

SPRING 2020 ISSUE

the cornflower

MOTOR NEURONE DISEASE ASSOCIATION OF QUEENSLAND INC NEWSLETTER

Australia Moves for MND

Spotlight on New OT Service

Travelling with MND

Management Committee Update

Meet Sandra - MND Advisor &
Support Coordinator



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PROVIDER



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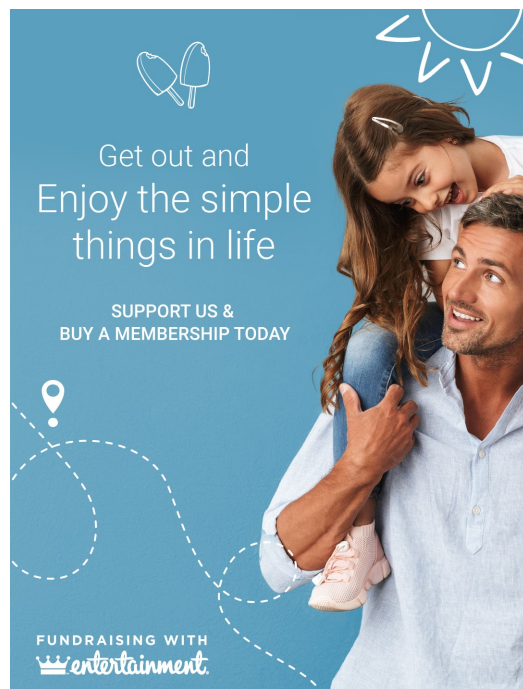
Entertainment Memberships unlock hundreds of discounts which can save you thousands of dollars. Even better, every membership that MND Queensland sells helps to fund our work to provide support and services to Queenslanders impacted by MND.

Unlike the old Entertainment Books, the new Entertainment Memberships are an app, so you take the deals with you wherever you go with your phone, which makes claiming your bargains very convenient. Plus, within just a few uses, the membership pays for itself!

There are new discounts being forwarded to your app all the time, and plenty of takeaway dining deals too, perfect for COVID-19.

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ANNUAL GENERAL MEETING - MARK YOUR CALENDARS

The Annual General Meeting of the Motor Neurone Disease Association of Queensland Inc. will be held on Saturday 21 November 2020. Members will be officially notified by mail in the coming weeks.

CONTACT US

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SOCIAL MEDIA

Facebook: www.facebook.com/MNDAQ

Walk to D-Feet MND: www.facebook.com/Walk2DFeetMNDQLD

Twitter: twitter.com/MNDQueensland

Instagram: [@mndQLD](https://www.instagram.com/mndQLD)

Linked In: www.linkedin.com/company/4869077

FEEDBACK AND CONTRIBUTIONS

Please send your feedback or story ideas to fundraising@mndaq.org.au.

DONATIONS

You can make a donation by credit card by calling 07 3372 9004 or at www.givenow.com.au/mndaq. You can also post a cheque or money order (made out to MND Queensland) to the postal address above. Donations \$2 and over are tax deductible.



FROM THE CEO'S DESK

Writing for a spring newsletter suggests the changing of the seasons. We are in a time when we still experience the chill of winter, seeking the comfort of the familiar and staying close to home but at the same time experiencing more frequent days of warmth and clear blue skies encouraging us out to adventure and explore... metaphor perhaps for the business life of MND Queensland.

We are in a season of change; we are emerging from a time of "hunkering down" and waiting for the sun to come out. COVID-19, like a storm, threatened to chase us indoors but that has not been the case. The season of change has seen new faces and skills, in the Board room and on the staff. Where there is some sadness about the change from the familiar, there is also the excitement of the season of growth that we are heading into.

In our spring garden we have more staff and more client services being delivered than ever before. We have more equipment and this includes the benefit of a large grant for new equipment from Fight MND and we have received a grant from Queensland Health to add to a generous donation from one of our loyal supporters to help set up our new Occupational Therapy services.

