



network

The Official Magazine of the MS Society of SA & NT | ms.asn.au



MSSANT Client John Hannan

Autumn 2016

MS Game Changer Lottery

Tips for successful communication

Information Sessions 2016

Diving in for MS



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Contact Us

If you would like to comment on anything you read in this Network please email feedback@ms.asn.au or write to MS SA & NT, PO Box 377, Salisbury South DC SA 5106

The Network can also be viewed at ms.asn.au

The Editor welcomes unsolicited submissions. All articles are subject to a reviewing process. The views expressed are those of the Authors and do not necessarily reflect the view of the Society's staff, advisors, Directors or officers.

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NURSING

Our nursing team is usually the first point of contact, after the neurologist, for anyone diagnosed with multiple sclerosis. We're committed to providing holistic support so you have a greater understanding of what to expect from your condition.

OCCUPATIONAL THERAPY

Occupational therapists work with Clients referred through the Disability and Community Services Program, providing assessments and recommendations for aids and equipment.

SOCIAL WELFARE

Our welfare officer is here to provide information about entitlements, how to access community services, advocacy and other essential supports.

PEER SUPPORT

Peer support groups help people living with multiple sclerosis provide support for each other and share their experiences. There are several groups meeting across the state. They provide a safe place for the sharing of information and helping each other.

Letter from the Editor Libby Cassidy



What a great time of year it is to live in South Australia! There is so much to experience in the heart of the city, especially if you're like me and culture and the arts is your thing. As we go to print, the city is in the midst of the incredible Fringe Festival and Adelaide Festival of the Arts. I love how these festivals provide programs with something for everyone to get involved, whether they are lovers of culture or complete novices, as well as bringing vibrancy and life to the city in summer.

For different tastes, the 'Tour Down Under' has just wrapped up and we are now poised for the incredibly exciting 'Clipsal 500'. I hope whatever it is that takes your fancy, you have been able to enjoy some of what the city has to offer over summer.

Welcome to *Network Autumn 2016* and a brand new year! There is plenty to read about in this edition, not least of which is the launch of our exciting new fundraising initiative in South Australia, the MS Game Changer Lottery. The Lottery has been designed to broaden awareness into the condition of MS as well as raise important funds. It is proving to be very popular given its very attractive prize pool, you can read all about it within this edition. This is a great initiative and with 1 in 15 odds of winning a prize, do be sure and grab your ticket to be in the running, if you can.

In other exciting news, as the Brand & Communications Manager I'm personally delighted with the very recent launch of our brand new website! The new site provides a clean and modern layout that is designed to be easy to navigate. I certainly hope you enjoy your online experience as you seek information on your services and support, research articles and support groups. The website also lays out information about our events and fundraising opportunities. Please do check it out at www.ms.asn.au.

There are some fantastic articles in this edition of *Network*, particularly those that focus on our wellbeing. Lisa Papas writes about 'Our Health House' and gives us an understanding of how our health can be seen as a four sided house, with each side playing a vital role. It is a different and interesting way to think about how important 'life balance' is for all of us. Leonie Wellington reminds us of the importance of communication, a subject close to my own heart!

I loved reading about our Client Deborah Munro, who I had the pleasure of meeting late last year when she was part of our recent CEO Video Update. What a lovely lady and an incredible story, thank you for sharing it with us, Deb.

Deb's significant musical talents are currently being put to use as the music director of 'Illumina Voices', a women's country choir of beautiful voices with heart and soul. They also play percussion and other instruments. The group is presenting a concert on 30 June as a fundraiser for MSSANT. Read about it on page 23 of this edition.

As always, there is a fantastic program of 'Mindfulness' courses, Information Sessions and Peer Support groups to get involved with. Please register your interest or contact us to find out more, we would love to see you.

I invite you to send your feedback or your story ideas to feedback@ms.asn.au; I would love to hear from you. Best wishes for an enjoyable time over Easter and I look forward to our next edition of *Network*.



Do you want to receive the Network online? Want monthly information updates?

Register your email address today to start receiving our monthly e-newsletter and the Network magazine online.

Just email feedback@ms.asn.au or call **08 7002 6500** and let us know your current email address.



From the desk of the CEO Marcus Stafford



Henry Ford famously said when talking about the success of teamwork: "Coming together is a beginning, keeping together is progress and working together is success".

It is with teamwork across the WA and SA borders that we have come together to build a bright future for people living with multiple sclerosis in South Australia and the Northern Territory.

And now as we work together in 2016, the future for MSSANT looks secure and positive.

Last month we launched the MS Game Changer Lottery, a very exciting new fundraising initiative for MSSANT. It will be an important way of raising funds for the work we have planned to further increase our services and supports for Clients as well as putting us in the position of contributing to the vital research being done to find a cause and cure for MS.

The campaign supporting the MS Game Changer Lottery has also provided a lot of opportunities for us to build awareness within the community and in the media too, which is really important for raising our profile for the condition. Folks who buy a ticket also have a 1 in 15 chance of winning a prize, and with a total prize pool worth over \$2.4 million, it will be a 'game changer' for our prize winners too! You can read more about it within this edition of *Network*.

Whilst I was in Adelaide last month I spent some time with our Client John Hannan, who is living at the aged care facility of Trowbridge House in Payneham South. What a terrific guy and what a moving story John has to tell about his journey with MS.

You may have seen John feature in the story on 'Today Tonight' recently, as well as in our own communications and newsletters. Part of our mandate at MSSANT is to be able to provide better accommodation options for young people like John, who are living with MS in aged care facilities. Oh how we would love to be able to provide a custom built facility where John, and others like him, can live together with the specialised care they need. We look forward to being able to make that dream a reality in the not too distant future.

The National Disability Insurance Scheme (NDIS) recently announced new information about the full roll out in South Australia. The current trials only include children in the 0 – 14 age group, but this looks to be extended to young people aged 15 – 17 as part of the full scheme roll out from 1 July 2017. This will then be followed to include adults, with all eligible participants being supported by July 2018. The Scheme will see a disability marketplace built on choice and control for our Clients, and we intend to be with them through the process, every step of the way.

Finally, it's a big congratulations to our MSSANT Events Team for the huge effort they made again this year in planning, hosting and running the 'MS Mighty Swim' last month. This great community event, held on 13-14 February, raised over \$73,000 in funds for MSSANT. 319 swimmers took part across the 48 hours. A huge thank you to all involved, it's a mighty effort indeed!

Thank you

Giving a gift, or leaving a bequest to MSSANT can open up many exciting opportunities for you to make a big difference to the lives of people with MS. Your gift, combined with those from other MSSANT supporters, will make a powerful impact and help us to continue our very important work.

The Society would like to acknowledge the following people for their generous gifts:

Veronica Ziesing
Patricia Lambden
Ian Wilson
Dorothy Steer
Anne Ness

For more information on making a donation to the MS Society or leaving a gift in your Will, please call Michael van Oudtshoorn on (08) 7002 6500 or email MvanOudtshoorn@ms.asn.au

Michael van Oudtshoorn | Planned Giving Manager



A message from the General Manager – Client Services – Sue Shapland



**"If you change the way you look at things,
the things you look at change."**

Wayne Dyer

As they say, one of the only constants in life is change! Whilst change can be unsettling, it can also bring great anticipation and excitement, especially when the outcomes will be for the better.

