Greetings from Jenny

This month has been a big learning one for me and with everyone’s help I am slowly coming to terms with the running of the organisation.

Sadly, we have said goodbye to Adell and her farewell was on Sunday 19th May. She will continue to help us and guide our new Educator into her job.

For those who came to the PAG meeting I am sorry to say Jan from Head office who spoke to us has also resigned. This week we interview for Adell’s replacement. We also have our first official PAG meeting where we will discuss our responsibilities. So next month I will have more news to report.

I am having a break in Europe in June so look forward to catching up early July.

Jenny Cleaver

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**Regular Activities:**

- **1st Tuesday every 2nd Month 2nd July**
  Support Group Meeting 10.00am at De Burgh’s Lodge. Guest - Margaret Betteridge from Ascot House

- **Last Monday every 2nd Month 24th June**
  Carers Support Meeting 1.30pm at Aromas Coffee Lounge, Devon St East

- **1st Tuesday Evening every month 4th June**
  Young Parkinsons 10 Pin Social Evening 7.00pm at Bowlerama 10 Pin Bowling Centre, Devon St West

- **Every Monday & Wednesday**
  Counterpunch Parkinsons 11.00am $5 PER SESSION
  Box Office Boxing, Leach St, below Supercheap Auto. There is NO Counterpunch on Public Holidays

- **Thursday each week YOGA 10am - 11.30am**
  Free to all members North & South
  Held at De Burgh’s Lodge, Lawry St, Moturoa
  **Restarts - 3rd June**

- **Last Thursday each month 27th June**
  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.
Winter is well upon us, with some cold weather and shorter days. It is important at this time of year to stay warm and dry, and take care when moving around outside as some outdoor surfaces can be very slippery.

We celebrated World Parkinson’s Day a day early, with entertainment provided by a very talented group of people from ‘Sunflowers on Broadway’.

My friend Barb and I supported this group by playing our ukuleles to the songs they chose to sing, and it was well received by our group.

We also had a very nice morning tea, and Barb was the lucky raffle winner on the day.

The speaker for our June meeting is Kevin Bromell from Mobility and More, in Hawera. Kevin will be talking to us on various mobility aids, including showcasing the new additions to his collection.

Our Mid-Winter lunch will be held at the South Taranaki Club on Wednesday 17th July.

It will be the usual $10 roast meal, followed by a fun day and raffles.

Please let me know numbers by 10th July.

I hope you are all taking care of yourselves and keeping warm on the cooler days.

Kind Regards
Hello all

Until my replacement has been appointed and orientated I am still here doing the paperwork, which includes writing this piece for the newsletter. I am slowly withdrawing from my role, and hope that by the end of May, I will have managed to exit, gracefully!

April was quite a busy time, with the INSIGHT Parkinson’s Summit, 2019. This was a web-based conference, with presenters from all over the world, which began on World Parkinson’s Day, April 11th and ran until April 13th. Because I had registered as an attendee, I was then able to have access to all of the presentations for the next 30 days. With a lot of help from Brent Fraser and Ruth Wiseman, and the kind gesture from Vosper’s Funeral services, we were then able to display some of these presentations in the evenings, to many of the Parkinson’s group who were interested.

Over 5 evenings we were able to show about 10 presentations, with topics ranging from New Treatment strategies; The development of research and technology; Carer Strain; Pain; Exercise; Motivation, Mood and Anxiety; Balance and Motor Control; Thinking and Memory and Managing Work/Life balance. The presentations were in many different formats – some were lectures showing research results, others were demonstrations such as PD Warrior.

There were personal reflections from people with Parkinson’s, and also there were some panel discussions, or question and answer sessions. The presenters were a wide and varied group, from researchers presenting their findings, to therapists talking about their specialties. People with Parkinson’s featured quite heavily, giving their unique perspective on many facets of the disease.

All in all there was a lot to view, and much to learn, and I was delighted that over the 5 evenings the equivalent to 60 people got to share in this valuable information. I am sure each and every one of them went away with some gems!

On Tuesday May 7th, we had a lady by the name of Ann Brewerton come to the Support Group meeting and give a participatory session on Dance and Movement. This session was done whilst seated, and to music, and was about rhythm and following the beat. We sang along to some funky, some old, some new music, whilst foot tapping, arm waving and body swaying, with the help of ribbons, paper sticks and pompoms! The session was very interactive, uplifting and interesting.

Maybe this could be something for the new educator to explore as an alternative exercise group.

It seems that finally the weather is closing in, and we can finally say good bye to our long-lasting summer. My husband is pleased that he has had a good run at repairing windows, and painting the outside of some of the house. Its back to the indoor jobs, now!

I hope that you are all well, and please be on the look-out for the new Educator.

Take care

Adell

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**North**

**Tuesday 18 June**

11.30am

Waitara District Services & Citizens Club

16 Queen St., Waitara

2 course meal $20

Bring coins for a raffle

Entertainment

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**Taranaki Mid Winter Luncheons**

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**South**

**Wednesday 17 July**

11.30am

South Taranaki Club

43 Caledonia St, Hawera

$10 roast meal

Raffles & fun for all

Numbers to Jill by 10th July.
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10 SIGNS YOU’RE DOING WELL IN LIFE

1) You have a roof over your head.
2) You ate today.
3) You have a good heart.
4) You wish good for others.
5) You have clean water.
6) Someone cares for you.
7) You strive to be better.
8) You have clean clothes.
9) You have a dream.
10) You’re breathing.

BE THANKFUL FOR THE LITTLE THINGS, FOR THEY ARE THE MOST IMPORTANT.

Parkinson’s NZ Trust Website:

www.parkinsons.org.nz

- Taranaki Region

Our Community Educators’ contact details

- Dates for regular Group Meetings
- Taranaki Newsletters
- Fact Sheets for PWP and Information/Help Sheets for Carers.

LOCAL CONTACTS

Community Educators:

North Taranaki: Adell Morton - Ph. 027 218 2699
Email: educator.taranakinorth@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 (Assistant) Andrea Fraser (TYP)
Helen Page (phome buddy coordinator)
Ian Lamb (Social calendar)
Ruth Wiseman (newsletter editor)

Events Coming Up

Watch this space for future events/activities

2019 UPBEAT Weekend
12th - 14th July
Whangarei

Southern Midwinter Luncheon
Wednesday 17th July
South Taranaki Club
43 Caledonia St, Hawera
$10 roast meal, raffles. & fun for all
Numbers to Jill by 10th July.