



Integrated Neurological
Rehabilitation Foundation

Newsletter
Autumn 2017



LETTER FROM THE CHAIR

A lot has been happening at INRF since our last Newsletter. A successful Open Day, the UMU social event and fundraiser and installation of a new software system to assist with client evaluations and reporting. We've faced bereavement within the INRF community and shared rehabilitation hope with those commencing their journey.

Some of you will have interacted with the Rebranding Specialist who visited the Foundation. Your comments, together with information supplied by the rehabilitation team will be analysed so an appropriate name that best suits the Foundation can be identified. It's a slow but necessary process and a platform to lead us into the future.

Following rebranding and as money is available, small INRF cards will be printed that you can carry with you and give to interested parties. We are also looking at selecting a serviceable uniform for the INRF team to wear. Community Collections will be arranged to support the Foundation and your help and the help of your friends, as always, will be greatly appreciated. There are other fundraising and marketing initiatives that we are exploring as well, and these will be discussed with you shortly.

I hear the Board Representative Alek Abraham is quietly working on a Hungarian Goulash event planned for the near future. If insufficient representation of your program exists, feel free to nominate yourself or a candidate for consideration as Alek can only represent those people he is in contact with on the days he attends INRF. Please address all applications to the General Manager, Inna Chochina.

We are also very distressed to hear our longstanding Board Member Jan Brown has been involved in a serious car accident and our thoughts and prayers are with her and her family.

Patience over the next few months will reward exciting times ahead.

I look forward to seeing you all soon.

Namaste
Christine Clark

MID TERM BREAK

There will be no rehabilitation programs the week commencing 17 July 2017.

Enjoy the break, rest, recharge and return ready to work the week commencing 24 July 2017.

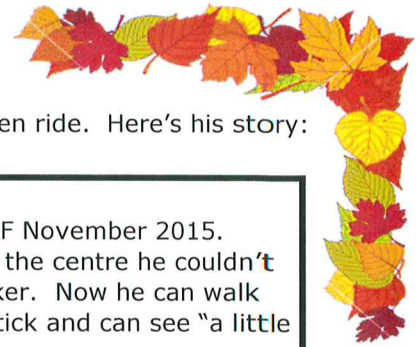
A REMINDER TO INRF CLIENTS & FRIENDS



The first Wednesday of the month is rapidly approaching for a sing-a-long with the Aphasia Auckland group.

Commencing at 12.30pm in the foyer of the Tui Centre, enjoy 30 minutes of fun, fun, fun !!!

A brand new song-book for young and old with lots of popular songs has been assembled.



Meet Roger Pauling. He's a A Stroke Survivor determined to walk—then ride. Here's his story:



Roger Pauling was driving when he heard a ringing in his right ear.

He pulled over near Westgate. Then his body started to go "numb".

The 55-year-old moved to the passenger seat to let his wife drive. By the time he reached the Waimauku doctors he was paralysed.

In March 2013 Roger had a stroke which affected both sides of his body.

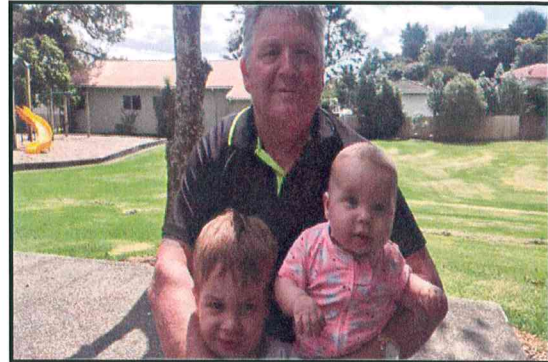
He was paralysed and couldn't walk, talk or see properly.

The worst thing about his stroke was not having independence.

The husband, father and grandfather of two owns an engineering business which his wife is now running.

Roger says he used to ride motorbikes, and owned a \$28,000 Harley-Davidson he bought three months before the stroke that he can no longer ride—because of his Stroke.

He commenced at INRF November 2015. When he first came to the centre he couldn't walk, even with a walker. Now he can walk more with a walking stick and can see "a little light in the tunnel".



Roger pictured with his grandchildren Harper and Alex.

