

Spring Newsletter

Featuring
Matariki



strive
rehabilitation
MANAWATŪ

*For a Positive Future
Mo te heke mai pai*



Our Staff...

<i>Service Manager</i>	<i>Terry Lloyd-West</i>
<i>Officer Manager</i>	<i>Norma Moran</i>
<i>Workshop Coordinator / Coach</i>	<i>Paul Walton</i>
<i>Program Coordinator / Coach</i>	<i>Teresa Winterburn</i>
<i>Key Worker / Coordinator</i>	<i>Lou Angus</i>
	<i>Chris Hattle</i>
<i>Rehabilitation Coach</i>	<i>Angela Shailer</i>



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“find a mistake in the newsletter !
See Teresa to collect your chocolate
fish”



*For a Positive Future
Mo te heke mai pai*



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From the Manager

Tēnā koutou katoa,

Welcome to our **Spring edition** of the Strive Rehabilitation Manawatū newsletter for 2022!



I trust you have **survived the winter months** without those winter ailments. I hope you have all started to enjoy the tell-tale **signs of Spring**. The days are getting longer and the spring flowers are out.

There has been a lot of sickness out there in the wider community but our Strive community has navigated all this extremely well. We have had a few people who had Covid-19 and other ailments, but these have not gone through the Service as we anticipated. We have considerably lower percentages of unwell people than the rest of the community. This is due to all those who are onsite following the health and safety protocols. **Thank you very much** for your hard work with keeping the Service a safe place.

Congratulations and thanks to clients for all your achievements over the last quarter. May you continue to achieve and thrive. **You are my heroes and inspire me every day!**

In this edition:

- **Covid-19 Information:** The Coronavirus is still in the community, so please **take care**. If you do become infected, we have included some information on how to self-isolate and how the **7 day isolation** period works.
- **Talk Time:** In this edition **Angel** introduces **Alison Duran**. Ali is a **stroke survivor**, having survived five and 3/5th strokes! She lives a colourful life, living in a bus/motorhome with her partner, Justin and her dog, Monty.
- **Community Connections:** A group of clients recently attended the 'Peace on Earth' exhibition by Michael Angelo Burke at FADAS (Feilding and Art Society). Michael is a master carver and painter of wooden murals. His works are mixed media, combining carving, drawing and painting to produce unique works that are inspired by nature and his life journey.
- **Brain Facts:** Another episode of brain facts; shedding some light on the function of the **basal ganglia** and an introduction to **Brain Anatomy**, where we can learn something about the lobes of the cerebral cortex, the brain stem and other important limbic structures such as the hippocampus and hypothalamus.
- **Outreach Feilding:** It is very exciting for Strive to finally be offering an **Outreach Programme** on Fridays in Feilding. The programme is available to clients living in and around the Feilding area. We are offering a full day's programme consisting of cognitive activities, physical fitness, participation in the wider community, games and opportunities for social connection. I am so thankful to **Teresa Winterburn**, who is facilitating this group, and has put so much effort and energy into developing the programme.
- **Matariki:** To celebrate Matariki, our first indigenous holiday in Aotearoa, Strive called on a group of local wahine, 'The Maturettes' to come and entertain us with waiata and song. It was a joyous occasion! Matariki is the Māori New Year and a special time of reflection and gratitude for the year passed, and hope for a bright future.
- **Farewell friends:** We have recently had two staff who have resigned. We bid farewell to **Bruce Roberts**, who has facilitated the wood workshop here for many years. Bruce has made a significant contribution to the Service during his time here. He has touched the lives of so many at Strive and will be greatly missed. Thank you for all you have done Bruce. We wish you all the very best for your future.

We also say farewell to **Paula Crowe**. Paula has been an Occupational Therapist at Strive since the beginning of 2020. She has decided to move on to work at Sport Manawatū. Thank you Paula and all the very best.

- **Diary Dates:** Don't forget to check out the **diary dates** on **Page 16**. for activities coming up in the next three months.

Take care. Be well, be safe and be happy everyone!

Terry

COVID-19



How to self-isolate



[Covid19.govt.nz/positive](https://www.covid19.govt.nz/positive)

- You and everyone who lives with you will need to isolate.
- Take common-sense precautions to avoid any contact with those you live with.
- Food and supplies must be delivered contactlessly.
- You can exercise outside your home in your neighbourhood, but not at any shared exercise facility, such as a swimming pool or gym.



