



Buzzy Bees in Baker Street

E-MOMENTUM

thebuzz@bakerstreet

Issue 02 – April 2019

ms.
Otago

Hello to all our Members 😊

The new Entertainment Books 2019-2020 are now available! These terrific voucher books are great value for money at \$60.00 each and can be purchased as a digital membership or a physical book! They offer a good percentage fundraiser back to the Society – so, if you love to eat out and enjoy a good bargain – be in!

See our attachment regarding the Entertainment Books as an attachment to this Newsletter!

There is also a yummy recipe for Lemon Pie Bars in the attachments which the bakers amongst you will love!

Keep safe and well and look after each other.

With kind regards as always,

Serena 😊

Message from the President

I would like to extend a special welcome, from the 2019 Executive Committee, to all members of the Otago MS Society. Your new committee is

- Glenys Forsyth – President
- Michael Harrison – Vice President
- Allan Teviotdale
- Lenore White
- Michael Palmer
- Brian Murphy
- Arralyn Ibbotson
- Judy Cook
- Colin Coombes
- Claire Hargest
- Karen Widdowson



It was pleasing to see the AGM, held on Saturday, 23 February, was moderately well attended with good engagement between all present. Otago MS Society is more than a 'place for people with MS to go to'; it is a community of people living with MS, their carers, volunteers, supporters, fundraisers, researchers, medical professionals and advocates. As a community, we are working to make sure no one has to face MS alone. People with MS guide everything we do.

There are still many challenges ahead for the society and we will keep you up to date on matters as they arise. However, rest assured, the committee's mission for our community is simple: Everything we do is such that people with MS can live their best lives.

Take care everyone

Glenys Forsyth
President

Your team is 100% passionate about ensuring the mission of the Society is fulfilled for all our clients and members

SUNFLOWER”

Artwork from Barbara Pryde (Member)

Please note that Barbara is happy to sell this painting at offers over and above \$60.00 to anyone wanting to purchase it. Enquiries to Serena at OMSS phone 03) 455 5894



**BARBARA HAS PROVIDED A NEW
PAINTING FOR OUR NEWSLETTER
– A DELIGHTFUL SUNFLOWER!**

Value from Valerie – Field Officer's Report

Notes from the field

It has been another busy month – with usual Tuesday group meetings every week. Monday group is focusing on quilting with some beautifully crafted quilts coming in for us to admire from clients and the lovely Pam MacDonald. Oamaru visit was a busy one. With Balclutha happening shortly.

WE had the lovely Paul from Civil Defense come along and talk to us in February about being prepared in a crisis – keeping your medications within easy reach and having cash where things I hadn't thought of - <https://www.otagodem.govt.nz/> is the local website. This has links to Clutha, Central Otago and Waitaki and of course Dunedin.

We had Katri and Fraser from Green Prescription came along and talk – they made us do exercise as well! They presented a great power point presentation for PwMS and Sport Otago are working on making this a booklet for us! A great resource – I have emailed out the link for Sport Otago to most but if you haven't received it here it is!

<http://www.sportotago.co.nz/green-prescription>



A referral through your GP seems to be the most common way of accessing this great activity. Our super cooling towels are proving popular – I have a very few left – excellent value at only \$5.

The MS Momentum radio show is up and running again – with the last (March's) speaker being Robyn from McGlynn homes

[//www.accessradio.org/Player.aspx?eid=dab28598-a9c3-4872-94ba-1722d466803b](http://www.accessradio.org/Player.aspx?eid=dab28598-a9c3-4872-94ba-1722d466803b) – we will be having

Jackie from Carers' Society Otago speak next – these shows and all the podcasts can be accessed via the OAR website – there are over 100 shows broadcast by locals with many and varied interests. Karen and Alison were our February

guests; [//www.accessradio.org/Player.aspx?eid=a3a99b5d-6e61-4846-baf3-9ac2a0962302](http://www.accessradio.org/Player.aspx?eid=a3a99b5d-6e61-4846-baf3-9ac2a0962302)

Double click on the above links and you can listen to these chats.

As always if you would like to get in touch feel free to ring or email and I will get back to you as soon as I can. I will be away for Easter break this year – taking time with my family to do some exploring around the countryside.

With the recent events in Christchurch it seems appropriate to comment on how lucky we are to live in a wee country that has come together to condemn the man who caused this. Be kind to one another – life is precious. I have been in contact with our Canterbury colleagues to let them know we are thinking of them – and to offer a little support.

Take Care

Valerie

MS Otago info@msotago.org.nz / www.msotago.org.nz

Telephone: 03 455 5894

OMSS Ricoh Charity Golf Day!

We are very pleased to announce that our Sponsors, Ricoh New Zealand Ltd, have been absolutely amazing engineering a Charity Golf Day for the Society to be held at the Taieri Lakes Golf Course on Friday, 3 May! This event will start at 11am (Shotgun Start) and Ricoh are supplying the 1st, 2nd, and 3rd prizes for the competition charity match! There will be raffles, an auction and a BBQ with refreshments supplied! The registration is \$200 for a team of four players with proceeds coming back to the Society! Please see the fantastic flier that Ricoh have produced for us, as an attachment to the E-Momentum!

