

A note from our President...

We have started the new year really well. The best start for 3 years. The reason for this is that we learned from the events of last year when our finances dipped very low. We now have grants for all our major costs, the funding from the MOH will continue in the medium term to 2020 and we have reduced operating costs by 15% as we close our office and have our staff work from home. The decision to close the office was proposed by staff as very few members come to the office anyway and given the part-time nature of working hours we often had an office with no staff present as they were out an about. Staff will save on travel costs to the office and miss all the traffic jams. We worked closely with the Auckland MS Society who have already seen the benefits of staff working from home.

We are seeking to maintain all our services in a very tight funding environment. The committee is very committed to our fatigue management program. But all our services require funding and so unfortunately we cannot guarantee them. We require a good uptake by members. This is why we work hard to fund raise ourselves and we really appreciate member's donations which have be held at \$35 for several years now.

On a national level, our national office is celebrating 50 years of service and is holding a special event in Wellington to celebrate. The National office is working hard to advocate for us to Pharmac, to gain better access outcomes to the current strict criteria for MS medicines.

On a personal note I will be retiring from the committee at our AGM this year. I am able to do this because there remains a strong committee and succession plan in place. If you know of anyone who has a heart for governance and skills that would assist the society do please get in touch with Rachelle.

On behalf of the staff and committee I wish all our members stable health and an ongoing desire to keep as active as possible. We are committed to supporting you in that quest.

Best Regards to you and your family. Cliff Osborne

Office Changes

Due to the Committee reviewing the annual finances the decision was made to close the office at the end of March, asking all staff to work from their homes. Nothing will change in the delivery of service to you all, we just won't have a physical space for the general public to drop into anymore. Please still use the below details as these will **not** change: Phone: 07 571 6898 (all calls to this number will be automatically transferred straight to Cheryl's mobile phone), PO Box 15309, Tauranga 3144.

Good bye Deb

Deb Brynes resigned from the Office Manager position, finishing up at the end of March. We thank Deb for the work she has done over the past nine months and wish her all the very best for the future.

As a result of Deb's resignation we have decided to join both office roles together again which Rachelle will take on as at the last week of March.

Staff contact details going forward

WBOP Field Worker – Cheryl Standring: cheryl@bopms.co.nz, 027 221 9977

EBOP Field Worker – Max Hollis: max@bopms.co.nz, 027 571 6898

Funding and Administration Manager – Rachelle Atherton: admin@bopms.co.nz, 027 521 9977



WBOP Field Worker's Report...



Hello everyone,

The hive of industry around the office has begun... the decision was made to close the offices and work from home so it's been hectic getting things organised for this to happen. 2 Garage Sales later and we have dispatched a pile of stuff we don't need anymore, we've sorted out who needs what and are packing it up and working out where to put it once we get it home.

My contact details will remain the same as will the service with the exception of no longer being able to visit me at the office. As always I will be available to meet with members at a mutually suitable venue if home visits are not suitable.

Last week I attended further training in facilitating the Minimize Fatigue, Maximize Life programme. As a result I am once again calling for expressions of interest for those interested in being part of the 2017 course. There is a maximum of 6 people in a series so don't be disappointed and get in quick. The feedback from previous participants was very encouraging as were the changes for every one of them.

This course is not designed to eliminate fatigue but by looking at the components of fatigue and picking them apart it is possible to make changes that improve your quality of life and enable you to do more of the things you enjoy as well as the everyday activities that can drain people with MS. Remember fatigue makes all other MS symptoms harder to cope with. If you have previously registered your interest with me please do so again. I am quite structured in how I put the group together as this is a pivotal component of the programme's success so I need to see all who are interested. To register your interest or make enquiries about the course please email me at cheryl@bopms.co.nz.

I trust you are all enjoying the cooler evenings and finding it easier to sleep.

Warmest wishes from Cheryl,

Ph: 027 221 9977



EBOP Field Worker's Report...

Hi members, welcome to the April edition of your newsletter.

Over the following months I would like to pass on some tips to help you manage the symptoms of Multiple Sclerosis (MS). **MS** is a complex and diverse condition which can result in several different symptoms, that may or may not be the same among members. While not everyone may experience the same MS symptoms, the most common ones can be difficult to address and cope with. Try the below to see if they help you.

Balance and coordination issues

Because MS can interfere with brain function, you may experience several mobility issues, including problems with balance and coordination. If so, keep these in mind:

- A physical therapist can provide simple exercises that may help improve balance and coordination.
- If possible—and if necessary—find some adaptive equipment like a cane or crutches that may help you get around more easily.

Memory loss and/or focus problems

Being a neurological condition, MS affects your brain, which may lead to memory loss and concentration issues. Here's what you can do to help:

- There is a technique called cognitive rehabilitation. Your doctor can refer you to a specialist, such as an occupational therapist or neuropsychologist, who can explain more.
- Fitness has been associated with positive results on cognitive tests for MS patients. Adding an exercise routine may help with memory and focus.
- Certain tools can help you work around memory problems. For instance, keep a calendar, write notes, make lists, and use a smartphone for alerts/reminders.

