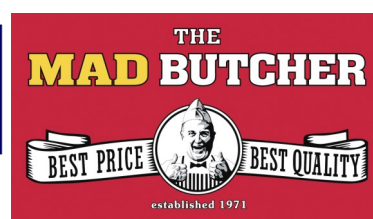


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Integrated Neurological  
Rehabilitation Foundation

Newsletter  
July 2014

## MS Diagnosis, Now What?

Hearing the diagnosis of Multiple Sclerosis in 1988 from the neurologist in Colorado, USA was followed by the words, "It's not the best news to hear, but it's not the worst and there is treatment to help". After hearing this I thought, "Oh no, me, Linda Boughman, speech therapist and mother of a three year old daughter is not going to have the planned road ahead in life now."

The tingling, numbness, stiffness, weakness in the limbs, the irregular walking gait and fatigue symptoms of my relapsing-remitting MS meant a big change to come in life. It meant quitting my full time speech therapist job, getting onto disability benefits and deciding which treatment route. It also meant my daughter growing up realising mommy couldn't do everything other mummies did.

I chose the alternative natural treatment of a low fat diet and supplements after the initial Solumedrol drug treatment to reduce the inflammation. I, my husband and daughter moved to NZ in 2002. In 2009 my MS field worker for West Auckland gave me a flyer about Conductive Education at Tui Glen in Henderson. I observed a session, was impressed with the exercises and the explanation of Conductive Education and signed up. I have been attending weekly sessions ever since.

The friendly, patient and encouraging team of conductors bring their own expertise to challenge clients to build on existing ability. The exercises, done on the plinths, at the bars and tables are very beneficial to me because they lesson the stiffness and improve balance, fine and gross motor movements, stepping and walking. The clients can ask questions about any exercise and how it helps in movement and the conductors will explain. When the conductors vary the tasks in the routine, it builds on and strengthens my existing ability. The variety encourages my mind to body connection for better coordinated movements. I can feel and see improvement in all these areas and when someone else comments they can too, that confirms that CE sessions have and will continue to be beneficial. A plus is these exercises can be done at home in between weekly sessions doing them on the bed, at a chair and at a table. The improvement of movement due to CE sessions will also allow me to interact better with my grandson when we get together!

**Linda Boughman - Client**



## Next Term Starts Monday 21st July!!

I would like to say hello and thank you to everyone for welcoming me to the Integrated Neurological Rehabilitation Foundation.

Almost 3 months into the role as General Manager I have been busy getting to know the team, finding out what is going on, and looking at how we can improve our services. One of the first things I had to do was the Client Satisfaction Survey which we have to do for the Ministry of Health every year.

Nora worked with you to get the surveys to me so that I could write a report. From what you told us I have made a number of recommendations which were given to the board and staff team. If you are interested to find out more about these then let me know.

I have completed several Grant Applications and we are working on more at the moment – this also means making sure we have all the correct documentation, policies and procedures and the appropriate systems in place.

Some of you were involved in our recent fire drill and if you were, I want to say thank you for helping us to make it as smooth and successful as it was. It is a requirement that we carry out a fire drill every six months. I know that these can be distressing and time consuming, however it is really important that we do these and learn what we can do better next time. You might have noticed that there are new fire action notices around the building. We would really appreciate it if you would take a couple of minutes to read these, and if you have any questions please come and ask any one of us about them.

I love it when you drop into my office and I am never too busy to say hello. I am really looking forward to the mid-year Christmas Lunch that Stacey has been organising and having the time to sit and chat with you outside of the office.

Thank you everyone for your patience and support since I started in post.



### Mid year clean up at iNRF!

**We have a small fridge in excellent working order looking for a new home, make us an offer!**

**If you are interested please contact Lucy at reception on 8366830**



### Thank you for your help!

The money that we raised from the Christmas raffle and the sausage sizzle went towards purchasing new parallel bars and a hoist.

Thank you everyone that bought a raffle ticket or a sausage at our sausage sizzle, we appreciate your continued contributions.

The new equipment will benefit our clients and allow us to help more adults with Neurological / motor disorders.

### The staff at iNRF



Do you have anything exciting planned for the holiday? It's cold and wet, so I know we're not very motivated. I have trouble getting up in the mornings unless I have a plan. I have realised that just having a plan can motivate me. Last term I had a couple of projects that I worked on and was happy with the outcomes. That encouraged me to work even harder and made me even happier.

The foundation is growing and were getting more clients which means we're getting short on cushions covers. I've come up with the idea of using pillowcases as cushion covers. How clever am I! They are easier to wash and don't require as much sewing +repair. This means I have more time for other projects.

If you have old pillow cases that you don't use anymore or don't match please donate them to us! It will be very much appreciated .

### Happy holidays

**Kumiko**



## Congratulations

Davorin Ozich was awarded a Queens Order of Service Medal recognising 30 years of work serving the Croatian and Maori community

Please join us in congratulating Davorin on this wonderful achievement



## Social Club



Hi from the Social Club,

For those of you who missed this month's gathering, it was truly wonderful night out. We started with our favourite game, Housie and Bella did a great job at calling out the numbers for us this time.

This time we played a game called Who Am I. In this game one person sat wearing a headband with the name of a person or the character of who they were, on top of their head. They could only ask yes or no questions to guess who they were and they only got twenty questions to find out.