We have seen some staff leave and other new staff arrive just like the winter pruning and spring growth in the garden. We have seen the need to change the way we have done many things in the past, our delivery, our communication, how we hold our AGM and engage with members, how we reach out to support people in remote and regional communities, how we relate to other organisations supporting the MND community in Queensland, throughout Australia and indeed in the international scene.

Perhaps one of the biggest changes ahead of us, is the move to other premises. The impact of social distancing has closed many businesses, but we have grown. At the 2015 AGM, the members of the Association approved the sale of the house so that we could find more appropriate premises from which to operate. Subsequent Boards have endorsed this, and we are close to making that



move. The house in Inala, known as the Charles Graham House after our founder, has been our home since 1993 and this was made possible through the generous donations of members at the time. What a story...that the generosity and support of the Queensland MND community at that time has got us to where we are now, with our own facility, our own home within which we have grown and learned and helped so many people.

As we have outgrown it now, we need to make the move and the funds released from the sale of the house will support our steps into the new future, where we are able to give support to more people from a base that helps us to do that safely and better...For that is our mission. Everyone of the staff benefits from the foundational work done by the membership and Board over the years. **You were the first Gardeners.** Everything we do from the base you have given us, is to honour those who have gone before, to deliver more services to more people, and to support those needing Care until there is a Cure. Bring on Springtime.

Kind regards
Ian Landreth
Chief Executive Officer
MND Queensland

A promotional poster for the 'Walk to D-Feet MND Brisbane' event. The background shows a group of people, some wearing white t-shirts with the MND logo, walking along a path near a body of water. A large red banner with white text is overlaid on the image. In the bottom left corner, there is a logo for 'WALK TO D-FEET MND' featuring a stylized orange foot. In the bottom right corner, the text 'Register at:' is followed by the website URL.

WALK TO D-FEET MND BRISBANE
From 9AM, Sunday 25 October at a new venue - New Farm Park
register online, get sponsored and help people with motor neurone disease

**STRICTLY LIMITED TO 500 PEOPLE
DUE TO COVID-19 RESTRICTIONS.
HURRY, REGISTER NOW!**

Register at:
www.mycase.com.au/events/walktodfeetmndbrisbane2020

MND QUEENSLAND MANAGEMENT COMMITTEE UPDATE

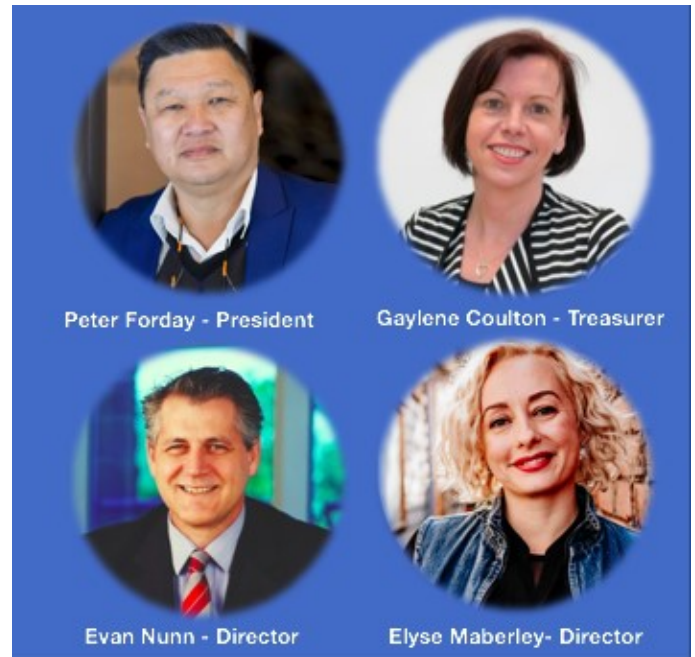
We recently had some changes in our Management Committee. Subsequent to the June committee meeting, the following Directors resigned from their formal roles in service to the Association: Peter Denham (President), David Schwarz (Vice President), Elizabeth Holyer (Treasurer), Moya Denham (Director) and Graeme Holyer (Director), further to Dean Palmer (Director) resigning in May this year. Liz also gave notice in her role as Secretary to the North Brisbane & Caboolture Support group, which she served in across 27 dedicated years.

