

ms

Multiple Sclerosis South Canterbury

COMMUNITY HOUSE
27 STRATHALLAN STREET, TIMARU 7910
PH: 6877375 - text/call 0272114497
E-mail: mssouthcant@xtra.co.nz

NEWSLETTER MARCH 2015—APRIL, MAY 2015

COMMITTEE MEMBERS

Patron

Jim Millar ph: 6846519

President:

Acting— Glenys Forsyth

Vice President:

Secretary:

Leonie Wilson ph: 6877375

Treasurer:

Murali Menon
mvadakkepat@hotmail.com

Newsletter Editor:

Leonie Wilson 6877375

Welfare/Liaison

Suzanne Fagg

Raffle Organizers

Esme Mc Millan ph: 6886467

Field Worker

Fiona Pierce

Office Hours

Monday to Thursday 9 am to 4
pm

Fiona is happy for you to drop in
at any time or to give her a ring.

Activities

If you are interested in any of
these activities talk to Fiona.

Monthly Meetings

Committee Meeting
Men's Friendship group
Social Group:
Coffee morning

Monday to Friday

Power Plate

Head Office

Multiple Sclerosis New Zealand
Ph: 0800675463
e-mail info@msnz.org.nz
web: www.msnz.org.nz

Hello from your Acting Chairperson

Welcome everyone to your revamped newsletter. We are very excited in being able to bring this to you however we do ask for your feedback so that we can continue to develop the newsletter. As the cheese ads say "good things take time" so the newsletter will be something that continues to evolve over time with your input.

I hear that the social events are now in full swing. I had the pleasure recently meeting up with a number of our members from both Waimate and Timaru. We had morning tea at the Teacups and Roses (who as an aside sell the most amazing carrot cake and the coffee is pretty good as well) in Waimate and this gathering has now become a regular addition to your social calendar. I also believe morning tea at the Zest held on the last Tuesday of each month continues to be popular with both long-term members and new members attending. Fiona also tells me that the swimming group, held twice a month, is also proving to be very popular. It is great to hear you are getting out and about when you are able.

I would also like to take this opportunity to draw your attention to a couple of upcoming events. First, do not forget about the Annual General Meeting which will be held on Tuesday, 12th May 2015 (there are more details included in this issue) so you may wish to ring that day on your calendar now. Second, last year some of our members along with Fiona attended the MS retreat in Australia from which they returned feeling invigorated and inspired. You may wish to give some thought about attending this retreat yourself.

Anyway, enjoy the newsletter and feel free to contact Fiona or a committee member if you would like to make a contribution in subsequent issues.

Take Care
Glenys

WEBSITES:

www.mssouthcanterbury.org.nz

www.facebook.com/mssouthcanterbury

CHRISTMAS 2014 RAFFLE RESULTS

- 1st Prize ticket number 262 - P Paisley
- 2nd Prize ticket number 452 – McEwan
- 3rd Prize ticket number 181 – Y Shaw
- 4th Prize ticket number 392 – Morgans Road
- 5th Prize ticket number 152 - B Appleby

We certainly cannot complain that we have had no summer this year. In fact the opposite, people are asking when it will end. A comment that will ring in my ears when we are up to our knees in dull, cold winter days. What we really need is rain and lots of it. Many of you have suffered with these very hot days and evenings. Finding it hard to sleep is a big issue. Having a very cool or cold shower just before bed is a great way to cool your core temperature down and while it may seem such a lot of effort I think you will find it a big help. Drinking plenty of WATER is also good limiting the amount of soft drinks and coffees is better for you as well. There are many different types of cold drinks on the market but do read the ingredients as some of them are packed full of sugar. Rest often, listen to your body and do any work that has to be done in the coolest part of the day. I asked a client the other day if she really needed to vacuum every day. ? Who cares! Friends and family come to see you not how much house work you are doing.

We are trying to update and improve our newsletter. We are hoping that 3 monthly will work better for us, but it means being a lot more organized. So I am hoping that we have got all the relevant information in this newsletter. Please feel free to get back to us with any changes or suggestions. We would like to have a different image/photo on the cover of each newsletter and invite you to send any that you think suitable through to me at mssouthcant@xtra.co.nz

You will see that enclosed is our annual Sub Form this is due by 30th April. These can be paid by a number of different ways including internet banking. I am also happy to come and pick subs up and visit any of you who would like me to. Our annual survey form is also enclosed this is a requirement of the minister of health so please take the time to fill it out and send it back in the envelope provided. Lastly is our Social group calendar that has all the dates of upcoming events and activities including our new swimming group, which already seems very popular. These activities are for everybody so please feel free to pick and choose events that interest you.

The Annual General Meeting is to be held on Monday 12th May at 1.30 at the Bridge Club on Wilson Street. Please feel free to come and support the committee.

MS Awareness Week is on Monday 25th May through to Saturday 30th May we are doing our Raffle selling at the super markets and Street Collection day on Friday 29th May if you would like to help please ring the office and speak with me to book in. We would once again like to do a grocery raffle so if you would like to donate an item please contact me. I am happy to pick it up or you can drop it off at community house.

