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The bi-monthly newsletter from Multiple Sclerosis Auckland



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Please Note: The views and opinions expressed in this Newsletter are not necessarily supported by the Society, our aim is to provide you with a cross section of articles, advice and feedback, from which you can make your own opinion from.

WHO'S WHO AT MS AUCKLAND

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Thérèse Russel
Angela Christmas

THÉRÈSE'S TATTLE



In my last newsletter I talked about my daughter's ball, I thought I would share a photo of her. There is no way I am being biased (yeah right!)



but she looked gorgeous and both my husband and I were so proud of her. She had a fantastic night.

It has been a very busy couple of months, where do I start? We won a Toyota Corolla – what an awesome experience that was, read that story later in this edition. We had a Stress Management Workshop in April, which was attended by 18 people. It was a very

informative and engaging workshop. Our speakers discussed 'Mind/Body'-Connections (read Kelly Davis Martin's article later in this edition), Nutrition and Supplements (read Sandra Perry's article later in this edition), Yoga and Breathing (read Sarah Worby's article later in this edition) and Exercise, in particular Water Walking. Feedback from those that attended was so positive, I encourage you all to look out for the next one we have planned later in the year.

We had a very successful AGM/Research Day, with a very impressive line-up of speakers. Feedback again was extremely positive and we had the largest group attend ever. Unfortunately we don't have any notes from the Speakers that we could publish, but next year we will try to video it and then link this onto our Website for viewing.

Don't miss next years as you learn so much from the AGM/Research Day – it is a hassle free event for our Members. There is plenty of free parking, it is a spacious and central venue, the food is all Jelinek friendly, the speakers are extremely knowledgeable, you socialise with some lovely Members and it doesn't cost you a cent.

We have a Movie Preview on Sunday 23rd June at the Monterey Cinemas in Howick. The movie is The Great Gatsby, starring Leonardo DiCaprio, Carey Mulligan and Tobey Maguire. See full details later in this edition. Please join us and support your Fundraiser.

Our next Member's Lunch will be Saturday 13th July at the RSA Swanson. Our guest speaker is Paralympian cyclist, Fiona Southorn, bronze medal winner at the London Paralympic Games. See full details later in this edition.

Many Members have requested that we look into Saturday Water Walking Classes – they are definitely going ahead. We are currently sorting out a venue. We are hoping it will be at the Epsom Pool, but we are waiting for confirmation. If you are interested in joining a Saturday exercise group, please let the office know 845 5921 or your Rope Physiotherapist.

We are delighted to welcome our new Field Worker who has replaced Glen. Carol Andrews has a proven background as a Field Worker in the health sector. Carol's hours are the same as Glens were, Tuesday and Wednesday 8.30am – 4.30pm and Thursday 8.30am – 2.00pm. Carol is slowly getting around to meeting as many Members as she can, however if you need to speak to her sooner rather than later, please call the office and asked to be put through to her extension.

On another staff note, Rachel (Office Junior) left this week – we must have been horrible to work with!!! Rachel found the stress of the job too much!

After the AGM we have had two Committee Members resign and a new Member come on board, you will read about David Robinson later in this edition. Remember the Committee is your voice so feel free to ask for their help if you ever need it.

We have been very spoilt with this long extended summer, but the winter will come, so make sure you start building your immune system with extra Vitamins and Supplements, also get your flu injection.

Cheers,

Thérèse

Notice Board

CAR FOR SALE

Toyota Ipsum car for sale that has been fitted with a special passenger seat that lifts, turns and places the passenger out of the vehicle ready to be transferred to a wheelchair – ideal for a handicapped person.

The vehicle also comes equipped with a hydraulic lift in the rear for the wheelchair. Phone 845 5921 for more information.

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
Dough Threthowen
Ken Wadham
Judy Wear
Tina French
Barbara Broome
Nancy Caughie
Judith and Rob Linton
Brian Stevens
Bruce Cameron

STREET APPEAL 6/7 SEPTEMBER

We are now seeking Team Leaders and Volunteers for our Street Appeal if you can help please contact **Pam Smith** 845 5921.

HOLIDAY HOME REQUIRED

Hi Everyone, I am a member of MS in Auckland. I have a request – does anyone know of a suitable holiday home –large: to sleep approx 10 adults and 10 children over Christmas? My family is coming from the UK and Singapore as well as NZ. It would need to be wheelchair friendly etc. Phone 845 5921.

URGENTLY REQUIRED

'Water Walking' volunteers. Can you spare a couple of hours a week to help one of our Members at water walking in a pool near you. Please contact **Mark Blackie** at the office on 845 5921.

Sturdy Golf Umbrellas

We are selling fantastic, strong, sturdy golf umbrellas for \$20.00 each or a box of 10 for \$135.00 (get 3 free). They were an unwanted order and are red and black and have a company logo on them. They are excellent quality umbrellas with air vents to prevent the umbrella turning out when the wind gets strong. MS Auckland receives 75% of the sales.

ONLY
\$20



Please contact the MS Auckland Office on 845 5921
or email Kirsty on info@msakl.org.nz

NEW TO OUR TEAM

FIELD WORKER – CAROL ANDREWS



As an Enrolled Nurse, I have worked extensively in both public and private hospitals.

In 1996 I moved into a management role at Lifewise Homecare (a service of Methodist Mission Northern). After 10 yrs in that role, my husband and I threw caution to the wind and embarked on our “big O.E”, travelling around the UK and Europe for a year. On our return, I spent three years as a Needs Assessor for Mental Health Services for Older People with the Auckland District Health Board.

I then joined Alzheimers Auckland, firstly as a Field Worker, then accepting the Service Manager role a year later. I left Alzheimers Auckland in March this year to spend a couple of months supporting our daughter and her family after the birth of her third child.

I live with my husband in Parnell and have a married son and daughter with 5 beautiful grand children.

When spare time allows, my hobbies and interests include; walking, cycling, playing golf, reading and spending time with family and friends.

It is with pleasure I accepted the Field Worker role with Multiple Sclerosis Auckland and I look forward to working as part of a team supporting families affected by Multiple Sclerosis

OFFICE ADMINISTRATOR – KIRSTY WHITEHOUSE



Greetings and salutations,

I am new to the team and my name is Kirsty Whitehouse.

A little bit about me... I was born in Epsom, England and moved to New Zealand when I was only three months old. I have lived on the North Shore ever since, starting in Devonport and now currently living in Beach Haven with my dad and brother.

I went to Birkenhead College and loved it there. After completing my school years in November 2008, I enrolled at the Ashton Warner Nanny Academy, and graduated from there in October of 2009, after that I went to work full-time for a family of four, out in Whangaparaoa. After a couple of years my circumstances changed and I went away to Hobson Airbase to attend a six week Boot Camp called LSV – Limited Service Volunteer run by the Tri-forces Army, Navy and Air force. I absolutely loved this challenge and recommend all young people attend this course or one similar.

After a two week, work experience at the Auckland City Council, that I obtained upon completing LSV, I knew that office work was the job for me.

After a long search I feel that I have now found my place here at Multiple Sclerosis Auckland.

I am looking forward to meeting you all at events or speaking to you over the phone.

COMMITTEE MEMBER – DAVID ROBINSON



David comes to MS Auckland Committee with a wealth of experience in administration gained through owning his own business and serving on other Boards and Committees over the years.

He has played sport all his life and has been involved in the administration of a number of sports over the years. He played inline hockey for the NZ Masters team up until he was diagnosed with Multiple Sclerosis.

David and his wife Lynley moved to Auckland from Blenheim to live with their eldest daughter Heidi, her husband Jason and their three children. He has two other children living in Blenheim.

FROM THE FIELD



NORTH SHORE UPDATE FROM DIANE

Hi everyone,

Well the cold and wet weather has finally arrived and it's been a shock to the system after such a long summer and mild autumn.

I thought that I would remind you about some measures you can take to keep warm this winter. If you don't have adequate home insulation check out the following information.

The government has had an EECA Energywise Programme called Warm Up New Zealand: Heat Smart running since 2009 which stops in September 2013 when funding for grants will be used up.

You still have time to find out about this programme which will fund you up to \$1300 towards ceiling and underfloor insulation if your house was built before 2000. If you have a Community Services Card you may be able to get up to 60% of the cost of insulation but the funding is limited.

To find out more go the following website

<http://www.energywise.govt.nz/funding-and-programmes/insulation-and-clean-heating>

- You should keep the temperature of rooms you live in heated at 21 degrees to prevent colds and illness which can occur if the temperature is below 16 degrees.
- Have at least one hot meal per day and have regular hot drinks
- Keep moving as much as you can as it will help keep you warm
- Wrap up warmly when you go outside. Wearing several layers of clothing is better than one thick layer. Wear a hat, scarf, gloves, coat and boots when you go out.
- Heat your bedroom before going to bed at night and keep warm during the night – at least 18 degrees. Oil panel heaters with a thermostat are good.
- You can heat up your bed with an electric blanket but never leave it on when you get into bed. Bedsocks and warm clothing help get a good night's sleep.
- Set the heating thermostat to turn on before you get up in the morning
- Draw the curtains as soon as it is dusk. Well fitted and lined curtains or coverings stop heat escaping as at least 25% of heat loss is through windows.
- Keep doors shut, don't waste energy heating empty rooms.

