



strive
rehabilitation
MANAWATU

Featuring

ROCKTOBER



Our Staff...



Manager	Terry Lloyd-West
Officer Manager	Norma Moran
Workshop Coordinator	Bruce Roberts
Program Coordinator	Teresa Winterburn
Rehabilitation Coordinators	Lou Angus
	Paula Crowe
	Chris Hattle
Rehabilitation Coaches	Claire Davis
	Claire Matena
	Angela Shailer



"Clients Only"

"First client to find the 5 hidden kiwi coins in the Newsletter. Show them all to Teresa to claim your prize"

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strive
rehabilitation
MANAWATU

*For a Positive Future
Mo te heke mai pai*



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From the Manager

Tēnā koutou katoa,

Welcome to the **Summer edition** of the **Strive Rehabilitation Manawatu newsletter 2020!**

Summer seems to be little late in arriving this year. I guess this is what they call the La Niña effect? I have been told to expect a warm but wet summer! I still hope we get to have plenty of summer activities such as BBQs, swims and picnicking over the next few months!

Congratulations and thanks to clients for all your achievements over the last quarter. Thank you also to those who have contributed to this newsletter with your interesting articles. May you all continue to **strive and thrive. You are my heroes!**

In this edition:

- **Rocktober:** The Rocktober social event was a rocking success, with everything from air guitar competitions to karaoke. It has been a very hard year in some ways and this event was a good way to let our hair down and have some fun.
- **Comm's Group Community Coffee Expeditions:** Every few months the Communication Group have had an opportunity to visit some of the city's best cafes. It can be challenging for people with aphasia to navigate a coffee shop but they have learned to do this with confidence. The group have marked five local coffee shops with marks out of 10. Taking the lead with a 9/10 is The Local @ 240 Broadway Avenue. Check it out over the Christmas break if you get a chance.
- **Central Energy Wildbase Recovery:** The Central Energy Trust Wildbase Recovery Centre is located in the heart of Victoria Esplanade, providing shelter and world-class care for native wildlife who require rehabilitation and treatment. Read about our recent visit to this unique facility.
- **Painting Course:** Local artist Eliz Halford, facilitated a 6 week painting course at Strive this year. Clients learnt some of the theory and history of art, worked on projects using Indian ink, made colour wheel 'mixes' using primary colours, and also experimented with 'other brushes' found in nature.
- **Independent Living—Personal Hygiene:** Thank you Michael for another episode of 'Independent Living'. This time the focus was on hygiene and included considerations around daily routines, purchases of various hygiene products, as well as dental care.
- **Christmas Wordfind** (Page 11): Thank you Michael for your **seasonal word find**.
- **Kitchen Skills:** A number of clients have been practising their culinary skills in the kitchen at Strive and with great success. These cooking sessions include kitchen management, menu planning, clean-up as well as cooking delicious meals and snacks.
- **Onsite Activities:** There have been so many fun activities on offer at Strive this year including cooking, woodwork, pokerwork, model-making and even cake decorating. Tumeke!
- **Diary Dates:** Be sure to check out the diary dates page (P.14) for important information such as Christmas closure dates, social afternoon dates for 2021 and much more.

Let me take this opportunity to wish you all a very **Merry Christmas ! ... and a happy, safe and prosperous New Year!** Be well everyone!

Arohanui

Terry

ROCKTOBER

"For Rocktober we had an air guitar competition. This was a fun way to rock out to some great songs. We had two people go against each other at a time, with the three best playing the final round. Barry rode out the best air guitar for the win. There was also a music quiz that we could participate in and rock painting."



"The experience of dressing up in 80's clothes took me back in time."

"I got DIZZY!"



"It was a good thing that they did not record us!"



“Dress up was fun I loved my long dark hair.”



KARAOKE



“I am Hooked into hearing my brilliant voice echo, luckily for the audience the microphone wasn't turned on yet.”

“During October we held our first bi-monthly social function, post the coronavirus lockdown and in preparation, for which, we decorated rocks and ourselves. It was an absorbing process which required not only focused activity, corporate effort, but also a measure of creative endeavour and talent to achieve. I have been informed, that said creations have been distributed locally by the Strive Explorers Group, during their purposeful wanderings. I have even discovered one in my front yard.”



“Get our rocks on!”



With the year of uncertainty and disruption that Covid –19 brought it was very refreshing to gather as a group for some lighthearted fun at Strive. A big thankyou to the Social Committee for organizing this for us. Bruce

Comm's Group Community Coffee Expeditions.

