



FORUM

Motor Neurone Disease Awareness Week 2002 17 - 23 March

For people with MND, the blue cornflower is the symbol of hope for a better future. We need to invest in research to find a treatment and a cure for this devastating disease.

Will you help?

On Cornflower Blue Day (Friday 22 March), a little help goes a long way.

- Help by wearing blue and giving a gold coin
- Help attract attention – spray/dye your hair blue for the day
- Buy and wear a blue cornflower to show you care.

People helping people by raising awareness of MND

SYDNEY

Well, perhaps it should be described as 'Awareness Fortnight'. Although the official dates are 17-23 March, the first event takes place on **9 March**. In Sydney, the Harbour takes centre-stage again. Firstly, at Rushcutters Bay, 'Sailors *with* disABILITIES' are taking a group of people with MND, and carers, on a sail around the harbour. (*Places are still available as 'Forum' goes to print*). Across the water, on the following day, volunteers will be raising awareness about MND at Broken Bay where the Combined Clubs Offshore Regatta takes place.

11 March. Melinda Gainsford-Taylor will give a master class at Kambala School to provide a media opportunity. Girls at the school will dye their hair blue for MND (with the assurance that it will be back to normal colour for school the next day).

13 March: Government House is again the venue for the official launch of MND Awareness Week at 11 am. Again, we will have the company of our special ambassador, Melinda Gainsford-Taylor, while the official proceedings will be presided over by John Watkins, MP, Minister of Education and nephew of the late John Watkins - who had MND. We are looking forward to welcoming Helen Watkins to see her nephew do us this honour. The educational theme will be reinforced by the presence of the young people who walked from Newcastle to Sydney in December and raised nearly \$6,000 for MND. Dr Perry Bartlett (from the Walter & Eliza Hall Institute of Medical Research, Victoria) will talk about the latest developments on stem cell research, so this will be a real opportunity to find out what is happening in MND research. Booking is essential.

15 and 16 March. Judith Durham, MNDA Australia patron, has performances at Taronga Park Zoo. Volunteers are needed to help with collections for MND after the two shows.

19 March. 5th Annual MND Conference for health care providers at Concord Hospital. The title of the conference is 'Health promoting palliative care and motor neurone disease' and we anticipate a full house with over 120 people attending.

22 March. Cornflower Blue Day - wear blue, dye your hair blue, do anything you can to raise awareness.

On the evening of this special day there is a concert by the Sydney Conservatorium's Symphony Orchestra in the beautiful auditorium at their spectacular new home developed beneath the old Government House stable block and the Botanic Gardens. A fabulous opportunity to see Sydney's latest setting for music. The Cons' new conductor,

Harry Lyth, leads the orchestra in a program of Brahms and Berloiz plus an accolade to cellist Pablo Casals by Ginestera. There will be a reception in the Music Cafe afterwards.

MNDA is especially grateful to the Management of the Conservatorium as its policy on performances for charities remains to be formulated - so this is a very special concession and adds a classical touch to our Awareness Week program.

Street collections will take place in Martin Place on **21 March** (where Touchwood vocal trio will be singing for MND) and around Central, Circular Quay and Town Hall on **22 March** (which is Cornflower Blue Day).

24 March sees a special Sunday morning service for MND at St Andrew's Cathedral. Dr Paul Brock has agreed to read the lesson and the sermon will be given by Archdeacon Trevor Edwards. This service follows the great example set by Newcastle over the past two years with its MND Awareness Week Sunday service.

SHOPPING CENTRES

An intrepid army of volunteers is engaged in setting up stalls in major shopping centres. In 2002, the Sydney centres are: Bass Hill Plaza, Carlingford Court, Penrith Plaza, Warringah Mall, Westfield Figtree, Westfield Hornsby, Westfield Miranda, Winston Hills Shopping Mall while Support Groups around New South Wales are active during the week (see below). Make a point of looking in, looking up and, if you have the time, clocking on.