Finally, I would like to wish Glen Monin, Field Worker a happy retirement. I have enjoyed working with her these past few years. I would like to welcome Carol Andrews who has taken Glen's place and look forward to working with her.

Cheers

Di

SOUTH AUCKLAND UPDATE FROM DIANNE



Hi everyone,

Last month we said goodbye to our friend and colleague, Glen Monin. After 20 years as a Fieldworker, Glen decided the time was right for her to retire. Glen has always been an inspiration and mentor to us and past fieldworkers and she will be missed.

We are sorry to see you go Glen and wish you well in your next challenge.

The Pool Group at Glen Innes has resumed but this time it will be held on Mondays at 11.15am to 12.15pm. However numbers are small and if we want to continue this group we need more members to join us. Steph from Rope Neuro runs this group and she will take you through a series of exercises designed with you, as an individual, in mind. We could also do with a volunteer to help with this group. If you know of anyone who may be interested please encourage them to come along as well or to ring our office 845 5921 to have a chat about what is involved.

I look forward to catching up with you all soon.

Cheers

Di

FROM THE FIELD



WEST AUCKLAND UPDATE FROM GEORGA

Firstly I'd like to say a huge thank you to Glen Monin who has finished work as a MS Field Worker after a dedicated 20 years. I have learned so much from Glen and enjoyed working along side her. Luckily she lives quite close so I'll be able to catch up with her for coffee. I welcome Carol Andrews who is our new Field Worker, and here's to a long working relationship.

In West Auckland there is a wonderful clinic called 'Antara Free Natural Health Clinic'. It is located at 66 Taikata Road, Te Atatu Peninsula. Phone 09-834 7987. Email address: info@antara.org.nz and website www.antara.co.nz

The Antara Free Natural Health Clinic is for those people in the community who cannot afford to pay for natural health care. The therapists are qualified practitioners who, along with the receptionists, work at the clinic from a half to a full day per week. They receive no payment for their time.

The clinic is able to help people with the following problems: Back and shoulder complaints, Pain, Allergies, Asthma, Stress & Anxiety, Arthritis, Repetitive strain injury, Behavioural problems, Conflict resolution & decision making. And many more!

Each new client must complete a 10 minute pre-interview with a clinic therapist. This interview is to ascertain the client's needs. When these have been identified, the interviewing therapist will book the client into an appropriate therapist. Phone the clinic receptionist between 10am and 3pm on **09-834-7987** to book a pre-interview.

Cheers
Georga

DONATION FORM

I would like to subscribe to MS Auckland (\$40 per annum)

I would like to donate \$25 \$50 \$100 Other _____

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(please make cheques payable to Multiple Sclerosis Auckland)

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Name on Card: _____ Signature: _____

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For details about leaving bequests or further information on how you can help MS Auckland, please contact the office on (09) 845 5921

Ref: June13

PHONE 0900 937 267 to make an automatic \$5 donation. Please ensure you have the account holder's permission.

If you would like to donate by internet banking our account number is: 12 3047 0088939 00



WHAT IS A RELAPSE – A CHECKLIST TO HELP YOU IDENTIFY POSSIBLE RELAPSE SYMPTOMS

People frequently ask us ‘how do you know if the symptoms I am experiencing are neurological and might be a relapse?’ This worry often leads to other questions like ‘should I be contacting my MS Nurse, field worker or GP to seek clarification?’ ‘Will I feel embarrassed if it isn’t and I’ve misidentified the symptom?’ ‘Will they think I’m a hypochondriac?’

What is a MS relapse:

The concept of a MS ‘relapse’ or ‘flare up’ is fine in theory and by definition¹ is the presence of new symptoms or recurrence of previous symptoms for greater than 48hrs in the absence of infection. However in reality it can be far from straight forward! We want to give you a check list to consider if you think you are having a relapse but the part about infection is extremely important so I will touch there first.

Infections cause a rise in body temperature as the white blood cells target the source of infection and attempt to rectify it. The rise in core body temperature (even if you don’t feel hot or feverish) can cause old but healed areas of inflammation from previous relapses, to ‘short circuit’. When this occurs there may be a short term return of old symptoms. This is NOT a relapse and soon after the infection fully clears up and body temperature is back to normal (this may take a few days) the symptoms should resolve too. This same effect can occur after hot showers, saunas and in some people during strenuous exercise. Cooling down in these circumstances should resolve the symptom very quickly.

So one of the first questions you should ask yourself when you notice a symptom you think may be your MS is ‘have I had this symptom before?’ If the answer is yes, then ‘do I have an infection?’ Really think about it – have you had a tooth ache, bladder infection, cystitis, recent wounds or abrasions.

When trying to decide if you may be having a relapse bare in mind neurological symptoms often include alterations in sensation: burning, numbness, hyper-sensitivity, or feelings of

electric shocks particularly when bending your head forward. Visual changes, mobility changes and alterations in bladder habits are also seen during a MS relapse.

Obviously bladder symptoms are up close and very personal and speaking to someone about this can feel really confronting, however there is a great deal of advice and solutions available to help manage this particular symptom so please do feel brave enough to mention it to ? if we haven’t asked you directly! In fact we will focus on bladder symptoms and management in next months column, as many people at the seminar found it helpful to talk about this.

The main message is if you are not sure if your symptoms are indicative of an MS relapse please please contact us via email or phone and ask us. We won’t always be able to clarify and or confirm this without asking you to see you GP or come in to see the neurological team but just by asking you are sharing some of the stress and worry that will only make your symptoms feel worse.

Checklist

- Is this a new symptom or something I have had before?
- If it’s an old symptom do I have any signs of an infections? (e.g. urinary symptoms I don’t normal have: perhaps frequency, urgency, pain on urination)
- If you think you may have an infection: book an appt to see your GP to get this looked at ASAP and make sure you tell the receptionist its urgent!
- Contact your MS Nurse to seek clarification on what to do next – you may be advised to keep calm and carry on and keep them updated but that is ok too, at least you feel less stressed and have spoken to someone to express your concerns.

Reference

¹Thompson A (2002) Relapsing Remitting multiple sclerosis. MS Society, London

Flu vaccinations

Doctors recommend that people with MS are immunised against flu (influenza)

Current research suggests that getting your flu jab is a good idea, because:

- when a person with MS has a raised body temperature, such as a fever, their symptoms often feel worse
- approximately a third of people with MS who develop flu have a relapse within six weeks

People with MS can have the flu jab. There is good evidence that such immunisations do not cause relapses.

The National Institute for Clinical Excellence (NICE) guideline for MS recommends that “people with MS should be offered immunisation against influenza”.

Reasons not to have the flu jab

There may be reasons not to have the flu jab. If in doubt, ask your doctor.

If you are having a relapse you might need to wait until your symptoms stabilise or get better before you have the jab. It will depend on how severe the relapse is.

If you have a serious allergy to hens’ eggs, you shouldn’t get vaccinated.

Drug treatments and the flu jab

If you are taking:

- beta interferon or glatiramer acetate, you should still ask your doctor for the flu jab
- some other drugs such as natalizumab (Tysabri), mitoxantrone, azathioprine or alemtuzumab, you should ask your neurologist for advice

Partners and carers get flu vaccine too

Health policy now also includes carers among those who should be offered the flu immunisation. It should be available to “those who are the main carer for an elderly or disabled person whose welfare may be at risk if the carer falls ill”.

You can ask your doctor for more information and to arrange a jab.



Cauliflower...

Lets face it you either love it or hate it and most of us have childhood memories of pushing mushy over boiled Cauliflower around our dinner plates. What we probably didn't know is just how valuable Cauliflower is in our quest for good health. Like other members of the cruciferous family, Cauliflower is rich in phytonutrients such as indole-3-carbinol, sulforaphane, and others that have efficacy in preventing a variety of cancers, such as prostate, ovarian, and cervical. It is also an excellent source of dietary fibre, vitamins and minerals essential for keeping digestion and the immune system strong. So maybe it is time to give this wonderful vegetable another try with the two very easy recipes below.

Cauliflower & Tahini Soup

- 600g cauliflower roughly chopped
- 1.5 L boiling chicken or vegetable stock
- 2 teaspoons olive oil
- 1 small onion, finely chopped
- 3 tablespoons tahini
- ¼ teaspoon ground cumin
- Natural yogurt (optional)

Instructions

Simmer cauliflower in stock for 10-12 mins. Heat oil in frying pan over medium heat. Add onion and cook for 3 mins. Add onion to cauliflower soup and cook for further 2-3 mins. In blender combine soup, tahini and cumin, blend until smooth. Reheat soup in saucepan, season to taste. Serve with a swirl of yogurt.



