

People with Parkinson's Inc.

Living well with Parkinson's



E-newsletter Autumn 2015

Update

Welcome to the first newsletter of People with Parkinson's Incorporated. A committee has been appointed – see below – and has met to plan the future direction of the organization. In the next year we plan to:

- **Produce a newsletter each quarter** to share information of interest to people with Parkinson's and their supporters
- **Set up a website** so that anyone in the wider community can access information about how others are living well with Parkinson's
- **Arrange social activities** to enable people with Parkinson's to mix and learn from others in a relaxed setting
- **Conduct a survey** of new members to inform the future development of the organization
- **Hold meetings or workshops** at a central location focusing on a topics of interest to people with Parkinson's

The first workshop will be held on Tuesday, 14 April 2015 at St Columba Centre, Ponsonby on the topic of "Falling". See the side bar for details. All are welcome. Membership of the organization is encouraged – see attached application for membership – but this is not essential for you to attend. Note that the organization is not yet a registered charity and therefore donations can't be claimed for a tax credit.

If you have any questions, please contact me on 021 945 301 or send an email to Sue Copeland: donandsue@clear.net.nz

Maurice Nicholson – Chairman



People with Parkinson's Incorporated Committee 2015

Back, left to right: Tony Spelman, Roger Hicks, George Andrews (Treasurer), Roy Dicker, John Gregory

Front, left to right: Anne Murrell, Maurice Nicholson (Chairman), Sue Copeland (Secretary)

Absent: Nikki Matthews

Important Dates

Workshop – "Falling"

Date: Tuesday, 14 April 2015

Time: 10.30 am

Place: St Columba Centre
40 Vermont Street
Ponsonby

Parking is available behind the venue.

ALL WELCOME

Brain Day 2015

Date: Saturday, 28 March 2015

Time: 9.00am – 4.00pm

Place: Owen G Glenn Building
12 Grafton Road
University of Auckland

www.fmhs.auckland.ac.nz for more information

Nothing in this newsletter should be interpreted as medical advice - always consult your doctor.

If you want to have your details removed from our database please contact Tony Spelman – email: tony@spelman.co.nz or telephone: 09 636 2109

Feature story - Tumblin' down – Christine Hayter

Today I was striding along the footpath when all of a sudden my foot skidded on some hard round seeds that had fallen off an overhanging tree and I hit the asphalt. It was like stepping on ice strewn with ball-bearings. I landed lightly and came out of it with nothing but a slight graze above my elbow. It can happen to anyone at any time but having Parkinson's is an added risk factor.

In one of the early appointments with my neurologist he tried to push me over to see how good my balance was. At the time I wondered why he was doing it. I had no problems with balance just slowness, stiffness and a limp. But now, 16 years later, he might have a better chance of success thanks to the progressive nature of the condition. At certain times of the day you could knock me down with a feather. The worst time usually coincides with the time to prepare the evening meal. The floor in the kitchen is unforgiving - ceramic tile over concrete.

The first close encounter with my kitchen floor was about seven years ago. I was moving between the fridge and the bench with the starving (not) cat winding around my legs begging for food. Next thing I knew I was on the floor, landing on my shoulder. When the pain didn't go away further investigations showed a small fracture of the top of the tibia.

The second time it was my head that took the knock and a huge lump swelled up on the side of my head with a multi-coloured bruise.



Apart from a broken nose after falling against a steel filing cabinet and a few bruises that's the extent of my injuries over the last 20 years. But there have been a few near misses. It only takes a moment of inattention to tumble over. I've adopted a strategy of "awareness" and do exercises to help with balance to try to avoid accidents. Come to our workshop on 14 April 2015 and share your story or just listen to others and learn from their knowledge and experience.

Workshop on falling – 10.30 am, 14 April 2015

Anne Murrell, whose husband has had Parkinson's for 15 years, will facilitate our first workshop.

"Sharing our personal knowledge of Parkinson's is a key objective of People with Parkinson's Inc. Research shows that falling is one critical condition that people with Parkinson's confront. Let's get together over a cuppa and share our knowledge and experience."

Please RSVP by 10 April 2015 to Sue Copeland

Email: donandsue@clear.net.nz

Phone: 09 444 1173

Membership

A membership application form is attached. Usually after diagnosis the first thing that people with Parkinson's and their families want to know is how others manage the rest of their lives on a practical level with an as yet incurable and progressive condition. It's reassuring to hear from others about how they have risen to the challenges of everyday life with Parkinson's.

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