There are many decades of experience and commitment cumulatively represented between the Directors in service to MND Queensland and we thank them for their contribution. The outgoing Directors expressed that it had been a privilege to serve the MND community on the Queensland Management Committee and wished the Association every success for the future.

We are appreciative of offers from experienced Directors to sustain efforts toward the Association purpose, values, and vision. An expert and enthusiastic new team has been assembled. Our new co-opted Directors include: Peter Forday, Adj. Professor Gaylene Coulton, Evan Dunn and Elyse Maberley.

Whilst our new Directors have plenty of business expertise and governance experience behind them, their alignment to the mission of the Association is underpinned by their own individual track record in advancing quality health and other community support services including within palliative settings, to vulnerable elders or people living with a disability.

The interim Directors will act as stewards for the interests of the Association until Members can elect a new Management Committee at the 2020 AGM. Briefings have commenced to help them understand where the organisation is at, including the draft strategic plan which is targeted to be finalised for the AGM. The timing and arrangements for the AGM this year will be different, in response to suitable planning around COVID-19. In addition to proudly introducing you to our high-calibre interim Directors, we are grateful to receive offers of



support from the Board of MND Australia and from the State MND Association CEOs who recognise we are embarking on a new journey for MND Queensland.

The year 2020 is a landmark year in more ways than one. The Association reflects a distinguished legacy and we are part of a strong National Alliance which continues to create shared goals and opportunities for collaboration and impact. Our team of committed staff support people each day to face the impacts of MND. Our focus will be to serve as custodians of the Association to enable staff to continue to deliver and develop services to clients in need. What will not change is our commitment to support those impacted by MND, our clients, our members, and the friends, family members and all supporters who together create our MND Queensland community.

We are committed to sharing news with you and enabling your opportunity to participate in the future of the Association. Stay tuned for further information about these plans. Do not hesitate to get in touch with Ian Landreth, our Chief Executive Officer, or myself Megan Peach secretary@mndaq.org.au should you have any comments or queries in the meantime.



A MESSAGE FROM OUR INTERIM PRESIDENT PETER FORDAY

On behalf of the interim Board, may I begin by acknowledging the traditional owners of the lands upon wherever you may be reading this newsletter. Furthermore, in the related tradition of acknowledging sorry business may I pay my respects to all of our members and other stakeholders who lost a loved one to MND since the last newsletter.

It would be an understatement to say that 2020 has been a very challenging year for all of us for so many different reasons.

Our CEO, Ian Landreth and the whole MNDQA staff have been exceptional during 2020 and I thank them for continuing to expand the quality and reach of the important services that we provide within the community.

By now you would have heard that a number of changes have occurred at the Board level and I thank Megan Peach for her ongoing role and Gaylene Coulton, Elyse Maberley and Evan Nunn for joining me as new members. Collectively we have come together to form a strong team to support this fantastic organisation through until the AGM at the end of this year. I also thank the Board members that needed to step down earlier this year for their own respective and personal reasons. Sitting on a voluntary Board requires passion, dedication and effort and the previous Board members contributed all of these, and for some over many years.

The interim Board has been overseeing a very busy time including completion of the financial audit for last year, securing finances to sustain us through the impact of COVID, policy, procedural and constitutional reviews in advance of our scheduled NDIS Audit, and management of the risks and opportunities associated with COVID and other operational matters.

One such opportunity realised is that for the very first time, people will be able to attend the AGM on line. This means that for the first time people can attend from wider Queensland including regional and rural locations. Of course, this new format means there is a lot to organise but we hope this can enable wider participation with our



membership as well as becoming a part of our future as well.

The AGM is being planned for Saturday November 21st and more detailed information will be sent out in the near future.

As part of the call for Board nominations we will be developing a skills matrix that will hopefully capture not only the diversity of professional and governance skills required to provide best practice organisational stewardship for MNDQA, but also the values, networks and interpersonal capabilities essential for ensuring that the ongoing and changing needs and aspirations of those Queenslanders affected by MND continue to be understood and realised.

