

Events Calendar January 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 <i>Boxing Day (New Zealand)</i>	27 <i>Society Closed</i>	28 <i>Society Closed</i>	29 <i>Society Closed</i>	30 <i>Society Closed</i>	31 <i>New Year's Eve (New Zealand)</i>	1 <i>New Year's Day (New Zealand)</i>
2 <i>Society Closed</i>	3 <i>Society Closed</i>	4 <i>Society Closed</i>	5 <i>Society Closed</i>	6 <i>Society Closed</i>	7 <i>Society Closed</i>	8 <i>Society Closed</i>
9 <i>Society Closed</i>	10 <i>Liz Back</i>	11	12	13	14	15
16	17	18	19	20	21	22
23	24 <i>Tania Back</i>	25	26	27	28	29
30	31	1	2	3	4	5

Events Calendar February 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	21	1 <i>Games Group</i>	2	3	4	5
6	7 <i>Social Group</i>	8 <i>Games Group</i>	9 <i>Central Otago Group</i>	10 <i>Central Otago Group</i>	11 <i>Central Otago Group</i>	12
13	14	15 <i>Games Group</i>	16 <i>Mosgiel Group</i>	17 <i>Mens Group Youth Group</i>	18	19
20	21 <i>Social Group</i>	22 <i>Games Group</i>	23 <i>Oamaru Group</i>	24	25	26
27	28 <i>Balclutha Group</i>	1 <i>Games Group</i>	2	3	4	5

NEW ZEALAND RED CROSS Community Transport Service

New Zealand Red Cross in Dunedin launched a new Community Transport Service on the 30th August for the Dunedin urban area. The service provides transport to and from hospital appointments for those who have difficulty accessing transport or cannot afford to do so. The vehicle is a very comfortable 12 seat Ford Transit van.

If you would like to use the service you need to be referred by your health provider (i.e. hospital specialist, social worker). The health provider will send a referral form to Red Cross, and we will then contact you to confirm dates and pick up times. If your health provider doesn't have a form, we can arrange to send them a form to complete.

You will be picked up from your house and the driver will wait while you attend the appointment and then take you home again.

If you would like more information about this service, please call our Dunedin office on 477 1527 or email southern@redcross.org.nz

Christmas New Year Opening Hours

The Otago MS Society will be officially closed from Wednesday 22nd December 2010 and reopening on Monday 10th January 2011.

Liz Carroll-Lowe (Development Coordinator) will be in the office on Monday 10 January 2011. During this time please note that hours maybe varied.

Tania McGregor (Manager) will be in the office on Monday 24th January 2011.

Please note that both Tania and Liz will be periodically checking the phone messages and emails over the holiday period.

If during this time you become unwell, please contact your GP who will be able to provide assistance to you.

On behalf of all of us here at the MS Society, we wish you all a very Merry Christmas and Happy New Year. We look forward to seeing you in 2011!!!

Change of staff

Following many years of involvement with the MS Society, including the past two years as Field Officer. Julie Jones has decided it is time for a change.

We acknowledge her time as a volunteer and an employee.

Julie has developed a rapport with the members and clients through her years of involvement.

The Society wish Julie all the best for the future and thank her for your time and contribution to the Society.

Events Calendar November 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14	15 <i>Social Group</i>	16 <i>Games Group</i>	17	18 <i>Mens Xmas Youth Xmas</i>	19	20
21	22 <i>Balclutha Xmas</i>	23 <i>Games Group</i>	24 <i>Oamaru Xmas</i>	25 <i>Movies at Mosgiel</i>	26	27
28 <i>Annual Christmas Function</i>	29	30 <i>Games Group</i>	1	2	3	4

Events Calendar December 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1 <i>Wanaka Xmas</i>	2 <i>Cromwell Xmas Alexandra Xmas</i>	3	4
5	6 <i>Social Xmas</i>	7	8	9 <i>Warehouse South Dunedin</i>	10 <i>Warehouse South Dunedin</i>	11 <i>Warehouse South Dunedin</i>
12	13	14	15	16	17	18 <i>Stall at Mosgiel Market Day</i>
19	20 <i>Society Closed</i>	21 <i>Society Closed</i>	22 <i>Society Closed</i>	23 <i>Society Closed</i>	24 <i>Christmas Eve (New Zealand)</i>	25 <i>Christmas Day (New Zealand)</i>
26 <i>Boxing Day (New Zealand)</i>	27 <i>Society Closed</i>	28 <i>Society Closed</i>	29 <i>Society Closed</i>	30 <i>Society Closed</i>	31 <i>New Year's Eve (New Zealand)</i>	1 <i>New Year's Day (New Zealand)</i>

Don't do this, this Christmas.

If you think last Christmas was bad, it could have been worse - as these funny facts from the United Kingdom prove. I cannot help wondering if other areas of the world are more accident prone or less? Another thought, how does Christmas compare with other times of the year?

- 1) Hospitals reported 4 broken arms last year after cracker pulling accidents.
- 2) Three people die each year testing if a 9v battery works on their tongue.
- 3) Five people were injured last year in accidents involving out of control Scalextric cars.
- 4) Eight people cracked their skull in 1997 after falling asleep while throwing up into the toilet.
- 5) Eighteen people had serious burns in 1998 trying on a new jumper with a lit cigarette in their mouth.
- 6) Nineteen people have died in the last 3 years believing that Christmas decorations were chocolate.
- 7) Thirty one people have died since 1996 by watering their Christmas tree while the fairy lights were plugged in.
- 8) Fifty eight people are injured each year by using sharp knives instead of screwdrivers.
(Incidentally, in Birmingham they don't even use proper screwdrivers. Instead they get out the 'Birmingham Screwdriver', otherwise known as a hammer.)
- 9) One hundred and one people since 1997 have had to have broken parts of plastic toys pulled out of the soles of their feet.
- 10) One hundred and forty two people were injured in 1998 by not removing all pins from new shirts

There a lots of good things about Christmas too..... :)



