

TULIP TALKS

Parkinson's Bay of Plenty's Local Newsletter

2019 
INSIGHT
INTO PARKINSON'S
Together We Are #United!

Action Group Chair

Christine Mercer

Happy New Year

The Action Group held their first meeting 21 January. We intended to look at our Action Group activities for the rest of this year, and determining how these align to the Parkinson's Trust Mission and Vision statement. The attendees at the Action Group meeting are tired. We do need to acknowledge that the last year involved a lot of change in both personnel and the purpose of our being. The strong message from the Action Group is that our role is to underpin the Parkinson's services in the BoP.

On a personal note Bruce has not been well over the last two months. I will not bore you with details, but want to acknowledge the wonderful support and clinical assistance from Glennis Best. We are truly blessed to have the Community Educators we have in this region. In addition, I want to acknowledge the positive relationship we have with the DHB, including Tony Lawson, as well as Allied Health.

Our Community Educators have been busy already this year. Liz is back from leave, and Glennis is going away in February. Julie Meekel has hit the ground running as the Eastern BoP Community Educator. She is already receiving referrals, and it is pleasing to resume clinical coverage based in the Whakatane area.

Bay of Plenty Action Group

Chair: Christine Mercer
president.bayofplenty@parkinsons.org.nz

Members:

Joelene Morris
Wilma Fitzgibbons
Alan Birley
Fraser McCullough
Rosalind Vercoe
Margaret Burrell
Lynette Richardson



Action Group Chair Cont.

Christine Mercer

Volunteers please

We are looking for volunteers to make up a roster for:

- Tauranga Red Tulip Seminar: On the second Tuesday of the month. Volunteers needed to set up the rooms, set out and serve the tea and coffee. Please contact Christine Mercer 027 230 2147
- Brainwaves Choir: volunteers needed for organising Morning Teas etc. Please contact Wilma Fitzgibbons 07 5422243 if you can help
- We are also looking for volunteers for the Action Group. Members of the Action Group may also be friends who have an interest in Parkinson's rather than a person affected by Parkinson's itself. Please contact Christine Mercer 027 230 2147

Bay of Plenty Seminar

Although we had made a start on planning the seminar in April, we realised that there is still a lot of work to do, and it would be impossible to achieve this in the given timeframe. Therefore we have deferred the seminar until September 6th. Please pencil this date in your diary. The theme of the seminar is Positive Strides, and the seminar is intended for both health professionals as well as those affected by Parkinson's.

Breaking news!

Parkinson's BoP have the opportunity to display and sell art at The Balcony Café during the month of April. All profits will go to Parkinson's BoP.

Artists amongst us, get out your paint brushes, (if you are willing to donate the painting). All of the rest of us, please tell all your friends to spread the word.

For further information, contact Christine Mercer on 027 230 2147, or email: president.bayofplenty@parkinsons.org.nz

A Word From Your Community Engagement Advisor

Leanne Havill

Hi everyone, I hope you all had a relaxing Christmas break with your families and friends. We're now into 2019 and Jan, Karen and myself have hit the ground running. We held a two day strategic planning meeting mid-January and are very excited to be able to move forward with assisting the Action Groups to achieve their goals for 2019.

Wairarapa had Pedal for Parkinson's on the Sunday, 17 February and Hawke's Bay has the Duart House Garden Party on Sunday, 24 March. Bay of Plenty have changed the date of their Seminar from 5 April to the 6 September so further details will be sent out as they become available. It was wonderful catching up with the Central Plateau team and Gisborne group. Take care everyone and I'm looking forward to a positive year to provide support and affect change for those living with Parkinson's in my region.

UPBEAT Weekend

Our UPBEAT weekend will take place 12-14 July 2019 at the Distinction Hotel, 9 Riverside Drive, Whangarei. UPBEAT is aimed at members under 65 who were diagnosed before the age of 60.