If you would like to begin a conversation about your possible interest in nominating for a Board position, please do make contact with me via president@mndaq.org.au.

Peter Forday
President



GLENN USES AN EYE-GAZE DEVICE TO CONTROL HIS WHEELCHAIR

We recently met with Glenn and Sue who live near Gympie. Glen is 57 and was diagnosed with MND in 2013 and since then, he's lost much of the use of his arms and hands. While Glenn can still walk and talk, he has purchased an electric wheelchair and eye-gaze machine and has linked them together and is able to control his wheelchair via his eye-gaze. We thought we'd catch up with Glenn and his wife Sue to have a chat about using technology in such a useful way.

Glenn was diagnosed with MND in a roundabout way, "I actually had a dirt-bike accident. They picked up a broken C3, a crack. Anyway, it was the right hand mainly that was the problem, just motor skills, and they thought it could have been from the bike accident." he said. Glenn was formally diagnosed with MND in November 2013.

The formal diagnosis came as a shock like it does for most families. Sue said "initially we tried to cram a lot in and we went to America and did a bit of travelling." Glen added "I've been very lucky that it is slow. So there have been no drastic, sudden changes."

Over the years Glenn's symptoms have progressed and he says now MND affects 'My right hand and right arm, speech, lung function, and then my left arm and hand. I can't feed myself. It's sort of chest up. My neck strength is a bit hmmm...' With Glenn having difficulty using his arms and hands these days, he now uses his eye-gaze machine to access the internet and social media. He said "We've had the eye-gaze for a couple of years, more for communication because I can't use a computer or iPad. With the eye-gaze I can go onto Facebook and stuff like that."

Initially Glenn rented an eye-gaze machine from MND Queensland, but he had a system approved through his NDIS package and has purchased one outright now. Through the NDIS the family have also had some home modifications done with a ramp leading to their front door and are expecting some more home modifications to be done to improve the bathroom through Glenn's NDIS package.

The NDIS has also funded an electric wheelchair for Glenn which he has linked to his eye-gaze machine. Within days of the connection being made, Glenn was teaching himself to navigate his wheelchair on his own just using his eyes and his eye-gaze machine. Glenn gave us a demonstration and it's quite amazing what technology can achieve! The independence and ability to continue to participate in community life are amazing! We'll share some video on our Facebook page, so watch out for that.



Glenn and Sue are extremely grateful that they are able to access the NDIS. Through the NDIS they also get in-home support, Sue says "It's mainly for me to have time off really, at this stage, so it's usually just one day a week. We still get out and about and do things. We have a caravan and I tow it and we go away in that as well."

Their favourite caravanning spots are Rainbow Beach and Inskip Point, and they often go with a group of friends as well.

When asked about his attitude to living with MND, Glenn said "Just keep on keeping on!"



TRAVELLING WITH MND - KEV & LEANNE'S TREK ACROSS OZ

All going well, on 4 September, Kevin and his wife Leanne will be heading off on their trek from Brisbane to Perth. They will be taking their time caravanning across Australia to take in the sites and at the same time, they will be increasing awareness about Motor Neurone Disease as well as raising vital funds for MND Queensland.

Kev was diagnosed with MND in January 2020. His symptoms started as pins and needles in his hands and then funny feelings in his legs combined with numbness, balance issues and drop-foot leading to him to occasionally falling over. This is when the doctors' visits started. Through tests they found that he had a pinched nerve in his neck, but they eliminated this as the cause of his problems and took a muscle biopsy and did nerve conduction tests which confirmed his MND diagnosis.

While Kev's diagnosis is still sinking in for both himself and his wife Leanne, he's still doing OK and while he's still OK he wants to keep doing what he loves. So Kev and his wife Leanne are returning to Perth to live, it's also where Kevin's family and friends live, and during the journey they will get to enjoy their love of caravanning at the same time.

Unfortunately, due to COVID-19 their plans to trek to Perth via the southern states has now changed to them trekking across the north of Australia, and then down to Perth. This means that they won't be able to catch up with kids and grandkids as they had planned and they'll still be required to quarantine for a fortnight when entering Western Australia, but this was the best solution for them.