Christmas Lunch

The Otago Multiple Sclerosis Society

invites you to our annual Christmas lunch for 2010 to be held at Leisure Lodge Cumberland Street Sunday 28 November 11.30 am for a 12.30pm lunch

Costs:
Non financial members \$35.00
Financial Members \$15.00
Please bring an inexpensive gift for the secret Santa sack.
Please RSVP to Tania by Friday 18th November 2010

MENU

Clove studded ham on the bone
with mustard pickle
Roast lamb with mint jelly
Selection of Hot Vegetables
New potatoes, with butter and fresh mint
Baby peas
Honey glazed carrots
Selection of Fresh Salads
Mixed leaf salad
Greek salad
Bean salad

Selection of Desserts
Pavalova
Cheese cake
Fresh fruit salad
Whipped cream

Tea & Coffee
Fruit mince pies



2011 CALENDAR PENS (with a pull out calendar)

WE HAVE PENS! Over 6000 (yes that's right – 6000!!) of them to sell.

Now is your opportunity. These make a great secret Santa gift or a stocking filler. Or are you self employed and have lots of staff you want to give a small token of your appreciation to at the same time supporting a worthy cause? Or maybe you know of a store that would have them on display? (we are investigating getting some display boxes printed)

Think OMSS Pens.

PLEASE buy some pens.....I need my shelf space back please, please, please buy some pens....

We are to have a couple of selling days in December at local supermarkets and hopefully the Warehouse In Dunedin 9th, 10th and 11th December. If you are willing to sit for a couple of hours please give me a call so I can work out a roster. I would be grateful for the support.

Liz



logo design, corporate branding, advertising, print management, illustration, photography, graphic design, brochures, business cards letterheads, website design, signage, display banners.

Contact: John or Daniel Buchan
2 Braeside Road, East Taieri, Dunedin
Tel: 03 489 6968
Email: info@buchandesign.co.nz

Blood pressure drug may benefit people with MS

A study published online late August by the National Academy of Sciences (PNAS) in England has shown that a drug licensed to treat high blood pressure may be of benefit to people with MS.

The research showed that the common and relatively cheap drug known as lisinopril could reduce the severity of an MS-like condition called EAE in laboratory mice by dampening down an overactive immune system.

Furthermore, when mice were treated early, lisinopril appeared to prevent the onset of EAE.

Although EAE has characteristics similar to MS, it is not the same as MS in humans.

Dr Susan Kohlhaas, Research Communications Officer for the British MS Society said: "Drugs that dampen down an overactive immune system have been shown to be of some benefit to people with MS and intriguingly it seems lisinopril may have this effect.

"It remains to be seen whether lisinopril can play a role in preventing the onset or slowing the progression of MS and the only way to judge this is through larger clinical studies in humans."

Copied from the British MS Society's web site for August 17, 2010.

(The contents of this Newsletter do not reflect the views of the Otago MS Society. You should therefore not rely on information produced in this newsletter and should refer any queries to your GP or specialist.)

1000 Faces of MS

At National Office we are looking for ways to raise the profile of MS and the work of our Societies. It is important that we can show people directly the effect of MS on real people in our marketing whether that be online or in our Facts about MS and MS Society brochures or during the MS Awareness Week. We would like to have up to 1000 images of our members on our website and used in our literature. If you would like to take part in this initiative please contact me via any of the below.

We would need a digital photo (highest resolution possible), your first name and 2 facts:

1. How long you have been living with MS
2. How old were you when you were diagnosed

Thanks in advance for your help!

Daniel Melbye Communications and Fundraising Manager
Multiple Sclerosis Society of New Zealand
P.O. Box 2627 Wellington 6140, New Zealand
P: +64 4 499 0069 F: +64 4 499 4675 E: Daniel@msnz.org.nz W: www.msnz.org.nz



Compassion Through Wine

Compassion Through Wine has entered into a nationwide alliance with Alzheimer's NZ, Autism NZ, Multiple Sclerosis NZ and Women's' Refuge NZ to raise funds for the benefit of many Neers.

Spencer Hill Estate has agreed to provide wines made at cost to Compassion Through Wine. Compassion Through Wine will sell the wine at a profit and will donate 100% of the profit to the Alliance.

Please visit www.compassionwine.com for more information. If you do not have access to a computer and are interested in knowing more please contact the OMSS office.



For those of you who use the internet take a look at the Facebook page of Multiple Sclerosis Society of New Zealand. It's a very good way to keep in touch with others who experience the same as you, especially if you are confined at home a lot. Please read the disclaimer on the Information page before joining in any discussions.

Let us keep Christmas
Whatever else be lost among the years,
Let us keep Christmas still a shining thing;
Whatever doubts assail us, or what fears,
Let us old close one day, remembering
It's poignant meaning for the hearts of men.
Let us get back our childlike faith again.
Grace Noll Crowell

Quest

serviced apartments

Dunedin are able to Offer MEMBERS of Otago Multiple Sclerosis Society a very special offer. Each apartment is fully serviced by friendly and helpful staff.

Studio Apartment

(including the accessible apartments) - \$114.00 per night (usually \$142.00 per night)

One Bedroom Apartment

\$130.00 per night (usually \$162.00 per night)

Interconnecting

Two Bedroom Apartment

- \$194.00 per night (usually \$240.00 per night)

There are 3 wheelchair accessible apartments available; wet area shower, pull out kitchen drawers.

The above rates are GST inclusive, NZD, per apartment, per night, nett non commissionable, book direct and subject to availability. Bookers/guests would simply need to advise they are a member or from the Otago Multiple Sclerosis Society organisation to qualify (at the time of the booking).

We also have limited car parking spaces available - \$12.50 per night.

**Qualmark rating of 4+star
Qualmark Responsible Tourism
Enviro Silver Award**



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**Winner – Quest New Zealand
Franchisee of the Year 2009**

Can't be with the people you want to be with this Christmas –Try this!



Steve Lowe

Skype noun

/skaip/ [U] trademark

A system that allows you to make telephone calls using your computer and the Internet

Have you installed Skype yet?