Roger says the repetition and low impact exercises, help to make his brain work again. He says it's a slow road but progress depended on how much effort he puts in. He's also noticed a few other changes. He uses his left hand more now and has become more patient.

INRF gives him the opportunity to meet different people.

"A lot of people talk over you . . . But here everybody is on the same level and treat each other the same, he says.

Roger now attends work 2 half days a week. He's keen to get back on his Harley-Davidson again. And misses the wind blowing on his face and the freedom.

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SHOW YOUR ABILITY 2017

Show your Ability is New Zealand's premier disability and older persons care-equipment exhibition. Held annually in five venues nationwide it features over 40 of New Zealand's most innovative and experienced equipment, support and information providers.

With a little help from our friends, INRF were present to advocate the benefits of Conductive Education.

Well appointed in the lobby of the ASB Expo Centre, Reka, Christine, Bebe and Leota greeted attendees as they entered the building. Leota's presence as a Stroke Survivor was invaluable and proof that Conductive Education works.

Show Your Ability is the only opportunity for people with disabilities, their whanau and health professionals to see the entire range of equipment available in New Zealand first hand.

The show is free to attend and features all kinds of equipment for older and younger disabled people and older persons care equipment.

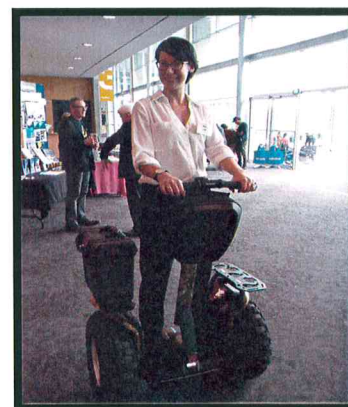
When you can't find what you're looking for, it's the place to go.



A birds-eye view of exhibits



From left to right: Leota, Reka, Bebe and Christine



Reka, seizing the opportunity to trial a Stand and Ride Mobility Scooter

HEART OF TE ATATU SOUTH FESTIVAL

Thank you Grey Power for inviting us to Te Atatu South's grand annual community day and Hotas Festival on Saturday, 18 March 2017.

The event was held on the grassed area behind the Te Atatu South Community Centre on Edmonton Road. It's purpose: to celebrate the early days of the suburb with things vintage, retro and fun!

There were historical images of the area, stalls, food, performances, games and more. The Henderson-Massey local board awarded some funding for free rides and other entertainment.

It was a fantastic day for the whole community, young and old!

An INRF stall was assembled and Inna, with Christine and Davorin, and Nora & Reka did alternating

shifts between 10-2pm advocating the benefits of Conductive Education and inviting participants to the INRF Open Day on Thursday, 27 March.



Nora and Reka, INRF representatives enjoying the sun at the Hotas Festival in Te Atatu South.

A MESSAGE FROM INNA



Our success rate six months into 2017 has been steady but there's still a lot more to do.

The Open Day held on 23 March was a great success and we're hopeful of arranging another before year end.

Thank you to our Parkinson's clients for demonstrating the advanced level tasks with lying and standing, and our Stroke clients for demonstrating the intermediate task series in a lying position.

The heartfelt testimonials from clients at the Open Day were moving. They know the benefits of Conductive Education and how it contributes to their quality of life.

Demonstrations by Nordic Kiwi Walking, REX Bionics – Robot Assisted Physical Therapy and COGY, a pedalling Wheelchair provided by our very own Rehabilitation Assistant Koko, were available to view following the program.

A week after the Open Day event, Friday 31 March, we accepted Roger Pauling's loan of an Umu (a style of cooking similar to a Hangi but cooked above ground) and wife Nancy's "hands-on-expertise" to produce a lunch-time feast and fundraiser.

A delicious assortment of food, fun and company made for a light hearted and tasty event. Thank you to all involved with the organising. An Events Committee run by the clients for the clients has now been set up. The next event: Hungarian Goulash. Details to follow.

We're proud of the comradery that exists at INRF and the generosity of sponsors who help reduce the costs associated i.e. disposable cups, plates and cutlery.

Ready for the next luncheon and in preference to plastic, Richard Milbank sourced, sharpened, and donated a collection of stainless steel cutlery. Thank you Richard.

All of these initiatives comply with our vision: to empower people with neurological disorders to achieve their highest level of independence physically, emotionally and socially.

