

Autumn Newsletter

Featuring
Summer Outings



strive
rehabilitation
MANAWATU

*For a Positive Future
Mo te heke mai pai*



Our Staff...

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<i>Officer Manager</i>	<i>Norma Moran</i>
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“find a mistake in the newsletter !

See Teresa to collect your
chocolate :)



*For a Positive Future
Mo te heke mai pai*

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From the Manager

Kia ora, e te whānau,

Greetings from Strive Rehabilitation Manawatū! Welcome to our **Autumn newsletter**, and the first edition 2023! New Zealand was off to a challenging start to the year with **Cyclone Gabrielle** hitting the east coast of the north island and causing such devastation and disruption.

Summer is slowly fading, although there are still some beautiful blue sky days that pepper the week. I have noticed the days are shortening though and leaves are starting to fall. **Autumn is on its way!**

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:

- ◆ **Summer outings:** The weather has been a little unpredictable, but we have managed to organise a few outings in the wider community, including a visit to the **Victoria Esplanade**, a **gorge walk**, fun and games at the **Ashhurst Domain** and a visit to **Te Manawa**, our local museum (Pp 4-5)
- ◆ **Talk Time:** This edition, our roaming reporter Angel, interviews **Terry Westwood**. We learn a little about Terry's interests and hobbies, his involvement with Strive and something about his injury (P.6)
- ◆ **Cyclone Gabrielle:** Strive have Services in **Hawke's Bay** and **Tairāwhiti**, so there was some anxious moments following Feb 12-16 to see how clients, whānau and staff had fared. Many have been impacted by flooding, and our Service in **Taradale** (Hawke's Bay) has lost access to their site for 3-9 months. It has been **inspiring** to see how **everyone has rallied** though. The human spirit is so tenacious and **resilient**. We can be slapped down, lose everything, and then in a few days the community starts the process of **rebuilding, recovering, healing and righting itself again**. I think there's a parallel there with brain injury survivors. (P7)
- ◆ **Brain Facts:** In this edition we learn about the **Brain Stem**. It's that vital part of the brain that controls all the automated functions such as breathing, heart rate, body temperature, digestion and sleep (P. 8)
- ◆ **Farewell: Ross Woodhead** has been part of the Strive community for many years and now he has decided to hang up his garden tools and **'retire'**. Thank you for the many years you have contributed to this community. We shall miss seeing you here, but welcome any visits in the future. You are always welcome to call in for a cuppa and a chat (P. 9)
- ◆ **StRyder Quiz:** We had a wonderful day at **Ryder Cheshire** recently. We joined them for the annual **StRyder challenge**. This year it was a music quiz and included quizzes, dancing, dress-up, air guitar and more. Congratulations to **Ryder**, who were **the overall winners** this year. We have our eyes on the trophy for next year though! (P. 10-11)
- ◆ **Clean-up: Thank you** to all those who helped to get the **front lawns and gardens** in shape. It was great rehab and fun too! (P. 12)
- ◆ **Diabetes Training:** We were very grateful to Kristen and Jacqui from Diabetes Trust for informing us all about diabetes, diabetes prevention and good nutrition. (P.13)
- ◆ **Puzzle Time:** A number of our clients have had a **stroke**. Often the vocabulary around stroke is confusing! This **PuzzleTime** uses a lot of these **medical terms** that we may often hear being talked about. It's a fun way of remembering (P.14)
- ◆ **Calendar:** The **Action for Happiness Calendar** for **March 2023** is called **Mindful March**. It has actions for each day around **'Mindfulness'**. They help us to be happier and kinder together. (P.15).
- ◆ **Diary Dates:** Please take time to check out the Diary Dates on P.16 for **upcoming events**

Thank you for your continued love and support. Me whakarite, me noho haumarū. Look after yourselves. Be well everyone.

