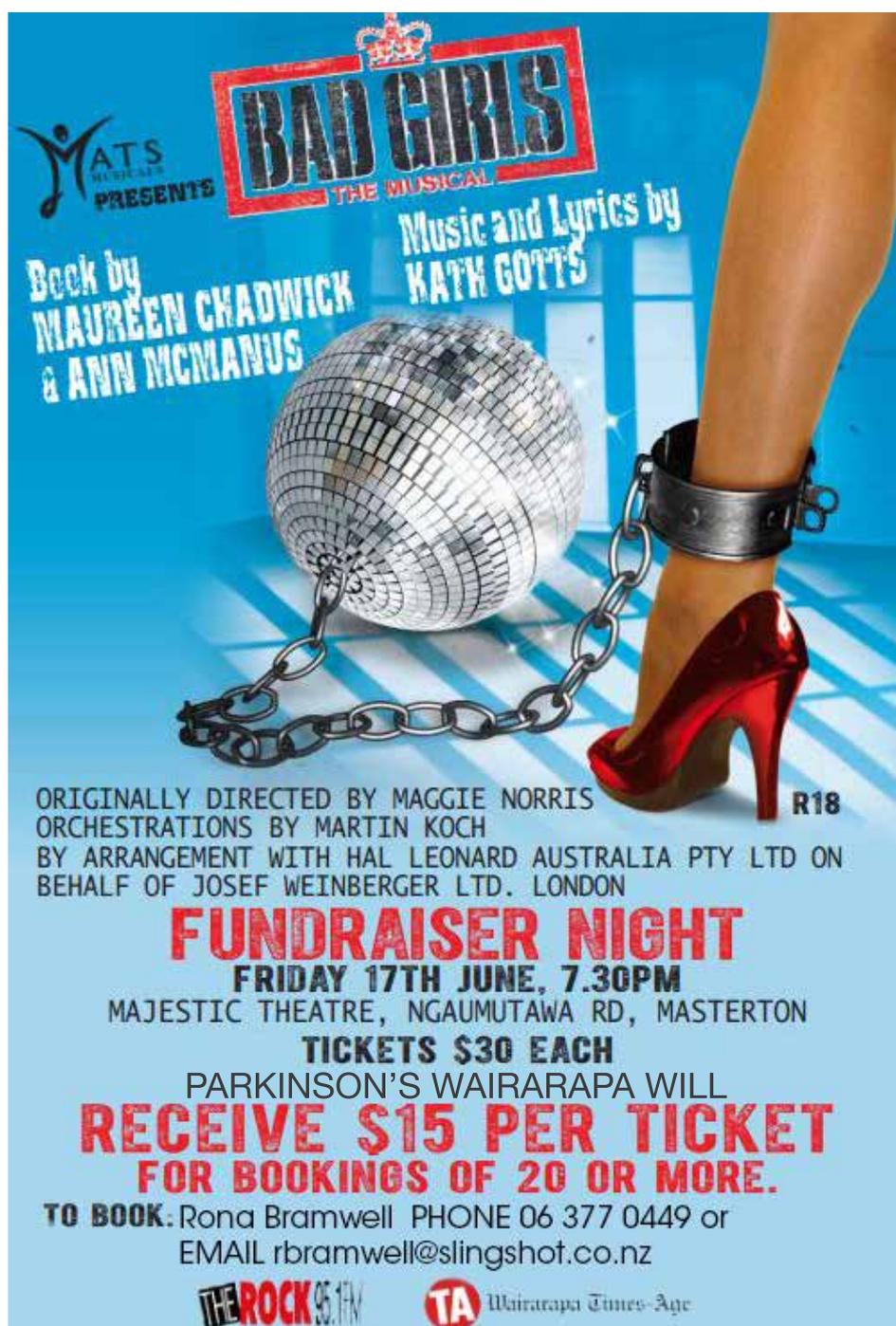


Parkinson's Wairarapa member Colin Croskery enjoys Jane's exercise group outing to Queen Elizabeth Park.

Paekakariki. They have been valued long standing, active members of Parkinson's Wairarapa and they will be greatly missed by us all and their local community.

