

# ms. voice



Newsletter

August 2021

Welcome to our August edition of MS Voice. Here, we bring you the latest news from MSNZ and what we have been working on, tips to live well with MS and much more.

We love to share real life stories, if you would like to share your MS story with the MS Community, please get in touch: [info@msnz.co.nz](mailto:info@msnz.co.nz)



## MS and Pregnancy Webinar

Join NZMSRT to learn what the research is telling us about Multiple Sclerosis, pregnancy and women's health.

The New Zealand Multiple Sclerosis Research Trust (NZMSRT) is pleased to announce the first event in its annual MS Research Webinar Series.

The first speaker in the series is a leader in research surrounding MS, pregnancy and women's health. **Dr Vilija G. Jokubaitis**.

Vilija will present on 4 key areas of her work;

- MS and fertility
- Impacts of pregnancy on disease outcomes for women
- Pregnancy and neo-natal outcomes
- Tracking women's health

This webinar will be of interest to all ages and genders looking to understand more about the impacts of MS on current and future generations and the importance of tracking women's health. It will also be of interest to health professionals supporting people with MS.

[Register for the webinar here](#)

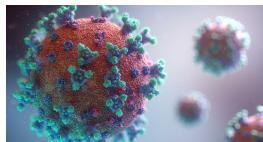
## State of caring survey 2021



If you support someone in your family or whānau who is unwell or has an ongoing health condition or a disability, please help Carers NZ by completing their first State of Caring Survey. It's big, but with lots of tick boxes. They'll be repeating the survey regularly to see how carers fare over time.

"We won't lie - it's not easy keeping carers on the agenda of decision makers. We need this evidence to ensure family carers are heard in decisions that affect them. Help all carers by clicking the link to take the survey - it will make a difference." Carers NZ

[Take the survey](#)



## Covid vaccination booking helpline

Vaccinating against COVID-19 reduces the risk of the virus to you, your whānau, and your community. The more people that vaccinate the stronger we will be. The Ministry of Health is giving everyone over 16 the opportunity to get their free vaccine this year, vaccinating those at greater risk first.

The Ministry of Health have confirmed that people diagnosed with Multiple Sclerosis are considered under **Group 3 for access to the Pfizer COVID Vaccine (Comirnaty)**. Carers of people with a disability, family and whānau are also included in Group 3.

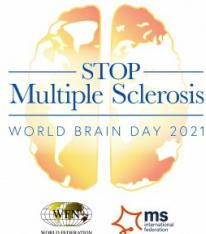
People in Group 2 and 3 now have 2 ways to book their vaccine if they are still waiting for an appointment:

1. They can call the COVID Vaccination Healthline on **0800 28 29 26** to book their vaccination. The helpline is open between 8am and 8pm 7 days a week.
2. They can book via the new online booking system: [BookMyVaccine.nz](https://BookMyVaccine.nz)

You do not need proof of disability. You can decide yourself whether you live with a disability, using the definition provided on their website. Everyone will get access to the COVID-19 vaccine over time, so you'll have an opportunity to be vaccinated regardless of whether you choose to self-identify as disabled or not.

[Read more](#)

### [World Brain Day 2021 - Webinar](#)



This year, World Brain Day was dedicated to Multiple Sclerosis. Hosted by World Federation of Neurology and MS International Federation, their goal is to work together to stop MS by diagnosing earlier, providing better access to life-changing treatments, and advocating for improved quality of life for those living with MS and their caregivers.

They produced some wonderful videos from their webinar, which have been broken down into bite sized videos - perfect for watching with a cuppa.

[Read more](#)

### [Information for family carers](#)



Carer's NZ's *Family Care* magazine is packed with helpful articles to help you self-manage common caring issues at home. To request a free sample copy, phone Carers NZ's National Carer Resource Centre on (0800) 777 797 from Monday to Friday during business hours, or email [centre@carers.net.nz](mailto:centre@carers.net.nz).

