

Summer Newsletter

Featuring
Prostate & Breast Cancer
Awareness



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>Katie Trembath-Warren</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 :)

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Tēnā koutou katoa,

Welcome to the **Summer / Christmas edition** of the **Strive Rehabilitation Manawātū newsletter, 2022!**

Where has the year gone! We are only days away from finishing for the year and already starting to plan for next year. Hopefully, there will be lots of opportunities for those summer activities such as BBQs, swims and picnicking to look forward to in the New Year!

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:

- **Te Wiki o Te Reo Maori:** It was wonderful to have **Claire Davis and the Maturettes** performing songs and waiata for us as part of our **Te Wiki o Te Reo Maori** celebrations at Strive. This year is a special year as we commemorate 50 years since the signing of the **Maori Language Petition** (14 September 1972).

Congratulations to all those who took the opportunity to try some new **kupu** and **korero**.

- **Coach House Museum:** The Feilding Outreach group recently visited the **Coach House Museum**. The museum is world-class and houses an outstanding collection of rural NZ heritage, showcasing over **140 years** history in the Manawatu.
- **Talk Time—Introducing Ross Woodhead:** An enlightening interview by Angel Wilson with one of our other clients, **Ross Woodhead**.
- **Welcome to new staff:** Welcome to two new staff members, **Katie Trembath-Warren**, Rehabilitation Coordinator and **Paul Walton**, Wood Workshop Coordinator, Both Katie and Paul come with some very special skills that clients have been enjoying over the last few months.
- **Brain Facts:** A trip to the **Esplanade in Spring**, to see the magnificent **cherry blossoms** in full bloom is always a highlight. This year did not disappoint.
- **Andrew's Poem:** In his poem, Andrew Chandler beautifully describes the feelings of 'stillness' he feels when listening to the aria of Bach's Goldberg Variation.
- **Diabetes Action Month:** November was Diabetes Action Month. Clients and staff have been joining in the action with Tai Chi (diabetes form), as well as healthy eating education.
- **Cancer Awareness :** Blue September and Pink October are opportunities to learn more about prostate and breast cancer, and how to regularly test for these diseases.
- Please be sure to check out the Puzzle Time Word Search (P.14). December Action for Happiness Calendar (P.15) and Diary Dates (P.16)

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

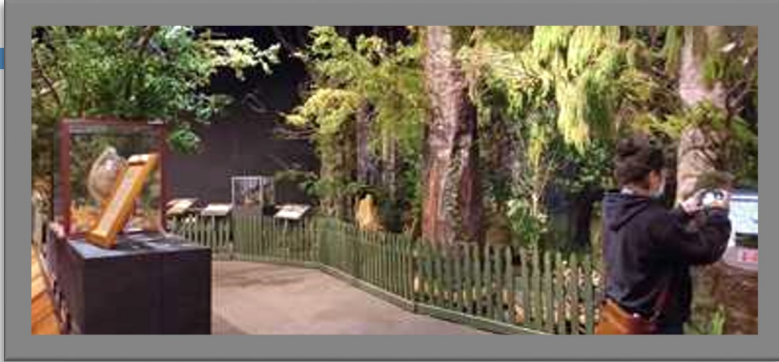
Te Wiki o te Reo Maori Week

Kia ora te whanau...every year since 1975 New Zealand has marked Māori Language Week. This is a time for all New Zealanders to celebrate Te reo Māori.

Take up the Wero or challenge to use more reo Māori. Here at Strive we embrace all aspects of many cultures and today we celebrated with entertainment by "The Matures" strumming ukulele and filling the air with their beautiful waiata. Clients and staff who I must say were a little rusty happily joined in and practised their actions.

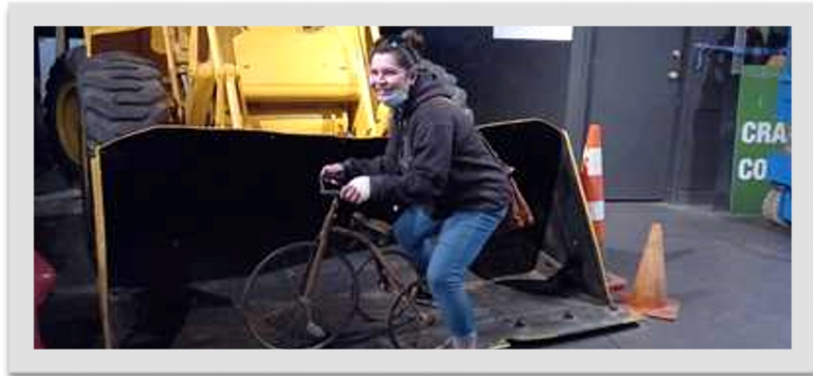
During the course of the week we had many wonderful resources and opportunities available for all to practise their pronunciation and to learn new Kupu.





