



Neuro Connection

Newsletter
Spring-Summer 2017

Board of Trustees

Chairperson:

Christine Clark

Kim Daji

Jess Thorne

Aaron Proctor

Solange Francois

Client representative:

Alexander Abraham

Neuro Connection Staff

General Manager:

Inna Chochina

Nora Keczan

Reka Ambrus

Koko Sugita

Margarete Rocamora

Neda Suvalko

LETTER FROM THE CHAIR

Welcome and blessings.

You may have heard that we have a new Board, dynamic, highly skilled and very passionate people who are working

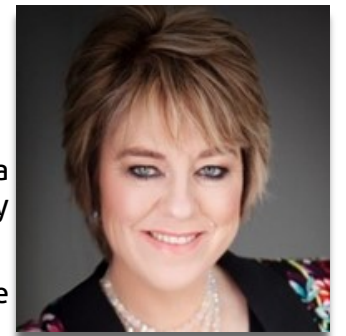
incredibly hard to rebrand and invigorate Neuro Connection. However, we have

Jessica Thorne who provides us with Financial expertise, Kim Daji our Human Resources expert, Aaron Proctor who is a specialist in risk and policy, Solange Francois providing us with Marketing skills and experience. Of course, there is also myself as the Chair and Alec Abraham; your representative.

We are hoping that you will see and feel a positive difference over the coming months and really hope that you will share your views with us and help us on this journey of change. Not too much change though, as the caring ethos is still vital to the organisation. We do think it is important to extend our services and hope to start this by initially becoming more active in South Auckland. To help with this expansion we hope to train up more assistants, so you may see a few more new faces around the place.

Well, the end of the year is upon us again, summer is coming very slowly it seems but the flowers are out. I hope this message finds you well and happy. May the spirit of Christmas be upon you and I pray that you enjoy this season and stay safe.

Warmest regards,
Christine



CHRISTMAS BREAK

20th of December 2017 (Wednesday)
Rehabilitation programs End

15th of January 2018 (Monday)
Rehabilitation programs Resume





MESSAGE FROM INNA



"For us, it's not just the number of clients or the sessions attended, it's the difference it contributes to an individual's life."

We are nearing the end of another year and each year when I sit down to write this message I am amazed by how quickly the year passed by. I am also conscious of how much we have achieved in the last 12 months. We have been busy and you have seen quite a few changes.

Our biggest change is the new name, NEURO CONNECTION FOUNDATION.. Following the name change we modified our mission; *"to empower people with neurological disorders to lead more independent lives through Conductive Education and rehabilitation."*

Additionally we have introduced three new classes, one for people with Parkinson's disease and two for people with stroke/brain injuries. Compared to last year our clientele has increased from 87 to 103. These numbers only tell part of the story. For us, it's not just the number of clients or the sessions attended, it's the difference it contributes to an individual's life. All of our clients are making good progress and we see the rewards of these benefits physically, emotionally and socially.

I would like to take this opportunity to thank the staff of Neuro Connection for the great work they have done during the year to improve the quality of life for in-excess of the 100+ people that attend the Centre.

From me to you, enjoy the holidays, have a great time and come back refreshed and ready for another rewarding and worthwhile year.



Thank You **CHRISTINE OZICH!**

To the Superwoman that we know, we congratulate you on pursuing your passion and going after your dream.

We acknowledge the incredible work you contributed for our clients, staff members and trustees and the delicious cakes we enjoyed that were a great bonus.

Good luck Christine, we know you'll continue to visit and we look forward to seeing you soon !

Love, [the Neuro Connection team](#)



Notes

A large area with horizontal blue lines for taking notes, bordered by a green line on the left and a yellow line on the right.

Thanks to our supporters.



