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ISSUE 27

multiple news

The bi-monthly newsletter from Multiple Sclerosis Auckland



We are extremely grateful to Pub Charity, who fund the publication of this newsletter. It is a well-read publication and a service we provide to our Members.

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Thérèse Russel
Go Digital Design+Print

Multiple Sclerosis Auckland
Mayfield Centre, 5 Mayfield Road
Glenfield, Auckland 0747

Ph: 09 845 5921
Fx: 09 845 5923
Email: info@msakl.org.nz
www.msakl.org.nz

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A few words from the CEO...

I can't believe this is our last issue for the year. This year should get a 'speeding ticket' as it has gone far too fast! We are busy planning our 50th Anniversary calendar for next year and we have loads of great ideas, now we need to get funding to see if we can execute these ideas. So watch this space as we hope to interact with you all next year during one or more functions.

We had a hugely successful 'Bike the Bridge' this year and raised over \$30k which was such an awesome result. If you have never completed this 'ride' mark your diary now for next year's 'Bike the Bridge' which is booked for Sunday, 15th November. Our top fundraiser was SJ Chamberlain (a Person with MS) who has now completed the course twice. Our top fundraising team was Auckland Transport. Way-to-go guys, a huge thank you to all those that raised funds for MS.

I went to the Epsom Hydrotherapy Pool Christmas Party today, the first of many now. It was wonderful to see such a big group of Members and volunteers, this group knows how to work hard and then play hard. They are a lot of fun and just love their weekly exercising in the pool. If you haven't ever tried this type of exercise, put it on your bucket list for next year as it is hugely beneficial and extremely social. You will find a class near you and don't forget we have a Saturday class now as well.

We have had several 'Mix 'n Mingle' gatherings this year for people who work. We meet for drinks after 5pm and have met in a few venues around Auckland. Please ring the office if you would be interested in attending the next one as these gatherings are always fun and you get to meet lovely people.

Next year we are going to be trialling a Pilot Programme for Yoga, as we have had so many requests from our Members who are keen to give Yoga a go. If this is something that would appeal to you, please ring the office and express your interest. The Pilot Programme will be held in Glenfield.

I hope to see many of you at our final event this year, the Members and Volunteer's Christmas Lunch. The venue is spacious, plenty of parking and we have a fantastic band to entertain us. We have 80 people booked so far and I know many more will come, so don't leave your booking until the last minute. Ring Kirsty now and tell her the good news, that you are coming! Members \$25/Non-Members \$35 and all Volunteers FREE! It is being held at the Commerce Club in Remuera from 12.30pm until 3.00pm.

Finally, I have thoroughly enjoyed another fantastic year working for you, meeting more Members and catching up with many Members who I consider 'friends'. I wish you and your family a very happy, safe and relaxing Christmas break. May 2015 fulfil all your dreams and may there be successful research achieved moving closer and closer to 'the cure' for MS. Take care, God Bless.



THÉRÈSE RUSSEL
Chief Executive Officer



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Notice Board

MS Auckland Celebrate

MS Auckland will celebrate 50 years in 2015... something to be really proud of!

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DREAMs

Do you have a reasonable "Dream"? Tell us about it and we will see if we can make it happen. No promises and don't make it huge. Email therese@msakl.org.nz or phone 845 5921.

Honorary Life Members

Always appreciated
– Never forgotten
David Ashton
Jo Smith
Ken Wadham
Judy Wear
Tina French
Barbara Broome
Nancy Caughie
Judith and Rob Linton
Bruce Cameron
Ken Hall

Donations

Regular Monthly Donors

Our lucky October winner was Carol Lichkus and our November winner was Therese Russel, both winners donated their winnings back to the Society. A sincere thanks to both ladies.

We have added another regular donor this month to our books so monthly winnings will now be \$66.00. Good winnings for only \$10.00 in!!!

Our objective is to increase our regular donors list and our monthly earnings, so if you are keen to be a donor, please call the office. It is a great way for your friends and family to support your Society and the donation can be \$10.00 or more (the cost of three cups of coffee).

Please phone Kirsty on 09 845 5921 to register as a Regular Monthly donor.

"While MS Auckland staff member, Mark was away on holiday - naughty elves gift wrapped his entire desk and contents!"



From the field...

Our Field Workers



Diane Hampton, North Shore



Carol Andrews, Central



Georga Forgac, West



Dianne Bartlett, South

Hello everyone. At long last spring has arrived with the better weather and daylight saving meaning we can make the most of daylight hours.

Like us, you've probably been hibernating over the winter months so now is the time to get into some form of activity.