A registration form is now available, if you haven't already and would like to receive one, please contact National Office on info@parkinsons.org.nz

The cost of the weekend is \$140 per person, which includes all meals and 2 nights accommodation or \$70 per person, for those who do not require accommodation. Accommodation is limited so please fill out your forms and get them back to us as soon as possible to ensure your booking. We may organise a bus from the Auckland airport if numbers permit, please indicate you are interested when filling out the form.

Please contact National Office on 0800 473 4636 if you have further questions about UPBEAT 2019. We look forward to seeing you all there.

Insight Summit

Parkinson's New Zealand has partnered with PD Warrior to bring you Insight Summit 2019.

The summit begins on World Parkinson's Day, 11 April 2019, and runs for three days. You can watch live and join in the discussion, or watch them later at your leisure.

With the event being online it is easy for everyone to unite, participate and have easy access to the latest global research on Parkinson's.

There will be ticket options to retain access to the online talks for up to a month after the summit, allowing you to share them amongst each other.

All proceeds from ticket sales using the below link will go directly to Parkinson's New Zealand.

<https://www.insightintopd.com/parkinsons-nz/>

A Word From Your Educator

Glennis Best, Tauranga

Welcome to 2019, let's hope to have a better year for all of us and remember to share new information and support each other as we progress through the year. My big thing at present is ensuring people with Parkinson's and their Support Partners maintain health and wellness throughout the year. Parkinson's symptoms wax and wane at times and this places stress on you all when things change. I am not a mind reader so often when things are changing or bad you need to ring me and explain what is happening. Sometimes a good chat and assessment will sort these things out. Other times having assessed the situation, advice or referrals may help.

Don't forget the Carer/supporters meetings as these provide a time to explore new options, offload stress and realise you are not alone in dealing with issues from your partner.

The Red Tulip meetings are also a place to meet, share and learn things about Parkinson's that you may not know or have forgotten, or new treatments and activities to help you. Liz and I attempt to find interesting guest speakers to assist you to maintain yourself as well as possible. The friendships and meeting people who may live nearby is also very helpful.

The Men's group started again at the end of last year and we hope to continue the morning tea or other activities each 2 months.

UPBEAT: we have swapped the weeks for our Sunday gatherings from the first Sunday of the month to the third. This was to stop clashes with other meetings and lessen the load during the week.

The dates for the National UPBEAT weekend are 12-14 July at The Distinction Hotel, 9 Riverside Drive, Whangarei. Cost \$140.00 per person. Be sure to see registration form in your email.

A Word From Your Educator

Liz Rapley-Jones, Tauranga

Happy New Year everyone, I hope you all had a restful Christmas and New Year.

Planning is underway for an interesting and full year with Parkinson's Bay of Plenty.

We have a great line-up of guest speakers for Red Tulip educational seminars in both Tauranga (monthly) and Katikati (seminars every two months). We are still waiting on a few speakers to get back to us to confirm their availability for the set dates, so we will keep you informed as we go.

I continue to be available for home visits for new and existing clients, I am also available to be contacted by phone for any questions or advice. I hope to see you all soon.



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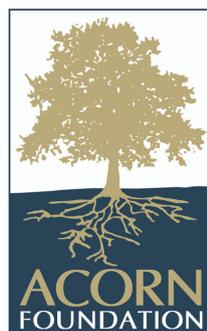


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Thanks to our recent sponsors!



Exercise Classes & Group Meetings

Contact your Community Educators for more information

TAURANGA EXERCISE CLASSES

Every Friday 10:30am, at the Citizens Club, corner Cameron Rd and Thirteenth Ave, Tauranga. The class is run by a registered physiotherapist. These classes generally run from late January until early December.

Next Classes: 8, 15, 22 & 29 March. 8, 15, 18 & 25 April. 10, 17, 24 & 31 May.

PAPAMOA EXERCISE CLASS

Every Monday (except school holidays), 10:30am at Papamoa Recreational Centre, Alice Lane off Parton Rd. The class is run by a registered physiotherapist.

