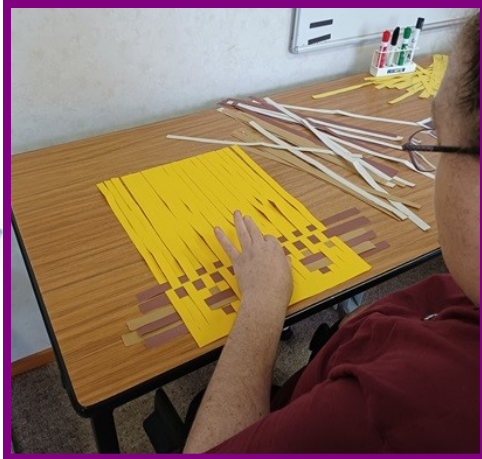


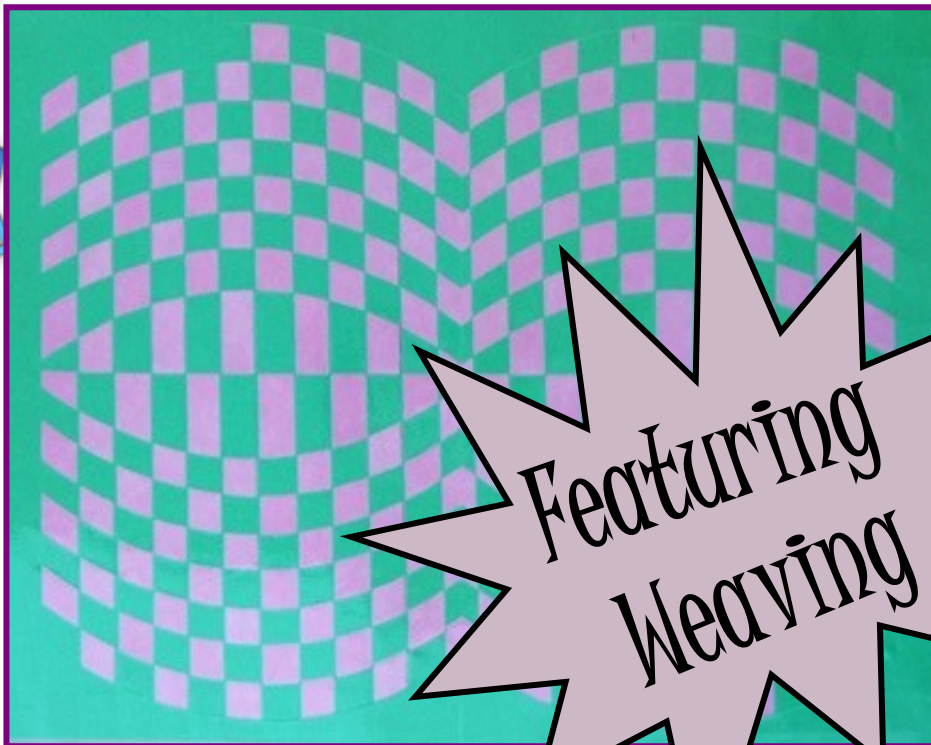


strive
rehabilitation
MANAWATŪ

*For a Positive Future
Mo te heke mai pai*



Winter Newsletter



Featuring
Weaving

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>Bruce Roberts</i>
<i>Program Coordinator / Coach</i>	<i>Teresa Winterburn</i>
<i>Key Worker / Coordinator</i>	<i>Lou Angus</i>
	<i>Paula Crowe</i>
	<i>Chris Hattle</i>
<i>Rehabilitation Coach</i>	<i>Angela Shailer</i>



MANAWATŪ

*For a Positive Future
Mo te heke mai pai*

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“find the mistake in the newsletter
collect your chocolate fish”

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From the Manager

Tēnā koutou katoa,

Welcome to the **Winter edition** of the **Strive Rehabilitation Manawātū newsletter 2022!**

After a very warm summer and a mild autumn, winter is on our doorstep. **It is less than 6 weeks before we reach the shortest day!** I trust you are all **keeping well**, and enjoying all those special moments that winter brings—like roaring open fires, warm woolly jumpers, hot milk milos and snuggling into a hot water bottle.