As another year draws to a close we'd like to wish you all a safe and happy festive season. Many people seem to be opting for a low key, low stress Christmas this year. Enjoy the time, however, or who ever you spend it with. The new year is an ideal time to reflect upon your previous years activity. And a great time to set yourself some achievable and /or challenging goals for 2015. A goal could be things such as improving your sleep, healthy lifestyle changes, study, starting a new hobby, or joining a group (such as our water walking groups). You may even like to start training for Bike the Bridge next year (15 November) and start your fundraising now – if you fundraise over \$300 you will get a free entry. For ideas you can google virtually everything these days, and there are some community education classes running. Local newspapers and community notice boards are great sources of information. Go for gold!

We'd like to say THANK YOU to all our amazing volunteers, who are so generous with their time. Your ongoing help, support, and friendship of people with MS is really appreciated. Our volunteers help in a variety of ways. These include attending the water walking classes as helpers, visiting people for companionship, booking tables at cafes for group meetings, dog walking, collecting for our yearly street appeal, office work, plus a multitude of other things that crop up during the year. If you are keen to become a volunteer, or know someone who may be interested in becoming an MS Auckland volunteer in 2015 please contact Mark on 09-845 5921, or by email mark@msakl.org.nz. We are always looking for more enthusiastic 'helping hands'.

Our offices will be closed from midday on 23rd December and reopen again on Monday 5th January 2015, however not all Field Workers will be back then. If you have an emergency please see your GP or dial 111.

Farewell 2014. Welcome 2015.

Happy Christmas from Carol, Diane, Dianne and Georga.

Rope Neuro Rehabilitation

Merry Christmas to all of the MS society members!! What a fantastic year it has been, we hope you have enjoyed the MS Christmas lunches, and have time over the holiday period to relax and spend time with those who are important to you.

I can't believe that another year is coming to a close, and I just wanted to say Congratulations to everyone who has attended our hydrotherapy classes over the past year. What a great year it has been, and so fantastic to see new people from all over Auckland joining our groups! It is such a pleasure taking the MS hydrotherapy classes, they are always so vibrant and enjoyable, we hope that you have enjoyed your group and got some benefits from your attendance! Also well done to everyone who has kept up their own personal exercise programme throughout the year-a great achievement, it has been great to be involved with many of you over the year.

You may have noticed the girls from Rope conducting some outcome measure testing at your pool group. We are trying to get statistics to show the benefit of water walking in regards



to strength and endurance. Please bear with us whilst we put together this information! Also, if you have had any personal benefit from the pool groups that you have experienced, we would love to hear from you – pop me an email and let me know!

I just wanted to say a HUGE thank you to all of our Volunteers who help out with the Hydrotherapy groups across Auckland. These groups would not happen without you – the time you spend volunteering for the MS society, is very much appreciated.

Merry Christmas from the team at Rope Neuro Rehab and we look forward to catching up with you all in the new year!

Stephanie, Julie, Sarah, Jess and Alisha
Stephanie@ropeneurorehab.co.nz 021 109 947



From the MS Nurses

Happy Christmas everyone! We hope you have a well deserved rest and try and keep cool over the hot and humid festive period.

If you have called or emailed us in the last 6 weeks you would have had a delayed response (unless you were reporting new symptoms or needed urgent advice).

It has been exceedingly busy for us planning a new service roll out in the months leading up to PHARMACs approval to fund Gilenya and Natalizumab. In the weeks following the announcement we have been, as we anticipated, flooded with enquires about the new treatments.

If you are someone with relapsing remitting MS and are wondering if you may be eligible and/or wanting to learn more about the treatments could you provide us in your message with some information to help us with your enquiry.

- your date of birth
- the name of your neurologist
- an idea if when your last relapse was
- if you are able to walk 500m unaided and without stopping



Alternatively you could ask your GP to refer you to your neurologists for an appointment to discuss this. Remember if you are seeing your GP to report a suspected relapse please ensure they inform your neurologist or drop us a quick email so we can ensure you get followed up. If your specialist team are not aware you are having a relapse we are unable to apply for the new treatments for you.

The MS nursing office will be shutting on the 24th December and re opening on the 12th of January 2015. Any message left will not be read or replied to over this period. If you are experiencing new symptoms or a flare up of previous symptoms over this time please see your GP or local emergency department who can contact the on-call neurologist at Auckland Hospital if required.

Happy Christmas and all the best for 2015!