Mashed Cauliflower – a great alternative to mashed potato.

- 1 head cauliflower, leaves removed, stem and florets chopped into similar sized pieces
- 1 cup chicken/ vegetable stock or broth (more for a particularly large head of cauliflower)
- 1/4 teaspoon black pepper
- 2 cloves garlic, smashed
- 1-2 teaspoons fresh rosemary leaves

Instructions

Place all ingredients in a medium sized saucepan and bring to a boil. Reduce heat to medium/low and cover, allowing to cook for 15-20 minutes or so, or until the cauliflower is very tender. **You may need to add more stock if everything dries up and your cauliflower is not yet cooked through. Once cauliflower is tender and cooked through, pour off any excess stock that remains and reserve. Mash with a potato masher or whizz in the food processor. Use the leftover stock to get the texture you require.

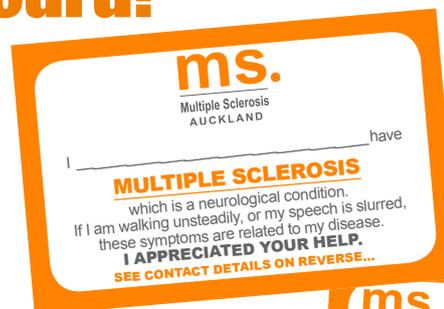


Sandra Perry Dip. Nutrition
Nutritionist
Albany Tennis Park | Oteha Valley Road
| Albany 0632
p: 09 415 2676 | m 021 154 6999
e: nutrition360@xtra.co.nz

Do you have this card?

If you wish your details to be recorded on this card please advise your Field Worker and she can arrange for one to be completed and sent to you.

These cards have numerous benefits when travelling, queuing, and shopping. You need never queue for the toilet again and when someone has heard you slurring your speech and thinks you are intoxicated, you can prove you're not. If you were to have a fall or other accident, this card can be found in your wallet or car and provide important information. It is the size of a credit card and is in our colours, so stands out.



ROY'S RAVE



Roy Bartlett our in-house health advocate, coach and counselor, has been living with MS for over 25 years and has a special interest in how the interconnections between the mind, body and the spirit, and the emotional under-currents arising from stresses, conflicts and traumas influence our physical health.

By the time you are reading this newsletter I will have attended the 2013 National Conference “NLP Today”. What attracted me to this conference was my interest in one of the keynote international speakers at the conference, Marvin Oka. Marvin is the co-developer with Grant Soosalu of mBIT (multiple Brain Integration Techniques). Together they have written the book, “mBraining-Using your Multiple Brains to Do Cool Stuff!” - in which according to a book review, they have assembled some fairly impressive evidence that we have brains in our hearts and guts as well as in our heads. This is based largely on the observation that the nervous systems in our hearts and guts are relatively autonomous.

This is backed up by the latest scientific developments which show we have 3 main neural networks, the Head, the Heart, and the Gut. The authors refer to the discovery of these neural pathways, whereby for instance input from the heart can inhibit or facilitate the brain's electrical activity. Research findings also suggest that emotion and cognition can best be thought of as separate but interacting functions or systems, each with its unique intelligence. The power of emotion as a motivational force is reflected in the greater number of neural connections going from the emotional centres of the brain to the cognitive centres than vice versa.

The way Marvin Oka and Grant Soosala describe them, the prime functions of the various brains line up neatly with common metaphorical usage.

- The **heart brain** is the seat of love and desires, goals, dreams and values.
- The **head brain** is concerned with cognition and making meaning.
- The **gut brain** is concerned with what we should move toward and what we should move away from, with what should be assimilated into the self and what should be excreted from the self, with mobilization, self-preservation and our identity, and power.

They go on to say that when we are considering our options we need to be sure our hearts are in the right place, our heads are screwed on properly and that we take notice of our gut reactions. We should follow our hearts, keep cool heads and be gutsy.

So, how do we know when are brains are out of alignment? The answer provided by the authors is much as might be expected. When our brains are out of alignment we can experience internal conflict between thoughts, feelings and

actions, motivational problems, procrastination, unwanted behaviours and habits, self-sabotage and disempowering emotional states.

It was nearly two years ago that I first learnt about how our Head, Heart, and Gut shape our perceptions of the world, emotional balance and physical health & vitality. Individually and collectively, these Power Centers influence our Mind by affecting the flow of and information throughout our systems. Since that time I have included using an exercise entitled “Head, Heart, Hara” as part of my coaching work when supporting people with their personal development. (“Hara” is a Japanese word, and is variously translated as meaning abdomen, bowel, belly, gut, mind or courage and in Asian culture, the “Hara” is felt to be the seat of vitality and power).

The people who attended the recent “Health and Happiness” workshop led by Krystie Wade and myself are now familiar with the Head, Heart, Hara exercise. What they choose to do with that experience is now entirely in their own hands. What follows is a brief comment from Krystie about her experience of using the Head, Heart, Hara exercise.

“The HHH exercise has given me a new way of making decisions. Roy had taken me through the exercise some time ago in a counselling session. It was not until I found myself stressing and analyzing, thinking and trying to figure out a bigger decision in my life, had worn myself out and became desperate to stop this pattern of behavior, as it was not helping me in any way. It was then I remembered the HHH exercise and thought “what have I got to lose?” I took myself to the park and gave myself the space to do it and I experienced a feeling where all my anxiety dropped away and it was a beautiful feeling. That was my answer. The experience was more powerful than thinking and it came from within. I continue to use the exercise and although I don't always get an answer and sometimes it's not the answer I want to hear, I believe the exercise helps me more than any other way I have ever tried in the past”.

ROPE NEURO REHABILITATION

Heidi Miller a senior neurophysiotherapist from Rope Neurorehab presented information at our Research Day, published by MS Australia on Aquatic Exercise for people with Multiple Sclerosis, and reviewed a recent research article on “the effect of aquatic exercise training on fatigue and health related quality of life in patients with Multiple Sclerosis.”

Aquatic exercise provides many potential benefits for people with MS. It can help to improve muscle strength, fitness, gait and mobility, reduce fatigue and increase quality of life and sense of wellbeing.

There are a number of considerations that need to be made before commencing exercise in water including personal care required, mobility and transfers, cognitive impairment, continence, heat sensitivity, fatigue, and relapses. These should not be barriers to aquatic exercise as there are many strategies that can be used to overcome these issues.

A randomised control trial study published in October 2012 aimed to examine changes in fatigue and health related quality of life in patients with relapsing remitting MS after 4 and 8 weeks of aquatic exercise training. The training involved three 60 minute aquatic exercise sessions a week, including exercises for joint mobility, strengthening, balance, posture, functional activities and intermittent walking.



training can effectively improve fatigue and health related quality of life of patients with MS and should be considered in the management of this health problem.

Rope Neurorehab run hydrotherapy groups at 5 different pools across Auckland. Please contact MS Auckland office 845 5921 if you would like to join one of these classes. Venues are on the back of this newsletter and don't forget we will soon be offering a Saturday class.

References:

Kargargard M, Etemadifar M, Baker P, Mehrabi M, Hayatbakhsh R. Effect of aquatic exercise training on fatigue and health-related quality of life in patients with Multiple Sclerosis. Arch Phy Med Rehabil 2012;93:1702-8.

www.msaustralia.org.au MS practice – for health professionals.

Aquatic exercise for people with Multiple Sclerosis.

www.ropeneurorehab.co.nz ph: 09 6238433, 021 753 279.



Stephanie (Rope) enjoying a coffee after the Water Walking class at Epsom Pools with Roger Hawthorne and Rick Dodson.

They found the exercise group had a significant improvement in the modified fatigue impact scale and the Multiple Sclerosis quality of life-54 questionnaire after 8 weeks compared with the control group. The study had a number of limitations; they included women only with relapsing remitting MS who were relatively highly functioning, and only 21 participants completed the study. This affects the ability to generalise the results to the wider MS population.

The researchers described two possible explanations for this improvement. Firstly because individuals with MS are sensitive to heat and their symptoms worsen in warm temperature, pool water can reduce the body temperature and increase exercise tolerance compared with land-based exercise training. Secondly, the buoyant effect of water can decrease gravity and resistance against body movements and assist MS patients in enduring longer periods of physical activity with less fatigue.

The results of the study suggest that aquatic exercise



Denise Dickinson (R) (one of the original participants in 2005) and our wonderful volunteer Sharon Rendell (L).



The Dr Seuss MS Poem

I love MS it's just so neat
the way it swept me off my feet
I love the pain, I love the numb
and sticking needles in my bum.

I love the way my world's a blur
the way I shake, the words I slur.
I love my chair and walker, too
I love MS ... I do ... I do ...

I love my lazy sleepy days
I shake with joy within my haze
I'm just as happy as can be
It makes me pee and pee and pee

I love my legs that will not walk
my twisted tongue that will not talk
I love the way my poop does bind
I do believe I've lost my mind

DREAMs

We are extremely proud of our DREAMs Programme to date. Although we are only taking on 'smaller' DREAMs, we have achieved 100% so far.