I trust you are all keeping well and navigating the **pandemic** as best you can. We have had a few of our Strive community who have had Covid-19 but thankfully, they have all come through it without any serious complications. Do check out the **Covid-19 Information** on pages 4 and 5 to understand how to **self-isolate** if you become infected. Kia noho haumaru!

Thank you to all those who have contributed to the newsletter this quarter. Clients never cease to amaze and inspire me with all their achievements. **You are my heroes!**

In this edition:

- ⇒ **Talk Time:** Learn a little more about Marie from the interview by **Angel Wilson**, as she works towards overcoming her communication difficulties due to **APHASIA**.
- ⇒ **Weaving:** Bethany, Alison, Rachel and Stacey are part of a **weaving group** at Strive and have been producing some **fine work** lately. Their projects are so intricate! It is a good activity for strengthening fine motor-skill, especially for those with hemiplegia. **Beautiful work ladies!**
- ⇒ **Brain Facts:** Learn all about **axons** in this edition of **Brain Facts**. Axons are the physical media that make up the brain's neural pathway. They are like a **network of roadways** that pass information from one neuron to the other. There is also some compelling information about the various **brain functions** in the **left and right** hemispheres.
- ⇒ **Workshop with Josh:** Josh shares about his experiences in the wood workshop at Strive. He has completed some beautiful wood projects. Many of these he has given as gifts to friends and family.
- ⇒ **My Story Cliff:** Cliff shares about his life. This is a moving **personal story** of **recovery** following a serious **bike accident**.
- ⇒ **Art Exhibition:** Art Exhibition: Brain Injury Hawke's Bay hosted the '**Our Story**' **art exhibition**. The exhibition was open to artists who have been affected by brain injury and **clients from Strive had the opportunity to share** some of their great art works.
- ⇒ **Puzzle Time:** '**Kiwi Slang**' is the topic of the **wordfind**. Also check out the **Action for Happiness** Calendar for '**Meaningful May**'
- ⇒ **Diary Dates:** There are a number of **important dates** to diary for June, July and August.

Be safe everyone. **Arohanui** , *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 it's 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

**Unite
against
COVID-19**



Talk Time

AN INTERVIEW WITH

Marie Coley

Let me introduce you to 'Talk Time'.

In each edition of the newsletter **Angel** will share one of her interviews. A great tool to assist Angel with her communication difficulties due to **APHASIA**, also to introduce you to different people connected with Strive Rehabilitation, so you can get to know them a little better.



What are your interests/hobbies ?

Art stuff like making books, colouring, card making, scrap booking and pokerwork are some of the things I like to do.

What is your connection to Strive Rehabilitation?

Making friends and socialising.

How is Strive Rehabilitation helping you?

By getting some of my health issues back to normal with exercise and other therapies.

Could you tell me a bit about yourself?

I'm a kind helpful person especially with my family.

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

Keep calm and encourage them to find the help they require.

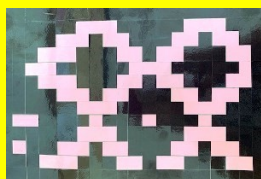
An Interview by Angel Wilson.

WEAVING



"It was fun doing the weaving project."

BETHANY.



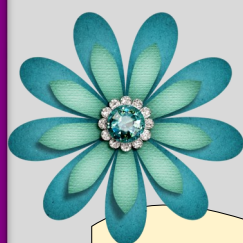
"This is interesting in the shapes and patterns. The intricate way the paper can be woven."

ALISON.



"It was challenging weaving with paper instead of wool."

RACHEL.