Household contact

While isolating, your household contacts will need to be tested.

- If a household contact tests positive, they will need to self-isolate starting from the day of their symptoms or positive test result.
- The rest of your household contacts can end their self-isolation at the same time as you.

Monitor your symptoms

Seek advice if symptoms get worse by calling Healthline on **0800 358 5453**.

If its an emergency call **111** immediately.



Te Kāwanatanga o Aotearoa
New Zealand Government

Unite
against
COVID-19



INFORMATION



How to work out your 7 days of self-isolation



start over if you test positive

Find out what you need to do if:	you are positive for COVID-19	you are a Household Contact (living with a positive case)*
Day 0	The day you test positive or start experiencing symptoms, whichever is earliest.	Your Day 0 is the same Day 0 as the first positive case in your household.
Day 3	-	Take a Day 3 test today, or sooner if symptoms develop. If it's positive, start a new 7 days of self-isolation.
Day 7	-	Take a Day 7 test today, or sooner if symptoms develop. If it's positive, start a new 7 days of self-isolation.
After	After 7 days, as long as you are free of COVID-19 symptoms, you will be free to leave self-isolation.	After 7 days, as long as you have a negative Day 7 test result and no COVID-19 symptoms, you will be free to leave self-isolation.

* Some people who are Household Contacts and critical workers may be able to still go to work through the Close Contact Exemption Scheme. See our website for more information.

Te Kāwanatanga o Aotearoa
New Zealand Government

Updated 12 March 2022

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against
COVID-19**



Talk Time

AN INTERVIEW WITH

ALISON DURAN

Let me introduce you to 'Talk Time'.

In each edition of the newsletter, I will be interviewing different people connected with Strive Rehabilitation, so you can get to know them better.

What are your interests/hobbies?

My dog.

Drawing.

Diamond Art.



What is your connection to Strive Rehabilitation?

5 and a 3/5 th strokes.

How is Strive Rehabilitation helping you?

Re-learning to do things.

Adapting to my situation.

Making new friends.

Helping others.



Could you tell me a bit about yourself ?

I live in a mobile bus/motorhome with my partner Justin and my dog Monty. We sold our house and moved into the bus 3 years ago. I used to work at a company in Marton before my **Strokes** got the better of me and was unable to work. My 5th stroke I had to learn to walk, talk and be happy again. It wasn't easy but I'm getting there. I find that my previous life finds me helping others even though I am in a wheelchair. I was a HR manager when I left work and I was in the, Making Dept. making salads.

Do you have any advice for someone who has sustained a Brain Injury?

Take your time!

Have the support of your family.

An Interview by Angel.

Community Connections



Peace on Earth exhibition by Michael Angelo Burke a master carver and painter of wooden murals. Michael works across multiple disciplines - carving, drawing and painting to produce his own works inspired by nature.

Michael trained in Māori carving with Tony Kopua at Ohinemutu. Finding that he was a natural, Michael went on to work with Te Maru Marsh and other carvers around the North Island.

