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February Newsletter 2010

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Saying

***I'VE GOT A THEORY...
THAT IF YOU GIVE 100 PERCENT ALL OF THE TIME,
SOMEHOW THINGS WILL WORK OUT IN THE END.
LARRY BIRD.***

DPA's telephone messages

Thank you for leaving your messages.

Do not forget to leave **your telephone number first**, then your message as it certainly makes a difference as we can promptly return your call.

Vice-President's Comments

Note: John Carroll's Comments

Hello All Members of DPA PN & Districts

I hope your Xmas and New Year went okay. I chaired this month's meeting as our lovely president was away on family business.

I see in the evening standard the D.H.B is cutting services to our Star 3 Ward (Rehabilitation Services) and maybe closure for good this is due to "budget cuts".

"The fat cat at the helm" still drive their Mercs, B.M.W. etc. while us poor people like the Nurses, Star 3 & patients of star 3 go without work & services, how do the D.H.B expect patients to cope without this service living in the community with other people, "Shame on you D.H.B"

Now this is also involving the Horowhenua Health Centre in Levin, and whoever leaked these papers to the Evening Standard "Good on you! Thank You!"

For those that are interested-A protest group will be formed against closure of the Star 3 Ward. Information will come later. DPA will let it's members know when & where.

We at DPA are also upset at the lack of understanding why they had to cut back on deaf kids sign teaching services, it's our third language for Kiwis. Now it's price is up 150%, classes have been cut, how are these people going to learn sign language now. Who ever is at fault "Shame on you people"

On a better note the floor plan for the new P.N. Community House in King St is underway in demolishing the old building at present. The plans of the new building look good, I can't wait to see it finished and especially the landscapes court yard.

Co-ordinator's Comments

Note: Coordinator's Comments

Kia Ora Everyone,

Unusual weather for this time of the year as usually it's bright and sunny most of the time and yet we still are finding it warming up in the later afternoon!

Our congratulations go forth for Ross Brereton, newly appointed CEO of DPA National. Ross is a former Human Rights Commissioner and has fulfilled leadership roles in the management and governance of several national and local disability organisations. Ross has a congenital visual impairment. Ross starts officially on Monday, 22 March 2010 and is available part-time until then.

Wow we have so much for you to take part in especially since the DHB budget review on our essential Health system with the Star 3 Ward risk at closure!

Star 3 Struggle

We need your assistance... if you have had any personal experience with the Star 3 Ward, please send DPA your positive feedback and what it may have meant to you if you were unable to access this facility.

We would love as many letters supporting how vital this service is to the wider community i.e. It allows weight to be taken off individual family members plus being a certified teaching facility, in addition to enhancing the individuals quality of life.

Write into DPA and send in no later than **Friday, 5 March 2010**, we will need to archive this information as a resource for a defence to retain this valuable service.

We look forward to your feedback Delysse Kennard DPA PN Coordinator.

Note: Committee Corner

Committee Dates - 4.30pm Start

- April 8th
- June 10th
- August 12th
- October 14th **AGM**
- December 9th



Disabled Persons Assembly Palmerston North & Districts welcomes back our Volunteer Committee and existing board members, Peter Barker (Vice President), John Carroll (Vice President), Christine Clark (President), Michael Edney (Treasurer), Lew Findlay, Anne Grant, Leon Prenter, Ethel Robinson, Bryan Skinner (Secretary), Bruce Wilson and Angella Young.

Community Notices

Note: Community Notices

Show Your Ability – Disability Equipment Expo 2010

Venue; Palmerston North Arena Manawatu – Wednesday, March 3rd from 9am – 3pm

This annual equipment show includes all kinds of items for younger and older disabled people and older persons care equipment

Any further enquiries can be directed to 3AM Ltd P.O. Box 5428, Palmerston North, Mobile; 021 240 8622, Email; showyourability@3am.net.nz



Volunteering Across the Generations

The theme for Volunteer Awareness Week 2010 (Sunday 20 – Saturday 26 June) is 'Volunteering across the generations'. Volunteering NZ chose the theme to highlight how different forms of volunteering appeal to particular age groups, and to showcase different forms of intergenerational volunteering.

