

Welcome to this weeks Newsletter. We hope you are all keeping safe and well. Please note that our Freephone Helpline 1800 359 359 is open from 9am - 7pm Monday to Thursday and 9am - 5pm on Fridays. If you wish to avail of our Nurse led call back service please phone the Helpline to arrange a call.

# AGM

Date for you diary : Please note the AGM will be on Saturday, November 6<sup>th</sup> at 3pm.

More information will be provided in the coming weeks.

Please see website <https://www.parkinsons.ie/agm-november-6th-3pm/> for more information and documents.

Thank you.

Kind Regards,

Jake McDonnell

Company Secretary

## Sad news of the passing of Eddie Butler (Mid-West) RIP.

It is seldom in life you find a friend as sincere and supportive as Eddie Butler. He passed away this week after a difficult battle with ill health. Over the last three years he had to deal with so much, falls, his breathing and loosing his walk which for Eddie was the most difficult.

Eddie was a man of great integrity, loyal to the Parkinson community and to his many friends. He worked with me developing the Neurological Unit in UHL, the nurse specialist service and maintaining all the activities for his fellow patients. He guarded the finances with meticulous care and parted with the books only when we found the right person in Maria O'Sullivan to take over.

He was by my side up to recently helping to decide how the Covid Stability Grant should be spent for the benefit of our patients. It was like when that decision was made he felt his work was done.

I will miss him as a great true friend.

Thank you Ann for allowing him to give so much time to Parkinson's Midwest.

May he rest in peace.

In sadness.

Una Anderson Ryan



We are currently looking for an enthusiastic, forward thinking nurse who has an interest in **Parkinson's and Neurology** who is experienced in offering phone support , delivering local branch support and developing the existing service . We need you to be able to work autonomously, be confident running members information clinics independently and have experience of community services with good integrated working skills.

To apply or to get more information go to <https://www.irishjobs.ie/Jobs/Nurse-8633530.aspx> alternatively you can visit here for further information - [Parkinson's Disease Nurse | The Wheel](#)



## Sr Anne, with her book of poems she wrote in aid of the Mid-West branch:

Sr Anne, a Parkinson patient for many years, wrote a selection of poems which are relevant to Irish life and her own story. Her great talent for writing was married with her gift of photography and together she published this wonderful book. It is very well presented and while reading through it, has a lovely quality to hold.

Sr Anne was a Community Social worker in the Parish of Moyross in Limerick and also in the Youth Centre in the city centre.

When she retired and confined to Covid Lockdown she was inspired to finally gather her poems with the photos to go with each and presented this lovely Book.

Sr Anne was born in Drumkeen, Co Limerick with three brothers and one sister. She was educated in Scoil Carmel in Limerick City and gives great credit to her English teacher who nurtured her writing and the simple language which told it's own story.

In her poetry she has captured her country life and in one poem called Memories you can almost catch the scent of new cut hay and picture, with it, is so descriptive.

Her travels to the Holy Land made a lasting impression on Sr Anne and she

presented this trip in magnificent poems and photos which she took herself. The Dividing wall of Jerusalem, Ein Karem. Village of the Visitation, Yad Vashem to mention but a few.

Sr Anne will say that there is no place like home with Photos of The Clare Glens. Skellig Rock and of course the words inspired by the photos.

One final poem that touched me was Winter Years she wrote for her Mother. It is so meaningful and sensitive.

I could keep writing but I want you to purchase the book and enjoy it for yourself. It is well worth €10. Just call 0872511156 and I will arrange to send one to you.

Proceeds go to The Midwest Branch.

It is a joy to read. Una

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This week week @LeoFord a Parkinson's patient gave a very frank and honest interview with Ray Darcy on RTE Radio 1 to listen to the interview click on the following link <https://www.rte.ie/radio/radio1/clips/21952889/>

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Information on a book called "**Mary and Me**" raising awareness of Parkinson's Disease:

My name is Robyn Cotton and I live in New Zealand. I am excited to advise you that **Mary and Me**, a recently published novel raising awareness of Parkinson's disease and encouraging those living with the disease to live well and positively, is now available through numerous online stores in both paperback and e-book formats.