Skype verb

[T]

To use Skype to talk to someone

I Skyped my brother last night.

Did that all make sense? Good! But seriously with Christmas coming up we all start to think a little more about friends and family and getting back in contact with those we have not talked to for some time. What if I told you that you could not only call your son/daughter in England for NOTHING(!!), but that the call would include video so you could see how lucky that new grandson was that he didn't have Granddads ears.

In a nutshell that's Skype and I'm going to step you through the process needed to get it up and running.

You will need

- 1.A computer (Duh!)
- 2.An internet connection. Preferably broadband.

3.Microphone and speakers.

4.Webcam, if you want video (This is optional but highly recommended)

Download software from <http://www.skype.com/intl/en/download/skype/windows/>
Double click on the downloaded file and follow the instructions of the installer.

To make a new Skype account, open Skype and click on "Don't have a Skype name," fill in your information, and click on the Sign In button.

Search for your friends email addresses or Skype names to add to your contacts.

Select a contact and click on call

Now you're Skyping

Two final tips

1.Check the time zone where you family lives before calling them

2.Don't forget it's video, so phoning right after you get out of the bath is not necessarily a great idea.

Have Fun.

Pam's Report



Pam
Macdonald,
Health Officer

This year has been extremely busy at the Society. The new extension to the day room has proved to be a wonderful asset. There is so much more room for people to move around and with the 3 red couches recently purchased the space is very warm and inviting for all visiting.

It was with much sadness that we said goodbye to Sister de Lourdes who visited the Society each week to play Mahjong, and due to been unwell recently thought it best that she only attend special events at the Society.

Earlier in the year we welcomed Liz then Tania to our team. Both are a real asset bringing with them their warm caring personalities and new ideas, its hard to believe that Christmas is not to far away.

Our groups seem to be growing every week which is great to see, and we hope that this continues into 2011.

Please Note:

CHRISTMAS IS CANCELLED

Apparently, YOU told Santa that you have been GOOD this year ...



Disclaimer

The information in this newsletter is for the purpose of informing people about multiple sclerosis, events and interesting reading.

The contents of this newsletter neither indicates or reflects the views of the Otago MS Society.

You should not rely on any information produced in this newsletter in place of a visit, consultation or advice of a doctor or other qualified healthcare provider.

Adhesive Arachnoiditis Syndrome Networking Group

Several suffers of a condition known as the Adhesive Arachnoiditis Syndrome have contacted MS Otago asking if it would be possible to establish a networking group.

As this is a reasonably rare condition they also ask if there are other suffers reading this, or someone who may know someone who does and who may like to talk to other suffers to contact

MS Otago on (03) 4555 894 ext 2.

Adhesive Arachnoiditis Syndrome more commonly known as 'Arachnodidits' is described as a chronic, insidious condition that causes debilitating, intractable pain and a range of other neurological problems and is more common in patients with severe back and/or leg pain.

**Otago Multiple Sclerosis
Wobbly Art Exhibition 2011**

Information for Exhibitors

- Eligibility** The exhibition is open to all people with multiple sclerosis or other neurological illness who are a financial member of their local MS Society.
- Entries** Artists can enter up to 6 pieces of work each. They **must** be suitably framed and ready for hanging. Please prioritize the work incase hanging space is limited. All entries must be for sale. The work must be the sole work of the artist. The selection panel reserves the right to accept or reject any work for whatever reason and their decision is final.
- Categories** Works on paper, photography, collage, canvas, sculpture, ceramics, stained glass, wood turning will be welcome. If you have some art work that you are not sure about please discuss this with us.
- Theme** There is no theme for the exhibition. Although all the exhibitors have MS, artwork does not need to be about MS or the experience of living with MS, although, of course, it can be.
- Pricing** Choose a price that you would be happy to receive and that will encourage a sale. A commission of 25% will be added to your reserve price as commission for the Otago Multiple Sclerosis Society.
- Hanging Art Work** All art work for hanging must be suitably framed. D rings, eye hooks or similar need to be attached, approx. 5 cm from the top of the canvas or frame. **⊠D** - A D shape is hinged to a flat piece of metal that is screwed or nailed to the frame etc are available from art supply shops and hardware stores. These t make hanging the works much easier. No protruding nails or sharp attachments will be accepted.
- Photography** The organizers reserve the right to photograph and reproduce selected works in magazines, newspapers, websites or for publicity purposes relating to the exhibition.
- Packaging** Each work must be clearly labeled with the artist's name, title, medium and price. Pack securely for safe transit. Print your name clearly on the outside of box. Artists must make provision for return freight of their unsold work. Collection of unsold work will be from 8 Baker St, Dunedin following completion of the Exhibition.
- Insurance** Artists are responsible for the insurance of their work while in transit and throughout the duration of the exhibition.
- Disclaimer** All due care will be taken with every aspect of this exhibition but the organizers but will not be held responsible for any errors made by them or their helpers.
- Notes** All hanging work must be delivered ready to hang. In previous years this request has been ignored by some, however due to the large number of work expected in this year's exhibition, any work not so prepared maybe excluded from the exhibition.
We understand that it can be financially difficult to prepare work in this manner and in some cases to send it. Should there be any financial barriers to you exhibiting work in the 2011 Wobbly Art Exhibition, please contact Liz to discuss these. The Wobbly Art Committee are currently investigating opportunities to develop a fund to provide financial assistance for those that require it.
- Exhibition Dates** **Entries close 25 March 2010.**
Central Stories Gallery, Alexandra 12th May-20th May 2010.
Duningham Suite, Dunedin Public Library 26th May-3rd June 2010.
(26th May is World MS Day.)
Art to be delivered to 8 Baker Street, Caversham, Dunedin by 15 April 2011

For further information please contact:
Liz Carroll-Lowe
Development Coordinator
Phone: (03) 455 5894 ext 3
Email: liz@msotago.org.nz
Website: www.msotago.org.nz

Christmas messages from Otago MS Society



Tania
McGregor
Manager

Season's Greetings to all our valued members and friends of the Otago MS Society. It's hard to imagine that in a short time Santa will be sliding down the chimney, or magically appearing near the Christmas tree to deliver the presents, and festive wishes.

