



Multiple Sclerosis
Bay of Plenty

BOP Multiple Sclerosis Society (Inc.)

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Newsletter – June 2017

BOP MS Awareness Stands

As most of you know we held our first MS Awareness campaign on the 12th and 13th May. Our stands were based at Countdown Whakatane, Countdown Fraser Cove, New World Brookfield and Pak N Save Papamoa. Although the weather on Friday was horrific it didn't seem to stop people from venturing into their local supermarket to gather supplies before the weekend, so our spreading of awareness did not suffer.

We gave out a lot of Multiple Sclerosis information which was pleasing, and again people were very generous with the amount of donations we received, raising a total of **\$3,954.50!**

Over the two days we had just under 60 people who gave up two or more hours of their time, without these people we wouldn't be able to have these stands so we are extremely grateful for their help. Thank you very much to everyone that assisted Rachelle in one way or another over this weekend.

A special thank you also to New World Brookfield for providing free hot drinks to some of our volunteers while sitting at that stand. This supermarket has been very supportive to our Society and we really appreciate their generosity.



Averill and Andrew at New World Brookfield



Janette and Jenny at Pak N Save Papamoa



Warren and Maxine at Countdown Fraser Cove

World MS Day – Wednesday 31 May 2017

With World MS Day fast approaching the #LifewithMS campaign is in full swing. People as far and wide as Portugal and Saudi Arabia have been busy sharing their tips for #LifewithMS on Facebook, Twitter, Instagram and YouTube.

You are able to read some of the tips that have already been shared on the below website, or feel free to share your own tip or piece of advice using the #LifewithMS hashtag.

www.worldmsday.org



Poor sight but would still love to read?



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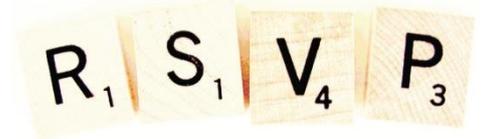
AGM

Annual General Meeting

The 2017 AGM will be held at **11.00 am on Saturday 10th June** in the Oak Room at Tauranga RSA, 1237 Cameron Road, Tauranga. This is open to all members and the general public, and as per previous years we welcome new people to join our committee.

Midyear Luncheon

Ever wondered what RSVP actually stands for? Well, it is a French phrase, “**repondez, s’il vous plait**” which means “please reply”.



After that interesting fact if you would like to attend our midyear lunch please “RSVP” to Rachelle as soon as possible as we need to know how many people to cater for. Thank you.

Details again are: 12.00pm (or slightly later if the AGM runs a bit longer) in the Tauranga RSA Oak Room, 1237 Cameron Road, Tauranga. Full buffet meal at \$27.50 per person (or \$25.50 for a gold card person) and can be paid for on the day. Raffle tickets will also be sold on the day.

A note from our President...

Well winter is almost on us, but Autumn is one of our favourite times. So many nice rich colours. When Jane and I lived in England, our favourite place to visit was the Lake District in the North East of England. The scenery was just amazing with so many trees around picturesque lakes. We would do a lot of walking then. Now we can't walk with Jane being in a wheelchair, but our memories are very much alive. Jane has a mosaic of laminated photos situated on the table where she sits when her meals are given. She recognises all the photos and her eyes light up as she sees the photos of her with our young children Kate or Michael carried on her back. I do hope that you also have strong memories of when you were MS or Huntington's free.

Well this is my last note as President. So, I am being a bit reflective. It has been three very rewarding years of involvement and I believe the MS society in the BOP has a strong future. I do not want to see membership grow though as I would rather see minimal growth meaning the incidence of MS and Huntington's declines. But at the very least I hope that new medications and treatments are found to give more people a better quality of life. But be assured as long as there are sufferers the BOP MS Society will be there to support, advocate and guide our members.

I would like to thank the wonderful committee that will continue under our new President, and the staff of Cheryl, Rachelle and Max who just abound in commitment, energy and passion. Thank you all. I wish you all the very best. Jane and I will still be members of the Society and will see you around as volunteers where possible.
Cliff Osborne

Minister for Disability Issues Media Statement – 4 May 2017

New services to support disabled people in work

Disability Issues Minister Nicky Wagner announced two new support services to help disabled people and people with health conditions stay in work.

“Disabled people and people with health conditions make great employees and most need little to no support, but sometimes the people employing them do”, Ms Wagner says. “That’s why we’ve set up the Employer Advice Line – a free phone based service offering advice to employers about how to support new or existing disabled employees”.

Callers get information and advice specific to their situation, including local support services and organisations. Work and Income is also providing phone based support to its recently employed clients.

“The Government is committed to improving employment outcomes for disabled people and people with health conditions”.

The Employer Advice Line is operated by Homecare Medical, which also runs Healthline, Quitline, Alcohol Drug Line and Depression Helpline. It is available Monday-Friday 8.30am-5.00pm on 0800 805 405.



National Carers Week: 12-18 June

Carers come in all shapes, sizes and ages and without them some people would find life even more challenging. Thank you to all of the carers that assist our members.



National Volunteers Week: 18-24 June

Thank you very much to Jenny our wonderful massage lady, Liz and Rick for assisting at aqua, and Eva, Sara and Kaye for helping at physio. Without these amazing people we couldn't run the exercise classes so we are very grateful for their time. As a token of our appreciation we have invited them to join us at the upcoming midyear luncheon. Thank you also to the many volunteers that assist me throughout the year at our fundraising events.