NEWCASTLE & HUNTER REGION

Awareness Week goes from strength to strength in the north. The service at the Baptist Tabernacle Church, on Sunday evening (17 March) launches Awareness Week officially. Audrey Mackenzie has worked tirelessly to ensure that there will be substantial media coverage and the Toronto Rotary Club has organised a Charity Ball on Saturday 23 March at the Toronto Workers Club.

Volunteers will be manning stalls in five major shopping centres in Newcastle and the Hunter region. A Golf Day for MND will be held at Singleton Golf Club on Sunday 24 March.

CENTRAL COAST

Stalls will be manned at Kariong on 17 March and at Erina Fair on 21, 22 and 23 March. Extra volunteers will be welcomed with open arms.

NORTHERN RIVERS

Thursday 21 March at Lismore Shopping Centre and Friday 22 March at Lismore Central Shopping Centre.

KIDSTUFF

Repeating the educational theme from the launch, through the auspices of Dr Ken Boston, Director General of Education, MNDA NSW has had the backing of the Department. This year, schools can join up and join in the activities - supervised by 'Corny' - on our website at www.mndnsw.asn.au/kidstuff. The material is designed to be child-friendly while introducing young people to MND (and fundraising). If you have any influence over any schoolchildren, please try to get them to get their school involved!

Elizabeth Herbert

Why MND Awareness Week?

To make life easier.

The more people understand about MND, the less we have to explain.

Although awareness has been raised by the hard work of people like you, there are still many people out there who do not understand that.

Raise awareness

Raise money to support the best possible quality of life for people living with MND

Raise community awareness to support research to find the way to a future with no MND

A really Corny idea!

At the outset it was decided that the best medium for advising schools about MND - and getting their co-operation during MND Awareness Week - was to use the internet. Nick Gole volunteered to put the information on our website. He was the technical wizard but other people were involved in the process.

A teacher, Anne Forbes, wrote a description of MND which was written for primary school children – and added activities – while links to other sites, from the main website, will keep older children aware and interested. Anne also suggested that a cartoon figure would be a help when introducing young people to MND. That was how we met Dave Hackett who created ‘Corny’.

Look him up on the internet at www.mndnsw.asn.au/kidstuff.

It is hoped that he will become a full-time member of the team and make an appearance in publications designed for the younger generation. He should also be setting a good example and encouraging people to spray/dye their hair blue during MND Awareness Week.

From the President's Desk

Happy New Year to all and welcome to the 21st year of the Motor Neurone Disease Association of NSW Inc. We had a very successful 2001 and there is every reason to believe that this trend will roll over to 2002.

The 10th International Alliance of ALS/MND Associations and the 13th International Symposium on ALS/MND will be held at the Carlton Crest Hotel, Melbourne from 14 to 19 November 2002. The Symposium is the premier forum for the dissemination of new information in care and research issues relating to ALS/MND. The event is organised by the MND Association UK and usually attracts over 600 delegates from around the world - neurologists, research scientists and health professionals. It provides a unique opportunity for bringing together many people with a primary interest in ALS/MND as well as those with an interest in a much wider variety of neurological diseases. The MND Association of Australia is the host this year. Family Support staff from MND Australia NSW will attend the Symposium.

In July 1995 we employed our first family support worker providing 20 hours of service each week to some 180 members. Six years later, the number of family support service staff has grown to seven, providing 123 hours of service each week to about 275 members. This growth is in line with our goal in the Business Plan for 2000 – 2003. It is our intention now to consult all our members to seek their views about the existing services and to determine the priorities for the future program of services for people with MND. A survey questionnaire will be sent to members soon. I urge you all to consider the questions very carefully and answer them frankly. Our future planning will be based on your views/concerns. The family support service will continue to seek ways to provide more direct support for our members and indirect care through the provision of education and support to care providers.

We will also continue to promote and support the coordinated MND specific multidisciplinary models of care across the State.