I have recently spoken with Santa and he has told me that seeing you have all been so good this year, he will endeavour to assist with brilliant sunshine, festive treats, and lots of positive thoughts to ensure that you all keep well and healthy over this holiday time.

There have been lots of changes with the Society during 2010, and the team and I appreciate this, we do hope however that you our members and friends are able to embrace these changes as we move the Society forward into a new era. We are working hard to foster new business relationships that we hope will benefit you all in time, along with nurturing of new ideas and concepts that we hope to implement in the Society during 2011.

Since my arrival in April these past months at the Society have flown by, and I haven't as yet been able to catch my breath. With Hannah and Katelin already writing the much anticipated "Santa wish list" I have to stop and wonder where 2010 has gone! During the summer break I am hoping to have some much needed family time with Pete (my husband), Hannah and Katelin, (our children), and our much loved dog Indy. I can't of course forget Salt & Pepper, Sugar & Spice, Henny Penny, Dora & Flora

my wonderful egg producing chickens.

Whether it's running away to Nelson to see my parents and sister, or to Westport to see another sister and her family and the newest addition my nephew Hagan, or just travelling to the beach for some surf and sand action with the kids, I don't mind!!

I wish you all a very Merry Christmas and Happy New Year, keep yourselves safe, happy, and healthy, and I look forward to seeing you in 2011!!!

Tania



Liz Carroll-
Lowe
Development
Coordinator

What do I do when I'm not at OMS?

Well there's an easy answer to that question – I'm thinking about OMS and all the things I want/should and could be doing at OMS ...ah, so much to do – so little time.

However I am a community minded person and hence I am also involved in many other things. These include the Mosgiel-Taieri Community Patrol where I coordinate the rosters and the 48 volunteers who patrol the streets of the Taieri every Friday and Saturday night in support of the police. I have recently attended the Community Patrols of NZ National Conference in Taupo and am part of the committee organizing the national conference here in Dunedin in June 2011.

I am active within my church at East Taieri and have recently organized a Guess Who's Coming to Dinner Event which was where I matched unsuspecting guests with unsuspecting hosts for a potluck meal. This is the second time this year I have done this particular event and we have had over 100 people take part. Good fun! I also assisted on an Alpha course

which was really inspiring as we had a number of young people on it and to be part of their journey in exploring their faith was an awesome experience.

I have been on a working party for the last 12 months preparing Otago Red Cross for their part in a national restructure of the organization. I am now serving as the Deputy Chairperson for the NZ Red Cross Otago Area Council tasked with ensuring policies from National Office are implemented in the region and also ensuring that the people of the Otago area have a voice at national. This will be an exciting and interesting group to be a part of and I feel very privileged to have been voted into this position. I am to attend the National Council meeting in Wellington at the beginning of November.

I relief manage a dog boarding kennels in Mosgiel which I absolutely love. With approximately 70 chickens producing 3 dozen eggs per day, about 20 "pretty" sheep (sheep with brown and white spots on them) and often about 17 dogs to look after as well as the resident 3 – I feel I'm in heaven.

When I was there about 4 weeks ago I had the privilege of assisting in the birth of a gorgeous little lamb and of course I got naming rights. Little "Yoda" is doing well.

When not doing any of these things I can usually be found at home playing Mum to Scott (Brendon has moved to Ashburton), 3 dogs who think they are humans and one cat. My favourite TV programme is Coronation Street which is made even better when I've got my favourite beagle Bobbi asleep on my knee. And maybe if I'm really, really lucky a block of Whittaker's Milk Madagascar chocolate beside me. let's say no more.

Liz Carroll-Lowe





The new Wobbly Art banners make an attractive entrance for the opening night and exhibition. These were designed by member Joanne Smeaton.



OMSS President David Glenn welcomes people to the Wobbly Art Opening and Auction. In the background is one of Geoff Williams (guest artist) fantastic pieces and a beautiful floral arrangement prepared by Sue Bragg.



A reading corner at the Wobbly Art Exhibition where visitors could take time to read a portion of Janet Carrington's third book entitled "Enjoy the Moment". Janet generously donates part of the proceeds from each sale to the Society. Copies can be obtained from the office.

Useful contacts for you:

Otago MS Centre

8 Baker Street
PO Box 2293
Caversham
Dunedin
General enquiries 455 5894 Ext 1

Manager

Tania McGregor

Phone: 455 5894 Ext 2
Cell: 021 1659 440
tania@msotago.org.nz

Development Coordinator

Liz Carroll-Lowe

DDI 455 5894 Ext 3
Cell: 027 371 1836
liz@msotago.org.nz

Field Officer to be appointed

DDI 455 5894 Ext 4
Cell 027 296 5254

Otago Multiple Sclerosis Society
Executive Committee Members

Patron

Dr John Mottershead

President

David Glenn

Committee members:

Gavin Mead
Garry Mitchell
Michelle Mead
Rae Baillie
Beverley Glenn
Karen Whitham
Bernie Walker
Shirley Smeaton
Roger Pryde
Elaine McGregor

www.msotago.org.nz

Toll Free:

0508 67 68 246

0508 MS OTAGO

2010 Awareness Week Successful

Awareness Week 2010 was a big success in my opinion. However this depends on how you rate success. I believe the profile we received and portrayed in the media both live TV and print was excellent and this reached a large number of the community who may not have had cause to be aware of the Society previously.

Each of our events saw members of the public engaging with the Society in different ways. This has led on to larger donations, new members attending groups, new volunteer support and 3 businesses who wish to explore opportunities to partner with us.

We have raised over \$22,000 at this point but envelopes from the appeal still trickle in and will continue to do so for some time. The street collection returned over \$6000 in Dunedin and in the rural areas was up over 100% and in one area over 300% up on the previous year.

