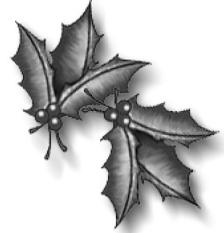


NEWS LETTER FOR THE ISLE OF WIGHT BRANCH

MS

Multiple Sclerosis Society



MERRY

DECEMBER 2012

CHRISTMAS



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Charity number 1139257

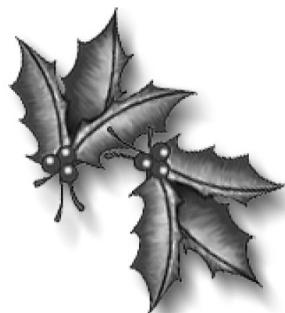
Christmas jokes

Santa was very cross. It was Christmas Eve and nothing was going right. The elves were complaining about not getting paid overtime. The reindeer had been drinking all afternoon and the sleigh was broken. Santa was furious. 'I can't believe it!' he yells. 'I've got to deliver millions of presents all over the world in just a few hours – all of my reindeer are drunk, the elves are on strike and I don't even have a Christmas tree! I sent that stupid little angel to find one hours ago! What am I going to do?' Just then, the little angel opens the front door and steps in from the snowy night, dragging a Christmas tree. 'Oi fatty!' she says. 'Where d'you want me to stick this?' And thus the tradition of angels atop the Christmas trees came to pass.

The four stages of life – You believe in Santa Claus – You don't believe in Santa Claus – You become Santa Claus – You look like Santa Claus.

How come you never hear anything about the tenth reindeer 'Olive'? Yeah, you know, 'Olive the other reindeer, used to laugh and call him names.'

Three men die in a car accident on Christmas Eve. They all find themselves at the Pearly Gates waiting to enter heaven. On entering they must present something relating to or associated with Christmas. The first man searches his pocket, and finds some mistletoe, so he is allowed in. The second man presents a cracker, so he is also allowed in. The third man pulls out a pair of stockings. Confused at this last gesture, St Peter asks, 'How do these represent Christmas?' Answer: 'They're Carol's.'



What do you call a bunch of Grandmasters of chess bragging about their games in a hotel lobby? Chess nuts boasting in an open foyer!

A pudding for Christmas time

APPLE AND SPICE PUDDING



A really warming pudding with that seasonal taste of Christmas

6 eating apples quartered and cored
200 gms butter
200 gms sugar
1 level teaspoon cinnamon
1 level teaspoon ground clove
1 level teaspoon ground ginger
2 tablespoons black treacle

125 gms butter
125 gms sugar
2 eggs beaten together
200 mls dry cider
225 gms SR flour
1/2 level teaspoon bicarb soda
zest of 2 oranges



Melt the butter and the sugar in large frying pan, add cinnamon, ground clove and ginger, add 2 tablespoons black treacle. Heat on stove top bring to the boil. Put apple quarters in pan with the syrup, simmer for a short time (while making the sponge should be long enough).

Make sponge with butter, sugar, eggs beat together, add ONLY 110 gms flour and then stir in 200 mls of dry cider, now add another 115 gms of flour + 1/2 level tsp bicarb and the zest of 2 oranges.

Pour apples into a large baking pan with 1/2 the syrup from frying pan. Put the sponge mixture on top and bake 180 deg c or 350 deg f for 1/2 hour or until golden.

Invert sponge onto a LARGE plate (the juices will run). Serve with cream and spoonfuls of the left over syrup.

Care4care

CARE4CARE

A radical new concept, which could revolutionise the way the elderly are cared for in future, is set to be launched on the Island in March 2012.

The Care4Care initiative has been drawn up by Prof Heinz Wolff, emeritus professor of engineering at Brunel University and TV host of the science programme, The Great Egg Race. The new venture is designed to tackle the national crisis in support and care facing the UK's ageing population.

Members of the scheme will build up their own 'care pension' — supporting an older person in their own community and so earning 'credits' for a care entitlement account, which could be used to support their own future needs. Alternatively, credits could be spent immediately on support for family members.