Inna Chochina
General Manager

Remembering INRF in your Will

An invitation from the Directors . . .

We all want to be involved in something bigger than ourselves. Following recent enquiries INRF are reviewing our bequest program. By leaving a bequest to INRF you leave a legacy that will benefit others.

Your bequest is your choice—It may be part of your estate, an item of value, a sum of money—whether large or small.

Sample wording for a bequest in your will:

"... To the Integrated Neurological Rehabilitation Foundation to use for the general purpose of the Foundation I give and bequeath . . . "



HAPPY RETIREMENT PETER

After many years supporting INRF in an Accounting role, Peter Mundy has bid us farewell.

Peter enjoys interacting with people. He's extremely Community minded and generously volunteers his time and energy to numerous fundraising appeals in the Community.

Retirement . . . he's busier than ever, so keep your pockets topped up because he's heading in a direction near you !

Best wishes Peter, from all your colleagues and friends at INRF.



Raising money for Conductive Education, the ride of the Legends 2017 event joins two incredible sports together.

It is a journey from Wellington to Auckland between the 2nd and 3rd tests of the British & Irish

Lions Tour. The NZ Foundation for Conductive Education wish to invite INRF adults and children from Glowkidz to cheer our riders

through the finish line where an opportunity will exist to meet and greet former All Blacks and Former Lions after they dismount their bikes.

Attendance of Media at the official finish of the ride is not confirmed however there is an indication of presence with some photo opportunities.

Riders will arrive at Auckland Harbour on **Friday, 7 July 2017** and get on their bikes to cycle the short distance to **V-Bike, 23 Westhaven Dr, Freemans Bay Auckland City.**

Please note V-Bike parking is not great so make any plans in advance of arrival.

Expected arrival time: 3.00pm.

Where possible INRF representation would be appreciated. Please advise your interest to Christine or Margarete at the INRF Reception desk.

For those wanting to dine with the sporting greats a Gala Dinner will be held Friday evening as follows:

**6.30pm drinks—seated by 7pm
Sacred Heart College Event Centre
250 West Tamaki Rd, Glendowie, Auckland
Tickets from nzfce@cecantebury.org**

**Cost: \$160.00+gst per ticket or tables of 10 (\$1600+gst)
Dress code—cocktail/no tie required**



Mapura Studios have expressed interest in offering art classes at the Tui Centre as part of their physical therapy service.

The therapeutic process of art making can aid recovery and improve well-being in people with injury, Stroke-affect and other neurological conditions, and can strengthen resilience in caregivers who support clients, by encouraging creativity and developing self-expression in an inclusive, supportive, creative community.

The Tutor would be highly skilled and work in Mapura's therapeutic way.

Further details to be advised.

THE SPORTING STARS

Gala Dinner



Stu Wilson



Chris Harris



Scott Styris



Frank Bunce



On Auction: A luxury week at the Five Star Lashings Villas, Treasure Beach, Jamaica



Come and mix and mingle with former All Black greats including Stu Wilson and Frank Bunce and ex Lions, alongside former Black Caps Chris Harris and Scott Styris, plus The Legends who will have just cycled from Wellington to Auckland for charity.



During dinner you'll be entertained by a Sports Café Panel hosted by Laura McGoldrick and Ben Hurley. This will be followed by a charity auction with some fantastic items including a luxury week in Jamaica staying at the five star Lashings Villas at Treasure Beach (value \$8,000).

Save this date in your diary
to dine with our sporting greats:

Friday 7 July

6.30 pm drinks – seated by 7pm

Sacred Heart College Event Centre
250 West Tamaki Rd, Glendowie, Auckland

Tickets from nzfce@cecanterbury.org

Cost: \$160.00+gst per ticket
or tables of 10 (\$1600+gst)

Dress code – cocktail/no tie required

All proceeds to charity



RIDE OF THE
LEGENDS
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EDUCATION**
MAXIMISING THE ABILITY IN DISABILITY



HOUSEKEEPING

Would all those enjoying beverages from the Tui Centre kitchen please stack crockery and implements into the dishwasher after use.

All dishes must go through the sterilisation process and not be rinsed and left on the bench.

We acknowledge the generous support of our sponsors:



ASB Community Trust
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