Our warmest thanks to all who have supported what is likely to be the Event of the Year!



- **Ricoh New Zealand Limited**
- **Taieri Lakes Golf Course**



- **Mitre10 Mega**



- **Entertainment Books**



- **Bunnings**
- **The Mad Butcher**



- **The Otago Peninsula Trust**

IMPORTANT NOTICE TO ALL MEMBERS –

Due to structural damage to our Meeting Room flooring at 8 Baker Street, the Meeting Room at the Society is to be closed until further notice. The damage concerned is extensive and requires professional assessment. We are working on it!

The kitchen is, unfortunately, not big enough to hold a group of more than 7 x people comfortably.

Group Meetings at alternative sites will be forthcoming from our Field Officer, as soon as this can be arranged.

With our sincere apologies to all,

Serena

Serena Cox

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INFO REGARDING SIGN LANGUAGE CLASS

Hi: this course will be run on Thursday the 2nd of May between 1 -3pm at the rooms; 8 Baker Street. I thought it might be a useful tool and just fun to learn. Seats are limited so let me know if you would like to come along and give sign language a go.

FREE NZSL Taster Classes

NEW ZEALAND
SIGN LANGUAGE WEEK
TE WHIRIO TE BDO TURU

NZSLWEEK.ORG.NZ

6th to 12th MAY 2019

Who is it for?
Businesses, healthcare providers, organisations, clubs, marae...

When?
Throughout May 2019!

Where?
We come to you!

How?
Just register and tell us when you'd like us to come!
Spaces are limited - so get in quick!*

Register now
nzslweek.org.nz

REGISTER FOR A **FREE** 45-minute New Zealand Sign Language Class
Learn signs you can use every day!

Deaf AOTEAROA
TANGATA KŌHĀ

*Registrations for schools and ECE providers will open early April. Registrations received from schools or ECE providers before this date will not be accepted.

Telephone: 03 777 3352 Cell: 027 88 99 035

Email: valerie.wilson@msotago.org.nz

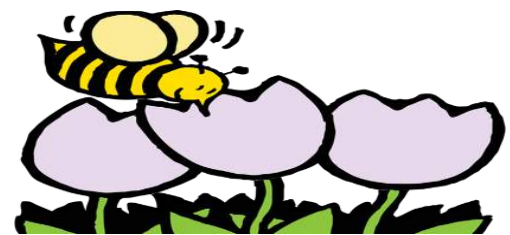
Funding Applications to Agencies

We have again been successful with our Funding Application, submitted recently, to the **Lotteries Commission** who advised us of the granting of our full application for \$15,000.00 which appeared in the Society's bank account on 15 March. Many thanks to the Board for our much-needed funding. We cannot do what we do, without it 😊 We are submitting applications for funding to **COGS Coastal Otago/Waitaki** and **COGS Central Otago**, and the **Otago Masonic Charitable Trust** over March and April and we are all hoping for a positive outcome from these three vital supporters! 😊



With Thanks from the Society –

To all those Members and Supporters who have contributed by way of gardening (Barbara, Roger, Ronnie and Karen), bringing us flower arrangements for our Baker Street premises (to brighten up our rooms) (Cathy Marsland), to the continuing hire of our rooms by the New Zealand Horticultural Society, for our new banner signage for the Society – thank you, Michael Palmer and our thanks to many others 😊 The Society can't do it without you!



Thank You 😊 from the Society...

Thank You to **Disability Information Service** who liaise with the Society for any events we are holding and advertise on our behalf in their Information Flyer 😊

A huge thank you from the Society and its Members for your efforts on our behalf! 😊

Featured as attachments to this Newsletter are:

- **Outgoing Patron, Dr Catherine Smith's Farewell Speech delivered at the AGM**
- **Recipe for "Lemon Pie Bars"**
- **OMSS Ricoh New Zealand Golf Day Poster**
- **Entertainment Book Flier**

Dr Catherine Smith's farewell as Patron

As Dr Catherine Smith stepped down as Patron of MS Otago at this year's AGM she shared a few words.

Kia ora koutou,

Thank you, Mike and the committee, for inviting me to say a few words today as I step down as patron of MS Otago.

Give and Take — it's a phrase we have all heard and perhaps sometimes take for granted today I want to talk a bit more about this phrase and why it is relevant and important to all of us.

MS Otago has had a wonderful relationship with the School of Physiotherapy for the past 15 years. My friend and colleague, Professor Leigh Hale, reached out in 2003 with the idea that the School might be able to provide some exercise opportunities for society members. As physiotherapists, we prioritise physical activity (including exercise), it's our speciality, we've have known for decades that – higher levels of physical activity are good for the body and mind. 15 years later and- The School of Physiotherapy still offers a weekly class run by Claire and, one on one programmes at our Umove sessions. That's what we give so what did we take? Working with members of MS Otago give our students a wonderful learning opportunity and student feedback suggests that this is a learning experience very much valued by our students. Our links with the society have also provided research opportunities that have helped us further understand the benefits of PA and exercise for people who have MS.

