



Newsflash

Parkinsonism Society Wairarapa Division Inc.

September - October 2016

Jane Flowerday Community Educator
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SPRING EDUCATION AND AWARENESS

By Julia Mahony
– Division Co-ordinator

As Parkinson's Wairarapa enters a busy time of year, we hope you'll partake in the many spring events on our calendar.

They include the stimulating and motivating Ageing with Attitude expo at the Genesis Recreation Centre, Masterton, in September. Last year's expo saw many community groups offering giveaways, advice and information on their services. It was an uplifting array of positivity, so please drop by and say hello to us on the Parkinson's stand.



New Parkinson's Wairarapa committee member Jeanette Baker looks sharp in a sombrero at the mid-year lunch.

In October, we're bringing you a one-day seminar at the Masterton Club. This is for people newly diagnosed with Parkinson's as well as those wanting to learn more

about the condition and how to live with it. Carers and family members are also welcome to attend and listen to experts speak on treatment, medication, physical and mental wellbeing. Our Community Educator, Jane Flowerday, has worked hard to bring you speakers of the highest calibre, so please get the enclosed registration form back to us to secure your seat as space is limited.

It's Parkinson's Awareness Week in early November. This is a crucial fund raiser for our division, as volunteers take to the streets selling raffle tickets and collecting donations. If you or family members can volunteer some time to help, please let me know.

Of concern to us this year, has been the reduction in available grant money at national and local levels. Some of our most reliable funders have declined grant applications, or reduced their amounts. Did you know Parkinson's Wairarapa is 100 percent self-funded, with no government assistance? Each year we must raise funds to employ Jane (who is a registered nurse), a co-ordinator, and pay our many operational costs. While some New Zealand divisions have become branches of Parkinson's New Zealand, we will strive to maintain local



Ross Eggers, of Kiwi Magic Ltd, hands Community Educator Jane Flowerday the keys to her Mazda Demio.

services, for local people, as long as demand and support exists.

Donations, membership subs, grants and fund raising events are vital. We are so grateful some families of Parkinson's clients who have sadly passed away this year have requested donations to our division from friends and family. It is a special gesture in memory of a loved one.

We did find the means to replace Jane's ageing car! With a grant from Trust House and a generous sponsorship package from Ross Eggers of Kiwi Magic car yard in Masterton, we purchased Jane's bronze Mazda Demio, which she's been showing off at her ever-popular exercise groups. Jane can now stay safely mobile and continue her home visits and many other duties Wairarapa-wide.

Thanks also to Prue Hamill, of Harcourts

Real Estate, for sponsoring the cost of printing this newsletter. Long serving committee member Rod Sutherland continues to give regular donations from wood sales (see ad) and committee member Rona Bramwell organised a fun night out at MATs Theatre. If you have a fund raising idea we can run with, or know a business looking for a worthwhile charity to sponsor, pass it on!



Puanga Ratapu enjoys the mid-year lunch.'

Finally, if you haven't been to the Greytown singing group, please give it a go. We're delighted numbers have kept up over winter, with a cheerful bunch gathering each Wednesday morning to sing along to Vicki and her keyboard, or the lovely ukulele ladies. The group

is seated, with a therapeutic voice warmup designed by a speech therapist, especially for Parkinson's people.

Best wishes.

Julia

Membership Subs 2016

We strongly appeal to clients who use our Community Educator service (home visits or other help from Jane), to become members of Parkinson's Wairarapa. Our division needs this membership money. Subs are \$25, or \$20 for rest home residents. Instalments of \$5 per month are possible. Contact Julia if you have misplaced your membership form. Thank you so much to those who have paid already this year.



South Wairarapa
creativenz
COMMUNITIES

Thank you to South Wairarapa District Council!

Parkinson's Wairarapa gratefully received a grant for \$1000 for the Parkinson's Singing Group.







MAD HATTERS LUNCH



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.

September 12, 26, October 10. No class on Oct 24 Labour Day.

SOCIAL GROUP

Gatherings and outings for the young at heart. Phone Colleen Wright 06-304-9346.

CARERS' SUPPORT GROUP

Monday, 10th October, 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.

BINGO NIGHT!

Masterton Club, 98 Chapel St, **Friday 4th November**. Mystery prizes up for grabs. Proceeds to Parkinson's Wairarapa during Awareness Week.

Phone the club on 06 377 3318 for bookings and more details.

Contact Marguerite Chadwick 06-379-5376

No Singing Group on Wednesday, October 19, due to seminar.

EDUCATION SESSION

Thursday, October 27th, 2.30pm-3.15pm, after exercise class at Masonic Village Hall, Masterton. Speaker: Age Concern or similar.

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.

AGEING WITH ATTITUDE EXPO

Tuesday, 20th September 10am-3pm.

Genesis Recreation Centre, Masterton

THANK YOU

Parkinson's Wairarapa gratefully received an \$8,000 grant from **Trust House** to help fund a new Parkinson's Wairarapa car.



TRUST HOUSE
COMMUNITY ENTERPRISE

(opp. QE II Park) Look for the Parkinson's Wairarapa stand.

PARKINSON'S AWARENESS WEEK

November 1-7. Wairarapa-wide events and raffle/donation stands.

PARKINSON'S WAIRARAPA XMAS LUNCH

Wednesday, December 7th.

PEDAL FOR PARKINSON'S

Monday, January 23rd, 2017. Fun and challenging cycle event for Parkinson's. Choose between 72km, 43km or 15km hill climb in Gladstone, Wairarapa. \$40 adult, \$10 under 17. Includes lunch bag.

www.hurihuri.co.nz

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.

\$20 for Parkinson's Wairarapa and other division members.

\$25 for non-members.

INCLUDES LUNCH AND REFRESHMENTS.

(Due to change of venue and other circumstances, registration cost differs from previously advertised.)

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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THANK YOU TO OUR LATEST SPONSORS, PARTNERS AND DONORS:

The Families of Ian Small, Edwin Joseph
and Angela Dolan.

Fantail Graphics

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



South Wairarapa



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of
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10 Queen Street, Masterton • 06 370 5146

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:
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