

Summer Newsletter

Featuring
String Art



*For a Positive Future
Mo te heke mai pai*



Our Staff...

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<i>Key Worker / Coordinator</i>	<i>Lou Angus</i>
	<i>Chris Hattle</i>
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<i>Rehabilitation Coach</i>	<i>Angela Shailer</i>
<i>Rehabilitation Coach</i>	<i>Claire Matena</i>



In this issue...

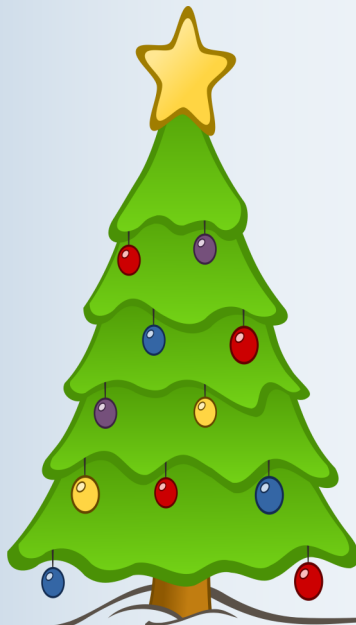
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strive
rehabilitation

MANAWATŪ

*For a Positive Future
Mo te heke mai pai*



“find a mistake in the newsletter“

See Teresa to collect your chocolate

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Tēnā koutou katoa,

Welcome to the **Summer / Christmas edition** of the **Strive Rehabilitation Manawatū newsletter, 2023!**

Where has the year gone! There is only a month left before our Christmas closedown!

I am hopeful of a **hot summer** this year. I noticed that all the **cabbage trees** in Palmy were in **full bloom in the first week of November**. In Te Ao Māori, tī kōuka or cabbage tree (*Cordyline australis*) is used to predict weather patterns. Kāi Tahu use the flowering of these trees as a tohu, with **early and profuse flowering indicating a long hot summer** will follow!

May we all make the most of opportunities for those summer activities such as **BBQs, swims and picnics** 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:

- **String Art:** There have been some **wonderful pieces** coming out of the **String Art group** of late. I am blown away by everyone's creativity and ability! There are wonderful photos on page 4, also on the front cover—well done Dan!
- **Talk Time:** This time Angel introduces you to **Peter Jakicevich**. I was interested to hear about Peter's role as a voluntary **NZ Fire Serviceman**, and I loved his **advice** at the end "*Come to Strive, feel relaxed and enjoy everything*" (P. 5)
- **Maire Farm Visit:** Clients loved visiting **Maire Farm, near Rongotea**. It was impressive to see the **rotational milking shed**, and the **spring calves** latching on to the **calfateria!** (P.7)
- **Brain Facts—Cerebellum:** In this edition we learn some interesting facts about the **cerebellum**. This is a very old part of the brain that sits between the brain stem and cerebral cortex.
- **World Animal Day:** To celebrate **World Animal Day, Andrew**, who has been a faithful volunteer with the SPCA for 29 years, shared with us some of his experiences of caring for animals. (P9)
- **Cancer Awareness:** We have had a focus on cancer awareness at Strive, with several activities throughout September (Blue September) and October (Pink October) (Pp.10-11)
- **Canine Friends:** It has been wonderful to have the 'Canine Friends Pet Therapy' group bringing their dogs along once a month so the clients and staff can have a cuddle (P.12)
- **Victories and Achievements:** Thanks to all those who participated in Creative Writing Month(s) and a special congratulations to Savannah who won the prize for best poem!

Congratulations to Alison also, who recently attended the Feilding Football Club's AGM. Alison was involved in the club for many years before her stroke, so this was a homecoming for her. (P.13)
- **Diary Dates:** Please check out the diary dates on page 16 for information about important dates over the Christmas and New Year period.

Let me take this opportunity to wish you all a very **Merry Christmas** and a **Happy New Year 2024!** **Terry**

String Art



With support from staff, clients are able to achieve these awesome pieces of art. Lots of math is involved in the process, also many meters of colourful string. Bethany has a very cute Pooh Bear, Dan a fabulous rainbow heart, Daryl has this magnificent circular design, Sally shows off her wonderful musical themed piece and Josh this amazing geometrical work. Clients spend many hours painting the background, hammering in nails and weaving their threads from one nail to another to achieve these **Works of Art**.



Talk Time

AN INTERVIEW WITH PETER JAKICEVICH

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?

Animals ☺ we have four chickens and a cat called Lexi. I like playing computer games. I also like to walk and I do a lot of this.

What is your connection to Strive Rehabilitation?

I had an aneurysm 7 years ago.



How is Strive Rehabilitation helping you?



Strive helps me with support when I need it and socially, I connect with friends that I have made there.

Could you tell me a bit about yourself ?

