

Minutes Meeting The Martinis : Wednesday 25 May 2022

We had a wonderful meeting last night with over fifteen members and their partners attending, with one new member. Welcome Gillian!!

The night kicked off with a 2 minute around the table update. Some highlights were:

- Lynette- promoted the High Tea for the Newcastle Parkinson's Support Group on the 25th June from 2-4pm at St Augustine's Church Winsor Street, Merewether (Flyer attached). The beautiful PD choir and other activities available to people living with PD will be showcased at this event.
- Angie - sharing that Pranayama Breathing which is part of her yoga practice has really helped with her tremors and other PD symptoms
- Teeny - reporting how Cobes for Parkinson's fundraiser ended up. An amazing \$27,000 was raised and donated to the Shake it up foundation. Thanks to those who donated!
- Mary - reporting on her red light therapy trial - watch this space!!
- Janelle - reports how the elimination of sugar in the diet has done amazing things for balance issues.
- Sandra - introduced her friends Chris and Marie who developed the Original Martinis video. They are looking for volunteers to tell their PD story. Be on the lookout for more info on where and when filming will take place!
- Evelyn - Shared how she recently attended a conference on Medical Cannabis. It is currently not registered for PD, but it is definitely an interesting area to watch.

Paul R arranged for Rochelle from Recovery Station to attend the meeting as our guest speaker. Rochelle had a really informative presentation as to the benefits of PD Warriors. I have attached the information handout for those who were not there to read. PD Warrior classes run at Recovery Station at Toronto, Newcastle Exercise Physiology in town and Neuro Alliance at Thornton. I would highly recommend this class at any one of these places.

Finally, a reminder that if you are happy to have a coffee sometime with someone new to the group, please let me know and I will put you on the list of "welcomers"

Meetings dates for the rest of the year are as follows:-

July 6

August 10

September 14

October 19

November 23

Again, lovely to see everyone and keep in touch,

Janelle