One of our Members has a passion for photography but no camera, problem solved thanks to Neil Coutts, from Camera and Camera (Auckland City). Another one of our Members was benefiting from Conductive Education Classes but found the cost to attend out of reach, along came Rotary Henderson and now our Client can attend these classes for the rest of the year.

Our next request came from a Member who wanted to plant a vegie garden but didn't have the funds – we contacted Richard Hackett, owner of Palmers Planet in Albany, who was only too pleased to contribute towards some vegetable plants and succulents. We were also very fortunate to get more assistance from Devonport Lions. Our Member is also very lucky to have the help and passion from Susan and Gary Robertson, who are going to do the planting.

We have a Member (wheelchair bound) who turned 65 years last week and one of the things on her bucket list was doing a 'skydive'. Very gutsy request and we were more than happy to try and oblige. This time we asked Kay Gregan from NZ TravelBrokers to help us by going to her contacts. One quick ask, to Lisa Chambers of Sky Dive Auckland, resulted in a resounding 'yes, we sure can help'! Sadly the skydive had to be postponed because of poor weather, but it is still going to happen. Our Member is so excited to be completing this DREAM in the next week or so.

Currently we are working on two other DREAMs, one Member would like to spend a day with a 'mobility dog' (hopefully we will have this organised very soon) and the other Member would like to learn to swim, so that she could then partake in Water Walking Classes.

We would welcome any of your DREAMs and we will do the very best we can. Sadly we couldn't get two Members to the UK, this was just out of our reach. If you have a request, please ask us.

We are extremely grateful to:

Camera & Camera



Palmers



NZ TravelBrokers
Travel Intelligence

Susan & Gary Robertson

Today the Papatoetoe Pool group met to say goodbye to an old friend, Sandra Blewett. Sandra has been taking the water walking group at the Papatoetoe Pool for the last ten years. In that time, Sandra has helped many of the group to "find their legs again". She has encouraged, supported, and cajoled groupers into giving their all.

And they have given their all.

Some of the group having been attending since its conception and it has become a regular and necessary part of their lives. We say a big thank you to Sandra for her support over the last 10 years and wish her well for the future. Sandra will be sorely missed.



EVENTS



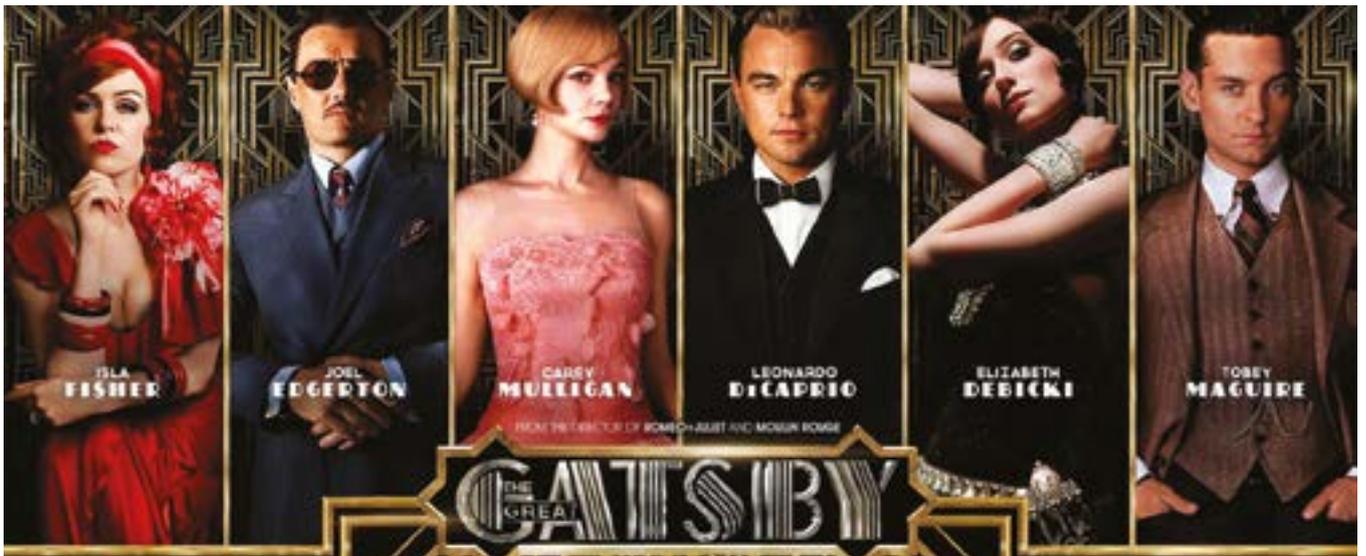
ms.
Multiple Sclerosis
Auckland

MEMBERS WEST WINTER LUNCH

Saturday 13 July 12.00 - 2.30pm
SPECIAL GUEST SPEAKER
FIONA SOUTHRN
Paralympian Cyclist 2012 London Paralympics

Members \$20
All others \$25
Jelinek friendly meal
Raffle tickets for sale \$5

Swanson Memorial RSA
663 Swanson Rd, Swanson
Friends & Family welcome
Call 8455921 or email
info@msak.org.nz to
book your space



The Great Gatsby Movie

What: Movie Preview to see The Great Gatsby, starring Leonardo Di Caprio
A Midwestern war veteran finds himself drawn to the past and lifestyle of his millionaire neighbour

Where: Monterey Cinema, 4/2 Fencible Drive, Howick. Parking available on Moore and Wellington Streets

When: Sunday 23rd June, 3.00pm. Movie starts at 3.30pm

Why: To raise funds for Multiple Sclerosis Auckland

How Much: \$20 includes ticket plus your choice of 1 x wine, beer, popcorn, ice cream or juice. Bring another \$5 for our fabulous raffle
Friends and family welcome

Email: pam@msak.org.nz to purchase tickets




https://www.facebook.com/multiplesclerosisaki?ref=tn_tnmn

EVENTS

THANK YOU TOYOTA NEW ZEALAND



We are thrilled to tell you that we won a Toyota Corolla for three years from Toyota New Zealand. It was an incredible journey and a dream come true.

At the end of February we notified you that we were entering the "Toyota 25 Ways to Say Thank You Campaign". It was Toyota's way of giving back to the community after being selected as the best-selling car company in New Zealand for 25 years. The campaign ran for one month and the winners were decided by the number of 'Facebook votes' you received. In excess of 487 charities registered to try and be one of the leading 25 charities to win a car.

Our Fundraising and Marketing Coordinator, Pam Smith, took it upon herself to make sure MS Auckland were one of the Charities that would be receiving a car. We started off with a hiss and a roar and remained in the top 25 charities for just over two weeks, then it turned to 'custard'. Voting slowed right down and we kept going further and further down the ladder.

The campaign closed at midnight on Sunday 24th March. On Friday night (22nd) we were in 43rd position. Not good. This is when the teenage children come in handy. Thérèse had confiscated her 15 year old daughter's mobile phone and she was due to get it back on the Sunday (the closing day of the competition), so on the Friday night, Thérèse said to her daughter "if I give you back your phone tonight, will you get MS Auckland back up to 25 or under on the winner's list, so that we will win a Toyota Corolla?" She said 'sure'!!!

Thérèse's 17 year daughter wanted in on the act, so Thérèse promised her eldest daughter a Pre-Ball function at their place and she also promised the youngest daughter a birthday party at their place, if MS Auckland were winners. The challenge was on!!

All Friday night, all Saturday and late into Saturday night, then all day Sunday till midnight the girls turned our 'challenge' into something that grew legs and took off. Sophie, the youngest daughter sent a challenge to 50 of her closest friends telling them if each one of them encouraged five of their friends to vote, then her friend could come to her birthday party. It worked.

Then she went to the rest of her 700 (plus) Facebook friends and asked them to vote for MS as well.

True to her word, Thérèse had a party for 50, 15 year old boys and girls on Saturday. I must say, "they were all so well behaved and it wasn't half as bad as I thought it was going to be!!"



Not to be outdone, Abbey, the eldest daughter set up a similar challenge to her friends and if they pushed MS Auckland closer to winning a car, they were allowed to come to the Pre-Ball. It worked as well, so Thérèse hosted a Pre-Ball at their place for 110 people – she was glad when that one was over.

Aside from the girl's cunning strategies, Pam and Thérèse didn't sit on their laurels, they were just as active. They convinced all their friends, friends of friends and even strangers to help MS Auckland and place a vote. Pam coerced the NZ Navy to get involved, which was fun. Thérèse had 8 people around for dinner on the Saturday night and they all just sat on computers and mobile phones getting as many people to vote as they could think of.

It was a weekend of hard work, pressure and fun. We watched with great excitement MS Auckland getting further and further up the list. When we hit 25 on the list we were wrapped as we felt we had achieved our dream. We didn't stop there though, we kept going and kept the pressure on and we kept climbing. On midnight on Sunday 24 March we achieved 15th place which won us a Toyota Corolla. It was an awesome ride, however it was not for the faint heartened. Many of the winning charities were National Charities, not regional like MS Auckland, so that was an even greater achievement.