Ngā mihi nui, *Terry*

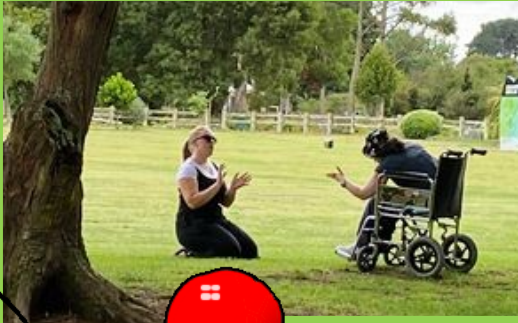


VICTORIA ESPLANADE



GORGE WALK





ASHHURST DOMAIN

Summer Outings



TE MANAWA

Talk Time

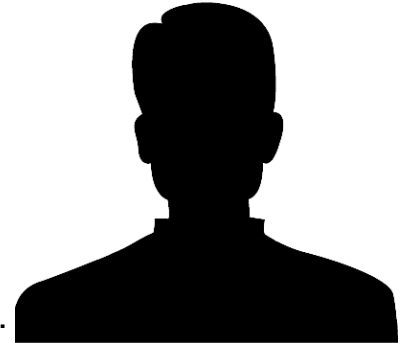
AN INTERVIEW WITH Terry Westwood

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 a little better.

What are your interests/hobbies?

I enjoy jigsaw puzzles, art, intarsia and an array of arty stuff.



What is your connection to Strive Rehabilitation?

Due to a Stroke in 2012 I started attending Strive Rehabilitation, to help me with my cognition, mobility and social interaction.

How is Strive Rehabilitation helping you?

It helps me socially, physically and mentally, I interact with others in my situation and it motivates me to do stuff. I enjoy the outings, groups and swimming.

Could you tell me a bit about yourself ?

I am retired and tired. I recently moved into a retirement villa and a acquired cat. I am working on a cactus garden and a workshop in my garage.

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

"I am not the person I was before my Stroke but I feel I have adapted well to the many changes. Don't give up."

An Interview with Angel.

Cyclone Gabrielle

Strive Manawatū has strong links with Hawke's Bay and Tairāwhiti, as we have Strive Services in both those locations. As you are aware, both of these areas were substantially affected by Cyclone Gabrielle, which hit the east coast of New Zealand on 12-16 February. Dr Maxine Bevin (Speech Language Therapist), has had a long association with our Service. Currently, she holds a Zoom session with our Communication Group once a month to support those clients who have aphasia.



Maxine lives along the coastline in the Esk Valley, which was one of the most impacted areas. Large portions of the valley were submerged in metres of water and silt. Thankfully, Maxine and Ferg's home was spared from flood damage, but all around them was destruction. They were unable to evacuate the area as the road and the bridge were inaccessible so had to ride it out at home as the waters around them continued to rise. Even though they were without power, water and cell phone connection for some time, thankfully their property was spared. They came within a hair's breath of being flooded but the water miraculously changed course just as their backyard was starting to be submerged. However, Maxine described the devastation behind their home as 'the apocalypse'. Even now, all along the sides of the road there is debris. There was only a small amount of ponding in their backyard, but all around them was devastation.

{Maxine, wearing her 'Aphasia Warrior' T-Shirt.} It took some time before we were able to establish communication with Maxine. She mentioned that she had finally managed to have a hot shower at a friend's place and when she came home she put on her 'Aphasia Warrior' T-Shirt and it emboldened her to face the future. The T-Shirt was designed by Alison Duran, a client here at Strive Manawatū. Alison was very moved when Maxine shared about wearing this T-Shirt in the wake of the cyclone and how it had given her strength and comfort.

