

August 2018 Network



In this issue

Our vision and mission 5

Five tips for a better night's sleep 7

Turning red for World MS Day 16

John's breaking new ground 21



In this issue

CEO report.....	3
Client Services Manager report.....	4
Our vision and mission.....	5
Planning for your NDIS plan review.....	6
Five tips for a better night's sleep.....	7
Stop the spread this flu season.....	8
Winter warmer.....	9
Upcoming community events.....	10
2018 Winter/Spring calendar.....	11
Peer Support calendar.....	15
Turning red for World MS Day.....	16
Hydrotherapy a hit in Hayborough.....	18
Renee Thonard Award nominations open.....	19
A real game changer.....	19
A tribute to Ruth Ziegeler.....	20
John's breaking new ground.....	21
Employment solutions.....	22
Visit us.....	23
Let's start a conversation.....	23

Get in touch

Editorial and advertising enquiries

Network Editor – Ashleigh Chapman
T (08) 7002 6500
E communication@ms.asn.au

MS Society SA/NT head office

341 North East Road, Hillcrest SA 5086
T (08) 7002 6500
Free Call 1800 812 311
E msassist@ms.asn.au
www.ms.asn.au

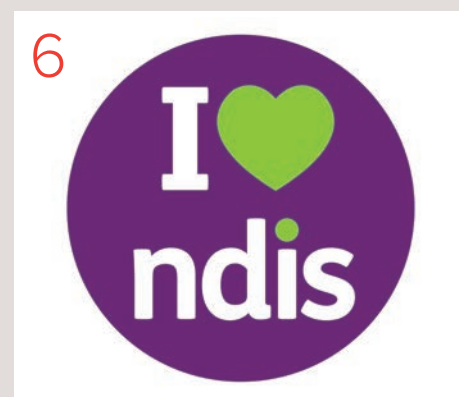
Find us online



Disclaimer

MS Society SA/NT Privacy Policy: The MS Society SA/NT is committed to the protection of private information. A full copy of the *MS Society Privacy Policy* is available over the phone on (08) 7002 6500 or online at www.ms.asn.au.

Disclaimer: Material published in *Network* may not be reproduced in any form without permission from the MS Society SA/NT. Any views expressed are not necessarily the views of the MS Society. The MS Society does not endorse any product over another, nor do we receive any commission on sale of items. The MS Society is not liable in the event the product is not satisfactory.



CEO report



After a process of consultation with our MS peer groups in recent months, the Board has approved updated vision and mission statements for the MS Society SA/NT.

This has been an important piece of work which sets the tone for our key areas of focus: helping people with MS to live well, while we support research into the cause, cure and management/treatment of MS. Following on from this process, our management team have started to review the organisation's values which will be developed with the Board in the second half of the year.

I would like to acknowledge the work of our Board. Each member volunteers their time and are not remunerated in any way for the work they do. Each month they bring their collective wisdom and expertise to our Board meetings, while providing wise counsel to the management and leadership of the organisation.

It was great to meet a number of you at the World MS Day event at the Adelaide Entertainment Centre on 30 May. Our Client Services team put on a great event for our MS members and we are pleased to have received positive feedback on our two guest speakers.

A highlight of the past quarter has been the success of the MS Game Changer Lottery. Each year, this lottery is a major focus of raising funds and promoting multiple sclerosis in the community. Half of the funds raised go towards our vital work helping people to live well with MS, and the other half is contributed to research through MS Research Australia. I'd like to thank our clients Deb, Louise and James who have been kind enough to share their stories in the media through the MS Game Changer Lottery to raise further awareness of MS and the MS Society's role in the lives of people with MS. In particular, a special thank you to James who has shared his story on radio, television and in The Advertiser.

Our Multiple Solutions disability employment service has seen a change of leadership in recent months. Simone Thrippleton joined the team as General Manager in March and Karin Ridgeway as Business Manager in April. We are very pleased to have the combined experience of both Simone and Karin on board, and we have already seen a positive impact in terms of improving our services to people seeking employment.

We are now calling for nominations for the Renee Thonard Award. Please consider nominating an individual or group who you know has made a major contribution to our MS community.

Finally, I was saddened by the news of Ruth Ziegeler's tragic passing. I would like to acknowledge her significant contribution to our MS Mighty Swim each year as part of her work with Atlantis Masters Swimming Club.

Please take the time to read this issue of *Network* with its updates of new and exciting activities going on within the organisation, all with the aim of empowering people with multiple sclerosis to live well.

Andrew Ellis

Chief Executive Officer
MS Society SA/NT



Client Services Manager report



As this is only my second issue of *Network as Client Services Manager*, I wanted to share with all of you a little bit about myself.

Firstly, I am a mum to a vibrant three-year-old daughter. I am fluent in all nursery rhymes and know the entire *Frozen* movie back-to-front and word-for-word. My daughter is a little bundle of energy and love, and each and every morning she always gives me a reason to be grateful when her little arms wrap around me for the biggest hug in the world. I have an incredible husband and the most amazing Staffordshire Terrier who is always happy to see me. Outside of work I am currently working towards completing a Master of Business Administration and spend my weekends at Goolwa Beach with my family, restoring our sea shanty.

I am passionate about equality and accessible services, and am extremely proud to be part of the MS Society and the lives of so many people with MS.

What's new in Client Services?

We have welcomed two new members to our team. Anita Maywald has joined us as an occupational therapist, and

Johanna Walters has joined our MS nursing team. We are so excited to have Anita and Jo on board. We are also pleased to announce that we will be seeing more new faces around the building! We are expecting a new specialist continence nurse and a wellbeing and social support coordinator to join our team in the coming months, to help us expand and increase our services to people living with MS.