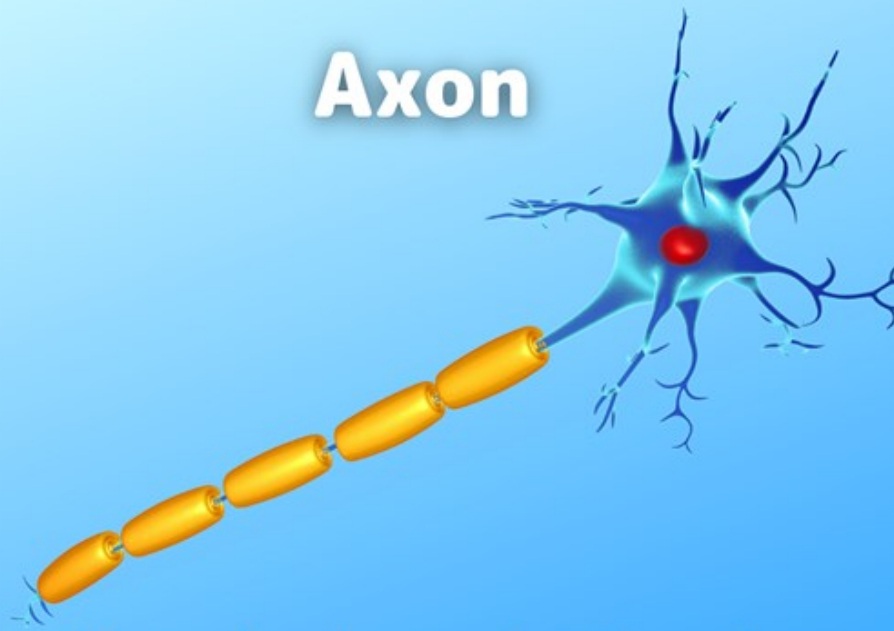
"It was fun but tricky to work out the pattern. I really liked doing it."

STACEY.

BRAIN FACTS



Axon



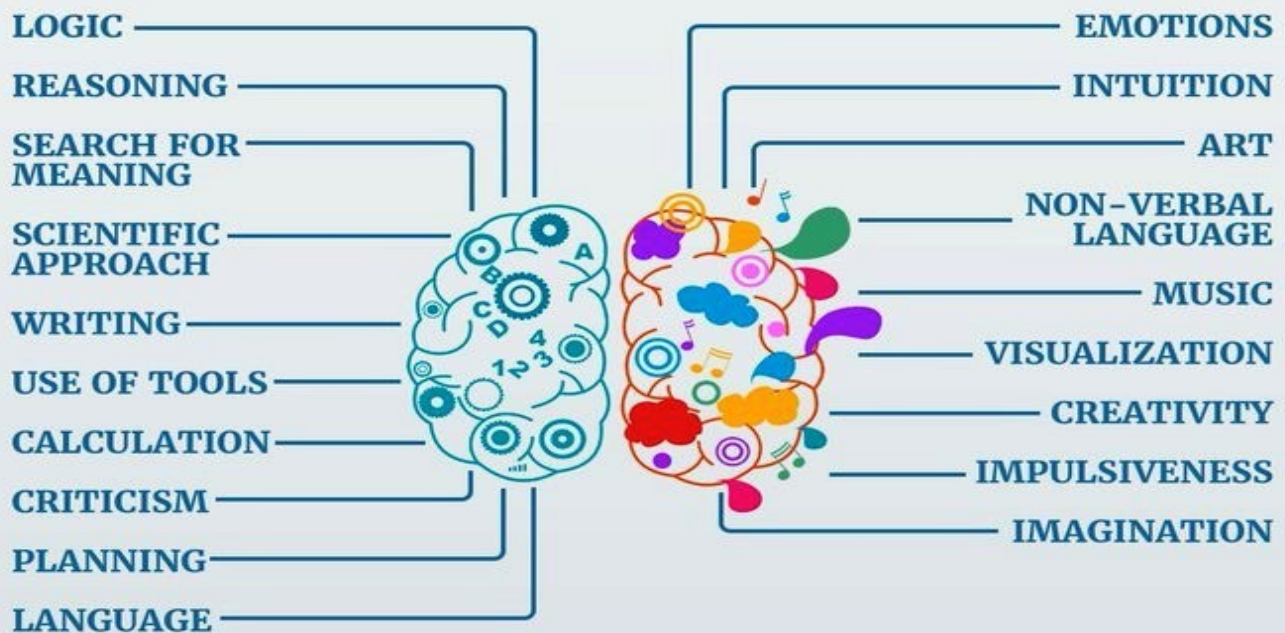
A long slender projection of a neuron, that conducts electrical impulses away from the neuron's cell body.

Several times thinner than a human hair, axons can vary in length from a millimetre to over a meter!