The scheme involves people building up hours in a 'credit bank' — an alternative form of currency, which members would be able to take with them throughout the country if the scheme takes off nationally. It is being piloted on the Island from 1st March by Age Concern IW, which aims to build on the foundations of its Good Neighbour Scheme where people volunteer to help their elderly neighbours.



A two-day workshop to discuss the scheme was hosted at Quay Arts, Newport, on Monday and Tuesday

6th/7th February, attended by young people and care organisations. Prof Wolff, 83, said the Island was uniquely placed to pilot the scheme because of its strong sense of community - He said: "I think the IW could literally see itself as a pioneer and it may be the start of something which has major effects on the way the next generation lives. People on the IW ought to be proud of themselves." He added: "We have been through the industrial revolution, then we had the computer age. I believe Europe is now moving into the 'human age', where we are looking to live together in greater harmony and the Island is right at the point where it starts."

Being aware

Something new for the whole family

We have received a copy of the monthly newsletter for several years now, but with a young family we have never found the time to attend any of the meetings, but when we saw the MS Awareness day advertised my wife and I knew we had to make the effort and attend. We were made to feel very welcome, all the speakers were very informative and several people asked if we were going to the Hog Roast the following month, which was at The Chequers. We thought this would be a good opportunity to introduce the children aged 4, 10, 11 to other people with various stages MS.

The sun graced us with its presence on the day, so the kids played outside except for when they were eating the fabulous Hog Roast! This meant Bernadette and I could mingle and talk to everyone, some we already knew and some we met for the first time. I really couldn't recommend it enough to any of the younger families out there, even if you only came to this annual event. We have since been to one of the Friday meal events, where we met even more of the IOW MS members, where the food and company was great. We hope to attend many more, come and join us!

Simon Owen



The committee have always been aware just how much benefit our members get from talking amongst themselves. After all, who knows more about MS than those who live with the many and various symptoms. It really can and does help to share experiences so very many thanks to Simon and Bernadette for helping us re-enforce this.

Life in the sun.

Well, here I sit on the back veranda in the not so far out, outback. I have managed to produce two newsletters while temporarily living in Queensland Australia. I have tried very hard not to make it a diary of our time in Australia but it has become impossible. Two reasons for this.

One, I have very limited access to the internet. My only connection is a very slow link by satellite. This is also a very expensive option. This has made it very difficult to research subjects to include. Being the editor, reporter, photographer, features editor, type setter and researcher has become an impossible task for one person.

Two, everything is so different and so much has happened to us that it is impossible not to share the experience.

We have been living with my sister on a small holding approximately 50 miles from Brisbane. South east Queensland has been in the grip of a drought for months now so we have learned to use just a few pints of water to shower and save every drop of water for the plants that survive the heat. We are woken up each morning at first light by flocks of brightly coloured birds noisily awaiting some sunflower seeds. Then scraps are fed to the wallabies that surround the house. Their antics and that of the joeys amuse us for hours.

We flew to Cairns in the north of Queensland for a 'holiday', to see a total eclipse of the sun. Being the tropics we expected white sands, turquoise seas and palm trees. We saw lots and lots of warm rain, very warm rain and the sea looked much like the Solent. The rain clouds obscured the eclipse and disappointed 6,000 people on the seafront. Those who did see it from other vantage points were amazed!

My nephew was married a couple of weeks ago and what an experience that was. The Ozzies go for great ceremony with eight bridesmaids, eight groomsmen, page boys and flower girls scattering rose petals as the bride made her way onto . . . The beach!

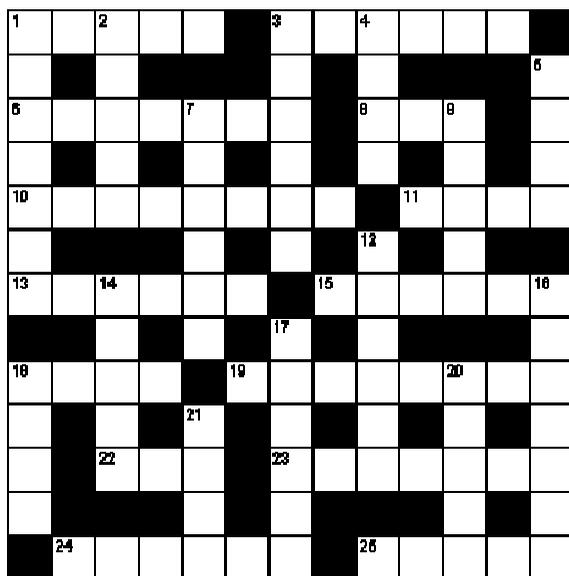
Such formality brought down to earth by a huge pile of shoes in the sand because the ladies with their high heels couldn't walk. The families had all booked apartments in a high rise tower of apartments overlooking the ocean from where we could watch a pod of Humpback whales playing just off shore. There was a barbeque to introduce the families and an amazing reception. Need to diet now before Christmas!