World MS Day was on 30 May, and events were held all over the world in recognition of people with multiple sclerosis and MS research. Here in South Australia and in Darwin, our members and clients were invited to come along and find out what's happening in the world of research. The Adelaide event was held at the Adelaide Entertainment Centre, which saw over 100 people attend for an afternoon of education and entertainment. Darwin had a shared dinner that evening and many people connected with old friends and made new ones. The day was extremely successful and a great way to bring everyone together.

A quick note on the NDIS

As the National Disability Insurance Scheme (NDIS) continues to roll out across the country, the full transition to the NDIS in South Australia has been extended to the end of December 2018. South Australia was due to complete the rollout by 1 July, however a number of delays in the rollout have meant that not everyone who is eligible has been able to receive an NDIS plan by this time.

This is due to the huge number of people accessing the scheme nationwide. As a result, and so no one is left without quality services, the current state agreements have been extended by six months to ensure everyone who is eligible to access the NDIS can do so,

and to ensure better quality plans for all participants. Never again will the number of new participants entering the NDIS be so high in such a short time frame. Those currently receiving state funded services will continue to receive funding until they have met with an NDIS planner or Local Area Coordinator face-to-face. There will be no loss in continuity of service.

The MS Society will continue to provide services under both the state and federal schemes. If you have any further questions or concerns, please contact our NDIS team through **MS Assist**, or contact the NDIS directly on **1800 800 110**.

Additionally, a new NDIS Quality and Safeguards Commission has been established. This commission is an independent body of the National Disability Insurance Agency and is here to measure provider performance and ensure that participants safety is a priority. The commission is also the place to make a complaint if you are unhappy with any services being provided to you under the NDIS.

We would love to hear from you

You are the core of what we do here at the MS Society, and we want to make sure each person's experience with us is positive. If you have any questions, ideas, or feedback about our services or publications we have added a section in the back of the magazine with details on how to get in touch with us.

This is just the beginning of our plan to start many conversations with our MS community and we look forward to hearing from you.

I hope you enjoy this edition of *Network*.

Kate Mason

Client Services Manager
MS Society SA/NT

Our vision and mission



Our vision:
Empowering
people to live well.
Supporting research.

Our mission: To be the leading provider in South Australia and Northern Territory of reliable information, allied health and social supports to minimise the impact of multiple sclerosis and other neurological conditions.

The MS Society SA/NT is pleased to announce our new organisation vision and mission statements. These will act as a central focus to all that we do within the organisation and guide us to where we aspire to be in the future.

Over the past few months, the Board, leadership and staff at the MS Society have been working together, with input from our MS Peer Support groups, to review the organisation's vision and mission. The aim was to workshop these statements to accurately reflect the current aims and future goals of the MS Society.

The mission is the epitome of why we exist as an organisation and will guide all our everyday decision-making.

While our vision is our overall destination, the mission is how we plan to get there and will determine each step along the way. Our focus is YOU, and how we can be the best at providing people with MS and other neurological diseases with the reliable information, allied health services and social supports you need to minimise the impact of MS on your daily living.

We understand that every person's MS journey is unique and that's why our vision is to support each person in

every stage of MS with the resources and options, choice and control to live as well as possible. We are also supporting research into the cause, cure, treatment and management of MS.

We would like to thank all our members and supporters for your patience and understanding as we pave the way to continue increasing services to empower people with MS to live well, while supporting research.

The next step is to review and refine our organisation values to accompany the new vision and mission. Keep an eye out for the announcement of our new values in the coming months.

Planning for your NDIS plan review

Source: Endeavour Foundation

The National Disability Insurance Scheme (NDIS) has been rolling out across South Australia over the past 12 months now, which means many of you may already be well into your first plan, and now starting to get ready for your first plan review meeting with an NDIS planner or Local Area Coordinator.

Plan reviews are a normal part of the NDIS process, and will help you to identify what has worked in your plan and what has changed since putting your plan into action. How are you progressing in achieving your goals, and are there any new opportunities or goals you would like to explore? What supports are working for you, and which ones may require a little more funding?

The biggest difference?

There are less questions the second time around!

No doubt you'll remember the many questions you were asked in your first NDIS planning meeting. Your plan review won't be quite like that. Your planner will still ask you some questions, but not anywhere near as many as you were asked in your first planning meeting.

Preparation is key

The best advice we can give is to sit down and write out your answers to the following questions:

What's worked in the past year?

Your planner will want to know what went well. If you can clearly tell them what went well and how the funding was useful, you will improve your chances of retaining that funding in your second plan.

What hasn't worked in the past year?

Was there something in your plan that didn't quite work out?

Did you need more funding for something?

Did you have funding that didn't go to use?

Your planner will want to know these things to help them allocate funds. It's really important that you can justify your answers. The more prepared you are with the responses to these questions, the better your chances.

How are you going with your goals?

As someone who's been through the process at least once, you'll know the NDIS is all about goals, but goals are always changing!

What you wanted a year ago is not necessarily the same as what you want now. It's completely normal to have changing goals and priorities, it's just important that you explain these changes to your planner.

Common questions

What if my circumstances change and I need to review my plan early?

If your personal circumstances change significantly and this affects the supports you need from the NDIS, you can request a plan review at any time by completing a change of circumstances form available on the NDIS website.

This is different to being unhappy with the supports you receive in your budget. If you're unhappy with a decision, you'll need to get a review of decisions.



Can I use a Support Coordinator to help me prepare?

Absolutely. If you received funding in your first plan for a Support Coordinator, they will be able to help you prepare for your second plan.

What if my first plan ends before my second plan starts? Can I get funding for that time?

A small number of people have been finding that there is a gap between when their first plan ends and their second plan begins.

If this is the case for you, the NDIS will cover the costs as long as they are in line with what you were previously receiving in your plan.