Equipment – One of the priorities of the Association is to provide assistive devices to our members with MND as soon as the need for an item arises. The equipment pool continues to expand with a record \$112,311 spent on new equipment last financial year. This was made possible by many generous individual donations, funds from our regional support groups and grants from Lend Lease, Perpetual and Baxter Foundations. We have been making submissions to the NSW Health Department for financial assistance for provision of special aids/equipment since September 1999. I am pleased to report that Mr Craig Knowles, the Minister for Health, has approved an annual grant of \$200,000 to support the MNDA equipment service from 1 July 2002.

Many thanks to Ros Chapman who leaves us at the beginning of March after three years of service to people with MND as our Northern Region outreach worker. We will miss Ros very much and wish her well in her future.

A new outreach worker for the region will be appointed as soon as possible.

I look forward to attending meetings of our support groups throughout NSW during the year whenever it is possible for me to be there. The enormous effort put in by the many volunteers who support one another in these groups is greatly valued by the Association.

Our thoughts are with all those who have lost loved ones.

Kevin Langdon

Congratulations to Alistair Fyfe, secretary of the Newcastle & Hunter MND group, who was selected as the Lake Macquarie Citizen of the Year. Alistair was diagnosed with a rare form of MND in 1995 and now devotes his time to helping others with the disease.

Motor Neurone Disease and Military Service

In September 2001, the Repatriation Medical Authority formally accepted motor neurone disease and death from motor neurone disease as service-related. The implication is that military personnel who present with this disease are entitled to compensation from the Federal Government (conditions apply).

This constitutes a legal precedent but does not constitute proof of a causal relationship.

2002 International Symposium on ALS/MND 14-19 November, Melbourne

The first announcement and Call for Abstracts for the symposium is now on the MNDA UK website which can be found at www.mndassociation.org/symposia/index.htm.

Any interested health professionals, neurologists, scientists, etc should follow up as soon as possible or contact MNDA NSW for a brochure.

Proceedings from the 2001 symposium held last year in San Francisco are also available on the website.

March of Faces Banner

Many thanks to those of you who have sent photos to be included on the first MNDA NSW March of Faces Banner. More photos are wanted to increase the impact of the Banner - a very moving tribute to people who live, and have lived, with MND. Individual vinyl banners carry twenty enlarged photos and, when assembled alongside one another, the march of faces has a powerful, personal impact in raising awareness of the effect of MND.

The Banner will be displayed whenever there is an opportunity - during awareness week, at conferences - anywhere that the impact of the faces will be felt.

If you would like to send a photo for inclusion on the Banner, phone the MNDA office on 9743 5872.

Family Support

The family support team members are all feeling refreshed following their Christmas break and look forward to the challenges of the year ahead.

It is with sadness that we say goodbye to a very valued team member, Ros Chapman, the Northern Region Outreach Worker, who has been working part time for both the MND Association and Multiple Sclerosis Society. Ros has been offered full time work with the MS Society. Ros has worked tirelessly for the Association for over three years and we will miss her and her expertise greatly. We look forward, however, to introducing a new Northern Region Outreach Worker to you in the next issue of Forum. In the interim, all phone enquiries from the people in the northern region of NSW can be directed to the MNDA office on our freecall number, 1800 640 144.

Maintaining the MNDA NSW web site is very important to ensure information on MND and any forthcoming events are up to date and accessible to the increasing numbers of people who use the Internet to access information. In 1998 one of our members, Robin Balsdon, offered to develop and maintain the MND Association of NSW web site. Robin continues to maintain the web site, which at this time of the year is no mean feat. We are very grateful for Robin's initiative and thank him for his continued efforts.

Care for Carers - the Pilot Program is in the final stages. We are currently involved in reporting the outcomes of the program to the NSW Health evaluators and developing a manual and a series of videos. The manual and videos are designed to be used by family carers to provide 'tips and techniques' to accompany the information and advice they receive from the relevant local health care providers. We hope that they will be ready by mid year. The 'tips and techniques' on page 6 are an extract from the draft manual.