So 2016 will bring eligible adults living with disability in South Australia closer to being able to access the National Disability Insurance Scheme (NDIS). So far in SA the trial has only been open to children but we have now received information about how the trial will expand from July 2017 to include adults. I have included a more detailed summary in this edition on page 8. MSSANT staff will provide more information about the roll out, the scheme in general, how people with MS can benefit from registering and the types of supports they may be able to receive so that you can prepare in advance.

This year is shaping up to be an exciting one with new opportunities for MSSANT. We have recruited four new occupational therapists for our small Client Services Team, see their introduction on page 21 of this *Network*. We are keen to start providing new supports such as fatigue management programs. Whilst MS fatigue cannot be cured, having effective management strategies can really make a difference.

We have also recruited another part-time MS Nurse. A well-known face to many, Emma has returned to the team after several years away.

What is very exciting for our Client Services Team is that we are now able to slowly grow our staff numbers which allows us to then expand our range of services directly benefitting people living with MS.

By now you will have heard about our exciting MS Game Changer Lottery, tickets are selling well and funds raised will help us further build our Client Service offerings.

Our 27 May 2016 MS Clients' Forum will focus on research with MS Research Australia co-hosting this quality forum and updating us on several aspects of research in Australia. The Adelaide Oval venue should appeal to many as will the information being offered by quality speakers.

Mary-Anne has been working hard putting together a great education forum and peer support calendar, along with the timetable for regional visits for 2016. The information will be shared in *Network* and the monthly *Vitality* e-newsletter.

We have also recently heard very exciting news that clinical trials for Ocrelizumab, an infusion being tested for progressive MS, has received FDA approval based on positive results. This could well be the first real treatment that could be made available for progressive MS if the results continue to support it; now won't that be a positive change!

Our annual Client Services Survey is under way, thanks to everyone who has already responded, and I will share the results with you in the next *Network*.

In the meantime, if you would like to make contact with any of the Client Services Team for advice or information please don't hesitate to give Amy a call on the MS Assist line 1800 812 311 and she will help you with your enquiry.

DO YOU LOVE TO VOLUNTEER?

Our next volunteering opportunity is:



World MS Day
Wednesday, 25 May 2016

Register your interest and help us support those living with MS in SA & NT, call (08) 6454 3131 or email events@ms.asn.au

Round-up of research and other items of interest

Sue Shapland RN, BN



Bringing you MS research updates from around the world:

Multiple Sclerosis Society UK

Ocrelizumab is an intravenous infusion treatment, developed by Hoffmann-La Roche, that has been in phase three clinical trials looking at its use in primary progressive MS and relapsing MS.

Two phase three trials completed in June 2015 had positive outcomes reported as a treatment for relapsing-remitting MS against interferon beta-1a (also known as Rebif). The trials involved over 1,600 people and after two years, the study is reported to show that Ocrelizumab reduced the annual relapse rate by 46% and the number of lesions in the brain, as measured by MRI scans, by 94%.

Update on Ocrelizumab

Ocrelizumab works by targeting a certain kind of immune cell that can contribute to the damage to the nervous system, including the nerve cells and the protective covering around nerve fibers. It is taken by intravenous infusion twice a year.

In the clinical trial data released last spring, which covered 732 people with primary progressive MS, people who took the drug had a 24 percent reduction in the progression of disability after 12 weeks compared to those who received a placebo. Study participants on the experimental medicine also experienced slower declines in walking ability and brain volume than people in the control group.

The reason that the new drug is generating so much interest though, is that it's the first time a therapy for primary progressive MS has had any impact at all.

And it's the first MS drug to ever receive a "breakthrough" designation from the Food and Drug Administration, which puts the experimental medicine on a fast track to get through the review process as quickly as possible. The agency granted the designation in February this year.

UK MS Trust

How common is nerve pain in early MS?

This study of 377 people with MS examined how common nerve pain was in early MS.

Nerve (neuropathic) pain is caused by damage to the nerves in the brain and spinal cord and includes trigeminal neuralgia, the MS hug, Lhermitte's sign and altered sensations such as pins and needles, numbness, crawling or burning feelings.

Participants who were experiencing nerve pain, also had significantly higher levels of depression, fatigue and disability. The researchers suggested that treatment of the pain should also take these other factors into account, to help improve overall wellbeing.

What effect do disease modifying drugs have on disability progression?

Disease modifying drugs (DMDs) work by interacting with different parts of the immune system to treat the inflammation caused by MS, reducing the number and severity of relapses. There is also some evidence that the DMDs can reduce disability progression (the build-up of disability over time).

Thirteen studies, of between one and three years, with a total of 9,788 participants were included in the analysis.

The review found that overall, the DMDs reduce the risk of increasing disability compared to participants taking a placebo. Further analysis revealed that there were no differences in the effect on disability regardless of how the drug was taken or whether it was used as first or second line treatment.

What MS symptoms affect work?

This study in the USA examined four key MS factors – depression, cognition, fatigue and motor function – to investigate their relationship with employment in a group of 53 people with MS.

Participants took three to four hour long assessment sessions completing various tests and questionnaires to assess their cognition, motor function, mood and fatigue.



The study found that cognitive, motor function and fatigue test scores, as well as higher EDSS scores, were significantly related to unemployment.

The researchers concluded that health professionals could support people with MS and help them to learn management techniques to deal with, or compensate for, fatigue and cognitive symptoms that could help them stay employed.

Emotional changes in people with MS

This French study looked at emotional changes in 60 people with relapsing-remitting MS (RRMS) and 41 with primary progressive MS (PPMS). Each person with MS in the study was matched to a control participant (who did not have MS), for age, gender and level of education.

The study found that emotional changes are common in both people with RRMS and PPMS and can be found in people who do not meet the criteria for a diagnosis of depression or anxiety.

As even subtle emotional changes can have an impact on quality of life, the researchers concluded that a health professional's ability to recognise these smaller changes help people with MS access the necessary support to manage emotional changes they experience.



MS Society of Canada

Researchers link the 'clock' hormone melatonin to seasonal MS relapses

MS relapse activity follows the seasons with attacks generally more frequent in spring and summer. Although the reason for this seasonal pattern is unknown, one hypothesis suggests that a factor provoked by the environment that rises and falls with the time of year may be responsible.



An international team of scientists from Argentina and the United States identified a possible candidate; the hormone melatonin, whose levels peak over the autumn/winter months and then drop off in the spring/summer months.

The authors provided strong evidence that melatonin protects against MS relapses, decreasing the number and severity of relapses during the autumn and winter months. This protective effect is diminished in spring and summer as melatonin levels subside.

Diet and Exercise

The effects of diet on MS treatment and progression are uncertain. Although a topic of interest for the MS community, conclusive evidence supporting dietary claims is scarce. Research investigating the effect of dietary manipulation on MS is challenging, as these types of studies are difficult to design and control for.

Exercise has demonstrated benefits above and beyond fitness, including neuroprotection, neurogenesis (the birth of new neurons), and improved cognitive function.