Or read the latest issues online:

[https://issuu.com/familycareworld/docs/family\\_care\\_issue\\_44](https://issuu.com/familycareworld/docs/family_care_issue_44)

<https://issuu.com/familycareworld/docs/fc43>

The latest issue of *Family Care* is included in Carers NZ's free information packs for family caregivers. If you are a carer, please get in touch to request your pack, which also contains the Government's *Guide for Carers* and other useful information every carer should know about.

An updated *Guide for Carers* is now available online at [www.msd.govt.nz/carers-info](https://www.msd.govt.nz/carers-info). It has practical information to help whānau, āiga and carers who assist family members and friends with health condition, a disability, an injury, or a physical or mental illness.

[Read more](#)

### [Face of MS Awareness Week 13-19th September](#)



Every year, MSNZ runs a campaign raising national awareness of the chronic condition affecting New Zealanders and highlighting the needs of those living with MS.

Regional Societies across the country will hold Street Collections and events to raise vital funds for the work they do to support people living with MS and their support networks in their local communities.

Our 2021 campaign will further introduce 18 brave New Zealanders, proud to be a *Face of MS* showing how MS impacts them, the lives of their families and the vital support that they receive from their MS Regional Society.

Watch this space for a special 'Awareness Edition' of MS Voice.

[Get in touch to share your story](#)



### [Street Appeals - Can you help?](#)

Multiple Sclerosis Regional Societies across New Zealand will soon be holding their annual street appeals to raise the vital funds they need to support people impacted by MS in your community.

Why not volunteer your time by helping them to help those with MS in your community to live their best life.



### Leiza's story

I recently became an [Overcoming Multiple Sclerosis](#) (OMS) ambassador for the Christchurch area and I would love to be able to spread the word about OMS to help others with MS. Here is my story.

They think that I started showing my first MS symptoms when I was 17 (I am 30 now). I used to horse ride competitively and at the end of a cross-country course the jumps would be a bit blurry. I knew that I had to jump between the red and white flags (which I could make out) and then I'd just aim for the middle. Luckily my horse and I trusted each other a lot.

I was diagnosed at 25 as I had been experiencing more MS symptoms. I was no longer horse-riding at that point but I'd run a few full marathons and I used to fall over on tree roots when I was doing trail runs sometimes.

[Read more](#)



### The sky is the limit for Maddy!

From a young age, heights have always been something Maddy has avoided. From not jumping off the higher diving boards to not participating in high ropes, heights have always been something Maddy strongly disliked.

In support of her mums frustrating Multiple Sclerosis and to raise funds for MSNZ, Maddy has chosen to go the 'extremes of literally jumping out of my comfort zone' by skydiving out of a plane (with a parachute of course).

Why not support Maddy to conquer her biggest fear whilst contributing to our cause.

[Support Maddy](#)



### Free online legal education sessions with ADL

Register quickly for Auckland Disability Law's (ADL) next free online legal education sessions.

These ADL zoom sessions are designed for Disabled and Deaf People and supporters. These sessions aim to significantly unpack the law around disability disclosure when job seeking, reasonable accommodations at work, and the legal documents about decision making, so they are easy to understand.

**Disability Discrimination and the Law**  
**Wednesday 15 September 2021, 11am-12 noon**  
Do I tell an employer about my disability?  
What do I tell an employer about my disability?  
**Register by 6 September 2021**

**Reasonable Accommodations and the Law**  
**Thursday 7 October 2021, 11am-12 noon**  
What are reasonable accommodations at work?  
Can I get the accommodations I need to do my job?  
**Register by 27 September 2021**

**Decision Making and the Law: Enduring Powers of Attorney, Welfare Guardianships and Property Managers**  
**Wednesday 24 November 2021, 11am – 12 noon**  
How do I get the people I trust to support me in my decision making?  
What happens if I can't make all of my own decisions?  
**Register by 15 November 2021**

Spaces are limited, so register now.

To register, contact ADL and provide your name, email address, contact phone number, where you live, date and name of the session(s) you want to attend. Please email [info@adl.org.nz](mailto:info@adl.org.nz), or text 027 457 5140, or call 09 257 5140 and leave a message.

