



Integrated Neurological  
Rehabilitation Foundation

## Newsletter December 2013

### Living life to the max

I am a participant at Conductive Education. The friendly staff is of great assistance on my journey to improve my mobility after my stroke. My long term goal is to be able to use my left arm again so that I can once more swim. For 40 years until my stroke I used to swim 1,000 metres every day. For 24 years I was a lifeguard on the West Coast beach of Karekare. I miss swimming but at least I survived my stroke! It took me a while to adjust to the limitations imposed by lack of balance and movement, I soon realised that sitting around staring at the wall and moping would not be good for me physically or emotionally.



No longer being able to work at my job, I needed to find some activities to make my life enjoyable again. Wanting to give back to the community I investigated volunteering for Citizens Advice Bureau. Now I am on permanent duty each Friday afternoon at Remuera.

I was also accepted for training as a phone counsellor for Mensline. Training was fantastic and offered an awesome social benefit. Now I volunteer for 3 hour phone duty a couple of times a month. Men often find it difficult to express their feelings which can lead to all sorts of dilemmas. Getting men to talk about their situation is challenging and demanding. Helping them to move forward is immensely satisfying.

I still had some spare time and found the Parnell Community Centre had a Mah Jong group each week. I also joined the local U3A group. They meet once a month (U3A is University of the Third Age-a meeting point for people in their 50's and up).

It took time to search out these activities and find ways to access the buildings and find transport to get there. But where there is a will there is a way! Most places have access ramps and elevators and friendly people to help with any hassles. All you have to do is ask and solutions can usually be found. "Supported Living Allowance" means limited cash so free or inexpensive activities are the norm. The Auckland Town Hall has a number of free concerts each year by the Youth Orchestra, Auckland Symphonic Orchestra and the Organ Trust.

I say go out and make it happen-life is for living to the max...

**Allan Sendles— Client + Active Community Member**

**Next term starts 13th January**

## Welcome Tara Jahn– Werner: New Board Member

There is an old saying: “Never look back”.

I suffered a series of small strokes at the beginning of 2013 which affected my cerebellum. This upsetting experience meant that I became very aware of the particular problems facing stroke survivors.

My time as a client with the marvellous team at iNRF enabled me to look forward, fully regain my self-confidence and literally reclaim my equilibrium, both physically and emotionally.

These influences spurred me to give something back to the organisation, since I had many years of practical experience in marketing, project management and fund-raising for community organisations and charitable institutions.

While I have a strong interest in the health system my personal passion is in the arts. I run my own company that focuses on photography, visual arts and books. I’m a photographer, composer and author; a pretty heady mix for some-one who is learning to slow down in life!



**Tara at her most recent exhibition of flower photography**

## Art Class



iNRF's Kiwi Ability Art Class is grateful to Lucy Markie who championed our current fundraising project.

She had Christmas or Occasional Cards printed from the art Students paintings– these are selling like hot cakes. There are only a few packs left before we decide on new painting for a batch of cards. Be sure to get yours in time for the holidays.

We would like to thank the Lucy and the iNRF community for supporting the art class. Money raised through the sale of cards goes towards equipment, brushes, canvas and paints to defray some costs to the art students.

We receive Funding for Tutor Fees from Auckland Creative Communities NZ. If the iNRF can show we are serious about raising some project moneys hopefully the results will be that more people will benefit.

The art class is at capacity for this year and will hold a small exhibition early next year.

**John Toole**

## Message from the General Manager



Kia Ora, and welcome to the iNRF December newsletter. I'm sitting here and reflecting on what a wonderful, passionate, supportive community you all are. Each of you has contributed to the richness of our community over the last year. Your efforts as Clients, Staff, Family, Whanau, Supporters and Volunteers has made this year a special year that will be remembered in times to come. It may be the year that you became more aware of your environment, took a step, engaged in art, uttered "I love you", regained confidence or gave your time to a worthwhile activity. All of your efforts are appreciated and I hope that you are at peace with the journeys you have taken this year.

What I am most struck by is your strength to continue your journey. This has inspired me to seriously look into how we at the iNRF can use our strength to continue our organisational journey. We need to reach more people in the community, there is a real need. So, we are working on starting an out-reach programme early next year and will investigate future sites in other areas of Auckland where we know there is a gap for our services to fill. We are already trialling a new programme for people with Alzheimer's and their family, whanau and carers. I understand that this is a Conductive Education World First and early indicators are very encouraging. These are very small steps and they all come from our strong community base in Tui Glen.

We wouldn't exist without your generous support in the form of contracts, grants, donations, session fees and affiliations – I would like to thank all of you who have contributed financially and / or supportively to our functioning over the last year. We have gratefully received some very generous donations over the last few months and I personally would like to thank each of you who have helped us in this way.