We are trying to gauge interest in another group of clients travelling to the Yarra Valley, Melbourne and attending the 5 day MS Retreat at the Gawler Foundation, in 2016. A small group of us went in 2014 we all had different experiences with the retreat , there is no doubt that it took a lot of fundraising and effort to get their but in my mind it was well worth the trouble. Please ring me if you are interested. The committee will be supporting each client with a small financial contribution, and also supporting them in their fund raising efforts.

The South Canterbury MS Society is dedicated to helping and supporting its clients in any way they possible can so if you have any issues, problems or questions please feel free to contact the office at 6877375.

Think left and think right and think low and think high. Oh the thinks you can think if only you try!
Dr Seuss. (Embraces your inner child)

Cheers Fiona

Greetings Members, I hope you all had a peaceful and safe 2015 New Year. It was time for a revamp of your newsletter unfortunately I was busy helping plan my youngest son's February wedding at Lake Hayes and missed the deadline.

It has been an exciting time for me, one son from UK, two from Sydney, one from Hamilton along with their partners and 7 week old grand daughter. It was great to see friends and cousins again in happy circumstances.

I recently purchased the book "The Art of Belonging" by Hugh Mackay, Australian Psychologist. Sub title 'It's not where you live, it's how you live'

"We are, by nature, social creatures who congregate: it's in our cultural DNA. We are not good at surviving in isolation. We rely on communities to support and sustain us, and if those communities are to survive and prosper, we must engage with them and nurture them. That's the beautiful symmetry of human society: we need communities and they need us" The Art Of Belonging

South Canterbury community is made up of many smaller communities, MS Community is part of great whole. Your Committee is here to support you, your family and caregivers', they are committed to reducing isolation and supporting you to remain part of our Community.
Editor

St John's Caring Caller Service is a service that St John provide for people who live alone or feel a bit lonely. Volunteers phone clients regularly to check that everything is ok. To sign yourself up for this service and receive a regular call from a Caring Caller Phone 0800 780 780 .

Your image in this newsletter.

Every issue of this newsletter has a different image/photo will be used on our front cover. If you have any photos of you out and about in south Canterbury or photos of interest that you would like in our newsletter we would love to see them. Send your photos through to Fiona via email at mssouthcant@xtra.co.nz

SWIMMING:

Some of you have requested that we once again try and have some sort of swimming programme. I have made extensive enquiries and we are going to trial a swimming programme.

The 1st and 3rd Tuesday of the month would suit myself and the pool best, this would mean we will organise to be at the pool by 10.00 o'clock, so any pickups would to be before that. I am happy to pick people up but this will have to be on a needs to basis, those who cannot make their way on their own will be given priority. Once we are at the pool I will not leave for a second round of pickups. The cost will be \$5.50 per swim, I believe that you can get a concession ticket the office. Please let me know if you are interested and or need transport. I am happy to help with some dressing. Fiona



Spray it like you mean it

A new spray claims to solve the problem of vitamin D tablets not being absorbed fully by the body – Ian Cook investigates

Earlier this year a press release landed on my desk with some rather alarming news. It claimed the body has difficulty absorbing vitamin D from pills and that often as little as 10 per cent gets absorbed.

If true this would mean that my body is absorbing as little as 500 international units (IU) from my daily 5,000 IU vitamin D3 pill. This 500 IU figure is barely higher than the 400 IU which the Department of Health says I should supplement daily. I was worried.

Then I read the press release more closely and I noticed it was actually promoting a new way of delivering vitamin D – through a mouth spray.

It said the problem with pills is they are difficult for the body to absorb, particularly when travelling through the stomach where corrosive acids can destroy much of their vitamin content.

By contrast, it claimed a quick burst of vitamin D3 spray would see up to 95 per cent of the key ingredients rapidly absorbed through the mouth tissues, going straight into the blood stream and bypassing those destructive acids in the stomach. There were a lot of claims here, so how was I to know which ones were true? Like most MSers I think I have become pretty knowledgeable about vitamin D. One thing I have been told repeatedly is the best form of vitamin D comes from the sun and is formed by the action of sunlight on cholesterol in your skin.

The science goes something like this: ultraviolet light hits 7-dehydrocholesterol

(7-DHC) in your skin, which is converted into cholecalciferol – the most basic form of D3. This then travels through the bloodstream to the liver and kidneys, where it is turned into 1,25-dihydroxyvitamin D or 25(OH)2D – the form of vitamin D that your body can use. Most of us don't get enough sunlight so we are reliant on food or pills for our vitamin D, however the process of extracting vitamin D from food or pills is more complicated than just lying out in the sun.

Vitamin D is fat soluble, meaning it dissolves in fat, not water, and it has to be transported in fat on its journey from the stomach to the liver and the kidneys.

This is why you are advised to take your vitamin D with fat – either oil or with the largest (ie fattiest) meal of the day.

If there is no fat accompanying vitamin D on its journey from the stomach then none gets through to the small intestine where fat-digesting bile acids release the vitamin from its fatty transport and allow it to move through the intestinal wall into the liver.