I am a voluntary NZ Fire Serviceman and I still do callouts when needed. I have a blended family of 7, ages ranging from 18-33, plus 3 mokopuna.

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

Come to Strive Rehabilitation feel relaxed and enjoy everything.

An Interview with Angel.

MAIRE FARM VISIT

"This was so much fun."
Cliff.



Kate shares some Inside info on the sheep breed.



"Yeah I got this."
Dan.



"Hold on tight **Josh.**"



Looks like it's feeding time.



Andrew enjoyed petting all the animals.



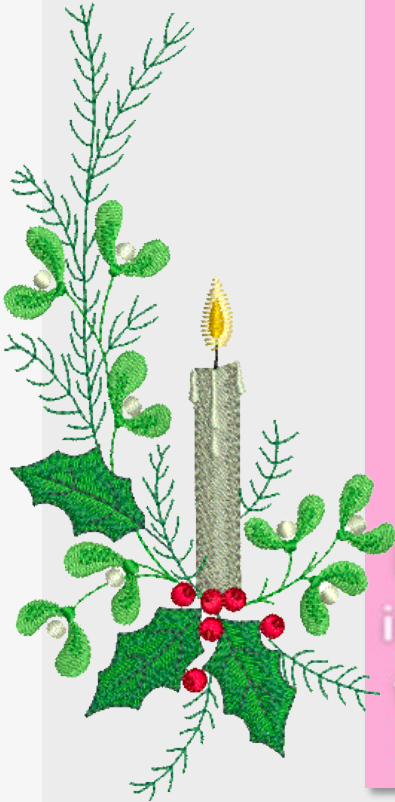
BRAIN FACTS



Cerebellum



Located at the top of the brain stem, it coordinates the brain's instructions for skilled, repetitive movements and helps maintain balance and posture.



Its name means “little brain” in Latin - which was apparently given to it by Leonardo da Vinci in the 1500s during his investigations into the human brain.

A brain structure located at the top of the brain stem that coordinates the brain's instructions for skilled, repetitive movements and helps maintain balance and posture. Research suggests the cerebellum may also play a role, along with the cerebrum, in some emotional and cognitive processes. Although rare, cerebellar degeneration can occur. Cerebellar degeneration is a process in which neurons in the cerebellum deteriorate and die. Diseases that cause cerebellar degeneration can also involve other areas of the central nervous system, including the spinal cord, medulla oblongata, cerebral cortex, and brain stem. Neurological diseases that feature cerebellar degeneration include ischemic or hemorrhagic stroke (when there is lack of blood flow or oxygen to the cerebellum), cerebellar cortical atrophy, multisystem atrophy, and olivopontocerebellar degeneration.

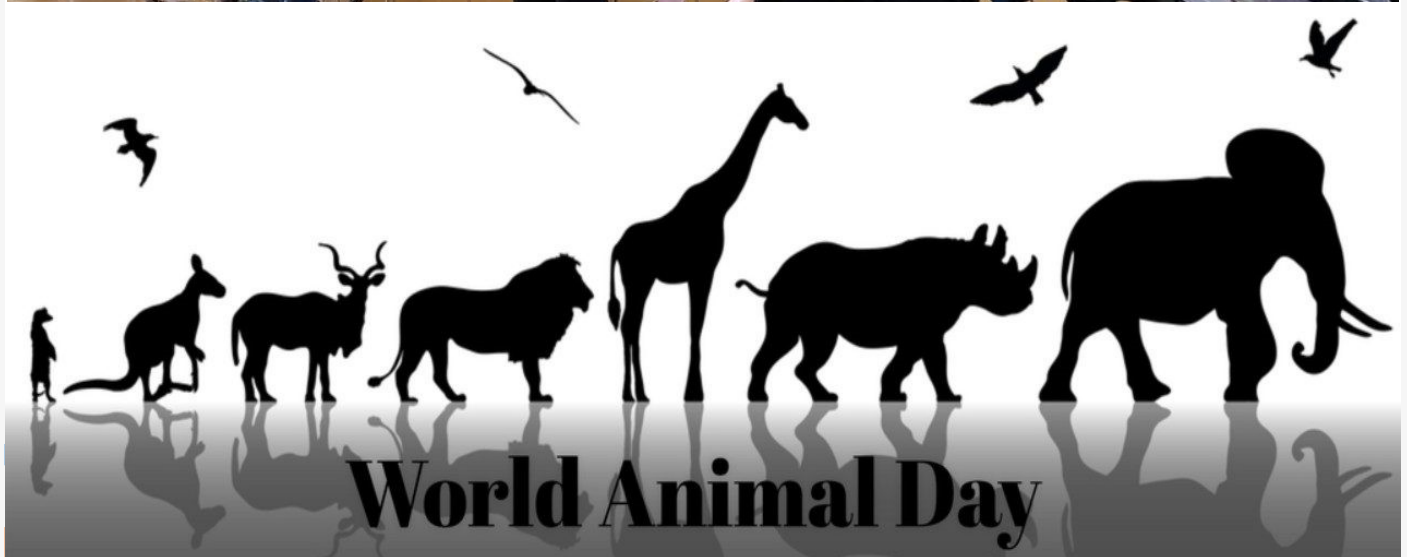
<http://www.neurological.org.nz/>

To celebrate **World Animal Day** Andrew shared his story about volunteering his time for 29 years to the SPCA cause. He is extremely passionate about the welfare of all animals and lovingly spends a couple of days each week at the Palmerston North SPCA.

