

Spring Newsletter

FEATURING



Mov^{ie}
Trívia



For a Positive Future
Hei te Kōwhiri



Our Staff...

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



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MANAWATŪ

*For a Positive Future
Mo te heke mai pai*

FACT #3



Brain information travels up to an impressive **300 kilometers** per hour.



Brain Awareness Month • MARCH

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From the Manager

Tēnā koutou katoa,

Welcome to our **Spring edition** of the Strive Rehabilitation Manawatū newsletter for 2021!

It has been trying times for all of us with the **Covid-19** pandemic and having to navigate the various alert levels as a Service. I want to **thank everyone** for your patience and flexibility.



I trust you have survived the winter months without too many winter ailments ... and that you have started to enjoy the tell-tale **signs of Spring**.

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:

- **Strive Fair:** A wonderful afternoon of fun and games—water balloon toss at photos of staff seemed to be a popular game!
- **Mid-winter Lunch:** There was a great turnout of clients, former-clients, family members, friends and staff at the annual mid-winter lunch in July. The **China Town** restaurant has proved to be a popular venue for these events. Everyone I spoke to said they enjoyed the company, and of course the delicious food!
- **Brain Facts:** Another episode of brain facts; shedding some light on that ancient almond –shaped structure in the brain that controls our fight and flight responses - **the amygdala**.
- **Stroke Support Team @ Allsorts café:** An open invitation was extended to Strive clients and staff to join in the **Stroke Support Team's** road tour presentation, where they could learn more about their services, the stroke referral processes, the Stroke Central online café and the stroke prevention campaign. **Allsorts Café** is turning out to be a wonderful community resource!
- **Ryder Challenge:** An **annual challenge** between clients at **Strive** and **residents at Ryder Cheshire** has become a highlight in our calendar. The two groups get together for a challenge and for a trophy. This trophy has had pride of place in the Strive dining room up until this latest challenge! However, this year, with just one point in it, **Ryder have taken the trophy** from us. Congratulations!
- **Balance Sessions:** Chris Hattle, our **Physiotherapist**, has been taking a group of clients through a number of '**balance**' activities to improve their **balance, coordination and core strength**. These activities include maintaining balance on a balance board while using a poi, or playing Jenga while it rests on a balance cushion. Such fun!
- **Mosaic Course:** A number of clients have been participating in a '**Mosaic Course**'. Their projects are absolutely outstanding. Congratulations!
- **Spring Wordfind:** Thankyou Michael for producing your **spring-themed wordfind** on Page 12.
- **Norman Out in the Community:** **Norman** shares about how he recently attended the **L.A.B concert** on the waterfront in Wellington. It is fantastic to see you accessing these kinds of events!
- **10 Steps to Independent Living—Work Experience/Education:** In this series on 'Independent Living' Michael shares from his own personal experience about '**work and education**'.
- **Diary Dates:** Don't forget to check out the **diary dates** on **Page 16**. for activities coming up in the next 3 months.
- Members of the **communication group** attended and presented at an **Aphasia Workshop** in Masterton. This is featured in the latest Aphasia NZ newsletter. Check out this link to read the article:

<https://www.aphasia.org.nz/wp-content/uploads/2021/08/Issue-44-Winter-2021.pdf>



Take care. Be well, be safe and be happy everyone! **Terry**

Strive Fair

"It was hard at first but lot's of fun. I got the winning points".

"Target practice with water balloons at the staff faces !! Which was fun."



" Gail preferred to wet the real staff instead of the photos."



"Cross my palm with gold and I shall reveal what lies ahead."



Wonderful Shot !!



