



Our Rae of sunshine

Meet Rae, she multi-tasks as a volunteer on Reception every Friday from 12 noon processing the accounts.

My Parkinson's symptoms were missed for 10 years, An Osteopath finally noticed the condition 4 years ago. Following the consultation I went home, searched the internet and was convinced he was right. I returned to my doctor who referred me to a Neurologist. When the diagnosis was confirmed I was horrified. My first reaction was that I didn't want any future grandchildren being scared of me.

Knowing the cause of my problems gave me confidence and control. The Neurologist recommended I do everything I wanted to do within the next 5 years. I quit my job and started travelling. I participate in everything I can to slow down the progression.

When the Parkinson's Field Officer recommended the iNRF 18 months ago I attended and have come regularly ever since. Conductive Education helps me feel more alert. My cognitive skills have improved and the techniques help me with balance. I am better able to control the tremors.

My hand writing is now legible and my overall dexterity improved.

OPEN DAY

Mark your diaries because it's coming up fast.

TUESDAY, 31 MAY 2016

9.00AM—12 NOON

Please help us to make it the best one yet.

iNRF Social Club

Do you want one? Come and discuss it and other things, over a sandwich in the Boardroom every second Wednesday of the month. 12.00noon till 1.00pm. We'll join you. Don't forget your sandwiches and the tea/coffee is on us!

Thanks all round to . . .

Eddie, for the loan of a wheelchair. Our very special (anonymous) contributor who pays the monthly iNRF power bill. Leota and Bebe who constantly make the Tuesday classes more motivating with their delicious and appetising baking treats and of course the generous contributions of our sponsors.



Te Kaitiaki Putea o Tamaki o Tai Tokerau

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iNRF

Integrated Neurological Rehabilitation Foundation

Newsletter Autumn 2016



Letter from the Chair



A very dear friend of mine suffered a stroke this month. She is 59 and incredibly fit and active which is just as well or she would not have survived. This amazing lady is left with some weakness in one leg and she is dizzy all of the time and no she is not blonde. One of my first thoughts was regardless of her disabilities I would like her to join the group at iNRF but she is South Auckland and yes I will bring her over but we do still need to spread our services so that people like my friend can get help.

We also need to rebrand as our name is just too long and complicated so once again the Board is re-looking at this. We have found all of the names that clients have suggested in the past and some of them are fabulous. We might do what the Government did for the flag and have our own referendum so that our clients and other stakeholders can decide.

We are also planning on some open days and we need your help and support for these and more information will be coming shortly. If you have any fund raising ideas please share these with either Alec or the ladies. Winter is fast approaching so please dear people get your flu shots and take the vitamins suggested. Take extra good care of yourselves and stay strong and positive.

Namaste

Christine Clark

You've heard it before but Life's too short to drink bad coffee

The self-service coffee maker available in the Tui Centre lobby was a pre-Christmas gift from Christine Clark our Foundation Chairperson.

At a nominal fee of \$1.00 per cup, (to cover miscellaneous expenses) we'll sure you'll agree it's value for money.

Try it! We're sure you'll enjoy it, especially now it's getting cooler.



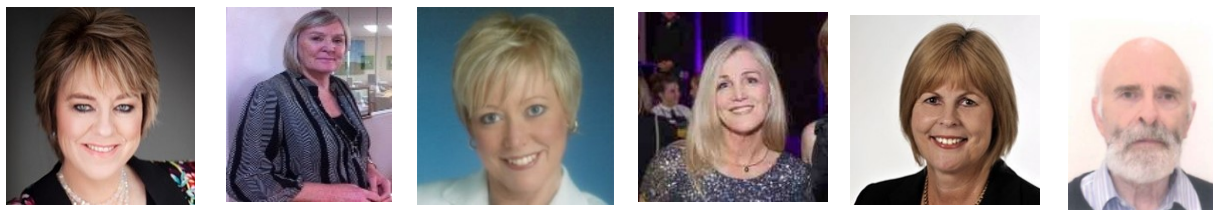
iNRF Board Members

We thought it was time you identified with our Trustees.