Dr Amy Latimer-Cheung from Queen's University published an extensive review highlighting data on the effects of exercise in MS. Many studies demonstrated that exercise training improved mobility, fatigue and quality of life among people living with MS.

There are a number of clinical trials under way around the world that are providing clearer answers as to whether exercise interventions may improve MS disease.



Read more at:
[ms.asn.au/
researchupdate](https://ms.asn.au/researchupdate)

National Disability Insurance Scheme (NDIS) roll out in South Australia

Sue Shapland RN, BN

Recently there was an announcement made regarding the plan for the full scheme roll out of the NDIS in South Australia. Until now, the SA trial has only included children aged 0 to 14 years.

Between February 2016 and June 2017, the National Disability Insurance Agency (NDIA) will work with service providers to reach all eligible children in the 0-14 age group. Young people from 15 to 17 will then become part of the full scheme roll out from 1 July 2017.

Following entry of all the eligible 0-17 year olds into the scheme, the NDIS will then be rolled out to adults region by region. The staged roll out will help ensure a smooth transition.

The planned roll out timeline is as follows:

- **July 2017** – Barossa Light and Lower North, Playford, Salisbury, Port Adelaide, Enfield will enter the scheme. All eligible participants expected to be in the scheme by April 2018.
- **October 2017** – Tea Tree Gully, Limestone Coast and Murray Mallee will enter the scheme. All eligible participants expected to be in the scheme by January 2018.

- **January 2018** – The Fleurieu, Kangaroo Island, Holdfast Bay, Marion, Mitcham, Onkaparinga, Eyre and Western, Far North, York and Mid North will enter the scheme. All eligible participants expected to be in the scheme by April 2018.
- **May 2018** – Adelaide Hills, Eastern and Western Adelaide, and any other areas, will commence entry into the scheme and are expected to be fully incorporated into the scheme by June 2018.

Here at MSSANT, the Client Services team will be providing you with updates on the NDIS through *Network*, our website and forums. We will also be contacting MS Clients living in the designated areas by letter prior to each roll out. Our Client Services team is, and will be, here to support you by ensuring you understand the scheme, eligibility and what the planning process entails.

The NDIS is the most significant social reform in Australia in many decades. The opportunities that will be available for people with disability, subject to eligibility criteria, to access reasonable and necessary supports in a timely manner are welcomed. Already in the various state-based trials sites around Australia, many people with MS have been through the planning process and received funding for supports and equipment to help them better live their lives.

Zika Virus Alert

A global health alert has been released by the World Health Organization (WHO) regarding Zika virus. As stated by Dr Margaret Chan, WHO Director General, “Zika virus is a serious global health concern with highly likely global spread”.

Zika virus is a mosquito borne disease which is known to circulate in Africa, the Americas and the Pacific. Most patients who present with Zika virus are asymptomatic but in some cases it can cause fever, rash, severe headache as well as joint and muscle pain.

There is particular concern regarding the effects of the virus on pregnant women and their fetuses. Women who are pregnant should reconsider travel to areas with current outbreaks of Zika and it is important for pregnant women to consult their health professional to discuss the risk of transmission and infection.

There is no vaccine or specific treatment for Zika, which emphasises the importance of undertaking preventative measures. For those who are living in or travelling to endemic areas, prevention relies on avoiding mosquito bites.

For further information, please follow the links below:

smartraveller.gov.au/bulletins/zika_virus

cdc.gov/zika/pregnancy/index.html

who.int/mediacentre/factsheets/zika/en/

health.gov.au/internet/main/publishing.nsf/Content/ohp-zika.htm



Our Health House

Lisa Papas, Counselling and Social Welfare Manager

Many moons ago I had the privilege of working in New Zealand as a counsellor in the field of addictions. As you would imagine, working in that area had its own challenges and rewards.

It was through this work that I was introduced to the concept of Te Whare Tapa Whā which is a model developed to understand the four cornerstones of how Māori people conceptualise health. I have often used this model with people to explore balance and wholeness.

Te Whare Tapa Whā is embedded in the concept of a four sided house. Should one of the four ‘walls’ be missing or in some way damaged, a person, or a collective may become unbalanced and the house falls down.

In a traditional Māori approach, the inclusion of the wairua, (spiritual health), the role of the whānau (family), and the balance of the hinengaro (mind), are as important as the physical presentations of illness.

I always felt this was a lovely idea and lent itself to an understanding of the wider concept of the whole person.

Have a read of the explanation of the four elements and have a think about how this model fits with your idea of health and wholeness.

Taha tinana (physical health) – the capacity for physical growth and development.

Our physical being supports our essence and shelters us from the external environment. For Māori people, the physical dimension is just one aspect of health and well-being and cannot be separated from the aspect of mind, spirit and family.

Taha wairua (spiritual health) – the capacity for faith and wider communication.

Health is related to unseen and unspoken energies.

The spiritual essence of a person is their life force. This determines us as individuals and as a collective, who and what we are, where we have come from and where we are going.

A traditional Māori analysis of physical manifestations of illness will focus on the wairua or spirit, to determine whether damage here could be a contributing factor.

Taha whānau (family health) – the capacity to belong, to care and to share where individuals are part of wider social systems.

Whānau provides us with the strength to be who we are. This is the link to our ancestors, our ties with the past, the present and the future.

Understanding the importance of whānau and how it can contribute to illness and assist in curing illness is fundamental to understanding Māori health issues.

Taha hinengaro (mental health) – the capacity to communicate, to think and to feel mind and body are inseparable.

Thoughts, feelings and emotions are integral components of the body and soul.

Taken from: publichealthworkforce.org.nz/Maori-public-health-perspective.aspx

Bringing these concepts to counselling work and my discussions with people, helped me to work with greater understanding of both indigenous communities and the wider community concepts of whole health or holistic wellbeing.

Australia’s indigenous communities have a very similar concept of health that is linked to the delicate balance and cultural attachment to the life force of the land, spiritual practice, family connections and psychological wellbeing. When one or more of these elements are out of kilter, health and wellbeing suffer.

In my experience, embedding these cultural concepts into my work as a counsellor gives people another way to envisage their own health journey.

Take on a challenge if you wish...get a piece of paper and draw four quadrants. Name each quadrant:

- Mind
- Body
- Spirit
- Family/Community

Consider each area.

Are there things that affect your health house walls?

What can you do to keep your walls strong?

Talk to your family or support person about your health house and how it looks for you.

There are some great lessons to be learned from some of our oldest cultures and their concepts of wellbeing.

I hope you keep your walls strong and your house full!

A real game changer!

In January we were thrilled to launch a new and exciting fundraiser for MSSANT.

The MS Game Changer Lottery really is a big game changer for the Society.

The intent behind the Lottery is to raise vital funds to expand the services and support we can provide to people living with MS in South Australia and the Northern Territory. As you know, these include wider options for occupational therapy, physiotherapy, hydrotherapy, community outreach groups and more. There is also the need for high support accommodation for our Clients, as an alternative to aged care facilities. Additionally, we want to be better placed to engage in research to find the cause and a cure for multiple sclerosis (MS).

