



Short Circuit



People with Multiple Sclerosis Victoria Inc. www.pwms-v.org.au Winter, 2009

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Editors Report

Once again it is Election time and you will find a Nomination Form on the last page of this newsletter and this year all positions are up for nomination.

Competition time with prizes to be drawn at the Annual General Meeting on **19th October, 2009 at MS Society Blackburn**. We hope that this year we have more members attending than previous years, the more members we have present, the more input you have.

The Prizes are:-

- 1st Prize \$100 JB Hi-Fi gift Voucher**
- 2nd Prize \$50 Myer gift Voucher**
- 3rd Prize \$30 Sanity music Voucher**

All you need is to be receiving Short Circuit via email and you will be entered into the competition. Just email me with your details: name, address and email address and you will be included on our list. Email me at neene1@bigpond.net.au Existing members receiving short circuit via email automatically go into the draw. Not open to committee or MS Staff. Hope to see you there.

Anthony Virgona

Presidential – Winter Edition June 2009

Hello there. We've had some ideas – see what you think. It shouldn't hurt too much. Although we all became used to SC Editions carrying only a number, the rapid and effective view of our new Secretary (4 Editions a year) has now been decorated by the Committee with the logical labels of the relevant Seasons. So this Edition is Winter 2009: only wish the Real Weather was anything like so predictable – so lets just try it on for size. Despite all our stunningly varied conditions, it has been good recently to get such a crop of what I choose to see as Good News. You may have heard about the substantial Research following up on the possible effects and benefits of Vitamin D. There is a worthwhile article on the changes in the options for the YPINH, reality at last.

You will see below some information about the work of the MS Ambassadors, who do a great job and can help you, or an organisation, to explain the nature of MS. We have asked a new Member to join our Committee. Jason Anderson is currently a Williamstown resident, and will inform our debate from his personal experience. Feel free to buttonhole him with your views.

Please don't forget the next Walk/Run/Roll round Albert Park on June 14th – see you there, and if you see us, remember to say 'G'day'. Aussies of all kinds, and overseas friends, have been incredibly generous in their support for our friends rebuilding their lives after the recent Bushfires. Its times like these that you find out Who your Real Friends are. Gives perspective to little worries like the Government's inability to sort the transport.

And make sure you're well prepared for the attacks of winter, with precautions like Flu injections if that is your choice. Each year I seem to forget one or other of the precautions – but this year will be Different.

David Sullivan

MS Ambassador Program

The MS Ambassadors are inspirational speakers who live with MS themselves or have an intimate knowledge of MS and share with their audiences the impact MS has had on their lives. They have all been trained as public speakers and donate their time voluntarily to the cause of increasing awareness and knowledge about MS and the profile and programs of MS Australia - ACT/NSW/VIC.

There are more than 60 of these dedicated volunteers in Victoria, NSW and the ACT and between them they have spoken to thousands of people over many years. They have made and continue to make a significant and valuable contribution to helping people with MS and raising awareness with the general community. If you would like an MS Ambassador to speak to an organisation, club or group, or for more information please use the contact the MS Ambassador Program through the contacts below

Mail; The MS Ambassador Program The Nerve Centre 54 Railway Road Blackburn, VIC 3130	Free Call; MS Connect (1800 042 138)
	Email; ambassadors- vic@mssociety.com.au

The Bruce McCulloch Prize

How to enter:

Anyone diagnosed with MS and living in Victoria (**and a member of PwMS-V**) is eligible to enter. Essays must not exceed 500 words and must describe the personal and recent experience of the author. Entries must be received by PwMS-V by 30th September 2009, at the address below. Entries by Email will be accepted.