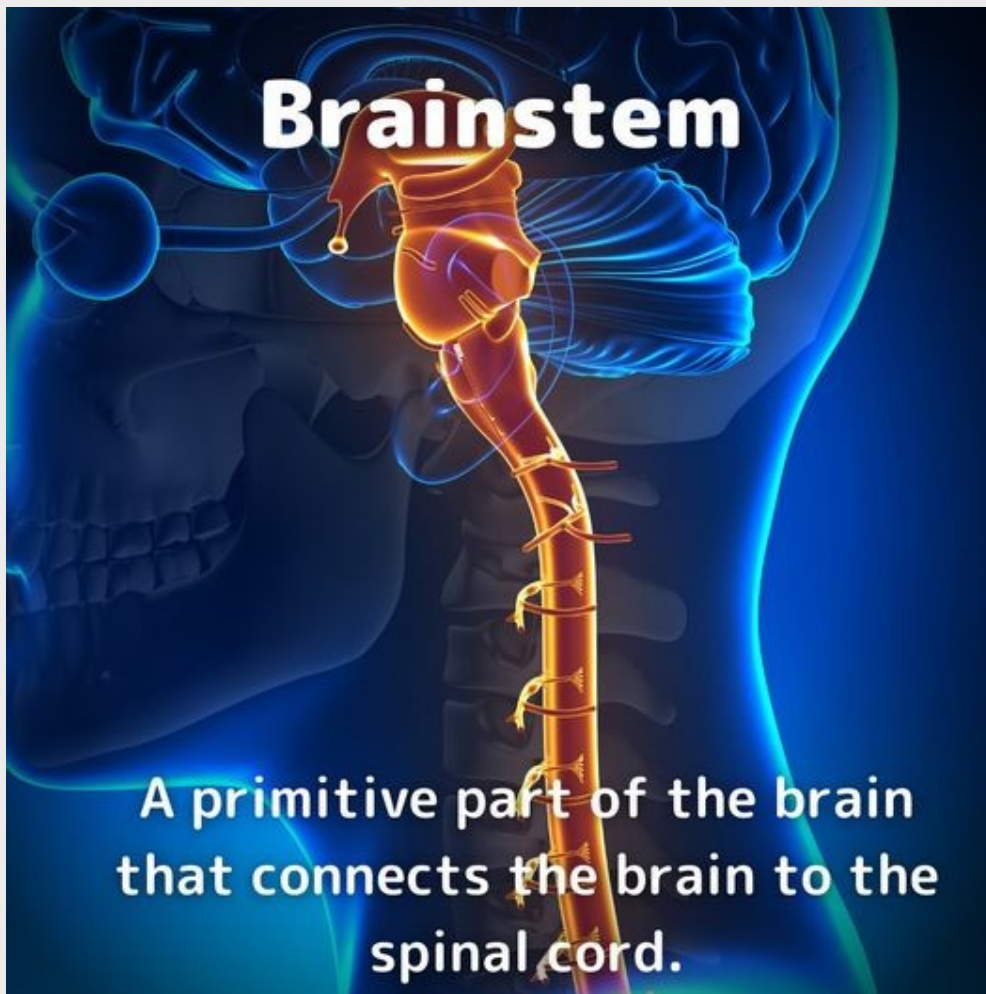
Strive Hawke's Bay have their premises in Taradale at the Eastern Institute of Technology. The whole of EIT was flooded, but the block where Strive is located was the worst hit. The building is now a biohazard and will remain closed for 3-9 months. In the meantime they have managed to secure temporary accommodation over the road at the Sports Arena for two days a week and are looking at other creative ways of providing services over the coming months.

While parts of Gisborne and Tairāwhiti were also impacted by the cyclone, thankfully the Strive Service in Gisborne did not succumb to flooding. They had to close for a few days because they had no phone, internet or water but were back running as usual with all staff onsite by Monday 20 February.

We want to send all those staff, clients and whānau in the cyclone affected areas our aroha and best wishes as they recover from the cyclone. You are very much in our thoughts and prayers.

Terry.

BRAIN FACTS



Ever wondered what keeps you breathing and your heart beating without you thinking about it? You've got your brainstem to thank for looking after these basics while you're busy wondering what to have for breakfast, or if you should buy those shoes.

