

## MANAGER'S REPORT

Kia ora koutou katoa

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

I am delighted to be writing this, my first report as manager of Strive Rehabilitation Trust @ Hawkes Bay. I began in this role on 15 February, starting by meeting some key people while Lee was still here.

I come from Whaiangaroa (Raglan), a lovely surfing village on the coast about 45 kms west of Hamilton. Being new to Hawkes Bay, this is an exciting adventure for me - especially finding my way around - which has become a standing joke with my colleagues who are entertained by the circuitous routes I take to get anywhere. Some of my first impressions: people are very friendly and helpful; colleagues are warm, kind, expert and dedicated; our clients are interesting and interested (and also friendly); Hawkes Bay is sunny and pleasant; our Centre at EIT provides us with comfortable accommodation in a beautiful and restful setting.

I feel privileged to have been appointed to this position as it gives me the opportunity to help people who have experienced a TBI and to explore ways in which we can work together in developing greater capacity in their (and our) flourishing. I also welcome the opportunity to expand my knowledge of how our brains work and to investigate what interventions are particularly efficacious in the lives of our clients. My conviction is that we will continue to provide positive improvements in mental, physical, social and emotional areas with, and for, our clients and to make significant contributions to brain research. As Oliver Sacks says, '... one must ... honour each one with individual reactions and propensities; and, in this way, with the patient as one's equal, one's co-explorer, not one's puppet, one may find therapeutic ways which are better than other ways, tactics which can be modified as occasion requires'.

### So far

Since beginning, most of my time has been spent learning the job and the 17 steps on the computer to complete the actions necessary for our mandatory reporting (there has to be a better way). And I want to acknowledge Kerry for all his help. Thank you Kerry. You are a star!

I recently spent a day in Central Hawkes Bay meeting our staff and clients there. I have also spent time meeting staff at ACC, the Ministry of Health, and the Brain Injury Association (BIA), and getting to know staff at EIT and our clients, particularly those for whom I am key worker - all been gracious and generous with their time.

### Learnings

Recently, Maxine Bevin and I attended a seminar with Sir Mason Durie: Mauri Ora: The Metrics of Flourishing. It was a timely reminder of how we should work with

**PTO**



Strive Rehabilitation at  
Hawke's Bay

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## MANAGERS REPORT (cont...)

clients and also how we should treat one another.

Too often we are so busy and caught up in the day-to-day travails of just getting by that we neglect those small tokens of recognition that acknowledge our common humanity. On that note I welcome getting to know all of you who are part of the whānau and community of our clients; together we empower one another in our resolve to live meaningful and valued lives.

### Coming up

We are looking forward to hosting the Strive Manawatu Exchange from Wednesday, 11 April – Friday 13 April. This is an annual event where we have a sports challenge. Strive Hawkes Bay are the reigning champions. We have organised a movie, an Art Deco bus tour, a visit to the aquarium, a BBQ and swim at Ocean Spa, and on the last day we will be competing to bring the cup home yet again. I look forward to updating you of our success in the next newsletter.

Easter is nearly upon us and with it the end of daylight saving. I wish you all a happy and safe Easter.

Mauri ora

Guenevere

## NEW STRIVE REHABILITATION @ HAWKE'S BAY CONTACT DETALS

Along with a new name and new manager we also have new email addresses and Direct Dial phone numbers

NAME	DIRECT DIAL	EMAIL
Guenevere Weatherly	06 830 1532	guenevere.weatherley@strivehb.org.nz
Kerry Harper	06 830 1533	kerry.harper@strivehb.org.nz
Annie Spiekerman	06 830 1534	annie.spiekerman@strivehb.org.nz
Kim Herd	06 830 1254	kim.herd@strivehb.org.nz
Carron Burn	06 830 1253	carron.burn@strivehb.org.nz
Maxine Bevin	06 830 1256	maxine.bevin@xtra.co.nz
Darryl Smith	06 830 1247	darryl.smith@strivehb.org.nz
Pete McLachlan	06 830 1291	pete.mclachlan@strivehb.org.nz
Roger Mabey	06 830 1291	roger.mabey@strivehb.org.nz
Anita Miller	06 830 1557	anita.miller@strivehb.org.nz

Website	<a href="http://www.striverehabilitationhb.org.nz">www.striverehabilitationhb.org.nz</a>
Facebook	Strive Rehabilitation at Hawke's Bay

## COOKING GROUP By Annie Spiekerman

The Cooking Group have made some very yummy dishes and some that did not turn out so well. That was nothing to do with the people but more with the translation of the recipe. Even measurements are different from America or England. And here I was thinking that a cup was 250 grams anywhere in the world.