The MS Game Changer Lottery is a key driver to raise these vital funds and brand awareness.

Recently, the MSSANT team ran a promotional activity over three days in the Rundle Mall, featuring a BMW i8 valued at \$350,000.

The team handed out lottery brochures and engaged with thousands of interested folk who stopped to talk to them about MS and the Game Changer Lottery. We also had a great news story on Channel 10 filmed at the activation site which featured our Client Andrew Lydeamore and his family. The story showed what impact MS has had on all of their lives.

Our Ambassador Mitch Creek from the Adelaide 36ers was interviewed on radio station 5AA, talking about the great work happening at the Society and how the Game Changer Lottery is such an important initiative for us.

Further media included a segment on Channel 10's 'Studio 10' morning show, numerous live reads on many radio stations in South Australia and a weather cross live from our MS Mighty Swim event!

So, as you can see, the MS Game Changer Lottery has been an incredible tool to help us broaden awareness for multiple sclerosis and the MS Society of SA & NT.

Please support this major fundraiser for MSSANT.
Tickets can be purchased at www.msgamechanger.com.au or by calling 1300 983 991.



The key things you need to know about the MS Game Changer Lottery

- **Grand Prize value is \$1,500,000 CASH**
- **Early Bird Prize value is \$250,000 CASH**
- **Total prize package value is \$2.4 million**
- **Odds of winning are 1 in 15**
- **Total number of prizes is 3,335 including cars, holiday, entertainment prizes and more**

AN INCREDIBLE 1 IN 15 CHANCE TO WIN

MS GAME CHANGER LOTTERY

PRESENTED BY THE MULTIPLE SCLEROSIS SOCIETY OF SA & NT

\$1,500,000 CASH GRAND PRIZE

PLUS LUXURY CARS, OVERSEAS HOLIDAYS AND MUCH MORE

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TOTAL PRIZE POOL OVER \$2.4 MILLION OVER 3,300 PRIZES



TICKETS ON SALE NOW

Don't miss out on your ticket in this life changing lottery, with the best odds of winning a huge CASH Grand Prize! Tickets will sell out quickly, so buy yours today!

\$250,000

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Purchase before Thursday, 31 March 2016 to be in the draw to win.

+

\$25,000

CASH BONUS PRIZE

Purchase before Thursday, 3 March 2016 to be in the draw to win.

ORDER ONLINE:
msgamechanger.com.au

ORDER BY PHONE:
1300 983 991

All proceeds support South Australians living with MS

Real change for real people

At only 45 years old, John Hannan's life changed forever when he was diagnosed with MS.

While for some the symptoms of MS come on slowly, in four short years John found himself in a wheelchair, unable to drive and living in an aged care facility.

It was a huge blow for John who was living a healthy and active lifestyle and working as a radio presenter before his diagnosis.

John said, "The people at the aged care facility are lovely and look after me really well, but I long for a place where there are more young people I can talk to about things that matter to me.

"The MS Society of SA & NT has always been there for me, and I know they're working hard to provide all the services they can."

MSSANT has strategic plans to extend our impact in the metropolitan areas in Adelaide through providing accommodation facilities for people living with MS.

The MS Game Changer Lottery, which launched on 31 January, will enable us to action these plans with all proceeds going towards providing services and support to people living with MS in South Australia.

There is a very real need for funds as there are currently over 90 young people with MS, like John, living in aged care facilities in South Australia due to a lack of accommodation options.

MSSANT CEO Marcus Stafford said, "People living with MS battle daily with the condition and often have fears and uncertainty about their future.



"Funds raised from the MS Game Changer Lottery will allow MSSANT to fund research into a cure for MS, provide essential healthcare services and build new high-support accommodation facilities."

John added, "When someone buys a ticket in the MS Game Changer Lottery, they are giving me, and others living with MS, something very precious – hope!

"It's my hope that one day I can again lead a meaningful and productive life, and that we will one day beat MS."

Want to access research articles?

Here are the places you can access up to date research articles relating to multiple sclerosis:

- **Vitality** - Our monthly research focussed e-newsletter
- **Our website** - www.ms.asn.au
- Right here as part of your Client magazine **Network**. It includes great research articles and information every quarter.



There's an app for that!



In the last edition of *Network*, we shared with you five free apps designed to improve your life in one way or another. In our second instalment of this series, we bring you five free MS-specific apps from journals to record your symptoms and relapses to reminders you can share with family members. Whether you're living with MS or involved in the care of someone with MS, these apps might help you better manage life with MS.

1. SymTrac – SymTrac is an MS symptom tracking tool created by Novartis Pharmaceuticals. Record and rate your daily symptoms, chart your progress, and share your information with your healthcare team. The app allows you to add custom symptoms which means that no matter how unusual, you can still document and track them within the app. It also includes a series of exercises designed for people with MS.

Compatibility: iPhone, Android

2. RxmindMe Prescription – RxmindMe Prescription is a medication reminder app designed to help you keep track of your medications. You can set up medication reminder notifications, dosage information, and record when you've taken your medications.

Compatibility: iPhone

3. MS Self – Among other things, MS Self allows users to track symptoms, mobility, energy levels, and mood. Your journal entries are searchable and can help provide insight into finding patterns in behaviour and symptoms. The app also syncs to Fitbit to monitor your exercise and activity levels with more accuracy.

Compatibility: iPhone, Fitbit

4. Multiple Sclerosis Diagnosis & Management – This app has been designed as a tool for neurologists and other healthcare providers to help in the diagnosis and management of MS. The comprehensive app contains everything from a list of MS signs and symptoms to a two question screening tool for depression which can affect those who have been diagnosed.

Compatibility: iPhone, Android

5. MSAA – Multiple Sclerosis Self-Care Manager – This app has been specifically designed by the Multiple Sclerosis Association of America (MSAA) for people living with MS. Users can track relapses and symptoms, manage medications and get the latest research news. The app also includes a journal and allows you to compile your medical records.

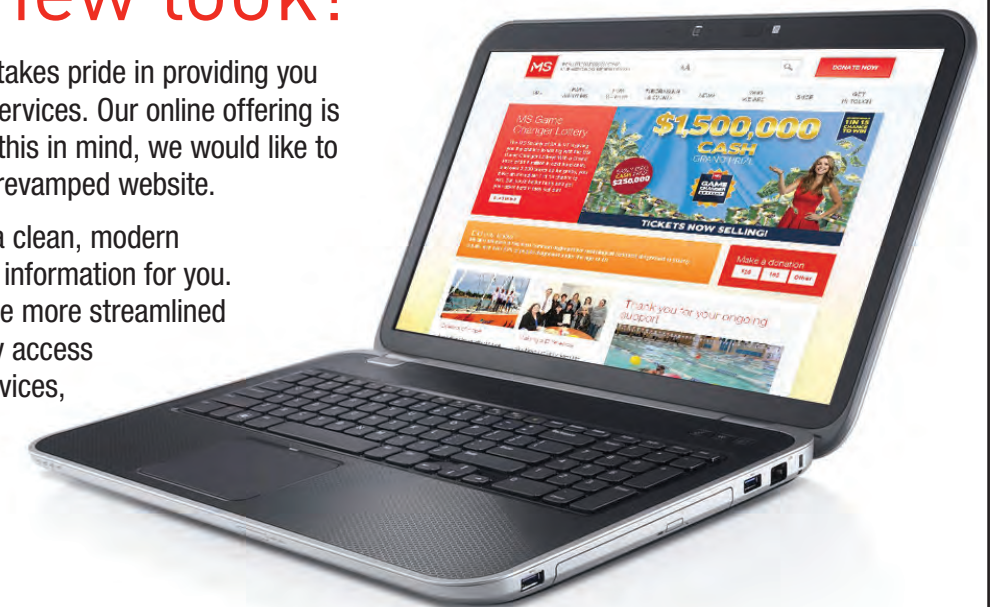
Compatibility: iPhone, Android

A brand new look!

