



Multiple Sclerosis  
Bay of Plenty

BOP Multiple Sclerosis Society (Inc.)

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*Newsletter – December 2017*

## 2017 Christmas Lunches

We would like to invite you, your friends and family to our upcoming Christmas lunches.

### Eastern BOP Lunch:

- ◆ 12.00 pm on Tuesday 12<sup>th</sup> December
- ◆ Julians Berry Farm, 1 Huna Road, Whakatane
- ◆ Please RSVP to Max on 027 571 6898 or [max@bopms.co.nz](mailto:max@bopms.co.nz) by 7<sup>th</sup> December

### Western BOP Lunch:

- ◆ 12.00 pm on Saturday 9<sup>th</sup> December
- ◆ Oak Tree Restaurant, Tauranga RSA, 1237 Cameron Road, Tauranga
- ◆ \$27.50 per person for a full buffet meal or \$25.50 for RSA or Gold Card Members and Seniors
- ◆ Raffle tickets will be for sale to go into the draw to win a doTerra Home Essentials Kit\*
- ◆ Please RSVP to Rachele on 027 521 9977 or [admin@bopms.co.nz](mailto:admin@bopms.co.nz) by 4<sup>th</sup> December

\* Kit includes a diffuser and ten 15ml bottles of essential oils



## Introducing doTERRA

doTERRA provides essential oils for a healthy home, and after a few of our members have recently found several benefits from using them we have decided to provide everyone with the opportunity to learn more about them.

Their oils are pure extracts from plants (50-70 times more powerful than herbs), used throughout history for health benefits. They are highly concentrated, safe, effective and an alternative to synthetic remedies.

One of our members, Rebecca, has been using these oils for over a year and swears by them. She has found particular oils that support her MS Symptoms e.g. Frankincense which supports the nervous and immune system, Copaiba which supports the nervous and immune systems and is a natural anti-inflammatory, Siberian Fir which helps with muscle fatigue and pain – just to name a few! Rebecca has kindly signed our Society up with an account so we can now sell these oils at a discounted rate of **25% off**, and the Society receives a percentage of each sale as an ongoing fundraiser.

If you wish to find out more about these products feel free to visit [www.doterraeveryday.com.au](http://www.doterraeveryday.com.au). If you wish to enquire or purchase the goods please contact Rebecca on 027 204 1071 / [harrhioils@gmail.com](mailto:harrhioils@gmail.com), you can also follow Rebecca's Facebook page "essentialcheer.nz".



## A note from our President



We are now into November with only a short time until Christmas and an even shorter time to our Christmas get together.

I had the privilege of attending the MSNZ AGM in Christchurch in October and found it very worthwhile catching up on some of the other Societies from around the country. It was also the 50<sup>th</sup> Anniversary celebrating the establishment of Multiple Sclerosis New Zealand in 1967.

While the daytime programme consisted of the usual AGM business, there was an interesting guest speaker, Dr Riccardo Saccardi from the Careggi University Hospital in Florence, who spoke about the work that they had done in Stem Cell Transplantation treatment. Rather than me trying to summarise what he spoke about, you can google **Dr Riccardo Saccardi** that will give you a better understanding around the work that is being done. In the evening Professor Tomas Kalincik from the University of Melbourne spoke about 'Brain Health: Time Matters in MS'. Once again, the work that is being carried out in MS is very encouraging. If you google **Professor Tomas Kalincik** you can view a video outlining some of the work that is being done. For anyone that does not have access to the internet, you may be able to access it through any of the public libraries.

A positive that I took away from the AGM in Christchurch is that the BOPMS Society is doing well in the services that it offers and is in a good financial position that will enable the Society to continue to fund the current services we provide, however focus is still being placed on the funding for the exercise classes. This is a direct result of the team of Rachelle, Cheryl and Max that show a dedication and a passionate approach to what they do.

It is with this dedication that I am confident that we can grow the Society through increased membership and a continued focus on cost efficiency while also looking at greater funding options.