The brainstem controls functions basic to survival, such as heart rate, breathing, digestive processes, and sleeping. It is made up of 3 major structures: the medulla oblongata (usually just called the medulla), the pons, and the midbrain.

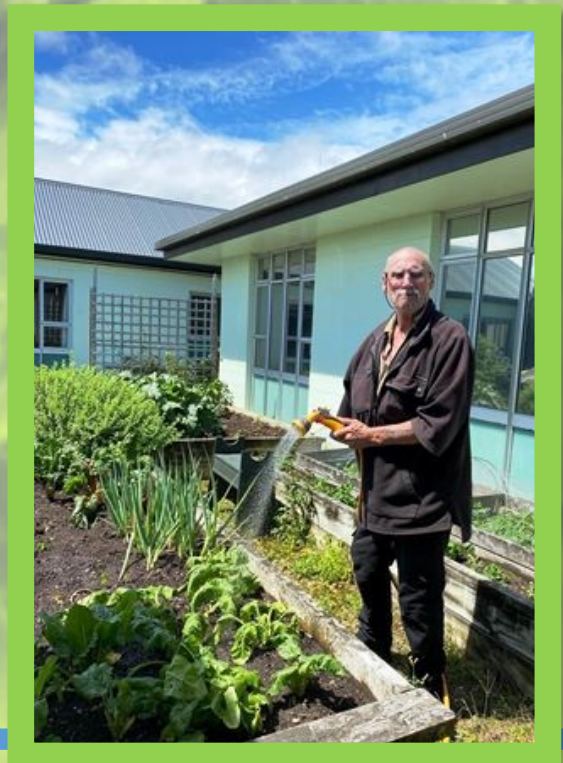
Officially Retired



Ross has decided to hang up his garden tools here at Strive Rehabilitation as he is ready to embrace retirement. Spending some time out fishing and with his family. For many years he has worked tirelessly maintaining the gardens and grounds. Always ready to plant new crops to keep the garden beds flourishing. Making sure the ravenous snails and slugs didn't destroy his crops. Ensuring he kept on top of the endless bulbs of oxalis that persisted in appearing, watering regularly even on the long hot weekends Ross would take time to pop into the centre to water the gardens.

He thoroughly enjoyed harvest time when he could supply fresh vegetables to clients, staff, neighbours and if the season was really abundant the wider community would benefit.

Enjoy spending precious time with your whanau out on the beach with your kontiki.



StRyder Quiz

Each year we have a full on quiz day with staff and clients at Ryder Cheshire, a perfect time for us all to come together and have some fun.

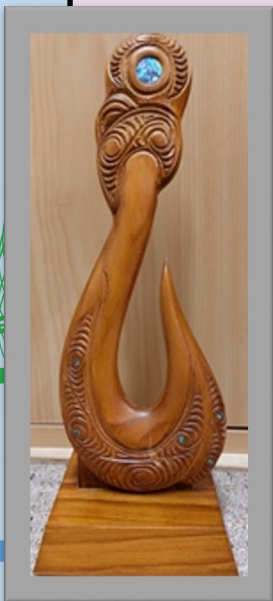
The quiz this year was based on music, so everyone was encouraged to dress as a favourite musician / entertainer, as you may see from the photos some clients and staff really got in the groove.