The MS Society of SA & NT takes pride in providing you with professional care and services. Our online offering is a vital part of this, and with this in mind, we would like to announce the launch of our revamped website.

The new-look site provides a clean, modern and easily accessible hub of information for you. Your online experience will be more streamlined and you will be able to easily access information on research, services, support groups and much more.

We trust you will enjoy the new site, take a look at www.ms.asn.au



Peer Support

Join a support group and talk to others who understand.



What is a Peer Support Group?

A Peer Support Group is a gathering of people with MS. The purpose of the group is to provide support to each other and to share information by:

- learning more about MS;
- sharing feelings and experiences;
- obtaining accurate information;

- providing an opportunity to talk through problems or choices being faced;
- listening to others who share similar feelings and experiences;
- helping others through the sharing of ideas and information; and
- knowing they are not alone.

New Peer Support Groups

Under 40s in the south

This is a support group for younger people living in the southern suburbs of Adelaide. You are invited to attend the first meeting of this group where you will have the opportunity to talk with others and to plan the format of future get-togethers. Enjoy a morning coffee, brunch or stay for lunch.

Peer Support Coordinator, Mary-Anne Edge from MSSANT will be there to meet everyone and to answer any questions that may arise.

Date: Sunday, 3 April 2016

Time: 11am for coffee and/or brunch

Venue: Café L'Áqua, 9 Saltfleet Street, Port Noarlunga

RSVP: by Thursday, 31 March to MS Assist 1800 812 311 or msassist@ms.asn.au

Singing group

Even if you can only sing in the shower, here is an opportunity to develop your vocal skills while enjoying some great company. Deborah Munro, the Music Director of Illumina Voices and previous Artistic Director of the award winning Young Adelaide Voices, will lead a session of singing, fun and friendship.

This group is for people living with MS and their carers, and is open to both men and women. Time and location are yet to be decided.

Please call MS Assist on 1800 812 311 or email msassist@ms.asn.au to express your interest in this group and let us know your preferred meeting time and location.

Travel Group

This group brings members together to share travel experiences, and hear from guest speakers on topics selected by them.

The group met for the first time on 8 March 2016. Bec from Emirates and Jessica from RAA explained how international and domestic flights can accommodate special needs, while Matt from Lifestyle Mobility demonstrated the latest travel scooter.

The group meets next in May with guest speakers to be confirmed.

Date: Monday, 9 May

Time: 6pm to 8pm

Venue: Mitcham Cultural Village, 103 Princes Road, Mitcham

RSVP: by Wednesday, 4 May to MS Assist 1800 812 311 or msassist@ms.asn.au

Tai Chi classes in the mid-north

A Tai Chi instructor, with 20 years of teaching experience, is running classes for people with MS living in mid-north SA. Classes are held during school terms and activities can be performed seated or standing. The cost will be a gold coin donation.

Classes have commenced at:

Clare on Monday afternoons
4.30pm at St Joseph's School Hall

Kapunda on Tuesday evenings
7.30pm at Uniting Church Hall

Please call MS Assist on 1800 812 311 or msassist@ms.asn.au, if you would like more information.

MySociety - Family and Friends

A Facebook group for family, friends and carers of people living with MS. This is a private place to chat, share information and connect with others who are supporting someone with MS. It has been created, and is administered by the MS Society of SA & NT. As it is set up as a private group, only people in the group will be able to read posts.

Request membership at [facebook.com/groups/1388437131394906/](https://www.facebook.com/groups/1388437131394906/)

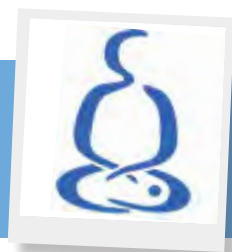
Peer support groups meet in the following areas:

(Family members and carers are welcome)

If there have been any changes to your support group that we're not aware of, please contact the MS Society to advise us of any updates.

REGION	WHEN	LOCATION	CONTACT
Adelaide Hills – Mount Barker	3rd Monday of each month, 6.30pm	Auchendarroch Tavern, Mount Barker	David 0410 451 301
Barossa	3rd Thursday of each month, 11am	Tanunda/Nuriootpa	Penny 0488 952 211
Broken Hill	Sundays, 11.00am bi-monthly	Gloria Jean's Coffee, Bromide St	MS Assist 1800 812 311
City based for workers	2nd weekend of every month alternating Friday nights/ Saturday brunch	Various city locations	Jess 0403 155 696
Clovelly Park	4th Friday of each month, 12pm	Tonsley Hotel	Christine Sutherland (08) 8276 3779
Copper Triangle	1st Wednesday of each month, 11am	Various venues	Allan 0498 386 949 or Peter (08) 8821 1807
Darwin	Various	Various venues	Sarah 0439 885 604
Fleurieu	Random Tuesdays at 12:30pm	Rotated around Fleurieu eateries	Jill 0428 843 327
Gawler	2nd Monday of each month, 10am	Gawler Women's Health Centre	Helen Hoppmann 0403 295 348
Gawler evening group	Various	Various venues	Helen Hoppmann 0403 295 348
Hard Yakkas (Salisbury)	Last Thursday of each month, 12pm	Sabine's Cafe & Bakehouse, Parabanks shopping centre	Tallia Coulter 0403 766 157
Kapunda	2nd Tuesday of each month, 6.30pm	Various venues	Pauline 0427 010 754
Kensington (Overcoming MS group)	3rd Monday of each month, 7pm	Various venues in Norwood area	Pam Schartner (08) 8331 9360
Modbury	Last Tuesday of each month, 10am	Independent Living Centre, Gilles Plains	Gary Griffiths (08) 8263 7760
Mount Gambier	1st Friday of each month, 1pm	Various hotels in Mount Gambier	Len Stidwill 0403 218 971
Noarlunga	1st & 3rd Thursday of each month, 12.30pm	Various lunch venues	Jude Brown (08) 8322 5441
Port Lincoln	2nd Tuesday of each month, 4.30pm	Various venues	Rick Cunningham 0429 977 082
Port Pirie	2nd Wednesday of each month, 12pm	Port Football Club, Port Pirie	Anne 0448 321 610
Riverland	1st Tuesday of each month, 10am	The Big River Golf Club, Berri, and other venues	Crystal 0418 690 013
South East Support Group	3rd Thursday of each month, 10.30am	Naracoorte Hotel	Kay Cavill 0407 615 118
Tailem Bend	Wednesdays, mid-monthly	Various venues	Sue Griffiths (08) 8572 3914
Under 35s (and a bit older)	2nd Monday of each month, 6.30pm	Various venues, north of the city	Nicole 0417 003 547
Western Suburbs	Last Tuesday of each month, 10am	Various venues	Enza 0433 972 312

Mindfulness programs



Facilitated by Barb Hancock, Mindfulness teaches us how to develop self-compassion and the warm-hearted, connected presence we need during moments of difficulty.

