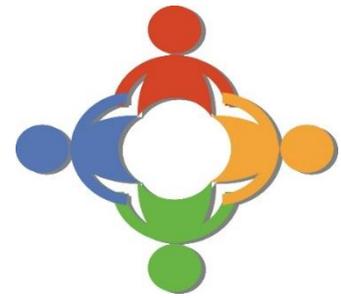


People with Parkinson's Incorporated

CC51603

Living well with Parkinson's



E-newsletter Winter 2015

You and Exercise

be empowered
and get
inspired but
best of all get
moving start if
you don't do it
harder and
bigger if you
do

find out
the latest
research

share your thoughts
and what works for
you



The next meeting of
People with
Parkinsons Inc

will be held at 10.30am on
Tuesday 30 June 2015 at St
Columba Centre 40
Vermont Street Ponsonby.

Facilitators Nikki and
Christine

PicCOLLAGE

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You and Exercise

Note your diaries and plan to attend

If you were told that there was something you could do to improve and perhaps even delay the progression of your Parkinson's symptoms without drugs or surgical procedures, wouldn't you want to know more about it?

Research has shown exercise to be neuro-protective and suggests that certain types of exercise may improve Parkinson's symptoms or even delay progression and the earlier you start the better the outcome. This is exciting news but leaves the questions:

What types of exercise are effective, how much and for how long?

Is it effective for people whose symptoms are more advanced?

Join us on Tuesday, 30 June 2015 at 10.30 am to discuss the answer to these questions and more. This is one session you do not want to miss!

Venue: St Columba Centre, 40 Vermont Street, Ponsonby. Parking is available at the rear of the building.

The facilitators -

Nikki Matthews

Diagnosed with Parkinson's
2005

Retired Obstetrician

When not taking care of a household including two teenage boys likes to use her time and skills to benefit others particularly those with Parkinson's

Currently working out with a personal trainer and developing Parkinson's specific exercises

"We should be going bigger, harder and stronger"

&

Christine Hayter

Diagnosed with Parkinson's 1998

Retired Chartered Accountant with two grown-up children and two grandchildren

Likes to research and write life stories - currently researching her family history

Does Pilates for core strength and flexibility and walks for aerobic exercise - the route usually goes past her favourite café

"The exercycle has been rescued from a sea of debris in the garage and is awaiting further instructions"

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Reflections on last topic - falling

The last topic "falling" was chosen because it ranks high on the priority list of issues people with Parkinson's are concerned about.



"Attendees shared their experiences with falling openly with humour. Of great interest were the strategies people use to avoid falls. Ideas to improve balance were discussed" - Anne



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"I haven't been having falls so I was unsure of the value of the workshop on falling. To my surprise there was a lot of discussion about balance, something which does concern me. The atmosphere created by the facilitator meant that a very broad range of matters were covered in a way that was useful to people present. I can't wait for the next workshop." - Tony

An issue with balance is the precursor of falls. If balance can be improved by physical exercise it might assist in preventing a loss of balance turning into a fall. A very good reason to come to the next meeting on 30 June 2015.

Useful references on falling

- Parkinsons Disease and the Art of Moving - John Argue
- Standing up to Falls – ACC 2383–website www.acc.co.nz
- Website www.pdf.org/en/fall09_fall_prevention

Wanted - your assistance

Please contact Tony Spelman at the address below with your offers of assistance with the following:

*Do you have IT
and/or graphics and
publishing skills?
The editor needs your
help!*

Your stories and feedback

Everyone with Parkinson's or their family members has a story to tell or an insight to share that will be of interest to others on the same journey.

We also seek your feedback on articles in the newsletter or presentations made.

We would very much appreciate your input. It can be published anonymously if that is your wish.

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Feature story: Tumblin' down continued – Christine Hayter

My first fall resulting in injury happened so suddenly and was a wake-up call that this was a real risk I had to deal with.

For a long time just being adequately medicated made up for the missing dopamine and as long as I took it more or less on time it would be difficult to tell I had any disability. I didn't really have to think about it. But as the underlying condition progressed it became more important to not only be more accurate with my timing of medication but with the help of my neurologist review my medication regime and consider fine tuning the dosage and timing to maximize results.