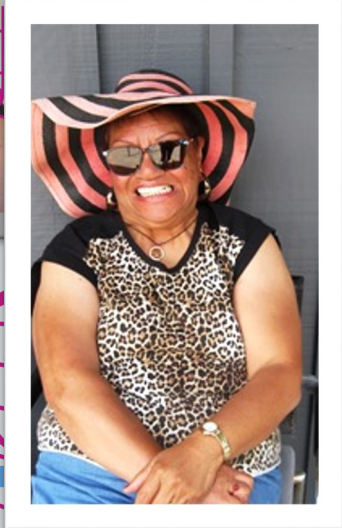
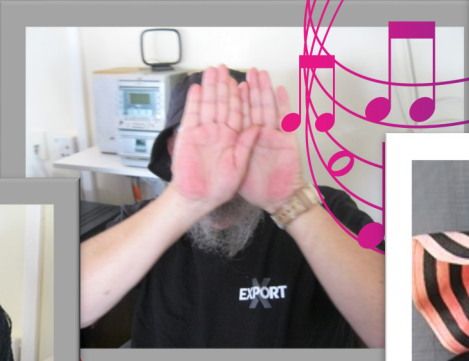
After the quiz there's the anticipated drum roll to see who wins the fabulous carved trophy. Then we always share a fabulous BBQ lunch and some good laughs with everyone involved.



“This year it was held at Ryder. We were split into small teams so we could discuss the questions and hopefully find the correct answers together. A person from each team was nominated to be our script. This continued until we had finished. It was run at a good pace for everyone and I found people with communication difficulties / devices weren't disadvantaged. At the conclusion answers were read out, we marked our own papers then tallied up. When all the scores were tallied the winners of the trophy were **Ryder Cheshire.**”

Joshua Hartwell





Clean Up...



There's no better way to start a new year than to pull your sleeves up and sort out some of the over grown trees and shrubs on the property. A fantastic opportunity for some rehabilitation.

- Lindsay taking care of his posture and his back when he is assisting with picking up branches.
- Josh works on his balance while sweeping the driveway.
- Team physical workout to elevate the heart rate with everyone pitching in to clear weeds.
- Cliff shows his dexterity by using both arms to keep hold of all that green waste.
- Dan utilising his powerful arms to load the trailer.
- Ruth sets out with the hedge clippers to show off her hand/ eye coordination.



Diabetic Education

We had an excellent education session from the diabetes nurse and a dietician from **Diabetes Trust**. A mention was made about nutrition after a brain injury and why do food choices matter. Nutrition needs to be upped to strengthen our immunity and it creates INDEPENDENCE!!!

Eating regular meals is important and building a balanced meal plate is a healthy way to find a balanced diet; 1/4 protein, 1/4 carbohydrates and 1/2 vegetables is a perfectly balanced plate.

Diabetes: On average 2227,800 New Zealanders are diagnosed each year.

Risk Factors are; Hereditary, age, ethnicity & polycystic ovarian syndrome.

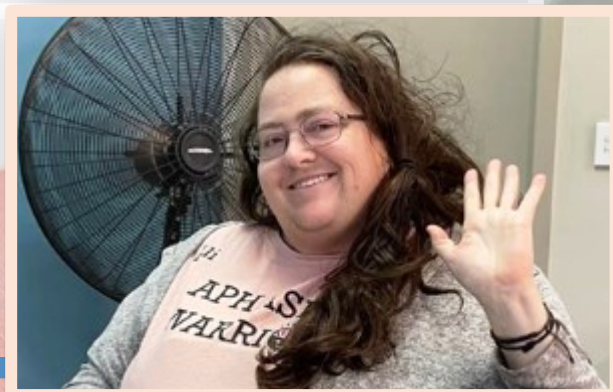
Diabetes can also affect your vision.

Things that can help reduce the possibility of getting diabetes are;

Walking, green prescription, quit smoking, blood testing, education and support. Healthier food choices, exercise, even housework and limiting alcohol.

The Diabetes Trust offers Zoom Education sessions, healthy cooking series and support. They cover Palmerston North, Feilding, Levin, Otaki and Dannevirke.

ACT NOW !! Get regular check ups.