Warm wishes, Fiona and Nazila

Carers' Corner

Updated Guidelines for the Care and Support of those with MS

The latest UK guidelines relating to the care and support of those with MS became available on 8 October 2014. The associated NICE media release provides much food for thought. Comments include "currently some people are receiving excellent care and support but others around the country are not. The care someone receives should not depend on where they live". The importance of "offering people with MS an appropriate single point of contact to speak about their care, concerns and different treatment options" is highlighted as well as "encouraging people with MS to exercise and offering supervised exercise programmes for those who struggle with mobility and fatigue".

It goes on to say "We want to ensure that throughout the country people with this distressing and disabling disease have prompt access to specialists who understand their needs and can help improve their condition" and "recommends that every person with MS has a comprehensive review of all aspects of their care at least once a year and that multidisciplinary teams should oversee the care they receive".

Peter Sullivan, speaking on behalf of the MS Network of Care, observed "No comparable nationally endorsed safeguards exist in Australia. There needs to be a nationally endorsed process that enables pwMS, as a matter of right, to access internationally recognised referral pathways as and when needed - without this, enormous additional pressure

is placed on people with MS, their families and all of those entrusted with their care. The absence of such guidelines also makes it extremely difficult to prioritise and evaluate the relevance and effectiveness of both service delivery and research funding. The Australian MS community deserve the comfort of knowing that such guidelines are in place. The development and maintenance of such a process to be consistent with the key principles of patient-centred care."



On 10 October 2014, Debra Cerasa, CEO MS Australia advised "A plan for this work has been on the MSA agenda for some time. MSA, in conjunction with the State MS Societies National Services Leadership Group (NSLG), is currently considering how we can facilitate an appropriate review of the NICE guidelines that will be beneficial across all stakeholders, given that we have no allocated resources for such a development.

I also recognise that the MS Nurses Association, the Australian Neurologists with special interest in MS, MS clinics in hospitals and other groups also have a keen interest in this discussion".

More on this topic is at <http://www.msnetwork.org/horizon/standards.htm#guidelines>

Peter Sullivan

On behalf of Multiple Sclerosis Network of Care, Australia

Recipe

Avocado Chocolate Mousse (for the good people!)

Serves 4 to 6

Ingredients

- 4 ripe avocados
- 1/3 cup agave syrup or mild honey
- 1/2 cup cocoa powder
- 1 teaspoon vanilla extract
- Pinch of salt
- Fresh fruit and nuts for garnish

Method

In the bowl of a blender or food processor, blend avocado until smooth. Add all other ingredients, blending until mixture is uniform. Chill for about 2 hours in the fridge or half an hour in the freezer. Garnish with fresh fruit or chopped nuts.



Sandra Perry Dip.Nutrition
Nutritionist



360 nutrition

55 Bushlands Park Drive Albany 0632

p: 09 415 2676 m: 021 1546999 e: nutrition360@clear.net.nz

Recipe



Sweet Sherry & Spiced Apple Compote (for the naughty people!)

Ingredients

- 6 apples, peeled and diced
- 4 pears, peeled and diced
- 1/2 cup sultanas
- 1/4 cup mixed citrus peel
- 1/2 cup brown sugar
- 1/2 cup sweet sherry (e.g. Pedro Ximénez)
- 1 teaspoon mixed spice
- 2 teaspoons cornflour mixed to a paste with
- 2 tablespoons water

Vanilla custard:

- 3 cups milk
- 1 cup cream
- 2 teaspoons vanilla paste
- 1/4 cup caster sugar
- 1/2 cup (60g) custard powder

To assemble

- 1 medium, double-layer sponge cake
- 1/4 cup sweet sherry
- 1 cup cream, softly whipped
- 1/2 teaspoon freshly grated nutmeg

Compote:

Combine apples and pears, sultanas, peel, brown sugar, sherry and spice in a saucepan and simmer 8-10 minutes until fruit is tender. Stir in cornflour paste and simmer 2 minutes until thickened. Cool at least 20 minutes.

Custard:

Place 2 1/2 cups of the milk in a saucepan with cream, vanilla and caster sugar and heat to near boiling. In a small bowl, mix custard powder to a paste with remaining 1/2 cup milk. Stir into hot milk mixture and simmer 2 minutes until thick and bubbling. Remove from heat, cover and cool 10 minutes.

Trifle:

Cut sponge into cubes. Spread a little custard over the base of a large serving bowl and arrange half the sponge on top. Sprinkle with half the sherry then half the compote and half the custard. Repeat layers, cover with whipped cream and grate nutmeg over. Serves up to 12.



Recipe courtesy of New Zealand House & Garden.