MEET OUR BOARD MEMBERS

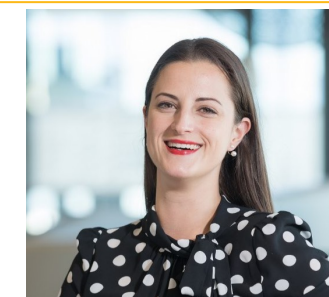


Kim Daji

A fascination about people and a desire to make a positive difference lead me to my career, first in education and then in business as an expert in people, culture and performance. I am passionate about using my knowledge of business, leadership, learning and HR to impact my organisation's strategy and culture and ultimately the performance of individuals, teams and the organisation.

I am a mum of two gorgeous boys who constantly teach me new things (mostly about myself!) as I strive to be the mum that they deserve. This is my most important job! As my second job, which I also thoroughly enjoy, I am the General Manager for William Buck. In this role my focus is to enable others to do their best work with efficient and effective operations. I oversee functions of Finance, Human Resources, Marketing, IT, Administration and Property.

I have a very simple aim in life...to be good for the world. Not to change it fundamentally but to certainly be a positive part of it. So I am very privileged to be part of Neuro Connection which creates positive change in lives of so many people. As a board member it is my hope that we grow the foundation and set it up so that the amazing team can empower more people with neurological disorders to lead more independent lives through conductive education and rehabilitation.



Solange Francois

I am a recent addition to the Board of Trustees and am a Marketing Manager at Auckland Airport. I'm excited to join the team at this time of growth and is looking forward to using my experience and skill-sets to take Neuro Connection to the next stage.

I am passionate about communication, creative thinking, social responsibility and wellness.

In my spare time, I engage in creative outlets including writing and painting.



Aaron Proctor

Specialisations include risk and Policy.



Jessica Thorne

I am a Senior Accountant at William Buck (NZ) Limited. Through my employment I have been exposed to and responsible for the accounting of Non-For-Profit entities. I have also worked alongside For-Profit entities providing management accounting services to assist these entities with making informed decisions around their strategic and financial objectives.



Alexander Abraham

I am currently a member of Parkinson's Group and represents the clients for board meetings.

Let's talk about COGY.

- ☐ **Have you heard about COGY?**
- ☐ **Have you seen a COGY?**
- ☐ **Have you tried COGY?**



COGY is a wheelchair with pedals. Some people say, "but, what is the point of having pedals? People on wheelchairs cannot use their legs, that's why they are on wheelchairs". There is a huge misunderstanding in this. Most of the people on wheelchair have at least a small amount of strength on their legs. This tiny amount of strength is actually good enough to pedal COGY. You will be amazed how light and easy to pedal COGY.

COGY was originally developed in Japan, for post stroke people to help their rehabilitation on legs. Koko brought the first sample COGY into New Zealand in March this year. Since then, many of us (people at Neuro Connection, both clients and staff members) tried it out. COGY has surprised us in many ways. It does much more than what the manufacturer told us it would.

We have been also finding that COGY guides our body in a very similar way as conductors at Neuro Connection do. You may be familiar with these phrases, "knee up", "put your heel down". When you pedal COGY, you really have to push your heel. Knees will be softened up after the pedalling, too.

Sounds great, doesn't it?

Please..
visit COGY's
Facebook page
and LIKE it
COGY, we want you here in New Zealand

hop onto COGY
next time you visit
Neuro Connection

talk about COGY
at your Christmas
get-together

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.

Your attention to this matter would be appreciated.

DISABILITY EQUIPMENT EXPO 2018

SHOW YOUR ABILITY

See you there!

New Zealand's
premier disability
show. Free entry.