### **Zoom and Access Needs**

These sessions will be delivered by video call on Zoom. You can access Zoom on your mobile phone, tablet, or computer. When you register, more information will be sent to you about how to use Zoom. There will be a handout which will be sent to you ahead of the session(s). Please let ADL know if you require Word documents for your Braille reader or device.

If you require NZSL interpreters, please advise ADL as soon as possible. You are welcome to have a support person or family member with you at the

Please let ADL know if you have any other access needs.

[Email to book your place](#)



#### Stay warm this winter

Is your home warm and Dry? The government continues to run it's 'Warmer Kiwi Homes' Initiative offering insulation and heater grants to lower income homeowners. To find out if you are eligible, check out [eeca.govt.nz](http://eeca.govt.nz)

A warm house with good heating and insulation makes all the difference in the colder months.

[Read more](#)



#### Paralympics

With the Olympics in full swing, our minds have turned back to the Paralympics.

Since 1968 New Zealand Paralympic Teams have stunned supporters and competing nations with their determination, heart and courage and ultimately, their success.

**209 Paralympians** have contributed to New Zealand Paralympic Teams success so far by representing Kiwis with pride and dignity and bringing home a staggering 221 medals across 24 Paralympic Games. Through this success they have inspired Kiwis to think differently about disability.

So if you want to give something a try, don't be shy! Watch the videos in the link below to see what these athletes achieved, by not giving up!

[Watch here](#)



#### NZ Live it up!

Last chance to enjoy a FREE upgrade to a multi city Entertainment app (every city in New Zealand and Australia for the price of a single city!).

This amazing deal ends **4th August** so get in quick and support Multiple Sclerosis Society of New Zealand Inc at the same time - 20% of every sale goes directly to our fundraising!

Thousands of restaurant, café, takeaway, activity and retail offers will keep you busy & save you money, and the apps are now valid for 13 months from the date you activate them (so if you buy today, you'll have until September 2022 to enjoy savings).

[Purchase here](#)



#### Use it or lose it

It's true: Use it or lose it. Stretching your brain keeps your mind sharp. People who are more active in mentally challenging activities are more likely to stay sharp.

Try these:

- Read a book
- Go to a lecture
- Listen to the radio
- Play a game
- Visit a museum
- Learn a second language

#### **Mix Things Up**

Remember trying to talk backwards as a child? Researchers at Duke University created exercises they call "neurobics," which challenge your brain to think in new ways. Since your five senses are key to learning, use them to exercise your mind. If you're right-handed, try using your left hand. Drive to work by another route. Close your eyes and see if you can recognize food by taste.

#### **Work Out to Stay Sharp**

Exercise, especially the kind that gets your heart rate up like walking or swimming, has mental pluses, too. Although experts aren't sure why, physical activity might increase the blood supply to the brain and improve links

between brain cells. Staying active can help memory, imagination, and even your ability to plan tasks.

### A Healthy Diet Builds Brainpower

Do your brain a favor and choose foods that are good for your heart and waistline. Being obese in middle age makes you twice as likely to have dementia later on. High cholesterol and high blood pressure raise your chances, too.

Try these easy tips:

- Bake or grill foods instead of frying
- Cook with "good" fats like oils from nuts, seeds, and olives instead of cream, butter, and fats from meat
- Eat colorful fruits and veggies
- Eat fish

### Video Games Train Your Brain

Grab that joystick. Several studies found that playing video games stimulates the parts of the brain that control movement, memory, planning, and fine motor skills. Some experts say gaming only makes you better at gaming.

The verdict may still be out, but why let kids have all the fun?

Article content tribute to MS West Coast and Web MD.



### The end of cheques - Update

This year, the banks are instigating a lot of changes in how we can make donations, pay bills, transfer funds or deposit cash.

MSNZ appreciates that these are big changes and would like to help make it as easy as possible for our supporters to carry on supporting us as their charity of choice.

We are continuously looking for ways to support our amazing donors and have updated our article with support guidelines from the main banks and instructions on how to use ATM audio functions, which may assist you and your family.

[Read more](#)

With kind regards and best wishes,



P.S. Please check our our [Latest News](#) section on our website for updated guidelines and information.



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