Next Classes: 4, 11 & 18 March. With carers 25 March. 8 April, no classes over school holidays and Easter. 6, 13, 20 May & with carers 27 May

KATIKATI EXERCISE CLASS

Every Thursday, 10:00am, at Summerset by the Sea, Park Rd, Katikati. The class is run by a personal trainer.

This class generally runs from late January until late November.

WHAKATANE WELLNESS CLASS

Every Wednesday, 10am (except school holidays), at Knox Presbyterian Church Hall, Domain Road, Whakatane, in liaison with Occupational Therapy Department, Whakatane Hospital.

CARERS MEETINGS

All carers are welcome to attend these meetings. The meetings give a valuable chance to share and learn about living with Parkinson's and to learn about caring for the carer in a safe and caring environment.

TAURANGA meetings are held on the first Friday of the month, 10:30am, at the Citizens Club, corner Cameron Rd and Thirteenth Ave, Tauranga while the exercise class is on.

PAPAMOA meetings are held on the third Monday of the month, 10:30am, at Pacifica Garden Centre while the exercise class is on.

UPBEAT UNDER 65's MEETING

For those who have Parkinsonism and their spouse/partner who are under 65 years. Meetings are held every two months for all attendees with separate meetings for spouse/partner and Parkinsonians at advertised times.

PWP Only Next Meeting: 6 March, 7-9pm, Alzheimers Rooms, 116 Thirteenth Ave, Tauranga South

Everyone Together Next Meeting: 24 March, 2-4pm, RAFT, Chapel Street for afternoon tea

Carers/Support Only: May

BRAIN WAVES GROUP – KATIKATI

Commence at 2pm, Tuesday, 22 January, 2019, and held every fortnight, at Summerset by the Sea, Park Road, Katikati.

BRAIN WAVES GROUP - TAURANGA SPEECH CLASSES

Held on most Wednesdays of the month, 9:45am-11:30am, at Greerton senior Citizens hall Maitland Road. For further information please phone Dr Robin Matthews on 07 579 8783 or 027 326 1464.

Next Classes: 6,13 & 20 March No class on 27 March. See further dates below



Affiliated with Sing to Beat Parkinson's®

BrainWave Singers' sessions for: Voice through Singing Therapy – VST for 2019.

February	Wednesday	06	13	20	27	*0
March	Wednesday	06	13	20	27	
April	Wednesday	03	10	17	24	*1
May	Wednesday	01	08	15	22	29
June	Wednesday	05	12	19	26	
July	Wednesday	03	10	17	24	31 *2
August	Wednesday	07	14	21	28	
September	Wednesday	04	11	18	25	*3
October	Wednesday	02	09	16	23	30
November	Wednesday	06	13	20	27	
December	Wednesday	04	11	18	25	*4

Red Dates = NO CHOIR

Waitangi Day - *0 6 February
 School holidays - *1 13 April - 28 April
 *2 6 July - 21 July
 *3 28 September - 13 October
 *4 14 December - ? January

KATIKATI RED TULIP EDUCATIONAL MEETINGS

Educational seminars are held 10am every two months, Summerset by the Sea, Park Road, Katikati, for all members, carers, and interested persons.

Next Meeting: 20 March with Tony Lawson on non motor symptoms. 22 May with Ann Rowland on natural therapies.

TAURANGA RED TULIP EDUCATION SEMINAR

Educational Seminar for all people living with Parkinson's daily. Held on the second Tuesday of the month at the Greerton Senior Citizen's Club, Maitland St, Greerton.

Next Meeting: 12 March speaker on medication, 9 April speaker Tony Lawson, Nurse Practitioner & 14 May speaker Melanie Park, Dietitian

WHAKATANE RED TULIP MEETINGS

Support meeting is held for all people affected by Parkinson's. Held 11:30am, on the fourth Wednesday of the month, at Knox Presbyterian Church, Domain Road, Whakatane.