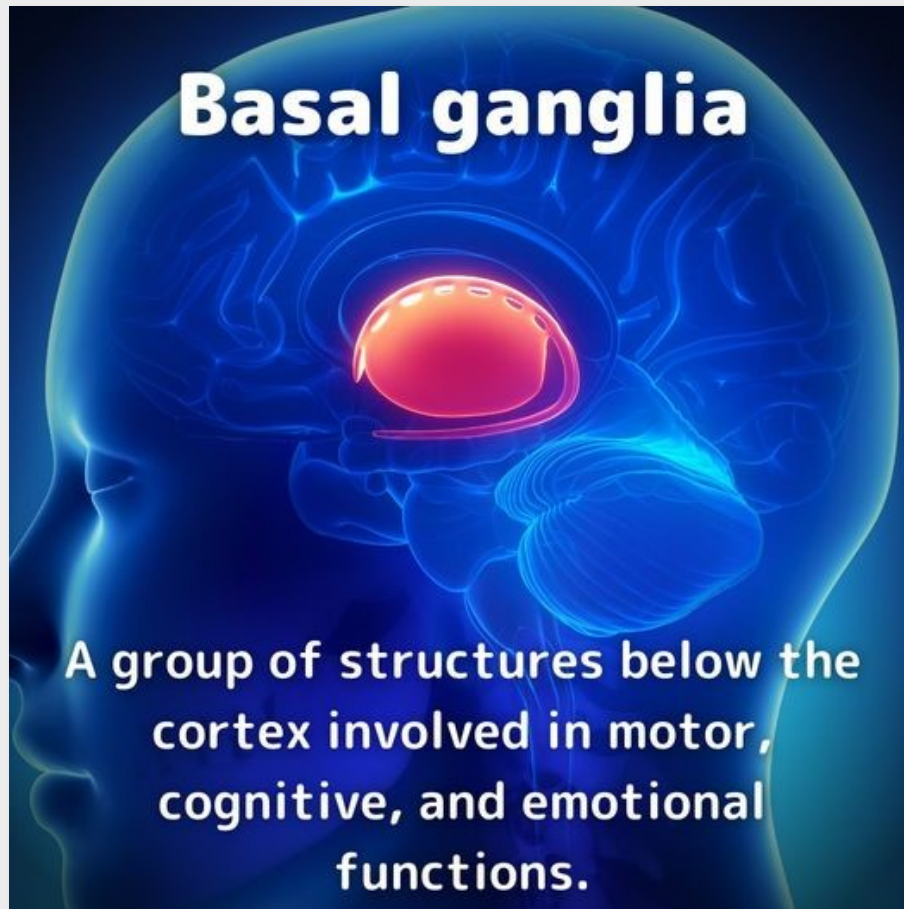


Clients thoroughly enjoyed meandering throughout the flora and fauna Michael had on display at the Feilding Art Centre. They were fortunate enough to meet the very colourful Michael, donned in bright orange overalls and a set of fabulous wings.

The vibrant colours, creative carvings, unique creations and mesmerising patterns were a big hit with the blokes from our workshop.