The Out Reach Feilding group had a fantastic morning recently at the Coach House Museum. We had an opportunity to take in a vast array of vintage machinery on display, spread throughout the massive building.

Emaraina had an up close encounter with this kiwi and many other beautiful native birds in amongst the bush setting. Clients took their time searching for all the birds and critters that were nestled in and around the trees and logs.



Testing out some of the rides gave everyone a giggle. The movie theatre transported us back in time with a historical view of the local Feilding area. A fantastic local museum showcasing over 140 years of history in the Manawatu.



Coach House Museum

Talk Time

AN INTERVIEW WITH
ROSS WOODHEAD

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?

I really enjoy tending the gardens at Strive and at home.

I like helping my son with milking 430 cows in the Wairarapa.

What is your connection to Strive Rehabilitation?

I had a stroke over 26 years ago and I have aphasia.

I enjoy interacting with clients and staff.

How is Strive Rehabilitation helping you?

It keeps me busy gardening, socialising / learning new games I get out and about on my mobility scooter. It helps me with my communication.

Could you tell me a bit about yourself ?

I had a stroke while at work in milking shed.

I still love fishing even though I just have one arm. I used to love diving for kai moana with my sons. I still go out in the boat and fish using my kontiki.

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

If you have a stroke and have aphasia use all the tools available: speech cards, friends, family, cell phone, calendar to make life easier.

An Interview by Angel.

WELCOME

Kia ora, my name is Paul. I was born and raised in Palmy, but deep down I am a Ngāpuhi boy - from my Mum's side, she's from Dargaville.

After finishing school, I tried a few different jobs, then became a builder for 8 years, then when work got scarce I went to Polytec and studied IT (computers). I taught computing for 25 years, mostly as a lecturer at UCOL – 5 years of which were teaching at Youth Justice.

I'm married with 4 adult kids, enjoy being part of my church, listening to and playing music, watching and playing sport, and spending as much of my spare time as possible mountain biking.

In the last few years I have been travelling around, overseas and NZ in a motorhome with my wife, seeing and experiencing some fabulous places. We're back now, and enjoying Palmy life, and my new job working at Strive Rehabilitation with wonderful people, and creating new things with wood. Plus learning to play new games – with the view to one day beating you guys.



Kia Ora!



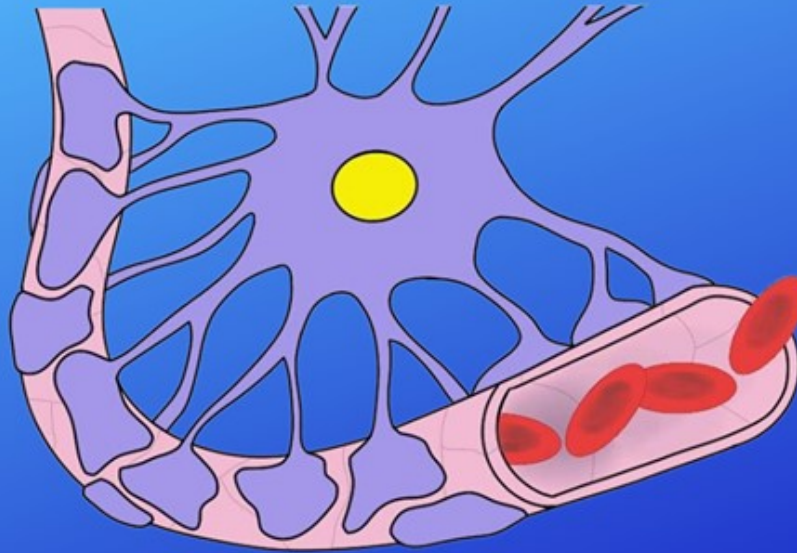
I'm Katie, it's a pleasure to be working at Strive with such incredible people. I come from Mash Trust where I previously worked as an EGL support worker, working with adults with high needs disabilities. I have also studied and worked in Mental Health settings as well as many years working on dairy farms. I came to Strive to challenge myself and to find a great working environment. I am passionate about making a difference in the lives of people who have faced many challenges.

I look forward to getting to know everyone and working alongside a great team.

BRAIN FACTS



Blood-brain barrier



A protective barrier that separates the brain from the blood circulating across the body.

