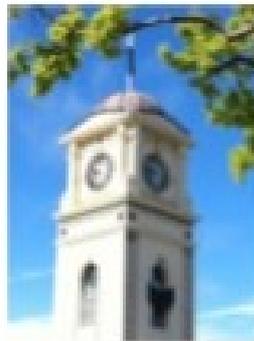




VOICE OF MANAWATU

Newsletter of the Parkinson's Society of Manawatu

Incorporated Registered with the Charities commission No: CC27390



Palmerston North • Dannevirke • Feilding

Eketahuna • Taihape



November/December 2015

Contents

Page 3 - Chairman's Report

Page 4 - Community Educator's Report

Page 5 - Activity Dates

Page 6 – Advice from Jodie White (Speech Language therapist)

DISCLAIMER

The Opinions expressed in stories and the claims made in advertising material presented in “VOICE of MANAWATU” are those of the authors and the advertisers respectively and do not necessarily reflect the views of Parkinson's Manawatu, unless so stated. Whilst every effort has been made to ensure accuracy in this publication, we accept no liability for errors of fact or opinion expressed herein.



CHANGE OF ADDRESS



We do not expect you to take such a drastic measures when you move to a new home, but when you do, please let us know your new address and details as soon as possible you are able to. This way, we will be able to keep to in touch, send you the latest newsletter and allow visits from the Community Educator. Thank you.

Chairman's Report

Thank you to all those who helped out with Awareness Week . Raising money for Parkinson's is becoming increasingly difficult. There are an increasing number of groups chasing less and less money from the charities who provide the bulk of our funding. It is good we have raised enough to meet next years budget. As part of ensuring that we can continue to offer the same level of service we are going to have to strengthen the support we receive from our local community. How we will do this is still in the planning stages. Any requests we make for support will be clearly identified as coming from Parkinson's Manawatu as money collected by Parkinson's Manawatu is spent within our region as distinct from appeals by Parkinson's NZ who focus on funding National concerns.

Christmas is rapidly approaching and this year's Christmas function will be a Pot Luck meal at Marian and Gerald Court's property in the Pohangina Valley on Sunday 13 December from 11.30am. THERE IS NO CHARGE!

Thank you again for your support during the year.

Gerald Court

Community Educators Report

I would like to thank those who have given up their time for Awareness Week. From those who gave up their time to collect outside our supermarkets and to those who sold tickets to their family and friends. A good effort was made by all.

Christmas is just around the corner so our last Support meeting for the year was on 18 November. Our first Support meeting for 2016 will be Wednesday February 17th 2016.

Exercise classes at Zenith Fitness will continue over the Christmas Holidays.

This year I will be taking some time off over Christmas so if you can't get me on the phone leave a message or please contact your GP for advice or urgent matters.

I will be looking at speakers for the support meetings for the New Year, so if you have someone in mind let me know.

KEEP IN MIND:

I am happy to speak to any organization you are involved with if they would like to know a little more about PD and what we offer. Part of my role is getting our service out into the wider community.

Please phone me if you require a visit, leave a message on the answerphone if I don't pick up. I will return your call.

Dianne Ackerman

ACTIVITY DATES

Carers Group

Monday December 7th @ 11am

at Café Royale, Square Edge, 47 The Square, P.N



Support Group Meeting

At The Seven Day Adventist Church

257 Ferguson Street, Palmerston North

*** * * FIRST SUPPORT MEETING FOR 2016 * * ***

Wednesday 17th February 2016 @2pm

Shared afternoon tea - bring a plate



Annual General Meeting

The 2016 AGM will be held on Wednesday, 31 March 2016

@ 2.00 pm

Recommend by Jodie White

Speech Language Therapist

(Mid Central DHB)

Having Difficulty swallowing Pills?

Pills can be taken in yoghurt or little pureed fruit.

Having problems swallowing food?

Soft Foods recommended:

Minced Foods

Include a gravy with your main meal

Puree into smooth consistency

“I’ve stopped falling!”

Finally! Walking aids for Parkinson’s

Now Available - the new & improved U Step 2



Stability - The U-Step 2’s ultra stable foundation braces you in every direction, its U-shaped base surrounds you and moves with you.

