

## **You, Me and MND**

**MND SA's You, Me and MND Information Session** was held Thursday 21 July 2016 at the Hilton Hotel.

The theme for this session was 'A Dietitian's Role in MND' with guest speaker, Rhiannon Crane, from Dietetics at the Repatriation General hospital. She presented a detailed and interactive presentation about the dietitian's role in Motor Neurone Disease and how this fits into the wider health care team. Rhiannon also talked about common nutritional issues faced by patients and how to manage them.

The aim of a dietitian is to assist in preventing weight loss in people with MND so that they can continue their activities of daily living for as long as possible.

The services of a dietitian include:

- Support and advice by appointment or via phone for clients in collaboration with other health care professionals
- Increasing nutritional intake to boost the diet with recipes and practical tips like meal plans and different products
- Provide advice on getting adequate nutritional value from meals, for instance, if meals are taking a long time to eat, more frequent, smaller meals will increase nutritional value
- Dietitians also provide advice on bowel habits and assist in collaboration with other health care professionals to maintain quality of life
- Dietitians, in collaboration with other health care professionals provide information on tube/PEG feeding.



Those who attended the session advised it was very informative and interesting. We had a very interactive group of participants which allowed for many questions to be answered and ideas exchanged.

You, Me and MND Information sessions are an opportunity to discuss the services accessible to the MND community as well as to talk about topics around the disease itself. It allows participants to socialise and exchange stories and after the presentation you are welcome to



have lunch with MND Advisors Pamela and Jerry to further discuss the session.

We are always looking for more people to take part in these sessions, so please come and join us for the next one on **Thursday 22 September 2016**.



### Referrals to Dietitians

Anyone can obtain a referral to a Dietitian via their GP or specialist.

Referrals can be made to:

- Dietetics clinics
- Private Dietitians
- Dietitians in the community

People living with MND have unique needs and symptoms therefore referrals to and recommendations from a Dietitian would vary depending upon the individual's circumstances.

### *Our next meeting ...*

**Thursday 22 September 2016 at the Hilton Hotel**

**Special Guest Dr Ian Johnson and Viythia Katharesan – The South Australian Health and Medical Research Institute (SAHMRI)**

Dr Ian Johnson is the Head of Anatomy and Pathology at the University of Adelaide. Ian works on the mechanisms underlying neuronal injury and repair, with particular reference to Motor Neurone Disease.

This will be an exciting and informative session for anyone wanting to know more about the latest research on Motor Neurone Disease occurring in Adelaide.

To register your attendance please call us on 08 8234 8448. We hope to see you there!



### You, Me and MND

It is always our goal to provide an open and welcoming environment for all participants that is full of important information, along with an opportunity to share experiences and socialise.

These sessions are so important to the South Australian community affected by MND and all are welcome to attend.

The meetings are an open informal format and provide an opportunity to:

- Gain useful information about MND and MND SA
- Network with others with MND, their Carers and families
- Socialise and share experiences
- Find out about new supports and assistive equipment
- Speak with MND Advisors, Jerry and Pamela, in a group setting.

Join us for a cuppa and a chat and stay for lunch!!

### What would YOU like to talk about?

We welcome your feedback, so let us know what topics you are interested in and we will plan 2016-17 with your ideas in mind!



## Meeting dates and themes for 2016

**Thursday 22 September 2016\*** 11am – Ian Johnson - Research

**Thursday 17 November 2016\*** 11am – Julia Greig – Speech Path

*\*Meetings will continue to be held at the Hilton Hotel, 264 South Road Hilton 5033.*

### Show your support to MND SA

#### There's still time to Host a Morning Tea for MND

Get your whole workplace, friends and family involved and order Vili's iced blue donuts in support of MND SA. Orders accepted for the month of August.

Please place your order ten business days before your event by clicking [here](#) or call 8234 8448.



### Get on your bike and ride for MND SA

The Great Southern Crossing is a virtual cycling event for teams of up to five riders.

Register your team [here](#) and create a fundraising page in support of MND SA. Pledge your commitment to ride 5200km in 28 days (1 September – 28 September).



Ride, sweat and repeat. Anywhere. Any time.

### City Bay for MND SA

Whether you walk or run the City-Bay take part in the event as a way to show your support for MND SA! The state association that cares for South Australians with Motor Neurone Disease.

Register for the City – Bay [here](#).  
Once you have registered for City-Bay create an



Everyday Hero fundraising page [here](#).

### More ways to support MND SA:

Could you or your workplace volunteer at or host a fundraising event?  
MND SA have a variety of annual fundraisers for people to participate in or you can create your own. Perhaps you could donate a prize, service or experience to MND SA?

For more information of any of the above fundraising opportunities, please email Bianka, [fundraising@mndasa.com.au](mailto:fundraising@mndasa.com.au) or call 8234 8448.