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Commerce Club of Auckland
27-33 Ohinerau Street, Remuera

12:30 - 3:00 pm
Sunday 14 December

\$25 - Members
\$35 - Non-Members

Entertainment Included - Cash Bar and Raffles

Please contact Kirsty on 09 845 5921 or info@msakl.org.nz
Bookings Essential



* If you would like us to send a taxi for you please let us know *

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become an MS Good Sort and host a Tea Party please contact:
Pam – 09 845 5921 or email pam@msakl.org.nz

Events Bike The Bridge 2014



Bike the Bridge has been and gone for another year and on all accounts we had a great event!

The weather gods were surprisingly gentle on everybody considering the high winds and heavy rain we had the day before. Set up of the MS Marquee was impossible on the Saturday, so Sunday morning was an earlier start than first anticipated in order to be ready for the first riders coming into the finish.

And what a great atmosphere we had at the finish line!

It was wonderful to see all our volunteers handing out the finishers medals in their bright orange t-shirts! The support we received from the cyclists and their friends and families was equally fantastic. Our bright orange MS t-shirts were very distinctive and we certainly stood out in the crowd.

Our fundraisers were also very distinctive amongst the 2500 plus cyclists completing the ride in their 'Bike MS' tops. This year MS rewarded everyone who raised over \$250 with an MS Cycle shirt so they were easily spotted. Great job everyone; we are extremely grateful for your hard work. Collectively our 'Heroes' have raised over \$24,000 and this amount is still climbing.

This year we had more Members riding and fundraising than in previous years and next year we aim to get more of you out there! Sarah-Jayne Chamberlain was our Top individual Fundraiser and Auckland Transport, our Top Team. A big shout out to all our fabulous fundraisers! Once you got yourselves going the totals kept rising!

Fundraising is easier than you think and once you get started it's amazing how quickly you reach your target! It's also exciting when you see your total exceed your expectations.

I encourage everyone next year to set up a fundraising page, whether you enter the event or not! It's simple to set up and we can help get you going!

Bike the Bridge is an event that sees other organisations supporting our Society and the great work we do. Nomad Coffee donated \$1 per coffee sold at the Stadium and Auckland City Toyota ran a sausage sizzle with all funds donated to MS.

Bike the Bridge will definitely be back in 2015 and the date has been set for Sunday 15 November. To keep updated log into our Bike MS Facebook page <https://www.facebook.com/BikeMS.NZ?ref=hl> or enter here at www.bikethebridge.co.nz

See you at the start line!







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Events

Supporting the local community

Martin Cooper (pictured) of Harcourts Cooper & Co was recently presented an award for his support of the local community from Rotary North Harbour. Rotary also presented him a cheque for \$500 which was presented to MS Auckland. This award is well deserved. Harcourts Cooper & Co, do so much for many charities, schools and other organisations that are in need. MS Auckland are delighted to be one of the recipients of their generosity and kindness and we are extremely grateful for their valuable support.



DREAMs

DREAM fulfilled

Sue and her 6 year old daughter were thrilled to have their DREAM fulfilled. We arranged for them to go to the live production of 'The Sound of Music' and they loved it. Sadly Sue doesn't get to go on any trips with her daughter as she doesn't have wheelchair transport, so it was a special time for mother/daughter bonding.



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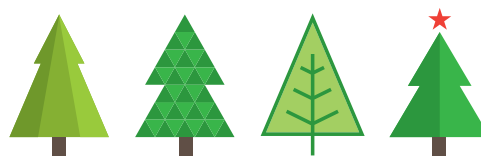
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Vision, Mission & Values



The Purpose

Therese Russel, CEO of Multiple Sclerosis Auckland, invited the Field Workers, Office Staff and Committee Members for a fun four hour session to help re-invigorate the vision, mission and values for the Society.

We would love your comments and feedback about our Vision, Mission and Values. Are we on the right track, would you support these goals. Please send through any comments to therese@msakl.org.nz

The Vision

'A World Free of Multiple Sclerosis.'



Our Mission

Empowering those affected by Multiple Sclerosis through education, advocacy and support to enjoy fulfilling lives.'

Our Values

- Passion and Compassion
- Teamwork
- Dignity and Empowerment
- Integrity in Everything We Do
- Listening and Responding



We would love you to consider a bequest to MS Auckland

The Society received a phone call last week from a Member who wants to remember the Society in her Will. She wanted her money to be used for a specific part of Research on a specific type of MS. We informed our Member, that this was perfectly acceptable and her wishes would be honoured. The following article is timely if you are considering including MS Auckland in your Will. Here are a few tips:

BEQUESTS – LAST WISHES

There are two topics in the world that most people feel a little uncomfortable talking about: Death and Money. It's no surprise then that 'Bequest Giving' can be a difficult conversation for non-profits to instigate, but it doesn't have to be that way. If you've ever considered bequests as a way of raising funds for your organisation, there are a few things you should know before you start the conversation.