University Sit In (25 Aug) The selling of toilet paper at the university was hugely successful and they are keen to work with us again. (Shame we can't get the toilet paper anymore!) We raised over \$660 in two hours in a very visual project, not to mention the destruction of one toilet!

Movies at Mosgiel (26 Aug) wasn't as well attended as I had hoped however the 15 people there had a really great time and are keen to come back again. We made \$150 from this event.

Service of Celebration (29 Aug) we had 19 attending with 3, of these being new groups to engage with the Society, or groups who have been previously been involved with the Society but were disengaged. It was great to have them there. Those that attended really enjoyed this opportunity to celebrate the lives of those people with MS.

Open Home (30 Aug) at 8 Baker Street was not well supported and unfortunately the weather didn't help us. Due to having so few attend we did not proceed with the formal official opening of the extensions. After further discussion we have decided not to hold this event next year, however everyone is welcome to visit the Society at anytime.

Public Lecture (31 Aug) with Dr John Mottershead which had 3 of our members in attendance and 22 members of the public. An excellent lecture and great response from the public including, a \$250 donation from a couple who attended. The Dunningham Suite in the Dunedin Public Library was a good venue. Dr Mottershead was pleased with the response and is willing to do more of these lectures in 2011.

"Putting MS to Bed" (1 Sept) held in the Wall Street Mall. Julie our Field Officer and members of our Society Bernie and Joanne, sat up in a queensized bed for the day talking with people about MS. This was a huge success with Julie engaging with multiple people and over \$200 in donations collected. Wall St Management are very keen to support us in the future.

Wobbly Art Opening and Auction (2 Sept) this great night was attended by 60 people who were in awe of Auctioneer Kyle Sutherland from Metro Realty who even encouraged two friends to bid against themselves!! A large number of the art works sold on the night.

Street Appeal (3 Sept) throughout the region. In Dunedin we had volunteers manning 26 sites. This went okay despite it snowing!! Collections in Wanaka, Cromwell, Alexandra and Balclutha had amazing responses' and this has helped lift the profile of the Society in these areas also.

The Door to Door collection was only operative in Dunedin. We had 92 volunteers who through the days of Awareness Week, went door to door

collecting our envelopes. Mostly they had money in them. One envelope had Weet-bix! We are so very grateful to everyone who helped with the Street Appeal and the Door to Door Appeal. With over \$22,000 raised it was a great result. Work has already started on next year's events. I am also incredibly grateful to two volunteers who put in many hours assisting me with the preparation and delivery of the appeal – Patricia Joseph and Glenys Blythe.

There are many things I hope to bring in for next year. We are hoping to run various seminars during 2011. Some will be solely for the purpose of raising funds and some will be for providing you with information. If there is anything in particular you are keen to see us do please contact me soon, so that I can fit it into my funding budget, if it's approved.

As my first Christmas approaches with the Society I want to thank you all for making me welcome. I wish you the best of the joys of the season.

Liz Carroll-Lowe



Above: Beverly Glenns work was very popular with purchasers.



The art work on display was impressive and colourful and covered a range of mediums and topics.

President's Report

During October Beverly and myself attended the 42nd National MS Society AGM in Wellington on behalf of the Otago MS Society.

It has been some years since I attended a National MS meeting so I was interested to see what progress had been made by National during the intervening years.

There was representation from all the regional societies including observers making a total of approximately 40 people.

The National President Sandra Hunter from Nelson warmly welcomed every one at the beginning and set the scene for an interesting and positive day.

She introduced a Kevin McCaffrey as a speaker on the subject of governance and change and he had some interesting and thought provoking ideas on how to govern organizations such as charities like the MS Society .

Following this the formal part of the AGM began. The National Society has posted a heavy financial loss for the year of \$166,420 however depreciation accounted for some \$50,000 of this amount. Bequests were down on the previous year significantly however income from donor appeals was up.

The budget for the coming financial year is still showing a small loss but the Society has adjusted and tightened up on expenditure so that this has been minimized.

The National Society also proposed a number of changes to its structure to enable it to better meet its obligations to regions as well. It has proposed a cluster grouping of regional societies as this will mean reduced travel costs for regions but a greater opportunity for consultation with regions. There are to be five clusters nationally and Otago is clustered with South Canterbury and Southland.

There was also a remit to adopt an fieldworker best practice framework constructed by Parkinson's to provide a standardized method for clinical best practice for MS.

The National Society Strategic Plan was spoken about and adopted along with the field worker reports from regions.

The afternoon was completed with the voting election of new officers as board members.

In the evening we all met for dinner and the presentation of the Esme Tombleson awards for PWMS which was presented to Jonathan Levesque and the care giver award went to Roger Hawthorne who were both there to receive their awards.

All in all it was a thoroughly enjoyable day and although the National Society has some challenges ahead, it is in good hands and there was a very positive feeling of collaboration amongst all the regional societies.

For our local Society Christmas is beginning to look uncomfortably close and Beverly and I hope to see many of you at the Otago Society Christmas function soon.

David Glenn

President,
Otago MS Society

Christmas – A time of good cheer and happy families?

The festive season, once solely a religious service, has now become a social event. And when there is an absence of family and friends to share with, or when we are dealing with major loss or grief in our lives, it sometimes doesn't seem very festive at all.

We would just like to acknowledge that this coming season may have a different meaning and may trigger different feelings for each of you.

We encourage you to be accepting of this, especially when your experience is not mirrored by another.

We encourage you to be gentle with yourself if you find yourself feeling low or sad at various times and to **know that this is normal**. Christmas, the time of good cheer and happy families for many people - is a myth – yet we can sometimes feel great sadness at the loss of that very myth.

So again - we encourage you to be gentle with yourself if you find yourself feeling low or sad and to **know that this is normal**.

Here are some ideas that might help;

Light a candle for those missing from your life or your table

Limit your time when out shopping, or socialising – managing your energy is critical to your health. You might even chose to shop on-line.