Best regards, Warren Scobie

## WBOP Field Worker's report

Hello everyone and welcome to the last newsletter for 2017. Another busy year draws to an end.

I would like to start by saying a big thank you to everyone who congratulated me on achieving 10 years with BOPMS. We had a lovely afternoon at QV Café and I felt loved and appreciated. The flowers and gift were an added bonus. Big thanks to Rachelle for organising another successful event.

All groups will cease at the end of November and will resume in February 2018. We will be celebrating Christmas with our lunch at The Oak Tree Restaurant and I look forward to seeing many of you there.

I have received an email from Cristelle who lives in Tasmania. Cristelle will be in Tauranga on holiday from the 17<sup>th</sup> Dec until 17<sup>th</sup> Jan...she would like to meet up with others living with MS in the Bay while she is here. I'm looking for those interested in getting together for a coffee to meet her...? It will need to be the week before Christmas or after the 14<sup>th</sup> Jan. I am thinking earlier would be best as she will then have a chance to connect with others again if so desired before she goes home. Please let me know if you want to join us so I can organise this.

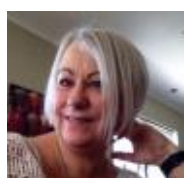


Although we no longer have an office base I still hold the library collection at my home. I would appreciate the return of any outstanding books so that I can update the log. Please check your bookshelves to see if you have anything. With many new members in the city it is helpful to share our resources around. Let me know if you have books to be returned.

I attended the National MS AGM in October with Warren, our President. As it is the 50<sup>th</sup> anniversary of MSNZ they brought in guest speakers. Dr Riccardo Saccardi, a lead researcher in HSCT (Human Stem Cell Therapy) spoke about this therapy. There is a link to his talk on the MSNZ website; [www.msnz.org.nz](http://www.msnz.org.nz).

I have delivered another successful MS Fatigue management course and happily report more success in this area. As a result I have been wondering how I might deliver this course so that it is available to more people without the expense or time commitment, I am going to be looking into this over the next month or so...I will keep you posted.

**I am on leave from the 21 DEC 2017 and will return on the 15<sup>th</sup> JAN 2018.** If you require assistance over this time please see your GP. **Have a very enjoyable Christmas and New Year.**



Warmest wishes from Cheryl  
027 221 9977 / [cheryl@bopms.co.nz](mailto:cheryl@bopms.co.nz)

## Christmas wrapping station

Bayfair Shopping Centre have again asked us to participate in the wrapping station where we ask people to wrap the general public's gifts in exchange for a donation in which our Society keeps.

**Monday 18<sup>th</sup> December** is our allocated day and we now need volunteers to be on our stand. We need four people at one time and have split the day into three shifts, if you can help at any of the following times please let Rachelle know as soon as possible: 9 – 11am, 11am – 1pm or 1 – 3pm.

## Vilagrad lunch



**Sunday 21<sup>st</sup> January 2018** Tauranga Tasting Tours are travelling from Tauranga to Vilagrad Winery for one of their famous Sunday buffet lunches.

\$15.00 of your transport and lunch charge will be donated to the Bay of Plenty Multiple Sclerosis Society. Treat yourself (and/or someone else) to a great day out!! No food prep, no dishes, just time to enjoy the day. Vouchers are available for a great Christmas gift!

Collection times will be confirmed when all bookings are in and will be aimed to arrive in time for lunch service.

Go to [www.vilagradwines.co.nz](http://www.vilagradwines.co.nz) and refer to the Sunday Lunch to see what you will be eating.

Cost: \$79.50 (includes transport from a designated pick up / drop off place, an extensive smorgasbord lunch and a \$15.00 donation to the Bay of Plenty Multiple Sclerosis Society).

BE QUICK TO RESERVE YOUR PLACE - LIMITED TO 18 SEATS!

To book contact Lyn at 027 522 4607, [tgatastingtours@xtra.co.nz](mailto:tgatastingtours@xtra.co.nz), or click on the link on our Facebook page.