Why do people leave bequests?

People leave bequests for all sorts of reasons, but in all cases they are inspired by the difference your organisation makes in the community and believe that their donation will contribute to the impact you make.

Some donors leave bequests as a way of honouring or memorialising a loved one who has benefited from, or been affected by your organisation. Others do so out of gratitude for the support you have provided, and some because it gives them a sense of value or belonging. Whatever the case, donors see their contribution as a way of supporting your cause into the future.

Who makes bequests?

Bequests are rarely made by wealthy strangers; instead they are given by long time supporters who have had some first-hand experience with your organisation. They may have personally benefited from your support or watched a family member experience your services. It is likely they have made small but regular donations to your organisation over many years – either financially or as a volunteer or board member. While they may have never made a major donation, their gifts will have been consistent over time.

What do bequest donors want to know before giving?

Believing in your mission is one thing, but before someone leaves a bequest they want to know that your organisation will use their donation wisely. They must trust that your organisation has good governance, and that you will continue to provide services and support for a long time to come.

Bequest donors also need to know that their gift will be truly appreciated. While not all donors want or expect the same level of acknowledgement, they do want to be appreciated and remembered.



PREPARING FOR BEQUESTS

Before you go out and ask for bequests, you need to do some groundwork to give yourself the best chance of success. In preparing for bequests, make sure you:

1. Provide Quality Service

Bequests are made when people are genuinely grateful that your organisation exists and that can only happen if you deliver exceptional service and support. Take a hard look at your organisation and honestly assess how well you are fulfilling your mission. People do not make bequests to mediocre organisations that have a limited impact in their community.

2. Appreciate Your Donors

People give to your organisation because they believe in your mission and the people delivering it. No matter how big or small the donation, it is their commitment to your cause that will ultimately lead to a bequest. Be genuinely grateful for donations of any size, and make sure every donor feels acknowledged and appreciated each time they give.

3. Manage Your Finances Well

Before making a bequest, people want to know that their money will be managed well and their contribution will be used effectively. They also want to know that the organisation is financially sustainable and will be around for the long haul. Operating with financial transparency gives potential donors faith you can manage your finances well, so always be up-front and have an open-book policy regarding your accounts.

4. Lead By Example

If you are going to ask others to make a bequest, it is important that those within your organisation lead by example. It would seem incredibly disingenuous for someone to tout the importance of bequest giving if it is not something they are prepared to do themselves. At the very least, each of your board members should make a bequest to your organisation before expecting anyone else to do the same.

5. Tell Bequest Donor Stories

In each of your newsletters include a story from one of your bequest donors about why they are choosing to make a bequest. Other supporters will undoubtedly see connections to their own experiences, and bequest giving will suddenly appear more relevant to them. You could also include these stories on your website and in a specific brochure about bequest giving.

6. Share the Differences Bequests Make

Let people know how bequests have made a difference to your organisation already. What equipment or facilities have been purchased, what programmes or projects have been supported, and what wouldn't have happened if not for bequests. Tell these stories whenever and wherever you get the chance.

For further information please visit www.exult.co.nz



Set in 40 acres of native Australian bush land, the Gawler Foundation Centre nestling in the beautiful Yarra Valley near Melbourne was to be our home for the next five days. For over 30 years, the Foundation has lead the way in the field of lifestyle medicine. These are the day to day lifestyle changes you can put in place to optimise the healing potential of your body, mind, emotions and spirit.

Professor George Jelinek has been facilitating the 'Overcoming Multiple Sclerosis' retreats for over 10 years. He has campaigned tirelessly to prove that recovery from Multiple Sclerosis is possible. Since his own diagnosis in 1999, the leading medical professor, researcher and author has focused his passion into finding a way to manage and control MS.

Having been to the same retreat in 2004, (3 years after my own diagnosis) I was interested to return and learn about any new research and information regarding the disease. My husband John was accompanying me as a support person and he was looking forward to sharing my experience and enjoying the peace and tranquillity the centre is able to offer in abundance.

There were 13 of us travelling from New Zealand and we set off by bus on the hour long journey to the Centre. We all sat silently, a 26 year old guy with his head phones on, a mother and her young daughter from Uruguay, a young lady from Ireland and many others, all with their own stories, and reasons for being there.

