

28 September 2012

Message from the Board

It's the end of the third term and I don't know where the year has gone. As usual the board and foundation has been very busy.

You may have heard that there have been some changes at Board level, Kirk Wallace who has been a stalwart of the Board, tendered his resignation recently as he was finding it difficult to get to the many meetings we were having. He has worked tirelessly for many years and contributed a great deal to INRF. We thank him for his commitment over so many years but we hope to still see him from time to time attending classes and events.

Kit Kingston also resigned recently. Kit has been on the Board a couple of times now, and his drive and enthusiasm to driving change and moving the Foundation into a new era has been much appreciated.

Lastly our past Chairman Frank Schwanner, has stepped down for 6 months for health reasons. We trust that he will take the time to rest and get well, and we are sure to see him again in the future.

As a result of these changes we will be looking at recruiting new Board members shortly. To do this we will look at the skill sets of the current members and see where the gaps are and look to recruit to fill these gaps.

The present Board consists of Franz Schwanner, Frank Pollard, Greg Bateman, Vaughan Bayer and Jan Brown.

Enjoy your break and come back refreshed to term four.

Kind regards,

Jan Brown



Our Mission is:

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

Next term starts: Monday, 15th October 2012

Conference

New Zealand Applied Neurosciences Conference was held in Auckland on 14-16 September 2012 and both Nora and I attended. It was a great opportunity for people working in this area to share their experience, new ideas and research findings.

The main purpose of the conference was to reduce the number of neurological disorders in New Zealand. Stroke is the leading cause of adult-acquired motor disability. There is no cure for stroke, so rehabilitation remains the only means of recovering functional movements.

I found Dr Penelope McNulty's presentation on implementing new technologies in neuro-rehabilitation very interesting. Her presentation was about upper limb post-stroke rehabilitation with Wii-based Movement Therapy. This home-based rehabilitation could be very beneficial and important post stroke. This presentation showed how technology can be used to assist upper limb post-stroke rehabilitation.

The research study presented: a two weeks program based on Wii-based movement therapy. It showed that all participants gained significant improvement in their ability to use their limbs. This improvement occurred in participants even if they had experienced the stroke many years ago.

There were improvements generalized to everyday life, which was assessed as increased use of the affected upper limb in activities of daily living. There were also some lower-limb benefits, such as increased walking distance and balance. She also pointed out the increase in heart rate from early to late therapy was highly significant as well.

A couple of similar therapies were also presented at the conference. They all proved that motor performance can be improved post stroke with use of computer technology. This would allow people with disability to be more involved in their rehabilitation using familiar tools within a home based environment.

There were several more interesting presentations and workshops throughout the duration of the conference. We received a huge amount of knowledge about what is happening in the world of study researchers. The conference was very productive and informative.



Inna Shoshina
Senior Rehabilitation Specialist

Picture was taken of a Cherry Tree in Inna's garden

USave

Who has heard of USave "shopping with a heart"?

I hadn't until recently. It is a Kiwi run website similar to Trade me, where Kiwi's save and give back to their community. USave donates a percentage of their sales to your chosen charity, school or club.

How does it work?

When a customer registers at www.usave.co.nz, they can deposit \$10 into an account to be used to sell items in a Garage sale. You can get rid of those unwanted Christmas gifts that have been collecting dust in your wardrobes and donate to charity at the same time. For every shopper/seller USave will immediately donate \$5 to your chosen cause.

If you buy an item from the BUY NOW section every purchase over \$40 is a \$1 donation. There are lots of great deals, new and second hand.

It's easy to sign up, just go to www.usave.co.nz and follow the simple step by step instructions. Then you are free to sell or shop and buy anything from art and antiques to musical instruments. Hopefully you can pick up a good bargain along the way!

To make Integrated Neurological Rehabilitation Foundation (INRF) your charity of choice, go to [www.usave.co.nz/charity/non profits and club](http://www.usave.co.nz/charity/nonprofitsandclub) and you will find us.

Remember every dollar counts!

Stacey O'Gara

Stroke Training Day—12 September 2012

Hi Everybody!

On the 12th September the Auckland City Hospital Stroke Service organized a Stroke Training Day for those specialists who are working with stroke patients on a day to day basis.

It was a whole day of training with different lectures from professors and doctors about Acute Stroke Management. They are using drugs and techniques to be able to treat patients **fast** and effectively after they have a stroke.

We heard an interesting presentation about Atrial Fibrillation which causes the heart to beat irregularly and where blood may settle in one of the chambers of the heart and form a clot. These clots can be pumped to the brain and can cause a stroke by blocking small blood vessels.

Secondary prevention is also very important. People who have had a stroke are at increased risk of a future stroke. Secondary stroke prevention includes blood pressure management, good control of cholesterol and diabetes, to stopping smoking, eating a healthy diet and regular exercises.

Later on they continued with presentations about common causes of stroke such as aphasia and apraxia by a speech language and occupational therapist. Aphasia is a loss of impairment of language caused by brain damage and ranges from having difficulty remembering words or being completely unable to speak, read, or write. Apraxia of speech is a speech disorder when the person has trouble saying what he or she wants to say correctly and consistently. It is not due to paralysis of the speech muscles.

At the end of the session we had the opportunity to listen to speeches from different stroke rehabilitation services etc. Rehab +, Brain recovery clinic, Stroke rehabilitation at Laura Ferguson Trust who told us the way they work and what kind of rehabilitation and help they are able to provide for people after a stroke.

Overall it was a very well organized and very informative day. I think we heard a lot of useful information and learned something new during the training day.

Nora Keczan, Rehabilitation Specialist

Tui Glen Art Class

Art lessons are still available. Our teacher Robin Binsley is very pleased with the progress of everyone; the first time painters are improving and the class is very enthusiastic

The classes are held on Mondays 1.30 – 3.30pm and the cost is only \$5.00

The Conductive Education classes are on a break for 2 weeks but the Art Class will continue in the centre on Mondays. Why not try 1 or 2 lessons during the break if you are not sure if you will like painting

Paints, brushes, and canvas are available.

John Toole





Integrated Neurological
Rehabilitation Foundation

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Conductive Education.*

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Thanks to our Funders:



The Board have been busy advertising for a new Conductor to join the other professional staff. Our Centre has got a good name and we have had applications from England, Hungary, and the USA. We also had one from Christchurch who actually came to visit us for a couple of days. We hope the process of interviewing, organising visas, and moving will all be finalised by the new year.

Donations can be made to INRF in the following ways:

Cheques, cash, Eftpos, Credit card, A/Ps or

Electronic payments can be made to INRF

ANZ Bank Account No. 011825-0007244-00

Please put your name in the reference section

The rooms at the Centre are available for hire for many different occasions such as meetings, weddings, parties, etc. at very attractive rates. There's a new fantastic playground for kids of all sizes opposite us.

Please contact Janet or John in Administration for more details

Phone: 836 6830

Thanks to our fantastic Volunteers