Essays will be judged by the members of the Executive Committee of PwMS-Victoria Inc (PwMS-V). The prize for the winning essay will be \$200. The winning essay will be announced by PwMS-V and published in the next edition of the PwMS-V newsletter, '*Short Circuit*'. Other selected stories will be published in subsequent editions of *Short Circuit*. Any questions may be addressed to, The Secretary PwMS-V at npcaswell@optusnet.com.au

In writing send to: - The Secretary, PwMS-V 4 King Street Sandringham 3191

Go For Gold Scholarships

The Go for Gold Scholarships are awarded to people with MS in Victoria, ACT and NSW to follow their dream in the areas of Education, Music, Travel, Sport, the Arts and Employment. 2009 Gold Scholarships Application Forms are available at: - <http://www.mssociety.org.au/live/go-for-gold.asp> or contact the MS Society on 9845 2700

NEW Fisheye 9 with Ocean Views

A unique and special place for all people, but perfect for those needing disabled accessible facilities. Ideally located along the famous GREAT OCEAN ROAD in Victoria Australia, this purpose built disabled accessible accommodation is just 6 kilometers from APOLLO BAY and surrounded by scenic attractions such as the breathtaking Twelve Apostles and Otway National Park rain forest.

Designed and owned by an OCCUPATIONAL THERAPIST the 2 BEDROOM cottage style accommodation has every convenience. It has been built to the AUSTRALIAN WHEELCHAIR ACCESS STANDARDS with the assistance of wheelchair users. Access is via a ramp with extra wide doors for wheelchair users. The modern bathroom is perfectly designed and the well appointed kitchen and living room have easy access and ample space. The master bedroom is designed for easy wheelchair transfers.



Your hosts are Tanja & Stephan tbrunner1@bigpond.com

Contact us: (03) 5237 1292 or Tanja 0427 376 101 or Stephan 0438 376 910

'ICE' ("In Case of Emergency") Campaign.

We all carry our mobile phones with names & numbers stored in its memory but nobody, least of all the people attending us, if we were to be involved in an accident or were taken ill, who would have our mobile phone, but wouldn't know who to call. Yes, there are hundreds of numbers stored - but which one is the contact person in case of an emergency?

Hence this 'ICE' ("In Case of Emergency") Campaign.

The concept of 'ICE' is catching on quickly. It is a method of contact during emergency situations. As mobile phones are carried by the majority of the population, all you need to do is store the number of a contact person or persons who should be contacted during emergency under the name 'ICE' (In Case Of Emergency).

The idea was thought up by a paramedic who found that when he went to the scenes of accidents, there were always mobile phones with patients, but they didn't know which number to call. He therefore thought that it would be a good idea if there was a nationally recognized name for this purpose.

In an emergency situation, Emergency Service personnel and hospital Staff would be able to quickly contact the right person by simply dialling the number you have stored as 'ICE'.

For more than one contact name, simply enter ICE1, ICE2 and ICE3 etc. It really could save your life, or put a loved one's mind at rest.

Respite is very important in supporting and maintaining relationships within families and between clients and primary care givers. Respite means providing carers (and clients) with a break from their usual routines and caring responsibilities. Depending on the needs of the individual and their carer, respite can be offered in many different ways;

MSL currently has 5 facilities available for respite. Each facility offers a different respite experience with a common objective of ensuring a safe and sociable environment and a positive experience for the client and their primary carers.

The facility based respites services are located in:

- Beaumaris, (operated by Australian Home Care Services)
- Ocean Grove, (operated by Karingal)
- Watsonia, (operated by the MS Society)
- Heidelberg (operated by Accommodation and Care Solutions)
- Loch Village (operated by Accommodation and Care Solutions)

In addition, MSL has a flexible in-home respite program that provides funding for short term and time limited breaks. This can be at home, in the community or at a holiday destination. Alternatively, it can be to give the carer a break from other required duties such as cleaning, gardening or child care.

For further inquiries please contact Catherine Sykora, the MSL Respite Coordinator on 9845-2700.

MY STORY SO FAR- by Jack Singleton

I came to Australia in 1973 as a 10 pound (assisted passage) immigrant from Belfast. I arrived onboard the Greek ship "Australis". We encountered very rough weather on the way and many were sea sick. I only had a meager few bob with me and this was depleted with various ships activities including drinking. I arrived in Melbourne flat broke. As in the book, I found the Aussies "a weird mob" at first and would have gladly gone back to the deadly terrorist bombing of Belfast. Then I woke up to the fact that the more nastily you were addressed, such as "Go home you Pommy bastard. Why can't you speak proper English like us? Etc. etc. the more they liked you.