## EBOP Field Worker's report

Welcome to the December edition of your newsletter as the countdown to Christmas has well and truly begun. Further to previous articles regarding tips to managing Multiple Sclerosis this time we discuss the challenges that bowel/bladder control and heat sensitivity brings.



### Bowel and bladder control issues

Your bladder is another part of your body that you may start having issues with. Urinary incontinence is pretty common among MS patients, and here's what you can do about it:

- Consider limiting caffeine and alcohol, which can be bladder irritants. However, cutting back on your fluids can cause further complications. Try strategically planning your fluid intake based on your schedule. For example, drink more during the times of day when you are home or close to a bathroom.
- Try to urinate every two hours to help train your bladder and avoid drinking too much after dinner to limit trips to the bathroom throughout the night.
- Aim to drink enough water to keep your urine light yellow.

### Heat sensitivity

Temperature is something that can affect the well-being of an MS patient. You're either too cold or too hot, and sometimes you can't find something in-between and you just don't feel comfortable. Here's what you can do:

- Stay in an air-conditioned environment during periods of extreme heat and humidity.
- Drinking cold fluids may provide temporary relief.
- Use cooling products such as vests, neck wraps, and bandanas during exercise and outdoor activity.

Please note our first 2018 support group meeting will be held at the RSA on Tuesday 13<sup>th</sup> February. If you have any queries regarding this please feel free to give me a call. Enjoy the holidays everyone.

All the best from Max

027 571 6898 / [max@bopms.co.nz](mailto:max@bopms.co.nz)



## MS Golf Tournament

Please spread the word about our next major fundraiser. We are seeking players, hole sponsors and prizes.



**Sunday 18<sup>th</sup> February 2018**  
**8.00 am – 2.00 pm**  
**Omanu Golf Club**  
**\$120 per team (x4 people per team)**

More information will be posted on our Facebook page and website over the next couple of months

## Office update



Hi everyone, as we begin to close up another year I wanted to take some time to thank the people that have supported our Society, and myself, throughout 2017. Thank you very much to the grant organisations and our current supporters, thank you to our volunteers that assist with our weekly exercise classes – Liz and Rick, Eva, Sara, Faye and Lynda, and thank you to our members that have assisted me with various fundraising activities.

**Christmas Lunch:** due to popular demand we have decided to go back to the Oak Tree Restaurant. There is a slight increase in price due to recent renovations and an upgrade of the menu however we expect a mountain of food on display as per previous years. Remember it is a buffet so try not to fill up on too much breakfast 😊

**Sponsorships:** unfortunately I ruptured my Achilles at the end of October so with not being able to drive (or walk for that matter) I have not sourced 2018 sponsors like I had hoped. If anyone can assist me with obtaining sponsors please let me know as soon as you can. Our goal is to get a few sponsors to cover our exercise classes by February next year and need some help with this. One recent sponsor we did pick up however is Quest on Durham, Duncan has kindly offered their meeting room for our monthly committee meetings.

**First aid kits:** we are still selling these and if you can help we would appreciate it. The next shipment is due early December so please get your orders in as soon as possible if you'd like these as Christmas presents.

**Exercise classes:** due to not receiving enough funding we have had to close the exercise classes down a couple of weeks earlier than previous years. The **last week for exercise classes in 2017** will be Monday 27<sup>th</sup> November for Aqua, Tuesday 28<sup>th</sup> November for Pilates and Thursday 30<sup>th</sup> November for Physiotherapy. As mentioned we hope to receive sponsorship to run the 2018 exercise classes (from February onwards), without the sponsors we will not be able to run these groups so again if anyone can help please let me know as soon as possible.

**Christmas leave:** Cheryl, Max and I will be on leave from Monday 25<sup>th</sup> December. Max and I will return on Monday 8<sup>th</sup> January and Cheryl will return on Monday 15<sup>th</sup> January.

That's all from me for now, I hope you all have a lovely Christmas and see you in 2018.

Take care, Rachelle

027 521 9977 / admin@bopms.co.nz



## Thank you to our 2017 supporters!

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