You might never have heard of it, but the blood-brain barrier is a crucial part of protecting your brain. It lets in vital nutrients while keeping out the nasties like toxins and disease.

The blood-brain barrier is semipermeable, meaning it allows the passage of water as well as molecules like glucose and other amino acids that help promote neural function. Blood-brain barrier dysfunction contributes to pathology in a range of neurological conditions including multiple sclerosis, stroke, and epilepsy, and has also been implicated in neurodegenerative diseases such as Alzheimer's disease.



ANDREW'S POEM

On Listening to the Aria of Bach's Goldberg Variation

You are travelling along a road
And you come to a place of rest.
You hear a voice saying
"Be still and know that I am God".

After that, everything that you have in mind
Can go on, in newness.

I love to sit back
With sun on my back
With my coffee,
Stillness in the centre.

Then I can carry on with my life
Stillness in the centre
That we long to share with others.



Drew Chandler



Diabetes Action Month is New Zealand's biggest awareness campaign, bringing New Zealanders together to take action for our country's largest and fastest growing condition. This year there are four key issues, Language, Movement, Nutrition and Prevention. Here at Strive this month we have a focus on all four issues. Today **Chris** delivered a wonderful presentation to clients and staff "**Tai Chi for Diabetes**" sharing moves and information on the benefits of Tai Chi, because keeping active is so important for all people and especially those with diabetes.

Tying it all together **Lou** shared the benefits of nutrition and education around the **Healthy Plate**. This included a small platter of tasty treats. Eating healthy is essential in helping control blood glucose levels, cholesterol and weight, all of which are key to managing diabetes. Eating well also has a direct impact on your mental wellbeing – it helps you feel good and have more energy.



Diabetes New Zealand Healthy Plate



*

1 serving should fit in the palm of your hand



Carbohydrate
potato or kumara or pasta or rice or taro...

$\frac{1}{4}$ of your plate or 1 serving* should be carbohydrate



Protein
meat or chicken or fish or eggs...

$\frac{1}{4}$ of your plate or 1 serving* should be protein



Other vegetables
broccoli, cabbage, cauliflower, lettuce, tomato, carrots, peas...

Vegetables to fill $\frac{1}{2}$ your plate



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.

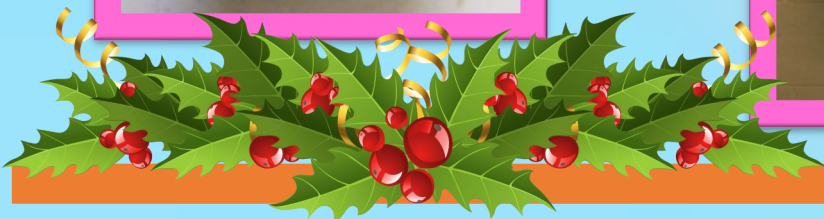
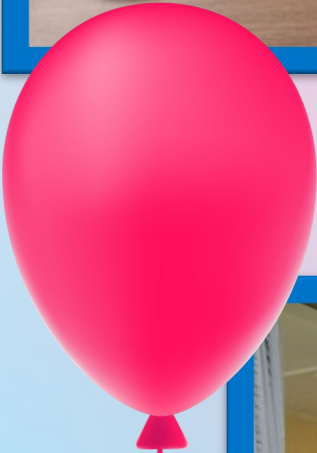
Symptoms of prostate cancer

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.





PUZZLE TIME:



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

HUI
 TANGI
 KORERO
 WHAKAPAPA
 PEPEHA
 MAUNGA
 KAI
 UPOKO
 TANE
 MAURI

MARAE
 KOHA
 AROHA
 WHENUA
 TIPUNA
 AWA
 MOANA
 WAHINE
 KAUMATUA
 MANAAKITANGA

WHARE
 WAIATA
 TAONGA
 TAMARIKI
 IWI
 ROHE
 MANAWA
 WAKA
 TAPU
 MANA

December Kindness 2022

MONDAY



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

TUESDAY



6 Leave a positive message for someone else to find

WEDNESDAY



7 Give kind comments to as many people as possible today

THURSDAY

1 Spread kindness and share the December calendar with others

FRIDAY

2 Contact someone you can't be with to see how they are

SATURDAY

3 Offer to help someone who is facing difficulties at the moment

SUNDAY

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

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 Contact an elderly 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

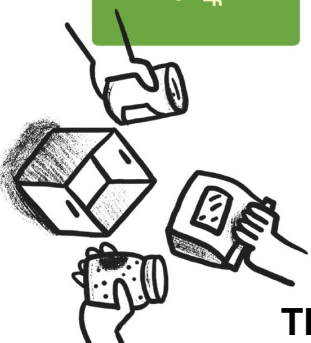
30 Let someone know how much you appreciate them and why

31 Plan some new acts of kindness to do in 2023



ACTION FOR HAPPINESS

Happier · Kinder · Together



TEAR OUT THIS PAGE AND PIN ON THE WALL.

