



Meeting Minutes –The MARTINIS

Location: Merewether Bowling Club

Date: December 2 2020

Thankyou to all those that came and helped us wrap a very strange year.

Around the Table: 1 minute update by each PD member.

- We didn't have a guest speaker for tonight's meeting however we did discuss a few things such as medical marijuana. Evelyn, our esteemed PD nurse, spoke briefly about this after the topic was brought up in general discussion. At the moment there is little control over what is on the market and can cost up to \$500pm. It can also show up in drug screens so can preclude you from driving by showing traces of THC. There is currently minimal research regarding its effectiveness for PD symptoms and requires much more research. The CBD component is very good for pain management and has been very effective for the control of seizures in children and nausea in cancer treatment patients. "Watch this space!"
- It was lovely to see the Roncolatos who managed to facetime us all with new baby Caitlyn.
- We had a smattering of Christmas trivia to keep us on our toes.
- A list of binge worthy Christmas watching was discussed and included:
 - The Moody Christmas
 - Gavin & Stacey (BBC)
 - Queens Gambit
 - My Octopus Teacher
- We also had a follow up of VR Engage (Virtual Reality) which was discussed last meeting. Most reported it was a fun and energetic way of improving our mobility and is good for core and balance. It is expensive but a lot of us have funding from NDIS which will cover it.

Merry Christmas to all and hope you have a Happy New Year!

I will send out a list of meeting dates for 2021 once they have been decided.