I mentioned in part one of my story that I use "awareness" as one of my weapons of choice in the battle to remain upright. Awareness means constantly focusing on what I'm doing and being spatially aware of where I am. Strolling casually along the street listening to my i-pod or talking on my mobile phone while window shopping or admiring people's gardens is no longer easily achieved. It can depend on my state of medication. When at optimum levels I might be able to walk and look but listening/talking and walking and looking is one task too many and is likely to result in disaster.

Sometimes I just have to concentrate on walking properly and repeat the mantra under my breath "heel toe, heel toe, BIG step, BIG step; heel toe, heel toe, BIG step, BIG step..." to stop the tendency to shuffle - taking smaller and smaller steps on my tippy toes - which inevitably results in loss of balance and a high risk of falling. It is most important to control my steps on a downward slope and consciously dig in my heels otherwise I'll end up in an ungainly and undignified heap at the bottom. I know that I have a tendency to be unstable in the late afternoon/early evening at the time I should be making dinner. So to avoid colliding with the hard tiled floor I sometimes put a bar stool in the middle of the kitchen so that I can either sit at the bench

Minimise risks of falling:

Take medication on time

Fine tune dosage and timing

Be spatially aware

Focus on activity

One task at a time

Take BIG steps

Walk with heel down first

Slow on downward slopes

Don't lean over too far

Remove rugs

Clear the clutter

And always feed the cat first!

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to prepare the meal or there is something to hold onto if I start to become unsteady.

When standing at the bench I try to stand upright, feet shoulder width apart with my weight even over both hips. If I need to lean over to reach something, I become unbalanced so it is better to take one big step over to remain directly in front of whatever I am doing.

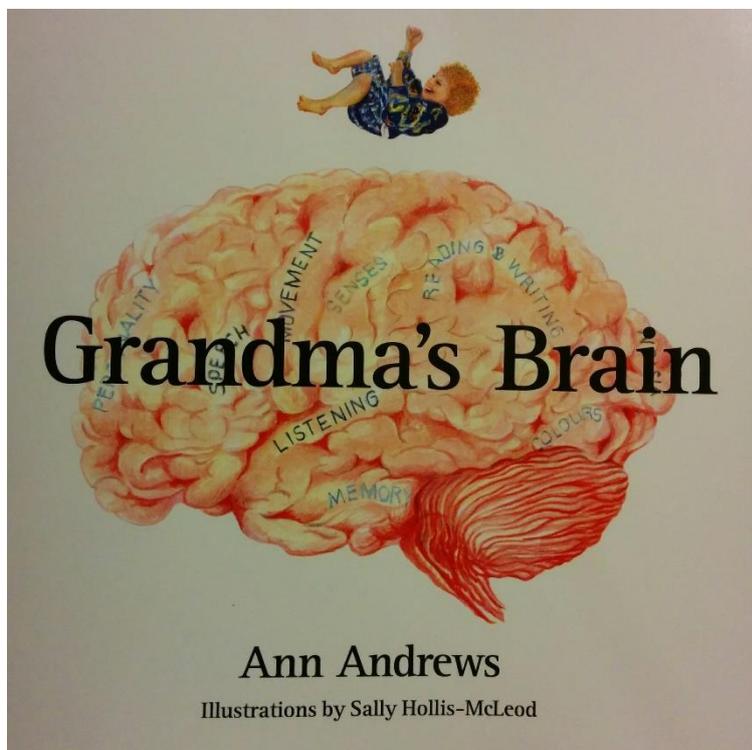
I'm still working on decluttering and there are no rugs left to trip me up - just the cat.

My other weapon of choice is to exercise. I'm intending to supplement walking with some more intense sessions on the exercycle and some exercises focusing on BIG, complete and balanced movements. More about that at the meeting on 30 June 2015.

Grandma's Brain - by Ann Andrews (July Publishing)

Following on from the success of her first book written about Parkinson's for adults, "Positively Parkinson's", Ann's new book "Grandma's Brain" is a picture book written to explain Parkinson's to her three grandsons. The review in the NZ Herald's Canvas magazine on 30 May 2015 said "... with simple, playful illustrations by Sally Hollis-McLeod, this book is a gentle exploration of the illness - with some flights of fancy thrown in for good measure - that will help to reassure kids." It will provide a good basis for further discussion with children or grandchildren.

Grandma's Brain will be available for sale at the next meeting on 30 June 2015.



Note:

People with Parkinson's Inc is now a registered charity and has donee status with the IRD.

This means that you can apply to the IRD for a tax rebate for donations of over \$5.

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