Do something very different for Christmas from the pattern that has always been adopted. What about a picnic? Or having a meal at someone else's place? Or a barbeque?

Create time and space for yourself. Communicate this clearly to others.

Do something very nice to pamper yourself. **Yes it is allowed**.

This information is provided to OMSS members by Piers Heaney a qualified Grief and Loss Practitioner, Author, and all round nice person!

Volunteer Trish Joseph



Patricia (Trish) Joseph is one of our new volunteers. Trish has been volunteering with OMS since June 2010, and has recently helped with preparations for Awareness Week, the Door to Door Appeal, the street collection and Wobbly Art - even taking a week's annual leave from her job to make sure she could be fully involved during Awareness Week!

Trish is really enjoying her time at OMS and particularly enjoys joining the games group on Tuesday for lunch. She is a person who enjoys the work going on in the back room and really hates being in the limelight. Even though the appeal and Awareness Week events are over for this year Trish has confirmed that she will continue to come most Tuesdays and assist with administration and any other things that need doing.

Trish works mornings for Energylink but says that her real interests in life are her voluntary work. Trish is a regular NZ Masters Games volunteer having been involved there for over 10 years greeting competitors as they arrive at the registration desk. She also works every

year at the Regent Theatre 24 hour book sale in the magazine department sorting and selling a variety of magazines. Trish previously worked as a volunteer for Victim Support in Dunedin providing assistance with the administration and writing letters to victims of minor crimes offering information and support.

Trish is Dunedin born and bred and a passionate supporter of the city and its people. A wee while ago though the exact dates are uncertain(!!) Trish attended St Dominic's primary school and college. Trish says she lives a boring life and prefers to find her excitement in the lives and loves of those starring in her favourite tv programmes - Emmerdale Farm and Coronation Street!!

We are grateful to have Trish as part of our team and her warm, sunny, "nothings a problem" nature is such a great addition in the office. We hope she stays around for a loooooong time. So if you find Trish answering the phone or greeting you when you call at the office - please make yourself known to her.

New Phone System at MS Otago

We thought it was time to bring the Otago MS Society into the 21st century by upgrading the phone system. This new system will allow members and the public direct access to the team at MS Otago. We are also pleased to announce that we have also introduced a toll free number so that our members located outside of Dunedin can contact us at anytime.

The main number that being (03) 4555 894 has not changed, but we have just added extension numbers to individual team members.

- * **General enquiries press 1 (Tania)**
- * **Manager press 2 (Tania)**
- * **Development Coordinator press 3 (Liz)**
- * **Field Officer press 4 (to be appointed)**



Our Toll Free number is

0508 67 68 246 (MS OTAGO)

This number only works in the Otago region and is not accessible by cell phone.

We appreciate your patience while these changes have been made, but we are confident that these changes will continue to bring benefits to you in coming years.

Letters to the editor

May I take this opportunity of thanking you sincerely for your recent article on the ISIS centre.

I was scheduled to travel from Wanaka for a two week stay and had been feeling very apprehensive. Your article answered many of my questions, and some I didn't know I had. I was far more comfortable when I arrived for my, and yes I was blown away by the experience, the staff and the advice I received. I now believe I can handle my diagnosis and my MS.

Thankyou everyone.

Gareth Ford

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we could walk just sometimes. I told him, he was to tell me if the pain got too great. I promised him that I would try and find the money. I said that sometimes we could still go down to the beach but that we would have to wander quietly.

He told me that he was still a puppy and was it ok if he just hooned sometimes even if it hurts a bit. He promises to be good. He promises that he will learn to heel, sometimes if we can just keep going for walks together.

And all the time I wondered if I was doing the right thing?

Then I remembered many years ago, another diagnosis when it was my legs that weren't working too well – a diagnosis which was devastating, but then I understood what everyone was saying and I had choices of my own to make.

And now to my recollection, euthanasia hadn't been mooted, well not in my hearing anyway.

That then was where the ironic came in, here we were Golly and I, writing happy, fun, frivolous stories about our adventures.

You the readers out there are all in probability readers whose own legs aren't great, you who had faced the dilemma of a diagnosis which meant you were, in all probability, not going to hoon no more.

And I look at Golly. Yes a cure would be nice, but don't we all think that?

The future – well what does it hold for any of us? I figure, and have done for a long time now, as long as we look forward to getting up each morning, as long as we can still smile a little each day, as long as we still have the will to laugh then life is most definitely for living.

And Golly, he still smiles heaps, we both do. He will tell me if it gets too sore then we will think again.

Today however the sun is shining, we have walked a little way down the beach, the limp is manageable.

And we both hope, Golly-dog and his mother, that today your sun is shining and that the particular limp in your life is more than okay. Let's look at tomorrow when it gets here.

Thanks to our invaluable sponsors.



Taieri Arts Council



Otago Health Care Charitable Trust

The Otago Multiple Sclerosis Society and members gratefully acknowledge the valued support of the following businesses, organisations and individuals who contributed to the success of the recent Otago wide Multiple Sclerosis Awareness Week Programme, Wobbly Art Exhibition and recent appeal:

Quest Dunedin Apartments; Kyle Sutherland- Metro Realty; Monarch Cruises; Erban Spa; Taieri Gorge Railway; NZ Red Cross; Lucas and Lucas; United Taxis; Sims Brake Services; Mornington Health Centre; Civic Video Hillside Road; Life Unlimited Hearing Therapy Services; Otago Promotional Products; Tim and Marianne Hannagan and the Team from McGlynn Homes; Mosgiel RSA and Community Club; Otago University Students Association; Harvey Norman; Wall Street Mall Management; Linwood Holdings; The Flower Shop – Roslyn; Rhubarb of Roslyn; Andersons Exchange Pharmacy; Deanes Hair Studio; Cut Away to Colour; Dunedin Firewood; Tracy Anderson Jewellery; Roslyn Care Chemist; Cadbury Confectionary; Astonville Nurseries; Tranquillity Beauty Therapy; Bayfield High School; Logan Park High School; Dunedin Community College; Dr John Mottershead; Bruce Geddes; Alistair Morrison and Patsy Appleby Christian Fellowship for Disabled; Peter Chin; Tahuna Camp Store; Great Taste; Musselburgh Pharmacy; Event Production Company; Bendigo Valley Trust; Otago Healthcare Charitable Trust; Mosgiel Stationary and Art Supplies; Oakley Gray Architects; Davies Heating; Sue Bragg; Home Support Services; Lions Clubs of Dunedin and Alexandra; Alexandra ANZ staff; Wanaka Southernwide Real Estate Team; South Otago High School; Heart and Soul Cafe Balclutha; Cromwell Mitre 10; Cromwell Paper Plus, Alan Shanks, DCOSS, Toroa Radio.