To start, I want to thank the group participants, you have been great and have made our job (Sherilyn and Annie) very easy. All sessions started off with health and safety instructions, apron, wash hands and do not touch the hot plates when cooking.

Some of the dishes were; Spinach and feta in filo pastry, cauliflower and cheese bake, yoghurt cheesecake, tomato relish and meatballs with sauces. Below is a few lines of what everyone thought of the cooking sessions:

- ♦ *Enjoyed making the food and cooking the meatballs and yoghurt cheesecake. I had to follow instructions, chopping vegetables such as onions, spinach and celery. I learnt how to fold the filo pastry.*
- ♦ *Obviously not long enough. Excellent area to do the cooking. Ideas needed for next time. I must work on that for next year.*
- ♦ *Loved all of it. I shared some of it with the family. Would like to do it again.*
- ♦ *I loved it all but the tomato relish because the bottom of the jar broke. I liked the chocolate eclairs. Would like to do more cooking. Want to cook rump steak and pork. God bless ya*
- ♦ *Particularly liked the cheesecake; made an excellent dessert at home. Also, like the filo pastry with spinach and feta, an excellent addition to an evening meal. The meat balls & tzatziki sauce went down well as a lunch.*
- ♦ *It helped when you listened to the instructions and followed them*
- ♦ *The best, enjoyed the cooking. Thank you GG for doing all my dishes.*

Strive Rehabilitation @ Hawke's Bay Monday morning Cooking sessions have finished and Woodturning is starting after Easter 9 April in Hastings.

**Over the page is everyones favourite recipe; have a lovey Easter**

## Chelsea's white chocolate & berry cheesecake

### Ingredients

350g double or triple chocolate cookies (GF if needed)  
75g softened (almost melted) butter  
500g cream cheese – not the spreadable kind, and not light  
250g good quality white chocolate, chopped  
1 cup cream  
3 punnets ripe strawberries (or a mix of summer berries raspberries, even pomegranate seeds)



### Method

1. Bring the cream cheese out of the fridge 20 or so minutes before you start, to lose it's chill. (Or you can microwave on medium power in a heatproof bowl for 10-15 seconds or so).
2. Crum the biscuits. Add the butter and process until well combined and smooth. Tip the crumbs into the cake tin press the crumb firmly into the base.
3. Beat the cream cheese in a large mixing bowl until smooth. Set aside.
4. Melt the white chocolate in a heatproof bowl sitting over a saucepan of gently simmering water Remove the chocolate from the heat and let sit for 10 minutes.
5. Fold a quarter of the melted chocolate into the cream cheese, then repeat with the remaining chocolate in three parts.
6. Whip the cream until thick and cloudy, but stop before it gets too firm. Gently fold it through the cream cheese mixture. At this point, you can also fold in a handful of fresh raspberries if you like.
7. Scrape the mixture on to the biscuit base and smooth out the top. Cover and refrigerate for at least 3 hours to set, or until needed (it's fine overnight or for a couple of nights, if it's well sealed).

## EASIE LIVING

It has been nearly 12 years since my stroke and I'm often thinking about all the new equipment that's come out since then that I've been missing out on. There could be all sorts of bits of equipment to make my life easier.

This is a great solution to my questions—a mobile van with aids for sale as well as information, advice and equipment for independent living.

**'Easie Living'** from Enable New Zealand has a mobile van which is coming the Strive Rehabilitation @ Hawke's Bay at 10:00 am—2:00 pm on Tuesday 10 April..





# WE ARE ON OUR WAY TO YOU!

An innovative service  
providing easy  
access to disability  
information, advice, aids  
and equipment for  
independent living

For more information  
Phone 06 353 2743  
Mobile 027 551 7948

*Lives easier for me*



## EASIE Living Mobile van service

The EASIE Living mobile van  
service offers community  
presentations which include:

- Simple and practical solutions  
to enable you to maintain your  
independence
- Demonstrations of assistive  
products and their benefits
- Walking stick and walker height-  
and-safety checks
- Over 200 items for sale
- EFTPOS is available

**Enable**  
NEW ZEALAND

### EASIE Living Mobile van service

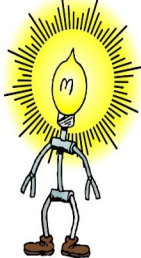
Visiting you on: 10<sup>th</sup> April 2018