For more information or for help preparing for your review meeting, please contact our NDIS team through **MS Assist**.



Five tips for a better night's sleep



Studies show most adults require between seven and nine hours of sleep every night to ward off fatigue and to stay alert throughout the day.

Unfortunately, lack of quality sleep is common in people with neurological conditions and can have a number of health implications.

Insomnia, snoring and sleep apnoea in particular are common in people with or without MS and can be caused by anxiety, stress, depression, reactions to some medications, and continence issues.

If you're having trouble getting to sleep at night, or aren't sleeping for long enough, try these five tips for a better night's sleep, recommended by our occupational therapists.

1. Get regular: Set a regular rhythm by going to bed and getting up at the same times, even on your days off and on weekends. This gives your body a guide to work from and trains your body on when to be awake and when to be asleep.

2. Get up and try again: If you still can't sleep after about 20 minutes, get up and do a relaxing or boring activity until you feel sleepy, then return to bed and try again. Try reading a book or guided relaxation.

3. Avoid stimulants: Avoid alcohol, caffeine and cigarettes four to six hours before going to bed. Caffeine and cigarettes block chemicals in the brain that help induce sleep. Whilst alcohol helps you feel sleepy and get to sleep, it prevents you from dropping into a deep sleep. This leaves you more likely to wake up feeling groggy and tired.

4. Exercise: Regular exercise helps to promote sleep by ensuring you feel tired when it's time to go to bed. Avoid strenuous exercise four hours before bed, as this can have the opposite effect.

5. Sleep rituals: Develop rituals and associations that remind your body it's time to go to sleep. These can be things like doing stretches or meditation 15 minutes before bed, having a warm shower, or drinking a cup of caffeine-free tea.

Having trouble sleeping? The MS Society SA/NT will be running a series of sleep workshops this spring to support you to understand how sleep works, the impacts of MS on sleep, and practical ways to improve your quality of sleep. Watch this space!

For more information or to register your interest contact **MS Assist**.

Stop the spread this flu season

Influenza (commonly known as flu) season is upon us and now is the time to start taking preventative measures to help keep you, and the people around you, happy and healthy this winter.

Flu season occurs every year usually between May and September and shouldn't be confused with the common cold.

The flu virus is a highly contagious infection of the nose, throat and lungs which is spread when an infected person talks, coughs or sneezes infectious droplets into the air which are then breathed in by those around them. It can also be spread by contact with hands and used tissues.

The flu virus can last up to one hour in enclosed spaces, and more than eight hours on hard surfaces. So you don't need to be near someone who is coughing or sneezing to become infected.

Tips to boost your immune system

1. Get plenty of sleep.
2. Exercise regularly.
3. Eat a healthy, well-balanced diet.
4. Maintain a healthy weight.
5. Drink alcohol in moderation and don't smoke.
6. Keep stress levels down.



We can all help to minimise the spread with these eight tips.

1. Wash your hands regularly with soap and water, or an alcohol-based hand rub – this is the best way to stop the spread of the flu virus and to prevent yourself from catching it
2. Turn away from others when sneezing or coughing, and cover your mouth with a tissue or your arm (not your hand).
3. Use disposable tissues rather than a handkerchief and drop them immediately into the nearest bin after use.
4. Wipe down frequently touched surfaces such as kitchen benches, door handles, phones, desks, and remote controls with detergent or an alcohol wipe regularly.
5. Avoid work or school until the fever has passed, and avoid close contact with others who are infected.
6. Educate children on good hygiene to reduce the spread of germs.
7. Keep personal items such as towels, bedding and toothbrushes separate.
8. Don't share cutlery, dishes, food or drinks.

Symptoms should show signs of improvement within a week with rest, plenty of fluids, and paracetamol to relieve pain and fever.

If you are concerned or symptoms persist, your GP should be your first point of contact.

For more information, contact our MS nurses through **MS Assist**.

Winter warmer

A bit about the chef

Oliver Morris is the head chef at a new Spanish restaurant in Modbury and has loved cooking ever since he was a child, taking after his dad who was also a chef.

After being diagnosed with multiple sclerosis in 2016, he has had his ups and downs dealing with heat, fatigue and cognitive issues in the kitchen, but has never let that get in the way of doing what he loves.

Oliver first started seeing symptoms of MS back in 2008 while living in the UK. "I had a recurring tingling, burning sensation in my back and I just felt really ill. It got to the point where I had to leave work." It wasn't until eight years later when Oliver started experiencing headaches and loss of vision in one eye that he was diagnosed with MS.

During the summer months are when he feels his symptoms flare up the most, with him often experiencing fatigue and cognitive issues when working in a hot kitchen. "I was working in a restaurant that was very busy and had no air-conditioner in the kitchen. When I had 30 orders at a time I would



find it hard to concentrate, but I always managed to push through."

With the arrival of his daughter Isabelle just last year he felt it was time for a change. Not only to make things more comfortable for his MS symptoms at work, but also to create a balance between family and work.

Oliver loves seeing people enjoy the food he cooks, and has kindly prepared a recipe to help us get through this cold winter season. "This soup is a nice winter warmer, hearty soup that my dad would make for me all the time as a child. What's so good about it is you can easily add your own ingredients, and change it up."

"I like this soup with dumplings and I always use the carcass and bones from my left over roast chicken to make the chicken stock."



Oliver's Chicken and Barley Soup

Ingredients

200g roast chicken, flaked into pieces
1.5L chicken stock
2 medium onions, diced
200g carrots, quartered and diced
150g celery, halved and diced
100g button mushrooms, quartered
200g baby potatoes, quartered
1 leek, washed and sliced (TIP: Don't use the green top)
100g pearl barley
20ml olive oil
salt and pepper

Method

1. Sauté onions, carrots and celery in olive oil until onions start to soften.
2. Add mushrooms, potatoes and leek, and leave to cook for a few minutes.
3. Add chicken stock and pearl barley, and season with salt and pepper. Cover with a lid and simmer for 20–25 minutes until barley and vegetables are tender.
4. Add cooked chicken and heat through. Serve.

