

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.



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



Issue 1

March/April 2016



PALMERSTON NORTH
COMMUNITY SERVICES COUNCIL
Sharing strengths - empowering community

J B Dudding Trust – Pages Trust
Mobility Manawatu



Members and Associates



Contents

Page 3 - Chairman's Report

Page 4 - Community Educator's Report

Page 5 - Activity Dates

Page 10 – 2016 Membership Subscription Form

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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.

This way, we will be able to keep in touch with you, send you the latest newsletter and allow visits from the Community Educator. Thank you.



PARKINSON'S MANAWATU

PO BOX 5449, Terrace End

PALMERSTON NORTH 4441

E-mail : educator.manawatu@parkinsons.org.nz

Contact: Dianne – 0-6 359 2772 or 027 211 2773

Judy Millar – 0-6-357 5094

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 7, West Block, Education House, 178 – 182 Willis 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

2016 Membership Subscription Form

Preferred Title: Mr Mrs Miss Ms Dr Prof Other
(Circle ONE only, please)

Christian Name: Surname:

Ethnicity: Date of Birth (Optional):

Address:

..... Postcode:

Phone: Mobile Phone:

E-Mail:

Signed:

Date:

Fee per family \$ 35.00

I/we include this donation to assist the Society
in its work to provide information and support. \$
(Donations to the Society of \$5.00 or more are tax-deductible.)

**Please send your completed subscription form,
with payment, to:**

Parkinson's Manawatu
P. O. Box 5449
Terrace End
PALMERSTON NORTH 4441

OR BY Internet Banking

Direct Credit to: 03 1521 0054973 01
(Parkinsonism Society Manawatu),
using your name as the reference.

Chairman's Report

A belated welcome to the New Year.

Next month we have our Annual General Meeting on Wednesday, March 30th. We are looking at significant changes on the committee. At this point in time, Judy Millat, our treasurer will be standing, as are Jim and Shirley Taylor. The rest of the committee, for various reasons are not seeking re-election. This leaves in a position of looking for new committee members. A strong committee is essential for maintaining the high quality service we offer to our members.

The outgoing committee are delighted that some people have a willingness to serve on the committee for the coming year. If you would like to help, could you let Dianne or Judy know and they will pass the information on.

Even if you are not able to stand for the committee, do please come along and give your input.

Gerald Court

Chairperson

Community Educators Report

We are already well into the second month of the year. I am looking forward to the year and working alongside you all to support you in your journey with Parkinsons. I hear from many of you how valuable my visits are. I have been so moved by all those who are participating in the exercise classes at Zenith Fitness. The classes there began as an idea with 8 attending two years ago. It has now developed into something that no one wants to miss and over the week we have 48 attending on a regular basis. Exercise has proven to be one of the musts of Parkinsons!

I am looking this year at a support group for Woodville as we have an increasing number of people joining from that area.

I also need some feedback about carer support meetings which we held month last year so if you are interested in attending these let me know.

Also support meetings are always the 3rd Wednesday of each month so go through your calendar and mark those days off.

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

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.

“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

ACTIVITY DATES

Carers Group

Monday, March 7th

Monday, April 4th

at Café Royale, Square Edge, 47 The Square, P.N @ 11am

Support Group Meeting

At The Seventh Day Adventist Church
257 Ferguson Street, Palmerston North

ANNUAL GENERAL MEETING

Wednesday 30th March 2016 @ 2.00pm

Wednesday 20th April

Lunch at The Ashurst Inn, York Street, Ashurst
12.30 for 1.00 pm

Contact Dianne to reserve your seat!

Zenith Fitness – Tuesdays & Fridays @ 11.00 am (\$5.00 charge)

Feilding

Contact Dianne for more information

ACTIVITY DATES continued . . .

Woodville and Pahiatua Support Group

Wednesday 10th March @ 11.00 am
at Purple Haze Lavender and Cafe
49 Short Road, Pahiatua

PARKINSON'S MANAWATU, Inc.

A G M

at the SDA Church Hall
257 Ferguson Street
Palmerston North

on Wednesday, 30 March 2016

at 2.00 pm

All Parkinsonians and Carers Welcome.

2016 Membership Subscriptions

Your 2016 membership subscription is now due. The membership year is January 1st to December 31st each year.

Parkinson's Manawatu is a non-profit charitable organisation that has been supporting people with Parkinson's, and their families/carers, in the greater Manawatu region for more than 20 years. Parkinson's Manawatu is funded by the generous support of various organisations, member's annual subscriptions and other fund-raising ventures.

The society is able to offer you the following:

- A Community Educator and in-home visiting service
- Discussion, advice and practical assistance
- Support and companionship
- Public meetings with visiting speakers
- Newsletters - local and national
- Fitness sessions at the gym and a walking group
- Social events, etc. etc.

Your membership subscription is an important and necessary source of funding for our organisation. We depend on membership fees and donations to enable us to provide our services. Without your continued support, we may not be able to continue offering these services to our members in future years.

Subscription fees are \$35 per member/family. If you have difficulty meeting this cost, please do not hesitate to let the Community Educator know.

Could you please spare a few minutes of your time and fill in the membership form on page 10 at your earliest convenience.