We ask that if you have the opportunity to support these people and their businesses that you do so in recognition of their generous support of our Society and tell them who you are and why you are there. Then they may support us again!

By Golly – dog's mother (Catherine Morrison)

It was ironic –
seriously ironic.

You may recall the last time I wrote, I was extolling at some length the misdeeds and the difficulties of training my rather large, intelligent puppy, Golly-dog. Short lived difficulties which were inevitably followed by the ever deepening love and, consequent (and largely unexpected) companionship which had blossomed between this slightly eccentric, middle aged woman, and her very naughty, but incredibly funny and loving pet.

Ironic because I was writing for many people who have been there – you see I wrote that lovely story about my dog before the limp.

Retrospectively he had had a small limp, nothing serious and always the willingness to run at any opportunity was alive and well. The morning was lovely, the beach crying out for our company, so really early we hit the sand, both of us hooning. We hooned longer and more enthusiastically (well he hooned and I laughed) than normal and were getting ready to go home, when Golly came belting down the sand toward me. If he had been a motor bike he would have slid into the turn. But he was just an overly excited little dog, filled with an exuberance only a puppy has. The would-be skid never eventuated for as he slid to a stop there was a sickening, awful, puppy dog yelp that manifested into a scream and he clutched at his front leg with his teeth, his eyes pleading with me to stop the pain, to help him.

I didn't know what to do. I was so frightened. I just crouched on the sand beside him. I cuddled him till he stopped crying. I kept cuddling him till we both stopped shaking, then very slowly we limped home.

I rang the vet the next morning. Golly was a lot better and the limp hardly there at all...several visits, x-rays and lots of money later the vet rang me.

(I should hasten to add here that Golly and I live in a largely rural area where most dogs are of the working variety as opposed to cosseted companions.)

The vet was young, of obvious, good farming stock. The obvious damage to his front legs, the young man reported, and the consequential diagnosis would he felt mean, that Golly would never work to his full capability. He said that in his opinion therefore, it may be better if he was euthanised before he woke from the anaesthetic he was currently under. I was devastated, I was angry. I told him not to touch him and that I was on my way to the surgery. I put down the phone and ran.

He must have thought I was mad!

Golly had been diagnosed with Osteochondritis Dissecans (OCD) a disease which affects various joints in large or giant breed dogs. Briefly it occurs where two bones meet and movement is allowed between them, like a shoulder or knee. There is a smooth area of cartilage in a healthy joint, but with OCD the cartilage grows abnormally. Instead of being attached to the bone it covers it separates or cracks. A loose flap may form or break loose meaning movement in the joint becomes really painful for the dog and lameness results.

It is thought to be hereditary with rapid growth also exacerbating the condition.

If he were a farm dog the condition would in all probability not fix itself and he would be unable to work satisfactorily. Even if he were to have treatment there would be no guarantee that he would fully recover from the condition.

Fortunately for Golly-dog, he was my friend and chasing sheep was not part of his curriculum.

But on the other hand neither was a cure and I wasn't prepared to let him live if he were in pain.

The internet provided a massive number of suggestions, alternative treatments, drugs to prevent inflammation and pain, and the best, the operation to remove the bits of cartilage, an operation which could be done in Christchurch.

But all of them expensive sadly, too expensive, for this small household no matter how great the love.

So we went home Golly and me. I told him we couldn't hoon for a while, that together



Recent Activities at the MS Centre

The Centre has been extremely busy of the last couple of months, with the groups continuing to tick along, and with new members joining, and past members returning which has been great to see.

We would love to have more of you join in our activities and attend our groups, please speak with Tania or Liz if you want to join us. "There's no strangers here only friends we haven't met yet."



Dr John Mottershead Patron of OMSS prepares to present his public lecture on "What do we know about MS?" during MS Awareness Week.



Melbourne Cup Race Day saw the Tuesday games group joined by five 2nd year nursing students. Sharing a superb lunch prepared by Pam set the scene for a hilarious meal as members vied for the attentions of these pleasant young women. A sweepstake was run for the Melbourne Cup Race but at the time of going to print, the winner was as yet unknown.

*In the photo:
Corenna, Sera, Abbey, Katie, Kim.*



Above: Sister Mary de Lourdes plays her last game of weekly Mahjong at the Tuesday games group. Although Sister will still attend special occasions due to some recent ill health she has decided not to attend the Societies weekly games group anymore. She figures 40 years of this is enough!!



Left: Nessie Sinclair is presented with her raffle prize by Tania McGregor Manager of OMSS. Nessie was thrilled with her prize and states happily that "I won the same thing last year". Perhaps she should be buying us Lotto tickets if she's that lucky!



Three new couches have recently been purchased for the day room @ 8 Baker Street for a small amount, the rest donated. These help create more friendly spaces for people to sit and chat during our groups.

Otago Multiple Sclerosis Society

Client or Member – Which Are You and Why Does It Matter?

Actually it matters quite a lot but first let's look at the differences between the two as defined within our Society.

Clients

A client is a person who utilises the support of the Field Officer. Whether this be for referrals, advice, advocacy, assistance in organising respite care or any other of the duties of the Field Officer. If you engage with the Field Officer on a matter pertaining to your illness or its effect on you then you are deemed to be a client.

