



TULIP TALKS

THE QUARTERLY NEWSLETTER FOR PARKINSON'S BAY OF PLENTY



ONLINE MEETINGS



Please email liz.rapley-jones@parkinsons.org.nz or glennis.best@parkinsons.org.nz or philippa.fergusson@parkinsons.org.nz for a meeting link.

Eastern BOP Support Group Meeting

Time: June 24, 2020 | 11:30 AM
Time: July 22, 2020 | 11:30 AM
Time: August 26, 2020 | 11:30 AM

Papamoa Carers Group Meeting

Time: June 15, 2020 | 10:30 AM
Time: July 20, 2020 | 10:30 AM
Time: August 17, 2020 | 10:30 AM

Carers Group Meeting

Time: June 5, 2020 | 02:00 PM
Time: July 3, 2020 | 02:00 PM
Time: August 7, 2020 | 02:00 PM

Mens Group Meeting

Time: June 18, 2020 | 10:30 AM

Red Tulip Educational Meeting

Time: June 9, 2020 | 01:30 PM
Time: July 14, 2020 | 01:30 PM

UPBEAT Young Person's Group Meeting

Time: July 8, 2020 | 07:30 PM

A Word From Your Community Engagement Advisor

LEANNE HAVILL

Greetings Central Region!

Well, times have certainly changed since our last edition of Tulip Talks, that's for sure. As we all know, due to COVID-19, all Parkinson's New Zealand activities and events have been on hold until further notice. However, I am still in fortnightly contact with the Action Groups across the region, and we are optimistic and hopeful we can get things underway again in the not too distant future.

We have much to look forward to as soon as restrictions are lifted and updates will be sent out periodically as new information comes to light. Updated calendars will be sent out accordingly once we are back up and running.

We are looking to build our Action Groups in all areas of the Central Region, and are always looking for volunteers and the new energy and fresh ideas that come with them. If you can spare a couple of hours a month to join us in our meetings (currently via Zoom video conferencing!) and have input into what PWP's are needing and wanting to see in their local region, please do not hesitate to contact me anytime for a chat and to ask any questions you may have. My details are listed below.

Please remember that this pandemic will not last forever and be kind to yourselves and others during this time. Take care all.

Leanne Havill
CEA - Central Region
leanne.havill@parkinsons.org.nz (027 383 1155)

A Word From Your Parkinson's Nurses

LIZ RAPLEY-JONES | GLENNIS BEST |
PHILIPPA FERGUSSON

Hi everyone, I hope you're all well and are managing to get through this unusual and challenging time.

We have unfortunately had to cancel or postpone several things we had planned for in the recent months including our walk around the Mount for Parkinson's Awareness Week which had been moved to April for the first time in New Zealand this year, to bring us in line with World Parkinson's Day. Currently, I am conducting my usual consultation's via the phone or Zoom, we are also going to run our support person group online.

Meg, our Katikati exercise instructor, has made a series of small video clips to watch and participate in at home, not only is everyone missing the class but also the social contact so a big thanks, Meg. Other options to learn about are in our Parkinson's at a Glance e-newsletters including: Joining in with Danzability or Freedom Dance for Parkinson's, that are providing online classes. Gilly Davy from Connect Neuro Physiotherapy is running a live online class every Wednesday at 2:00 pm. Connect Neuro Physiotherapy brings the globally acclaimed PD Warrior's exercise techniques to NZ, from across the Tasman. Gilly is a certified instructor and was part of PD Warrior in its development stages in Sydney. Michelle O'Hara from Zenith Fitness has shared a video of her Limited Mobility Workout routine on YouTube.

We have all noticed a sense of community amid this COVID-19 lockdown with people helping others the best way they can, which has been amazing to see. Going forward, I would encourage anyone to give me a call to let me know how you are, and if you have any issues you would like to discuss. I am working at home for now, so pick up the phone and give me a ring. I look forward to seeing you all soon. Take care.

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



All the BUZZ words don't describe what we have been through and still have to go through in this last few months. "Unprecedented, Contagious, Flattening the Curve, Lock Down, Personal Distancing etc. all line up to be a range of language and behaviours that we have not had to consider as a society before. Keep up the good work at isolating yourselves in Level 4-3-2 as we come down the levels over time. It is really important not to despair but to work with the new gains we get each week and level change. Liz and I are able to speak with you on the phone and to ZOOM meet those who wish to do a face to face meeting and assessment by computer. We are looking at ways to connect you to exercises more and possible support meetings by this method as well. The first meeting will be Carers on 1st May for Citz group - we will be in touch to help you connect. It would be best if you had a computer with a camera. Make sure you get your flu vaccination.

Glennis Best, RN
Parkinson's Nurse West BOP



Kia ora, my name is Philippa, and I am excited to start my new role as the Parkinson's nurse for the Eastern Bay of Plenty. I was born and raised in Whakatane and returned here in 2009, where I have been working as a general practice nurse. I am married and have two children aged 6 and 2. I am really looking forward to meeting you all.

Philippa Fergusson, RN
Parkinson's Nurse East BOP

Living Positively with Parkinson's Event Planned

All going well, we are hoping to host our inaugural Living Positively with Parkinson's event here in Bay of Plenty in August 2020, with bi-monthly gatherings thereafter, however this of course depends solely on the COVID-19 situation at the time.

Thanks to our recent funders!



MEMBERSHIP REMINDER

IF YOU WOULD LIKE TO RENEW OR
BECOME A PARKINSON'S MEMBER
PLEASE GET IN TOUCH BY EMAILING
MEMBERSHIP@PARKINSONS.ORG.NZ FOR
FURTHER INFORMATION



Tulips with Love

For a number of years we have raised money to support the Parkinson's cause by selling packs of tulip bulbs.

This year, our Parkinson's AG Member, Sue Yates, has designed handmade wooden tulips that she meticulously paints herself. Each of these excellent pieces cost only \$5.00 each, so make sure to grab a few tulips that will never lose their shine!

Tulips are the flower of our charity - **Parkinson's New Zealand** - A symbol of hope which has been associated with awareness about the neurological condition since the early-1980s.



Contact Sue Yates on 021 047 4884 or
77sueyates7@gmail.com

TALK TO US

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