The following is a list of **5** cafés the **COMMUNICATION GROUP** have frequented regularly, over the past two years. In that time we hope we have enlightened some of the general public to what **APHASIA** is, how we deal with it and our varying disabilities. Some of us need to use note pads, keyboards or face cards to effectively communicate with each other.

During these outings we have gained confidence and extended our comfort levels, communicating with others in the community. There's lots of us all talking, laughing, joking and generally having a good time. People in the cafés appear to be more comfortable with us and our communication difficulties.

The rating system below is based on **our opinions**. Taking into consideration noise, staff interactions with us, coffee and food selections, prices and wheelchair accessibility.

9/10

THE LOCAL .

@240 BROADWAY AVE

PALMERSTON NORTH

06 2804821



8/10

KR'S CAFE & CATERING

32 FERGUSON ST

FEILDING

06 323 6527



7/10

MITRE 10

250/270 FEATHERSTON ST

PALMERSTON NORTH

06 3544087



7/10

UCOL

**STAGE DOOR CAFÉ
90 KINGS ST**

PALMERSTON NORTH

063592233



7/10

SPRING CAFE

25 MANCHESTER SQUARE FEILDING

06 3233330



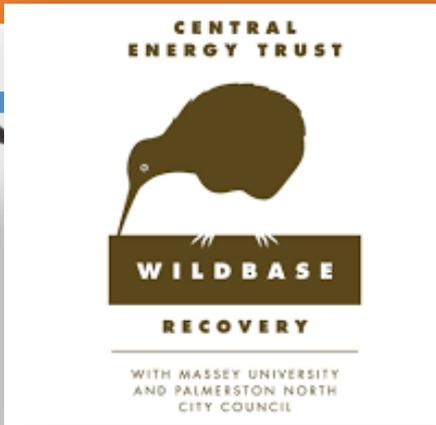
Be kind



Just a few gentle reminders we give out to our clients on a daily basis to help keep us all safe and well:

- Continue to **WASH YOUR HANDS** on a regular basis.
- If you need to **SNEEZE** do it into your **ELBOW**.
- It's OK to **WEAR A MASK** when out in public.
- Maintain your **SOCIAL DISTANCING** wherever you are.
- Keep a list of people you have had **CONTACT** with or
- Use the **QR CODE TRACER** if you have a smart phone.
- If you are unwell with any flu-like symptoms **STAY HOME**.
- Ring Healthline on **0800 358 5453** if you have any concerns.
- Be **KIND**
- Be **SAFE**





“I loved the Tui and Tuatara.”
Ruth.

“Happy day enjoying the rain and listening to the birds. Where is the kiwi?”
Shayla.



“Paul Dibble created a bronze sculpture which added to the aquatic environment with a portrayal of large fish, koi perhaps.”
Lindsay.

Can you fly? :)



Painting Course



At the beginning of the year we had a plan to start a 6 week painting course, which was to be facilitated by Eliz Halford a wonderful local mix media artist. Then suddenly the “**paint hit the fan**” and the Covid-19 / Lockdown happened!!

Finally in July we were all able to get back to Strive and the paint started to flow again. Clients had the opportunity to learn about the different aspects of painting including:

- colour and texture.
- surfaces and different media.
- light, perspective and composition.



Using various utensils like feathers, twigs, leaves, eye droppers as well as brushes, plus an assortment of mediums such as paint, water and Indian inks, clients were able to create some very interesting art works. Many of which evolved into fabulous placemats and two of the art pieces also feature in our annual calendar .



Independent Living - Personal Hygiene:



This is about those things we all need to do daily, to look after our own personal health and hygiene.

Purchases: Make a list of all the things you may need like soap, toothpaste, dental floss, body wash, deodorant, shampoo, conditioner, hair brush, comb, shaving foam, razors, laundry powder and more. If you have any allergies or skin conditions you may need to check the labels before buying some of these products.

Daily Routines: You may need help with personal cares, if so then there will be a carer that visits you regularly to help you with your shower routine. Showering daily is the best way to take care of your personal hygiene, so we don't get smelly. Don't forget to wash and comb your hair as well.



Dental Care: Take good care of your teeth cause Dentist visits cost a fortune. Regular brushing and a good diet will help. Oh and drinking water instead of sweet drinks, tea and coffee.



Hands & Feet: Some people have regular visits to the Podiatrist for their nail care, especially Diabetics. Keep your finger nails trimmed and clean. Don't forget those toe nails, if they get too long your going to have to keep buying more socks. If you cant reach them toes, then maybe get someone to help you cut them.