Research shows that self-compassion is strongly associated with emotional well-being, lower levels of anxiety and depression, healthy habits such as diet and exercise, and more satisfying personal relationships.

Participants will receive a handbook and CD. Home practice of 30 minutes a day is part of the program. Activities can be performed seated, standing or lying down.

Light refreshments will be provided, and there will also be the opportunity to meet with others.

Mindfulness in Strathalbyn

Date: Tuesdays, 22 and 29 March, 5 and 12 April

Time: 10.30am to 12.30pm

Venue: Reg Sissons Day Care Centre,
High St, Strathalbyn (back of the hospital)

RSVP: Bookings are essential.

Please RSVP by Tuesday, 15 March 2016

There will be a \$20 fee for the four-week course.
Carer and family members are welcome to attend.

For expressions of interest or to RSVP, contact MS Assist on 1800 812 311 or email msassist@ms.asn.au

Something special for carers

Date: Tuesdays, 7, 14, 21 and 28 June

Time: 1pm to 3pm

Venue: Klemzig Community Hall,
242 North East Road, Klemzig

RSVP: by Monday, 30 May

We know that many Clients have a family member or friend providing support and care in many different ways. We are pleased to provide this course for these carers and show our support for this great group of people.

If you would like to attend this course but feel there may be barriers that prevent it, please call MS Assist as we may have solutions that will allow you to attend.

Mindfulness in the evening

We are looking for expressions of interest to join an evening group in the city. This will be a four week course possibly commencing in May with a 6pm or 6.30pm start time.

Mindfulness in other places

If you or your group would like a Mindfulness course, please contact MS Assist.

Tips for successful communication

Leonie Wellington

A conversation is an opportunity for everyone involved to feel able to contribute their information into the main pool. Having all the information reduces the use of assumptions or jumping to conclusions.

Active listening is a great way to check out the meaning behind what others are saying. Reflecting what you are hearing by paraphrasing, asking clarifying questions and summarising are all skills that help reduce misunderstanding and defensiveness.

When sharing your own information, using “I” statements and avoiding exaggerations, generalisations and absolutes helps others to hear what you mean and minimises the possibility of others becoming defensive or clamming up. Here are some more ideas to make communication safe and open:

- A conversation is not a debate; it is a search for mutual respect and understanding.
- Choose the timing of a conversation for when you are calm and prepared.
- Make a time and place to have important conversations and invite others.

- Write a script or list of main points to keep you on track.
- Ensure that there are minimal distractions.
- Keep to the facts as you know them, don't jump to conclusions or make assumptions.
- Express your concerns in “I” statements; “I feel that”, “I am starting to wonder”, “I wanted to check out with you”.
- Take responsibility for your part in the situation and share it.
- Avoid generalisations and exaggerations such as “you never”, “you always”, “everybody knows”, “it is always”.
- Invite others to tell their story.
- Treat others as you wish to be treated.
- Be prepared that not everyone will agree with you or share your beliefs and values.
- Use active listening to check you are understanding what others are saying.
- Be open to compromises or different solutions.
- Practise new skills on easier topics to gain confidence for tougher conversations.

Outside

Ros Harman

“Go outside and play for goodness sake!” my mother said, fed up with our constant bickering. And for goodness sake, we did.

Outside, we climbed through the barbed wire fence and nimbly avoided cowpats as we ran barefoot across the paddock to the patch of bush left uncleared down by the creek. An ancient red gum split in half by lightning long ago in someone's dreamtime became in turns our cubby-house, our castle, our lookout and our haven. Our toes gripped its blackened bark as we climbed up into its branches, stretching for handholds. A kookaburra laughed as we arranged branches into a bridge across the trickle of brownish water that was the creek. We watched glutinous frogs' eggs turn into tadpoles which we took home in a jar. We fossicked around in the scrub and picked a conciliatory bouquet of raggedy wildflowers to offer to our mother.

When I was a child, outside was a vast, ever changing, wondrously fascinating playground. It was my leisure centre, my fitness centre, my entertainment centre, my school and my place of worship. Outside I was in raw, visceral contact with nature and through this contact I learnt about the world and about myself. I grew strong and supple as I ran across the sandy earth and played in the blue-green bush. My vision developed as I studied a tiny beetle crawling on a leaf, and then looked far into the distance where the sky went on forever. I felt the numbing cold of the rain on my skin in winter and the fierce sting of the sun in summer. I learnt what it is to worship as I listened to a choir of ecstatic birds celebrating the sunrise on a dew-festooned morning. I understood what infinity means as I looked up and watched the stars embracing the night sky.

These days I live most of my time inside. I sit in air-conditioned comfort in my cool, open-plan, suburban dwelling. My wheelchair glides smoothly over my shiny, even floorboards. I look out into my brick-paved courtyard at a garden bed planted with symmetrically placed, even-sized shrubs. If I turn the radio off and listen carefully, I can sometimes hear birds chirping in the street trees.



I venture outside occasionally and trundle in my electric wheelchair along the footpath to the nearby shops. Along the way I examine my neighbours' neatly planted front gardens. Sometimes a dog barks as I go past, or a cat slinks under a bush. One day last spring I heard a cacophony of squawking coming from a tree ahead of me. As I approached I saw two large black birds sitting in the branches, their tails fanned out beneath them displaying a band of bright red. They observed me warily as I got near, but quickly decided I was not of much interest and continued pecking at seeds. I found out later they are called Red-tailed Black Cockatoos, and are a vulnerable species, running out of the trees they like because we keep chopping them down.

I was so excited to see these rare visitors to our suburb that I stayed for some time watching them, until I noticed someone peering through their curtains in the house opposite me and thought I should move on in case I was mistaken for a cat burglar.

I go past that tree several times a week, but I've never seen the Red-tailed Black Cockatoos again. Our neighbourhood is mostly brick and concrete, so I suppose they've gone somewhere with more trees. I hope they found some.

I hope at least that they are still outside. For goodness sake.

Information Sessions 2016



The MS Society of SA & NT provide a series of education programs focused on maintaining a healthy lifestyle and keeping you up to date with latest information and research. These programs are free to Clients and their family and friends.

Registration is essential. Confirmation letters are provided 1-2 weeks before each seminar or workshop. If you do not receive a letter/email confirmation for a session you had planned to attend, please notify MS Assist on 1800 812 311 or email msassist@ms.asn.au. At the time of printing, the dates, times and venues are current however details may need to be changed. Please ensure you check details when registering.

Continence Confidence

Bladder and Bowel, care and management.