The course started with the usual introductions and we very quickly got to know each other. As the week progressed we participated in a very full programme which encompassed 7 essential principals, namely good nutrition, regular meditation, power of mind, emotional healing, quest for meaning, moderate exercise and effective support. After our first day of lectures and workshops, we ate a delicious plant based vegan meal and retired early to our comfortable accommodation.



Sleep came easily given the emotions of the day, the complete silence and the darkness of the Australian bush.

The days started at 6.30am with a brisk walk listening to the wonderful dawn chorus and the plethora of wildlife including hundreds of Kangaroos and even a Koala we often saw sitting quietly in a gum tree. We finished the walk with a few yoga stretches, then on to a meditation session in a beautiful meditation sanctuary before a delicious breakfast!

The packed programme included sessions on meditation, supplements & sunlight, a food practical, healthy emotions, laughter, spirituality and medication all facilitated by qualified and experienced professionals who provided a blend of relaxation, learning (through direct participation), meditation and sharing.



Members' Stories



'Play in the Garden' by Sarah O'Neil

My MS has been stable for a while now. I had my last minor episode about a year ago, brought on by the excitement of receiving my second book deal. But I couldn't afford to let it get in the way, I had a book to write and a garden to grow so the two could come together in a wonderful gardening book for kids – Play in the Garden. After nine years I have become pretty good at listening to what my body needs and when it says 'rest' then I rest. These days it is normally events outside my control that blind side me with my MS-sy friend.

It hasn't always been like this. In the early days with a newborn and a toddler, the fatigue was soul destroying. I had barely enough energy to look after everyone, let alone myself. Looking for a healthier lifestyle, we moved to the country, knowing nothing about living in the country at all. But it didn't take long for the fresh air and a new found love of growing and eating fresh, delicious food, that I noticed my health was much improved. And the more I did, the better I felt and so the more I was able to do.

From there I discovered a love of writing about my garden and soon found myself writing for all sorts of different publications and websites and with a book - The Good Life, to my name. I feel so fortunate to have found a budding career doing what I love that fits in around my MS – I can write from bed if I have to!



In the meantime that newborn and toddler had grown into fine boys, who had a bit of a tendency to prefer any kind of technology with a screen. So when I was asked to write a kids gardening book, I nearly said no, as I didn't feel qualified as the boys didn't enjoy gardening. But I seized the opportunity to drag my boys out into the garden and have some fun helping me test all the projects in the book and we had a wonderful time.

Play in the Garden is full of projects that can be done in the veggie garden throughout the growing season and even has instructions and guidelines for those who have never gardened before. You see the thing is this book isn't about sending kids off into a corner with some seeds and expecting them to get on with it. This is a family friendly book where everyone pitches in together to grow the crops needed for the projects and have a load of fun in the process.

This book was published by New Holland Publishers is available at all good book stores.

Russell to Paihia Swim

I thought I would share my Russell to Paihia swim story for the newsletter as it may inspire someone to face their fears and give it a go.

I am a 42 year old mother of three who was diagnosed with Multiple Sclerosis 15 years ago. In 2009 I decided to give an ocean swim a go.

I loved this swim and have been a regular ocean swimmer ever since, competing in at least 10 swims each year. I swim in the sea each week from October- May. I have heard it said that swimming is very good for people with MS and I have not had a relapse since I began swimming.

Five weeks ago I was struck by the most debilitating attack I have ever had where I have paralysis of my left torso and weakness in my body and legs. I have to walk with a stick and can't walk more than 50m at a time.

But I am stubborn and I will not let this disease define me, so I decided to try and complete the swim anyway. Getting into the water without my stick was a challenge I overcame with help from friends and once I was in the water I felt the most comfortable I had for weeks.

I am fortunate to have a great support crew in my fellow Bay2Bay swim group and one friend Dana, opted to change speed waves and swim with me. This was such a selfless gesture as she is a much faster swimmer than me, and it was immensely comforting seeing her swimming beside me. I honestly don't think I could have done it without her.



The swim was incredibly challenging as I lost feeling to most of my body about a third of the way in but I dug deep and made it. At the finish my lovely support crew were there with my stick and to help me walk up the beach.

So now that I've achieved it I am confident in taking part in the Harbour Crossing next Sunday. I know I will need help to get up those steps but my friends will be there to support me again.

So just remember, if your disease is preventing you from being able to achieve your goals, it's quite amazing how much you can do with the right support and with a strong mind.

As they say, there's nothing to fear but fear itself.

Richelle Edwards

Singer David Osmond Brings Voice to Novartis Multiple Sclerosis Campaign



"I Can Do This," the new music video from David Osmond of the musical Osmond family, has the clan's trademark upbeat positive style, with images of men and women overcoming barriers and obstacles to reach a goal.