Just a reminder, our next support group lunch will be on Tuesday 11th April at the RSA starting at 12:00 pm.

Take care, Max



MS Awareness Campaign

The first 2017 MS Awareness Campaign will see stands throughout the Bay of Plenty region on **Friday 12th and Saturday 13th May.**

This is an extremely important campaign for our Society, it spreads the awareness of Multiple Sclerosis to the general public, as well as raising valuable funds. We ask again for two hours (or more if you can) of your time (from 9 am – 5 pm) to assist us at Countdown Fraser Cove, Countdown Bethlehem, New World Brookfield, New World Mount Maunganui, Pak N Save Papamoa, Countdown Katikati and Countdown Whakatane. We are also looking for stand coordinators so if you can assist with setting up or packing down let Rachele know.

Annual General Meeting (AGM)

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. The meeting will be followed by a midyear luncheon which we hope you can also attend.

Midyear Luncheon

With all of the recent changes and to celebrate the completion of our first MS Awareness Week Campaign we would like to hold a midyear luncheon for all to attend. This will be held straight after the AGM.

12.00 pm on Saturday 10th June at Tauranga RSA, 1237 Cameron Road, Tauranga. Buffet meal will be provided for \$27.50 per person (\$25.50 for a gold card person) and can be paid for on the day.

Door prize to be won and raffle tickets to be bought! Please **RSVP to Rachele by Friday 2nd June** for catering purposes.

Funding

This year we have seen a few big donations and grants come through already, thank you very much to Bodmin Charitable Trust, Pub Charity and The Lion Foundation.

Sponsorship

Thank you also to Marie Di Somma from Mike Pero Real Estate who became our first bronze sponsor. Marie donated \$250 to go towards the costs of our subscriptions / memberships.



Annual Donation Invoices

Enclosed with this newsletter you will find your annual donation invoice, payments can be made via internet banking (BNZ 02 0432 0107864 00) or posting a cheque. Please note these are donations therefore not compulsory however every payment we receive is extremely grateful and means we can continue to improve our services we offer you. If you would like to talk about your payment options please feel free to contact Cheryl, Max or Rachele.

MS Golf Tournament

Thank you to everyone that helped make our third golf tournament event another success. Everyone thoroughly enjoyed themselves and the weather was again amazing. We had 22 teams and 7 hole sponsors which was an improvement on 2016, and I am pleased to report the total amount raised was **\$2,913.15**.

Congratulations to The General Plumbing Company for being the winning team, for the second year in a row!

The Committee were very pleased with how this event ran, and the awareness and funds raised so are looking forward to presenting another good tournament in 2018.

Exercise Classes

We are extremely appreciative of the funding we receive in order to provide three fantastic exercise classes for you to participate in. Each class offers something different so please get in touch with Cheryl if you are interested in being part of these great groups.

Aqua – Monday afternoons at Baywave Aquatic Centre, Mount Maunganui

Pilates – Tuesday afternoons at Body In Motion, Mount Maunganui

Physiotherapy – Thursday mornings at the Tauranga Citizens Club, Tauranga.

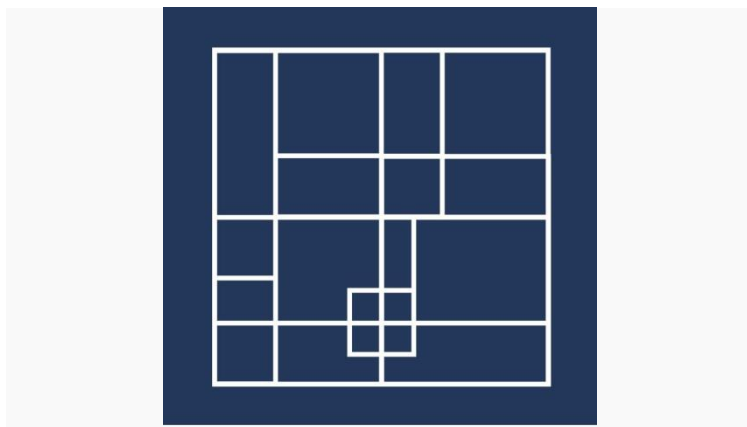


Exercise Your Brain

Brain Games

Solve me

How many squares are in this picture?



Name the colours

Challenge your ability to stay focused: quickly read out loud the colour that each word is printed in—not the word itself. Try it repeatedly to see if you can improve.

YELLOW BLUE ORANGE
BLACK RED GREEN
PURPLE YELLOW RED
ORANGE GREEN BLACK
BLUE RED PURPLE
GREEN BLUE ORANGE

Thank you to our 2016/2017 supporters!



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