Mid-Winter Christmas Lunch



**China
Town**
中国城



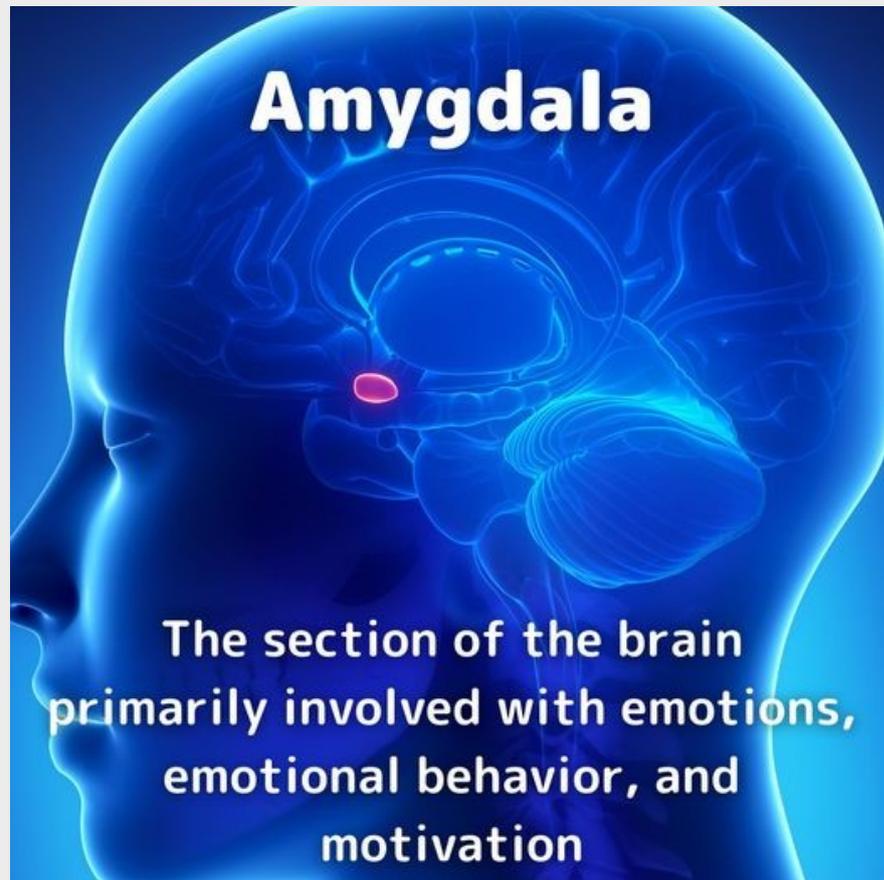
Our annual mid-winter lunch always gives us a great opportunity to come together with clients, ex-clients, their whanau and friends. To share a meal, exchange stories and have a long awaited catch-up. Plus it's a pleasant surprise when we get to meet new additions to the whanau.

No complaints about the food as it's all you can eat for \$16.95, there's a vast array of both European and Asian cuisine to please all taste buds.

We also must acknowledge all the staff at China Town.



BRAIN FACTS



You've probably heard of your amygdala. We often associate it with the body's fear and stress responses but it does more than just that - it also plays a role in memory and motivation.

The amygdala is a group of nuclei located within the anterior medial portion of the brain's temporal lobe. Part of the limbic system, the amygdala is involved in processing of emotions, particularly fear, although its constituent nuclei – the basolateral nucleus, the central nucleus, the lateral nucleus – have diverse functions. A complete picture of the functional roles of the amygdala is unavailable, but it is known to be affected in several neurological disorders and psychiatric disorders including Alzheimer's disease, temporal lobe epilepsy, anxiety, and depression.

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



June 28th was a great opportunity for clients and staff to meet our local **Stroke Support Team** at the Allsorts Cafe and Meeting Rooms in Palmerston North.

An open invitation was extended to join in the road tour presentation to learn more about their services, the stroke referral processes, the Stroke Central online café and the stroke prevention campaign. Stroke Field Officers are ready to respond to your call and will arrange to meet all clients affected by stroke as soon as possible. Field Officers support all those affected by stroke from the very beginning of their stroke journey. They listen, provide resources and education and help to navigate the health system. **Nicola** is our wonderful Field Officer for the Manawatu area and can be contacted on either 06 353 6776 or 021 962 376 during normal office hours.



STROKE
Central Region
Stroke Support

IS IT A STROKE?
Act

F ace	A rms	S peech	T ime
Smile - is one side drooping?	Raise both arms - is one side weak?	Speak - unable to?	Act fast and call 111. Brain cells are dying!