We are looking to getting home in time for Christmas and cooling down a bit too. It seems so strange to go into the shops in blinding sunshine and heat and see Christmas decorations and hear carols played throughout the stores.

When we get back, it will be back to routine and maybe some help from people to produce newsletters throughout 2013.

PS I know it has been awful weather in the UK, but I assure you, it's easy to get bored with constant burning sun and dusty dry days. (There, that's made you feel better)

PUZZLES



Across

1. Fruit (5)
3. Retail food seller (6)
6. Italian rice (7)
8. Consume (5)
10. Type of lobster (8)
11. Used to season and preserve food (4)
13. Sampled (6)
15. Pestle and ___ (6)
18. Aromatic leaves (4)
19. Thick syrup (8)
22. Cereal grass (3)
23. Pear-shaped tropical fruit (7)
24. Type of cake (6)
25. Very thin pancake (5)

Down

1. Downy fruit (7)
2. Shaped and dried dough (5)
3. Game bird (6)
4. Kitchen appliance (4)
5. Open pastry with fruit filling (4)
7. Sticky candy (6)
9. Heated bread (5)
12. Edible tuber (6)
14. Sweetener (5)
16. Cooked meat or fish coated in egg and breadcrumbs and fried (7)
17. Thick soup (6)
18. Cook slowly in liquid (4)
20. Large edible ray (5)
21. Vegetable (4)

			8	2			
5							1
		6		5		3	
		9		1		8	
1							2
			9	7			
	6	1		3		7	8
	5						4
	7	2		4		1	5

One 4 U - one 4 me.

On the outskirts of a small town, there was a big old pecan tree just inside the cemetery fence. One day, two boys filled up a bucketful of nuts and sat down by the tree, out of sight, and began dividing the nuts.

'One for you, one for me, one for you, one for me,' said one boy. Several dropped and rolled down toward the fence.

Another boy came riding along the road on his bicycle. As he passed, he thought he heard voices from inside the cemetery. He slowed down to investigate. Sure enough, he heard, 'One for you, one for me, one for you, one for me...'

He just knew what it was. He jumped back on his bike and rode off. Just around the bend he met an old man with a cane, hobbling along.

'Come here quick,' said the boy, 'you won't believe what I heard! Satan and the Lord are down at the cemetery dividing up the souls!'

The man said, 'Beat it kid, can't you see it's hard for me to walk.' When the boy insisted though, the man hobbled slowly to the cemetery.

Standing by the fence they heard, 'One for you, one for me. One for you, one for me.'

The old man whispered, 'Boy, you've been tellin' me the truth. Let's see if we can see the Lord.'

Shaking with fear, they peered through the fence, yet were still unable to see anything. The old man and the boy gripped the wrought iron bars of the fence tighter and tighter as they tried to get a glimpse of the Lord.

At last they heard, 'One for you, one for me. That's all. Now let's go get those nuts by the fence and we'll be done...'

They say the old man had the lead for a good half-mile before the kid on the bike passed him.

Bits ‘n’ pieces

WHEELCHAIR TGA POWERPACK

We now have a wheelchair power pack in our Carers Office at Riverside Centre which can be loaned out for short term use. Once fitted to the wheelchair, the power pack makes it easier to push the wheelchair uphill, it is capable of powering up gentle hills without assistance and steeper hills can be climbed with assistance from the pusher. However, it is not designed to climb steep gradients, nor to take you anywhere under power assistance that you would not normally be able to push the chair without using any power assistance. Please contact Carers Office Tel: 533173 for further information.

