

ms. NEWSLETTER

SPRING 2022

Multiple Sclerosis
Hawkes Bay



From the corner desk

Hi all



Firstly, let me introduce myself. My name is Jackie Harper and I have recently taken over from Nicola Brown as Office Manager for MS Hawke's Bay. Secondly, I want to thank Julie, Jeff, members of the Board, visitors to the office and those I have met so far, for the warm welcome I have received on joining the MS family. You have all made me feel at home very quickly.

Managing and fundraising for a charity is a new challenge for me, having previously worked in the Admin office in a Retirement & Aged Care Facility. But it is a challenge I find I am enjoying already. I believe it is important to never stop learning and growing as a person and I am certainly learning fast in this new role! And I also believe having a role that does 'good work' to benefit others is doubly rewarding. As I look forward to the events we have planned in the coming months, I get a great sense of satisfaction that the funds we raise will help so many in our community.

Spring is upon us and Christmas is knocking at the door. Has anyone started their Christmas shopping yet? It is traditional in my household to leave it to the last minute and on Christmas eve you'll find me running around looking for gifts and the obligatory eats for the festive season and still up at 2am wrapping. Every year I say, "I will start early" but every year I'm in those long lines at the supermarket and zipping around town finding gifts for the family. *Well, I wouldn't want to disappoint tradition!*

Lots coming up over the next couple of months, so its going to be a very busy time.

I look forward to meeting each and everyone of you, so if you are ever passing by 174 Hyderabad Road, please call in and say Hi. I make a great cup of tea!

Take care

Jackie

Hi everyone



Hope everyone is staying warm. It's hard to believe winter is almost over but it is still important to remain vigilant as flu, covid and other viral illnesses are still circulating.

It was sad to say goodbye to Nicola at the end of June. We have since welcomed Jackie into the role of Office Manager so I look forward to working with her.

I have been delivering services as usual during the covid peak in July with extra caution applied to home visits and groups. It has been nice to get back to face to face meetings with other community networks too.

Thank you to everyone who attended my Wellness Seminar mid-August. It was so good to be able to hold this seminar after having to cancel it twice over the past couple of years. The speakers were superb and I really appreciate the time they took out of their work life to attend. I will definitely organise and make this an annual event. I received some good topic ideas from the group that attended for next time.

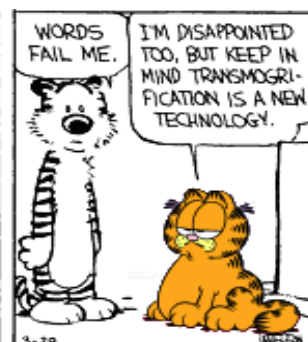
I still have a good supply of RAT kits so if you need any please let me know and I will drop them off in your letterbox or specified place. They have a long expiry date of 01-2024.

If anyone is keen to catch up for a review then please let me know. I am happy to do this face to face, via email/phone/text or zoom.

Keep warm and stay safe.

Julie

MS Community Nurse



NOTICE BOARD

ms. Awareness Week 12th-18th September

'National Awareness Week' is to raise public awareness and understanding of MS. As a charity, it is an opportunity to fundraise to support our local services.

Bucket collection

We are still seeking volunteers to assist us for New World Greenmeadows—Friday 16th and Saturday 17th and New World Hastings—Friday 16th. If you can please spare an hour, contact me on 06 835 8542 or via email: officehbsms@gmail.com Thank you in advance for your support.

In conjunction with awareness week, we have these super cute book thongs for sale. A great gift for those book lovers. \$10 ea. With thanks to VT Designs. Proceeds to MS Hawke's Bay.



Save the date!!

MS STEPS

10th annual event

Wednesday 26th October

Check our website for more information

www.hawkesbaymultiplesclerosis.org

Come along and join in the fun!

Payments

If you wish to make payments directly to MS Hawke's Bay, please pay into account number: 02-0700-0013646-000

Please remember to include your name the payment is referring to.

Coffee Morning



Hastings: Divine Café, Summerset in the Orchard, 1228 Ada Street, Hastings. Thursday at 10.30am

15 September, 13 October, 10 November, 15 December

Napier: Divine Café, Summerset in the Bay, 79 Merlot Drive, Greenmeadows. Tuesdays at 10.30am

13 September, 11 October, 8 November, 13 December

CHB: (on hold) Zinc Café, Northumberland Street, Waipukurau

Be great to see you!

Introducing our new 'Face of MS. Hawke's Bay' Iain Watson

ms.

Multiple Sclerosis
Hawkes Bay



Iain

ONE OF THE MANY FACES OF MS

MULTIPLE SCLEROSIS AWARENESS WEEK 12TH - 18TH SEPT **DONATE NOW**

Thank you Iain

Annual Subscription

As you know the Hawke's Bay Multiple Sclerosis Society is a small society, which relies on donations and member subs. Your subs help fund the running of our services.