BRAIN FACTS



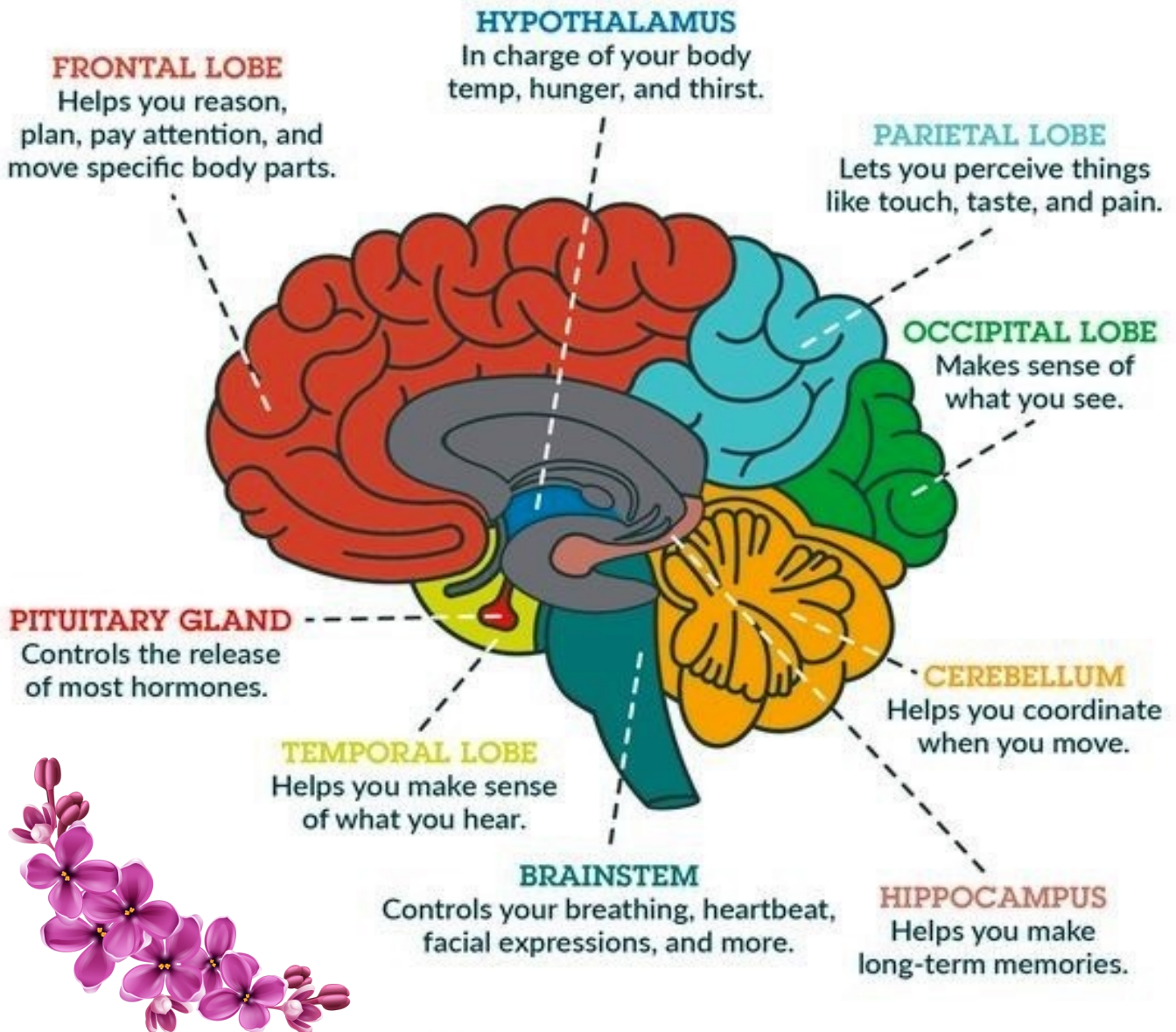
Basal ganglia

A group of structures below the cortex involved in motor, cognitive, and emotional functions.

The basal ganglia is actually a collection of interconnected areas of the brain. While these areas are primarily responsible for movement control, they also have an important role in other things - like addictive behaviours and habit formation.

The basal ganglia refers to a group of subcortical nuclei within the brain responsible primarily for motor control, as well as other roles such as motor learning, executive functions, emotional behaviours, and play an important role in reward and reinforcement, addictive behaviours and habit formation. The basal ganglia are located at the base of the forebrain (cerebrum) and have attracted attention in medicine for various disturbances that appear with dysfunctions caused by diseases or trauma. Disruption of the basal ganglia network forms the basis for several movement disorders such as Parkinson's disease and Huntington's disease.

The Anatomy Of Your Brain



	FRONTAL LOBE		TEMPORAL LOBE		PARIETAL LOBE		BRAINSTEM
	CEREBELLUM		HIPPOCAMPUS		OCCIPITAL LOBE		PITUITARY GLAND



Outreach

Yes!! Strive Rehabilitation has ventured further out into the community. We now offer an Out Reach program, running once a week on a Friday to our Feilding clients and is easily accessible to Strive clients living in rural Manawatu areas. We offer a full days program consisting of cognitive activities, physical fitness, community participation, games, social plus so much more.

We will be accessing and utilising all that Feilding has to offer including a fantastic Library, Makino Swimming Pools, Mini Golf facilities, regular Art Exhibitions at F.A.D.A.S. Friday Market day, Coach House museum, Sale yards, Cafes, Shopping, Parks and so much more out there just waiting for us to explore.

This gives an opportunity for the clients to become more familiar with the facilities within their natural environment and to encourage their independence in their community.

On our first day out exploring the Feilding Salvation Army were offering hot drinks and soup to anyone that walked by, also some light entertainment from one of the Feilding locals.



Feilding



A beautiful sunny afternoon gave Terry a wonderful opportunity to take a gentle stroll down this tree lined pathway to the local Library. A great chance to drop off his returns and search for something new. After a rest in their fabulous sun room, a social chat with a friend he bumped into, we picked up his new puzzles and made our way back up the garden path.

F.A.D.A.S regularly change their exhibitions so Stacey, Charlie, Terry and myself were off to check out (A Moment in Time) “**From Where I Sit**” Exhibition.

Through their work, the seated photographers hope to build more awareness of diversity and the importance of inclusion.



Feilding also has some amazing murals. Behind the group we can see a beautiful cat looking out upon the car park and the fascinating praying mantis, realistically climbing out of the window these are works from an amazing kiwi artist “**Swift Mantis**”

Matariki



Matariki is a special occasion in the New Zealand calendar which marks the start of the Māori New Year. Signified by the Matariki cluster of stars reappearing in our night sky, this is a time to reflect on the past year, celebrate the present, and plan for the year ahead.

In **reflection** socially it has been very quiet here at Strive since Covid-19 emerged into our lives. This is the first year as a nation we acknowledge Matariki together, so it was appropriate for us to **celebrate** with some of our local wahine the **Maturettes** {Claire, Maria, Shirley & Pana} who came to entertain us with the wonderful sounds of ukulele, beautiful harmonious voices and waiata to suit all.

