



MND Tasmania News November - December 2012

MND Tasmania
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Patron

Lady Sallie Ferrall

Committee

President: Joyce Schuringa
Vice-President: Tim Hynes
Treasurer: Dora Hugo
Secretary: Michele Newton
Public Officer: John Hughes OAM
Northern Support Group: Mary Erickson
Fundraising coordinator: Mary Erickson
Libby Cohen

Regional Advisor

Jennene Arnel: ra_tasmania@mnd.asn.au (note the underscore between ra and tasmania) or telephone 1800 806 632.

Support

Website: Shane Chugg

Membership

MND Tasmania is a member of MND Australia with Tim Hynes serving on the MNDA Board. The MND Research Institute of Australia is part of MND Australia. MND Tasmania is a member of the Neuromuscular Alliance of Tasmania (NMAT).

Support service

The MND Associations of Victoria and Tasmania work together to provide:

- Information and member support by telephone on 1800 806 632, Monday-Friday, 9 am - 5 pm.
- Referral to Tasmanian health & support services.
- Information, support and training for service providers for people with MND in Tasmania.
- Free membership of MND Victoria and MND Tasmania for people living with MND.
- Victorian Newsletter with Tasmanian News insert for members living in Tasmania.

Please note that the Regional Advisor provides needs-based support and refers members to appropriate support services as required.

Freecall 1800 806 632

This number is at the MND Victoria office. To assist the volunteer receptionist, please say that you are from Tasmania. If you wish to speak to a Committee member or to Jennene Arnel, you will be asked for your contact details. Your call will be returned by that person as soon as possible.

New members

We welcome new members L.Hills (S), J.Mirpuri (S) W.Fitzpatrick (S), C.Banham-Davey (S), B.Greenhill (S), H.Finney (NW) and S.Lyne (N).

Vale

We extend our sympathy to the family and friends of E.Ellis.

Donations

Donations have been gratefully received from M.Eldridge and M.Viney.

Christmas Party: 26/11/12

The Northern Support Group would like to invite you, your family and friends to our **Annual Christmas Party** to be held at:

Ravenswood Community Health Centre
39 – 41 Lambert Street, Ravenswood
(Launceston)

Monday 26 November 2012, 11 am to 2 pm

Coffee, tea and juice/cordial will be supplied. Please bring a small plate of food to share.

There will be a Raffle and Trade Table. Please bring a small gift to share marked M (male), F (female) or C (child).

BEST OF ALL, SANTA will also be coming with his gifts!!

We would love to see you there. If you have any questions, please phone Mary on (03) 6339 3742 (leave message).

Mary Erickson

Northern Support Group Coordinator

Regional Advisor's Report

In October I had two trips to Tasmania. The first was to undertake home visits, meet with health professionals and MND Tasmania Committee. On the second visit, towards the end of the month, I undertook further home visits and participated in the MND Day we held in Launceston.

The MND Day was designed for health professionals and we were delighted that all the presentations were made by people who live or work in Tasmania. While the numbers of people registered were less than we had hoped the smaller group resulted in good participation and lively discussion. Many thanks to everyone who participated in the Day. Further details about the MND Day are given elsewhere in this Newsletter.

My next visits to Tasmania will be in mid December and February. Please remember that I can be contacted at any time by email or by phone, via MND Victoria (freecall 1800 806 632).

And another year has flown by. It has been a pleasure to work with you throughout 2012 and I look forward to meeting again in 2013.

My best wishes to everyone for a safe and happy festive season shared with friends and family.

Jennene Arnel

MND Regional Advisor

Tasmanian MND Forum

Health Professionals, Researchers and Service Providers from around the state gathered in Launceston for a day of presentations, all delivered this year by Tasmanians.



Jennene Arnel & Dr Simon Bower

Presentations ranged from the delivery and management of care to the recent research conducted in Tasmania by Dr Catherine Blizzard at the Menzies Research Institute.

The message for the day was that the interdisciplinary model of care delivers optimal quality of life for clients, their families and friends. Similarly the multifaceted approach to research is producing answers that together contribute to a better understanding of MND.



The video ‘No Place Like Home’ presented some wonderful families for whom home was the only place for their family member to be. One caring gentleman spoke of his wife, “She runs the family- she is still in charge – that’s why she stays home with us.” This is such a gentle reminder of the reason for the flexible interdisciplinary model of care.



The local team case presentation highlighted the challenges and collaborative solutions for those involved with MND.

The day was an excellent opportunity to update but very importantly to network with all the people who at some time are members of the team. At the end of the day there were many questions to the panel –another indication of the success of this year’s seminar.

Many thanks to MND Victoria,

Libby Cohen

Northern Support Group

The contact person for this group is Mary Erickson who may be contacted on 1800 806 632 (message).

Meetings for 2013

Hi everyone! I hope you can all continue to come next year. We welcome any new members and non-members to our group - just come for a cuppa and a chat.

We have MND merchandise samples and also small gifts to raffle as part of our fundraising.

Meetings are held on the last Monday of each month at 11am – 1pm at the **Ravenswood Community Health Centre, 39 – 41 Lambert Street, Ravenswood** (Launceston). It has a very large light and warm room with plenty of space for wheelchairs, a good kitchen, disabled toilets and easy parking.

Dates: January 28, February 25, March 25, April 29, May 27, June 24, July 29, August 26, September 30, October 28. November 25.

Mary Erickson

Northern Support Group Coordinator

Resources

A new autobiography was released in Australia on October 23. Peter Anderson's *Silent Body Vibrant Mind* is available in stores for a RRP \$24.95. The launch was accompanied by a website: www.peter-anderson.org

Events - 2013

Sunday 3 March: MNDTasmania AGM in Hobart

5 – 11 May: MND Week

Saturday 11 May: Bunnings BBQ at Launceston Connector Park.