The next Care for Carers program will run at Concord from Tuesday 30 April with weekly sessions for four consecutive Tuesdays. More information about this will be sent to you soon.

Information Evenings - a concept developed for people who are newly diagnosed with MND, their family and friends. The meetings (about two hours) are held at Concord Hospital and are designed to introduce people in early stages of the disease to making the most of living with MND and learn how the MND Association can help.

Jennene Arnel, Manager Family Support MNDA Victoria, visited Sydney recently to meet with MNDA NSW family support staff. The purpose of the visit was for Jennene and the NSW staff to meet each other and to discuss common issues. Jennene and I also met to discuss and plan a family support day to be hosted by MNDA Victoria on Wednesday 20 November following the International Symposium in Melbourne. This meeting will allow family support staff from other States to get together to talk about their family support service, future developments and will facilitate the exchange of ideas. All family support staff from NSW and Victoria will attend this meeting and hopefully other States will also be able to send representatives. MNDA New Zealand has already expressed an interest in joining in for the day and we hope that family support staff or similar from other some other counties will be able to come along. The International Symposium and MNDA

Family Support Day offer us a unique opportunity to meet with many other people from around the world committed to improving care and support for people living with MND.

Carol Birks

*Relax into the world,
Release your focus from things you cannot change,
Accept that life has its uncertainties,
Live fully today, and each day of your life.*

Handy hints

BATHING AND SHOWERING

People with MND may experience some difficulty accessing the bath or shower and some modifications may have to be considered. It is advisable to seek advice from an OT early on regarding modifications to the toilet and bathroom to help make access easier and to maintain safety. If the person with MND requires some assistance with showering, nurses, occupational therapists and physiotherapists can advise on easy ways to assist.

The following strategies and equipment may help with potential problem areas:

Getting to the shower:

- Clear access
- Ramps and grab rails
- Mobile shower commode

Getting in and out:

- Non slip mats
- Grab rails
- Bath board
- Shower seat or stool

Drying:

- Attach loops to towels
- Use towelling bathrobe
- Hand/face dryers
- Dry folds and creases well

Skin care:

- Watch out for any changes in skin condition
- Moisturise skin using cream such as sorbolene

Occupational Therapists can advise on bathroom modifications and equipment. The Independent Living Centre is a good place to visit for advice on small aids.

CLOTHING AND DRESSING

Dressing and undressing for a person with limb weakness can be difficult. There are techniques however that can help make this task easier. Occupational therapists, physiotherapists and nurses can help to demonstrate these techniques. Some strategies that may help with dressing and undressing include:

- Loose or special clothing
- Use alternative techniques such as putting trousers on when lying down
- Weaker side on **first** when dressing
- Weaker side on **last** when undressing
- Adapt fastenings – velcro, elastic, hooks
- Hooks to assist with buttonholes

- Front fastening bras
- Long shoe horn
- Sock/stocking gutter aid

EYE, EAR AND NOSE CARE

For some people with MND, scratching and wiping may become difficult and assistance with irritations such as a persistent itch or runny nose becomes very important. Eyes may need to be cleaned with clean damp cotton wool and dried carefully. Any signs of infection should be reported to your GP or community nurse.

SHAVING

There are a number of strategies that can be used to enable the person with MND to shave themselves more easily:

- Use an electric razor – try different ones
- Elevate and support arm on a cushion or similar
- Secure razor and move face against it
- Ensure good lighting and mirrors
- Mobile arm supports
- Sit down with equipment within reach

HAIR CARE

- Easy to manage styles
- Long angled comb/brush
- Hairdryer

NAILS

- Keep fingernails neat and tidy – friends or volunteers may help with fingernails and hand massage
- Podiatrist may be able to do home visits to cut toenails etc

Protect yourself and the person you are caring for by regular hand washing.

If you have found some handy hints that can help others, please let us know so we can learn from your experience.

