



PLUS
Neuro Wellbeing

Tasmania Newsletter
April 2023

Our Values - Empowerment, Community, Expertise, Creativity and Spirited

MS Plus Virtual Art Show: entries open soon!

The MS Virtual Art Show provides the opportunity to express creativity and celebrate connections through art. We invite people living with neurological conditions and their carers to contribute paintings, illustrations, sculptures, craft, digital artwork and photography.



Entries will be eligible for the following awards:

- ◆ The Barry Allen Art Award
- ◆ Highly Commended Paintings/Illustrations
- ◆ Highly Commended Sculptural/Craft Artwork
- ◆ Highly Commended Digital Artwork and Photography
- ◆ Carers Award

Entries for our 2023 art show open Monday 3 April and close Sunday 7 May. The virtual award ceremony will take place on Tuesday 30 May in recognition of World MS Day.

Learn more at msplus.org.au/artshow

World MS Day

30 May 2023

The global theme for World MS Day 2023 is connections. MS Connections is all about building community connection, self-connection, and connections to quality care. Throughout the month of May, we will be highlighting many aspects of connections through live webinars, panel discussions, and podcasts.

Live Webinar

What can an MS nurse do for you?

All your questions answered

In this live webinar you will have the opportunity to connect with our MS Nurses. MS Nurses provide education, counselling, compassion and much more. They support people living with MS to understand and live with their disease, they assist with accessing relevant support services, and they empower through helping you make informed decisions about treatment, lifestyles and participation in research. We invite you to bring along any questions you have always wanted to ask and listen as they share their vast experience.



Neurologist Panel Discussion

Jodi Haartsen will facilitate a deep-dive discussion with Professor Helmut Butzkueven and Professor Jeannette Lechner-Scott into how MS care is changing and the research that is informing and innovating the future of MS Services. Keep an eye on our social media posts and education messages for more details.

Podcasts

Follow 'MS Podcasts' on Apple Podcasts, Spotify or wherever you get your podcasts and keep an eye out in May for the following episodes to be released.

- **Connecting with the right information** – A discussion around how to differentiate factual, evidence-based information from opinion or lies and strategies on how to navigate the internet safely.
- **Connecting with women's health** – MS Plus Executive Manager and Nurse Practitioner, Jodi Haartsen discusses the stigmatisation of women's health issues, and the barriers women face to accessing and receiving quality care. Jodi also examines the future of women's and girls' health and how this will impact how we think of women's health needs in MS.
- **Connecting with your mates** – As part of the 'Learn from Me' series, Kim Repcak speaks with the inspirational and very honest, Mark Wilson. They chat about the importance of staying connected with friends and how to stop letting things get in the way of catching up with your mates.

WALK, RUN OR ROLL TO ENSURE NO ONE HAS TO FACE MS ALONE

MS WALK RUN+ROLL LAUNCESTON

SUNDAY 28 MAY 2023



Join the MS community on Sunday 28 May for a spectacular day out at Inveresk Precinct as we walk, run and roll together to support Australians living with multiple sclerosis. ❤️

Our accessible course means whether you're using a wheelchair, walking, running or pushing a pram, we can all get moving together for one cause.

Sign up solo, with a mate, bring your dog or get your team. Together, we can make sure no one faces MS alone. **REGISTER HERE**>> <https://www.mswalk.org.au/event/launceston>

START TIMES	DISTANCES	LOCATION
WALK - 10:00 AM RUN - 9:00 AM ROLL - 10:00 AM	4.5KM / 9.5KM	Inveresk Precinct, Invermay

Would you like to support our Walk, Run and Roll participants instead? Volunteer with us!

There is still time to volunteer with us – perhaps you would like to support our participants at the start, cheer them along the way or give them their medal as they cross the finish line - There are a number of roles to suit your interests and skills!

You will be fully supported by MS staff and team leaders, to ensure you have a great experience, and all volunteers will receive a volunteer t-shirt, cap and lunch!

Find out more about the roles and apply now at www.mswalk.org.au/volunteer or call 02 8484 1345

VOLUNTEER WITH US

Sunday
May 28 2023



LEAVE YOUR
LIMITS BEHIND

THE MAY 50K

MOVE 50KM IN MAY TO
LEAVE MS WHERE IT
BELONGS, BEHIND US.