But the obstacle that inspired him to write it is multiple sclerosis, which Mr. Osmond was diagnosed with in 2006. The song and video are part of an awareness campaign that is an unusual team-up between an entertainer with a disease and a drug company with a treatment, in this case Swiss pharmaceutical giant Novartis, which makes an oral MS medication, Gilenya.

As reported in the Informed Patient column today, new efforts are underway to raise awareness of how lifestyle factors like nutrition and exercise can help patients with MS, in concert with a host of medications such as Gilenya. MS leads the body's immune system to attack the protective covering surrounding nerves in the brain, spinal cord and eyes, leading to problems with muscle control, balance, vision and thinking.

For Mr. Osmond it meant being unable to sing or play the guitar, vision problems and a wheelchair in the early days – devastating after a promising career start performing in "Joseph and the Amazing Technicolour Dreamcoat" and singing with his brothers in the Osmonds 2nd Generation Band.

But his form of MS, known as relapsing-remitting, is characterized by periods of stability between attacks, and he was able to resume work, even appearing as a contestant on American Idol in 2009. He also married and had two daughters, and became a celebrity ambassador of sorts for the disease at MS events, speaking frankly about his battle with its effects.

"I remember feeling darkness at first and asking the burning question, 'why me,'" he says in an interview. "It took a while to come to grips with it." As it happens, his father Alan Osmond, founder of the troupe of singing Osmond brothers, also has a form of MS, and he urged his son not to let it take over his life. The song for the Novartis campaign, he says, echoes what his family told him over and over again: "You can do this, David." (He is also the nephew of Donnie and Marie Osmond, the long-running sibling duo whose act is a Las Vegas staple.)

Mr. Osmond began taking Gilenya after it was introduced in 2010. Aware of his advocacy, Novartis approached him through his agent, at a time when he was looking for new ways to get involved, to discuss the idea of an awareness campaign to motivate people with relapsing-remitting MS to take charge of their disease. The company is compensating him for his participation but they are not disclosing the details of their agreement. Novartis licensed "I Can Do This" and is offering it as a free download on the website for the campaign, dubbed Our Voice in Song.

Christi Shaw, president of Novartis Pharmaceuticals Corp., the U.S. affiliate of Novartis in East Hanover, N.J., says Mr. Osmond is an ideal spokesperson for MS patients, conveying a spirit of optimism and hope along with encouragement to seek practical information about dealing with the disease and engaging with their doctors to optimize care.

Novartis already has a website for Gilenya, as well as a Facebook page, YouTube channel and Twitter handle to help MS patients connect with each other, share their stories and find information. The Our Voice in Song site isn't aimed at promoting the drug, Ms. Shaw says, but because Gilenya is mentioned once, for regulatory reasons every page has to include information about the drug.

Mr. Osmond isn't required to talk about the drug as part of the deal. One of the things he does offer on the website is tips for living well with MS, such as staying active, eating well, and "finding something that works for you; something you find motivating and that will give you that little extra drive to stay positive."

Link to the song below:

<https://www.youtube.com/watch?v=2l1ITkKsDs&feature=youtu.be>



When things look Darkest

For some people, Christmas isn't always the jolly time it's supposed to be. For many, that's when depression can hit hardest - as Judy Graham explains.

Depression can seem at its worst at this time of year because everyone else seems to be having a good time, going to parties and socialising when you are not. According to Dr Paul Gilbert, the University of Derby and author of *Overcoming Depression*, you can be tipped into the black hole of depression when you have suffered defeats and losses, such as being fired from a job, the break-up of a relationship, the death of a loved one, social rejection, loss of status or control, or you feel trapped in some unpleasant situation. A life changing condition like MS can make you depressed - if you let it. When you're depressed you feel worthless, helpless, hopeless, inferior, defeated, empty and lacking in self confidence. You devalue yourself and your accomplishments.



You withdraw from social life and shun friends, family and going out. You stop caring about yourself and others and feel no sense of connection. You worry, fret and ruminate. An event feels like an ordeal, imagining the worst will happen. You may slouch or have problems with your weight. Depression leads to imbalances in the neurotransmitters serotonin, norepinephrine and dopamine. You lose motivation and feel no pleasure or joy in anything. Your energy is low, your sleep poor and you can feel so exhausted all you want to do is stay in bed under the duvet all day. Common feelings that go with depression are pessimism, guilt, shame, fear, anger, anxiety and feeling threatened. You might feel like giving up, and have thoughts of suicide. Serious depression can cripple your life and you will need professional help. You might be able to manage less serious depression on your own.