For example, my whole PhD was dedicated to asking people with MS how fatigue affected their ability to exercise. One of the things we found from those stories, so generously given to us by you was that adopting a strategy of **Give and Take** with your own body could be a useful tool to help manage fatigue. This involved getting to know your body and becoming familiar with the threshold between a healthy tiredness and unhealthy tiredness after exercise, knowing when to give to your body e.g. food, rest, medication and meditation and knowing when to take from your body e.g. exercise and physical challenge. We have presented the results of this research several times to society members.

Learning opportunities, research data, exercise classes, knowledge-sharing... maybe this balance between Give and Take is one of the reasons our great relationship has endured.

What we have also learned from our research and from working with members of MS Otago is that 4 physical activity and exercise isn't everything (perhaps hard for a Physio to understand). In our research, we learned that one of the main contributors or triggers for feelings of fatigue is psychological stress: anxiety, depression, embarrassment, frustration to name a few. The Mental Health Foundation recommend five ways to wellbeing, being physically active is one of them others are to connect, take notice, to learn and to **GIVE**. It has been my experience that many people with MS feel that they have nothing left to

give... not true. Giving comes in many forms maybe as an active committee member of MS Otago, maybe a kind word or a gesture of appreciation.

I would like to share a very personal story of what MS Otago members have given to me. In 2012, a team of MS Otago members participated in the 5km Master's games walk in Dunedin. I don't think that any of those people had done anything like that before – certainly not since the onset of their MS. They walked, they wheeled, they stumbled and they fell, they were tired and their muscles were sore for days but every single participant completed that course. As a physio, I helped by providing training programmes and joined the team on their walk — I was blown away by their determination to participate and succeed. At that time I had started to teach myself to play the cornet, my son played in a local Brass Band and I loved listening so much that I felt compelled to play BUT I did not have the confidence to join a band — I never thought I would, I was terrified at the thought. After the Master's games walk I thought well if they can do it, so can I turned up at the band, my legs shook, I could hardly breathe and I don't think I played more than three notes that first time (at least two of those were wrong notes) — I was terrified but I did it and that was thanks to you. Six years later, I'm still with the band and loving it — thank you.

Now evidence is strong that the act of giving can help our mental wellbeing. So what about taking? Well we know from our research that support is vital and that asking for that support is also essential for wellbeing – **Give and Take**.

Just as a good balance of **Give and Take** can help with personal wellbeing, we could also consider what this saying might mean to an organisation such as MS Otago. An Organisation needs to give, that goes without saying. MS Otago provides support, advocacy and connection. But in order to be a healthy organisation it needs to be supported. You are your society and I ask that you consider the ways in which you not only take from but also give to your society.

Many thanks again for all you have given me and, for the honour of being your patron. I wish Toni all the best in this role and am sure it will be a fruitful relationship.

Dr Catherine Smith, 2019

WE ARE
FUNDRAISING WITH


 Pre-order your Entertainment Membership today!

The advertisement features a man carrying a woman on his shoulders against a teal sky background. To the right, a smartphone displays the Entertainment app interface with a grid of photos, and a book titled '25 Years of Entertainment' is shown next to it.

Online Order Page link, <https://www.entertainmentbook.co.nz/orderbooks/260n024>

Please support our endeavors by purchasing a 2019 Entertainment Book – these coupon books are terrific value, use three or four coupons and the book has paid for itself with the savings you will make!

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Otago

Lemon Pie Bars



"This is a really easy recipe that my mom made before the lemon bar 'rage' was on! Thick-skinned lemons work the best. I suggest using real butter and eggs, I've tried using eggbeaters--nowhere near as good!"

Ingredients

- 2 1/4 cups all-purpose flour
- 1/2 cup confectioners' sugar
- 1 cup butter, softened
- 4 eggs

- 1 1/2 cups white sugar
- 1/2 cup lemon juice
- 1 tablespoon lemon zest

Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Mix 2 cups of flour and confectioner's sugar together. Cut in the butter or margarine. Mix well until the dough resembles pie dough consistency. Press the dough into a 9x13 inch baking pan.
3. Bake 15 to 20 minutes or until golden brown.
4. Beat together eggs, sugar, 4 tablespoons flour, lemon juice and lemon rind for at least 1 minute. Pour the mixture over the baked crust.
5. Bake the bars another 20 minutes, or until the lemon topping has set. Sprinkle with confectioner's sugar when cooled.



Charity Golf Day
Otago Multiple Sclerosis
Fundraiser Friday 3rd of
May 2019

Venue: Taieri Lakes Golf Club, 11am
shotgun start

Prizes: 1st to 3rd, closest to the pin,
raffles and auction

Registration: Team of four \$200.00
including all on-course refreshments

To enter: email:

gcampbell@ricoh.co.nz or call

021504463

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