Vitamin D in a spray, like vitamin D from the sun, does not travel through the stomach but goes straight into the bloodstream with the spray's mist absorbed through the soft tissues of the mouth where there are plenty of blood vessels to help absorption.

This is the theoretical basis for claiming better absorption for the spray, but the press release contained no evidence to back all this up.

I asked pharmaceutical consultant



Mark Walker, pictured right, for guidance. Mark is an MSer who has previously given advice in New Pathways about the best way to take vitamin D (See NP84).

Mark said the figure of 10pc absorption could be correct but he qualified this by saying this would only happen if you were swallowing a hard pill or tablet containing vitamin D2 – the plant-based version of the vitamin. He added the 10pc figure wouldn't apply to vitamin D3 when taken with oil or in soft gelatine capsules where up to 80pc could potentially be absorbed.

Based on this I got back to the people who had sent out the press release, a company called LoveurSoul, and asked them for clarification regarding the 10pc claim.

They agreed the figure was an "oversimplification" and there was more to tell. So I asked them to tell me more. They said the following:

"Statements regarding '10pc absorption' of pills have been derived from information appearing in the Physicians' Desk Reference which was placed and paid for by a vitamin manufacturer. Other than this, there is no document that we know of stating what must be regarded as an oversimplification of the matter. As a matter of policy, Spray Labs (the spray manufacturer and business partner of LoveurSoul) does not make any statements regarding percentage absorption for different dosage forms.

Every ingredient is different and every individual is different. So I'm afraid having been led to believe it was a valid claim, it appears that it can't be upheld."



I then asked Mark about the other claim in the press release - that up to 95pc of vitamin D could be absorbed from a spray. Mark said this figure sounded a bit high and I told him I agreed as I had read elsewhere that some of the

vitamin mouth spray doesn't get into the blood but is absorbed into saliva, and ends up swilling around in the mouth, before being swallowed and ending up in the stomach anyway. So, once again I approached LoveurSoul to ask them where their figure of up to 95pc came from.

Lucy Batham-Read, pictured below, founder and managing director of LoveurSoul, said research had shown sprays have a high absorption rate but given that no two people are the same and absorption cannot be fully measured it would be difficult to substantiate the claim of absorption rates as high as 95pc. She did say she believed spray absorption would tend to be higher because vitamin D in a spray goes straight to the bloodstream rather than through the stomach.



So, based on two claims which can't be upheld or are difficult to substantiate, you might expect I would reject sprays outright. However, I don't. I actually like them and I think there are several things that can be said in favour of them. It is just a shame the press release didn't really mention these.

The first is that sprays are a new and very different way of taking vitamin D. Given the difficulties of raising vitamin D levels we shouldn't reject any new approaches. I know from personal experience efforts to raise vitamin D levels can be long and surprisingly difficult if you rely entirely on tablets or soft gels.

Secondly, sprays are now increasingly available. Several brands can be bought online including one by Higher Nature. Some brands such as Better You's Dlux range are available in Holland Barrett.

Thirdly, sprays will be particularly useful for people who don't like swallowing pills. Children in particular will love them.

Finally, I think my minty spray tastes rather nice and I have found a quick spray a very civilised way of ending my evening meal – something I could never say about gulping down a tablet or soft gel. Perhaps an endorsement such as this could have been used to promote the product in the first place. It is based on an opinion not facts and therefore doesn't need to be "upheld" or "substantiated" in any way.

I do hope that you enjoy this article as always you should consult your GP before commencing on any supplements. There is a blood test that can be easily taken to see if you are vitamin D deficient and need a supplement in the first place. Also I note that you can get several different brands of sprays from www.iherb.com which is a very good and reliable website.

Hidden Heroes

by Glenys Forsyth

When we decided to include a spot in the newsletter for our carers I had this vision of searching the literature (which I did) to bring, to you, the most recent information related to “what it means to be a caregiver”. Ok, so here it is:

- Caregiving activities are diverse.
- Time involved in caregiving is indeterminate.
- Caregivers have consistently expressed their concerns regarding the impact caregiving has on their health and life in general.

This is about as far as I got before I said “STOP”. I thought, “I know this stuff; you will know this stuff”. We live it most days. So where did this leave me in terms of an interest story for my fellow carers? Then I remembered a comment made by a MS member who said that hearing personal stories brings hope so maybe that also rings true for carers. “I can do that” I thought, “I can write a personal story”. I am renowned for my personal stories. I pepper my psychology classes with personal stories much to my students delight (or is that dismay? Or maybe just tolerance!). However, personal stories can leave you vulnerable, but I am OK with that because if you can resonate with just a small part of what I am saying, or if you come to realise that what you may be experiencing or feeling is not unique to you, or if you now know that you do not have to do this on your own, then my story was worth saying.

“I can’t do this anymore...I can’t go on...I just want to walk away...I just can’t do it.”

These are my words; words that I uttered (or cried in desperation) to my doctor just over two years ago. I was somewhat confused at how I had got into that state. I believed that I had a number of things going for me in that I am an intelligent woman, I had put myself through University, I had gone on to achieve my PhD, I had maintained employment throughout this, and I had my dream academic job. What’s more, I had achieved this despite the advancement of Alan’s MS and the on-going care that required but here I was, sitting with my doctor, sobbing that I could not go on.

