



TULIP TALKS

THE QUARTERLY NEWSLETTER FOR PARKINSON'S BAY OF PLENTY

2020
INSIGHT
INTO PARKINSON'S
Future Frontiers



YOUR GLOBAL ONLINE PARKINSON'S CONFERENCE

APRIL 1ST TO 3RD, 2020

60 INTERNATIONAL PARKINSON'S SPEAKERS

REGISTER NOW FOR FREE!

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Prof. Matt Cooper
NHMRC Principal
Research Fellow



Prof. Bastiaan Bloem
Consultant neurologist &
Scientific Advisor to the
Michael J Fox Foundation.
Speaker at Parkinson's Eve



Dr. Laurie Mischley
Naturopathic
Physician & Nutritional
Neuro-Epidemiologist



Prof. Meg Morris
Professor of
Physiotherapy

A Word From Your Community Engagement Advisor

LEANNE HAVILL

Hi everyone!

I hope you all had a marvellous Summer and got to spend quality time with your family and friends over the Christmas and New Year period.

We are full steam ahead into 2020 now and are in the throes of planning for the regions for 2020-2021. I feel positive that this year will be full of positive 'firsts' and we will take on new and exciting challenges.

Awareness week has been moved to April for the first time in New Zealand this year, to bring us in line with World Parkinson's Day.

We have the Mount Walk for Parkinson's in the Bay of Plenty on the 4th of April, so please come and support this event if you can. I'm also really pleased that the Cape Sanctuary Walk has been sold out this year, and cannot wait for an unforgettable day for the 300 lucky ticket-holders.

We will also be rolling out the Tulip Cream Teas in the Central Region in September and October of this year with more details to follow closer to the time.

Take care of yourselves, and remember if you know of anyone who may like to join our Action Groups in your area, please give them my details and I'll be happy to have a chat and welcome them aboard!

Leanne Havill
CEA - Central Region

A Word From Your Parkinson's Nurses

LIZ RAPLEY-JONES | GLENNIS BEST | JULIE MEEKEL

Happy New Year to you all,

I hope everyone has had a relaxing and restful Christmas. I am looking forward to this year and all that it will bring, as we are all back in our usual routines of exercise and keeping well. Our exercise classes around the Bay of Plenty have grown in prominence and provide amazing support whilst keeping active. We hope to see you all there again this year. Glennis and I are running our "Newly Diagnosed" course which aims to provide knowledge and support. Moving forward, this will run weekly over a period of 5 weeks, starting March 4, with more information to follow. I look forward to seeing you all and in the meantime if anyone has any queries feel free to call 021 844 566.

Liz Rapley-Jones, RN
Parkinson's Nurse North BOP.



Welcome to 2020!

I'm sure it will be an interesting year for all. This year, Parkinson's Awareness Week will be held in April rather than November to coincide with World Parkinson's Day. I will be unavailable for all of March, so please contact Liz or Julie instead during that time. I am looking forward to seeing you all soon.

Glennis Best
Parkinson's Nurse West BOP



Kia ora,

Our first lunch date for Parkinson's EBOP was held on Wednesday, the 5th of February at The White House (our usual place).

We were excited to listen to Paul Dickie aka Spike, the Whakatane Community Constable Extraordinaire, who came to speak to us about how to be safer in our homes, community and on our streets. He loved talking and was very easy to listen to! He was also happy to answer any questions about anything to do with the law, or policing, or even how Wales did so well in the Rugby WC and any other subject of choosing! The event was held on Tuesday, February 11th at 10:00 am at the Presbyterian Church Hall, Domain Rd, Whakatane. After that event, for our next meetings, we went back to having Wednesday meetings. Those meetings were on the 19th and 26th of February at 10:00 am in the Church Hall. The next lunch date will be at The White House on the 4th of March. Reminder; We don't have meetings during the school holidays, but we do have our lunch dates.

Julie Meekel
Parkinson's Nurse East BOP



MONDAY, MARCH 23, 2020

MSA/PSP/CBS
ONLINE SUPPORT
GROUP STARTING

PLEASE CONTACT TAMMY RAMSEY-EVANS AT
CLINICAL@PARKINSONS.ORG.NZ FOR A MEETING LINK.

Parkinson's Groups and Meetings

Upbeat Meeting:

Upbeat meeting for under 65's is starting at Alzheimer's Rooms, 13th Ave. This is for People with Parkinson's as well as carers, facilitating a time to explore how you personally are managing the condition, getting to know the group and finding new resources.

Dates: March 18 from 7:00 pm - 9:00 pm for people with Parkinson's. RSVP Liz on 021 844 866.

May 6 from 7:00 pm - 9:00 pm for carers

Red Tulip Seminar

Tuesday, March 10 at 1:30 pm at the Greerton Senior Citizens' Hall in Maitland St - Speaker is Tony Lawson, a Nurse Practitioner.

Tuesday, April 14 at 1:30 pm in Greerton - Liz will be the speaker on non-motor symptoms of Parkinson's.

Tuesday, May 12 at 1:30 pm in Greerton - "Speech Therapy and its usefulness for Parkinson's" by Robin Matthews, a Speech & Language Therapist.

Newly Diagnosed Course

5 sessions will be held each Monday for 5 consecutive weeks, starting April 20. Liz and Glennis will run the course.

7:00 pm - 8:30 pm on Monday

Dates: April 20, April 27, May 4, May 11, May 18



Parkinson's Bay of Plenty Presents

2020

WALK FOR PARKINSON'S

SATURDAY, 4TH APRIL 2020 | 10:00 AM



Thank you to our sponsor



SALISBURY WHARF - PILOT BAY, MT. MAUNGANUI
5 KM CIRCUIT | \$20.00

Ticket price includes the walk, tee shirt and an ice cream.

Book online through iTICKET www.iticket.co.nz or call 0508 iTICKET (484-253). Enquiries to Alan on 027 492 8578.



BrainWave Singers Group

Thanks to our recent funders!



TALK TO US



liz.rapley-jones@parkinsons.org.nz - 021 844 566

glennis.best@parkinsons.org.nz - 021 840 808

julie.meekel@parkinsons.org.nz - 027 2623232

Events

JOIN US TO SING YOUR HEART OUT

The BrainWave Singers

Affiliated to Sing to Beat Parkinson's®

The BrainWave Singers is an exciting vocal research initiative for people with Parkinson's or stroke.

Led by Robin Matthews, an acclaimed Speech & Language Therapist and accompanied by the pianist, Fred Chell, the choir includes a series of voice and breathing exercises to help maintain your vocal function.

09:45 am - 11:30 am

Greerton Senior Citizens Hall, 33 Maitland Street, Greerton

Gold Coin Donation Entry.

BrainWave Singers - Voice through Singing Therapy: 2020 Timings

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

Red Dates = NO CHOIR

*0 February 6th, Waitangi Day, Thursday

School holidays -

*1 April 10 - 28

*2 July 3 - 20

*3 September 25 - October 12

*4 December 18 - TBA

SATURDAY, MARCH 21 | 9:00 AM START

18 KM WALK & LUNCH

300 TICKETS SOLD OUT! SEE YOU SOON AND THANKS
FOR THE SUPPORT!



CAPE SANCTUARY CHARITY WALK 2020