Kev and Leanne have bought a fancy new 22-foot caravan with all the comforts of home (and some special grab rails for Kev) and they'll be towing this behind their 4WD.



They'll also have some company on the trip too with a friend joining them on the trek who will also be towing her own caravan.

To keep up with Kev and Leanne's Trek Across Oz, you can follow their Facebook blog www.facebook.com/Traveling-with-M-N-D-100439588404273.

Kev and Leanne have a goal of raising \$10,000 over the course of their trek to help MND Queensland provide support and services to families impacted by MND across the State. You can also donate to their My Cause donation page at <https://bit.ly/3aEvi9H>.

If you would like to help increase awareness on MND and raise vital funds for MND Queensland to provide essential services, contact Jason Russo, our Fundraising and Communications Manager by calling 07 3372 9004 or email fundraising@mndaq.org.au.

A banner for the 'Walk to D-Feet MND Toowoomba' event. It features a group of people walking on a path in a park. The text at the top reads 'WALK TO D-FEET MND TOOWOOMBA' in large white letters, followed by '9am, Sunday 15 November, Queens Park Botanic Gardens'. At the bottom, it says 'register now & start fundraising at www.mycase.com.au/events/walk2dfeetmndTWB20'. There are logos for 'WALK TO D-FEET MND' and 'mnd Queensland'.

SPOTLIGHT ON NEW MND OCCUPATIONAL THERAPY SERVICE

Introducing an Occupational Therapy service is a significant step in broadening our service offerings to better meet the needs of Queenslanders impacted by MND. The idea of having an OT on staff was initially inspired by the success in this area of the MND Association in South Australia whose clients have really benefitted from that specialist MND service.

We believe strongly that having access to a responsive Occupational Therapist who understands Motor Neurone Disease will have a real impact on our community and are now fortunate to have not one but two on the team!

This would not have been possible though without the incredible generosity of a benefactor. She has made it clear that she doesn't want public recognition so I won't name her but we do want her to know that we are forever grateful to her for believing in the idea and being the one to make it happen. Thank you – you know who you are!

Miriam

If you haven't already met me or seen me on Zoom, you might often hear people refer to me as the 'tall one'. I get this a lot and understandably so, standing at 6 foot 2. Unfortunately, I cannot use this advantage to play basketball due to my clumsy nature. However, it does not impede my work as an Occupational Therapist. For the last 20 years I have worked mostly in the community visiting people in their own homes. I have loved this work as you get to form meaningful relationships with people and have the privilege of working alongside them to brainstorm, problem solve and resolve many day to day issues that lead to living a more independent and fulfilling life.

I applied to work at MND Queensland at an odd stage of my life, needing a change of scene and right in the midst of COVID-19. It has been a high learning curve and at times daunting (at how much I don't know) but on the positive note energizing and empowering.

Peta

I am the other Occupational Therapist, in this two-person OT team. My name is Peta and like Miriam, I have accumulated many years working as an OT in various roles. I have worked in hospital, community and private settings for adults as well as children with complex health needs. Like Miriam, I also enjoy working with you, my clients, and your families and other support persons to enhance health and well-being through enabling participation. Participation in the things that people want to, need to or are expected to do.

I applied to work at MND QLD after moving here from Canberra earlier this year. Like Miriam, I also needed a



MND QLD Occupational Therapists: Peta (left) and Miriam

change in scene, from working with children to re-visiting the earlier stages of my career by working with adults. So far, I have thoroughly enjoyed this change, the diversity in the things that I do, the pace in which I am required to work, and the amazing people that I have met along the way.

The OT service at MND Queensland may be new but together Miriam and Peta bring a brains trust of information and life experience.

They are aiming to provide a timely, personable and responsive service to people with MND and work with them on their goals. This may include such things as finding the right fit of equipment to suit a client's needs, giving advice regarding how simpler options may provide a solution right now, or going all out and looking at major home modifications, dynamic life changing technology and putting clients in touch with services to support these.

