My Health Record

It is important to be informed on the federal plan to establish an online health record.

This year, you will be allocated a My Health Record unless you opt out. If you don’t want a My Health Record, you will need to complete the online process by **15 November 2018**. You will need your Medicare card and driver licence (or other identification) to complete the opt-out process. You can find out more information on: myhealthrecord.gov.au

Mental Health Week – 7th-13th October 2018

The Neurological Alliance of Tasmania (NAT), of which MS are a part, were fortunate to be successful in obtaining a small grant from the Mental Health Council of Tasmania to run a small event to raise awareness of mental health issues in people with neurological conditions.

This year’s theme was ‘Stronger Together’ and NAT thought this fit perfectly with the strong relationship between the organisations that make up the Alliance. Mental Health Week in Tasmania is part of a national mental health promotion campaign held in October each year, and incorporates World Mental Health Day, held globally on 10 October. The purpose of this awareness week is to engage communities in activities that promote mental health and wellbeing and to raise awareness and understanding about mental illness, and how it impacts on the lives of people in our community.

A panel event was hosted on Thursday 11th October in Bellerive, where audience members were able to ask questions of the panellists. Panellists were: Dr Cynthia Honan (neuropsychologist), Dr. Helen Castley (neurologist) and Assoc. Professor Des Graham (MSL board member and person living with MS).

Research indicates that people who live with a neurological or progressive neuromuscular condition are more likely to develop a mental health condition than the general population.

Please remember, if you or a loved one are struggling at all, there are multiple numbers and people to contact – Lifeline 13 11 14, Suicide Call-back Service 1300 659 467, Beyond Blue 1300 22 4636.
**MS Support Services**

**What’s new with our MS Nurse Advisor Service**

We are excited to announce Bridie Phillips will be joining us as a MS Nurse Advisor. Bridie was our nurse when we first piloted our MS Nurse Advisor service so we are thrilled she has returned to this service. Bridie brings a wealth of MS nursing experience and knowledge and will join our current MS Nurse Advisor Jane Bridgman.

Bridie and Jane will work together to continue expanding the MS Nurse Advisor service which includes information, support, advice and referral by phone call, skype, facetime, email and face to face consultations at our “MS Nurse Advisor @” clinics.

Our MS Nurse Advisors can discuss diagnosis, immunotherapy, general health and wellbeing. Symptom management is another common topic and can include bladder and bowel, thinking and memory, temperature sensitivity, pain, sleep, sexual issues, walking difficulties, vision, speech and swallowing.

To speak with one of the MS Nurse Advisors, contact MS Connect on 1800 042 138 or email at msconnect@ms.org.au

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**Telegroups – what are the benefits?**

Telegroups link people no matter where you are living. You can dial in from home which makes Telegroups easily accessible for anyone interested in connecting and communicating with others living with multiple sclerosis.

Matt, who facilitates the Men’s Telegroup “brings together blokes from across the States to talk about their MS in a supportive, non judgemental environment”. Telegroups encourage members to self manage their specific needs through guest speakers, shared experiences and information sharing. Telegroups can also be a good option for those who have not accessed peer support before.

There are currently 10 Telegroups and these are:

- **Men with MS** 1st Thursday of month, 1.30pm – 2.30pm
- **People with MS** general support & to share Information
  - 1st Monday of the month, 11.00am - 12.00pm
  - 2nd Tuesday of the month, 7pm - 8pm
  - 2nd Monday of the month, 7pm - 8pm
- **Carers/ family members** 1st Tuesday of the month, 7pm - 8pm
- **After Hours for Working People** 1st Thursday evening of each month, 7pm – 8pm
- **Mums Telegroup** 2nd Tuesday of the month, 1pm - 2pm
- **Women with MS** 4th Monday of the month, 12.30pm - 1.30pm
- **Women in the 40 to 64 aged group** 3rd Tuesday of the month, 10am - 11am
- **Over 65’s support group** 1st Tuesday of the month, 10.30am -11.30am

For information about joining a Telegroup contact MS Connect on 1800 042 138 or msconnect@ms.org.au.

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**SUPER SNACKS - from Nicola Graham**

Many people with MS experience fatigue and this can make preparing food daunting. Often when we are tired we reach for a sugary snack. This is not the best choice, but feels like a good quick fix at the time. People often ask me what my suggestions are for healthy snacks.

Here are some of my favourites:

- Seasonal local fruit
- Miso soup – quick and easy
- Rice crackers and hummus dip
- Protein/ bliss balls
- Seaweed snacks
- Nuts, especially walnuts and almonds
- Pumpkin and sunflower seeds,
- Low sugar muesli bars,
- Nut butters such as ABC – almond, brazil and cashew
- Tahini – a favourite of mine is great bread, tahini, banana and honey
- Great bread with avocado and mustard
- Sardines on toast
- Beans on toast
- Tuna snacks


Nicola
Meet Lynda Hanlon. A member of Tasmania’s MS Advisory Council:-

I’m Lynda, 50-something - "I've got MS, but it hasn't got me" YET!