FOR SALE

Are you considering using hand controls so you can keep driving?

I have a set for sale, asking \$400 with 25% going to the MND Association. It would cost about \$200 to have them installed.

Or you could buy the 1996 Nissan Pulsar to which the controls are currently attached. Total cost about \$10,000 - but not with 25% going to the Association!

Telephone enquiries to 02 4751 2126.

*Margaret Free
Faulconbridge*

Margaret Free has been a great advocate of maintaining independence by driving for as long as possible.

With a slowly progressive form of MND, weak legs should not mean an end to driving. It will be necessary to have a formal OT assessment (usually at Royal Ryde Rehabilitation Hospital) and lessons in the use of hand driving controls, but extra years of independence could be the result.

Margaret had eight years of driving with hand controls before reluctantly deciding to allow her husband to bring home the groceries.

Editor

SUPPORT GROUP CONTACTS

Central Coast

Audree Dash
Phone: 02 4384 2907

Coffs Harbour

Lily Jenkins
Phone: 02 6652 2571

Illawarra

Nick Guggisberg
Phone: 02 4223 8238

Newcastle & Hunter

Don Mackenzie
Phone: 02 4920 8760

New England

Robyn Barton
Phone: 02 6766 6065

Northern NSW

Phil Bower
Phone: 02 6743 4218

Northern Rivers

Penny Carr
Phone: 02 6628 1547

Penrith/Blue Mountains

Judy Stringer
Phone: 02 4736 3346

Panania

(Caroline Gleig & Ruth Quaken)
and

Hornsby

(Anita Richter)

are coordinated through the MNDA office.

Phone: 02 9743 5872

Wagga Wagga

Wes Russell
Phone: 0408 692 127

OZPALS is a group of people in Australia and New Zealand with an interest in MND who keep in touch by email. To subscribe go to <http://ozpals.8m.com>.

Internet Chat

Living with MND

Every Thursday and Sunday at 8pm EST

Go to www.mnd.asn.au/

then click on the chat room link.

MAILBAG

Dear Editor

Robert was diagnosed in August 2000. We went through the usual feelings of complete catastrophe, with our neurologist telling us we had 6 months to have the holiday. The day before we had been worrying about having enough saved for 30 years' retirement.

We made the decision to tell family, friends, and work immediately. This resulted in a wonderful response of concern and support, people who had been through similar experiences gave us lots of advice, people knew of others living with MND, our children came home from travelling, people found out for us about your organisation, the North Shore Clinic, the RPA work, Carers' groups, etc. Our friends came around with flowers, food and wine, and this all made an enormous difference.

We decided that life really was good as it was. Robbie had PhD students he wanted to finish, my work friends were wonderful, we wanted to spend as much time as possible with friends and family. In a way the time following was good, even though the MND was relentless in its progression.

The hard part was knowing what to expect. We had, in quick succession, to learn about splints, walking sticks, crutches, walking frames, home modifications, shower chairs, lifting arm chairs, manual and power wheel chairs, beds, hoists and transfer aides. I also had to fill out forms, find out about disabled parking, check with theatres, restaurants, the Opera House. We had to decide how far to proceed with home modification, should we buy a special vehicle? My Mother died, a grandson was born.

However MND was relentless. Robbie was assessed as being ready for high-level Nursing Home care, and I was a serious candidate for Carer Rage, given lack of sleep, a desire to keep working part time for the obvious reasons, and a need to see my grandson and bond if possible! Our Parish Priest helped, and we found an ideal placement with compassionate management.

From my point of view, I cannot speak highly enough of the present arrangement, even though my husband initially wanted to stay home. He has a lovely air-conditioned room; nursing care for his present needs and future care as he chooses. He is turned 2 hourly. His food is appropriate, I think people feel free about visiting, at any time. I can sleep at night without feeling his discomfort, I work part time and spend time with my grandson. The place is 5 minutes from home; I call in with my meals, books and newspapers and relax. He misses home, but says the relief in just knowing there is immediate and expert help to the toilet makes it worthwhile! This all costs of course, and one of my favourite topics is the mismatch between health insurance and chronic illness, particularly for those under 60!