Hola! This voucher entitles you to

1 x \$5 Tapas

+

1 x \$5 House Beverage



One per table / Valid until 31st August 2018

8397 8677 . 561 Montague Road Modbury . www.bocachicabar.com.au

Upcoming community events

Join a peer support group and talk to others who understand

Our MS Peer Support groups in metropolitan and regional SA, and Darwin help to bring people with MS together to meet with others who are sharing similar experiences.

Meeting at least once a month these groups come together to share their feelings and experiences, offer support and advice, and promote friendship and community spirit. See the Peer Support Calendar on page 15 for details of groups meeting in your area.

Facebook online peer support groups

People with MS, and families and carers also have 24-hour access to peer support at their fingertips with our private Facebook groups.

My Society

This is a private and safe place for people living with multiple sclerosis in SA and NT to chat, seek advice and share stories. To protect the privacy of members, this Facebook group is not open to the public, and therefore all new members must request access from MS Assist to join.

My Society – Family and friends

This is a private place for family, friends and carers of people living with MS to chat, share information and connect with others who are supporting someone with MS. This group is administered by the MS Society SA/NT and all are welcome to join. Simply search *My Society – Family and Friends* and click 'request to join'.

Information sessions 2018

Staying Steady – Balance and Mobility for Falls Prevention

September Sessions

Option 1

When: Wednesdays

5 Sept–10 Oct, 10.30am–12.30pm

Where: MS Society Head Office, 341 North East Road, Hillcrest

Option 2

When: Thursdays

6 Sept–11 Oct, 12noon–2pm

Where: Neuromoves, The Parks Recreation and Sports Centre, Angle Park

November Sessions

Option 1

When: Wednesdays

7 Nov–12 Dec, 10.30am–12.30pm

Where: Gawler, location TBA

Option 2

When: Thursdays

8 Nov–6 Dec, 12noon–2pm

Where: Neuromoves, The Parks Recreation and Sports Centre, Angle Park

Cost: \$10 per person, per class

Learn exercises and strategies aimed at improving your balance and mobility to reduce the risk of falling in these six-week courses.

MS Staff head to the Riverland

When: Wednesday 8 August, 6.30pm

Where: Big River Golf Club, Berri

Join our MS staff and members, for a meal and conversation in Berri. This will be a chance to share information about living with MS and learn about health management.



Seminar for the Newly Diagnosed

When: Wednesday
19 September, 6.30pm

With guest speaker, Neurologist Dr Lesley-Anne Hall, this is a great opportunity for those who have recently been diagnosed to learn more about MS, treatments and research, and the supports available.

Employment Forums

When: Monday 24 September,
6.30pm–8.30pm

Where: Thebarton Community Centre, Torrensville

Join us and hear from experts on issues such as workplace rights, disclosure, available supports, and how to maximise workplace insurance and superannuation.

When: Tuesday 23 October,
6.30pm–8.30pm

Where: Thebarton Community Centre, Torrensville

Join us to hear from experts on workplace insurances and superannuation, workplace support consultants, and the Centrelink Financial Information Service.

To find out more about MS Peer Support, or to secure your spot in any of our education sessions, please contact **MS Assist**.



November



Monday Tuesday Wednesday Thursday Friday Saturday Sunday

29	30	31	01	02	03	04
05	06	07 <i>Falls Prevention course starts - Gawler</i>	08 <i>Falls Prevention course starts - Angle Park</i>	09	10	11 <i>Remembrance Day</i>
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	01	02

Notes

August

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28	29	01	02	03	04	05
06	07	08 <i>MS Staff Visit Berri</i>	09	10	11	12 <i>International Youth Day</i>
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	01	02

Appointments

Date	/	/	Time	:	am/pm
Date	/	/	Time	:	am/pm
Date	/	/	Time	:	am/pm
Date	/	/	Time	:	am/pm
Date	/	/	Time	:	am/pm
Date	/	/	Time	:	am/pm
Date	/	/	Time	:	am/pm
Date	/	/	Time	:	am/pm

September



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

28	29	30	31	01	01	02 <i>Fathers' Day</i>
03	04	05 <i>Falls Prevention course starts - Hillcrest</i>	06 <i>Falls Prevention course starts - Angle Park</i>	07	08	09
10	11	12	13 <i>R U OK? Day</i>	14	15	16 <i>Westpac City-Bay Fun Run</i>
17	18	19 <i>Seminar for Newly Diagnosed</i>	20	21	22	23
24 <i>Employment Forum</i>	25	26	27	28	29	30

Notes

October

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

01 <i>National Sleep Awareness Week</i>	02	03	04	05	06	07
08	09	10 <i>World Mental Health Day</i>	11	12	13	14 <i>National Carers' Week</i>
15	16	17	18	19	20	21
22	23 <i>Employment Forum</i>	24 <i>International Children's Day</i>	25	26	27	28
29	30	31	01	02	03	04

Appointments

Date / / Time : am/pm

Date / / Time : am/pm

Date / / Time : am/pm

Date / / Time : am/pm

Date / / Time : am/pm

Date / / Time : am/pm

Date / / Time : am/pm

Date / / Time : am/pm

Date / / Time : am/pm

Peer Support calendar

Peer Support groups meet in the following areas:

Region	When	Location	Contact
Adelaide Hills – Mount Barker	3rd Monday of each month, 6.30pm	Auchendarroch House, Mount Barker	David 0410 451 301
Barossa	3rd Thursday of each month, 11am	Tanunda/Nuriootpa	Penny 0488 952 211
City-based for workers	2nd weekend of each month (alternating Friday night/ Saturday brunch)	Various city locations	Jess 0403 155 696
Clovelly Park	4th Friday of each month, 12pm	Tonsley Hotel	Christine Sutherland (08) 8276 3779
Darwin	Various times	Various venues	Sarah 0439 885 604
Fleurieu	Random Tuesdays, 12.30pm	Rotation of various 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 times	Various venues	Helen 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 Thursday of each month, 6.30pm	Various venues	Pauline 0427 010 754
Kensington (Overcoming MS Group)	3rd Monday of each month, 6.30pm	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, 12pm	The Western Tavern, Mount Gambier	Gwenda (08) 8723 0098 0448 768 504
Noarlunga	1st & 3rd Thursday of each month, 12.30pm	Various lunch venues	Jude Brown (08) 8322 5441
Port Pirie	2nd Wednesday of each month, 12pm	Port Pirie 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	The Avenue Inn, 17 Fourth Avenue, Narcoorte	Kay Cavill 0407 615 118
Strathalbyn Coffee Group	2nd Wednesday of each month, 11am	Victoria Hotel, Strathalbyn	Samantha 0410 582 269
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	Mary-Anne (08) 7002 6500
Western Suburbs	Last Tuesday of each month, 10am	La Vita Ristorante and Café, Kidman Park	Enza 0433 972 312

Turning red for World MS Day

On Wednesday 30 May, the MS community in South Australia and the Northern Territory threw on their best red and came together in celebration of World MS Day at two fantastic events held exclusively for our MS members and their family members, carers and friends.

World MS Day is internationally recognised on the 30 May each year, with events and campaigns taking place across the globe throughout the month of May. The aim is to bring the global MS community together to share stories, raise awareness and campaign with and for everyone affected by multiple sclerosis.

This year's theme was Research with a campaign focus on research #bringinguscloser to improving life with MS now, and ending MS forever. This campaign was about connecting people affected by MS with those involved in MS research including scientists, nurses, fundraisers, and more. By coming together, we were able to celebrate what we've achieved in MS research so far, and share our hopes for the future.

Our South Australian event, held at the Adelaide Entertainment Centre (AEC) in Adelaide, connected our MS members with a range of people from all aspects of the MS research community. Our guests were treated to two fantastic speakers, who spoke about MS research and practical approaches to living well with MS.

Opening and closing the event, was our key speaker Sally Shaw, a psychologist with a focus on MS. Living with MS herself, she was able to use her unique skillset of a mix of psychological expertise and lived experience to give our MS members a practical and relatable approach to



living well with MS. Based on the MS International Federation's Quality of Life Principles she gave our audience advice on stress management, mindfulness and more.

Our second speaker, Ingrid van der Mei is the Managing Director of the Australian MS Longitudinal Study at the Menzies Institute for Medical Research. With a focus on brain health, Ingrid spoke to us about research in this area and provided evidence to support the six steps to brain health as outlined in MS Brain Health's report. She also discussed employment, MS in relation

to other diseases, and the future of MS research in Australia.

Guests were also treated to some entertainment with a special live performance from Billy Joel Tribute Australia's national tour, which will be donating part proceeds to MS research. Guests hit the dancefloor as lead singer, Anthony Mara and the band played all the classics for our MS members.

MS Society SA/NT CEO Andrew Ellis said, "I was pleased to have most senior management in the





organisation present at this event to meet and speak with our clients and members. I thank Kate Mason's client services team for all their hard work in organising these fantastic World MS Day events."

Later, tram users and drivers along Port Road were treated to a fantastic display as the AEC's dome was lit up red! Nine News came out to catch the display and help us spread the message of World MS Day throughout SA.

Our Darwin MS community also made a splash of red, at Shillelagh's Restaurant, as the community was brought together for a meal to celebrate World MS Day. Samantha Billington attended our event in Darwin and says, "Three of us that attended were new to the MS Society and it was great to make some connections. We shared our MS stories, treatment, and how it affects us all in different ways. The best bit was meeting someone that actually just got it."

Videos of our speaker presentations are available on our YouTube channel. Check out more photos from our World MS Day events on our Facebook page and don't forget to tag your friends!



Hydrotherapy a hit in Hayborough

For years now, the MS Society SA/NT has run physiotherapist-led hydrotherapy groups at the old MS Society site in Klemzig, with the aim of promoting fitness, mobility and community for people with multiple sclerosis. In February we expanded our MS Hydrotherapy groups to reach our regional MS members in the Fleurieu Peninsula, with the help of Fleurieu Physiotherapy and Wellness (FPW).

FPW Physiotherapist, Chloe Tompson runs our Hydrotherapy program in Hayborough. Her aim is to work with our MS members to improve their balance and mobility, by working on muscle strength and core stability to naturally improve balance – all while keeping the class fun and fresh with different exercises each week.

Each person's physical abilities and impairments are different, so Chloe works to make sure all participants benefit from the program each week. Each participant was given a free physiotherapy assessment prior to starting the program, and the exercises are tailored to the group that week to ensure each person's needs and abilities are met.

Hydrotherapy can have many benefits for people with MS. The warmth of the pool can help to relax tight muscles and the water buoyancy can make movement much easier for people who have muscle weakness.

Chloe says, "When working with people with MS, I find that people feel a lot safer in the water, because if they fall they only have to worry about getting their hair wet. The water gives them the confidence to do a bit more without the fear of falling."



"There is also the social side to the program which has been a big positive. The group that I'm working with are all fairly active and social, and love to have a chat and a laugh. This is a great program to encourage social interaction for those who may be feeling isolated."