I'd also like to take this opportunity to thank all of the staff at the iNRF, past and present, for their efforts this year. Without them we would not have such a wonderful, effective offering. Lisa, Inna and Nora – such amazing Conductors. Stacey, Kumiko and Ali – dedicated Rehab Assistants and jack-of-all-trades. John, Janet, Lucy, Adrienne and Peter, Ria – what an awesome operations team. Thank you all.

Looking back, this article is full of gratitude. It gives me a warm fuzzy feeling and I look forward to sharing this gratitude with you at our Client Christmas Party. I now invite you to ask yourself some questions – who are you grateful for, have you said thank you to those people recently?

Take care of your self over the Christmas period and I look forward to welcoming you all back mid-January to a New Year full of undiscovered potential.

Kia Kaha,

**Darrin Brinsden**

## The Importance of Exercise

Kia ora and greetings to you all!

It is that time of year once again, when we are bound to ponder the question 'what have I done for myself over the last 12 months?' Before long we will all be pulled along with the New Year's current, setting our personal resolutions and goals for 2014!

The one thing I personally love is that we are all our own drivers. We set our own goals and our attitude and efforts determine how far we can go.

I believe that at least one of our goals should be related to our health, as we all would like to feel as good as we possibly can and to feel satisfied with what we have done towards our own well-being.

As you probably already know, I love walking outside, breathing fresh air – it makes me feel fantastic and gives me so much energy! I strongly recommend that walking more regularly be a goal you consider setting for yourself to improve your health and happiness in 2014. Need convincing? Let me tell you some of the ways that walking benefits us:

- Improved lung capacity and function; improved heart function; improved circulation
- Improved metabolism
- Sweating helps eliminate toxins from the body
- Walking strengthens muscles, ligaments, bones and joints
- Walking contributes to better posture and reduced postural pain
- Improved lymphatic drainage and prevention of fluid stagnation through body – therefore decreased swelling and inflammation
- Improves mood, drives away depression and irritability
- Get you out of the house, a chance to socialise and see people

Yes, I am trying to convince you to get outside and walk more! If walking isn't for you, just get outside; many of these health benefits can be obtained by just being outside and deeply breathing fresh air! It is so important for all of us! What are you waiting for? All you need is you and your walking frame, stick, or wheelchair.

Happy walking!

**Inna Chochina**

**Senior Rehabilitation Specialist**



## Welcome Alzheimer's Auckland

Over the last term we have been working with Alzheimer's Auckland to pilot a new Conductive Education group for people with Alzheimer's and dementia. Exercise and cognitive stimulation are often recommended for people with Alzheimer's and dementia, but it is really difficult to find appropriate community based programs. It is assumed that Alzheimer's and dementia only affect memory and cognitive function; in fact, these conditions often come hand in hand with motor impairment. Alzheimer's Auckland have an office at our facility, providing an excellent opportunity for us to liaise with their field workers and socialization services on this pilot project, and to learn how we can meet the needs to this client group. The hour long session is a fast paced rhythmic conductive group that combines functional mobility, fall prevention, complex coordination, cognitive stimulation, and active socialization with fitness and fun. There are seven participants in the group plus a key worker from Alzheimer's Auckland, and spouses are welcome to join in making the group a loud and lively bunch of about 12 people.

As is often the case with people caring for someone with a disability, many of the spouses who have been attending have not been able to prioritise their own health and fitness and are finding the sessions beneficial for themselves as well – in fact, the spouses in some instances actually require more facilitation than the person with Alzheimer's or dementia. Many have commented on how nice it is to be able to participate in something active and social with their partners.

It has been an absolute pleasure to see people's confidence soar as their mobility improves, to see people relax when they recognize tasks and activities from the previous session and then have the courage to try new things, and to see a normally very isolated group of individuals come together as a social and interactive group. We look forward to continued work with Alzheimer's Auckland and are excited at the opportunity to explore the benefits of Conductive Education for this new client group.

For further information contact

Lisa Roach— [lisa@inrf.org.nz](mailto:lisa@inrf.org.nz)

09 8366830

or Sue French of Alzheimer's  
Auckland [SueF@alzheimers.co.nz](mailto:SueF@alzheimers.co.nz)

09 622 4230





## 'Twas the week before Xmas, and at iNRF

Everyone was counting and trying their best



Darrin's been managing all of his people,  
And now we know golfing just ain't for Kumiko



Nora and Stacey and Lisa and Inna  
All eating healthily and trying to get trimmer



Lucy tried cleaning and then moved to reception,  
Peter and his gallbladder got over infection

Janet retired and Ally said 'see ya'  
Now iNRF's being kept sparkly clean by Shakria

The art class made greeting cards led by John and Gabrielle,  
John, Greg and Marie all done painted so well



Arline made a donation which we will never forget  
Towards a parking lot canopy that will save us from the wet  
Edward is blind but he still marches proud,  
Especially when Ian and Joe count out loud

Joan joins in with Stanley, Pops, and Faifua  
Marching around the ladder lifting knees up one two-ah!