It is times like this that I am ‘frustrated’, ‘pissed off’, ‘sad’, and ‘regretful’.

At that time we were living in Cambridge. We had no immediate family in the North Island so in that sense we were alone. MS was relentless

as it continued to chip, chip, and chip away at our lives resulting in an emotional roller coaster ride, not just for Alan, but for me also. Rather than acknowledging my feelings, I chose to shut them behind my iron façade. This action turned out to be my undoing. I liken it to a plaster wall where a bit falls off exposing a crack so we put a patch on it, another bit falls off so another patch goes on and so it continues. However, eventually the cracks become too big to patch and

the wall begins to crumble. When my wall crumbled I was in the grips of depression and I had literally burnt out. How had I got to this point? It was not because I was caring for Alan. It was not because of the unpredictability of the pathway of MS. It was not because I was

also trying to hold down full-time employment. Rather it was because I was trying to do it alone and in doing so I was not looking after 'me'. I did not consciously ignore my own health and well-being but up to that time I had just put 'me' on the backburner.

I pulled into our driveway ... and with a sinking heart I looked towards the floor and saw Alan lying there... I was angry with myself for going away for the day ... I experienced a sense of despair, feelings of helplessness as I called the ambulance.

Alan was stressed, distressed, in pain...I was shattered, had a massive stress headache, ... feeling very vulnerable...what was in front of us...how was I going to cope...so many unanswered questions...

Throughout this 'story' I have been sharing, with you, personal moments from my journal (I find writing down my thoughts and feelings to be cathartic, just one of the strategies I use to help me manage my life). I am not

sharing these moments with you because I want your sympathy or to hear you say "poor Glenys". I am sharing them because at the time I wrote those words I was not taking care of 'me'. Now don't panic, I am not going to start giving tips on how to look after yourself as our needs are unique to us. What I will say though is that putting energy and effort into your own health and well-being is worth it. Even though I now take better care of 'me' there are still moments when I get frustrated, when I feel sad or helpless but hey, that's just a normal part of life. What is good though is feeling guilty when I take time for myself or becoming angry with myself when things don't go to plan are things of the past. However, looking after 'me' is on-going.

More recently I was asked the question "how important are you?" In my usual fashion I attempted to deflect the focus away from me, but I got pulled up with a "no Glenys, we are talking about you. How important are you?" I actually hesitated, unsure, before answering quietly, "I am very important". So I want to ask you that question; "how important are you?" Now I know we have not met, yet I can unreservedly answer that question on your behalf; "you are very important"; you are a hidden hero so please **take care of 'you'**.

NO-BAKE VEGAN COFFEE CREAM SQUARES



Decadent, creamy, rich, and surprisingly easy to make; these coffee cream squares are the perfect treat. They store well in the freezer too, which means they hold well for a substantial amount of time. Just transfer however many squares you need to the fridge for approximately half an hour before serving and you are good to go.

Allow me to give you the short and sweet rundown of this dish. Bottom crust is simply raw cashew nuts, dates and a dash of espresso powder. It provides the perfect robust foundation. The central piece comes next, which is the coffee cream layer. The ingredient list is as following: coconut cream, strong coffee, vanilla essence and a teaspoon of liquid stevia. Any kind of liquid sweetener can be used instead; be it agave, maple syrup or honey (not vegan). If you decide to use any of those, you will need to alter the quantity so simply add it in while tasting. *Makes about 15 medium-sized squares*

Directions:

1. Start off by making the crust. This is done by first placing the cashews in a food processor and run until you have a crumbly flour. Add in the remaining ingredients and run until you have a sticky dough that holds together. Grab a baking pan lined with parchment and press the crust firmly down. I ended up using a large bread pan since all my other regular ones were too big. Place in the fridge.

2. Run the ingredients for the coffee cream filling in a high-speed blender (or food processor) until you have a smooth mixture. Start by using 1 teaspoon of stevia and add the remaining one if you want it to be sweeter. Take the crust out of the fridge and pour this mixture over it. Smooth it over with a spatula and make sure it is spread evenly. Transfer this to the freezer for at least 2 hours before proceeding to the final step.

3. For the final chocolate layer you could technically only use the dark sugar-free vegan chocolate. As you might know from this article, I am not a fan of using oils and you will seldom see any of my recipes call for it. I made this twice, once using coconut oil and once using simply the chocolate. Taste-wise both are amazing with only a marginal difference. The reason why I added it in as an option is because it is significantly easier to slice and spread the chocolate layer if you add in the coconut oil

Regardless if you use the oil or not, you make the chocolate layer by melting the chocolate (and coconut oil if desired) in a small pot on low heat. Once completely smooth, pour it over as a final layer, again spreading it out evenly. Since you already had the filling in the freezer you will notice the chocolate firming up as you are spreading it, so be quick!