#KissGoodbyeToMS

MS

REGISTER FOR FREE NOW.

events@ms.org.au | may50k.org | 1300 733 690

Education & Wellbeing

Advanced Care Planning

Tuesday 18 April, 11:00am – 11:45am AEST

Our free webinar, presented by Advance Care Planning Program Lead at Eastern Health, Samantha Brean, will cover all things related to advance care planning. Samantha will discuss plans for your future health care for a time when you may no longer be able to communicate those decisions yourself. She will also explain how to start the conversation and share your plan with your family. You will have the opportunity to ask your own questions during the webinar or submit questions prior.

Eating to boost brain health and ease symptoms

Thursday 27 April, 1:00pm – 2:00pm AEST

Join panelists Associate Professor, Yasmine Probst and nutritionist, Adrian Stone as they discuss all things diet and MS. You will learn how to eat well to boost brain health; diet's role in easing certain MS symptoms (e.g. fatigue, bowel and bladder problems); actionable steps you can take to improve your relationship with food and how to overcome common barriers to eating a nutritious diet. You will have the opportunity to ask questions during the webinar or submit questions prior.

Exercise and multiple sclerosis

Webinar on demand – Watch anytime!

In addition to being essential to general health and well-being, exercise and physical activity are helpful in managing many MS symptoms. MS exercise physiologist, Caitlin Jerkovic will take us through some practical ways to get active. She will also cover exercise types for differing levels of fitness and function, barriers and challenges, and exercise and heat sensitivity. Caitlin graduated as an [accredited exercise physiologist](#). Learn more about [exercise physiology](#) at MS Plus.



Headaches and MS

Webinar on demand – Watch anytime!

Headaches are the most common neurological condition and a leading cause of neurological disability. While they are not often talked about, many people with MS experience headaches that significantly impact their quality of life. Presented by Dr. Jason Ray a consultant neurologist at [The Alfred Hospital](#), [Monash University](#) and [Austin Health](#). Dr Jason who will discuss the causes of headaches in multiple sclerosis and management strategies to help reduce their impact.

Improving your mental health and wellbeing

Webinar on demand – Watch anytime!

Dr Sally Shaw, a Melbourne-based psychologist who specialises in supporting people with neurological conditions and chronic illnesses explores the important topic of mental health for people with multiple sclerosis. Joining Sally is MS ambassador, Kelly Engelhardt to speak about her MS journey and strategies she puts in place to look after her mental health.



Learn from me series – being a dad with MS

Podcast – Listen anytime!

Parenting can be hectic at the best of times. If you're living with MS, trying to juggle your needs and those of your partner and your children brings additional challenges. Join Silas on this 'Learn from Me' podcast as he shares his experience of being a busy dad living with MS. Silas describes the various strategies he has put in place that support him and his family to enjoy life and live well.

Learn from me series – being a mum with MS

Podcast – Listen anytime!

Join Melissa Katz on this 'Learn from me' Podcast. Melissa shares her valuable insight into being a Mum with RRMS from pregnancy to teenagehood. Melissa recalls some of the challenges she has faced but also the strategies she has used to enjoy being a Mum with MS.



Peer Support Groups

RSVP: msconnect@ms.org.au

CIRCULAR HEAD

Meets: First Monday of the month, 7:00-8:30pm
Next Meeting: 3 April
Venue: Circular Head Rural Health Centre, Smithton

EASTERN SHORE

Meets: Second Friday of the month, 10:30am-12noon
Next Meeting: 14 April
Venue: Note new venue, Mornington Inn
Guest Speaker: TBC

GLENORCHY

Meets: Last Monday of the month, 6:00-8:00pm
Next Meeting: 24 April
Venue: Glenorchy
Social gathering, meals own cost.

NEW NORFOLK

Meets: First Wednesday of the month, 10:30am-12noon
Next Meeting: 5 April
Venue: New Norfolk
Social gathering, coffees, and cake etc. at own cost

MENS GROUP

Meets: Third Friday of the month, 12noon - 2:00 pm
Next Meeting: 21 April
Venue: Dr Syntax, Sandy Bay
Socialising

LAUNCESTON

Meets: Last Sunday of the month, 12noon onwards
Next Meeting: 29 April
Venue: Grain of the Silos
Socialising

SHEFFIELD

Meets: First Monday of the month, 1:00pm onwards
Next Meeting: 3 April
Venue: Sheffield Rural Health
Guest speaker: TBC

WYNYARD

Meets: Third Wednesday of the month, 12noon onwards
Next Meeting: To be confirmed
Venue: Bruce's Café, Wynyard
Coffee catch up

ULVERSTONE

Meets: Fourth Wednesday of the month, 11:00am-1:00pm
Next Meeting: 26 April
Venue: Ulverstone Life Saving Club
Guest speaker: Kim Repcak, Peer Support Coordinator & Social Worker to cover managing stress and building resilience

KINGSTON

Meetings on hold until further notice.