Leota went cruising, and Lance off to Rorotonga  
Marlene's been in India for 6 weeks or longer

Ann, Beth, Epp, Liz, Leslye, and Nathalie -  
Please get well soon, and make full recovery!

We've introduced Garry, Sel, Rachel, and Bill,  
Davorin, and Kelly, Seema, Des, and Sunil.



Wally and Vincent through ladders have paraded  
Tara's now on our board, and from the class graduated

We've also met Heather, Per, and Jean - lovely folks  
All learning to manage their MS or strokes



Ray B participated in some research with his wife together  
We were ever so thrilled to welcome back Heather

Anita and Cherie and Sheryl have fun  
Hearing all about Linda's new grandson

Reg and Kim practiced speaking, Miro stretched on a ball,  
While John H and David walked out, oh so tall.

We see Shirley and Allan more now that they come twice  
We've started an Alzheimer's group, they're all nice.



Jennifer E has tons of books that she likes  
Jennifer P loves working legs on the bike

June comes from Bethell's beach, yes it's true  
It's worth it to spend time with Karen and Sue!

Clive entertains us with his hilarious tales  
Monica comes in with colour coordinated nails



Jo goes to Te Atatu, Chris mending his knee  
Mid minding her moko, horse riding for Wendy

Paddy loves fishing, John P tells jokes without cuss  
And who could resist a high five from Julius?



The boys club of Chris H, Kirk, John T and Ray  
Solange studies English et elle parles aussi français.

Denise flying solo while her husband away  
Greg loves his swimming up Helensville way



Bella helps feed a friend at day program with autism  
Robert fixing his car, Ramila ruling her kitchen

Nelly and Bob come for hands, standing, and cheer  
And of course we are grateful to have Alisha volunteer



We are so proud of you all for you achievements this year  
Your walking, and clasping, and working through fear

And so ends another year of Conductive Education,  
Rest up but keep at it during your summer vacation.

Season's greetings, happy holidays, hope next year starts just right  
Merry Christmas to all, and to all a good night!

**Lisa Gombinsky Roach — Senior Rehabilitation Specialist**

## Carers Alliance - Have your say as a Care Giver

As part of a review of the adequacy and flexibility of the carer Support Subsidy, the Ministry of Health is seeking the views of unpaid carers of people with disability who currently receive the CSS. The Ministry of Health wants to better understand how carers use the Subsidy, how it might be supplemented, and the difference the Subsidy makes to a carer. This is a high level review with KPMG leading the work.

Our aim is to get at least 300 responses before the survey closes on 20<sup>th</sup> December. It takes less than 10 minutes to complete and is your chance to have your say about this vital subsidy.

This is your chance to get a better working Carer Support Subsidy for carers, and is an example of how working together eventually can lead to systemic changes. <https://www.surveymonkey.com/s/7L3N9Q2>

Kind regards,

**Sara Rogers—National Coordinator**



## Volunteers Needed

### Looking for a great way to support the iNRF Community!

Robert MacDonald and Lisa Gombinsky Roach are **seeking volunteers** to help build a fundraising committee specifically to support clients financially struggling to access Conductive Education services.

First meeting is scheduled for **Friday Jan 17 2014 @ 1:30 pm**

and is open to interested clients and community members

Please contact Lisa to register your interest on 09 8366830

Or email [lisa@inrf.org.nz](mailto:lisa@inrf.org.nz)



## Changes to 2014 Class Timetable

Hello Everybody!

Thank you for the wonderful year, for your support, and for your hard work. Christmas is almost here and before we close this successful year we would like to announce some small changes from the rehabilitation team.

We have tidied up our class schedule – the biggest change is that most morning sessions will now start sharply at 9:30 and finish at 12:00. The purpose of this change is that we are planning to introduce some new groups next year during the afternoons. Also, we feel that the 12:00 finish will allow us to better meet your individual needs, giving us capacity to offer individual consultations by appointment or as required after morning group sessions.

Please do not hesitate to contact us if you have any questions about your class time or if you would like some extra advice or support – as always, we are more than happy to help you.

Please also note that in response to your suggestions we have shortened the summer shut down period and look forward to starting classes from the week of January 13<sup>th</sup>, 2014.

Have a great Christmas and a Happy New Year!