You can re-freeze these without any problems though I would not recommend doing so more than once. Therefore the optimal way of going about this would be to take them up once, slice, refreeze, and then take up individual pieces as needed. Before serving, let it sit at room temperature for 20-30 minutes or in the fridge for up to 4 hours. This is all ignorable if you are serving them right-away, in which case there is no need for re-freezing at all. Just place it in the fridge after adding the chocolate layer and it should harden within 10 minutes. Leave at room temperature for another 10 – 20 minutes, and then knock yourself out. *Additional notes (*): Coconut cream is essentially just canned full-fat coconut milk that has been stored in the refrigerator for at least 2 hours (preferably over-night). Take it out of the fridge and scoop out the hardened coconut cream that you find on the top of the can. The reason for doing this is to allow the added water and coconut mass to separate. All of the water will have gathered at the bottom of the can, which is not going to be used when a recipe calls for coconut cream.*

Ingredients: for the crust

- 1 1/2 cup raw cashews (220 grams)
- 2/3 cup pitted dates (135 grams)
- 2 tsp espresso powder (or use a strong instant coffee)
- a pinch of salt

for the coffee cream

- 1 1/2 cup coconut cream* (240 grams)
- 4 tbsp strong cold coffee (60 grams)
- 1 – 2 tsp liquid stevia
- 1/2 tsp vanilla essence

for the chocolate top

- 100 grams dark sugar-free vegan chocolate
- 2 tbsp coconut oil (optional, read note on final step)



Love is...

like a bed of nails!

A concerned expression accompanied the handing over of an unusually-shaped gift. It was flat, with a clear bump.

"I know it's not something you specifically asked for, but I found it online and I think it might be helpful..." said a worried voice.

Paper is promptly ripped off, to reveal a flat mat with spikey plastic pegs on it, and a pillow with the same spikey adornments.

"It's a Shakti Mat."

OK...

A couple of years ago New Pathways editor **Kahn Johnson** got a surprising Christmas present – a Shakti Mat. It turned out to be the best present he received that year...

"It's meant to help with back pains and that sort of thing."

OK...

The mat is placed on the floor and I

lie down. First reaction? Well, it doesn't hurt...

Over the next few weeks, more lying down on the mat is done, and yes it certainly helps with back pain. And leg pain it turns out.

Then I make a discovery.

One afternoon, feeling particularly exhausted and wiped out, I figure I need a nap. Now, I'm one of the lucky ones where fatigue is concerned (if one can be lucky with fatigue) in that I can often get a quick re-boot with some brief shut-eye.

Twenty minutes can sometimes be enough.

On this occasion, I decided to nap on the Shakti Mat and pillow – and half an hour later, I was up, wide-awake and feeling fully refreshed.

No nap had ever worked that well before.

Invented in Sweden in 2007 by Yogi Om Mokshananda, the Shakti Mat is an acupressure mat designed to simulate the Indian bed of nails. The tiny points on the plastic discs are used to recreate the acupressure effect of the Indian Yogis' nail bed.

Yogi Om Mokshananda spent most of his grown up time in Himalaya and India, practicing yoga and learning the eastern

ayur veda science. Out of his knowledge he got curious to know how the ancient bed of nails had developed throughout the centuries.

Choosing organic materials for the mat, and top-quality plastic for the best possible spikes, the Shakti Mat was born.

Granted, lying on small spikes doesn't sound like fun – especially if you already feel a lot of pain, or your feeling quite fragile and sensitive – but, if I'm anything to go by, it works.

Granted I always wear a top when I'm lying on it, but the spikes aren't that painful, and the sense of relaxation you feel when lying down is simply wonderful.

Not content with just doing the mat and pillow, the Shakti Mat people have now branched out into a foot pad and headband.

Fortunately I don't suffer headaches, so I can't vouch for the success for the headband, but the foot pad is just ace.

Five minutes standing on it in my besocked feet (which haven't had full sensation in them since an episode in 2008), and you can actually feel the circulation improving.

But the socks thing is, I think, important.

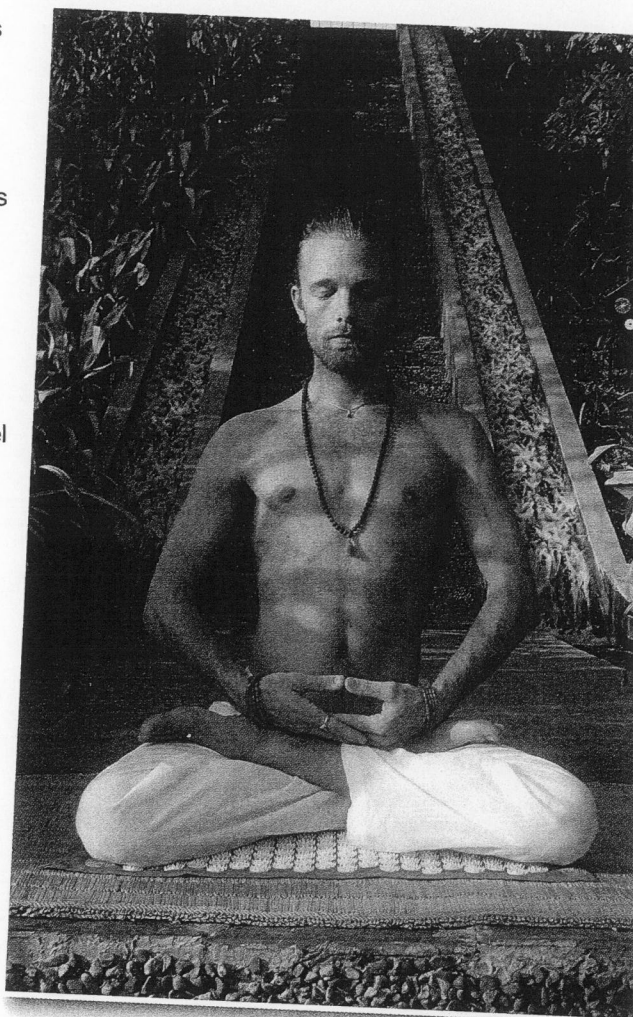
Intrigued upon their arrival in the MS-UK office, colleagues were keen to try them out for themselves and soon several people were taking it in turns to stand on the foot pad.