**Mary and Me** is about two women with Parkinson's disease living two hundred years apart. Mary lives in London in the early 19<sup>th</sup> century and Rose lives in New Zealand today. It is written in a creative writing style to inform readers while providing an enjoyable and easily accessible reading experience. To date, sales have gone well and I have received very positive feedback from reviewers, those affected by Parkinson's, and the general public.

I have included some **reviewers' comments**:

*"Robyn's gift to us all is that she has woven two stories together and created a kete (basket) in which to carry our shock, struggle, pain and most importantly, our hope that we all can and will have a bright future despite the Parkinson's diagnosis."* Andrew Bell, CEO Parkinson's New Zealand.

*"The book **Mary & Me** is right up there with any other first-person account of Parkinson's that I have ever read."* Matthew Phillips FRACP, Neurologist.

*"Mary & Me is inspired by the author's experience living with Parkinson's, which adds so much honesty and integrity to the story. Mary & Me is a well-written book that is moving and inspirational. It will resonate particularly well with anyone who knows someone with Parkinson's Disease – but it is also a novel for any reader, with characters to care for and a beautifully structured story. I would highly recommend this excellent novel."* Karen McMillan, Reviewer, NZ Book Lovers <https://www.nzbooklovers.co.nz/post/mary-me-by-robyn-cotton>

**All proceeds I receive from sales of *Mary and Me* go to Parkinson's projects.**

5 years ago I was diagnosed with early onset Parkinson's disease and since then I have been working hard to maintain a high level of fitness, wellness and resilience. As a result I believe I have slowed the trajectory of the disease, a view supported by my neurologist, and I have woven some of what has worked for me into the narrative throughout **Mary and Me**. I have been a member of the Parkinson New Zealand Charitable Trust Board and am an active member of the local community action group. I am also a motivational speaker focusing on raising awareness of PD and encouraging others to live well and positively with PD.

The following are some links to online outlets for **Mary and Me**:

[https://www.amazon.co.uk/Mary-Me-Parkinsons-Disease-Hundred/dp/0995135657/ref=tmm\\_pap\\_swatch\\_0?](https://www.amazon.co.uk/Mary-Me-Parkinsons-Disease-Hundred/dp/0995135657/ref=tmm_pap_swatch_0?encoding=UTF8&qid=1632099620&sr=1-1)

[\\_encoding=UTF8&qid=1632099620&sr=1-1](https://www.amazon.co.uk/Mary-Me-Parkinsons-Disease-Hundred-ebook/dp/B097Z461XS/ref=tmm_kin_swatch_0?encoding=UTF8&qid=1632099620&sr=1-1)

[https://www.amazon.co.uk/Mary-Me-Parkinsons-Disease-Hundred-](https://www.amazon.co.uk/Mary-Me-Parkinsons-Disease-Hundred-ebook/dp/B097Z461XS/ref=tmm_kin_swatch_0?encoding=UTF8&qid=1632099620&sr=1-1)

[ebook/dp/B097Z461XS/ref=tmm\\_kin\\_swatch\\_0?](https://www.amazon.co.uk/Mary-Me-Parkinsons-Disease-Hundred-ebook/dp/B097Z461XS/ref=tmm_kin_swatch_0?encoding=UTF8&qid=1632099620&sr=1-1)

[\\_encoding=UTF8&qid=1632099620&sr=1-1](https://www.amazon.co.uk/Mary-Me-Parkinsons-Disease-Hundred-ebook/dp/B097Z461XS/ref=tmm_kin_swatch_0?encoding=UTF8&qid=1632099620&sr=1-1)

[https://www.barnesandnoble.com/w/mary-and-me-robyn-](https://www.barnesandnoble.com/w/mary-and-me-robyn-cotton/1139740463?ean=9780995135659)

[cotton/1139740463?ean=9780995135659](https://www.barnesandnoble.com/w/mary-and-me-robyn-cotton/1139740463?ean=9780995135659)

Please promote *Mary and Me* to your members and use it to raise public awareness. Please also encourage readers to post reviews.

Thanks and warm regards,

Robyn Cotton

Author

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**If you have any information that you would like to be included in the newsletter, please send it on to Sabrina - fundraising@parkinsons.ie or call 017822234.**

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