Toyota New Zealand have delivered our car, which we get to keep for three years. Toyota pay every expense related to the car (except petrol): this includes insurance, registration, servicing and WOF. This is a huge saving for Multiple Sclerosis Auckland and we are so grateful to have participated in this experience and very proud of the result.

Thank you Toyota New Zealand and all our Members, family, friends and strangers that voted for Multiple Sclerosis Auckland.

We are delighted to have a special association with Fidelity Life and CEO, Milton Jennings. Fidelity Life give very generously to MS Auckland every year and in appreciation of this partnership, MS Auckland presented Milton with a Certificate of Appreciation. We also want to congratulate Milton and Fidelity Life on their recent acquisition of Tower's life insurance business, a great addition to their portfolio. We look forward to working closely with Fidelity Life again this year.



MEMBER'S STORIES

A few of our Members have discovered Lesley and have experienced several positive changes, so they asked me to introduce her work in the newsletter.

Thérèse

EATING TO YOUR GENE TYPE FOR OPTIMAL HEALTH

Hi. I'm Lesley Ann. I'm a qualified registered nurse from South Africa I have been in holistic health and wellness for 45 years. I owned and ran my own natural remedies centre in Knysna for 17 years.

I have always believed that to treat, heal and maintain optimum health in mind and body we have to be aware of what we eat, think and do. I have found that the combination is fairly easy to maintain if we eat to our gene type, because by harvesting the best nutrients for our type from what we eat we automatically get the best results for overall health and energy with the least amount of effort on our systems. Instead of getting technical, a simple explanation is that all foods contain molecules called Lectins as do cells in our bodies. When we eat to our gene type of O, A, B or AB our food lectins will resonate with our cell lectins and one generally has a happy outcome e.g when O types eat wheat breads and pasta they will feel tired and sluggish or bloated. They will feel much better after eating rice or rice pasta and better still after meat, chicken or fish with correct vegetables from the O group. Many A people feel dreadful after eating red meat, but better eating chicken, turkey or fish.

The medical fraternity has for 100's of years attempted to keep each on its own path, but this has clearly not worked because through scientific data that we have today we know that they are actually part and parcel of each other.

Going back many years we see for example the Indians method of healing, called Ayurveda, is based on the ancient system of thought encompassing universal forces and life energies. These 'life forces' are called Doshas. They are divided into 3 main groups – Vata, Kapha and Pita. The doshas affect life energy – also known as Prana. They help to determine a persons body type, constitution, personality and overall health.

The Greeks called the energy forces Humors, namely Sanguine, Melancholic, Choleric and Phlegmatic. They treated body and mind as one to bring it into balance.

The Chinese have always worked on balancing mind and body, through acupuncture and herbs.

Therefore does the "Blood Type" diet play a role in mental and physical health and dis-ease?

The answer is a resounding YES. If you begin with 2 basic reasoning's (and I quote)

- 1) The body and mind are integral to the formation of a whole being. The physical functions – immune system, digestive system, endocrine glands, and all other systems – are autonomic, but linked to the mind.
- 2) That blood type has an influence on our entire system on a cellular level.

By connecting these two reasoning's we will discover the strengths and weaknesses that exist for each blood type and by getting the body back on track to harvest the correct nutrients and utilise them to give your body and mind the best chance of optimal health, no matter what the disease or disability may or may not be.

By eating to your blood type you will feel an improvement in your overall general health and well being, which will lead you to be empowered within yourself and go forward to attain great things and be the best you can with what you've got no matter what!

I have been implementing the gene eating plan for over 18yrs and will gladly help anyone with MS, if they are willing to comply and work with me.

At this time the consultations will be FREE.

(A small fee for the print out and blood test will apply). The appointments are approx 1.5 hrs in duration.

For an appointment please contact **Lesley Ann** on **09 948 2876** or

lesleyannangel@gmail.com

(References from 'Eat Right 4 Your Type' by Dr P D'Adamo)

*My name is **Rachael Ford** and multiple sclerosis has been in my life for 20 years now. The condition has progressed somewhat giving me mobility and fatigue issues. For the last six months I have been seeing the holistic nurse Lesley Conway and I certainly feel that*



I have benefited from seeing her. With Leslie giving me an eating plan I can now see how my digestion has improved and as she would say, my body is able to harvest nourishment from the food that I am eating and therefore that is why I am feeling the improvement in my wellbeing.

For years I would get recurrent bladder infections, to ease that I started taking low-dose antibiotics. I was never comfortable about taking the antibiotics but was scared to stop taking them because I found the infections distressing. Since meeting Lesley, following the eating plan and her advice as a nurse I have been able to stop taking the antibiotics and haven't had an infection for quite a few months and am feeling better for it. Even though I chose to stop taking the antibiotics, in Lesley's practice as a holistic nurse she works with the other medications that have been prescribed by my doctor.

*My name is **Cameron Ford**. I was diagnosed with MS 6 years ago. I had quite an active lifestyle and an appetite to match. I had always eaten whatever I wanted, but I refined my diet after attending a retreat run by Prof. George Jelinek. This way of eating worked well and it felt good knowing I was eating healthily.*

About 6 months ago I met Leslie Conway. She is a nurse that runs a holistic practice. I have had an assessment with her and followed her advice and eating plan. Since then I have noticed big changes. In the past I regularly got heart burn after eating and would often get constipated. Since following Leslie's advice, neither has been a problem for me.

MEMBER'S STORIES

HONARY LIFE MEMBERSHIPS



We were thrilled to present Judith and Rob Linton Honary Life Memberships. In this photo the President of the Committee, Neil Woodhams is presenting the certificate to Judith and Rob for many years of service to our Society and our Members.



Retiring Committee Member (after 20 plus years serving on the North Shore Committee, National Committee and the Auckland Committee) Brian Stevens stepped down to concentrate on 'life after MS Auckland'. Brian was presented his Honary Life Membership by fellow Life Member Judy Wear, and President Neil Woodhams and Vice President Graham Wear.



Retiring Committee Member (after several years of service to our Society) Bruce Cameron is now going to concentrate on looking after his wife, Margaret (PwMS). In this photo the President, Neil Woodhams presented Bruce with his certificate at the AGM. Bruce was always one of the top collectors in his area during Street Appeal.

We congratulate all our Honary Life Members and sincerely thank them for the wonderful work and service they are given to our Society. We are extremely grateful.

THE JELINEK WAY...

This is our latest 'wonder' find. Nutmeg provided the food at our Stress Management Workshop and at our AGM/Research Day – everyone raved how good the food was, so why not try them out.

Nutmeg Café & Catering offers wide range of options suitable for people with specific dietary requirements including gluten/dairy free, vegetarian and vegans. Located in Remuera Road, just off Broadway Newmarket, the Café is led by head chef Ben Barr who combines his nutrition qualification and chef experience to create healthier options by using alternative ingredients.

Since changing management last year, the Café has taken conscious eating to a new level focusing on everyday food that's also good for you. Offering nutrition consultation, Nutmeg Café is a place where one can get customized meals according to individual needs. Nutmeg Café has also expanded its catering and delivery service to further offer wholesome food that is easily accessible for added convenience.

With its upcoming winter menu in line, the Café aims to be a place for people with family or friends with dietary restrictions, to sit together and have something on the menu for everyone.

Bring along this article the next time you are in Nutmeg Café and receive a complimentary Gluten/Dairy Free Brownie (which were served at the AGM/Research Day and were to die for). Also remember Nutmeg offers a discount in the Entertainment Book.

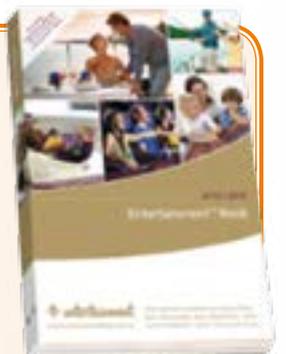
(Nutmeg Café uses fresh, organic and free range produce available seasonally and is available for catering, takeaways and deliveries)



**29 Remuera Road, Remuera
Telephone 09 522 5352
www.nutmegCafé .co.nz**

We are delighted to announce the winner of our Entertainment Book 2013 – 2014 was **Patricia McDonald**. Patricia went into the draw when she paid her Membership fees. "What a lovely surprise and thank you very much. I think the last time I won anything it was a set of Pyrex dishes in a raffle – many years ago!" Patricia.

If any Members wish to purchase an **Entertainment Book**, please call the office 845 5921 to order.



A GUIDE TO MINERALS AND VITAMINS USEFUL IN TIMES OF STRESS

By Sandra Perry, Nutritionist

Most people are affected by stress at some point in their lives and in today's modern world there are many signals or life events that trigger the stress reaction and turn "on" the state of alert. However what seems to be missing are the signals to turn it "off." It is estimated that at least 80% of all illness is stress-related and there is general agreement that almost every illness is made worse by stress.