Socks, it was concluded, were essential for the beginner.

But ouches and – in one case – a leap off that would have impressed a cat aside, the consensus was that it seemed to work.

Now I know there are a lack of scientific studies into the whole bed of nails philosophy, but sometimes that doesn't matter.

If I'm able to lie down for half an hour and feel wide awake when I get up, or if



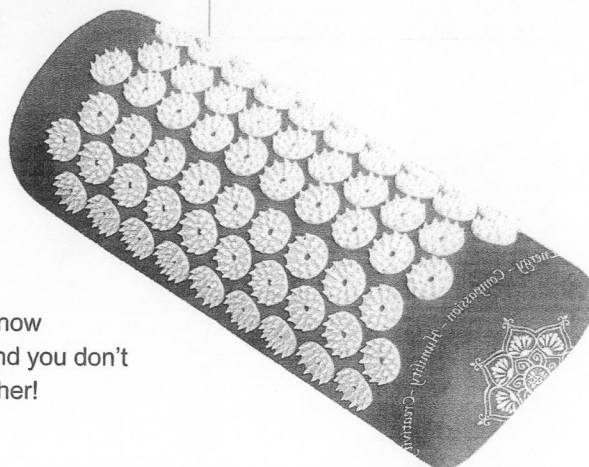
I'm able to stand on the foot pad and my feet feel more "normal" after five minutes than they have in five years, I'm not sure a bunch of boffins could persuade me that they can prove it doesn't work.

Here at New Pathways, we've always had the philosophy that if it works for one person, it could work for someone else – and that's certainly the case with the Shakti Mat.

If you perform yoga (which many find helps with symptoms and physical well-being), the mat could be an added boost.

If you don't fancy lying down, the footpad will easily slip under your feet and will boost circulation while you're simply sitting.

First Abba, then Ikea, now Sweden gives us this. And you don't even need to put it together!



NOTICE BOARD

Social Group (all welcome)

Meets on the second Tuesday of each month

Tuesday 10th March 2015 Lunch Caroline Bay
Meet at toddlers pool at 10.30am bring own lunch. *Raffles start that day*

Tuesday 14th April 2015— Station Street Café
lunch 11.30am Meet there.

Tuesday 12th May 2015—Lunch at Stables,
meet Arthur Street 11.30am

Men's Lunch Group

First Tuesday of the month

Phone Bob 6886467

Every Month a different Eating out experience

MORNING TEA AT ZEST—2015

Last Tuesday of every month —By
10.30—11.30

Come and enjoy the friendly group for
friendship, fun and laughter

AWARENESS WEEK

25th -30th MAY 2015

WORLD MS DAY

27th MAY 2015

COLLECTION DAY FOR AWARENESS WEEK

29TH MAY 2015

SWIMMING C-BAY

17th March—meet 10.00am C-Bay

7th April—meet 10.00am C-Bay

21st April—Meet 10.00am C-Bay

5th May 2015 Meet 10.00am C-Bay

19th May Meet 10.00am C-Bay

POWER PLATE

The power plate is available for use at
Community House, Monday to Friday.
Have a talk to Fiona to find out more
about this easy to use exercise
machine

EXPO 2015
SOUTH CANTERBURY'S
COMMUNITY SERVICES
2.00am—7pm Caroline Bay Hall
18th March

THERAPUTIC MESSAGES - Raynor Massage Practitioner
Phone Raewyn 027 2088 936 or rjsturzaker@xtra.co.nz

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HUMOUR

Under Rules for Dating My daughter.

Rule 3: I am aware that it is considered fashionable for boys your age to wear their trousers so loosely that they appear to be falling off their hips. Please don't take this as an insult, but you and all of your friends are complete idiots. Still, I want to be fair and open minded about this issue, so I propose this compromise: You may come to the door with your underwear showing and your pants 10 sizes too big, and I will not object. However, in order to ensure that your clothes do not, in fact, come off during the course of your date with my daughter, I will take my nail gun and fasten your trouser securely in place to your waist.

