

JUNE 2022

STRIVE REHABILITATION @ HAWKES BAY NEWSLETTER

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From the Manager:

Kia ora koutou katoa

E ngā mana, e ngā reo, e ngā kārangaranga maha, tēnā koutou

Warm greetings to you and your families! Here we are in the middle of the year already! This has been some of the coldest weather I think I've experienced. I'm told the cold kills the bugs, which is great, because we've been having unprecedented instances of flu and other viruses.

I'm writing this on 22 June as we celebrate Matariki (21-29 June). It's also the winter solstice, with 21 June being the shortest day of the year, signalling winter's midpoint. The shortest day marks the astronomical phenomenon of the fewest daylight hours and the longest night-time hours of the year, caused by the earth's axis being furthest away from the sun. In Auckland, the day is 5 hours and 4 minutes shorter than the December solstice.

So, we're counting down to summer. Before this though, we need to make the most of Matariki, our first indigenous celebration! Matariki is the Māori name for the cluster of stars which we can observe early in the morning during those dates. It's also known by a host of other names across the world. For many Māori, it heralds the start of the new year. Matariki is an abbreviation of 'Ngā Mata o te Ariki Tāwhirimātea' (the eyes of the god Tāwhirimātea) and refers to a large cluster of nine stars. According to Māori tradition, the god of the wind, Tāwhirimātea, was so angry when his siblings separated their parents, Ranginui the sky father and Papatūānuku the earth mother, that he tore out his eyes and threw them into the heavens. According to legend, each of the nine stars has a special meaning. My favourite is Hiwa-i-te-rangi: she is the star who holds our hopes and dreams. The central star of the cluster is Matariki, and she has eight children: the other eight stars.

Traditionally, Matariki was a time to acknowledge the dead and to release their spirits to become stars. It was a time to reflect, to be thankful to the gods for the harvest, to feast, and to share the bounty of the harvest with family and friends. Matariki celebrations were once popular but had largely stopped by the 1940s. However, in the 2000s, they were revived, and now, thousands of people take part in events to mark the beginning of the Māori New Year, and within whanau, to commemorate those who have died, as well as to plan for the year ahead. This year, the first for which we have a public holiday, we have been celebrating Matariki at Strive (see article and photos following).

In addition to the lovely legends surrounding Matariki, it was wonderful to see communities in Hawkes Bay and throughout Aotearoa coming together to celebrate the occasion (and a bonus to have another public holiday!)

One thing I did at home during this week was to plant vegetable crops, and tulips and daffodils, when there was a break in the weather. Helped by Tipuānuku, who is the star of kai grown in the ground. I hope they'll all flourish and we can enjoy the food and the beauty of the flowers in the spring.

I have been thinking too, over the past week, about family members who have passed. Often, we're too swept up in the day-to-day bustle of living and don't make enough time to remember those we loved. Legend has it that Taramainuku casts his net down to Earth every night, gathering up those who have passed away. When the star cluster sets, he takes the dead to the underworld. Then, in the twelfth month, the cluster rises, and helped by Pohutukawa, Taramainuku releases the souls into the sky to become stars. It's nice to think of my ancestors as stars, shining on me and lighting my way through life.

Despite Covid, we have fared remarkably well here at Strive, and although some staff and clients have been ill, we don't seem to have had any transmission between those who have been sick. This is in no small part due to staff and clients wearing masks and adhering to the hygiene measures we have in place. Our thanks to you all.

Beth, our new grad OT and digital native, has left us to develop her training at the hospital. It has been a delight having Beth as part of our team, but like all good things, her time with us has come to an end. We know Beth will be an asset wherever she goes, and while we will miss her enormously, we are thrilled for her and wish her well.

And so, our search for another staff member has resumed. Hopefully, this will be a short one and I'm sure we'll find the right person.

We now look forward to our mid-winter Christmas celebrations, held in July. May you all have a safe and warm winter, free from ills.