In retrospect we have been very fortunate, but I wish I had known at the outset what was possible in terms of management. I think all embryo carers need to know there are decision support systems, ie someone to tell you what to do next when you feel overwhelmed. Now I feel that people much more expert than I will make the decisions.

So this is where we are now. I am far from happy (!) but feel in charge of my life again, and able to look ahead and see I will be helped along the way.

Best wishes and many thanks for all your help.

Norma Johnson, Castle Hill

Dear Editor

Our much loved Dad, Glyn Stark, passed away recently after a 12 year battle with MND. When first diagnosed, Dad was given 3 years to live but the doctors didn't take into account Dad's love of life and sheer tenacity (well, perhaps we should be honest and say he could be plain stubborn).

During his years at RSL Veterans Village, Dad maintained his wonderful sense of humour and positive outlook on life. When Dad's speech was all but gone and he was wheelchair bound he would still write on his board "there are people worse off than me". We hope your readers may take heart from hearing of our Dad's courage and positive attitude. We're convinced that his mental outlook kept him with us for much longer than expected.

We would like to thank the many wonderful people from the MND Association who supported Dad and our family throughout these years, and also Fergie (Dad's favourite redhead) for her faxes, cards and especially the photos sent in honour of Mum & Dad's 50th Anniversary in '96. Dad

collected a huge cheer squad over the years and it would require a separate page to be allocated in this newsletter to cover the names of all the people we would like to thank individually!

Dad's philosophy of life was "I Live to Love and to Laugh" and through the rough, the smooth and the bits in between, he held up this philosophy like a beacon, to shine on us all.

With love and thanks

Vanessa MacArthur & Fiona Thomas, on behalf of all of our family

A holiday to Port Stephens

Bill has MND (dx 99) and is now in a power wheel chair. His mother died in December and his family are interstate so a family reunion was a high priority. The best way was for all of us to go away together. My brother in law and sister in law came from interstate. They stayed next door.

We found a fully accessible set of cabins near One Mile Beach at O'Carrollyn's. They are new, set among gum trees, eco-friendly but the property is still lacking some amenities such as guest laundries and a pool, planned for when money permits. Rooms had good circulation space and not all people who stay are disabled. Greg, the owner, went out of his way to be helpful. Both places were pleasant and well appointed, really suited to a holiday around beach and fishing and boating. Fish and prawns came to the door on several evenings in time for the barbecue.

To go on holiday we had to accommodate 2 power wheelchairs-one goes in the car- a hoist and a commode chair plus lots more. To get all the gear away on holidays took a furniture trailer.

Bill was housebound much of the week but he, his brother and sister all saw a lot of each other in a relaxed setting. We were walking distance to a surf beach. There was abundant bird life. We cruised Port Stephens on an accessible pleasure boat to see dolphins. We also visited one other pretty beach that was on the shores of Port Stephens and had a wheelchair accessible path along the foreshore.

Bill's sister and brother valued the time they had with him, as did I-and we got out a little. Our modest aspiration for a family holiday was achieved for the adults, but the change from the bright lights to a beachside village was too much for two of the teens.

The equipment went and returned intact, as did we.

Meg Basser, Waverley

Dear Editor

I am a fanatic Sydney Swans (AFL) supporter. Recently they were playing a practice match up in Sydney. My partner could not drive me up to the game because he has hurt his back lifting a wheelchair into the boot of the car. So, my 29 year old son took me.

We had a truly magical day. Even as I was on my way to the game, my next door neighbour said he was amazed at how wonderful I looked. I felt it too. The weather was perfect. It rained the day before and the day after the game, and I could not have realistically gone if it had been raining. I did a 'yoga nidra' (on a relaxation tape which I use several times a day now) when I got to Sydney to see me through the afternoon. I also did one at half time in amongst all the typical football crowd noise!