My MS diagnosis was in 2007, after 2 episodes of optic neuritis, and 12 months of other symptoms and a couple of relapses. At the time, I had 2 special daughters aged 8 & 9, a great hubby, and awesome career in education. I persisted with work for 6 months or so, but early "permanent incapacity" retirement seemed to be the only option. This move was eventually a positive one, as I had more time and energy to devote to my girls (who both had some health issues), and felt quite blessed to have that opportunity.

My passion and drive for the past 10 years, has also been to advocate for those with MS, raise awareness, support and encourage. To do this, I've been involved in support groups, a representative on the Hobart city council Access Advisory Committee, and more recently, on the Tasmanian MS Advisory Council. These opportunities have lead to some great friendships as well as support for each other, and hopefully making a difference for those dealing with this disease.

My life has changed drastically in the last 10 years- travelling is now challenging as I have issues with flying, unpredictability with balance /vertigo from time to time, fatigue, fatigue, fatigue- impacts on my ability to work more than 4-8 hours per week, and on socialising, and juggling daily life. BUT- focussing on the positives is the best medicine- quality time with my hubby and daughter, fur baby time, coffee catch-up’s with friends, laughter at a good movie, scrabble on line, singing in a choir, listening to great music, reading, and exercising on the days I can manage. Oh, and a nice glass of wine, and delicious food. I savour the good days, and ride out the bad days, hour by hour. Tomorrow is always a new day.

Tasmanian Community Fundraising Update

A HUGE shout out to our amazing Tassie fundraisers who are all doing incredible work to raise both funds and awareness for MS. This month we’d like to give a special shout out to everyone who made the Hobart MS 24 Hour Mega Swim such a roaring success!

9 teams made up of 149 swimmers have so far raised $25,795.43! The event is only in its second year under the 24 Hour Mega Swim brand, and in that time participant numbers have increased by 61 and fundraising by $12,599.92 – an outstanding effort by all involved.

Special mentions to the three teams from Hutchins Collegiate Swim Club who swam 310.2km and raised $10,683 collectively. Also, a shout out to our Highest Individual Fundraiser Mollie Davis who raised $2,984.

Don’t forget you can get in touch with Erin any time to request donation tins, discuss/create fundraising plans and get advice, materials and moral support:
erin.wicking@ms.org.au 03 9845-2825.

Mollie Davis with MS Board Director, Desmond Graham and MS Ambassador Cristelle Denney.
MS EDUCATION
Webinars, Wellness and other Education Events

Tai Chi by Webinar (6-week series) 9 October - 20 November, 10.30am – 11.15am
Webinar - Grief and Loss Wednesday 24 October, 11.00am – 12.00pm
Webinar - Getting on Top of Pain Friday 9 November, 11.00am – 12.00pm
Webinar - Bladder and Bowel Changes in Multiple Sclerosis
   Tuesday 13 November, 2.00pm – 3.00pm
Webinar - Coping with the Heat Thursday 22 November, 10.30am – 11.30am

NDIS Information Sessions , Various webinars and face-to-face sessions in various locations
For more information please email education@ms.org.au or call MS Connect™ (Freecall 1800 042 138) or check our Website.

PEER SUPPORT MEETING TIMES

CIRCULAR HEAD
Meets: First Monday of the month from 7:30pm to 9
Venue: Circular Head Rural Health Centre, Smithton
Next Meeting: Monday 5th November
Guest Speaker: TBA

KINGSTON
Meets: Second Wednesday of the month, 12 - 2pm
Venue: Kingston
Next Meeting: Wednesday 14th November
Guest Speaker: Continence Nurse Specialist, Community Continence Service

EASTERN SHORE
Meets: Second Friday of the month, 10:30am - 12
Venue: Bellerive
Next Meeting: Friday 9th November
Guest Speaker: Dr Sally Shaw, Psychologist

DEVONPORT
Casual Coffee Group
Meets: Third Saturday of the month from 10:30am - 11:30am
Venue: Zest Café & Bakehouse, Devonport
Next Meeting: Saturday 17th November
Social gathering

GLENORCHY
Meets: Last Monday of the month, 6pm - 8pm
Venue: Glenorchy
Next Meeting: Monday 26th November
Guest Speaker: Josh Willie, Shadow Disability Minister

NORTHERN (Launceston)
Meets: Second Thursday of the month, 11am - 1pm
Venue: Kings Meadows
Next Meeting: Thursday 8th November
Social Gathering

ULVERSTONE
Meets: Fourth Wednesday of the month, 11am - 1pm
Venue: Ulverstone
Next Meeting: Wednesday 28th November
Guest Speaker: TBA

MENS PEER SUPPORT GROUP
Men’s Peer Support Group
Meets: Every second month, Third Friday of the month
from 12:30pm - 2:30pm
No meeting for November

For all RSVPs, please call MS Connect
Phone: 1800 042 138