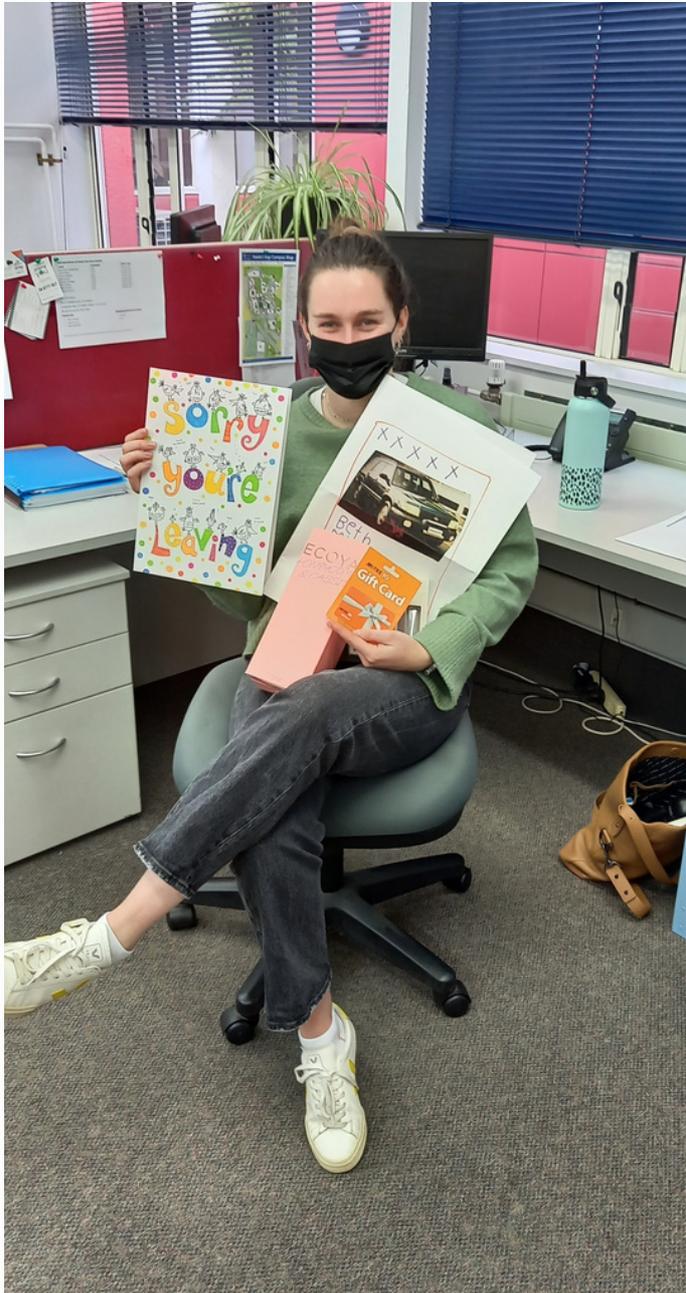
Ngā mihi nui
Guenevere Weatherley,
PhD, MPhil, MSocSci
IAAN, NZPSS

Beth's Farewell

On Monday 20th of June we farewelled Beth in true StriveHB style. Beth had been at StriveHB for around 16 months and has made a positive contribution to us in that time. Beth has gone off to Hastings Hospital to do a rotational occupational therapy post which is great opportunity for her and we all wish her well but we will miss her.

Beth will be remembered for her quick sense of fun, for setting up of the hand function group, for taking the gym and the digital living sessions and for a fast back hand in table tennis. The StriveHB staff will remember Beth for all her effort with our new computer system and our digital stuff as well.

We had a lovely lunch of sandwiches, party pies, sausage rolls and a great StriveHB made Ambrosia. Special thanks to those who worked in the kitchen and with the set up and the clean-up. Without people stepping up to help at lunches we would not be able to have them. Thanks also to Jared for doing a Karakia to express our thanks for the food and for those who helped in its preparation.



Matariki Outing

Matariki is a special occasion which marks the start of the Māori New Year. It is a time to reflect on the past year, celebrate the present, and plan for the year ahead. To celebrate this special occasion, Strive clients and staff went out to the Waitangi Reserve to look at Ātea a Rangi Star Compass. Whilst there they learnt a little about the significance of the compass before taking a short walk around the reserve. On the way back to Strive to enjoy a pizza lunch, we made a quick stop at Perfume Point to enjoy an awesome photo opportunity on the big colourful chairs.





Women's Group



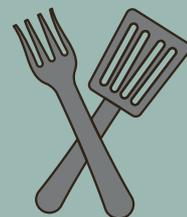
The women's group have been enjoying a variety of activities, these have included a recent study of women of influence in New Zealand. This was enjoyed by the group; we all have a greater appreciation of the achievements of strong Kiwi women who fought so hard to have women here accepted as equal in all aspects of life. Young leaders like Siouxsie Wiles who has kept us so well informed throughout the pandemic and Lisa King who is the founder of Eat my Lunch; getting lunches into low decile schools.