An axon is a long process of a neuron (or nerve cell) involved in the conduction of nerve impulse away from the cell body. Each nerve cell has one axon, which can be over a foot long. A nerve cell communicates with another nerve cell by transmitting signals from the branches at the end of its axon. At the terminal end of the axon, the impulses are transmitted to other nerve cells or to effector organs. Neurons cannot properly communicate if axons are damaged or broken. This can happen with nerve injury, and also in the earliest stages of neurodegenerative diseases such as motor neurone disease, Alzheimer's Disease and Parkinson's Disease.

<http://www.neurological.org.nz/>

LEFT BRAIN VS RIGHT BRAIN FUNCTIONS



Each brain hemisphere has its own responsibilities and functions. It's wrong to believe that one of them is more important than the other. Every person uses both left and right hemispheres equally.

WHAT ARE THE DIFFERENCES BETWEEN THE RIGHT AND LEFT BRAIN?



Using the left side of the brain, we can handle dozens of everyday tasks. The left hemisphere is responsible for word building, spoken language, and writing. When we solve

problems and puzzles, electrical and chemical impulses go through the left brain as well. Analytical thinking, reasoning, and criticism are mostly the work of this part of the brain, as well as precise calculations and math skills.

Right brain processes activate when we try something new and inspiring. It's responsible for imagination, visualization, and creativity. Every

time you develop new characters or plot for a story—this is the right brain that starts to work. Moreover, this is the hemisphere responsible for art—whether it's painting, playing musical instruments, knitting, writing poems, and so on.



IN the WORKSHOP With JOsh

I spend one 3 hour session in the workshop each week, this is something I really enjoy as I feel great pride in finishing my projects and looking at how they have turned out compared to pictures in the workbook that I've been using.

In the workshop I first have to familiarise myself with all of the safety precautions that are needed e.g. you must be wearing shoes and not sandals whenever you are in there. Once you have remembered these, however they are simply part of how you go about things.

I did some woodwork at school growing up but had not done anything since. There are certain pieces of equipment that are great to use but I need to spend a fair bit of time practicing before I feel I'm at the appropriate level, eg: band saw, wood lathe and drill press.

It is also fantastic seeing the reactions of the people I've made gifts for. I made a pull along toy dog for a friend's wedding which on gifting bought a tear to their eye.

Josh Hartwell.



My Story...



I was only 8 years old when I had my accident. I was headstrong and I thought that I could make it across the road on my bike and without a helmet, well stupid me. But alas that is how I acquired my brain injury.

I do not remember a lot, but this is what I have been told....

My Mum was not home at the time because she was at my neighbours wedding rehearsal. I had gone to the shop on my bike to get some butter for Dad who was busy cooking.

I heard that this young girl who lived in our street saw the accident. Her name was Marley.

I was riding up the street which was very busy, I thought I could zip across quickly. But NO I was very wrong. A car hit me and sent me flying. Marley apparently saw this all happening and ran home to get my Dad.

I was happy that I got to thank Marley later on.

I spent 8 months in hospital, followed by 12 months in Wilson Home, which is in Takapuna, Auckland. I remember I was in a wheel chair for some time and I spent lots of time with my whanau recovering. During my recovery, all I thought about was getting up and moving around independently. Yes, I have achieved that goal and I am now walking independently. While I am writing about all this, I feel my life is good.

I currently live in a residential supported living community where I have staff to help me out if needed. I also attend Strive Rehabilitation 4 days a week, to help me gain more confidence and independence in my life.

Clifton Bell.



aRt EXHIBITION

'OUR STORY'

Brain Injury Hawke's Bay hosted the 'Our Story' art exhibition which was held at the Hastings Community Art Centre during March 21st-31st. The exhibition was open to artists who have been affected by brain injury, they exhibited paintings, pottery and so much more. March is national Brain Injury Awareness month and their theme for this year is **"I am more than my brain injury"**.

This exhibition was a unique opportunity for artists to embody this theme and express themselves beyond the limitations imposed by living with a brain injury. All were invited to join in and celebrate the work of incredible artists in the community who have been affected by brain injury.

Clients from Strive Rehabilitation were fortunate enough to have the opportunity to share some of their great art works in the exhibition which included:

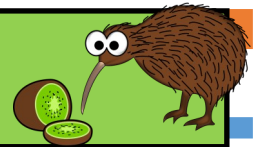
- Mosaics: by Daryl Jones
- Mosaic & Craft: by Lindsay Cox
- Pencil Drawings: by Alison Duran
- Koru Sketch: by Robert Emery

Brain Injury Hawkes Bay have officially wrapped up the 'Our Story' Art Exhibition for 2022 and wish to extend a huge thank you to all of the incredible artists !!