Stroke is an Emergency!
The Faster a stroke is treated the better the recovery.



RYDER CHALLENGE



An annual challenge between Strive Rehabilitation & Ryder Cheshire has evolved after a client suggestion. This proved to be a great opportunity for all parties to come together to have some fun, test their physical and mental skills and perhaps make new friends. We have a beautiful Hei Matau carved trophy, which is awarded to the winners on the day.

The 1st event this year consisted of a roll the giant dice game and all numbers were tallied for the highest score of the day. A yummy BBQ lunch was provided by our fabulous hosts. Then we had a boost of energy to kick start a fun movie quiz. Clients were required to match up movie titles to DVD covers, with a little support from staff. One could hear the cogs turning in the room, with lots of discussion and guesses. However Ryder rose to the challenge and with just a **ONE** point difference they won the challenge and took the trophy home.

CONGRATULATIONS RYDER !!



Balance Sessions



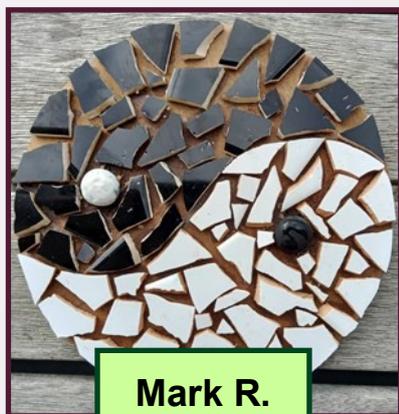
Chris our onsite physiotherapist regularly runs sessions to help clients with movement. Some of her balance training involves doing exercises that strengthen the muscles to help keep us upright, including our legs and core. Plus these balance exercises also help improve our ability to control and stabilize the body's position. This can also increase stability and help prevent falls.

Improved coordination during balance training can be transferred into everyday life, this includes joint stability as good balance training promotes stable knees, ankles, hips, and shoulders.

Peter and Rachel test their skills extending their limits of **Jenga** by playing on a balance cushion. They also did this on a firm surface then compared the degree of challenge on the moving surface. Barry took his stand balance up a notch further by doing poi on a wobble board.



MOSAIC COURSE



Mark R.

Clients were excited at the opportunity to participate in the mosaic course which is a chance to explore and express themselves using this technique. Clients are provided with all the tools needed to create something unique with a focus on improving their hand/eye coordination, strengthening memory, developing new skills and refreshing old ones.



After selecting their desired pattern/picture, clients begin the search through the vast array of tiles to find just the right colours for their projects. This entire process is documented in their personal visual diaries for future reference.

"I made a brick house to put in my room. It is colourful like a rainbow."

Bethany.





"I like making something different at the Centre. Mosaic is delicate work and requires being very careful, and I can enjoy the finished product."
Barry.



Daryl J.

When it's time to start cutting tiles the hand/eye coordination and fine motor skills come into play and the safety glasses come out. It's not so easy using the cutters to snip that small piece to fit into that gap you have waiting, especially when your piece goes flying off into the unknown! But with patience and perseverance the picture/pattern begins to evolve. When all pieces are glued down in place the messy process begins and out comes the grout, spatulas, water and sponges. Once all the gaps are filled and dried the fabulous pieces are sealed and ready to take home and show off.



"I enjoy mosaics because it is relaxing, these are my jandals."
Ruth.



Spring puzzle time...



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

SPRING
 DAFFODILS
 GRASS
 SHOWERS
 BIRDS
 GARDEN
 PRUNING
 WARMTH

BLOOMS
 FLOWERS
 SUNSHINE
 RAIN
 CATERPILLARS
 LAWNMOWING
 PLANTING
 WEEDS

GROWTH
 BLOSSOMS
 THAW
 UMBRELLA
 BUTTERFLIES
 NEWBORN
 RAINDROPS
 WEATHER

LAMBS
 GREEN
 MELT
 SPROUTS
 ENERGY
 OUTDOORS
 SHOOTS
 SUNSHINE

Norman Out in the Community.