The past couple of months have continued to be busy with the activities we provide to suit members' ability and preference. I recognise that for some it has been difficult to juggle all these activities throughout the week with travel included. But the feedback from the Parkinson's singing group, the introductory Tango classes tailored

for Parkinson's, and a small number experiencing a month's trial of Mat Pilates at our local fitness centre, Bodymind, have all been very positive. Regular exercise is reported to promote neuroplasticity, (rewiring in the brain) and aerobic exercise helps to promote brain health. Complex movements and tasks enrich the experience and promote learning through repetition. More is better!!



MATS PRESENTS
BAD GIRLS THE MUSICAL
Music and Lyrics by **KATH GOTTS**
Book by **MAUREEN CHADWICK & ANN MCNIANUS**

ORIGINALLY DIRECTED BY MAGGIE NORRIS
ORCHESTRATIONS BY MARTIN KOCH
BY ARRANGEMENT WITH HAL LEONARD AUSTRALIA PTY LTD ON BEHALF OF JOSEF WEINBERGER LTD. LONDON

FUNDRAISER NIGHT
FRIDAY 17TH JUNE, 7.30PM
MAJESTIC THEATRE, NGAUMUTAWA RD, MASTERTON
TICKETS \$30 EACH
PARKINSON'S WAIRARAPA WILL
RECEIVE \$15 PER TICKET
FOR BOOKINGS OF 20 OR MORE.

TO BOOK: Rona Bramwell PHONE 06 377 0449 or
EMAIL rbramwell@slingshot.co.nz

THE ROCK 95.1FM **TA** Wairarapa Times-Age

Our committee is planning another public education seminar on Parkinson's. This year, it will be at the Masterton Town Hall on October 19th. So please mark your calendar now for this most worthwhile event, with guest speakers from various health disciplines.

Our bi-monthly education sessions are informative too. In April we had a funeral director and there were lots of questions generated from this presentation.

Those members who are registered with Masterton Medical and who are

computer savvy - are you aware you can now manage your health on line? This is a secure website that you give permission to be part of and access your health information easily and confidentially. However, this is a NON URGENT service, so for any acute serious health problems you must continue to phone Masterton Medical.

You will require a password and there will be a minimal cost incurred to access the patient portal. The service includes online appointments, repeat prescriptions, test results, health information, email consultation via ManageMyHealth.

If you feel this would be a valuable service, please request the paper work when you are next visiting your GP. For additional queries email info@managemyhealth.co.nz

Lastly, if you would like me to be present at your neurology consultation or when visiting your physician or GP as an advocate, please let me know. Remember too, that I am not informed when you are admitted to hospital or attend the emergency department. So if you wish me to visit or provide professional support please ask a family member or carer to get in touch with me.

Jane



Parkinson's Wairarapa members Ken Burgiss and Harry Singleton take a break during Jane's exercise group outing to the park.

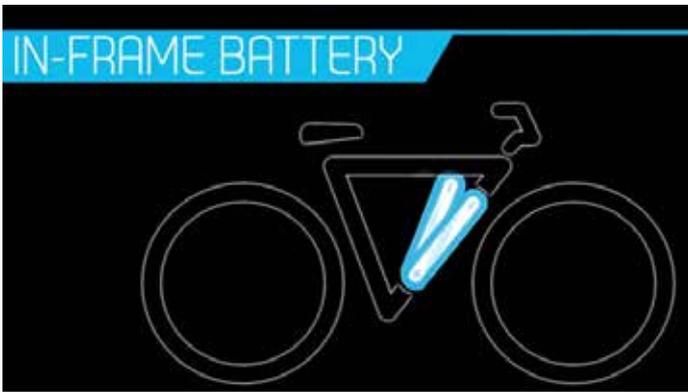
FIREWOOD FOR SALE

TRAILER LOADS OF 1.4 CUBIC
METERS MIXED WOOD FOR
\$100 PER LOAD



*Stacking extra.
Regular donations from sales to
Parkinson's Wairarapa.*

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



The ebike

Cycling stalwart and Parkinson's Wairarapa member Brian Lambert explains the benefits of the ebike.