Depression changes the way you think so you see yourself as flawed, bad, not good enough and rubbish at doing things. These repetitive, negative thoughts get you down. But by changing the way you think you can climb out of depression and start having a jolly time again. You need to change your behaviour too. It is possible, however, to overcome depression.



In his book, Dr Gilbert discusses Cognitive Behavioural Therapy (CBT), a therapeutic approach which makes you aware of how you think, feel and behave. It addresses these and sets small goals for you to change them. By changing your thoughts and actions you change how you feel about yourself. Professor Gilbert also finds mindfulness and meditation helpful. According to Professor Gilbert, to beat depression you first have to become aware of your negative thoughts and then challenge them. It helps to write them down. He says you need to stop putting yourself down, drop the self-bullying, self-criticism, the harshness and the self-blame. Instead, be kind and compassionate to yourself. Nurture and nourish yourself; focus on your qualities; create positive thoughts that lift you. Praise yourself for your efforts and when you do something wrong or badly like burn the toast - laugh it off rather than scold yourself. You also need to try and come to terms with the defeat, the loss, the illness, or whatever it is that triggered your depression. How you behave is as important as how you think in fighting depression, says Professor Gilbert. Focus on things that give you pleasure and spend time on doing things you enjoy, whether it's walking the dog, seeing a friend or watching a film.

Aim to do at least one positive thing each day. Depression is a very isolating experience, making you feel alone and lonely. The way out of this is to get out more and mix with other people. Think less about yourself and more about others. Pick up the phone and call a friend. Professor Gilbert suggests joining a club or group of like-minded people. You might get joy and satisfaction from helping other people. Don't let lethargy wipe out your health and fitness. Professor Gilbert says exercise is a great way to beat the blues. Research on MS and exercise has shown it lifts depression. Eating healthy, nutritious food helps too, so does getting enough rest and refreshing sleep. So even when the black dog of depression engulfs you like smog, remember your thoughts could be the cause. If you can change the way you think, feel and behave, get out more and see people, the darkness can be lifted. Take a risk.

Take on the challenge of change.

Source: New Pathways Magazine Nov/Dec 2014

Mobility Scooter

One of our clients no longer can use her mobility scooter so is happy for it to be given to someone. The 2 batteries need replacing so this would cost approx. \$140. The client hasn't used the scooter for the past 2 years.

The scooter was bought 9 years ago and is in good condition. It has 2 smaller front wheels and 2 rear bigger wheels.

My client has all the papers. The make is a CTM Mobility Scooter, made in Taiwan and the model is HS235.

For more information please contact Sabina on 021 047 4783 or email her at sabina.giurgiu@gmail.com



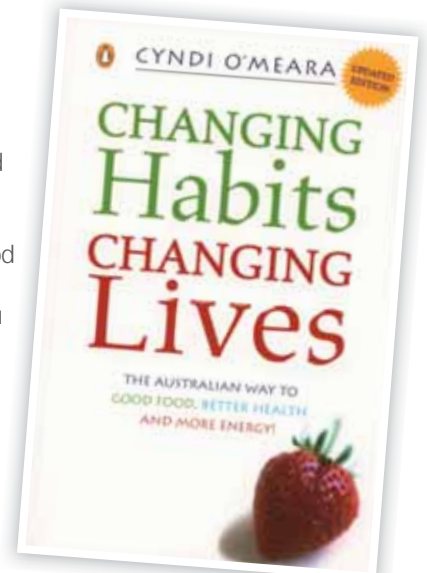
Library

Cyndi O'Meara is not your typical nutritionist, she disagrees with low-fat, low-calorie diets, believes chocolate can be good for you and thinks cheating and eating yummy food is an important part of a well-balanced diet. Cyndi must be doing something right because she maintains a healthy weight and has never (in her whole life!) taken an antibiotic, pain-killer or any other form of medication.

Cyndi is a passionate, determined and knowledgeable speaker on health issues and uses her education and experience to help others improve their quality of life so they too can enjoy greater health and longer lives.

Her book *Changing Habits, Changing Lives* is a guide to change based on Cyndi's own philosophy of health and wellbeing. It encourages you to concentrate on one chapter – and one bad habit

– each week to make change manageable and sustainable. The result is a positive change in the way you think about food and health and, more importantly, the way you live your life.



Catching Kayla

Tom Rinaldi tells the remarkable story of Kayla Montgomery - who, despite being diagnosed with multiple sclerosis, has become one of the best young distance runners in the USA.

<http://espn.go.com/video/clip?id=11909407>

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