AUCKLAND ASB Showgrounds
Tuesday February 27th
Extended opening hours: 9am -7.30pm



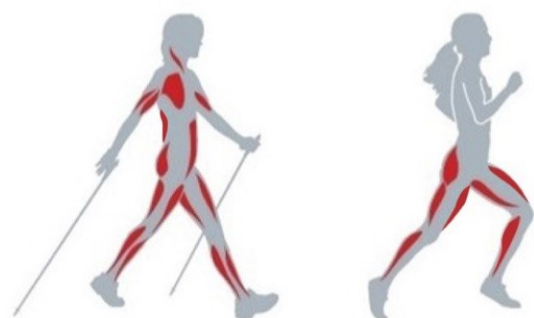


By **REKA AMBRUS**

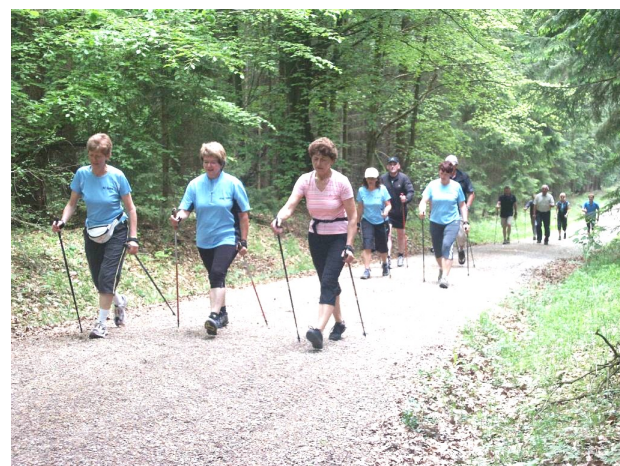
Conductor/Rehabilitation Specialist

An estimated 8 million people worldwide have tried the `total body walking` or as it is properly called Nordic Walking. Inna, Nora and I have also tried and fell in love with it. We decided to participate in Nordic Walking instructor sessions by international coach June Stevenson.

The right technique of Nordic Walking involves 90% of the muscles. An additional `pair of legs` included during physiological walking in the form of Nordic Walking poles. This helpful tool is supporting balance and enhances muscle work in the upper body as well while using it properly.



"We can't wait to take you for a walk in the beautiful Tui Glen Park Tuesday mornings and Friday afternoons this summer."



body; flexibility, increased blood circulation and metabolism. Studies report an improvement in anger, fatigue, depression and mood disturbances, in those people using walking poles.

Nordic Walking sessions (45 mins) have started at Neuro Connection twice a week during the summery seasons on **Tuesday mornings** and **Friday afternoons**. Please contact us if you are interested! We can't wait to take you for a walk in the beautiful Tui Glen Park and enjoy the benefits of Nordic Walking.

Hungarian Goulash

By *Nora Keczan*



Hello Everybody :)

I hope you are well and looking forward to a well-deserved break. Enjoy these beautiful sunny days that arrived unexpectedly early for this time of year.

During the UMU party in April some of you requested a Hungarian themed party. The successful event was held at the Centre at the end of August and the team were excited to organize this special function for you.

I hope you enjoyed our authentic Hungarian Goulash cooked especially for you by an authentic Hungarian chef, with delicious Hungarian pancakes and chimney cakes to follow.

We surely had a fantastic afternoon and enjoyed your company.

I would like to thank those of you who attended this event, and a very special thank you to Greg Edley who donated all the meat which made our goulash taste even more delicious.

We're looking forward to future friendly gatherings.

Wishing you all a very Merry Christmas and a happy New Year.

Love, *Nora*

Matching Game

How well do you know our staff?
Test your knowledge by
matching that familiar **face** to the
names on the right and identify the
items in circles that belong to
them!



NORA



Inna



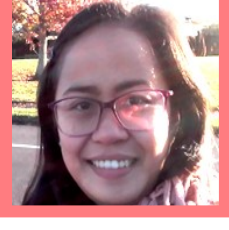
NEDA



Reka



Margarete



Koko

Let us know how
you did in 2018!
Enjoy!

CHRISTMAS PARTY

Our sincerest gratitude to all our clients and their family members who came to join us celebrate this party. Many thanks also to our Chairwoman Christine Clark and our board member Aaron Proctor who participated in the event.

Congratulations to all the winners of our raffle prizes, and to everyone who bought raffle tickets. You just helped us raise \$422 for the Foundation, thank you!



SPECIAL THANKS TO OUR SPONSORS:

