

TULIP TALKS

Parkinson's Wellington's Local Newsletter

Upbeat Weekend 12 - 14 July 2019
Best wishes to all those attending this year!

A word from your Chairperson

Parkinson's Wellington Action Group

Over the last few months, progress has been made on collating the data from our annual appeal in readiness for this year's effort. Erin Alloway, working with Kirby Taylor, has done a splendid job putting all of this together. They are now at the stage of framing a job description in order to find someone to co-ordinate the supervision of the appeal.

We welcome Katy Rhodes, who assisted with the appeal last year and who is keen to help Parkinson's Wellington. Katy is about to go to visit her father in England but when she returns she will help us with a movie fundraiser, which Katy has already organised for September, this time at the Penthouse Cinema in Brooklyn. More about this later.

Meantime, there has been greater attendance at our monthly support meetings for members and also at carers' meetings. Those looking after people with Parkinson's clearly derive a lot of support from sharing information with others in the same role, in the same way that our people with Parkinson's do with each other. We encourage everyone to participate in these gatherings and to let us know whether they need help with transport.

And a word of thanks to our trusty volunteers who phone people to remind them of our meetings.

Philippa Barker
Chairperson

Volunteering

Join us and make excellent use of your professional skills and life experience, discover hidden talents, and make new friends. Anyone can join!



A word from your Educators

By the time you read this, winter will be under way. We have enjoyed a long, hot summer but now need to stay well as temperatures drop.

Here are some tips to help:

Have you had the flu vaccine? This is FREE for those over 65 and for under 65s with a serious health condition. If you are unsure, please contact your doctor.

Last year, 1.3 million New Zealanders were immunised against the flu.

Remember also the shingles vaccine. This is FREE for those 65 to 80 years old and is well worth having. Shingles is nasty and can be very painful, so do talk to your doctor or practice nurse.

Hand washing. As germs spread easily, remember to wash your hands thoroughly with warm soapy water. Drying your hands properly is equally important.

Get out and about—keep up social contacts. Join a group or invite a friend over for a nice hot cuppa.

Learn a new skill to exercise your mind.

Exercise whenever the weather allows!

Remember to take pain relief regularly, not just when you have pain. If you are unsure, check with your doctor.

Make sure you eat a good, balanced diet with fresh veges, if available, along with good fluid intake. We cannot emphasise enough the importance of keeping hydrated in summer AND winter.

Stay away from others who have the flu or other illnesses—reduce your risk of getting the flu or a cold.

Always call Healthline if you are unwell and don't know what to do! A registered nurse will answer and advise you on 0800 611 116.

Join up with one of our groups and bring a friend too.

Our groups are full of wonderful people to share ideas with and spread important tips for living well with Parkinson's.

Diane and I are free to visit you but do ring and book as soon as you want to be seen.

We rely on you to get in touch as we are busy and cannot ring everyone—we hope you understand!

Check all electric blankets and smoke alarms. The Fire Service can help with this.

Lastly, try and keep your home warm and dry and well ventilated by opening windows even if just for a short time, closing them before it gets dark.

Contact details: We are trying to reach as many folk as efficiently as we can, so please let us know ANY change to your contact details, including phone number and email address!

Groups: We will endeavour to contact all members about up-coming meetings and events. We want to see as many as of you as possible.

If you feel you have missed out on any vital info, please let us know ASAP.



Dancing at Parliament!

Danzability made an impact at the recent book launch of *Living and Caring: A Guide for Carers and People with Parkinson's*. Some of the Danzability group were able to attend the World Parkinson's Day book launch at Parliament on 11 April 2019 and they popped out of the audience and instigated a flash mob of rockin' dancing, which was a fantastic achievement.

Danzability is a group of people with Parkinson's, stroke, arthritis, and other ailments/challenges who come together for an adapted dance class. Rachel was inspired to start a local group after attending the "Dance for PD" introductory training at Mark Morris Dance School in Brooklyn, New York in May 2014. The class is based on the "Dance for PD" model, which begins with everyone sitting, then gradually progresses to standing and across the room choreography. The group meets weekly on a Friday morning at Porirua Club from 10.30 to 11.30 a.m.

Please get in touch with Rachel if you would like to come along to her classes in Porirua, or if you would like to learn more about dancing and the fantastic benefits that it has for people with Parkinson's.

Rachel Horwell physio.rachel.horwell@gmail.com or 022 077 2654



WOULD YOU LIKE TO TAKE PART IN PARKINSON'S RESEARCH?

Research funded by the University of Waikato Doctoral Scholarship and the Bryant Trust Postgraduate Research Scholarship.

If you experience a loss of facial movement, you are invited to take part.

Hypomimia, also known as 'facial masking', refers to a loss of facial movement and expression. It can make a person look cross, sad, blank, or as if they are staring. People with this symptom may also find it more difficult to smile. Facial masking is a characteristic sign of Parkinson's disease, yet is not always well-known to people with the condition and their families. This project aims to develop resources to help people better cope with the day-to-day challenges of having facial masking. This is important because very few resources exist to help people with this symptom, or to guide health professionals in helping those people and their families.

For more information contact Adrienne Wootton on:
aw107@students.waikato.ac.nz or phone 0204 727 546

This study has received approval from The University of Waikato Human Research Ethics Committee (ref 2018#46).

Thank you to our supporters!



Wellington Groups and Meetings

Wellington Support Group - Fourth Monday of the month at 10:30am

Malvina Major Retirement Village, Burma Room, 134 Burma Rd, Johnsonville, Wellington.

Dates: 24 June, 22 July, 26 Aug, 23 Sept, 28 October

Northern Support Group - Second Monday bimonthly at 1:00pm

Plimmerton Croquet Club Rooms

1 Plimmerton Drive, Plimmerton

Dates: 8 July, 9 September

Wellington Southern Suburbs Social Group - Second Wed of the month at 11:00am

Rita Angus Retirement Village, Family Room ground floor, 66 Coutts St, Kilbirnie.

Dates: 12 June, 10 July, 14 Aug, 11 Sept, 10 October

Wellington Carers Support Group - Second Thursday of the month at 11:00am

One Fat Bird, Marsden Village, Karori

Dates: 13 June, 11 July, 8 Aug, 12 Sept, 10 October

Wellington Exercise Group - Every Wed during term time from 1:30 – 2:30pm

Room 3, Karori Community Centre, 7 Beauchamp St, Karori

Dates: Term 1 begin 1 May - 3 July

Term 2 begins 24 July - 25 Sept

Term 3 begins 16 Oct - 12 Dec

Counterpunch for Parkinson's - Starting again in 2019

Please contact Kathy McConville 021 256 1005 if you are interested and want more information

DaNZability Dance Classes - Every Friday from 10:30 – 11:30am

Main Lounge, Porirua Club, 1 Lodge Place, Porirua

Koha appreciated to cover costs

Contact Rachel physio.rachel.horwell@gmail.com

022 077 2654 or Brian 04 2323152

Sounds Well Choir - Every Friday, 10:30 – 12:00 noon

Cost \$10.00

St John's Church Hall, 18 Bassett Rd, Johnsonville. Free

Parking. Caregivers are welcome to join at no charge

New members please contact Megan 021 105 5056 or

Penny 027 471 0430

Therapeutic Tango

Please contact Cheryl Cameron 027 244 8560 or 04 233 1009

or Ian Jenkins 029 778 4728 or 04 233 1225

Newly Diagnosed Course - Every Wednesday in October from 7pm - 9pm at Petone Community House, 6 Britannia St, Petone.

Dates: 2, 9, 16, 23, 30 October

If you have been diagnosed in the last 2 years and wish to attend, please contact either Diane or Andrea

Hutt Groups and Meetings

Members Support: 4th Monday every month (except Oct/Nov/Dec/Jan)

Knox Church 574 High Street Lower Hutt

Gold coin for tea and coffee

Time: 10:30am -11:30am

For people with Parkinson's and their care partners

All welcome - free parking with excellent access

Carer Support: Once a month on Wednesdays

Garden Lounge, Shona McFarlane Retirement Village

All welcome - free tea and coffee

Please contact Andrea for dates

Facilitated by Andrea Savage Parkinson's Community

Educator Ph: 566 0401

Exercise: Fridays each week through 2019

YMCA Somme Road, Trentham

Cost: \$3.00

Time: 11am-12 noon - please bring a drink with you

Last Friday each month there is a shared lunch. Please bring a plate

All welcome, Partners/Carers welcome too

Nordic Walking: Urgent - do we have enough people for this group? Please contact Andrea

Mondays

Venue: Avalon Park carpark by Pavilion

Cost: \$5.00

Please bring a sunhat / sunscreen /a drink/ poles provided

All welcome - instruction on technique will be given to new walkers

If you are interested in this group please call Andrea on 566 0401

Ladies Coffee - once a month on Saturdays

Ladies with Parkinson's Coffee Group

Contact Andrea for 2019 dates

Venue: Boulcott Heritage Farm Golf Club Military Road Lower Hutt

All welcome - bring money for tea, coffee and cake

Pls call Andrea if you are interested in this group

566 0401

Loud Crowd

By invitation for those that have completed LSVT

Facilitated by SLT Dept HVDHB and Andrea

Last date for 2018: 4 December 2018

First date 2019 Thursday 28 February

Then the last Thursday each month in 2019

Venue: Flo's room HVDHB

Cost: FREE

SAVE THE DATE

Monday 22 July @ 10.30

Speaker: Clive Cannons (Pharmacist)

Knox Church 574 High Street Lower Hutt