The Women's Group also enjoyed an outing to MTG, of particular interest was the earthquake exhibition; this generated a lot of discussion. Reading out the ages and names of those who lost their lives was a sobering reminder of how life can change for ever in one moment. A trip to the Planetarium is also planned for the end of June.

The group has also learnt how to create an inexpensive skin care product for our skin using easily sourced ingredients, we all know a bit of pampering is so good for the soul!



Cooking Group Recipe



Belgium Biscuits

Ingredients

113g butter
85g soft brown sugar
1 egg
1tsp cinnamon
1tsp mixed spice
1tsp ground ginger
227g flour
1 tsp baking powder
Raspberry Jam
Icing sugar



Method

- 1. Preheat the oven 180 C**
- 2. Cream butter and soft brown sugar together**
- 3. Beat in the egg**
- 4. Add all the dry ingredients to the butter mixture, combine using a wooden spoon**
- 5. Roll out dough on a lightly floured surface, cut out circles
(make sure you have an even number)**
- 6. Place on a cold greased tray and bake 15-20 minutes. When brown take out of the oven and allow to cool**
- 7. When biscuits are cold, sandwich together with raspberry jam**
- 8. To make icing place $\frac{1}{4}$ - $\frac{1}{2}$ cup of icing sugar in a bowl, add a small amount of hot water and mix. Slowly add more water until you get the right consistency.
(Not runny)**
- 9. Ice the biscuits then sprinkle jelly crystals on top.**

Makes 6 biscuits



It was great to see so many pink shirts at Strive to help recognise Pink Shirt Day this year. In Aotearoa pink shirt day works to help reduce bullying in school and workplace settings by celebrating diversity and promoting the development of positive social relationships. It aims to create environments where all people feel safe, valued and respected regardless of age, sex, gender identity, sexual orientation, ability or cultural background.





Planetarium Outing

Both the Men's group and the Women's group had the chance to visit the Napier Planetarium this month to see the wonders of the night sky beneath the Planetarium dome. Gary Sparks was a great host during both visits, teaching the groups about the history of space exploration and the mythology behind Matariki in the lecture theatre before moving the groups through to the planetarium dome to have an in-depth look into the stars and planets that the group would see in the nights ahead.



Sports Group

This term the Sports group had their first experience at playing Petanque at the Hawke's Bay Lawn Tennis and Petanque Club. After a few wayward shots to start off the group really enjoyed learning the game and had a great afternoon out. It was a very popular activity and so at the request of the group plans have been made to make it a regular outing for when the Sports Centre is closed.



Pyrography

The pyrography group have been working on some great projects this year, the most recent being a set of coasters and a toolbox each. The group uses stencils and carbon-paper to draw on their chosen designs before burning them on permanently with a wire-nib pyrography tool. The group have all been working well and it is great to see the encouragement they all give each other.



MUSIC GROUP

The Strive music programmes core focus this year has been on strengthening positive mindsets within the group. This emotional skill has been on full display this year with the group really embracing learning a song in sign-language and starting to add some kapa haka movement to accompany the song 'Tutira Mai'. There is always plenty of laughter as the group help each other learn the particular words and movements to accompany each song. It is great to see how easily even very new members to the programme come together as group.



Strive Rehabilitation's Mid-Winter Christmas Lunch

Where: The Duke of Gloucester

When: Wednesday 20th July at 12pm

Leaving Strive at 11.30am

Clients Only

\$15.00 per person

Payment by the 13th July

Bank: Westpac

Account Name: Strive Rehabilitation HB

Account Number: 03 0698 0545001 00

Code: First Name eg. Jo

Reference: Surname eg. Blogs

**Talk to your key worker about
being "trip fit"**

Any questions please contact:
gerri.mcrae@strivehb.org.nz

06 830 1235



MENU

Duke Roast of the Day -

Daily roast, roasties, steamed greens & gravy, served with a jug of cheese sauce (gluten free option available)

Or

Kiwi Classic Battered Fish & Chips -

Premium southern ocean whiptail fillets battered to order, served over beer battered fries with slaw, tartar sauce & lemon

Or

Creamy Mediterranean Chicken Lasagne -

roasted chicken layered with mediterranean vegetables, sheets of pasta & chicken volute, served with salad greens

Or

Vege Stack -

gluten free rosti, sautéed mushrooms, capsicum, red onion, spinach, beetroot hummus & brie

Desserts - Served with cream & ice cream

Crème Brulee Or Kiwi Pavlova