I have been using my ebike for four years now and in that time, the choice of makes and models available in New Zealand has increased from three importers to over 300, giving buyers so much choice. I suggest you get expert advice and buy locally. I have not needed any major repairs so far.

Most ebikes have only one front chain ring and because the drive of the electric motor causes the chain to become slack when not under pressure, it comes off.

Getting it back on can be difficult, as most ebikes have fully encased chain guards.

Don't let this put you off buying one; I'm sure the newer models have chain guides and catchers to eliminate this problem.

Battery tech knowledge has caught up in recent years. Each year, ebike batteries are getting lighter with longer and better

performance. Not too long ago -- I mean several decades -- bike lights were powered by 2 D cells. Output measured in minutes. Dyno hubs and generators gave pitiful lighting and no light when stopped.

Now, bike lights can have motorists slowing down and sometime stopping, to see what looks like a train light dazzling them on rural roads.

Prices start at less than \$2000, but if you want a specialised, competition-grade off-road mountain bike, expect to pay \$17,000.

Alternatively, there are excellent front wheeled and bottom bracket fitted conversion kits, from about \$1000 fitted.

Ebikes are now the choice of bike tourist companies worldwide, as they eliminate the problem of the least fit riders unable to keep up with their group.

Electric bikes are catching people's attention. With petrol prices rising at an extremely fast rate, electric bikes are a popular choice of alternative transportation. One kilometre on an electric bike will only cost you a single cent. One kilometre driving a car will cost you 20 cents. Huge price differences and huge savings. In addition to a car's licence fees, maintenance checks, registrations fees and insurance costing you thousands of dollars a year, investing in an electric bike is definitely a good idea.

With an electric bike, you can ride to work casually without applying so much energy and arrive on time. Not as fast as a car, but only minutes' time difference for short commutes. It's easy and stress free, there are no traffic jams and looking for a parking space is easy and free.

Electric bikes are so safe and easy to operate, anyone can ride one. For Parkinson's people, the instant power makes it safer to get going after stopping at intersections and regain balance.

Most electric bikes include clever safety features such as a circuit breaker to avoid over heating and automatic power cut off. Unlike a car, there are no hazardous batteries and fuel that might

cause an explosion.

So say goodbye those headache-causing gas emissions and say hello to the economical and ergonomically friendly electric bike.

For advice, give me a call on 06 3788907, or see Brent at Happy Valley Cycles. He will give a 10% discount to Parkinson's Wairarapa members on any new ebike purchases.

Brian Lambert.

Check out YouTube link:
https://www.youtube.com/watch?v=u_B_71DZKCg
for more information

PARKINSON'S WAIRARAPA **MID-YEAR LUNCH**

Wednesday July 20th

Club Carterton

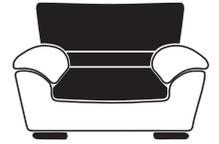
35 Broadway, Carterton

Time and cost to be confirmed
Come and enjoy a meal with
Parkinson's Wairarapa
members, carers and family.

Mark your diaries now!

**A relaxed, informal
lunch with raffles and
spot prizes**

AGM 2016 Report



Trish Burgiss, Parkinson's Wairarapa Chair

AGM 2016 Report - Firstly, I would like to thank our hard working committee for their dedication and commitment to people with Parkinson's. I cannot emphasise enough the work this committee does for Parkinson's. Last year we lost our co-ordinator Alix, who resigned at the AGM. In April 2015 we employed Julia as co-ordinator and she's done a brilliant job, especially in fundraising, which will show in our financial statement. Thank you on behalf of the committee and members. We lost committee member Sue Syben who's now residing in Hawke's Bay. We seconded Roslyn Lafrentz as committee member. Thank you for coming on board.

Volunteers – If it weren't for volunteers who aren't on committee but work tirelessly for one-off events, even for an hour a year, we could not survive as a division.

Lunch Functions – We had two at Copthorne Solway Park.