10am – 2pm

EIT Campus 501 Gloucester Street TARADALE

# NEW Group

## Strive Rehabilitation @ Hawke's Bay



### Basic Electrical Knowledge

### Be safe in your home

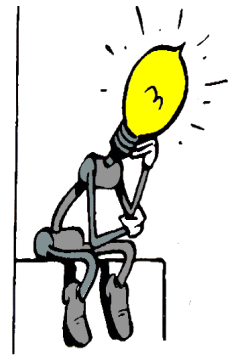
Facilitated by Electrician, Brian Rutledge

**Starts:** Thursday 19 April – 31 May

**Time:** 1pm – 2.30pm

**Interested?**

Talk to **Annie Spiekerman** to put your name on the list



*TBI Men's Group drinking gingerbeers at the Filter Room Ale & Cider House in Meeanee*



*Art Group*

### ANSWERS TO THE WUZZLES (Back Page)

1. Too Good to Last
2. Pat on the Back
3. Life Behind Bars
4. A Touching Moment
5. Look Before you Leap
6. Three Wise Men





*Tuesday Men's Group  
playing bingo*



*Sports Group at the Hastings Sports Centre*



*Women's Group enjoying a BBQ in the great weather we have been having.*

## MANAWATU EXCHANGE 2018

The 2018 Manawatu Exchange is coming up very quickly, in fact it is only two weeks away. This year it is Manawatu's turn to come here and it is on **Wednesday 11th to Friday 13th April**.

The EIT marae is fully booked this year so Manawatu will be staying at **Riverbend Bible Church** in Havelock North.

Manawatu will arrive at Strive Rehabilitation @ Hawke's Bay around 2:30 pm on the Wednesday where we will have a **Mihi Whakatau** followed by afternoon tea and some games/catching up. After an early **fish & chip** dinner we will be watching the movie '**Lovebirds**' in the EIT Lecture Theatre.

On Thursday morning you can put on your 1930's clothes (optional) as we are doing an **Art Deco bus tour** visiting some of the world famous suburb's, sights, buildings etc in Napier. After a **picnic lunch** on Marine Parade we will spend some time at the **National Aquarium of New Zealand**.

In the late afternoon we will be having a **BBQ** dinner at **Ocean Spa** and while we are there those that want to can have a soak in the pools.

On Friday is the challenge for the **Ranworth Cup**. We are going to play **Bat Down** at **The Redwoods** at the bottom of Te Mata Peak and we are looking forward to keeping the cup in the Bay for another year!

The total cost is **\$15.00** including food. Please give your name to Kim so she can put you on the list. If you are needing transport please also speak to Kim about this.



Manager: Guenevere Weatherley

Supported Living Co-ordinator/Assistant Manager: Kerry Harper

Rehab Co-ordinators: Annie Spiekerman  
Kim Herd  
Darryl Smith

Rehab Coach: Roger Mabey

Rehab Coach & Gym Prog Co-ordinator: Pete McLachlan

Administration: Carron Burn

Rehab Professional: Maxine Bevin

**SOCIAL CLUB**

Co-ordinator: Anita Miller

Staff Support: Kim Herd

Secretary: Maria Dawson

Treasurer: Andrew Routledge

Committee: Michael Katene  
Michael Hape  
Ross Hantler  
Dawne Gooch  
Teresa Ashe

Newsletter Editor: Anita Miller

## Strive Rehabilitation @

### Hawke's Bay

will be closed on

Friday 30th March

Monday 2nd April

Tuesday 3rd April

for Easter

Have a great break and hopefully the Easter Bunny is good to you



## WUZZLES

How did you go last time?

Here's another lot.

The answers are on page 6.

GOOD LAST  
GOOD LAST

PAT  
HIT

BARS BARS BARS  
BARS BARS BARS  
BARS BARS BARS

A  
MOMENT

LOOK ULEAP

YYY MEN

## COMING UP

### Manawatu Exchange

Wednesday 11—Friday 13 April.

See page 7

### Easie Living

An innovative service providing easy access to disability information, advice, aids and equipment for independent living.

See pages 4 & 5

### New Group

Basic Electrical Knowledge

Be safe in your home

See page 6

See Anita or Kim if you have any questions at Strive Rehabilitation @ Hawke's Bay

Phone 06 830 1557 (DD)

Email [anita.miller@strivehb.org.nz](mailto:anita.miller@strivehb.org.nz)