DPA PN 2010 Upcoming Forums

DPA still wants to know what forums you would like hosted so please contact the office. Stay tuned for the dates for our upcoming forums e.g. Political, DHB Services & Core Welfare Services Forums

Committee Corner

Committee Corner

Greetings to all.

I am new to the DPA-PN committee and one of my contributions will be to add an article in each of the monthly newsletters. I think this will help you to connect more to the committee and I encourage you to start writing in with your ideas, comments and suggestions on how we can better serve you.

April Sun on Cuba and The Power Plate machine is used regularly for a large variety of ailments and disabilities. And I have regular funding from Work and Income New Zealand. It is paid into my Invalid's Benefit Disability Allowance as 'Alternative therapy'.



**Number 1 Under the Sun
for Body & Beauty Treatments
AND MANAWATU'S ONLY..**

POWER PLATE
AUTHORISED
CENTRE

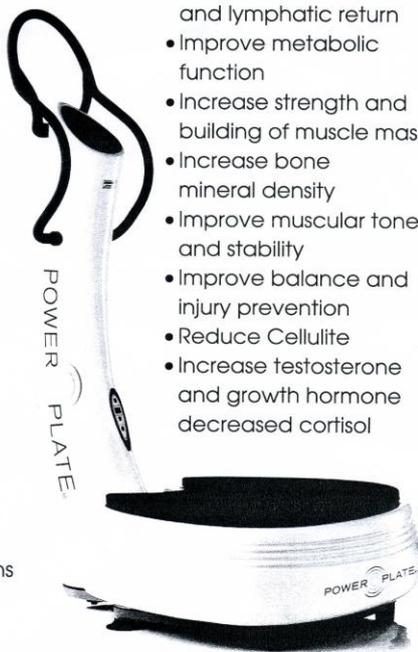
Cnr Cuba & Waldegrave Sts, Palmerston North Ph 06 357 4727 Fax 06 357 4726
Email april.sun.on.cuba@extra.co.nz Web www.aprilsunoncuba.com

Benefits for:

- Rheumatoid arthritis
- Cerebral Palsy
- Parkinson's disease
- Multiple Sclerosis
- Idiopathic peripheral neuropathy
- Reduced pain, improved mood and activity levels in patients
- Decreased overall and specific pain
- Improved neural plasticity and sensory motor function in spinal cord injury
- Quicker recovery of damaged muscles and tendons

Scientifically Proven to:

- Improve blood circulation and lymphatic return
- Improve metabolic function
- Increase strength and building of muscle mass
- Increase bone mineral density
- Improve muscular tone and stability
- Improve balance and injury prevention
- Reduce Cellulite
- Increase testosterone and growth hormone and decreased cortisol



Trial Session FREE

Note pic of Powerplate

When I first went to visit Vanya and Richard, I could hardly walk without discomfort. They and my personal trainer at April Sun on Cuba somehow tailored an exercise regime for my needs. And many needs I had.

My hands would barely move without pain as I suffered from overuse on the computer keyboard. They literally all pulled in to hold my hands flat on the Power-Plate so the vibrations of the machine would eventually loosen my cramps and allow me full use of them again.

I was obese and had a poor lifestyle had contributed to developing diabetes type 2. The added depression that came with the diabetes compounded my existing mental illnesses. I was so numb I could not walk, as I had no feeling in most of my body but especially me legs and feet. The circulation boost I received from just sitting upon the Power-Plate has let me be as mobile as I can be without a hint of tingling in my little finger.