WBOP Field Worker's Report...

BRRR...



Well winter has well and truly arrived in all its glory...time to dig out the coats, scarves, hats and gloves.

With all the usual bugs and colds that are around at this time of year it is time to reflect on keeping ourselves well and healthy. Ensure that you are still getting out and about in your community and continue to be active by partaking in the exercise classes and social groups on offer through your Society. I cannot stress enough how important exercise is for all aspects of your wellbeing.

There is a Social Work model called 'Te Whare Tapa Wha'...The four corner posts of the whare, or house, represent our physical, mental, spiritual and family wellbeing. If we do not take care that all are in balance then the house starts to get a lean on and you only need some added pressure on top for the whole structure to be at risk of falling over.

Part of keeping everything strong is to know where the weaknesses lie and to plan ahead in order to have supports in place when the pressures come on. If you would like more information about coping strategies please don't hesitate to ask me.

To those of you who have registered your interest in the Fatigue management course, I am still working on getting the group members right so it could possibly now be late August before this is held. Getting the mix of participants right is a key to the success of this programme. I will keep you all updated of this.

I am looking forward to seeing many of you at the AGM and midyear lunch on the 10th June at the Oak Tree Restaurant, Greerton RSA.

Stay warm and remember even in winter we still need to drink enough fluids, if you struggle to drink cold fluids then switch to hot/warm water.

Warmest wishes from Cheryl.

Ph: 027 221 9977



Five ways to stay healthy during the change of season

Many people stress with the change of seasons, particularly with Winter approaching where increased colds and flus tend to happen. But this doesn't have to be so stressful if we follow some simple techniques to stay healthy and whole during this season.

Breathe fresh air as often as you can. Breathe into your belly. This is diaphragmatic breathing, and it improves our immunity, detoxifies us and exercises our internal organs.

Stay hydrated. Many people will become dehydrated because they feel it is not hot enough to be drinking water. Increased water intake can improve back pain, the immune system, and help prevent many acute and chronic illnesses.

Eat well and eat in season. We are now being provided with root vegetables, fresh fruit, pumpkins and squashes which contain beta carotene, vitamin C, and many other nutrients that can improve our immune function.

Continue to move. Even though the cooler season is here maintain or start your exercise routine to improve immune function and to counter the blues and mood swings which can come about with the decrease in light.

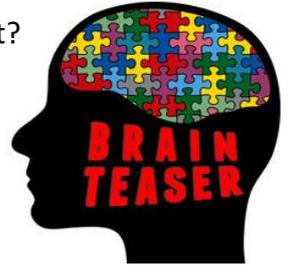
Get plenty of rest. As the light decreases embrace it as a time to look inward and improve yourself. Prepare yourself for the time change and the decreased light by getting to bed earlier for restoration and rejuvenation.

Les Moore, ND, DHANP, LAc is a naturopath, homeopath and licensed acupuncturist practicing in Pittsford.

Head Scratching Riddles

Have a go at these tricky riddles. If you cannot work them out the answers are down the bottom of this page.

1. It can run but it never walks, it has a mouth but never talks, it has a bed but never sleeps?
2. What has fingers but cannot use them?
3. It was given to you, it belongs to you, but your friends use it more than you do, what is it?
4. What gets wetter, the more it dries?
5. What grows bigger, the more you take from it?
6. What has many keys but no locks?
7. What goes up when the rain comes down?
8. If you feed it, it lives. But if you give it water it dies, what is it?



EBOP Field Worker's Report...

Hi members, welcome to the mid-year edition of your newsletter.

Firstly a big thank you to all the volunteers who manned our MS Awareness Stand in May. Despite the consistent rain on the first day (Friday) information given out regarding Multiple Sclerosis was up on the previous event though fundraising was down. Having said that it is all about awareness so well done.

Following on from the previous article regarding tips to managing Multiple Sclerosis this time we discuss Fatigue. To minimize tiredness and get through the day try the below:

- One of the simplest things you can do is figure out what time of day you have the most energy, and save any tasks or activities that require more from you for that time.
- Whenever you have something big to do, consider dividing it into several parts, turning one task in several small ones. For example, if you're planning on organising your whole closet, start with the pants.
- Some people benefit a lot from taking small, power naps; they can be a great way to recharge your energy and help you get through the rest of the day.
- Stay away from energy drinks. Even though they promise to give you the boost you need to fight fatigue back, these are not the best solution. They do give you a boost, but they just provide a sugar rush that does not help you save energy. Also avoid fast food and processed food; if you do eat it, do it in moderation.

Our next support group lunch will be on Tuesday 13th June at the RSA starting at 12:00 pm. We look forward to seeing you there. All the best, Max

Funding / Fundraising

A huge thank you to Bay Trust, First Sovereign Trust and Southern Trust for recently accepting our grant applications.

Entertainment Book

We are excited to be selling the 2017/2018 Entertainment Book. Again for every membership (book or digital copy) we sell our Society receives \$12. You will see with this newsletter you have also received a flyer advertising the books and explaining how to purchase one, if you can please pass this piece of paper onto one person (family or friend) that is interested in purchasing a membership from us we would be most grateful.

Thank you to our 2016 / 2017 supporters!

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DST • First Sovereign Trust • NZCT • Grassroots Trust • Infinity Foundation Limited • COGS • Dragon Community
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Riddle answers: 1. A river, 2. A glove, 3. Your name, 4. A towel, 5. A hole, 6. A piano, 7. An umbrella, 8. Fire