Salt Intake

For health reasons it is recommended that we consume a maximum of 6gm of salt a day. (approx. one teaspoon of salt). Too much salt affects a person’s blood pressure levels which in turn can lead to serious heart and other health problems.

A recent survey by CASH (Consensus Action on Salt and Health) tested takeaway pizzas and found that some were saltier than the Atlantic Ocean. Some pizzas contained more than 10gm per pizza.

The survey gives examples of the salt content of pizzas on sale at some supermarkets and at some takeaways. To take a look visit their website at:www.actiononsalt.org.uk

Learn about Low or High Blood Pressure

If you have been told that you have either high or low blood pressure and would like to know more about what this means and how it will affect your life you may wish to visit the Blood Pressure Association website at www.bpassoc.org.uk. Their experts will take you through what your blood pressure readings mean, how high blood pressure can affect your body, etc.

Turkeys used to be seasonal.

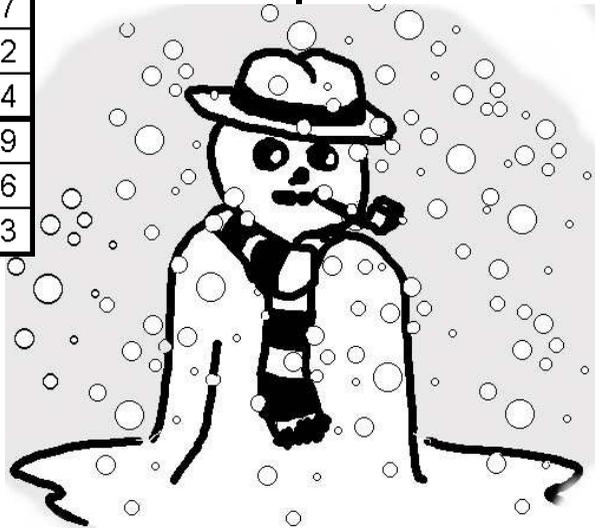
Law of Logical Argument - Anything is possible IF you don't know what you are talking about.

The one thing that we never ever had on our table in the fifties elbows.

Solutions

7	1	3	8	9	2	4	6	5
5	8	4	7	6	3	9	2	1
2	9	6	4	5	1	3	7	8
6	2	9	5	1	4	8	3	7
1	4	7	3	8	6	5	9	2
8	3	5	9	2	7	6	1	4
4	6	1	2	3	5	7	8	9
3	5	8	1	7	9	2	4	6
9	7	2	6	4	8	1	5	3

THANK YOU



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

The committee would like to say a very big thank you to all the volunteers, helpers and supporters of the Isle of Wight branch. They have made the Island branch the envy of all the area branches that make up the National MS Society.

Thanks to our membership also for their support in the last year. To all of these people - Have a very Happy Christmas and a peaceful Happy New Year!

Ginger

Ginger for memory

All over the world people are researching how to improve memory function in later life. It is known that cognitive function decreases every decade after the age of 45 and that age related memory loss is becoming a big problem as people live into ripe old age.



The latest wonder substance is

one that many of us have in our spice cabinets already – ginger.

Considered an effective memory enhancer from ancient times, ginger is now being subjected to scientific investigation.

In a recent study, 60 women aged between 50 and 60 living in Thailand were given either a placebo or standardised extract of ginger for two months. Some of the subjects were given 400 milligramms daily and others 800 milligrammes. The women were assessed at the beginning of the trial, at one month and two months, to see whether there was any improvement in memory function.

It was found at the end of the trial that the women receiving the larger amounts of ginger extracts had important improvements in four key brain areas: power of attention, accuracy of attention, speed of memory and quality of memory.

No adverse side effects were reported from the women taking the higher dose.

The study, which was reported from the journal Evidence-based complimentary and alternative medicine, was the first ever double blind clinical trial carried out on ginger extract. Obviously more research is needed but it is already known that ginger root possesses antioxidant, anti-inflammatory and anti-tumour qualities.

Ginger

Hormonal changes and stress can adversely affect cognitive function in middle aged and older women, and the sooner these can be addressed, the better the chance of retaining good memory into extreme old age.