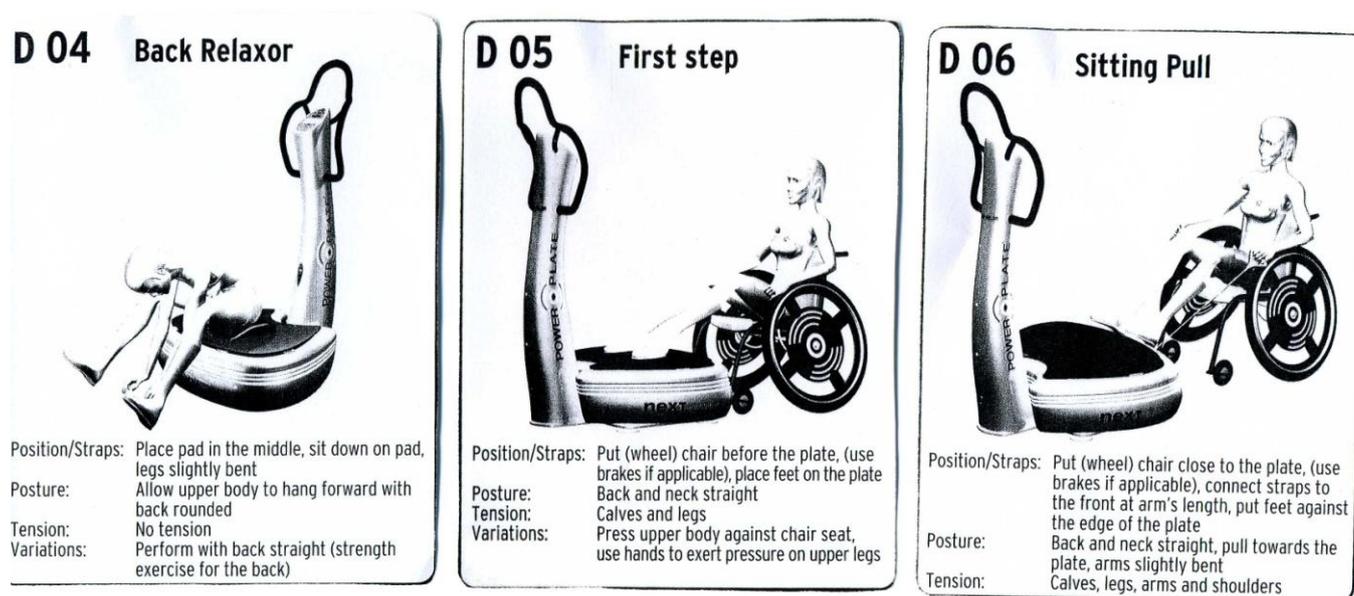
I was so stressed but was often comforted by staff and the fact that exercise is the best thing you can do for a low mood. Detoxifying the body with exercise, water and good food helps immensely with clarity of mind. Flushing out toxins from 'my large lot of daily prescription medications' (and all the sneaky treats I have) is important.

With a Power-Plate session of 20 minutes is equivalent to 1 hour at a normal gym; it suited my lack of motivation fine.

I suffer physical disability from a lower back injury and sciatica. I admit that whenever my back or the nerves in my lower region play up – I do not go see a doctor, a physiotherapist or other know spine treatments. I go sit and relax on the Power-Plate for the massage positions for as little as 5 to 10 minutes.

My regular workouts now help to strengthen my back and become fitter in the areas of my body where I need a bit more muscle to cope with my own situation.

I have heard pains of sitting in a chair for prolonged hours causes blistering of the skin and regular backaches. Though I am not writing specifically for the wheelchair bound, I have a hunch that gaining a six-pack of stomach muscle would not only make you stop traffic but also alleviate some of the problems of confinement.



Note pic of Powerplate

The first diagram relaxes the spine. I do this one twice in my routine to keep my lower back in check. The second and third positions may suit some of you in a wheelchair to build up strength in your upper/lower body and get that circulation moving.

I hope I have sparked some enthusiasm in you all to do more for your body and mind.

P.S. There is a free trial for you to experience the Power Plate for 10 minutes, which will be suited to your needs. I hope you find the time to take up this opportunity for your own sakes.

P.P.S. If you do manage to **take up the offer and you write in to me “Angella” C/O DPA PN & Districts, P.O. Box 517, Palmerston North, 4410** about your experience and any of the benefits you may gain (including what your disability is)

I will put your name in for a **prize draw to win a hands-on personal massage gift voucher for your pleasure** at April Sun on Cuba. They are very good and use Fiji products that smell great.

Good luck to you all from Angella.