PUZZLE TIME: STROKE



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

APHASIA
CEREBROVASCULAR
HEMIPLEGIA
RECOVERY
DISORDER
RECEPTIVE
LANGUAGE

APRAXIA
COMMUNICATION
BRAIN
DYSARTHRIA
TUMOR
GLOBAL
THERAPY

STROKE
WEAKNESS
BLEED
SPEECH
EXPRESSIVE
WORDS
FUNCTION

Mindful March 2023

MONDAY



6 If you find yourself rushing, make an effort to slow down

13 Pause to watch the sky or clouds for a few minutes today

20 Focus on what makes you and others happy today
dayofhappiness.net

27 Appreciate nature around you, wherever you are

TUESDAY



7 Take three calm breaths at regular intervals during your day

14 Find ways to enjoy any chores or tasks that you do

21 Listen to a piece of music without doing anything else

28 Notice when you're tired and take a break as soon as possible

WEDNESDAY

1 Set an intention to live with awareness and kindness

8 Eat mindfully. Appreciate the taste, texture and smell of your food

15 Stop. Breathe. Notice. Repeat regularly

22 Notice something that is going well, even if today feels difficult

29 Choose a different route today and see what you notice

THURSDAY

2 Notice three things you find beautiful in the outside world

9 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

23 Tune into your feelings, without judging or trying to change them

30 Mentally scan your body and notice what it is feeling

FRIDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

17 Look around and spot three things you find unusual or pleasant

24 Appreciate your hands and all the things they enable you to do

31 Discover the joy in the simple things of life

SATURDAY

4 Notice how you speak to yourself and choose to use kind words

11 Stay fully present while drinking your cup of tea or coffee

18 Have a 'no plans' day and notice how that feels

25 Focus your attention on the good things you take for granted

SUNDAY

5 Bring to mind people you care about and send love to them

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

26 Choose to spend less time looking at screens today



Happier · Kinder · Together

ACTION FOR HAPPINESS

LOOK

Dates For Your Diary

March:

St Patricks Day: Friday 17th

BIA “Wellness Day”:

Wednesday 22nd. Hancock House 09:30-1:00

Future Living: Monday 27th, 8 week course. Te Patikitiki Highbury

April:

April Fools Day: Saturday 1st

Daylight Savings: Ends Sunday 2nd **Clocks Go Back 1 hour**

World Health Day: Friday 7th

Easter Holiday: Good Friday 7th **Centre Closed**

Easter Monday 10th **Centre Closed**

Anzac Day: Tuesday 25th **Centre Closed**

May:

Mothers Day: Sunday 14th



ATTENTION:

COVID - 19

If you have any of these symptoms.

- **Cough**
- **Scratchy throat**
- **High temperature**
- **Shortness of Breath**

Please do not attend Strive!

**If you have any concerns
please contact:**

Healthline

0800 358 5453

Social Afternoon Dates 2023 !!!

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

We will keep you updated on our social afternoons and depending on the Covid situation, possibly the return of regular dates in 2023.



Strive Rehabilitation Manawatū
would like to thank the following sponsors.

**Te Pou o te
Whakaaro Nui**

Housing New Zealand
Housing New Zealand Corporation

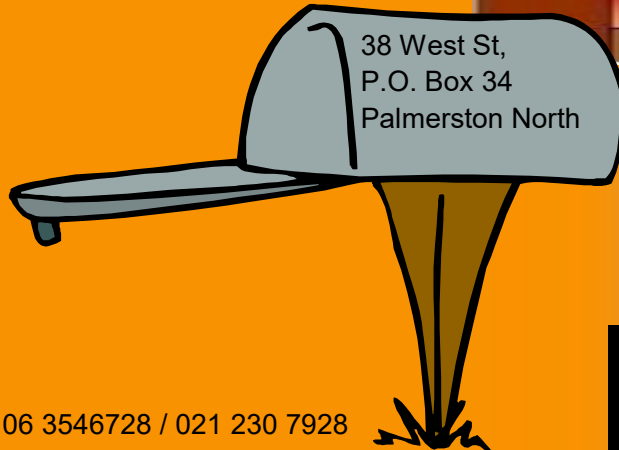


Community Contacts

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!

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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.