The MS Research Flagship presents: Research with Connections 2023

Join the MS Research Flagship for a day of research and community presentations, conversations and celebrations in honour of World MS Day.

Date: 26th May 2023

Time: 9:30am - 3:30pm

Venue: MyState Bank Arena, Hobart

Free event with lunch, tea and coffee provided.

Free, accessible parking.

Tickets: bit.ly/MSFlagshipResearchWConnections2023

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MENZIES 
Institute for Medical Research

MS Research
Flagship



PLUS

Gifts in a Will



Portrait of Gwen by Robert Lee, 2021.

As a pioneering mechanical engineer Gwen Gray was a visionary. Her kindness continues to have an impact beyond her years.

Gwen understood the power of science, research and determination. She used it to solve our most intractable problems. She included a gift in her Will to MS Plus. She wanted for people living with multiple sclerosis (MS) to continue to get the support they need. Thus, they can live well while the search for a cure continues.

Her nephew, Geoff, isn't quite sure about his aunt's connection to MS. He says the kind-hearted gift in her Will comes as no surprise. "Nobody could deny Gwen's generosity," he says.

Gwen's life story is interesting and inspiring.

She was a celebrated mechanical engineer who shattered a string of glass ceilings.

Gwen entered the workforce with the Government Aircraft Factories during World War Two. Later, she took a job with W.E Bassets. She also started to study mechanical and marine engineering at Footscray Technical College. When she left W.E Bassets four decades later, she was a Company Associate.

During her career, Gwen was involved in the construction of several of Melbourne's most iconic buildings. This includes the Royal Women's and Children's Hospitals, and the Arts and Hamer Hall complexes.

Gwen designed courses for RMIT university, where she worked as a lecturer. And in 2006, she was named as one of only 90 Legends of Victoria University.

Gwen leaves a lasting impact not only in her chosen field, but also for people who live with MS.



Geoff is glad that his Auntie Gwen's kind and positive influence will continue. He remembers her fond dedication to family, and many weekends away with her before she passed at 95.

"We had an ongoing \$2.50 bet as to whether she would make a hundred. I remember visiting her at the rehab hospital. It was when she suffered pneumonia a couple of years ago. She looked terrible. I asked how she was feeling. She leaned over slowly and said, "Shithouse. I feel about \$1.20!"

Gwen's gift in her Will to MS Plus means she continues to influence the world in a positive way. This also expresses her values in perpetuity. It will be driving transformative change even after she's passed.

Her generosity will help ensure services and support continue. These will give people with MS the best possible quality of life. This is why we honour her with a special place in our hearts, and membership in the MS Callistemon League.

A gift in your Will costs nothing right now, but will have a profound impact on the future for people who live with MS. Like Gwen, you can leave a legacy of care and lifechanging kindness.

If you're thinking about leaving a gift to MS Plus in your Will, our Gifts in Wills Manager Laura Henschke will happily answer any questions you may have.

You can contact Laura by calling 1800 443 867 or send Laura an email at Laura.Henschke@ms.org.au

You can find our Gifts in Wills brochure [here](#), at <https://mymlegacy.org.au>



MULTIPLE SCLEROSIS GENETICS STUDY

RECRUITING VOLUNTEERS NOW!

We need your help to investigate the Epstein Barr Virus (EBV) strain that may play a crucial role in developing multiple sclerosis (MS). This study also aims to identify specific genetic biomarkers associated with onset and progression of MS.

To participate in this study, we invite

People WITH MS who:

- Are 18 years and above
- Have been diagnosed with MS by a neurologist

AND

People WITHOUT MS who:

- Are 18 years and above
- Have NOT been diagnosed with MS, and
- Have NOT been diagnosed with any similar neurological condition

Participation involves:

- Completing a questionnaire (people with MS only)
- Providing a blood sample, saliva samples or both (your choice)

Study location:



Menzies Institute for Medical Research
17 Liverpool Street, Hobart, TAS, 7000

Contact:



Chhavi Asthana, Postdoctoral Research Fellow
t: (03) 6226 4226 e: Chhavi.Asthana@utas.edu.au

This study is approved by the University of Tasmania Human Research Ethics Committee, H0027273 (H-85821)

MS Research
Flagship

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