MS Hydrotherapy has received a lot of positive feedback from participants, with a consistent turn out each week in both metropolitan and regional locations. Mark Taplin has attended our hydrotherapy program in Hayborough each week since its launch in February. He says he really looks forward to the classes and has gotten a lot out of hydrotherapy.

"For me, by making this commitment to myself every week I really stick to it. I also go to the gym but since I've started this I've noticed a difference. I'm more flexible in my joints," Mark says.

"The pool supports you with balance. It is relaxing but at the same time you can feel your body working. There may be some people with MS who are reluctant or self-conscious to get in the pool, but this is really something for everybody at all stages of MS."

The MS Hydrotherapy group in Hayborough runs every Thursday at 12pm at the Fleurieu Aquatic Centre. Our metropolitan groups held at the Klemzig Pool, School for Little Swimmers are run each week by our resident MS physiotherapists Margot Strelan and Lee O'Connell on Thursday and Friday mornings. We also host additional classes, after class on Thursday, for those who require more assistance and support in the water.

MS Society SA/NT Client Services Manager Kate Mason says, "it is fantastic to be able to offer this service to more people with MS in a community based setting that not only supports individual physical goals, but assists with reducing social isolation and creating a sense of connectedness for our participants."

If you would like to get involved in either of our MS Hydrotherapy groups in Hayborough or Klemzig, please contact **MS Assist**.

Renee Thonard Award nominations open

Do you know someone who has made a significant contribution to the MS community in South Australia and the Northern Territory? The MS Society SA/NT is now calling for nominations for the Renee Thonard Award.

The Renee Thonard Award is the MS Society's most prestigious award, awarded to an individual or group in recognition of consistent and valuable service to the organisation, which has made a real difference in the lives of people affected by multiple sclerosis.

Historically, the award had been presented annually since 2006 to a worthy recipient and is named after Renee Thonard, a founding member of the MS Society in 1964. The award has been presented to the worthy recipient at the Annual General Meeting, by either Mrs Thonard herself or the MS Society President.

The trophy awarded to the recipient is a wonderful symbol of the essential service the MS Society, and the recipient, are providing to people with MS. The circle symbolises the myelin sheath and the break in the circle

symbolises the scarring. The person inside the circle represents a person with MS and the person outside the circle represents the MS Society being of useful assistance.

We encourage all members of the MS Society to nominate! Forward your nomination to **communication@ms.asn.au** with the nominee's contact details, your contact details, and a short overview of how you think the nominee has made a significant difference in the lives of people affected by MS.

A real game changer

Thanks to the amazing generosity of our supporters, our annual MS Game Changer lottery sold out early for the second year in a row!

Our very lucky grand prize winner, Chris Sanderson, was left speechless when she received a call from MS Society SA/NT CEO Andrew Ellis, on Wednesday morning 6 June, to find out she had won the game changing choice between a \$1.6 million Metricon home and land package, or \$1.5 million cash!

Our early bird prize winners, Kerry and Andrew Leach, were just as shocked when Kerry received a call that her and her husband had won the choice between a Mercedes-AMG GT Coupé or \$250,000 in cash. Both of our major prize winners chose to take home the cash.

The MS Game Changer lottery is SA's best odds home lottery to win the grand prize, with only 60,000 tickets

available at \$100 each. A huge prize pool of over 4,000 prizes, also means ticket buyers had an incredible 1 in 15 chance to win.

In its third year, the lottery sold an extra 10,000 tickets and still sold out early! Almost on par with the previous year, selling out in just eight weeks! This is a fantastic result, thank you to all who showed their support and purchased a ticket.

Funds from every ticket sold will go towards helping us continue to provide essential services and support to people with multiple sclerosis in SA and NT, and helps to fund vital research into the cause and cure for multiple sclerosis.

For more information about our other current or upcoming lotteries, contact our lottery hotline on **8164 1577**, or keep an eye out on the **MS Lotteries SA & NT Facebook page**.



A tribute to Ruth Ziegeler

Written by Lee O'Connell



It is with great sadness that the MS Society SA/NT mourns the passing of Ruth Ziegeler who, after a brief, hard-fought battle with a very rare form of cancer, passed away on Saturday 14 April at the age of 48.

Ruth was an amazing supporter of the MS Society and an inspiration to so many with her commitment to, and involvement in, the annual MS Mighty Swim (formerly Mega Swim). She has been integral in the creation and organisation of the event since its introduction to South Australia in 2006.

The original concept of the MS Mighty Swim was initiated by Carol Cooke, a Victorian Masters swimmer living with MS, to raise money for the Go for Gold Scholarships which gave people with MS the opportunity to pursue a dream. In more recent years, the fundraising has supported a wide range of other services including exercise and hydrotherapy for MS Clients, along with a range of services designed to help people live well with MS. Over the event's 13-year history in SA, the MS Mighty Swim has raised over \$750,000 to support people with multiple sclerosis in SA and NT.

During the first few years, Ruth and the Atlantis Masters Swimming Club voluntarily coordinated and managed the entire MS Mighty Swim event. Ruth also donated her time as one of the judges for the Go for Gold Scholarship, while simultaneously coordinating and swimming for her own team – the Atlantis Masters – for the past 13 years! She swam at this year's Mighty Swim, staying overnight for the full 24 hours, only a few weeks before her cancer diagnosis.

Ruth had previously spoken of her early involvement in the MS Mighty Swim. "I participated in a Mega Swim in Victoria and liked the idea of helping to run one in Adelaide. As a club, Atlantis Masters is keen to use our combined talents of running swimming events to benefit not just fellow swimmers but others in the community. We see the success of the MS Mighty Swim as a great achievement, something we can take pride in."



The MS Mighty Swim epitomised Ruth's commitment, energy and achievements. She was humble, capable, wise and caring. She had a way of making everyone feel included.