Safety - The U-Step 2 will **not** roll unless you are ready to walk. When you lightly squeeze a hand brake the unit will roll with you. Once you release the hand brake the unit will stop.

Laser - The U Step 2’s unique laser offers an entirely safe, obstacle-free visual cue that helps you break the freezing episode and walk normally.

Metronome - The U Step 2 has a metronome to help with uneven gait or those who require an audio cue to help take regular steps.

Also available, the Lasercane - a cane that projects a laser line on the floor for you to step over to help overcome freezing. Ideal for those who do not need a walker as yet but require the obstacle-free visual cue to get you moving freely again



Order your U-Step now!

Web www.ustep.co.nz

Mobility Manawatu, 222 Ruahine St, Palmerston North

Call **0800 882 884**

Email info@ustep.co.nz

CHRISTMAS DINNER (POT LUCK!!!!)

DATE: *SUNDAY 13 DECEMBER 2015 from 11.30 am*

WHERE: *838 POHANGINA VALLEY EAST RD*

WHAT TO BRING: *Food to share for a pot luck lunch, (eg meat, salad, savoury or dessert), as well as what you would take, or use for a picnic (plates, cutlery, etc.) Togs for a swim in the solar-heated swimming pool.*

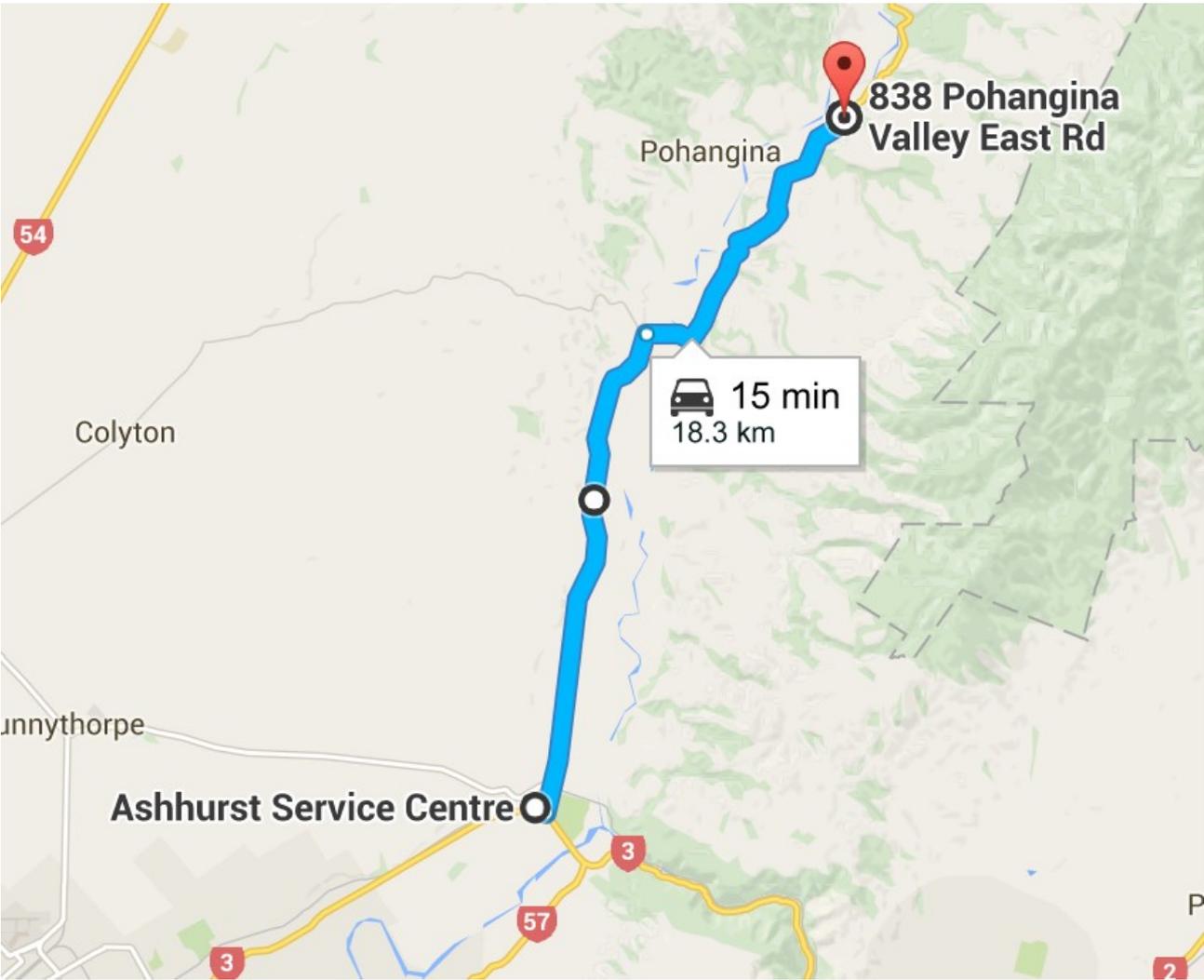
DIRECTIONS:

HOW TO GET THERE:

From the Ashhurst Service Centre (on SH3), turn left onto York Street, left on to Cambridge Avenue and follow road for 10km. Turn right at the T intersection, just past the Waterford pub. Follow signs for Totara Reserve Camping Ground into Pohangina Valley East Road. Drive 8.38km along this road. You will cross over the Raumai Bridge and then drive past Number 4 line, Number 3 line and Number 2 line. Gerald's property is 1.3 km past Number 1 line on right hand side. There will be a white flag at the gate. There will be a sign saying where to park (this will be on neighbor's drive which is right by our drive) If you have GPS, put in our rapid number 838).

(Dianne is willing to meet with anyone who is not sure how to get to Gerald's place at 11.00 am in the Ashhurst Village Valley car park, by the church.)

Route to Gerald's house from Ashhurst Service Centre



Have you considered a Bequest?

**Have you or your family considered making
a bequest to Parkinson's Manawatu?**

Over 10,000 New Zealanders are affected by Parkinson's and this number keeps growing. Many don't even know they have it. Funds are continually required to: help educate people about Parkinson's; to further ongoing vital research to find a cure; to learn how to detect who will develop Parkinson's; and to find a way to prevent Parkinson's developing.

If you would like to benefit Parkinson's Manawatu in your will, the following format may help you:

"I, .. (your full name)... bequeath to Parkinson's Manawatu for the general purpose of the Society, the sum of \$....., free of all duties payable at my death and the receipt of the Treasurer for the time being of said Society shall be sufficient discharge for such legacy."

All Wills and Codicils must be in writing and signed by you, the Testator, and attested by two witnesses, in your presence.

If you wish that your legacy should be expended on a particular aspect of the Society's work, you may add a directive to that effect to the form of the bequest.

Many people support those living daily with Parkinson's by making a gift of memory of someone they have loved and lost. 'A donation in lieu of flowers' would be a caring gesture and another way of making a valuable contribution to those whose lives are affected by Parkinson's.

PARKINSON'S MANAWATU

PO BOX 5449

Terrace End

PALMERSTON NORTH 4441

E-mail : manawatu@parkinsons.org.nz

2015 COMMITTEE

Chairperson: Gerald Court

Community Educator: Dianne Ackerman

Treasurer: Judy Miller

Secretary: Michael Edney

Committee: Sue Bailey, Dawn Edney,

Jim & Shirley Taylor

PARKINSON'S NEW ZEALAND

Level 3, James Smith Building, 55 Cuba Street

PO Box11-067, WELLINGTON 6142

Ph: (04) 472 2796 - Fax (04) 472 2162

Free Phone: 0800 473 4636

E-mail: info@parkinsons.org.nz

The Officers and Committee wish to acknowledge and thank the following for their support and funding to make it possible for Parkinson's Manawatu to be involved in our local community.



Helping fund a better community



PALMERSTON NORTH
COMMUNITY SERVICES COUNCIL
Sharing strengths - empowering community

J B Dudding Trust – Pages Trust
DIAS – Mobility Manawatu



Members and Associates