LOOK

Dates For Your Diary

December:

Sunday 4th: Palmy

Christmas Parade 2pm—3pm

Sunday 11th: Feilding Christmas Parade 10am—4pm

Tuesday 13th: Christmas Lunch @ Cossie Club

Friday 16th: Final Out Reach for 2022

Wednesday 21st: Strive Closed @ 12noon

January:

Monday 9th: Strive Opens

Monday 23rd Wellington Anniversary **STRIVE CLOSED**

February:

Monday 6th: Waitangi Day **STRIVE CLOSED**

Tuesday 14th: Valentines Day



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

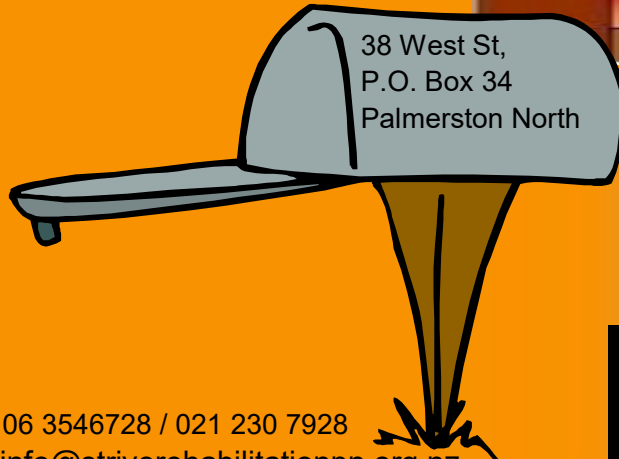


Community Contacts

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



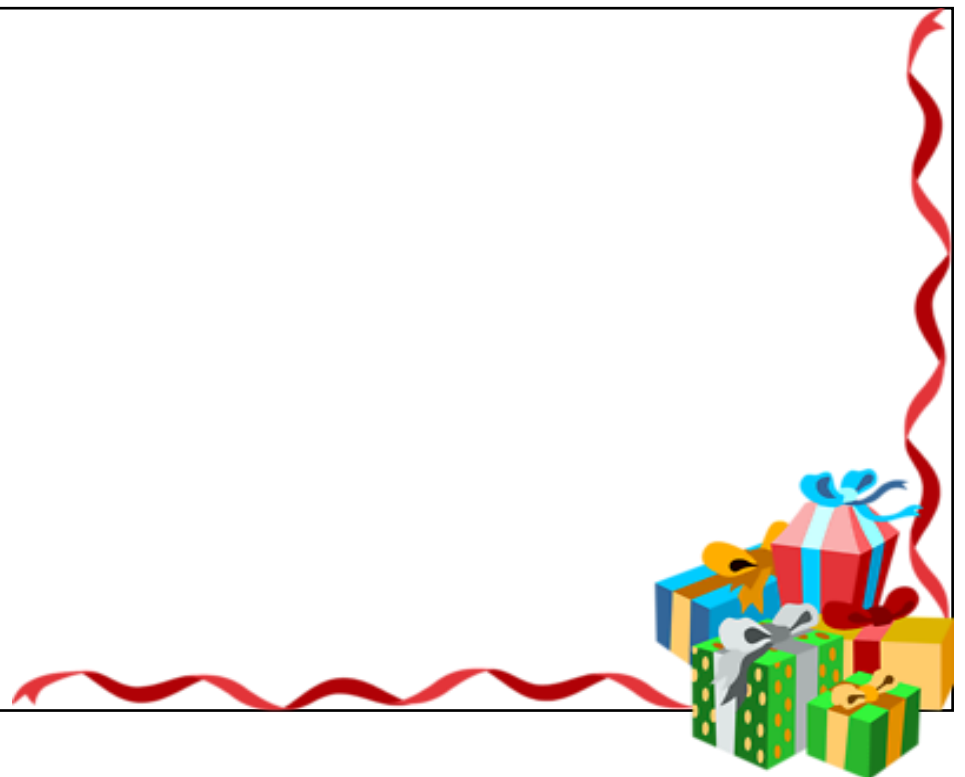
STRIVE REHABILITATION MANAWATŪ



WE'RE ON FACEBOOK!

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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.

