

OCTOBER 2022

STRIVE REHABILITATION @ HAWKES BAY NEWSLETTER

In this issue:

Managers Report	1
Mid-winter Christmas Lunch	2
Women's Group	3
Speech Therapy	4
Cooking Group Recipe	5
CHB Trip	6,7
Beach Clean Up	8
Cornwall Park/ Gallery Visit	9
Gym Programme	10
Lifting The Blues 2023	11,12, 13



Are you aware of our Complaints, Compliments & Suggestions Policy?

If you are not happy with the services & support you receive, you can:

Talk to a staff member or fill out the Complaints Form & leave in the drop box at Strive, we check this regularly.

We also value your suggestions & compliments so please feel free to put those in the drop box too!



*For a Positive Future
Mo te heke mai pai*

From the Manager:

Kia ora koutou katoa

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

I'm writing this on 5 October which, from my position, is the absolute worst October weather I have ever experienced. Furthermore, it is predicted that it will get even colder tomorrow. Not much use moaning I suppose, as it is one of the few things, we can't do much about.

My back lawn at home is like a swamp at the moment, and when you have a 60kg dog pounding across it, it only gets worse! In spite of that, my tulips have bloomed and look rather beautiful, and I am getting ready to plant my dahlias.

You may notice that the hedge and trellis have come down outside Strive. EIT have put in a garden that runs two thirds of the way along the path, and the last third of the space will be turned into a raised edible garden that will be tended by Strive staff and clients. The bonus of removing the hedge is that we now have a beautiful view across some of the EIT landscape and it is lovely and light inside our facility.

Keeping with the gardening theme I was idly looking up the internet the other evening to see how long my pohutukawa, which is planted inside a huge pot, will live.

When I bought it, about 8 years ago, it was 30cm high; it is now about 300!

Apparently, they can live for 1000 years. I propose to repot it into a larger pot sometime over the next year and wondering if it can then be shifted.

We did organise a Strive trip to Taniwha Daffodils to see the daffodils, unfortunately, this was cancelled as it was so wet and boggy underfoot, so we went to the Settlers Museum in Waipawa. This was a great substitute, and we had a picnic lunch while we were there.

Our long search for a replacement for Beth is finally over and we have just employed another Occupational Therapist, Sophie. Sophie brings a raft of new skills and experience, having worked in addictions and mental health. It's great to have her on board.

The countdown to Christmas has begun. Our Christmas lunch this year will be at Clubs Hastings. We went there a couple of Christmases ago and had a lovely lunch and a good time. Our last client day will be Tuesday 20 December.

Ngā mihi nui

Guenevere Weatherley,
PhD, MPhil, MSocSci
IAAN, NZPSS

Mid-Winter Christmas Lunch



Clients and staff enjoyed another great mid-winter meal at the Duke of Gloucester to celebrate and reflect on the year so far. Once again the Duke did not disappoint with the meals and atmosphere they provide. The feedback from the clients was that every meal was a hit and no selection was a bad one. It was nice to see both the clients and staff all leave with big smiles and full bellies after a great lunch out.



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 to name just two.

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.

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!



Speech therapy strategies for anomia

Do you have "tip of the tongue" moments, when you know the word you want to say, but you just can't quite get it out? This is called anomia. Word-finding difficulties happen to all of us, yet anomia generally occurs much more frequently after a stroke or a traumatic brain injury.

Anomia happens due to damage to the language skills area of your brain. Some people with anomia can struggle with simple conversation because they can't express their thoughts quickly enough. Not being able to find the right word you want to say can be very difficult and frustrating. You haven't lost the words you're trying to say. They are all still in there, just blocked.

Thanks to neuroplasticity, the brain can heal itself and make new connections. Speech therapy focuses on re-networking the brain's language connections and providing strategies to help alleviate frustrations associated with word-finding deficits.

One way to help with word-finding difficulties is by using strategies to communicate the word you mean to say.

Here are five strategies that commonly help people with anomia.

1. Describe what it looks like or what it's used for
 - Example: "The thing that hits nails. It has a wooden handle."
2. Use a synonym for the word or something similar
 - Example: "Can you hand me the ... mallet?"
3. Associate the word with something related
 - Example: "I can't find the ... thing in the toolbox that goes with nails."
4. Think of the first letter or try to write the word
 - Example: "I need a ... it starts with an H."
5. Gesture using your hands or body to act out the word
 - Example: "Where is the ... (makes hammering motion with arm)?"

written by Frances, speech-language therapist



Cooking Group Recipe



Black Bean Burritos

Ingredients

Olive oil - 2 Tbsp
Onion, chopped - 1
Cloves garlic, crushed - 3 cloves
Carrot, grated - 1
Cumin - 2 tsp
Coriander - 2 tsp
Paprika - 2 tsp
Chilli flakes - a pinch
Chopped tomatoes - 400 g
Black beans, not drained - 400 g
Red kidney beans, drained - 400 g
Chopped coriander - 1 cup
Tortilla wraps - 6
Sour cream (lite) - 1/2 cup
Grated cheese - 1 cup



Method

1. Preheat an oven to 180°C.
2. In a large pot warm the oil. Add the onion, garlic and carrot cooking for 5 minutes to soften.
3. Stir through the cumin, coriander and paprika and cook for 1 minute.
4. Add the tomatoes, black beans with their juice and the kidney beans. Simmer for 20 minutes stirring occasionally until thickened
5. Remove from heat and cool for 10 minutes.
6. Once cooled, stir through the coriander, reserving a little for garnish.
7. Place six wraps on a clean bench. Spoon the mixture evenly into the middle of each wrap, then roll and place onto a large baking tray.
8. Smother a tablespoon of sour cream onto the top of each and sprinkle over the cheese.
9. Bake for 25 minutes until crispy and golden.
10. If desired, garnish with remaining coriander, extra sour cream or tomato salsa!