We receive money from Ministry of Health to fund our operational costs but, did you know that the amount we receive, only covers approximately 12% of our total running costs each year. Therefore, we rely on your subs as well as successful funding applications and our fundraising events.

The annual sub is currently \$20.00, which equates to less than four take-away coffees. We believe it is a small cost to pay to continue providing support and the programmes we do.

Access to our swimming groups in Napier, Clive, Hastings and Waipukurau, plus various workshops offered throughout the year, you are required to be a financial member of the Society.

If you have any queries, please do not hesitate to contact Jackie on 06 835 8542 or email: officehbms@gmail.com



Hawkes Bay Multiple Sclerosis Society

174 Hyderabad Road, Ahuriri

PO Box 3136, Napier 4142

P: 06 8358542 or 06 8433000

E: officehbms@gmail.com

2022 Membership Invoice

Annual subscription fees (Tick One)

* Client single	\$20.00
* Client family	\$25.00
* Supporter single	\$20.00
* Supporter family	\$25.00
* Donation	\$.....
Total amount enclosed	\$.....

Subs can be paid by cash or via Internet banking:

Bank A/C name: **HB Multiple Sclerosis Society**

Bank A/C number: **02-0700-0013646-000**

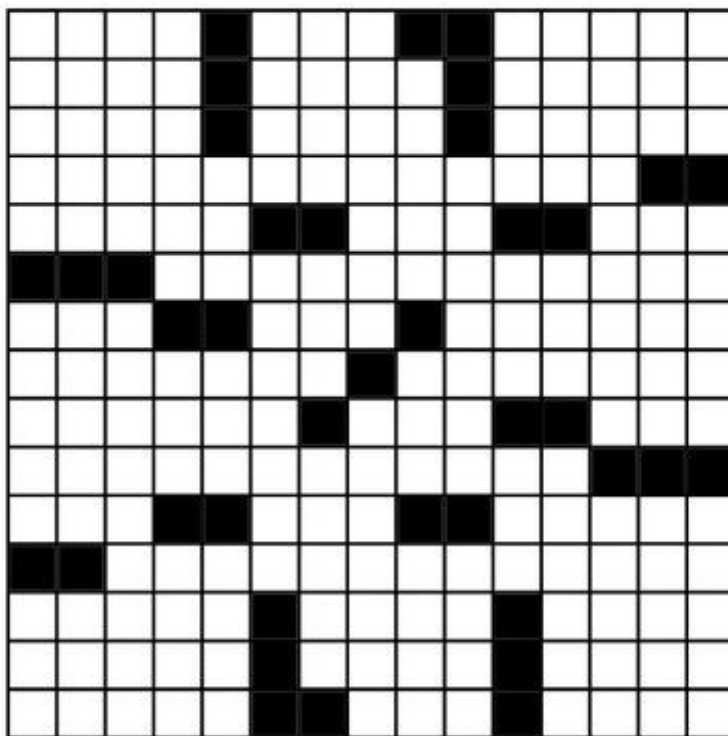
Particulars: **Name**

Reference: **Donation**

Crossword Fill In #01

3 LETTER WORDS

AIR
ALA
CAM
DAL
DOS
EAT
EST
ETA
ETC
FRO
GET
HOE
MAO
ODD
OUR
RES
REV
SLY
SPA
TIS
TNT
YAK



4 LETTER WORDS

A LOT
AGOG
COAX
CREE
EPOS
EVER
FIRM
GALA
IONS
NAGA
NAPE
OLLA
OPAH
REST
ROUÉ
RUSH

SAYS
VINO

5 LETTER WORDS

ADYTA
ANTSY
ARÊTE
CREEK
DAVIT
ENACT
ENEMA
EPOXY
ITALY
OVERS
PIXEL
PULSE
SET ON

SHALE
SOBER
TAIGA
TESTA
TEXAS
VAPID
VIOLA

6 LETTER WORDS

ATRIAL
LIAISE
NARCOS
RESETS

7 LETTER WORDS

EHRlich
GAROTTE

NEUTERS
ONSTAGE
PAHLAVI
RUMMAGE

9 LETTER WORDS

EXTREMITY
TURNABLE

12 LETTER WORDS

CONSTITUTION
SLEDGEHAMMER

13 LETTER WORDS

ARCHIMANDRITE
MIXED METAPHOR



SPOT THE DIFFERENCE!

Find 10 differences between the 2 pictures!