From left to right:

Christine Clark—Chairperson, Jan Brown, Margie Sorensen, Sandy Hall, Colleen Young and Alex Abraham our client representative.

Sandy Hall our newly appointed Trustee, has previously been associated with iNRF. She brings objectivity, knowledge and drive to our already impressive line-up of Trustees.



Attractive, smart and talented our Senior Rehabilitation Specialist and General Manager Inna Chochina is pictured here in her graduation gown. Inna received her Diploma in Management for a Not-for-Profit Organisation on Thursday, 14 April. Earlier in the year she qualified as a Personal Trainer.



The Smell of Success

"I am grateful for the opportunity to study again.

I obtained my first qualification as a nurse when I was young, back home in Kaluga Russia.

A year later I decided to continue my studies in Moscow. When an opportunity arose to go to Budapest, I took it and graduated with a second qualification as a Rehabilitation Specialist.

My third qualification was obtained right here, at Auckland Unitec. Another country. Another language.

The biggest thing I've learned during my studies is no individual can stand alone. Sure, we solve problems alone, answer test questions alone and sometimes live alone but no-one can deny the importance of the people around us. Family, friends, teachers, work colleagues and all of you, help me, see the bigger picture."

Inna, on behalf of the iNRF Directors, your colleagues and clients our hearty congratulations. We're proud of you!
We're proud of you Inna Chochina ! On

After School Program

New initiatives: The Integrated Neurological Rehabilitation Foundation is offering an AFTER-SCHOOL PROGRAM for children 6-12 years living with CP and global developmental delay.

The goal of our after-school program is to teach students independent life skills, enabling them to live to their fullest potential. Students are encouraged through our rehabilitation tasks series to become physically, socially and psychologically independent.

Conductive Education (CE) is an effective educational program that emphasizes active learning from an early age. You can help by spreading the word. Email enquiries to reka@inrf.org.nz or phone us on (09) 836 6830.



iNRF Comings & Goings

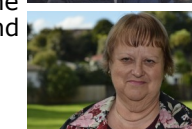
Meet our newest staff member Steffi. Assisting the Conductors, she waltzed into our Centre in March and has been contributing to our programmes ever since.



Koko's been gracing our establishment assisting the Rehabilitation Specialists for a while now. Her extended hours means you'll be seeing more of her in the future. Yay!



Our previous cleaner was sadly forced to resign due to poor health but Neda to the rescue ! Unseen, unheard Neda cheerily attends to her duties ensuring a tidy and clean environment for all.



Don't be forgetting Christine our new Office Administrator. Christine loves meeting, greeting and talking with clients. She ensures the efficient running of the office and supports the Conductive Rehabilitation Specialists wherever possible.

Our team is growing. Welcome and thank you, one and all!

Message from the Front Desk

Hi All,

Just a reminder to call us if you're unable to attend classes. We worry about you. If the desk is unattended just leave a message. We're never too far away and the messages are cleared regularly.

Please don't forget to pay your sessions on attendance. It helps us with cash-flow and keeps the boss (Inna) happy.

Beat the Mid Winter Blues !!!

Lending a Helping Hand

Recognise the face? It's Peter Mundy, the iNRF Accountant. Peter's been involved in community fundraising over the years for many NFP's. This recent shot was taken during the Child Cancer Fundraiser in March.



With a smile like that, I'm sure this year's efforts were successful. Well done Peter.

Bring a partner or come alone and join the fun at this years Mid Winter Christmas event:

Swanson RSA
663 Swanson Rd, Swanson
Friday, 8 July 2016.
Start: 11.30am. Cost: \$17.00 pp
Payment confirms attendance. Get in quick!



Mid Year Break

Enjoy a well deserved 2 week break after the Mid Winter Christmas.

You'll return "ready and rested" the week commencing Monday, 25 July.