When we got to the North Sydney oval, we were able to go up in a wheelchair lift to the grandstand and there was a seat for my son right next to the wheelchair spot. Being under cover was a bonus because the heat really gets to me these days. At the end of the game the opposition player marked in front of the goal, which was just to the right of where we were sitting. As he kicked the ball, I could see that it was heading straight for my forehead! The crowd around me gave a joint gasp! There was nothing I could do to move out of its trajectory! My son, Pete, leapt from his seat, almost tripping over the wheelchair, and marked the ball just in front of my face! The people around us cheered and congratulated Pete and gave him 'high fives'!

This was a treasured moment that makes life memorable and worthwhile; a light that shines in what can sometimes be pretty tough going with this disease. Cheers

Cecily Boas, Wollongong

Shellharbour City Council has a community van which is available for hire to local wheelchair users at weekends for \$35 per day. No special licence is needed to drive the van which has two wheelchair spaces and seven seats. Phone Yvonne Toepfer at the Council on 4221 6170.

Cecily's fanatic following of the Swan's will continue to be possible as she has reserved the bus for the weekends of all Swans matches for the season.

Editor

We welcome your ideas - Forum is your voice - so if you would like to contribute to the next issue, please write to the Editor.

Symbols of motor neurone disease

Originating with the ALS Society of America, this logo was adopted by the forerunner of the MND Association of NSW (ALS Society of Australia) in 1981. It was designed around one of the oldest known symbols of life - the ancient Egyptian Ankh - to reflect the Association's theme of learning to live with ALS (MND) until a prevention or cure is discovered.

The Egyptian god Horus, son of Isis and Osiris, was the life-giving god and was always depicted holding the Ankh symbol of life in his right hand. His mother Isis, the most important female goddess of those times, was considered the mother of all things, the beginning of all life, and as such she also held the Ankh.

The ALS letters intertwine with the Ankh life symbol and are enclosed by an unbroken line of unity to depict the cooperative efforts of the Association, its members, the medical and scientific professions and all others who believe in 'people helping people'.

The ALS Society of Canada chose the Blue Cornflower to symbolise the ability to continue to grow in adverse conditions.

The Blue Cornflower plant is a very courageous plant, being able to stand up all the elements of nature (something many other plants cannot do) and the flower, with its star-like blossoms of brilliant blue, is one of Canada's most striking wild-flowers. When you relate this to people with MND, you can see that they have to also show courage, something that is not always easy, and strength of character to cope with the devastating changes that occur to their muscles.

The Blue Cornflower was chosen to symbolize ALS/MND, as it is hardy despite its fragile appearance. It is also long lasting, and grows in most locations in Canada. As the Blue Cornflower is planted, awareness of ALS/MND grows along with it.

In 1995, the MND Association of NSW logo was changed to incorporate this new symbol, surrounded by the words, 'people helping people'. Cornflowers and the colour blue have become synonymous with MND and most countries have now adopted the Blue Cornflower as the symbol of hope for MND.

In 2002, the diverse printed information produced over many years by the Association has resulted in quite an array of different styles. The development of a new logo will enable the Association to develop a 'Corporate Identity'.

This means there will be, in future, consistency in all the publications, stationery and manuals put out by MND NSW. It will also make it easier to produce new material. The blue cornflower, our symbol of hope for MND, is incorporated in the new look.



HELPING THROUGH YOUR WILL

Your Will can be a convenient vehicle for making a charitable gift of lasting value.

Please consider MNDA as a living memorial for a loved one.

Many people support the work of MNDA NSW through bequests from their Estates.

ACKNOWLEDGEMENT

We wish to thank Snap Printing, Artarmon for their generous support.

DISCLAIMER

All care has been taken in the preparation of this newsletter.

The MND Association of NSW disclaims any liability for its content.

The information contained within is of a general nature and to be used as a guide.

Editor:

Janet Nash