Rosalie Donhardt, a continence nurse with the Continence Resource Centre, will provide practical support for continence issues, review available products and how to access funding.

Donna Coates, Continence Nurse Practitioner, will speak on bowel management and pelvic floor muscle exercises. There will be the latest information and products from Coloplast and plenty of time to look at displays and ask questions.

This session is free for people with MS and their family and carer. A morning tea will be served.



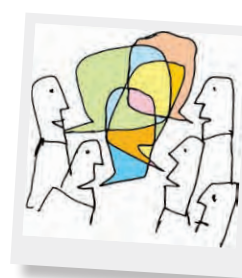
Date: Thursday, 14 April 2016
Time: 10am to 12.30pm
Venue: Fullarton Park Centre, 411 Fullarton Road, Fullarton
RSVP: Bookings are essential. Please RSVP by Wednesday, 6 April 2016 to MS Assist on 1800 812 311 or msassist@ms.asn.au

Clients' Forum 2016 – Research Roadshow

This program will bring experts and people living with MS face to face.

Dr Lisa Melton, Head of Research, MS Research Australia will lead a team of health professionals to provide up to date information on research, treatments and symptom management.

There will be a general research overview from Dr Melton and practical take home messages from neurological physiotherapist Dr James McLoughlin. Topics discussed will include immunology and myelin repair, and a clinical overview of new and emerging MS treatments will be provided.



Date: Friday, 27 May 2016
Time: 10am to 1pm
Venue: Adelaide Oval, Cathedral Room
RSVP: Bookings are essential to both the Forum and the oval tour. Please RSVP by Thursday, 19 May to MS Assist on 1800 812 311 or msassist@ms.asn.au

The forum is free for people with MS and their family and carer. A morning tea will be served.

Following the formal proceedings attendees will have the option to stay and join an Oval Tour Group, at \$15 per person, or visit the Bradman Collection for free. Lunches can be purchased from the Oval Café.

Parking is available at the Adelaide Oval's Wilson Parking, with direct elevator access to the function room.

Further information on these events can be found on the MSSANT website, in the monthly e-newsletter Vitality and MySociety Facebook group. For more information, call MS Assist on 1800 812 311.

Piecing Together your Financial Future - Information Session Review

This session was held on 2 February and the knowledge and expertise provided by Darrell Bampton from the Centrelink Financial Information Service (FIS), and Tony Greenham, Financial Advisor, was greatly appreciated.

Here is a summary of some key bits of information.

Centrelink FIS Information

Free, confidential service to help you understand:

- your financial options;
- financial planning principles;
- tax and social security implications; and
- superannuation investment choices.

A FIS phone service is available to discuss your circumstances or you can also book a face to face appointment. To access FIS, contact them via the DHS Seniors Inquiry Line at 13 23 00.

Darrell also discussed payment types, income and assets means testing, rates and concessions. He explained some of the points to consider when there is the option to change from a Disability Support Pension or Carer Payment to the Aged Pension.

Mobility Allowance

This is a payment for people with disability, illness or injury who cannot use public transport without substantial assistance and who participate in approved activities. It provides a fortnightly payment and a Health Care Card and is not income or means tested.

Most contact about your payments is now done online via myGov. There is also the Express Plus Medicare app for your mobile to help you do business. FIS presents seminars on a range of financial planning topics.

Further information on the above can be obtained from humanservices.gov.au

Medicare and PBS refunds

From 1 July 2016, these refunds will only be paid via Electronic Funds Transfer (EFT). Customers will need to register their bank details with Medicare prior to 1 July 2016. This can be done by:

- completing a bank account details collection form;
- calling 13 23 00 or visiting a local service centre;
- through your Medicare online account via myGov; or
- through the Express Plus Medicare app.



Tony Greenham's financial planning

Tony showed participants how to undergo a financial health check. He talked about the entitlements, benefits and resources available such as Centrelink payments, superannuation and insurances. Tony explained that a proactive financial plan should include budgeting, debt reduction, wealth creation and family/partner risk evaluation. People with MS need to also focus on what is important to them, which may bring a changed perspective, such as simpler can be better.

A copy of his presentation and the booklet he has published on 'Surviving Permanent Loss of Earnings' can be requested from MS Assist. A financial planning fact sheet is also available.

Useful links

[Moneysmart](http://moneysmart.gov.au) is a government (ASIC) website providing tips, tricks and calculators to help you make financial decisions. Visit them at moneysmart.gov.au/

Please call MS Assist on 1800 812 311 if you require further information on these topics.

Making life a tad easier

For people with disabilities and their carers, it is not always easy to find the equipment they need to assist with day to day activities. That's where organisation, the Technical Aid to the Disabled SA (TADSA) may be able to help.

TADSA, which is in its 38th year of service, is a state-wide charity that aims to help people with disabilities overcome problems by designing and building or modifying devices where there is no other solution commercially available. The devices built by TADSA's inventive volunteers improve the quality of life for clients whether they are in care or living independently. TADSA also assists clients to enter or return to work, study, and participate in recreation or sport through the equipment it builds.

People with exactly the same disability or condition might have very different needs in terms of equipment or devices and that's where TADSA volunteers can help by providing one off solutions to one off problems.

One project which was completed for a client living with MS was a motorised desk. The client operates his own business and every time he needed a desk to do paperwork, have meals or even help his children with their homework, his wife would have to drag a desk over to him. Once he had finished she would have to drag it away.



Three of TADSA's volunteers were involved in this project. One designed the desk, one built the desk and a third did the mechanical and electrical work. What this volunteer did was fit a motor to the wheel assembly and build a control panel. At the push of a button on the control panel, the desk swings around towards the client. When he has finished, he pushes another button and the desk moves away.

No referral is necessary to use TADSA services. Clients, carers, disability support workers/organisations and allied health professionals can all contact TADSA directly. If readers or a family member have a problem related to a disability or ageing that they would like help addressing, contact the TADSA office on (08) 8261 2922, email admin@tadsa.org.au or visit tadsa.org.au

Short term respite support for carers

If you are a carer and the person you care for is registered with Disabilities SA, you may be eligible for short term carer respite support.

Here is an example of support after securing some funding: Callum is a carer for his mum Shelly, who was diagnosed with MS 30 years ago. Shelly was recently diagnosed with terminal cancer. Callum was having a difficult time maintaining the property as well as caring for his mum and her recent diagnosis. Carer respite fund was able to fund the cost of garden maintenance for a short period of time. This allowed Callum to care for his mum and look after her health without having to worry about the garden. The carer respite fund can provide that extra assistance when needed.

Other examples of what you could use the short term respite support for include a mini break to recharge, a spring clean, or even a few hours to have time to shop or go to appointments you have been putting off.

To discuss this further and see if your circumstances meet the funding requirements, please contact Kate Mason, Social Welfare Officer on 1800 812 311.



Hello from the OTs

The new Occupational Therapy Team at the MS Society of SA & NT would like to say hello to all of our Clients. We started as a new team in January and between us bring a wide variety of skills and experience.

Our focus is to provide services to our Clients that enable them to overcome areas of difficulty they experience with day to day tasks. This includes providing assessments and recommendations for aids, equipment and home modifications.