“ At the start of the month Misha and I went to see L.A.B on the waterfront in Wellington. This was my second time seeing them perform this year !! The first time was in March when I went to HOMEGROWN which is a big music festival that goes all day with six main stages and lots of New Zealand artists performing. Both times we were right at the front with thousands of people behind us 😊 I love music and had a great time.”



“I’m rolling along the waterfront on the way to TSB Arena where L.A.B. were performing. I’m wrapped up warm because it was freezing.”

Norman.

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**



10 Steps to Independent Living

“Education/Work Experience”

While we are living independently in our new flats/homes we cannot just sit around doing nothing so maybe we could look for part time work, volunteer or even get some more education.

Maybe attend a rehabilitation centre to enhance your education and also gain work experience, which is what I did.

Education:

- Do I have any need for further education?
- Can I upskill my qualifications online ?
- Ask about what is available at the local Polytechnic or Ucol.
- Also ask about what free training might be available and consider enrolling in one of the classes.

Work:

- Ask around about work experience opportunities.
- Maybe ask neighbours, family or friends if they have any odd jobs.

When I went back to work, I was very scared but I had support from staff at Work Bridge they supported me to go to the local Garden Centre, Supermarket and Car Groomers. My parents were supportive as well.

I now have my own small lawn mowing business, which I am happy with. I am also one of those people that fill your mailbox with advertising but not if you have a sign saying “no junkmail”.



MIKE WEBB

LOOK

Dates For Your Diary



September:

Memory Walk: 22 Linton St, Tuesday 21st-11am

Memory Walk: 35 Bowen Street Feilding, Friday 24th-11am

Street Festival Memorial Park: Thursday 30th-5pm

October:

Feilding Craft Market: Manfeild Park, Friday 8th & Saturday 9th-9am

Manawatu Strongest Man & Women: The Square, Saturday 9th-11am

Art Trail: Square Edge Sat 16th-Sun 17th-10am

November:

Strive Social Afternoon: Tuesday 19th-1:30pm

STRIVE MANAWATU WOULD LIKE TO GIVE A BIG SHOUT OUT TO AMY THANKYOU SO MUCH FOR THE AMAZING DONATIONS OVER THE LOCKDOWN PERIOD. OUR CLIENTS WERE SO APPRECIATIVE OF YOUR GENEROSITY ... NGĀ MIHI

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...

November Tuesday 19th

Join us for the last
social afternoon for
2021



Strive Rehabilitation Manawatū
would like to thank the following sponsors.

**Te Pou o te
Whakaaro Nui**

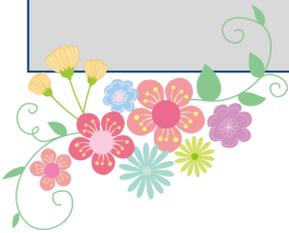
Housing New Zealand
Housing New Zealand Corporation

Eastern & Central
**COMMUNITY
TRUST**

Lottery Grants Board
Te Puna Tahua
LOTTO FUNDS FOR YOUR COMMUNITY



**PALMERSTON NORTH
COMMUNITY SERVICES COUNCIL**
Sharing Strengths - Empowering Community

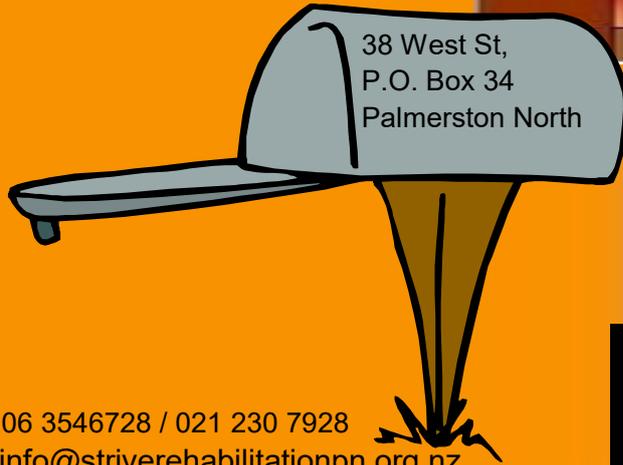


Community Contacts

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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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.