CHB Trip

Due to the very wet weather Strive was unable to go to the Taniwha daffodils this year. However, we were fortunate to have such a lovely day to visit the Central Hawke's Bay Settlers Museum followed by a picnic lunch under the blossoms. Everybody thoroughly enjoyed the day.







Beach clean up

Monday Motivation and the Women's Group took advantage of a break in the bad weather over winter to have a walk along the beach at Westshore and do a bit of a 'Beach Clean Up'. The group noted that it was nice to see the beach was remarkably clean of most rubbish but there was still a lot of plastic bottle caps and drink bottles.

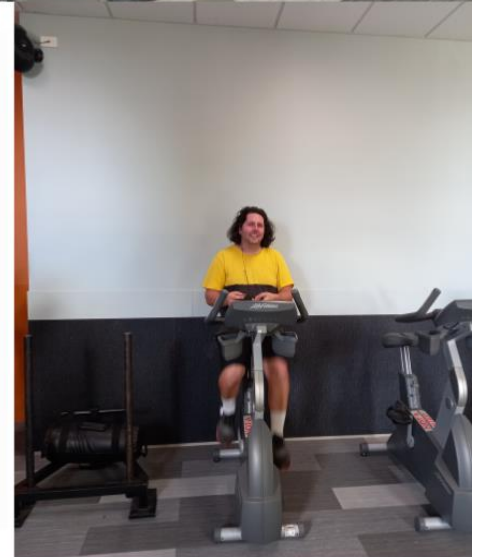


Cornwall Park and Gallery Visit



Monday Motivation and the Women's Group enjoyed a morning out looking at the new permanent exhibition by the ceramics tutor, Linda, at Cornwall Park. The groups then popped over to the Creative Arts gallery in Napier to have a look at an exhibition that featured some paintings by Strive client Clayton Guthrie. The group got some great art ideas, plus some much needed fresh air and exercise during the winter months.





Both Tuesdays and Thursdays Gym groups have not missed a stride as Pettigrew Arena Gym has a bit of a face lift with new carpet, layout and equipment. Staff have noted that the new look gym has been a real encouragement for the clients to keep working hard at their programmes and putting in the effort that we love seeing at each gym session.



BEN WATERS & FRIENDS

Cousin Leonard + Michael Stodart

Jools Holland described Ben as being one of the best pianists of all time. Ben is proud to count many of the legends of boogie-woogie and rock 'n roll his colleagues and friends, having played alongside Jerry Lee Lewis, Chuck Berry and The Rolling Stones to name but a few!

28th JANUARY
2023 7.30pm

MTG CENTURY THEATRE
TICKETS \$75



For information & tickets visit:
www.mtghawkesbay.com



*For a Positive Future
Mo te heke mai pai*



Ben Waters can't wait to return to New Zealand. He loves the country and the people. This time he will be accompanied by his sax-playing son, Tom, his great friend and drummer, Ady Milward and talented newcomer Simon Rushbrook on bass guitar.

Ben, described by Jools Holland as one of his favourite piano players ever, is now a part of rock 'n roll legend having grown up inspired by family friend Ian Stewart, founder of the Rolling Stones, all of whom he has played and recorded with – especially his dear friends Charlie Watts and Ronnie Wood. Ronnie and Ben, both having worked with Chuck Berry, performed sell out concerts in a tribute to him and Ronnie produced the album “Mad Lad” in which both Tom and Ben featured. Ben has also worked closely with the phenomenal Sir Ray Davies of the Kinks. More recently he has performed at Ronnie Scott's Club in London at which both Jeff Beck and Johnny Depp appeared. Enough name dropping – come and meet the guy for yourself!





Tom Waters always wanted to play saxophone before he was big enough to hold one! In his final year at the Royal Academy of Music in London, he has already made his name as a top musician in his own right, recording and performing with both Ronnie Wood and Sir Ray Davies as well as becoming well known in many London Clubs and occasionally modelling for designer fashion companies.



Ady Milward has been by Ben's side for nearly three decades! Brilliant drummer and good fun to work with, he is an amazing vocalist who has worked with chart topping bands such as Electrasy as well as with Robbie McIntosh of Wings. He is the driving force of the Ben Waters Band.



Simon Rushbrook is an established, award winning bass player who joins Ady Milward in providing the essence of rock and the roll in the Ben Waters Band.

Check out this gig from pre-lockdown November 2019 - at Under the Bridge in London. Ben and Tom with players from all over the world, including New Zealand's own "H" on drums. Ben's pal Derek Nash with whom he has played at Sydney Opera House.

https://youtu.be/QFIOH_zjqbE

The best selling tribute album "Boogie4Stu" in honour of the late Ian Stewart - taster:

<https://youtu.be/C1F0FBxultI>