Stress, both long and short term can deplete the body of important vitamins and minerals, in particular Magnesium, Vitamin C, B group vitamins and Vitamin D. What becomes quite interesting for People with MS is that a number of deficiency signs of these minerals and vitamins can appear to mimic or worsen MS symptoms.

Magnesium

Magnesium is the fourth most abundant mineral in the body and is essential to good health. Approximately 50% of total body magnesium is found in bone. The remainder is found predominantly inside cells of body tissues and organs.

Magnesium is needed for more than 300 biochemical reactions in the body. It helps maintain normal muscle and nerve function, keeps heart rhythm steady, supports a healthy immune system, and keeps bones strong. Magnesium also helps regulate blood sugar levels, promotes normal blood pressure, and is known to be involved in energy metabolism and protein synthesis.

Several forms of magnesium are available in over the counter supplements; however not all exhibit the same bioavailability. Research has shown that magnesium amino chelate and magnesium citrate are better absorbed than magnesium oxide in healthy individuals. Of the three magnesium citrate led to the greatest increase in mean serum magnesium concentration.

Magnesium deficiency sign include- muscle spasms, anorexia, nausea, muscular weakness, fatigue, insomnia, depression, vertigo, personality changes, mental confusion, twitchy eyes, restless legs

The recommended daily intake (RDI) is 310mg to 320 mg per day for adults, however in times of chronic stress then supplementation of between 450-900mg per day is recommended.

Vitamin C

Vitamin C must be taken in the diet on a regular basis as we are one of the few species that cannot synthesis it as we lack the enzyme that can convert glucose to vitamin C. It is easily absorbed from the gastrointestinal tract and the degree of absorption depends on the dose ingested, and decreases as the dose increases. This is why it is recommended that Vitamin C supplements are taken in split doses throughout the day.

Vitamin C is found in the highest concentrations in the adrenal glands and brain and it is used for the production of hormones and neurotransmitters.

Deficiency signs: weakness, fatigue, poor wound healing, swollen gums, muscle and joint pain, poor appetite, muscular weakness and bruising.

There are a number of Vitamin C supplements on the market with ascorbic acid being the main dietary form. Mineral ascorbates (also known as non-acid vitamin C) are buffered form of vitamin C and are believed to be less irritating to the stomach than ascorbic acid. Vitamin C with bioflavonoids (antioxidants) is believed to increase the bioavailability or efficacy of the vitamin C. Lastly there is Liposomal or Lypospheric Vitamin C which claims to have 98% bioavailability and is gentle on the stomach.

The RDI for adults is 45mg per day, however to support adrenal function during times of stress take 1-3 grams of Vitamin C daily in divided doses. Bowel tolerance is a term used to describe the maximum dose an individual can tolerate before getting bowel symptoms such as gas, cramps, or diarrhea. Some people find it beneficial to take Vitamin C to bowel tolerance when rebuilding the adrenals.

B group vitamins (B1, B2, B3, B5, B6, B9 (Folate) and B12)

B Vitamins have an important role in changing food into energy. Vitamin B6 also works together with the mineral iron to stabilise levels of homocysteine, an amino acid that, if raised, can increase the risk of heart disease. Vitamin B12 is also important for healthy blood and nerves. Together, Folate and Vitamin B12 contribute to the making and functioning of our DNA, so they impact every cell in the body. B5 is crucial for adrenal cortex function and the synthesis of steroid hormones. B Vitamins with the exception of B12 are water soluble so are not stored in the body. They are best taken together in a B complex than singularly, although for strict vegans extra B12 may be needed and of course extra folic acid is recommended for pregnant women or those planning a pregnancy. Combining a B complex with an extra 50-100mg of Vitamin B5 maybe useful to improve the body's response to stress.

B Vitamins are further depleted by high refined carbohydrate diets, pharmaceutical drugs, antibiotics, canning and prolonged cooking of foods.



Deficiency signs can include: - Mental and physical fatigue, nervousness/ anxiety, tingling and numbness, poor digestion, dry skin and hair, acne,

Vitamin D

According to recent studies, cortisol, the flight or fight hormone can disrupt your body's vitamin D3 uptake. If cortisol is produced by chronic stress that can't be acted upon by running or fighting for your life, the cortisol builds up in your body. Another contributing factor in high cortisol levels is late nights. Normally, cortisol production decreases from midnight to 4 a.m. Staying up past midnight creates an irregular cortisol production pattern that may result in increased cortisol in your body as it tries to compensate. Vitamin D is a steroid hormone, and so is cortisol and they both need receptors in the body to do their job. The receptors for vitamin D3 are called vitamin D receptors (VDR). Cortisol is a prominent member of the glucocorticoid class of hormones, which diminish VDR capabilities. So regardless of how much Vitamin D3 we take in, if it can't find receptors, it just floats around in the blood with deceptively high D3 blood level counts. Therefore, in addition to maintaining or increasing vitamin D3 intake, try to sleep regular hours and take steps to manage stress levels.

BENEFITS OF YOGA THERAPY

In this modern world we have reached epidemic levels of stress related illnesses. Therefore it is essential that we have some tools in daily life to help us negotiate our busy lifestyles. Yoga therapy has a wide range of techniques. Two of these are asana (postures) and pranayama (breathing).

During yoga practice we begin to identify our individual mental and muscular tensions. At the same time we revitalise our joints, improve balance, concentration, remove stiffness, numbness and flush the internal organs. Circulation is also enhanced and positive cell regeneration occurs. Over time the cumulative benefits for our health and well-being are immense.

Conscious deep breathing switches off the stress response known as "fight or flight". The increase in oxygen improves the nervous system and inflammation in the body reduces. Correct breathing relaxes the body and mind and gives a soothing affect to our nerve endings. It balances brain function

The current RDI for vitamin D is 400iu per day however the OMS guidelines recommend 5000iu per day.

Lastly it is important to remember that we are all individuals and our requirements for vitamins and minerals will vary. Other factors such as lifestyle, diet, medical conditions and existing medications must be considered before embarking on any new dietary supplements. Seeking professional advice is recommended to ensure what you are taking is right for you.

Resources:

Braun, L., Cohen, M. (2007) *Herbs & Natural Supplements- An Evidence-based guide. (Second Edition)* NSW. Elsevier Australia.

Lopez, L (2004) *Natural Health – A New Zealand A to Z guide.* Auckland: David Bateman Ltd.

Ministry of health. (2006) Nutrient Reference Values for Australia and New Zealand. Retrieved May 4th, 2013 from http://www.nhmrc.gov.au/_files_nhmrc/publications/attachments/n35.pdf

Osiecki, H (2006). *The Physicians Handbook of Clinical Nutrition.* (Seventh Edition) Queensland: Bio Concepts.

and reduces fatigue. Our blood pressure is reduced and the immune system is strengthened. When we are feeling stressed the breath becomes short and ragged. When we take time to breathe fully and deeply our emotions balance and our cells are bathed in energy.

Just practicing these two fundamental elements of conscious movement combined with the breath for even 15 minutes daily can bring us untold peace and joy.

Namaste

Sarah



BLACK ROBBERS (A True Story)

This has to be one of the best emails I've ever read...

For anyone who didn't see the episode of David Letterman's show where this story was told, read this: (And remember it's a true story...)

On a recent weekend in Atlantic City, a woman won a bucketful of quarters at a slot machine. She took a break from the slots for dinner with her husband in the hotel dining room. But first she wanted to stash the quarters in her room. 'I'll be right back and we'll go to eat' she told her husband and carried the coin-laden bucket to the elevator.

As she was about to walk into the elevator she noticed two men already aboard. Both were black. One of them was very tall and had an intimidating figure. The woman froze. Her first thought was: 'These two are going to rob me.' Her next thought was: 'Don't be a bigot, they look like perfectly nice gentlemen.' But racial stereotypes are powerful, and fear immobilized her. Avoiding eye contact, she turned around stiffly and faced the elevator doors as they closed.

A second passed, and then another second, and then another. Her fear increased! The elevator didn't move. Panic consumed her.

'My God' she thought, 'I'm trapped and about to be robbed! Her heart plummeted. Perspiration poured from every pore.

Then one of the men said, 'Hit the floor.' Instinct told her to do what they told her.

The bucket of quarters flew upwards as she threw out her arms and collapsed on the elevator floor. A shower of coins rained down on her. 'Take my money and spare me', she prayed.

More seconds passed. She heard one of the men say politely, 'Ma'am, if you'll

just tell us what floor you're going to, we'll push the button.' The one who said it had a little trouble getting the words out. He was trying mightily to hold in a belly laugh. The woman lifted her head and looked up at the two men. They reached down to help her up.

Confused, she struggled to her feet. 'When I told my friend here to hit the floor,' said the average sized one, I meant that he should hit the elevator button for our floor. I didn't mean for you to hit the floor, ma'am.

He spoke genially. He bit his lip. It was obvious he was having a hard time not laughing. The woman thought: 'My God, what a spectacle I've made of myself.'