I joined my elder brother, Victor, in Melbourne. He was about get married to Carol and I was best man. I boarded with the Pederson's in Clayton after Vic married. Carol died prior to her 40th birthday and our sister, Ruth came over to look after Vic and his two children. Ruth eventually married.

I had 3 employment applications accepted within 2 days. I accepted a position with Myer Melbourne as an investigation officer. I worked for Myer for 2 years and then went on to work as a Railway traffic Controller and State Education Dept. This is where I met my 1st wife, Napseka. We were married for 14 yrs. and had 4 children. All went to Uni. and William is completing his Doctorate (Bio Science) next year.

Napseka (Nelsi) became ill. She displayed Paranoia, Schizophrenia and was very unpredictable. I was under constant stress from the explosive behavior and mood swings. During the mid-years of our marriage, on reflection, there were incidents that may have indicated I had symptoms of M.S. These were spread over about 10 years and consisted Of: - CONSTANT FATIGUE, EYES STOPPED LUBRICATING, MEMORY WAS A HAZARD ESPECIALLY WHEN I WAS STRESSED, LEGS FAILED TO CO-OPERATE WHEN JOGGING COLLAPSE WHEN AT RUTH'S PLACE.

After this I made an urgent appointment with my local quack. He immediately suspected M.S. and organised a MRI which confirmed M.S. The diagnosis came too late to save my marriage but just in time to save my sanity. It was 1996. The book by Gabor Mate "WHEN THE BODY SAYS NO – THE COST OF HIDDEN STRESS" ring so true to me. Having read "MY PERILOUS JOURNEY" I still haven't imposed myself on a 2nd wife.

JACK SINGLETON (ABRIDGED VERSION DUE TO SPACE CONSTRAINTS)

Subject: [Have you locked your keys in the car? Does your car have remote keys?](#)

This may come in handy someday. Good reason to own a mobile phone: If you lock your keys in the car and the spare keys are at home, call someone at home on their mobile phone from your mobile phone. **Hold your mobile phone about a foot from your car door and have the person at your home press the unlock button, holding it near the mobile phone at their end. Your car will unlock.** Saves someone from having to drive your keys to you. Distance is no object. You could be hundreds of kms away, and if you can reach someone who has the other "remote" for your car, you can unlock the doors (or the boot).

It works fine! I tried it out and it unlocked our car over a mobile phone!

Anthony Virgona

Building Better Lives for Young People in Nursing Homes

The Hon Bill Shorten, Parliamentary Secretary for Disabilities and Children's Services, officially launched the *Building Better Lives* campaign on 2nd March at the Melbourne Town Hall. *Building Better Lives* aims to raise \$10 million to get young people out of nursing homes. Speaking at the launch, Mr. Shorten denounced Australia's treatment of people with disabilities as a national failure saying "It is a disgrace of I think the most significant public policy failure. Young people in nursing homes generally lead impoverished lives, characterised by loneliness and boredom. A study by Summer Foundation Managing Director Di Winkler and colleagues at Monash University found that 44% young people in nursing homes received a visit from a friend less than once a year or never, 21% went outside seldom or never, and 34% of the 330-strong sample almost never participated in community-based activities such as shopping, leisure activities, or visiting friends and family

Led by the Summer Foundation, which aims to raise \$10 million by engaging the corporate sector and the general public in this cause. Partner organisations include: BrainLink, Huntington's Victoria, Inability Possability, the James Macready Bryan Foundation, Karingal, Melbourne City Mission, MS Australia, and the Victorian Coalition of ABI Service Providers, the Young People in Nursing Homes Consortium, Villa Maria and Wesley Mission. There are many young Australians stuck in nursing homes. This is a serious social issue, which can – and must – be fixed. An estimated 3500 people under the age of 60 live in nursing homes. Rather nursing homes are designed to provide accommodation, personal and nursing care to frail older people at the end stage of their life. This has resulted in a new population of people with severe disabilities and complex care needs that challenge the current disability service system.