Her colleagues from the Atlantis Masters Swimming Club shared their admiration of Ruth's persistence and patience when coordinating their team each year. While it was always difficult to coordinate a large group of people, she'd turn it into a neat timetable with all timeslots and swimmers included. Each year, she would be at the event for the full 24 hours swimming, counting laps, or just encouraging others – always with a smile.

Ruth's commitment to the event contributed to the MS Mighty Swim winning an Unley City Council Community Event award. Her contribution was also recognised when she received the MS Society's most prestigious award, the Renee Thonard Award, for her contribution to the MS Mighty Swim and the difference it had made to the lives of people with MS.

The MS Society would like to acknowledge the service Ruth provided to people with MS, and her exceptional commitment and contribution to making the MS Mighty Swim a success.

John's breaking new ground

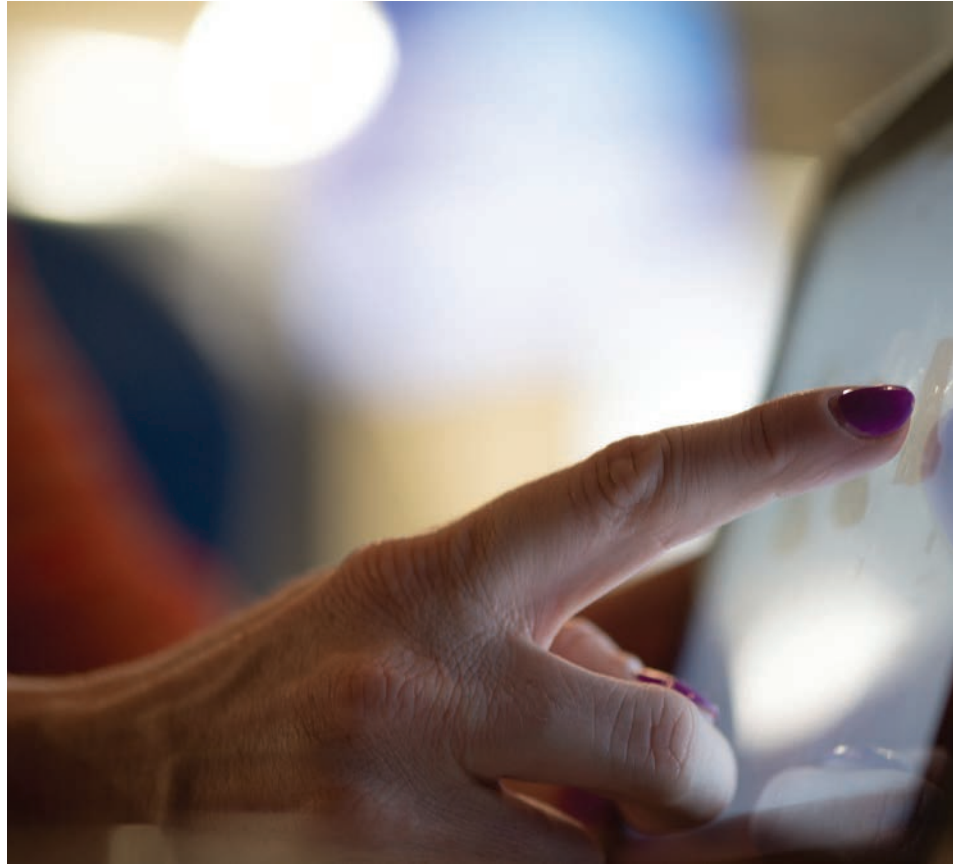
John Agostini was diagnosed with MS when he was only 26, after losing his eye sight while away on a business trip. 25 years later, his condition has progressed but he is keeping things positive, and trying out new and exciting technology which is giving him new found independence.

With a career in retail, it was one work day that John noticed something a little different. He was chasing a shoplifter, and had managed to catch him when he realised his legs felt quite tight. It wasn't until he went away to Melbourne on a business trip and woke up one morning blind in one eye, that he realised it was something more.

"Trying to get past that mentally was hard. There are problems that arise and something new happens every day. It wasn't easy and it took me a long time, but now I am truly happy with myself, my carers and in my life," John says.

Since his diagnosis, John's MS has progressed with a decline in his mobility, speech and eyesight. But John has never been one to shy away from a challenge, and has recently been given access to a wide range of assistive technology.

John now has a computer wherever he goes which allows him to make phone calls, and read text aloud when he is having trouble speaking or his eyesight makes it difficult to read. He is also able to open his automatic front door, turn the lights on and off, and turn on electronics with just the press of a button. His favourite part though, is keeping up to date with Game of Thrones now that he has a big screen TV to accommodate his vision needs.



Disability Care Worker, Nicki Ashenden says, "What sets John apart from some other clients I have is that he is really open to trying new things, like the technology. If there's something a little bit wrong with his chair he never hesitates to go and get it sorted. Some people are worried about trying new things, but he isn't worried about that."

After years of living with MS, and experiencing the grief that comes along with diagnosis in those early stages, John wants to share his experiences and wisdom with others also living with MS to help them through their journey.

"When I was a boy I was told when you have something to lose, the best thing to do is run at it. Devote your whole self. Go at it full force. And that's the same with MS," John says.

"There are many good things about having MS. For the first time in my life, I really like who I am. The only way to get through this is with the help of your friends and family. Remember to keep your loved ones close."

MS Society SA/NT Client Services Manager Kate Mason says, "John's optimism and approach to life is infectious to anyone who comes into contact with him. His determination and openness to seek opportunities to remain independent enables him to live well, and has fostered a positive and long term working relationship with the MS Society."

If your MS symptoms impact your day-to-day living like John's, contact our client services team through **MS Assist** for advice on your options.