FISHERMEN

"I wish I had the time to go fishing"
"But you are always fishing"
"Yes, but I wish I could afford it!"

Against his wife's wishes he set off for another weekend.

"What's Dad carrying?" asked their young son.

"It is called a fishing rod, dear, and it has a worm at both ends."

An angler's wife asked him for some money. He gave her two fifties, two twenties, three tenners and a fiver. She threw the small one back

Oh give me the luck to catch a fish
So big that even I
When talking of it after wards no
need to lie

Three old maids were sitting on a seat in the park when a member of the raincoat brigade flashed at them. Two of the old ladies had a stroke. The third was too slow.

It was so cold the other day that the local flasher was seen describing himself to a woman.

An arrogant young man was setting up a computer system for one of the pretty secretaries.

"Now you're going to need a password", he said, and hoping to embarrass her, he typed in the word PENIS. However, she had the last laugh when the screen flashed back the message
"password rejected, not long enough"

Did you know that if you're having a bad day, it takes 42 muscles to frown but only four to extend the middle finger and tell them to sod off.

A closed mouth gathers no feet.

Bloody women" cursed the man at the bar. "I think my wife is having an affair with a travelling salesman. Last night I found a case of brushes under the bed!"

"Yeah, women agreed the bartender. "I think my wife's having an affair with a pet shop owner. When I got home, I found two budgies, 1 parrot and three white mice under our bed"

A man further down the bar had been listening to this conversation and he spoke up.

"That's nothing, I think my wife's having an affair with a horse. I cam home last night and found a jockey under our bed!"

SALESMAN LIES

You won't see this anywhere else.
This sort of thing never goes out of fashion
Bring it back if you do not like it.
This is a never-to-be-repeated offer!
Unbelievably low prices
It is the last one in stock
You'll have no trouble with it!

Don't force it: get a larger hammer
Any tool when dropped will roll into the least accessible corner of the workshop.
Never go to a doctor whose office plants have died.
When all else fails read the instructions.
The first bug to hit a clean windshields lands directly in front of your eyes.

National Scholarships/Grants/Awards available to PwMS

MS National AKA The Multiple Sclerosis Society of New Zealand (Inc) - is a non-profit organisation formed to provide on-going support, education and advocacy for people with MS and their support networks. It also aims to educate the general public, employers and health professionals about MS and actively funds key research into the condition. <http://www.msnz.org.nz/>

Moirs can help apply for this stuff:

Outward Bound - Aspire Scholarships

This is a specially adapted low impact course for people aged 27+ who have a physical limitation – past participants for this course include people with MS, arthritis, joint replacements and back injuries.

It is an 8 day course where participants get to try all sorts of new, fun activities in a safe and supportive environment including: sailing, rock climbing, kayaking and high ropes.

The best news is that they are currently offering \$1890 scholarships for this course. People can apply for these scholarships through this link on the Outward Bound website: www.outwardbound.co.nz/aspire

The full course fees are \$2390. The individual applying for the scholarship would need to raise the remainder of this.

<http://www.msnz.org.nz/Page.aspx?pid=460>

Dorothy L Newman Scholarship

The Dorothy L Newman Scholarship assists people who have been diagnosed as having MS and as a result are unable to continue in their present employment, who need to change their employment and undergo a course of retraining in order to do so.

Applications are open solely to people with MS needing to retrain for paid employment.

Applicants will be required to explain in a statement in their application the reasons why they chose their course of study, how they intend to use their qualification on successful completion of their course and the likelihood of employment following the course.

Applications for the Dorothy Newman Scholarship fund for next year (2014 academic year) are now open. To receive a copy of the guidelines and application form email info@msnz.org.nz.

<http://www.msnz.org.nz/Page.aspx?pid=461>

Esme Tombleson Awards

Esme Tombleson was the co-founder of the national Multiple Sclerosis Society in 1961 and from 1975 was President for many years. She was also founder and President for many years of the Gisborne branch and on the International Federation of the Multiple Sclerosis Society's executive. In 1987 she received the rarely awarded gold medal for distinguished services to Multiple Sclerosis.

In honour of her work, the MS Society of NZ offers the Esme Tombleson Award annually to people in New Zealand for the 'Person with MS of the Year' and 'Caregiver of the Year', which are presented at the MS Society AGM. The nominations for this award are organised through the Regional Societies and Co-ordinated through MSNZ every September.

<http://www.msnz.org.nz/Page.aspx?pid=354>

Disability Grants

The Lottery Individuals with Disabilities Committee distributes funds to people with disabilities for the purchase of vehicles, scooters and other disability equipment to help them achieve independence and participate in the community.

For funding purposes, an individual with a disability is defined as:

"a person who has a permanently reduced capacity to be transported, to be personally mobile or to communicate, as a result of a physical, sensory, psychiatric or intellectual disability."

Priority is given on the basis of:

- the severity of the disability
- the contribution the vehicle or equipment would make to the quality of life of the person with a disability (the applicant)
- the financial circumstances of the applicant and their family
- the availability of alternative transport or assistance
- the family situation of the applicant
- the applicant's locality
- any lottery assistance received in the past

What is funded?