As a result of intensive lobbying on the part of younger people in nursing homes, on 10th February 2006, the Prime Minister announced the release of \$244 million over a five-year period to address the social injustice experienced by younger people living in aged care. We are half way through the current five year COAG initiative, which commenced in 2006. This initiative provides a tremendous opportunity to demonstrate some pragmatic alternatives to young people living in nursing homes. However, this initiative alone does not have the resources to resolve the issue of young people in aged care. Not enough places will be developed to stem the flow of young people into nursing homes.

During 2009 the Summer Foundation will be holding a number of workshops for people who are either living in nursing homes or at risk of admission to a nursing home and would like to change this by participating in systemic advocacy. These workshops will enable people with disabilities to explore a range of opportunities to engage in systemic advocacy regarding the young people in nursing homes issue. This program aims to support and equip people with a disability to tell their story and participate in systemic advocacy as part of the *Building Better Lives* initiative. We are

currently seeking expressions of interest from people with disabilities who are interested in the issue of young people in nursing homes and would like to participate in these workshops.

If you are interested or would like further information, please call Carolyn or Kerry on 9894 7006 or email admin@summerfoundation.org.au

State and Federal Governments have begun building (through Villa Maria in Alphington) the first-ever purpose-built Accommodation for Young People with a Disability. This is the first of the New Wave.

Cards on the Table

Play a good hand here.

Y	S	J	Y	A	Q	H	W	E	O	F	W	H	C	I	O	Y
T	C	G	P	K	K	T	T	E	T	I	X	D	U	A	E	A
Q	T	N	C	D	D	C	N	A	L	Z	N	W	U	M	P	Z
M	C	I	C	F	I	E	A	D	R	A	W	P	O	K	E	R
P	A	D	S	H	V	A	C	J	H	A	C	E	H	I	G	H
I	R	L	F	E	E	A	M	G	K	X	C	E	X	B	B	D
N	T	E	S	E	R	M	N	O	S	C	G	C	I	M	O	X
O	N	M	K	D	P	I	I	E	N	A	A	C	A	S	A	R
C	O	F	O	O	N	R	K	N	I	D	P	L	H	B	R	S
H	C	V	Z	N	P	A	I	R	D	V	S	X	B	A	D	O
L	K	C	I	R	T	D	R	A	C	E	V	I	F	R	B	P
E	X	W	H	S	W	A	U	G	L	R	F	K	H	E	R	P
G	P	O	H	Q	M	C	E	T	E	S	H	E	I	K	I	O
N	Q	G	B	Q	T	P	T	H	S	A	A	E	R	N	D	N
A	I	C	K	I	F	I	P	V	C	R	I	B	B	A	G	E
H	S	Q	O	P	L	S	N	I	P	Y	W	E	V	B	E	N
C	G	N	I	T	T	E	B	P	H	N	D	O	Y	X	K	T

ACE HIGH	CHEMIN DE FER	MARRIAGE
ADVERSARY	CONTRACT	MELDING
AUCTION	CRIBBAGE	OPPONENT
BACCARAT	DIAMONDS	PEGBOARD
BANKER	DRAW POKER	PINOCHLE
BETTING	FIVE CARD TRICK	PRIAL
BLACKJACK	GRAND SLAM	SEVEN
BRIDGE	HIGH STAKES	STUD POKER
CHANGE	KING	WILD CARD
CHEAT	LITTLE SLAM	WINNING HAND

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Anthony Virgona

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People with Multiple Sclerosis Victoria Inc

NOMINATION FORM 2009

I/We.....

Being members of People with Multiple Sclerosis (Vic) Inc hereby nominate
A member of the said Association, for Election as:

President: -.....

Vice President: -.....

Secretary: -.....

Treasurer: -.....

Ordinary Committee Member

(Three Positions to be elected)

Signature of Nominator.....

DATED / / 2009

**Nominations must be in the hands of: -
The Secretary PwMS-V Inc, No later than 11/09/2009
Nigel Caswell Email: npcaswell@optusnet.com.au
4 King Street, Sandringham 3191**

Acceptance of Nominee

I.....

Accept the nomination & all responsibilities of the said position

Signed..... Date / / 2009