



Integrated Neurological
Rehabilitation Foundation

NEWSLETTER— Winter 2011

15th July 2011

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Chairman's Report

Hi everyone.

Hope this cold winter is not too troublesome to you. However, it is winter and the shortest day is behind us if I'm not mistaken.

Lucky Inna. She is away for two months and is enjoying the midsummer sunshine. Inna will be visiting the Peto Institute to see if there are new developments in Conductive Education.

The good news is that the Birmingham Conductive Education Foundation is conducting a scientific evaluation to confirm the benefit of Conductive Education.

If the evaluation has a positive outcome and is conclusive, it will be a world first that would be a major breakthrough. We wish them every success.

We also intend to carry out our own evaluation as our medical fraternity will demand that New Zealand's conditions are different and they will want to see a conclusive outcome. To get the recogni-

tion and support of our medical fraternity we need to provide what they demand.

But let's not forget the Ministry of Health.

For them to provide the necessary funding to establish a Nationwide C.E. network we need the evaluation to confirm that C.E. works.

Inna and Nora through their good work provide the living proof (you my friends).

Our Board is adamant that one day we will provide that proof.

I will say cheerio for now. Keep up the good work.

God bless you all.

Frank Schwanner

Our Mission is:

**To provide the highest quality of rehabilitation through
Conductive Education for people with neurological
disorders in New Zealand**

Start date for next term:

Monday, 1st August 2011

World Parkinson's Day

I was fortunate to attend the World Parkinson's Day this year with some of our clients. It was organized by the Parkinson's society of NZ.

World Parkinson's Day was established on the birth date of James Parkinson to raise awareness about Parkinson's disease and to show those affected by the condition. On the 11th of April James Parkinson was born in England. He's best known for describing the disease (An Essay on the Shaking Palsy, 1807) that now carries his name.

PD is a degenerative neurological disorder of the central nervous system. Most people who get Parkinson's are of the age group of 50 or over but younger people are also not spared. One in 20 people are under the age of 40. The symptoms of PD are tremors; slowness of movement, rigidity also affects speech and posture.

PD is caused by the deterioration of neurons in an area of the brain known as the substantia nigra. When functioning normally these neurons are producing a chemical called dopamine which serves as a chemical messenger between different parts of the brain.

Dr Barry Snow was giving a speech about treatment options and research including drug and surgical (deep brain stimulation) therapy. Deep brain stimulation is a surgical procedure to treat neurological symptoms. They use a battery operated medical device to deliver electrical stimulation to targeted areas in the brain that control movement, blocking the abnormal nerve signals that cause tremor and PD symptoms.

To date there is no known prevention or cure for Parkinson's disease. Research also shows that in the majority of cases PD is not found to be hereditary. But these treatment options can reduce the symptoms and make living with the disease easier.

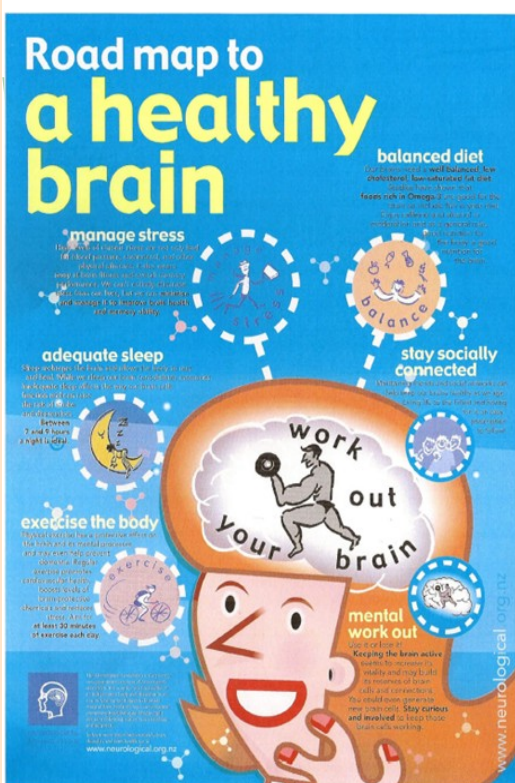
Nora

Aphasia

As part of Brain Week, I had the privilege of hearing Dr Clare McCann who is a lecturer in speech language therapy at The University of Auckland.