Please contact MS Assist on 1800 812 311 if you would like to get in touch to discuss any concerns you may have.



L-R: Linda Dirkzwager, Anna Cranshaw, Emma Ashwood and Ella Reddy.



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Diving in for MS

The 2016 MS Mighty Swim was held on 13-14 February and attracted 319 swimmers who made up a total of 17 different teams.

We saw plenty of familiar faces, but it was also great to see so many new people participating in the swim for the first time. 'Team Di Kellow' and 'Swim Ninjas 2' were two new teams this year, and both put in amazing efforts with their swimming and fundraising.

The event had 18 participants swimming who are living with MS themselves - 12 of those people swam as part of 'Team MS' while the others participated as part of 'Team Hughesy', 'Team Di Kellow', 'MS Sucks', 'Raphael's Plus 2016' and 'The Manatees'.

While MSSANT staff member Michael Van Oudtshoorn was our MC for the event, we were lucky enough to have Paul Curran and Alissa Smith from Channel 10 come down on Saturday and take over the mic for a while. They interviewed participants, gave away plenty of prizes and really got everyone pumped up and cheering on their teammates in the pool.

Alissa's mother Dianne Lindsay, daughter of Australian country music singer Reg Lindsay, also attended and serenaded us to a wonderful song accompanied by guitar back-up. The Nova Big Red Bus stopped in on Saturday and gave out plenty of freebies, while 7 News Adelaide also came along to do a live weather cross from the pool.

'Norwood Swim School' swam the most laps over the weekend, they finished on an enormous 1,456 laps. It was an extremely close finish though, with 'St John's Grammar School' coming in second at just 5 laps behind!



At the time of printing, we have raised over \$73,000 for people living with MS in SA & NT.

The highest fundraising team was 'Team MS' who have currently raised an incredible \$15,537.

Sixteen-year-old Tom Balic, from Team MS, was our highest male fundraiser - he has raised a massive \$4,125 to support people, like his mum, who are living with MS.

Tom learnt to swim specifically so that he could participate in the MS Mighty Swim and swam an amazing 1.2km over the weekend. What a champ!

Sue Dickson was our highest female fundraiser, while our 'Team MS' highest fundraiser was Leslie Chisholm.

Keep a look out on [facebook.com/MSMightySwim](https://www.facebook.com/MSMightySwim) and our website for details on next year's event!

A night out with Therry

The Therry Dramatic Society (Therry) and MSSANT are once again coming together to offer four new exciting productions held at the Arts Theatre in Adelaide.

Here is the line-up for 2016:

The Philadelphia Story - Wednesday, 6 April

Big Fish - Wednesday, 15 June

Death of a Salesman - Wednesday, 24 August

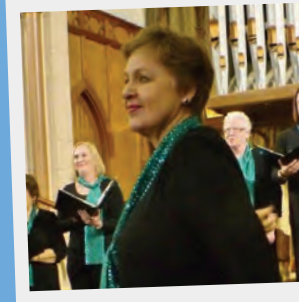
Leading Ladies - Wednesday, 9 November

Therry has raised \$30,079 for MSSANT over four years.

To find out more and book your tickets, email events@ms.asn.au or call 7002 6500.



The lady behind the voices



Deborah Munro has enjoyed a distinguished career as a music director, which has seen her conduct choirs, orchestras and bands locally, interstate and overseas. She has also lived with multiple sclerosis since 1970.

With a Degree in Music and post graduate Diplomas in Education and Counselling, Deborah was a music specialist teacher at Marryatville High Special Interest Music Centre for many years before going on to become music director of the SA Public Schools Festival. The position involved the in-servicing of 200 choir conductors from around the state, and the conducting of 20 concerts of mass choirs of 500 and 50 piece orchestras. Deborah has also led many local, interstate and international choral workshops involving choral conductors and music teachers.

Her most significant and extended musical position was as founder and artistic director of the internationally renowned Young Adelaide Voices (formerly Adelaide Girls Choir), a choir school of some 250 members aged 5-35. She held the position for 25 years and with the oldest group, led six overseas tours to Europe, China, North America and Japan. The group gave recitals in prestigious venues such as Westminster Abbey, St Martin-in-the-Fields, St Paul's Cathedral, Australia House, Cologne Cathedral and Disneyland. The choir sang in many international choral festivals, including the European Youth Choral Festival, where they twice won first prize summa cum laude, and for which Deborah later became a jury member.

In Adelaide, Young Adelaide Voices (YAV) were frequent guest artists of the SA Police Band and the Adelaide Symphony Orchestra, with whom they recorded a professional Christmas CD. In recognition of their local, interstate and international success, YAV had the honour of being awarded the Key to the City of Adelaide in 1996.

Deborah considers herself fortunate to have been able to work in and around her bouts of MS, resting when needed and fitting musical engagements around various exacerbations. Each attack has typically brought on a different set of symptoms, including pins & needles and numbness on her left side, right side and below the waist. Deborah has also experienced partial blindness and paralysis of the right arm as well as chronic fatigue. There are also the hidden symptoms such as periodic trigeminal neuralgia, spasmodic dysphonia, incontinence and vertigo.

Now retired, Deborah has become the music director of Illumina Voices, a women's community choir with beautiful voices, excellent choral standards and a passion for singing with heart and soul.

Deborah is very grateful to the MS Society for their support and encouragement over the years. She is therefore keen to repay their dedication by presenting a concert as a way to raise much needed funds for the MS Society so they can continue to provide services and support to people living with MS in South Australia and the Northern Territory.

'CAN YOU HEAR ME?'

presented by ILLUMINA VOICES

A fundraising concert for the MS Society of SA & NT

Thursday, June 30 at 2.30pm

at Scots Uniting Church, North Tce, Adelaide

Directed by Deborah Munro, an MSSANT Client, these engaging and very talented group of women will be singing a fantastic range of songs, which are bound to inspire and get everyone moving!

The performance will feature well known and loved hits such as 'Mr Bojangles', 'Streets of London', 'On the Sunny Side of the Street', 'Chattanooga Choo Choo', 'Misty' and two songs made famous by Simon and Garfunkel, 'Feelin' Groovy' and 'Bridge Over Troubled Water'.

The featured song, 'Can You Hear Me?' is a very moving piece about the world of a hearing-impaired person.

Illumina Voices has earned a reputation for being a choir of excellence, passion and heartfelt performances. Not only do they sing, they also play percussion and other instruments.

Tickets are priced at \$20 or \$15 for concession holders and includes an afternoon tea. Purchase your tickets by 26 June by contacting MS Assist on 1800 812 311 or by emailing msassist@ms.asn.au

Proceeds from the concert will go towards the Multiple Sclerosis Society of SA & NT.

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Leaving a gift of hope

Remembering the MS Society in your Will

Leaving a gift in your Will is one of the most powerful ways to be sure that the Multiple Sclerosis Society of SA & NT is able to continue to provide vital support and services to those living with MS, and fund research into the cause and cure.

For more information on how to leave a gift to the MS Society in your Will, please contact our Planned Giving Manager.

08 6454 3168

bequests@ms.asn.au
ms.asn.au