Our OTs can also provide assistance to carers with education and training. We do not promise to know everything but we are dedicated to working with you, the real expert, and your other service providers to source this information for you so you can make an informed choice on what you want.

If you want to see Miriam and Peta in action, we've recorded a couple of webinar's that you might find useful. These are on good manual handling techniques for carers and useful gadgets to maintain independence in the home. You can find them on our website www.mndaq.org.au/Get-informed/MND-QLD-Webinars.



MND QUEENSLAND - GET INVOLVED

MND Queensland is a community organisation without ongoing government funding and we are highly reliant on fundraising efforts. You can get involved to help build the organisation and help us better meet the needs of Queenslanders impacted by Motor Neurone Disease

We recently created a flyer for our supporters informing you of some of the ways you can get involved and help continue our work. The following article highlights some of those ways that you can support our work. You can download the flyer from our website at www.mndaq.org.au/Get-involved.

One of the easiest ways to get involved and support the work of MND Queensland is simply by making a donation. MND Queensland is a registered charity and deductible gift recipient and all donations \$2 and over are tax deductible. You can donate by calling us on 07 3372 9004, mailing donations (made out to MND Queensland) to PO Box 470, INALA QLD 4077 or by donating online at www.givenow.com.au/mndaq.

If you're making a donation online, why not take a moment to consider becoming a regular, monthly donor. This is a great way to support MND Queensland as it gives us a regular income and also reduces our administrative work as Give Now automatically generates your donation receipt.

Becoming a member is another great way to support our efforts. By being a member you have a vested interest in MND Queensland and have benefits such as voting at our AGM and the ability to nominate to become a Board member. By being an official member you're also aligning yourself with our values and vision and strengthening our efforts when we talk to Government and other funding bodies for support. You can find out more about membership by visiting www.mndaq.org.au/Find-help/Membership. Members receive The Cornflower newsletter by post along with our Annual Review.

Hosting your own fundraising event can be a fun way of helping to increase community awareness about Motor Neurone Disease as well as raising vital funds for MND. Just like Kev and Leanne on page seven of this issue, anyone can get involved by hosting their own fundraising effort. There are many things that you could do such as... hosting your own art exhibition, putting on a concert, a play or a musical, having a 'Drink Tea for MND' tea party with a few friends (and asking for donations instead of a plate, gift or flowers), or creating your own sporting challenge... You're only limited by your own imagination. Get a few friends together and pitch your idea to them to inspire them to help you. Whatever you're doing, get in



touch with MND Queensland and let us know what you're doing as we may be able to help you make your event an even bigger success!

Have you got enough stuff already and have a special occasion like a birthday, wedding or anniversary coming up? Why not ask your family and friends to make a donation to MND Queensland instead of giving you something you don't need or might already have.

Donations in lieu of flowers at funerals are a nice way to pay tribute to someone who has passed from MND and MND Queensland has special envelopes that we can provide for funerals or services to collect donations. Just get in touch with us to request some to be sent to the funeral home of your choice.

Simply liking and sharing our social media posts is another way to get involved and help our efforts.

However you'd like to get involved, we appreciate your support and belief in our work and every dollar raised really does make a difference in the lives of people impacted by MND in Queensland. For more information please call Jason Russo, our Fundraising and Communications Manager on 07 3372 9004 or email fundraising@mndaq.org.au.

AUSTRALIA MOVES FOR MND AND JAKE PARKER'S GREAT EFFORT

Earlier this year, for the first time, all of the MND state bodies came together to work on a national virtual fundraiser. We'd actually been working on the concept since late 2019 and were fortunate that we were in a position to launch the virtual event in early May as COVID-19 meant that we'd had to cancel or postpone many of our other fundraising events and activities.

Australia Moves for MND was the virtual event created through many months of planning and collaboration with MND Victoria taking a lead on the project and bringing it to fruition. We're very appreciative of the leadership that the MND Victoria team showed in this process.

Australia Moves for MND saw hundreds of people across the country register to move in any way they wanted for MND. More than \$220,000 was raised across the country to provide support and services to people impacted by MND. This couldn't have come at a better time with all our State counterparts having also suffered a blow to their fundraising efforts due to COVID-19.