She was too humiliated to speak. The three of them gathered up the strewn quarters and refilled her bucket. When the elevator arrived at her floor they then insisted on walking her to her room. She seemed a little unsteady on her feet, and they were afraid she might not make it down the corridor. At her door they bid her a good evening.

As she slipped into her room she could hear them roaring with laughter as they walked back to the elevator.

The woman brushed herself off. She pulled herself together and went downstairs for dinner with her husband.

The next morning flowers were delivered to her room; a dozen roses. Attached to EACH rose was a crisp one hundred-dollar bill.

The card said: 'Thanks for the best laugh we've had in years.

It was signed: Eddie Murphy & Michael Jordan

HOW TO MAKE MY HEALTHY BEHAVIOURS STICK ... THIS TIME!

By Kelly Davis Martin, B.S., M.P.H., L.W.C.

Are you ready to make your healthy choices and behaviors stick around for more than two weeks? You can do it, but if you

want lasting change then you need to try a new approach. It's not sexy and it's not fast but managing your multiple sclerosis well worth the effort! To implement healthy behaviors it takes time. On the path remember to review and celebrate your success, get to know your strengths, make a habit of taking baby steps, be consistent, give yourself time to make a new habit and get some support.

Take Stock

Give yourself some time to sit down and take an inventory of all of the successes you have had. I enjoy doing a visual inventory with colored pens and a big piece of paper, but you could use a journal or another medium that suits you. I came up with personal successes such as moving across the world, starting my own company, and trying boxing for the first time. As you consider your success stories, moments and achievements recall all areas of your life – occupational, domestic, relationships, physical, mental and emotional, environmental, financial. Focus on what you did well, big or small. No one else needs to see this inventory so don't be shy.

Know Your Strengths

Do you know what you do well? What character strengths do you have? What do you actually enjoy doing? Dr. Marty

Seligman, from the University of Pennsylvania, says that there are 24 character strengths in humankind and that those who

know their own strengths will be happier, healthier and more successful. You can take a free research-based assessment on his site at: www.authentichappiness.sas.upenn.edu and look for the VIA (Virtues in Action) Character Strengths Survey.

Remember your top five strengths and focus on these assets, rather than your deficits, as you negotiate work, school, relationships and life.

Build Your Self-Efficacy

Self-efficacy is when you believe that you can make changes when you want. Many of us unknowingly sabotage our self-efficacy by setting unrealistic goals and expecting instant results. One example was a client, Emily, that wanted to go from no physical activity to exercising five times a week, for one hour per session, every week. Emily did not take the time to determine if this was a realistic goal in her life and she plowed ahead. She did great the first week, and in week two Emily exercised three times. She felt like she had failed week two, and tried to make up the extra workouts the following week and

then really disappointed herself. Ultimately, she gave up physical activity completely. Building realistic goals allows us to feel a sense of accomplishment and positivity to move on. You can always exceed your goals for the week and you'll feel even better then! Realistic goals mean that you have the time and resources to complete them, you are motivated enough to make them a priority, and you always give yourself a break (one day off, for example). Build on small successes so that you can believe in yourself again and then you will be able to take off!

Be Consistent

A recent study showed that, after five year, fewer than 5% of people who had lost weight were able to successfully kept it off. What was the magic secret for those 5% who kept off the weight? There was no special diet or exercise plan. Each person was successful because they found what worked within their life and they did it consistently. Knowing what you can do and doing it over-and-over is the key ingredient.

Give it Time

The body regenerates 1% of its cells every day, that means in 12 weeks you are quite literally a whole new you. It is fitting that psychologists have shown that it takes 12 weeks for people to be successful at making behavior changes. The science of this mind-body connection, called psychoneuroimmunology, suggests that our need for instant gratification does not work when trying to modify our actions. A wonderful way to make it through twelve weeks of change is to be successful at your small changes and to get support.

Get Support

If you know what you want, and what you need to do to get it, then you should already have it already, right? If we all know we need to eat more fruit and vegetables and be physically active to lose weight, then why aren't we all our ideal weight already? This is where support can come in. Social support, such as friends, family, or a coach, will help you celebrate your success and can keep you accountable. Professional support, like a coach, can help you actually get it done- they can listen, offer feedback, help you identify what truly motivates you, assist in setting realistic goals, hold you accountable, build your strengths and offer encouragement.

The key to long-term success is not rapid change or dramatic intentions. Long-term success is found in consistency. Build on your strengths and you will find peace as you transform into the person you can be- a person with endless possibilities.



FACING UP TO CONTINENCE PROBLEMS

By Margaret McAleer

"Incontinence" a word we would all ignore if we could. It is something we all hope never to have to face but many people deal with it on a daily basis or will have to in the future.

The word itself probably contributes to us wanting to avoid the topic, Wikipedia states:

"Continence may refer to: Incontinence (Philosophy), a lack of self control (Greek)" but it does not say that more often than not, the lack of control is something we have no power over. Incontinence is seldom a voluntary choice; it can be socially isolating and have serious effects on mental well being contributing to depression and low self esteem.

For those living with Multiple Sclerosis it is a major concern with approximately 80% being affected by bladder problems and a much lesser number, but no less significant, being affected by faecal or bowel incontinence.

Continence is a very personal, sensitive issue and attitudes vary considerably across cultures and backgrounds making managing these problems for health professionals very challenging. Help is available – all you have to do is ask.

Faecal incontinence is often related to constipation and can be helped considerably by planning and establishing a regular bowel regime. This is not an easy thing to do on your own but your MS advisor, GP or Continence specialist will be able to do an assessment. This will include looking at your medicines, diet, daily routine etc and help to work out a programme tailored to your needs. There are many treatments and products available that can help you control diarrhoea leakage and or constipation but you need to know about them to allow you to make informed choices for yourself. If you feel this is or could be a problem for you, tackling the problem early could lead to a resolution for you. Remember one plan does not suit all and trying to manage bowel problems on your own will most often result in a worsening of the problem.

Moving on to bladder issues which are the result of MS lesions delaying or blocking the nerve messages between the brain and the bladder things can appear more complex. Resulting urinary problems often present with similar symptoms but they can have different sources. Treatment and management need to be based on accurate assessment by health professionals and has to be tailored to individual needs and lifestyle. Left untreated bladder problems can result in personal hygiene issues, social isolation threatening mental wellbeing and can be seriously detrimental to the progression of multiple sclerosis itself.

Types and symptoms of urinary dysfunction include:

- **Urge incontinence:** an inability of the bladder to delay passing urine – the urge to pass causes an immediate leak.
- **Frequency:** The need to go often – can be up to hourly seriously limiting the ability to do things.
- **Nocturia:** The repeated need to go overnight disrupting normal sleep patterns.
- **Stress Incontinence:** When coughing, laughing, sneezing etc urine leaks from the bladder often in small or large spurts.
- **Retention:** A failure of the bladder to empty fully leaving urine to stagnate in the bladder – this may cause urge incontinence and frequency as you know you need to go and keep on trying. Constant dribbling can be another sign of retention as the overstretched bladder overflows.

Recurrent urine infections may worsen other symptoms of MS and can lead to the formation of bladder stones irritating the lining of the bladder further increasing sensitivity. If left untreated ongoing infections can ultimately result in kidney damage.

All of the above may make for complex, frightening reading but take heart there are many options, treatments and choices out there, you just need someone to advise you what your options are. You can discuss concerns with your MS advisor, GP or Continence Specialist and remember you do not need to have symptoms to talk about continence issues.

One final point is to stress it is a natural response to reduce fluid intake to try to stop any incontinence but this will not help and may well worsen your ongoing problems as well as causing other problems. Dehydration is very dangerous for people living with MS so keep fluid up and aim for 6-8 glasses a day restricting fluids 2-3 hours prior to bed if you have nocturia.

If you or your carer has any areas of concern discuss them with your MS advisor, GP and or Continence Specialist sooner rather than later and they may well be able to help.

Accurate assessment and planning are vital to ongoing health and treatment options may include:

- Bladder training – regulating toileting
- Medicines and or hormone therapy
- Pelvic floor exercises
- Aids and appliances – choice of products
- Environmental modifications
- Intermittent catheterisation – insertion of a very fine soft tube into the bladder to empty it.
- Permanent catheter into the bladder – changed 8-12 weekly usually
- Botox injections to the bladder
- In some cases surgery may be an option.
- Treatment will be aimed at relieving symptoms as we may not be able to cure incontinence but we can help you control it so that it has minimal effect on your life.

Margaret McAleer

Continence Clinical Nurse Specialist
Older Adults & Home Health
Waitakere Hospital

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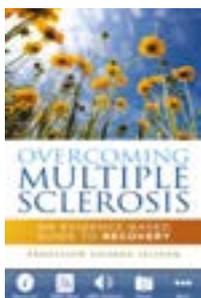
New OMS app for smartphones released!

The new OMS app for smartphones has been released. Download free from the App Store!