About 40-45% of applicants receive funding. The usual grant available for a mobility scooter is \$4,000 (+GST). The maximum grant for a car is \$10,000(+GST). If the need for a van can be justified, the maximum grant available is \$12,000(+GST). An additional grant of up to \$10,000(+GST) can be approved for a wheelchair hoist or vehicle modifications if required. There is no maximum amount for other mobility/disability equipment with applications generally being considered on their particular merits.

Applications

To apply for a Individuals With Disabilities Lottery Grant download the application form, information sheet and application guide. Submit the application along with a letter of support from the MS Society, your fieldworker, therapist, doctor or person of standing within the community.

Applications may be made at any time. (There are no set meeting dates or closing dates for applications.) Decisions are made six to 16 weeks after applications have been lodged.

Lottery Individuals with Disabilities Information Sheet & Lottery Individuals with Disabilities Grant Application Form can be downloaded from the below link:

<http://www.msnz.org.nz/Page.aspx?pid=369>

Scholarships/Grants/Awards available to people through MS National

MS National AKA The Multiple Sclerosis Society of New Zealand (Inc) - is a non-profit organisation formed to provide on-going support, education and advocacy for people with MS and their support networks. It also aims to educate the general public, employers and health professionals about MS and actively funds key research into the condition.

<http://www.msnz.org.nz/>

NOTICE BOARD

CLIENT SURVEY

A client survey is enclosed with your newsletter. Regular surveys are essential to ensure that we are meeting the needs of you, our clients, and if any changes are required. The survey is anonymous, if you could please complete it and return it to us in the freepost envelope provided by June 25th 2015

Make a bequest to MS South Canterbury

A bequest is a gift made through your will, giving you the opportunity to acknowledge the worthwhile and ongoing work of the South Canterbury MS Society.

It is untrue that only the well-off leave money to charities when they pass away. The reality is that without the gifts left in wills by people such as yourself, many of the charities would not survive.

If you would like to leave a lasting legacy to the South Canterbury MS Society please include a bequest to the Society in your will. We strongly recommend you seek legal advice from your solicitor when adding a bequest to your will.

By remembering the Society in your will, you can secure the future services provided by the

EXERCISE GROUP:

Every Friday at St Stephens church hall, Wai-iti Road.

With a Physio or Parkinson's Community worker. Doing balance, strengthening and exercises.

10.15—11.15am

Cost: 50 cents includes morning tea.

SPEECH THERAPIST:

Last Friday of the month at St Stephens Church hall, Wai-iti Road.

With Speech Therapist (Abby Johnson). Doing singing and vocal exercises.

10.15 - 11.15am

Cost 50 cents includes morning tea.

STARTING A NEW SUPPORT GROUPS

If you'd like to start a support group or feel there is a need for a certain group please contact Fiona with details.

THE VOICE

Do you want to share your MS story for publication in the National newsletter "The Voice" Or go on line to read the latest copy at: <http://www.msnz.org.nz/Page.aspx?pid=590>

USEFUL WEBSITES

Weka-New Zealand's weka website is for the use of disabled people, (their families, whanau, caregivers) and health professionals.

<http://www.weka.net.nz>

Disability information Services **CCS disability Action South Canterbury**— Free generic information and referral service for all disabilities and health related issues.

<http://www.scdis.org.nz>

Work and Income— have a very detailed website with a lot of information and disability Assistance including the disability allowance.

<http://www.work&income.govt.nz>

Do you have any websites that you think would be useful to other members?
Please let me know. Fiona

March 2015

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2	3 Men's Lunch Group Phone Bob 6886467	4	5	6	7	8
9	10 Lunch Caroline Bay -meet at tod- dlers pool ,10.30 bring lunch	11	12	13	14	15
16	17 Swimming C-Bay 10.00am	18 EXPO 2015 Caroline Bay Hall 2-7pm	19	20	21	22
23	24	25	26	27	28	29
30	31 Coffee at Zest 10.30					

April 2015

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5
6	7 Men's Lunch Group Phone Bob 6886467 Swimming C-Bay 10.00	8 Tea Cups and Roses. Waimate 10.30am	9	10	11	12
13	14 Station Street Café lunch 11.30 meet there	15	16	17	18	19
20	21 Swimming C-Bay 10.00am	22	23	24	25	26
27	28 Coffee at Zest 10.30am	29	30			

May 2015

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5 Men's Lunch Group Phone Bob 6886467 SWIMMING AT C-BAY 10.00	6	7	8	9	10
				AGM—BRIDGE CLUB ROOMS WILSON STREET AT 1.30PM		TUESDAY 12TH MAY
11	12 Lunch at the Stables Meet Arthur Street 11.30 AGM	13 Tea Cups and Roses Waimate 10.30am	14	15	16	17
18	19 Swimming at C-Bay 10.00am	20	21	22	23	24
			AWARENESS WEEK 25TH MAY TO 30TH MAY			
25	26 Coffee Zest 10.30am	27 WORLD MS DAY	28	29 COLLECTION DAY FOR MS AWARENESS WEEK	30	31