This got everyone thinking and asking great questions

Most people got a turn with Minnie Mouse, Simon Cowell, Marilyn Munroe, Napoleon Bonaparte, Arnold Swartzenegger and Abraham Lincoln all putting in an appearance. It was a fun game with lots of laughter and chatter as we tried to give some extra help to put them on the right track. We also had a quick fire trivia quiz questions in between the games to liven up the evening. We learned new words and new things, useless information but fun.

Good company, good food and fun games make for an enjoyable night out. I would like to say Thank You to everyone and I would encourage you come along and have a fun night out, in a safe environment with people who are just like you!

**Lucy Markie**



**Next Social Night - Friday 25th July**

## NZCA / NZFCE – AGM 2014

The Annual General Meeting for the New Zealand Conductor Association and The New Zealand Foundation for Conductive Education was held in Christchurch on May 22 and 23. These meetings give conductors and organisations providing Conductive Education across New Zealand the opportunity to come together and learn and share from each other and are the times when the leadership team for these respective organisation is selected. The meetings this year were held at (and generously supported) by The Copthorne Commodore Hotel in Christchurch. Our general manager Carolyn and I attended on behalf of iNRF.



The focus of the conductor's meetings were several fold. There was a long general discussion about intake and assessment processes between the various centres. There was also a long discussion around best practices and new guidelines coming from the education system around how best to include Maori and Pacific Islander in programs. We also discussed outcome measures and requirements for reporting these outcomes to key funders and stake holders from the Ministry of Health and Education as well as other granters and stakeholders. Outcome measures, best practice, and funding issues were also the general themes of the NZFCE meetings.

Ildi Dittrich reported on the Conductive Education World Congress that was held in Munich last October. Zita Menfoi reported on the Australasian Academy of Cerebral Palsy and Developmental Medicine which was held in Sydney earlier this year. I had the honour of delivering the keynote presentation – an interactive discussion about the clinical similarities and key differences between adults and children. I was specifically asked to present on this topic as many other CE centres in New Zealand are either starting to work with adults or are interested in eventually starting. The presentation was attended by all conductors present and by the managers and directors attending the NZFCE meetings and was well received.

Meetings such as these provide invaluable opportunities for networking and building upon relationships between organisations. A key relationship that blossomed was between iNRF and the Adult Conductive Education Trust (ACET) in Christchurch. We are really looking forward to working more closely with ACET moving forward.

Special thanks to NZFCE and to iNRF for making it possible for Carolyn and I to attend these meetings.

**Lisa Gombinsky Roach; Manager of Conductive Education Services; Senior Rehabilitation Specialist.**

## Exciting Times Ahead For Foundation

It's been more than a year that I have been part of the Neurological Rehabilitation family ....and part of the big milestone – 100 clients!!! And even more exciting is working towards our next milestone of extending our valuable services to 200 valuable clients by the end of 2014 and continuing to build our pathway beyond that to extend our services to 1000 clients. Small steps but very strong steps, indeed!!! We are working towards a stronger service delivery model and forming alliances with our strategic partners and communities across New Zealand. Staff professional development through attending workshops and conferences has been kick-started this year and this is another healthy sign of the growth and strength of Foundation.



The Board is growing as I write this, from 5 members when I started to currently at 8 members with diverse backgrounds and strengths. The Strategic Plan is critical for each one of us at Foundation and we will all have a huge contribution to make. I am personally proud to have come on board at a time that the Foundation is ready to capitalise on my expertise. My background is in education development and I feel very confident in contributing towards the development of educational programmes at the Neurological Rehabilitation Foundation. I presented an initial proposal to the Board of Trustees to develop a qualification to train Conductors and Conductive Educators to meet both domestic and international demand and growth. This proposal has been approved with great enthusiasm by the Board, the first step towards many programme developments ahead.

I would like to take this opportunity to let you all know that we are currently looking to appoint a research assistant to move this project along and would like to hear from you regarding any referrals.



<https://www.facebook.com/pages/Integrated-Neurological-Rehabilitation-Foundation/331789526952914>

## Hello Everybody!

At the beginning of this year we have had a couple of enquires through Connie Cliffe, Miro's mother, and we discussed the possibility of building a group for young adults with cerebral palsy. Miro has been attending Conductive Education since childhood due to his neurological condition called cerebral palsy. Cerebral palsy is an umbrella term for brain injuries sustained at or around the time of birth. Miro has been coming to INRF for the past 5 years and was participating in the most suitable class to his needs.

This year his childhood Conductive Education friends, with their families help and support, decided that they would like to start CE sessions again because they really believe in the effectiveness and benefits of what this holistic programme can offer.

In response to this demand and in line with our goals to provide more Conductive Education services to more people, we have started a cerebral palsy class for young adults. They all come from different areas and attend high school on regular bases with our CE program at INRF once a week as an extracurricular activity.

As a result of this initiative, we now have 6 young adults with cerebral palsy between the ages of 15-20 years old with a wide array of different abilities and support needs. We offer our services to them in the group situation and provide one on one sessions too, so that we are able to meet their needs in the best possible way and also support their families through the difficult transition period into adulthood. They join the other adults with cerebral palsy across the age spectrum accessing services at INRF. We are very proud to be a service provider under the Cerebral Palsy Society's *get Physical* program and are grateful for their support for our clients wishing to access Conductive Education.

Thank you Connie for your initiative and help in getting our young adult program up and running

Regards, **Nora Keczan - Senior Rehabilitation Specialist**