### Nora Keczan –Senior Rehabilitation Specialist

	Monday		Tuesday		Wednesday	Thursday		Friday
<b>9:30</b>	Parkinson's 9:30-12:00	MS 9:30-12:00	Stroke 9:30-12:00		Stroke / MS 9:30-12:00	Stroke 9:30 – 12:00		Stroke 9:30 – 12:00
<b>10:00</b>								
<b>11:00</b>				MS 11-12:30			MS 11-12:30	
<b>12:00</b>								
<b>12:30</b>					MS 12:30 – 2:30			
<b>1:00</b>	Stroke / Cerebral Palsy 1:00 – 3:00				Stroke / Cerebral Palsy 1:00 – 3:00	Stroke / Cerebral Palsy 1:00 – 3:00		
<b>2:00</b>								
<b>2:30</b>								
<b>3:00</b>								

## Message from the Chairman

### 2013 – A Year of Change

As we move towards Christmas and the end of another year, I have been considering what we as the Board of Trustees have achieved within the iNRF – and I am pleasantly surprised. Surprised because often we get so focussed on the 'here and now' and the issues of the day that we don't recognise the progress being made.



The overall strategy for the foundation is to bring the benefits of Conductive Education to as many people as possible throughout New Zealand. One of the many challenges to expanding our presence in the community is having the resources available to deliver our services. Now, with the addition of Lisa Roach to our rehabilitation team, we now have the added resource and capacity to look at expanding our services at the Tui Glen Centre and beyond through outreach and community based rehabilitation programs. Our vision for 2014 is to start to offer Conductive Education services in other areas of the Auckland region, thus commencing our strategic initiative to potentially set up further facilities throughout Auckland – and New Zealand.

We proudly opened our doors and invited members of the community to learn more about our unique services at our open day in August – a special thanks to Stacey for stepping up and driving this very successful event. As a result of this we have reconnected with or been introduced to several potential referral organisations and local medical and allied health professionals, which assists towards our overall goal of bringing our services to more people and growing our client base.

Trustees Jan Brown and Frank Pollard have completed an immense amount of work in the area of employee governance, bringing our employment contracts and policies up to compliance with current statutory requirement while enabling the foundation to better utilise the skilled personnel we have on staff. A key result of this is that we can now look creatively at how we can offer more services to our clients over more weeks of the year. We are happy to announce a shorter summer holiday shut down period as the first concrete example of how such changes will benefit our client community.

We have also brought Darrin Brinsden in to the trust as our temporary General Manager. Darrin has introduced a number of initiatives into the trust in terms of management 'best practice', and has been of great assistance to the board in understanding some of the nuances in our own governance structure.

As part of this work, Darrin has significantly improved our relationship with the Ministry of Health and has been instrumental in aligning the iNRF with the Taikura

Trust – the sole body responsible for assessing our clients' entitlement to government funded assistance.

It came as a surprise to a number of people that the AGM was being replaced with a members meeting, and raised the immediate question about what constitutes a 'member'. In the spirit of community, we agreed that for our December members' meeting anyone affiliated to the iNRF would qualify as a member – clients, family of clients, staff, community members etc. We also changed the format for this meeting – making it a 'discussion' between the trustees and the members about the future of the iNRF, rather than a format where the trustees simply report to the clients. From my perspective this new approach is a much more productive way for engaging everyone in the foundations activities and aspirations.

Continued high quality service delivery to our clients remains at top of mind to the board and we believe that this has been achieved throughout the year. As Chairman of the Board of Trustees, I am very pleased to report that iNRF is in very good shape. Solid foundations have now been laid to enable the trust to move forward towards its vision. Client numbers are growing, our relationship with key providers like the MoH and Taikura Trust are very solid, and work is underway to extend our services in terms of how and where we deliver Conductive Education. It has taken a lot longer than we all imagined to get here – but the groundwork is now set, and 2014 is looking to be an exciting year for our foundation.

I would like to offer a hearty "thank-you" to all of you who contributed your thoughts in the competition for the name change for iNRF. The topic was discussed at the members' meeting and I look forward to formalising the outcome from this meeting with you all early in the new-year.

Finally, as 2013 draws to a close, may I take this opportunity to wish you and your families a Merry Christmas and Happy New Year – and I look forward to working with our community towards continued growth and development for iNRF in 2014.

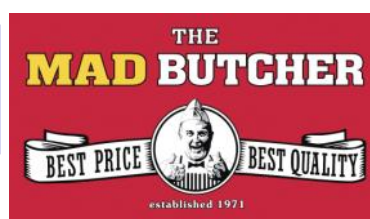
**Greg Bateman**  
**Chairman – Board of Trustees**



**You're invited to iNRF's**  
**Open day**  
**Wednesday 5th March**

**A chance to view and learn more about our  
rehabilitation programme**

## Thanks to our funders and volunteers



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Thank you for your generous donations towards the raffle.  
A special thank you to the Mad Butcher's in Henderson for  
donating a meat pack.

We would like to acknowledge a generous donation towards  
our parking lot canopy.

We are humbled and grateful of the iNRF community.

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