KIWI SLANG...



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

BEAUT
MUPPET
BRO
CRIKEY
CHOICE
SWEETAS
PRIMO
WATEVA
KEEN

DUNNY
YEAHNA
STOKED
TIKITOUR
MATE
NEKMINNIT
TRUE
CRACKUP
GIDDAY

WOPWOPS
KAIPAI
CHOKA
SCARFIE
MUNTED
CHUR
NOTEVENOW
ALLGOOD
DOLE



Meaningful May 2022

SUNDAY

1

Do something kind for someone you really care about

MONDAY

2

Focus on what you can do rather than what you can't do

TUESDAY

3

Take a step towards an important goal, however small

WEDNESDAY

4

Send your friend a photo from a time you enjoyed together

THURSDAY

5

Let someone know how much they mean to you and why

FRIDAY

6

Look for people doing good and reasons to be cheerful

SATURDAY

7

Make a list of what matters most to you and why

8

Set yourself a kindness mission to help others today

9

What values are important to you? Find ways to use them today

10

Be grateful for the little things, even in difficult times

11

Look around for things that bring you a sense of awe and wonder

12

Listen to a favourite piece of music and remember what it means to you

13

Find out about the values or traditions of another culture

14

Get outside and notice the beauty in nature

15

Do something to contribute to your local community

16

Show your gratitude to people who are helping to make things better

17

Find a way to make what you do today meaningful

18

Send a handwritten note to someone you care about

19

Reflect on what makes you feel valued and purposeful

20

Share photos of 3 things you find meaningful or memorable

21

Look up at the sky. Remember we are all part of something bigger

22

Find a way to help a project or charity you care about

23

Recall three things you've done that you are proud of

24

Make choices that have a positive impact for others today

25

Ask someone else what matters most to them and why

26

Remember an event in your life that was really meaningful

27

Focus on how your actions make a difference for others

28

Do something special and revisit it in your memory tonight

29

Today do something to care for the natural world

30

Share a quote you find inspiring to give others a boost

31

Find three reasons to be hopeful about the future



ACTION FOR HAPPINESS

Happier • Kinder • Together

LOOK

Dates For Your Diary



JUNE:

APHASIA AWARENESS MONTH:

Queens Birthday Monday 6th - **STRIVE CLOSED**

Hokowhitu Village Farmers Market-Sunday 19th.

Matariki Celebration 22nd @ Strive Rehabilitation.

Matariki Public Holiday Friday 24th - **STRIVE CLOSED**

JULY:

Matariki Glow Show-Regent on Broadway-11am-Wednesday 13th.

Manawatu Home & Lifestyle Show: 61 Pascal St Friday 29th-Sunday 31st.

AUGUST:

Armageddon Expo: Central Energy Trust Arena 9am Saturday 6th & Sunday 7th.

Summerhill Farmers Market: Ruapehu Drive Sunday 7th.

Show Your Ability: Central Energy Trust Arena. Thursday 18th 9am - 3pm.

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

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

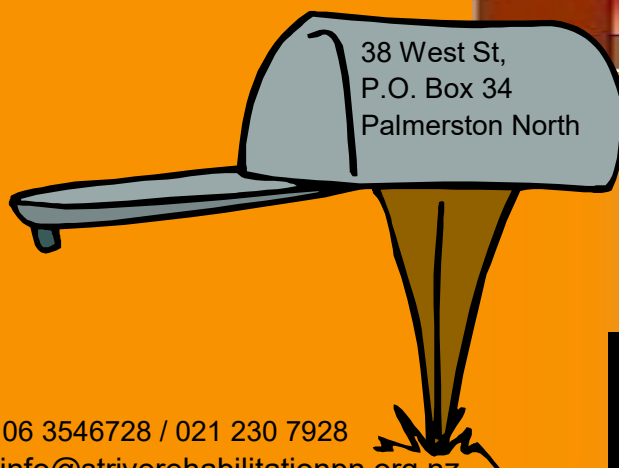


Community Contacts

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



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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.

