Introducing our Action Group Coordinator

My name is Jenny Cleaver and I became a member of Parkinson's Taranaki 4 or 5 years ago when my Husband Brian got his Parkinson's Diagnosis. I am a retired Physiotherapist and Brian and I live in the Reef apartments in New Plymouth. We have 2 married sons and 4 delightful grandchildren. Sadly none live in the Naki. We have found the Parkinson's group and particularly Sue and Adell's help invaluable during Brian's Parkinson's journey.

I am keen to "give a little back" so was happy to accept the offer to become the PAG [Parkinson Action Group] Coordinator. I have not been on the committee before but understand the changes Parkinson's NZ is going through with the centralisation of the Association and hope we can embrace the new concept we have to implement.

At the last 2 PAG meetings we have identified volunteers to coordinate specific events and I see my role as 'the team leader'. I will also assist with the Budget and present our case, when necessary, to organisations we are targeting for funding.

Following in Ngaire's steps will be a challenge but together with everyone's help I am sure we can embrace the changes and support all our members.

Jenny Cleaver

Please Note there will be No Yoga on the following Thursdays: Thursday 9th, 16th, 23rd, 30th

Yoga will restart on Thursday 6th June

No Counterpunch Monday 3rd June (Queen’s Birthday)

Regular Activities:

- **Thursday each week** YOGA 10am - 11.30am
  Free to all members North & South
  Held at De Burgh’s Lodge, Lawry St, Moturoa
  See above for Yoga sessions during May

- **Last Thursday each month** 30th May
  **Waitara Luncheon 11.45am** at Raleigh Restaurant, Queen St, Waitara - Nancy to be in touch.

- **Friday every week** Walk for Parkinsons 9.00am
  Meet at the Buller St. carpark, East-End Beach.
  A group walk, at your own pace, to the wind wand and back.
Daylight saving changed our clocks back, so hopefully it hasn’t affected your daily routine too much. I enjoyed the longer days during the summer, but with the change in the weather, I hope you’re all keeping warm during the cooler days and nights. I for one have had to rearrange my wardrobe. 

On wet damp days, please be careful where there might be old moss growing, as it can be treacherous and slippery and can catch us out when we are least expecting it. 

We were blessed with a lovely fine day for our Annual Picnic at the Hawera Observatory, King Edward Park. It was great to see everyone enjoying the day. Many thanks to David Bruce, Curator STDC, who had a chat to us a group, enlightening us of the progress and some changes that are happening at the park. The park is looking fabulous, and a great place to enjoy an amble amongst the flora and fauna. The children’s playground is very popular with the younger generation – it is well designed and well maintained.

Kevin Bromell from Mobility and More has offered to come to our June meeting to show us some of the new aids he has in stock. I needed to purchase an aid for a family member recently, and was quite amazed at the variety of equipment he has at his shop in Hawera. Our meeting will be held on **Wednesday 19th June, 10am at the St John’s Presbyterian Church, Argyle St.**

**We will be having our Mid-Winter lunch in July,** tentative date is marked as Wednesday 17th July and the venue will be confirmed closer to the time.

Save the date please, as we will have the usual fun time sharing and caring with each other, and of course the magic raffle table will be part of our day.

**I hope you are all taking**

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**APRIL PHOTO GALLERY**

Below:  *Action shots from the first 10-Pin Social Evening for the TYP Group*

Right:  *The group of challengers for the game day and picnic (indoors) & below that are more action shots from the same day*

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**Parkinson’s NZ Trust Website:** [www.parkinsons.org.nz - Taranaki Region](http://www.parkinsons.org.nz)

You can find contact details for your Community Educators - Dates for regular Group Meetings  
Read the latest local Taranaki Newsletter - Fact Sheets and Information/Help Sheets for Carers.
Hello to you all!

With the closing off of daylight saving, and a drop in temperatures resulting in a dusting of snow on the mountain, we can now pack away our summer clothes, and prepare for cosy fires, comfort food and warm wrappings! I can't believe that the feijoas are almost finished, and that salads and BBQ’s will be few and far between for the next 6 months at least. One good thing about living in this part of the world is that at least we experience seasons – I was talking to a lady the other day who had lived in Far North Queensland, where seasons go from hot to wet to dry, and it made me think about how much I appreciate the changes we experience in our weather patterns every few months.

April turned out to be quite a busy month! The new Parkinson’s Action Group met and laid down plans re the future management of finances, publicity and social occasions and are looking forward to working towards providing a service that you are proud to be a part of.

Ngaire Riley has stepped down as the leader of this group, and an afternoon tea was held at Aroma’s café to thank her for the tremendous work she has done over the past 3 years, and more particularly, transitioning Parkinson’s Taranaki into the new era of Parkinson’s New Zealand.

April also gave us the Insight into Parkinson’s 3-day Summit, an international on-line event that was broadcast live on April 11, 12 and 13th, with access to all presentations for 30 days thereafter. I would like to extend grateful thanks to Brent and the team at Vospers for allowing us the use of their facility to show the presentations – we certainly had a feast of information come our way and without their assistance, many people would not have been able to share the material that was on hand.

On the social front, and in amongst school holidays, Easter and Anzac, we managed to hold a Games morning and BYO luncheon, which was enjoyed by several people.

Looking forward to the Support Group meetings, on May 7th I have organised Ann Brewerton, a Dance and Movement therapist to come and explain what she has to offer in the way of exercise in the form of a social gathering. She has recently completed her diploma, and this year she is working with groups of people to complete her practicum. She has been working in a couple of rest homes, and says her programme involves fun, gentle exercise, and social interaction using music, and is done at each person’s individual physical level. This sounds like a lot of fun, and will be happening at De Burghs hall (9 Lawry St, next to the 4-Square car park) at 10.00 for a cuppa, followed by Ann’s presentation at 10.30. If enough interest is generated, then we may be able to look at some regularity to this form of exercise.

The second course is titled “Life without a Car” and is aimed at providing information about keeping mobile when you are no longer driving. This course highlights possibilities in remaining mobile, offers alternatives and encourages living positively without driving.

Currently both courses are being offered in Stratford and Hawera, and will come to New Plymouth in the very near future. They cost between $8.00 and $10.00, and bookings are essential, as numbers to each class are limited.

If you think that either of these courses might be of benefit to you, please contact Age Concern on 06 759 9196 or 0800 243 625 for further information and to obtain a registration form. The registration form, and payment, must be completed prior to the commencement of the course.

There has been a lot of discussion and thought going on in my household over the past 2 months, and out of it all has come my decision to resign from my role as Community Educator. I have decided that the time has come for me to withdraw from the workforce all together, and enter into retirement. Of course, I am quite excited of the prospect of finally getting to do all the things I have wanted to accomplish over the past several years, but at the same time a bit daunted to think that I have reached this next stage in my life’s path!

As I look back over the past 4 years, I am filled with great memories of my involvement with all things Parkinson’s. I have loved meeting each and every one of you, and building relationships that are not only professional, but also personal. Every day I have been inspired by you – I have found you so resilient and forward thinking. Some people might consider that doing a job like mine would be downright depressing, but daily, I have been inspired by the “just get on with it” attitude of Parkinson’s people, and to that end, you have helped me in more ways than you could imagine.

Parkinson’s New Zealand is currently advertising the position, and if all goes to plan, May 3rd will be my last day. I would like to take this opportunity to thank each and every one of you for allowing me into your homes, sometimes under quite difficult circumstances, where I have always felt most welcome. It has been a pleasure for me to experience part of your Parkinson’s journey, and I wish each of you well in the future.
Northern Midwinter Lunch
Tuesday 18th June 11.45am
Waitara District Services & Citizens Club, 16 Queen St Waitara
$20 for a 2 course meal

South Support Meeting
Wednesday 19th June, 10 am
Guest speaker, Kevin Bromell from Mobility & More

Southern Midwinter Luncheon
Wednesday 17th July
Save the date
Venue & date to be confirmed

PLEASE NOTE: The 2019 Calendar Week begins on a Monday
Full Moon

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ONLINE SUMMIT
11 - 13th APRIL + 30 DAYS ACCESS

Following the live online presentation of '2019 Insight into Parkinson's Disease', Taranaki Parkinsons held evening viewings making the information from the summit available for anyone interested. Numbers attending varied each session.
The evening topics covered included:
Research - What’s in the Pipeline, Pain in PD, Staying in the Workforce, Motivation & Exercise, Understanding Carer Strain, Thinking & Memory, Managing Depression & Anxiety, Balance & Motor Control, Multi-task Exercise Training, PD Warrior.

Thank you to Adell & Brent for hosting these evenings & Vosper’s Funeral Home for the venue

The word of the day is QUANKED.
Listed in "A Glossary of Words Used in the County of Wiltshire," by Dartnell and Goddard (1893).
It means: "overpowered by fatigue."

The Obsolete Word of the Day Challenge
QUANKED
TO BE OVERPOWERED BY FATIGUE
“Ooh, make me a cup of tea will you? I’m absolutely quanked!”

Events Coming Up

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Waitara District Services & Citizens Club, 16 Queen St Waitara
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South Support Meeting
Wednesday 19th June, 10 am
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Venue & date to be confirmed

Local Contacts

Community Educators:
North Taranaki: Adell Morton - Ph. 027 218 2699
Email: educator.taranaknorth@parkinsons.org.nz

South Taranaki: Jill Richmond - Ph. 027 218 3228
Email: educator.taranakisouth@parkinsons.org.nz

Action Group:
Coordinator: Jenny Cleaver
Email Contact: taranaki@parkinsons.org.nz

Members:
Dorothy Horwell (Assistance) Andrea Fraser (TYP)
Helen Page (phone buddy coordinator)
Ian Lamb (social calendar)
Ruth Wiseman (newsletter editor)