An inspirational mover was Kirsten Harley from NSW who has MND and was able to do her 'eyebrow boogie' every day. Kirsten raised an amazing \$7,046.

Queensland's highest fundraiser was Jake Parker from the Gold Coast. Jake had initially planned on running the Gold Coast Marathon for MND Queensland, but that event was cancelled, so instead, he registered for #AM4MND and ran the distance of the marathon on 21 June, the last day of the challenge which also coincided with Global MND/ALS Awareness Day.



Pictured: (Left) Seth from MND QLD with Jake (middle) and Leigh from MND QLD at Jake's birthday party celebrating his great #AM4MND effort.

Jake was inspired to take the challenge to pay tribute to his late mother Jane who lost her battle with MND earlier this year.

Through his great effort and using social media to inspire his family and friends to donate, Jake raised a total of \$12,805.

We are grateful to everyone who participated or donated to #AM4MND. We are looking forward to implementing all of our learnings from our very first national virtual fundraiser and doing it again in 2021. Watch out for more information next year.

WALK TO D-FEET MND GOLD COAST 2020 9AM, Sunday 11 October, Hollindale Park, Main Beach



MEET SANDRA BIFFIN - MND ADVISOR & SUPPORT COORDINATOR

Can you please tell our readers when you started at MND Queensland and a brief background on your professional life and the skills that you bring to the role?

I started with MND Qld on the 17th of March 2020, St Patricks Day to be sure to be sure...

I have had a varied Professional life. The majority of my earlier years were in the Banking sector starting off as a cashier progressing to be a Branch Manager at a young age. I have managed Departments working with Treasury on Investments, I became a Personal Banker managing a large portfolio of high net worth clients both internationally and within Queensland. I was fortunate to move into Credit, assessing lending outside policy and looking at the risk to the bank and also the client. Then moving into Private Banking. The Banking world has given me vast skills in time management, understanding financials and budgets, report writing and working with a variety of clients to meet their needs and financial goals.

At this time I started studying a Degree in Psychology. Yes I was working part-time and studying and a Mum. Being a Mum was my most important and rewarding job. I left the Bank and started studying full-time to have a study/life balance while my child started school. It was very important for me to be a Mum. I mixed both my experience in Banking and studies in Psychology moving into Financial Counselling moving into a Reporting Analyst I moved into a Practice Leader within Financial Counselling and Gambling Help, overseeing the State service call centre and face-to-face counsellors. I moved across to another NGO as a Practice Leader specialising in family law and family disputes. This experience has given me insight into family dynamics and being solution focused for my team and also for the clients.

Coming across to MND Qld was a personal decision with knowing very closely people and families impacted by MND. I bring with me varied skills in Management and People but I learn every day from the people I encounter, their stories and their individual journeys which I am very appreciative to be a part of.

Your role is MND Advisor and Support Coordinator. What do you find is the biggest demand of your time in the role?

The predominate amount of my time is on building relationships with clients and services, finding suitable solutions to complex situations for the benefit of the clients and their families.

What is the most rewarding part about working for MND Queensland?

The people we support and our MND Qld team. The MND Qld team all have their hearts in the right place, with the clients and families at the forefront, which is commendable.

The most important and rewarding part about working for MND Qld is the people and their families. They are all heroes going through such a tough journey. We find laughter in the small things, which is important. We get some big wins with funding approvals for the much needed equipment or home modifications. Importantly the first assessment and approval for funding for people who are

newly diagnosed with MND and are in such great need for support. I find these successes rewarding.

What tips can you give people who are new to the NDIS about getting the best value for money out of their packages?

I think the best tip is to understand your NDIS Package and the different components, and what each means. To me don't just look at the total funding but understand each component of the package and what the money can be spent on. From this you can plan and look at the services to meet your needs now and to the future as your needs increase.

What about people that have been on the NDIS for a while... is there any advice you would give them about getting the best value out of their packages?