Ginger has long been used in traditional Chinese medicine to treat a number of conditions including thyroid problems. Magnesium, also contained in ginger root, is known for its ability to control thyroid disease. Ginger is available in extract from most health shops and is a safe natural remedy, although, if you are on any prescribed medication, you should inform your GP, as medications such as anticoagulants and

certain painkillers can react adversely with the extract.



Flowers of a ginger plant growing in northern Queensland Australia. The flowers vary greatly in both shape and colour.

Tea brewed from ginger is a common folk remedy for colds. Ginger ale and ginger beer are also drunk as stomach settlers

in countries where the beverages are made. In Burma, ginger and a local sweetener made from palm tree juice are boiled together and taken to prevent the flu.

In China, ginger is included in several traditional preparations. A drink made with sliced ginger cooked in water with brown sugar or a cola is used as a folk medicine for the common cold. "Ginger eggs" (scrambled eggs with finely diced ginger root) is a common home remedy for coughing. The Chinese also make a kind of dried ginger candy that is fermented in plum juice and sugared, which is also commonly consumed to suppress coughing. Ginger has also been historically used to treat inflammation, which several scientific studies support. In India, ginger is applied as a paste to the temples to relieve headache, and consumed when suffering from the common cold. Ginger with lemon and black salt is also used for nausea.

Health care

CONTINUING HEALTHCARE

The following information is taken from the Government website on NHS Continuing Care:-

To be eligible for NHS continuing healthcare, your main or primary need for care must relate to your health. For example, people who are eligible are likely to:

- have a complex medical condition that requires a lot of care and support
- need highly specialised nursing support

Someone nearing the end of their life is also likely to be eligible if they have a condition that is rapidly getting worse and may be terminal.

Eligibility for NHS continuing healthcare does not depend on:

- a specific health condition, illness or diagnosis
- who provides the care, or
- where the care is provided

If you have a disability, or if you've been diagnosed with a long-term illness or condition, this doesn't necessarily mean that you'll be eligible for NHS continuing healthcare. To decide if you're eligible for NHS continuing healthcare, your care needs will be assessed by a health or social care professional. The assessment is done by a healthcare professional using a standard NHS Checklist Tool. To look at the contents of this Checklist Tool, go to the following website which is helpful. www.london.nhs.uk/webfiles/Continuing%20Healthcare/checklist.pdf

source: Able Community Care newsflash 26/1/12

RESPIRE WEEKENDS FOR CARERS - 2013

These weekends are an opportunity to come away and relax, they are run in an informal way so you are welcome to choose to join in whichever sessions take your interest. Activities may include art, crafts, tai chi, singing, patchwork, jewellery making, digital photography, printing, relaxation/meditation and many more. There is also the opportunity to receive a massage therapy from our holistic therapists, eg reflexology, Indian head massage, facial, body massage, hand massage, etc. If you are unable to come for the whole weekend, there is an option of coming for the day or even just popping in for an hour or two.

Dates for 2013 are;

1st - 3rd March	7th - 9th June	13th - 15th
September	22nd - 24th November	

All respite weekends start at 5pm on Friday and finish at 2pm on Sunday. Cost: A voluntary contribution of £30 for the whole weekend or £10 for the day would be appreciated. All food and drink is provided so if you have any dietary requirements, please let us know.

To book a place on the Respite Weekend, please contact Angela Suille on Tel: 07900865018

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Don't forget to visit our website.

www.wight-ms.org.uk

Grateful thanks to Tim Sell and his staff at Crossprint for their help by printing our newsletter. Telephone 01983 524885

SOCIALS

Branch Christmas Dinner.
At the Isle of Wight College
14th December 2012
Please be prompt at 12 noon.

Christmas



HAPPY NEW YEAR



January 25th Fleming Arms

Roast Pork or Turkey or Nut Roast
Baked cod chips & peas
Peach Melba
Homemade bread & butter pudding &
custard or cheese & biscuits
Tea or coffee

February 22nd
Windmill
Menu to follow



March 22nd

Bear Cafe
Menu to follow

April

Colloège No



Please telephone Fay on 01983 865637 to book your place and to let her know your choice of meals. Then, on the day, remember what you ordered!!