Clients, staff and guests were up on their feet following the action songs, lots of fun and laughter by all. When the Maturettes finished entertaining us we gathered for karakia, kai and korero.

Norman shared his **power point**, an enlightening snippet of his life since his accident which resulted in brain injury which was heart felt by many.

A time for us all to now set **plans** in place for our futures.





celebration



MATARIKI

D V I E U U H B L Q A G M H I L K H C F
 L R C K A R M O P O H U T U K A W A P E
 E Z E F I U H D W S U G I I U E X N R C
 U K O B M R F Z G W K C D F A F L G O Q
 A M H Y Z A A M B B U A D Z T M P I U W
 N P Z Q I N H T A M N T B O A N M I Q M
 A T S L Q G M G A S A A H A K A R I Y Z
 H I T C G I N N W M U Q C C A R G A E P
 W F U K U N A U T A P A P D H I N H N E
 N Z S Z A K M I N A U M I K W W U Q G P
 Q Y D T I J B A X P T H J W A I A T A W
 I K I X H I W A I T E R A N G I A Z W Y
 T A W H I R I M A T E A R I F Z R K H A
 W V W R T V G W U Q V U P S W M V G E V
 V A B U A H V A R A U N E H W G V X T U
 G K D A V M H I T H S E E J E D E C U F
 R Z Z V K G L T W A I P U N A R A N G I
 T D G H V P J I U E Y S M V A L S F Q L
 M E R A N G I N U I G N A R A U P U T U
 W H A K A P A P A W U V U S T Y O Z D Q

MATARIKI

WHAKAPAPA

WHANAU

WHENUA

WAIPUNARANGI

TUPUARANGI

URURANGI

WAITI

WAITA

HIWA-I-TE-RANGI

TUPUANUKU

RANGINUI

NGA WHETU

HANGI

PAPA TU A NUKU

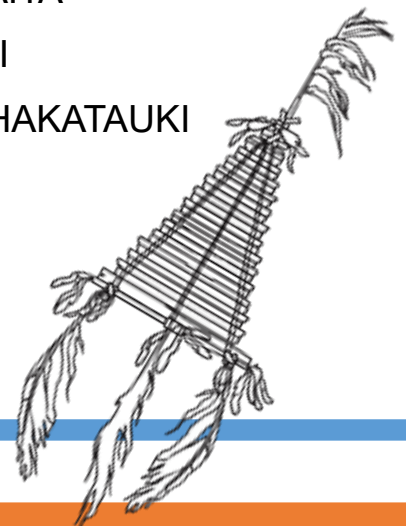
TĀWHIRIMĀTEA

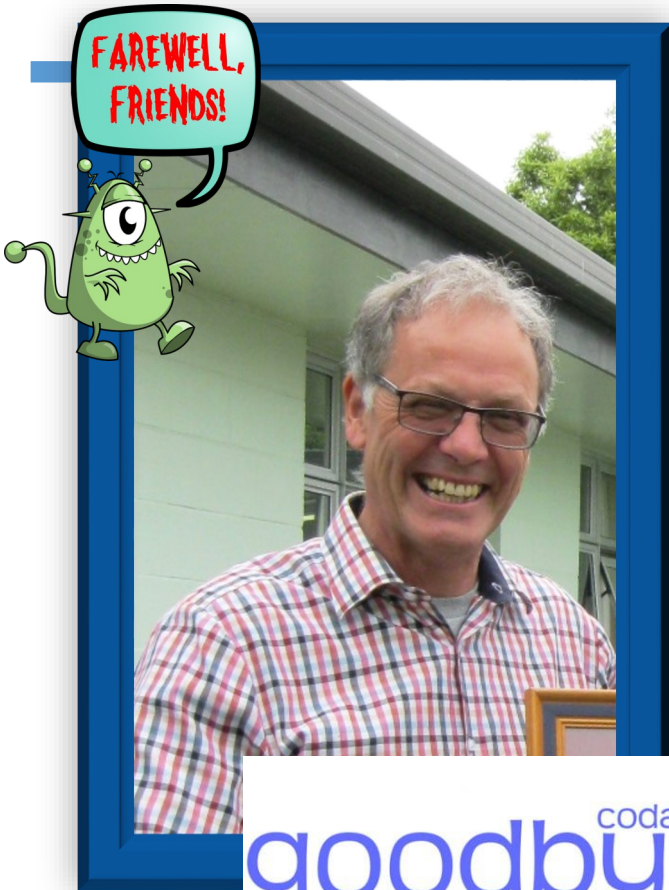
HAKARI

WAITA

KAI

WHAKATAUKI





“Strive won’t be the same without you Bruce, but we are proud to have had an employee like you, as part of our team. Wishing you the best of luck in all your future endeavours.
from the Strive Whanau...