MIKE WEBB.

CHRISTMAS WORDFIND

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

BAUBLES

BBQ

BEACH

CARAVAN

CHRISTMAS

CRACKER

FAMILY

GATHERINGS

GIFTS

HAM

HANGI

HOLIDAYS

KIRIHIMETE

NOEL

PAVLOVA

POHUTAKAWA

PORK

PRESENT

SUNSHINE

SWIMMING

TINSEL

TREE

TRIFLE

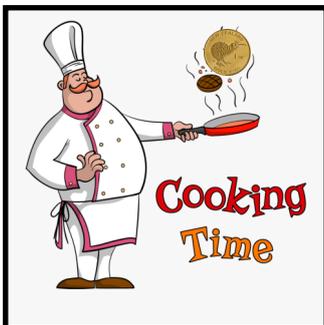
WHANAU



Kitchen Skills



Tuesday mornings you will find Shayla in the kitchen practising her culinary skills, regaining her confidence, keeping safe and maintaining her independence. Revising old tried and true recipes that her Mum has cooked for her and testing out some new ones. During this time the Centre is filled with inviting aromas spilling out from the kitchen, teasing all that pass by.



Wednesday morning and it's time for Barry and Tracy to show off some cooking skills during their session. An opportunity to ensure they can sustain focus, maintain good posture and improve hand/eye coordination. Kitchen management and menu planning also factor into these sessions. Yet another day we have to endure the alluring aromas emanating from the kitchen.



Onsite Activities



Angel sanding and fitting frames.

Anne cooking her favourite corn fritters.



Robert pokerworking a board for shop day.



Lindsay put this together in models.



David icing cakes for Blue September.





LOOK

Dates For Your Diary



December:

Thursday 17th: Christmas Lunch 11:30am @ Chinatown Restaurant.

Sunday 13th: Free Community Christmas Party 10am,
Christian Community Church 54 Pascal Street.

Thursday 31st: New Years Eve in The Square PN @ 6pm.

January:

Monday 11th: Strive Re-Opens.

February:

Saturday 6th: Waitangi Day.

Monday 8th: Waitangi Day Observed Public Holiday.

Friday 26th: Festival of Cultures, The Square, Lantern Parade.



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 2021 !!!

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

February: Wednesday 3rd.

April: Friday 23rd.

CHRISTMAS CLOSURE DATES:

**Last Day: Wednesday 23rd at 12:00
noon.**

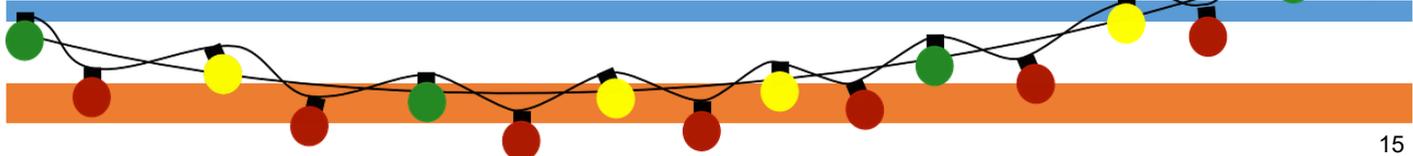
Re-Open: Monday 11th January.

Strive Rehabilitation Manawatu
would like to thank the following sponsors.

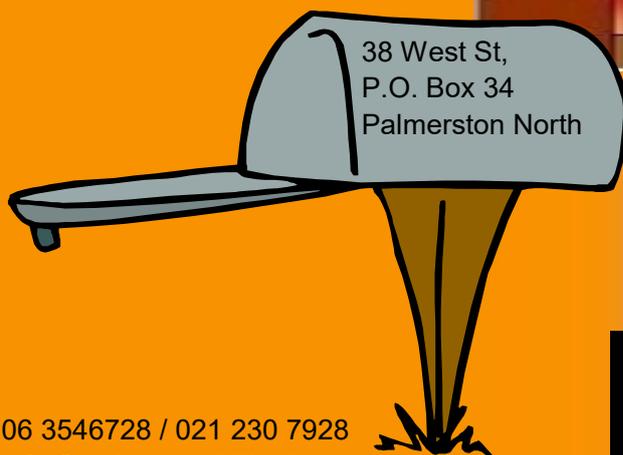


Community Contacts

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 MANAWATU



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.