Be aware of the costs of services and your budget. Consider the cost effectiveness of your plan for the next plan period so it meets your ongoing needs. Work with your Support Coordinator and your Allied Health Team to understand what supports your needs into the future. It is important to get this information into your next plan through reporting in preparation for any plan review. It is very important to be prepared.

I know you have a personal experience with MND in your family. Would you mind sharing a bit about your family's experience with MND?

The reason for coming across to MND Qld was due to MND touching my family. MND is within my family so I have seen and experienced the MND Journey personally and understand the impact on family and loved ones. This understanding gives me strength to find solutions and make things just that little bit easier, if possible, to the people we speak to every day.

MND can be such a complex condition to manage. What has been the biggest learning for you since working at MND Queensland?

The main learning for me was that people make choices and they need to be able to make these choices, right or wrong they are their own choices and MND is their own journey. This needs to be respected.

What do you get up to in your spare time? Any hobbies or interests?

I enjoy the water and the beach going to Tallebudgera Creek or to the beach at Currumbin or the Burleigh Headlands, this is my happy place. I like doing Art when I get the chance, I have completed some abstract resin artworks recently. I enjoy drives into the Mountains, Tallebudgera Valley, Currumbin Valley and Northern New South Wales (not since COVID-19).



WHAT'S ON

11 Oct - Walk to D-Feet MND Gold Coast, 9AM, Hollindale Park, Main Beach. Register now & start fundraising at www.mycause.com.au/events/walk2dfeetmndgc2020

25 Oct - Walk to D-Feet MND Brisbane 9AM, New Farm Park (near the Powerhouse), New Farm. Register now and start fundraising at www.mycause.com.au/events/walktodfeetmndbrisbane2020

15 Nov - Walk to D-Feet MND Toowoomba - 9AM, Queens Park Botanic Gardens, Toowoomba. Register and start fundraising at www.mycause.com.au/events/walk2dfeetmndTWB20

21 Nov - MND Queensland Annual General Meeting, details to be mailed to members soon.

30 Nov - 2 Dec - Annual Alliance Meeting (Virtual) www.alsmndalliance.org/annual-alliance-meeting-2020/

3 - 4 Dec - Allied Professionals Forum 2020 (Virtual) www.alsmndalliance.org/allied-professionals-forum-2020/

9 - 11 Dec - 31st International Symposium on ALS/MND (Virtual) www.symposium.mndassociation.org/programme/

18 Jun 21 - 10th National MND Australia Conference www.mndaust.asn.au/conference.aspx

MND SUPPORT GROUP MEETINGS

If you, or someone close to you has been impacted by MND, you are welcome to join in on our free MND Support Group Meetings. The meetings sometimes have special guest speakers to help educate and you will get to meet other people who are experiencing, or have experienced MND so that you can share and learn from one another.

Due to COVID-19, we have now introduced regular **online** support group meetings via Zoom. All clients are sent invitations to participate via email. Please make sure we have your current email address on file to make sure you're getting your invitations. If you require a Zoom invite to participate, contact us by emailing support-groups@mndaq.org.au or call 07 3372 9004. You can participate in Zoom meetings using a computer, laptop, tablet or phone.

Monthly Carers' Support Group Meetings - 1PM every fourth Tuesday. Next meeting 15 September, then the following meeting will be at 1PM 13 October.

Online MND Support Group Meetings - 11AM weekly with special presentations fortnightly

UPCOMING SPECIAL PRESENTATIONS

- 17 September - Sex and Intimacy presented by Lois Quick, CNC, Chronic Disease Brisbane South
- 1 October - Talk the NDIS Talk (Getting the Most From Your Funding) presented by MND Queensland's Sandra Biffin, MND Advisor/Support Coordinator
- 15 October - My Aged Care presented by Stacey Thorpe, Director of Services, MND Queensland

MND QUEENSLAND DONATION FORM - SPRING 2020 NEWSLETTER

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For direct deposit donation details, please call 07 3372 9004 or email info@mndaq.org.au

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☐ Please send me information about leaving a gift in my Will

Or, if you are using a credit card you can call us on 07 3372 9004 or donate online at www.givenow.com.au/mndaq

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