He enjoys feeding the cats and dogs, helping to keep the cages and pens clean, taking some of the dogs for regular walks and not to forget all the hugs, care and cuddles he bestows on these animals.



He had been working tirelessly on this presentation for some time and when he was finished, Andrew was happy to answer client and staff questions about the organisation and his time there. He proudly showed his **Meritorious Volunteer Service Medal** awarded to him by **Royal SPCA New Zealand**.



Cancer Awareness

More than 3,000 women in NZ are diagnosed with breast cancer every year. New Zealand has the seventh highest incidence rate of Breast Cancer in the world of one in nine. Breast Cancer is taking two of our nation's women from us every day, whilst one woman is diagnosed with the disease every three hours.

Some breast changes may be early signs of breast cancer, including:

- a lump or lumpiness
- thickening of the tissue
- nipple changes, such as skin dimpling
- a blood-stained discharge from one nipple
- an inverted nipple (unless the nipple has always been turned in)
- a rash on a nipple
- a change in breast shape
- a painful area
- rash or red marks that appear only on your breast

Men can also develop breast cancer, though this is rarer, adding up to about 1% of all breast cancers.

Every year more than 4000 men are diagnosed and over 700 die from Prostate cancer. It is the most commonly diagnosed cancer (apart from skin cancers) in Kiwi men.

Symptoms of prostate cancer

Often prostate cancer doesn't cause symptoms, especially in the early stages. It can remain undetected for some time and still not cause symptoms.

If there are symptoms, they may include:

- Feeling the frequent or sudden need to urinate, especially at night
- Finding it difficult to urinate (e.g. trouble starting or not being able to urinate when the feeling is there)
- Discomfort when urinating
- Finding blood in urine or semen
- Pain in lower back, upper thighs or hips
- Bone pain
- Unexpected weight loss

If you notice any of these changes. You don't necessarily have cancer, but you should see your doctor for a check up.



Prostate cancer is the most diagnosed cancer in Aotearoa New Zealand and the second leading cause of cancer related death in men. 1 in 8 Kiwi men will develop prostate cancer at some stage in their lifetime and 4,000 Kiwi men will be diagnosed with prostate cancer this year.

There are currently 42,000 men living with this disease in New Zealand.

Lots of information is made available and regular discussions are held at Strive during this time. This is an opportunity to ensure clients and staff are fully informed, about risks and encouraged to have regular check ups. Plus dress up and colourful cupcakes for morning tea are a fun thing for all.

Breast cancer is the most common cancer for Kiwi women and the third most common cancer overall. Although it is uncommon, men also get breast cancer. About 25 men are diagnosed in New Zealand each year.

Nine New Zealand women, on average, will hear the news today that they have breast cancer.

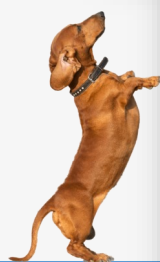




Canine Friends Pet Therapy is a New Zealand not-for-profit organisation providing therapy using dogs. They have been operating in NZ since 1990 and their primary focus is on providing pet therapy visits to Hospitals, Rest Homes and other organisations such as Strive Rehabilitation.

They currently have 500 pet therapy dog teams visiting 220 rest homes and 10 hospices throughout NZ. Thirty years of experience in pet therapy, means that they have built up a solid set of procedures and training for volunteers to ensure a visit is rewarding for both the residents and the pet therapy teams. A big thanks to Kaye and the team in the Manawatu for sharing their furry canines with us.

The pictures below show the joy and happiness that pet therapy visits bring.



VICTORIES & ACHIEVEMENTS

Creative Writing month certainly sparked some interest from both clients and staff. Many interesting stories and poems were submitted. Carefully perused by staff and a winner was chosen. A very well written poem by Savannah Sands “**below**” was selected. We cannot forget to mention everyone else that also took the time to engage in this creative venture.

LITTLE POOCHES

Dashunds done their rounds.
So cute, so fluffy.
Short legs, long hair there were a pair.
Both girls, with a few curls.
SAVANNAH SANDS.



Alison was a committee member on the Feilding Football Club for several years, prior to her numerous Strokes. Just recently Alison attended the Football Clubs AGM which has certainly ticked a **BIG** box for her, as this was one of her personal goals.
CONGRATULATIONS to you Alison a massive achievement.