Family members of someone who has MS or other neurological illnesses may also receive support from the Field Officer either independently or collaboratively with the person with the illness. They too are then deemed to be a client.

This service is provided free and clients do not need to be financial members (do not have to have paid a subscription) of the Society before receiving this service.

Members

Members are those people who pay an annual subscription to the Society. They do not necessarily have Multiple Sclerosis or other neurological illnesses. They may or may not be family members of people with these illnesses.

Some clients chose to be members of the Society also by paying the annual subscription fee.

What do you get for joining as a Member?

This is currently under review as we greatly appreciate that you chose to share a portion of your money with our Society. We value this choice and want to ensure that you get maximum value for your contribution. We also want you to enjoy and be proud of your membership so all aspects of an OMSS (Otago Multiple Sclerosis Society) membership are under review. We hope to be able to add to the list of benefits you receive by becoming a member.

The benefits of membership currently include:

- Access to Total Mobility Taxi Vouchers offering discounted fares
- Delivery of quarterly OMSS newsletter
- Delivery of National MS Voice magazine
- Discounted meals at the Societies Social and Games Groups
- Subsidy on costs of Special Events eg: Christmas Lunch

Why Does It Matter?

There are many reasons why we encourage people to become a member of OMSS and while I can outline them briefly below, I would be happy to discuss these with you personally in greater detail.

- Funding purposes –all funding applications ask the number of our membership as this reflects the number of people we are aligned with. The greater the number of members, the greater the level of funding we may be able to secure.
- Research purposes – as above
- Support – OMSS needs support from its members. Your financial contribution by way of subscription helps to provide our services.
- Provides OMSS greater influence with health professionals and other organisations eg: in allocating number of respite beds provides OMSS increased capacity to secure partnerships and sponsors with companies, businesses and organisations locally and nationally.
- The more people who know of the work OMSS the easier it will be for someone to find a way to connect with the Society if they need to.

We know that here are many people and families out there affected by MS who do not have any contact with the Society and there may be many reasons for this. For some it may be part of the process of coming to terms with and accepting that they have MS. For others it may be that they do not want the services the Society has to offer. Some may never require our services, while some who don't need our services now, may require support if their illness progresses.

But you see that's the thing with memberships. You have total control over how active you are, or are not, within the Society. As a member you pay an annual subscription fee and you **may** only choose to engage via receipt of the newsletter or you **may** wish to attend social group activities group – whatever.

But you remain in control of this.

You don't have to actively engage with the Society if you don't choose too. It's a bit like a fan club really. *I want to join your Society because I place value on the work you do and this is my way of acknowledging that!*

By paying that annual subscription and becoming a member, OMSS gets a direct benefit from having you registered as supporting their Society. And now, in this current economic climate, we need members more than ever.

Currently we estimate we have 210 members. Let's see what figure we can reach in the next 12 months. Double? Triple? I don't want to set up any limits just hopes that together, we can work to achieve a significant increase.

So the baton is passed to you. Perhaps over this Christmas/holiday period you may wish to share this magazine and in particular this article, with your family, friends, church contacts, employer or work colleagues. Or maybe you would like us to send a complimentary copy of this newsletter to someone? It's not down to us as individuals to decide whether or not someone might or might not like to join – let them make that choice! The most important thing we can do is – *invite them to make that choice.* Ask the question –

“Would you like to become a member of the Otago Multiple Sclerosis Society?”

We'll do the rest and we invite you, friends, family and colleagues to visit our website www.msotago.org.nz or call us at the Society. We look forward to hearing from you!

Contact for more information:

Liz Carroll-Lowe
Development Coordinator
DDI: (03) 455 5894 Ext 3
Email: liz@msotago.org.nz



GARETH FORD - HIS STORY

By Catherine Morrison

Gareth Ford is a 36 year old, high achieving Wanaka resident.

Some 12 months ago he was diagnosed with MS.

While it was naturally a life changing moment, Gareth felt he had adapted to living with this diagnosis. Then it was suggested he travel to Dunedin for two weeks at the ISIS rehabilitation centre based at Waikari Hospital.

"I was really apprehensive," he said. "I didn't know what they were going to do."

"But I was blown away. There was no pressure, it was totally non-judgemental. The advice I received was practical and everything that came out of it has been useful.

"It was not regimental, in fact it was really relaxed.

"It will certainly be easier going back next time," Gareth says.

Prior to becoming ill, Gareth Ford was an active, determined young man.

Apart from careers in both butchery and truck driving, he had his sport.

For 17 years he was a sponsored motor-cross rider and in 2006 rose to become number three in New Zealand.

"When the body started to go haywire I thought it was just a result of the injuries I had received from the years coming off my bike," he said.

And Gareth was also a body builder of some renown. In 2004 he was chosen to travel to the World Body Building Championships where this man from Wanaka was placed third in the world!



Gareth and pupils from Wanaka Primary School and discussing school work with student.

So when he finally visited his GP last year and was first told about Multiple Sclerosis this was not a man to sit around and bemoan his bad luck.

"I looked around and thought 'what would I really like to do' ", he said.

"And while it was a world away from truck driving and riding motor-cross I realised something that had been in the back of my mind for ages – I wanted to work with children, I really wanted to teach."

Gareth found a course with the New Zealand Open Polytechnic, which would enable him to gain the credentials to become a teachers' aide.

"I also learned about the Dorothy Newman Trust which is a wonderful trust that has been set up to help people diagnosed with MS to move forward."

Gareth applied for the one of two grants awarded each year and was successful.

He now works 25 hours per week at Wanaka Primary School with five and six year olds in three different classrooms and loves it.

"It really is amazing, I really, really love the work. I am still working on my course and am looking forward to getting my credentials from the Polytech which I hope to receive in (date).

And with the knowledge he received from the three teams that worked with him at ISIS, and the backup that has been set up around him, Gareth is settling into his new life with the same positiveness thirst for achievement he has always had.

Inside:



- Awareness Week Report
- Golly~dog More Adventures
- New events calendar
- Christmas Information
- New Phone System