Fundraising – Awareness Week. Rod Sutherland and others worked very hard. We had a sausage sizzle in Greytown and other events. Rod also continued firewood sales, which is very much appreciated. Margaret Doyle and her Carterton Central Lions Club also held a ballet costume event which raised \$1500 for Parkinson's Wairarapa. Raffle at Ageing with Attitude brought in approx. \$200. If everybody gave 10 cents, 10 people would have a dollar! And every dollar counts.

"If it weren't for volunteers who aren't on committee but work tirelessly for one-off events, even for an hour a year, we could not survive as a division."

Newsletter – Special thanks to Marguerite who took over duties from Alix, until Julia was up and running. We do appreciate your work. You set the standard for the newsletter we now have.



Thank you to Wairarapa Four Wheel Drive Club who held an event in April and donated the proceeds to Parkinson's Wairarapa!

Community Educator – Jane, you give 150 percent to people with Parkinson's and carers. I was looking back on some old AGM notes and I read one from Bev Nation in 1999. I think her paid hours for the year were 400-and-something. Her voluntary hours were the same again. That shows you the dedication these nurses give to Parkinson's. Thank you to Jane and the people who help her.

Membership and Survey Forms – We have not increased our fees for many years. It is currently \$25 (\$20 for rest home residents). We need that money to run our division. We had a low return on survey forms – just 16/17. We are changing the format and asking specific questions which should give us a fuller understanding as to how we are meeting the needs of clients and carers..

Condolences - For those who have lost somebody over the last year, I know there's been a few. From personal experience, 2016 hasn't been a good start and I thank you for your support.

Seminar - Our seminar is in October and lots of work is required. The venue is the Masterton Town Hall and we have a good rate of hireage. Awareness Week is in November and we will have another stall at Ageing with Attitude.

GOOD *in the* **HOOD**

**Vote for Parkinson's
Wairarapa to receive a
share of \$4,000 from Z**

We're one of the four
groups that they're
supporting through
Good in the Hood.

How much of the
\$4,000 we get
depends on how
many votes
we receive.



**So please head down to
Z Service Station, Chapel St, Masterton
during May and vote for us!**

Singing Group - I'd like to thank Marguerite for her work around the singing group in Greytown, which began in February 2016. We received grants from the South Wairarapa District Council's Creative Communities Fund (\$800) and Greytown Trust Lands (\$1200) for the group. Rod has offered to donate a load of wood a week for the choir to sell (\$100) but orders must come through the group. Marguerite also ran an introductory Tango class!

Pak'N Save Masterton donated the food for our AGM this year. Thank you.

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. May 23, no group on Queen's Birthday June 6, back June 20, July 4 & 18.

SOCIAL GROUP

Gatherings and outings for the young at heart. Phone Colleen Wright 06-304-9346 for details. Next outing is to the Olive Press in Greytown.

CARERS' SUPPORT GROUP

Monday, June 13 at 7pm.
Salvation Army Headquarters, High St South, Carterton. Ask Jane Flowerday for more details.

SINGING GROUP

Wednesdays at 10.30am, South Wairarapa Workingmen's Club, Main St, Greytown.
Contact Marguerite Chadwick 06-379-5376

THANK YOU TO OUR SPONSORS AND PARTNERS:

Greytown Trustlands Trust
Happy Valley Cycles
Golden Shears
Wairarapa Building Society
South Wairarapa Workingmen's Club

EDUCATION SESSION

Green Dollar Exchange: Guest speaker on buying and selling goods and services using this alternative currency. Thursday, June 30, 2.30pm. Masonic Village Hall, Edith St, Masterton. Ask Jane Flowerday for more details.

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

Wednesday, July 20, Club Carterton. Details to be confirmed.

PARKINSON'S WAIRARAPA ONE-DAY SEMINAR

Wednesday, October 19, Masterton Town Hall. An educational seminar for people with Parkinson's and their carers. Guest speakers on a range of topics. Register in August/September.

Greytown Lioness Club
Wairarapa 4 Wheel Drive Club
Fantail Graphics
Ray Wallis (Dalefield Charity Run - \$300 donation)
Masterton Amateur Theatrical Society (MATS)



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:
CCC 27400