PUZZLE TIME: KIWIANA



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

TIKI
KIWI
SILVERFERN
PAVLOVA
HAKA
WATTIES
CHESDALE
BBQ
ANZACBISCUITS
WETA

SHEEP
JAFFA
KIWIFRUIT
JANDALS
TOMATOSAUCE
EDMONDS
LAMINGTONS
ROADTRIP
HOKEYPOKEY
KOWHAI

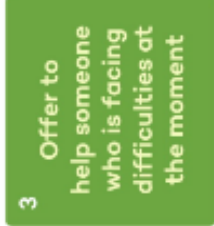
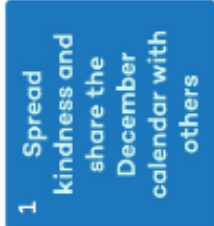
GUMBOOTS
BUZZYBEE
PINEAPPLELUMP
RUGBY
FISHNCHIPS
WEETBIX
PUKEKO
PAUASHELL
BEER
KINA



December Kindness 2023



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY



4 Support a charity, cause or campaign you really care about

5 Give a gift to someone who is homeless or feeling lonely

6 Leave a positive message for someone else to find

7 Give kind comments to as many people as possible today

8 Do something helpful for a friend or family member

9 Notice when you're hard on yourself or others and be kind instead

10 Listen wholeheartedly to others without judging them

11 Buy an extra item and donate it to a local food bank

12 Be generous. Feed someone with food, love or kindness today

13 See how many different people you can smile at today

14 Share a happy memory or inspiring thought with a loved one

15 Say hello to your neighbour and brighten up their day

16 Look for something positive to say to everyone you speak to

17 Give thanks. List the kind things others have done for you

18 Ask for help and let someone else discover the joy of giving

19 Contact someone who may be alone or feeling isolated

20 Help others by giving away something that you don't need

21 Appreciate kindness and thank people who do things for you

22 Congratulate someone for an achievement that may go unnoticed

23 Choose to give or receive the gift of forgiveness

24 Bring joy to others. Share something which made you laugh

25 Treat everyone with kindness today, including yourself!

26 Get outside. Pick up litter or do something kind for nature

27 Call a relative who is far away to say hello and have a chat

28 Be kind to the planet. Eat less meat and use less energy

29 Turn off digital devices and really listen to people

30 Let someone know how much you appreciate them and why

31 Plan some new acts of kindness to do in 2024



ACTION FOR HAPPINESS

Happier · Kinder · Together

LOOK

Dates For Your Diary

DECEMBER:

Sunday 3rd: Palmy Christmas Parade 2pm—3pm

Sunday 10th: Feilding Christmas Parade 10am—4pm

Tuesday 12th: Christmas Lunch @ Cossie Club

Friday 15th: Final Out Reach for 2022

Thursday 21st: **STRIVE CLOSED** @ 12noon

JANUARY:

Monday 8th: Strive Opens

Monday 23rd Wellington Anniversary **STRIVE CLOSED**

FEBRUARY:

Monday 6th: Waitangi Day

STRIVE CLOSED

Tuesday 14th: Valentines Day



MOANA RD

We would like to acknowledge **Paul & Jane** of Moana Road and say a very **BIG** thank you for the amazing donation, towards our annual Shop Day raffles.

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 2024 !!!

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

Monday 26th February

Wednesday 24th April

Thursday 27th June

Friday 23rd August

Tuesday 29th October



Strive Rehabilitation Manawatū
would like to thank the following sponsors.

**Te Pou o te
Whakaaro Nui**

Housing New Zealand
Housing New Zealand Corporation

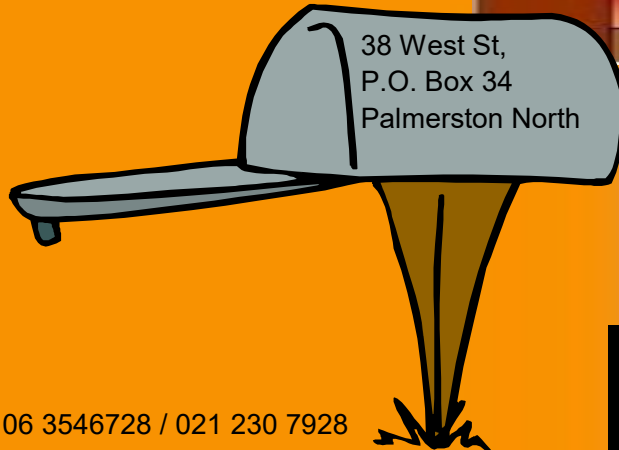


Community Contacts

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
GOLD & BLACK TAXI	06 3512345
PALMERSTON NORTH TAXI	06 3555333



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.