Haere rā

Paula has also moved on to greener pastures. You’ve made your mark here but now it’s time to make it somewhere else. We want to wish you the very best!

from the Strive Team...



LOOK

Dates For Your Diary



September:

Fathers Day: Sunday 4th.

Block Party Street Festival: The Square. Thu 29 Sep 5:00pm–8:00pm.

Let's Grow Highbury: Te Pātikitiki, Monrad Park. Wed 7 Sep 11:00am–12:00pm.

Women's Lifestyle Expo: Central Energy Trust Arena. Sat 3 & Sun 4 Sept 10am.

October:

Art Trail Manawatū: Square Edge. Saturday 15 Oct & Sun 16 10:00am.

Labour Day: Monday 24th **STRIVE CLOSED TODAY...**

Festival of Lights: The Square: Saturday 29th 5pm.

November: **"MOVEMBER"**



A&P Show: Sat 5th 9:00 am – 4:30 pm Manfeild Park Stadium.



ATTENTION:

COVID - 19

If you have any of these symptoms.

- Cough
- High temperature
- Shortness of Breath

Please do not attend Strive!

If you have any concerns
please contact:

Healthline

0800 358 5453

Social Afternoon Dates

2022 !!!

Bi-monthly social gatherings a time for staff, clients, ex-clients, whanau & friends to come together and enjoy each others company...

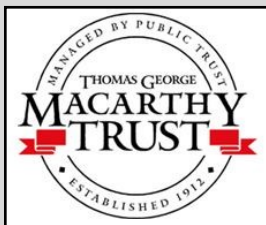
Due to the current Covid-19 restrictions at this point in time we are unable to hold our regular Social gatherings.



Strive Rehabilitation Manawatū
would like to thank the following sponsors.

**Te Pou o te
Whakaaro Nui**

Housing New Zealand
Housing New Zealand Corporation

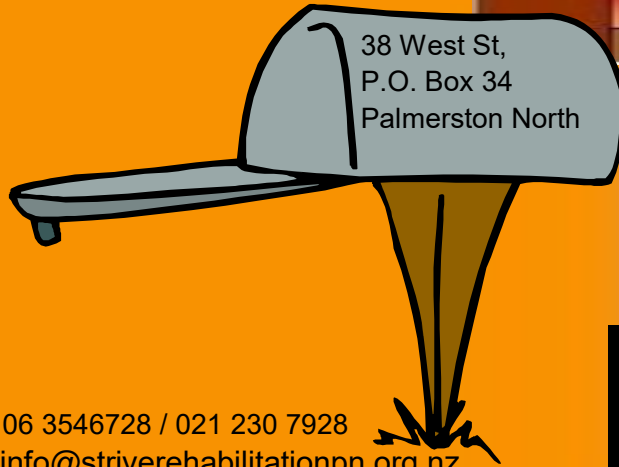


Community Contacts

PALMERSTON NORTH HOSPITAL :	06 356 9169
PALMERSTON NORTH POLICE:	06 351 3600
A1 WHEELCHAIR SERVICES:	0800 222 284
ACC:	0800 222 822
WINZ:	0800 559 009
MENTAL HEALTH CRISIS TEAM:	0800 653 357
HEALTHLINE:	0800 611 116
ALCOHOL & DRUG HELPLINE:	0800 787 797
SAMARITANS 24 HOURS:	0800 726 666
CITIZENS ADVICE BUREAU:	0800 367 222
LIFELINE NZ:	0800 543 354
JUST ZILCH:	022 597 2569
WOMENS REFUGE CRISIS LINE:	06 356 5585



STRIVE REHABILITATION MANAWATŪ



WE'RE ON FACEBOOK!

Phone: 06 3546728 / 021 230 7928
Email: info@striverehabilitationpn.org.nz
www.facebook.com/StriveRehabilitationManawatu/

Website
www.striverehabilitationpn.org.nz

How can you tell if someone is having a stroke?

By learning to recognise the symptoms of stroke you could save a life!
Learn the **FAST** check.