Employment solutions



Nathan's setting his sights on success

Nathan has always been determined since he was just a young boy, diagnosed with multiple sclerosis when he was only in primary school. Now at the age of 23, he has moved on to further his studies and has plans to take over the family business.

When Nathan first registered with Multiple Solutions, he had already been working with the MS Society SA/NT for a number of years. Having been diagnosed with MS at such a young age our MS nurses were there to assist with treatment management, and education for Nathan and his parents in those early stages.

Nathan and his family have also received support from our occupational therapists with home modifications and specialised equipment, our social workers with advocacy and support, and have attended our newly diagnosed seminar to learn more about the supports and options available to them.

But it was about three years ago when Nathan started seeing an employment consultant. At this stage he was feeling overwhelmed juggling the requirements of job search activities, university studies and helping his family with their new business. This stress had an impact on his MS symptoms, including his fatigue levels and cognition.

Nathan's employment consultant provided support to help him find a study pathway that was right for him and helped to improve his quality of life while juggling study, part-time employment and managing his MS symptoms. She also helped him narrow the focus of his study to a specialty he truly loves.

"I was studying Software Engineering and I was on my third year. I had a relapse and I realised all this work is really getting to me. It's so stressful, I just can't do it all," Nathan says.

But Nathan wasn't ready to give up study just yet. Nathan's employment consultant contacted him when she heard he was interested in studying at TAFE. She assisted him to change his study to a more manageable qualification, with a lighter workload, and worked to secure study support from the training organisation.

Since his parents decided it was time for a career change and started up their own farming business, Nathan has truly realised his passion. He decided to change the focus of his study to Business Management, so that he can one day take over when his father retires.

Nathan was also determined to find a part-time job so that he could help

to support himself while he is still studying. His employment consultant supported him to find work with hours and a workload that he can manage.

Once Nathan had secured the job, Multiple Solutions conducted a workplace assessment and was able to provide new equipment and tools to help manage his MS symptoms at work through Job Access. "During the summer, the biggest issue is the temperature. When it gets really hot I get extremely tired and stressed," Nathan says.

Nathan now has a new air-conditioner so he doesn't get too hot, as well as a cooling cap, cooling vest, and a more ergonomic mouse and mouse pad. He also keeps in contact with his employment consultant for ongoing support.

"If I have any issues I can just contact them and they will assist me. I come in every three weeks just to keep in touch, and tell them how I'm doing. I used to visit every fortnight, but they're increasing it to every three weeks now because they can see how well I'm doing," Nathan says.

Today, Nathan has been employed for 12 months, and is progressing with his studies. His stress levels are down and he is on the way to building a career in an area he is passionate about.

If you're looking for employment, or your MS symptoms are having an impact on your studies or work like Nathan's, please visit one of our locations at any time to speak with an employment consultant, or call the Multiple Solutions team on **1800 053 154**.

Visit us

Brighton

7A Sturt Road, Brighton SA 5048

Elizabeth South

Elizabeth South Shopping Centre
100 Philip Highway, Elizabeth South SA 5112

Hillcrest (Head office)

341 North East Road, Hillcrest SA 5086
T (08) 7002 6500

Kilkenny

2A Humphries Terrace, Kilkenny SA 5009

Mile End

98 Henley Beach Road, Mile End SA 5031

Modbury

31 Smart Road, Modbury SA 5092

Noarlunga

Colonnades Shopping Centre
54 Beach Road, Noarlunga Centre SA 5168

Port Adelaide

Mercantile Dock, McLaren Parade, Port Adelaide SA 5015

Salisbury

6–8 John Street, Salisbury SA 5108



Is there something you'd love to see us offer here at the MS Society SA/NT?

Do you have a story you'd like to share?

Is there something you would like to know more about?

We'd love to hear from you!

MS Assist | msassist@ms.asn.au



CELEBRATING 45 YEARS OF PIANO MAN



TRIBUTE CONCERT AUSTRALIA

ADELAIDE ENTERTAINMENT CENTRE

SATURDAY SEPTEMBER 1st 2018

Book at Ticketek.com.au or Phone 132 849

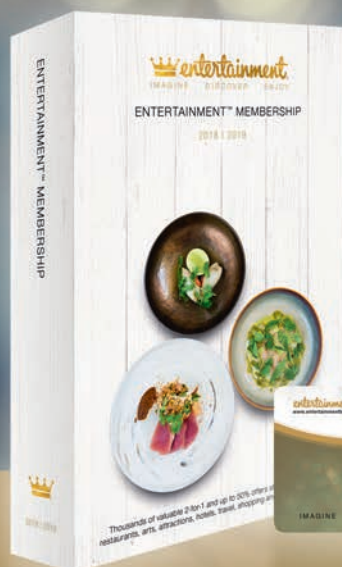
Part Proceeds donated to Multiple Sclerosis Research



We're fundraising with *entertainment*



To support us go to: www.entbook.com.au/161y000



OR



Still Only
\$70
giving you over
\$20,000
of value!

A SpeediCath for everyone

Everybody is unique and there's not one product that best fits all.

The SpeediCath range offers hydrophilic intermittent catheter solutions **for individual needs, preferences and lifestyles** both for men, women and children who need to catheterise.

Find out what SpeediCath is right for you by contacting Coloplast on:



1800 856 306



www.coloplast.com.au/products/
Find-the-right-product



Coloplast Pty Ltd, PO Box 240, Mount Waverley, VIC 3149 Australia
www.coloplast.com.au The Coloplast logo is a registered trademark of Coloplast A/S. © 2018-03 CON645. All rights reserved Coloplast A/S, 3050 Humleboek, Denmark.



Instantly ready to use,
because of our **unique**
hydrophilic coating



Polished eyelets ensure
maximum comfort when
inserting and withdrawing
the catheter



Free from RVC and
phthalates