Our trusty team has been working away behind the scenes to bring you OMS on your smartphone.

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INTERESTING REFERENCE LINKS

"I always like seeing your update as it frequently provides information on up and coming drugs. In particular those originally derived from natural sources as most of our medicines have originally been sourced. Gienya is interesting whereas it modifies the immune response resulting in remission in relapsing remitting MS. The fungus is found world wide but this particular species is one from the mountains of China. There are numerous species in New Zealand including the historic *Claviceps purpurea* http://en.wikipedia.org/wiki/Claviceps_purpurea which produced "The Fires of France also known as St Antonie's Fire.

Perer all of the Calavecepts grow rapidly in culture <http://www.ncbi.nlm.nih.gov/pubmed/15778126> . This may be markets as a herbal treatment for "immune disorders" without specific claims at 10% of the cost of the drug Gienya. Probably is in China!"

<http://en.wikipedia.org/wiki/Fingolimod>

http://en.wikipedia.org/wiki/Isaria_sinclairii

<http://en.wikipedia.org/wiki/Cordyceps>

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If you want great service and first class workmanship then go and visit Autopal at 48 Barrys Point Road in Takapuna. Speak to Andrew and Paul and they will look after you. These guys are so good to Multiple Sclerosis Auckland, they always look after us, so we want to encourage our Members on the Shore to pay them a visit – you won't be disappointed.

10	Eastern Water Walking	10.30am, Glen Innes Pool Complex
12	Mairangi Bay Water Walking Papatoetoe Water Walking Pt Chevalier Support Group	10.45am, Millennium Institute of Sport and Health 11:00am, Papatoetoe Pool 10.30am – 12.30pm, Contact Office for Venue
13	Eastern Aqua Exercise Group	10.30am, Glen Innes Pool Complex
14	West Auckland Water Walking	11.00am, West Wave Aquatic Centre, Henderson
18	Hibiscus Coast Buddies	10.30am – 12.00pm Pohutukawa Room, Whangaparaoa
19	Mairangi Bay Water Walking Papatoetoe Water Walking	10.45am, Millennium Institute of Sport and Health 11:00am, Papatoetoe Pool
20	Eastern Aqua Exercise Group Epsom Aqua Exercise Group Botany Café Group	10.30am, Glen Innes Pool Complex 10.30am, Epsom Girls Grammar Aquatic Centre Whitcoulls Coffee Lounge, Botany Downs Town Centre
21	West Auckland Water Walking	11.00am, West Wave Aquatic Centre, Henderson
22	Greenlane Café Group	Special date and Venue: Brick to Brick, Onehunga
23	Movie Fundraiser	3.00pm “Great Gatsby” Monterey Cinema, Howick
24	Eastern Aqua Exercise Group	10.30am, Glen Innes Pool Complex
25	Kumeu Café Group Manukau Café Group	10.30am, Call Georga for venue information 10.30am, Friendship House, Putney Way, Manukau
26	Mairangi Bay Water Walking Papatoetoe Water Walking Shore Lunch Group	10.45am, Millennium Institute of Sport and Health 11:00am, Papatoetoe Pool 12.15pm, Café Botannix, Palmers Planet, Albany
27	Eastern Aqua Exercise Group Epsom Aqua Exercise Group	10.30am, Glen Innes Pool Complex 10.30am, Epsom Girls Grammar Aquatic Centre
28	West Auckland Water Walking	11.00am, West Wave Aquatic Centre, Henderson

1	Eastern Water Walking	10.30am, Glen Innes Pool Complex
3	Mairangi Bay Water Walking Papatoetoe Water Walking Kumeu Café Group	10.45am, Millennium Institute of Sport and Health 11:00am, Papatoetoe Pool 10.30am, Call Georga for venue information
4	Epsom Aqua Exercise Group Pukekohe Café Group Mayfield Coffee Group BB's Café	10.30am, Epsom Girls Grammar Aquatic Centre 11.30am, Call Sarah Toft on 09 232 2796 for Venue 10.30am, Kings Plant Barn, 11 Porana Road, Glenfield 11.00am, Waitakere Mega Centre, 5 Vitasovitch Avenue, Henderson
5	West Auckland Water Walking	11.00am, West Wave Aquatic Centre, Henderson
6	North Shore Café Group	12.30pm, Kings Plant Barn, 11 Porana Road, Glenfield
8	Eastern Water Walking	10.30am, Glen Innes Pool Complex
10	Mairangi Bay Water Walking Papatoetoe Water Walking	10.45am, Millennium Institute of Sport and Health 11:00am, Papatoetoe Pool
11	Epsom Aqua Exercise Group	10.30am, Epsom Girls Grammar Aquatic Centre
12	West Auckland Water Walking	11.00am, West Wave Aquatic Centre, Henderson
13	Greenlane Café Group Members Lunch West	11.00am, Zinc Café, 205 Great South Rd, Greenlane RSA Swanson, Phone Office to Book
15	Eastern Aqua Exercise Group	10.30am, Glen Innes Pool Complex
16	Hibiscus Coast Buddies	10.30am – 12.00pm, Pohutukawa Room, Whangaparaoa
18	Epsom Aqua Exercise Group Botany Café Group	10.30am, Epsom Girls Grammar Aquatic Centre Whitcoulls Coffee Lounge, Botany Downs Town Centre
25	Manukau Café Group	10.30am, Friendship House, Putney Way, Manukau

MS SUPPORT GROUPS

Multiple Sclerosis groups are a great way for Members to get together for friendship and support, whether it is simply for a chat or for some light exercise. Make it your goal to go along to a group and experience it yourself. All people with MS are welcome to attend any of the groups in any area. If you have an idea for a group, would like to start one or would like more information, please contact MS Auckland office on 845 5921 or email info@msaki.org.nz.

HYDROTHERAPY – PHYSIOS

Mairangi Bay Water Walking

Wednesdays 10.45am to 11.45am.

At the Millennium Institute of Sport & Health.

Contact the office for more information.

Epsom Aqua Exercise Group

Thursdays 10.30am to 11.30am

At Epsom Girls Grammar Aquatic Centre.

Contact the office for more information.

Eastern Water Walking

Mondays 11.15am to 12.15am

At Glen Innes Pool Complex.

Contact the office for more information.

Beachlands Aqua Exercise

Contact Margaret Strachan 536 6663.

Aut Physiotherapy Sessions

These individual Physiotherapy sessions are

held at AUT, Akoranga Campus, Northcote.

Contact the clinic for details 921 9161.

West Auckland Water Walking

Fridays 11.00am to 12.00pm

At West Wave Aquatic Centre,

20 Alderman Drive, Henderson.

Contact the office for more information.

Papatoetoe Water Walking

Wednesdays 11.00am to Midday.

At the Papatoetoe Pool, Sutton Cres.

Contact Gordon Baker 275 5729.

SUPPORT GROUPS

Hibiscus Coast Buddies

3rd Tuesday of each month, 10.30am till Midday.

At the Pohutukawa Room in the

Whangaparaoa Library. All welcome.

Call Georga for more information on 845-5921.

North Shore Café Group

1st Saturday of each month 12.30pm.

Kings Plant Barn, 11 Porana Road, Glenfield.

Contact Christine Ball on 444 6945.

Greenlane Café Group

2nd Saturday of each month, 11.00am.

Zinc Café, 205 Great South Road, Greenlane

(by Post Office and Kiwi Bank).

Contact the office for more information.

Pt Chevalier Support Group

4th Wednesday bimonthly, 10.30 – 12.30.

Contact the office for more information.

BB's Café Group

Meet the 1st Thursday of each month at 11.am.

BB's Café is located at the Waitakere Mega

Centre, 5 Vitasovich Avenue, Henderson.

Call Georga for more information 845-5921.

Botany Café Group

3rd Thursday of each month.

At Whitcoulls Coffee Lounge, Botany Downs.

Town Centre.

Contact Elaine Jones 533 4160.

Mums, Dads And Kids Group

Saturdays each month at a mutually agreed time and place.

Contact the office for more information.

Mayfield Coffee Morning

1st Thursday of each month, 10.30am.

Kings Plant Barn, 11 Porana Road, Glenfield.

Call Diane for more information 845 5921.

Shore Lunch Group

Meets every 2nd month, Wednesday 12.15pm.

Café Botannix, Palmers Planet, Albany.

Call Diane for more information 845 5921.

Kumeu Café Group

Alternating 1st Monday, Tuesday or Wednesday of each month, 10.30am

Meet at various cafés around the Kumeu area.

Call Georga for more information 845 5921.

Waiheke Group

Meets several Sundays per year.

Contact the office for more information.

Beachlands Support Group

Meets six weekly at different venues.

Contact Linda Reid 536 6215.

Manukau Café Group

Last Tuesday of each month, 10.30am

Friendship House, Putney Way, Manukau.

Contact Yvonne Fleming 269 7283.

Pukekohe Café Group

1st Thursday of each month at 11.30am

Contact Sarah Toft 232 2796.