SPRING WORD SEARCH

O	K	J	G	H	P	Z	F	V	X	Y	Z
G	I	S	R	U	W	B	B	O	O	T	S
A	T	Y	A	B	L	U	E	B	I	R	D
E	E	U	S	G	A	R	D	E	N	T	H
A	H	U	S	W	Y	W	B	K	M	U	K
P	X	U	K	Q	B	L	O	S	S	O	M
M	G	L	M	S	J	B	A	R	T	R	C
J	U	R	R	B	A	N	E	R	A	G	R
A	P	F	A	V	R	W	E	W	F	S	L
T	D	R	I	Q	O	E	V	S	K	V	U
U	L	I	N	L	L	G	L	C	T	R	G
L	D	A	F	F	O	D	I	L	N	V	R
I	V	U	E	P	J	H	O	J	A	C	E
P	W	I	Q	N	C	M	U	D	O	Q	E
S	E	E	D	S	B	S	Q	C	X	Q	N



BLOSSOM
BLUEBIRD
BOOTS
CHICKS
DAFFODIL
FLOWERS

GARDEN
GRASS
GREEN
KITE
MUD
NEST

RAIN
SEEDS
TULIPS
UMBRELLA
WARM



WTF fun fact #525

"Nigglywiggly" is the actual name of the little paper flag thingy sticking out of the top of Hershey's kisses!



wtf-fun-facts.tumblr

THANK YOU TO THE FOLLOWING FUNDER FOR THEIR RECENT GRANTS AND SPONSORSHIP



Rehabilitation
Welfare Trust



Legion of Front



Lottery Grants Board
FUNDS FOR YOUR COMMUNITY



Generalised Anxiety Disorder (GAD)

GAD is characterised by persistent and excessive worry about a number of different things. People with GAD may anticipate disaster and may be overly concerned about money, health, family, work, or other issues. Individuals with GAD find it difficult to control worry.

GAD comes on gradually and can begin at any time in your life, though the risk is highest between childhood and middle age. Anxiety levels in most people with GAD fluctuate – when their anxiety is mild, people with GAD can function socially and be gainfully employed. When their anxiety is severe some people may have difficulty carrying out the simplest daily activities.

What causes anxiety?

The exact cause is unknown. It is known that some of the wiring in the brain is affected. Scientists continue to try and understand GAD and other anxiety disorders in the hope of developing and improving treatment options.

There is a family or genetic link.

Signs and Symptoms of GAD:

- expect the worst
- worry excessively about money, health, family, or work when there are no signs of trouble
- be unable to relax, enjoy quiet time, or be by themselves
- avoid situations that make them anxious
- be irritable
- have constant worries running through their head
- have difficulty concentrating or focusing on things
- feel edgy, restless, or jumpy
- suffer from stomach problems, nausea, diarrhoea
- suffer from poor sleep
- need to know what's going to happen in the future.

Symptoms vary between individuals and can be experienced at certain times of the day. Stress can make the individuals symptoms worse.

Seek help.

Discuss your symptoms with your health professional such as your GP. They will be able to determine whether you have a diagnosis of GAD based on whether you have some or all of the typical symptoms and the length of time you have been experiencing these symptoms.

Treatment options.

The treatment for GAD should be tailored to the individual's needs. This could be a combination of treatments and therapies.

- Medication: The most commonly prescribed medication is an anti-depressant. It is important to discuss with your GP if you feel the medication has been beneficial or not and not to stop the medication without consultation with your GP.
- Talking therapies: Cognitive Behaviour Therapy (CBT) looks at two things – how your negative thoughts contribute to your anxiety and what might help you feel better. Counselling is another option and is often funded for a short period of time.
- Complementary therapies: mindfulness, hypnotherapy, yoga, relaxation, massage, aromatherapy have all shown to have some effect in alleviating symptoms.

Physical exercise and wellbeing.

Make sure you get an annual check-up with your GP.

Regular exercise has been shown to help with sleep, anxiety, and general wellbeing.

Information courtesy of <http://www.mentalhealth.org.nz>

New Research:

Science-based, daily guidance designed for anyone who feels like their mind never stops.

In around 10 minutes a day:

1. Understand what triggers your stressful thoughts.
2. Identify the habits that keep your mind racing.
3. Break the cycle of worry and panic.

Learn practical anti-anxiety tools.

<https://www.unwindinganxiety.com/>

<https://www.penguin.co.nz/books/unwinding-anxiety-9781785043635>

<https://mentalhealth.org.nz/conditions/condition/anxiety>

Article written by Julie, MS Community Nurse

Reverse Mortgage

At Monday Group we had Tracey Truman from Carlile Dowling Lawyers, come speak with us to share her knowledge around the importance of wills and keeping them updated as circumstances change. Below is the link which takes you to their website for anyone interested in learning about reverse mortgages.

<https://carliledowling.co.nz/what-is-a-reverse-mortgage-and-should-you-get-one/>

We would like to thank Tracey and Carlile Dowling Lawyers, for your time and sharing your wealth of knowledge. It was extremely beneficial.

Tracey Truman | Senior Solicitor

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Is there something you like to share on our next issue?

Please contact me by 14th November. officehbms@gmail.com

ms.

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