Her current research in the area of aphasia has two focuses; firstly the long-term consequences of living with aphasia (including the adjustments people have to make to their lives) and secondly, language processing in adults with aphasia, especially the production of verbs and sentences. Another ongoing study investigating public awareness of aphasia will contribute to our understanding of the difficulties faced by people who live with aphasia on a daily basis

Aphasia is a result of damage to the language area of the brain



This causes difficulties such as:

Understanding what is said
Expressing needs and ideas
Reading writing and /or using numbers

Aphasia affects a person's language ability – not their intelligence or hearing

From my experience as a person with Aphasia since 1994 I insisted that people spoke to me using **an adult tone of voice**.

During my time of rehabilitation I always made sure when I was learning again to read and write to always use **adult reading material** not children or teenage school books.

People knew that I still wanted to talk about **adult topics**. I enrolled in a 2 year course at Unitec to ensure that the people around me had to talk to me as an adult

All who are going through Aphasia using humor is essential to healing

John Toole



The 2nd —8th May was Deaf awareness week.

Deaf Aotearoa is a Deaf-led, not-for-profit organisation. They are the only nationwide provider of services to Deaf people and provide information on a range of services, including legal advice, education opportunities and employment issues.

Deaf Aotearoa focuses on promoting Awareness of, Access to and Advancement of New Zealand Sign Language – to help strengthen the rights of Deaf people and give them the confidence to be an active part of society'.

Throughout this week Deaf Aotearoa were offering 45 minute taster classes on NZSL. To increase awareness and the understanding of NZSL and the Deaf community.

Pat from the Disability Information Waitakere network, kindly organised one of these classes for people to attend at the Tui Glen centre.

Sign language is unique to New Zealand and is one of our official languages. Sign language is the voice of Deaf people. More than 24,000 use NZSL daily. There are about 9,000 culturally Deaf people in New Zealand.

Our Teacher was a lady named Ursula who was very enthusiastic about teaching us some basic greetings in NZSL. We learnt how to sign our name, the alphabet, good morning and tell someone it was nice to meet them.

This was enjoyed by everyone who attended the class.

We were also given some helpful books with signs that can be used around the work place. My personal favourite was learning how to sign coffee break. Always an important sign to know.

Sign language is a combination of hand shapes, facial expressions and body movements.

When signing, people not only use their hands but their facial expression and body language are very important.

It helps to really understand what you are signing as there are many signs that are similar.

This class was a great way of understanding NZSL and how people within the Deaf community communicate with each other.

It certainly made me and a few others want to learn more about NZSL and its culture.

For more information on learning New Zealand sign language or to register for a course - <http://www.deaf.org.nz> or contact Deaf Aotearoa on 09 828 3283

Stacey O'Gara

Vandalism

We've recently had 7 windows smashed at our Centre during the week-ends.

It appears the intruders avoided our security sensors by not coming into the building, but just trying to get to anything they could reach through the windows.

The only item stolen was some petty cash taken from one of our tenant's office. .

Newsletter format

How do you like the new format of our Newsletter? I'm using a different programme called Publisher.

Any constructive criticism is welcome.

You'll notice our logo has also been updated.

Janet Coulson

Centre Hire.

The rooms at our Centre can be used for many different occasions, parties, meetings, weddings, etc. If you are interested, talk to Janet or John.



Integrated Neurological
Rehabilitation Foundation

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Conductive Education.**

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Thanks to our valuable Volun-
teers who help keep our Centre
operating at its best .

Thanks to all our Funders:



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Client Profile

When we first purchased our home in Glen Eden in 1964 I did not realise how fortunate we were. In 2005 I suffered a Stroke and because of our zone I was referred to Waitakere Hospital which specializes in Stroke rehabilitation.

The program gave me a good start and then referred me to Conductive Education in West Auckland. Without such a referral it is unlikely that I would have experienced such a programme that is quite remarkable and I have come to realise I could not do without it.

Having a Stroke is a long journey and requires a lot

of focus – I haven't got there yet, but I know I will.

The programme is holistic – not only providing exercises for our limbs but a socialisation, a family-like support which I find very therapeutic.

Despite good intentions of doing regular exercises and moving on, it is hard to motivate oneself – as those of you that have joined a gym will understand, so that when the holidays come round I realize just how important Conductive is to our lives.

As I said at the beginning, I feel lucky that we are able to access Conductive

so close to home and sad for those not able to experience it.

I believe with the help of Conductive Education you can recover – maybe a little different – but slowly with their support, become a functioning, confident member of society – how fortunate are we!

Elizabeth Collins