

THINK!

THE HEAD INJURY NETWORK FOR KIWIS

Jan - March
2016

Begin doing what you want to do now. We are not living in eternity. We have only this moment, sparkling like a star in our hand--and melting like a snowflake.

Sir Francis Bacon

The voice of those affected by head injury

Te reo o nga tangata i pangia i te mate mahunga

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Ode to life & living

By Leonie Moxham-Smith

Even though a horse accident changed my course of life
A dream-like feeling took over and helped me cope with the strife!

I often now ponder those days when my family was together
It was hard work - but they were the BEST times ever!

However dear reader, let me now say

That I have made some good friends, as I have trotted along my way

My life is different to what it was before

But I'm beginning to like it - more and more

So my message to you my dear reader, would be

Enjoy life to the full, but be careful to see

The good people around you - because they are everywhere
Just waiting to help you, and show you they care.

TEN WAYS TO LOVE

Listen without interrupting.
Speak without accusing.
Give without sparing.
Pray without ceasing.
Answer without arguing.
Share without pretending.
Enjoy without complaint.
Trust without wavering.
Forgive without punishing.
Promise without forgetting.



"Bringing together those in need with those who wish to give"

20th Annual Zoo Day

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LIKE US ON FACEBOOK

Like us on Facebook and connect with like minded people from all around the World!



THINKHeadInjuryAwareness
NZ

Research Report



Dr Kelly Jones, Senior
Research Fellow,
National Institute of
Stroke and Applied
Neurosciences, AUT
University

Kelly will be back in our next newsletter.

NEVER DOUBT

Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.
Margaret Mead

My sincere thanks to our funders and supporters



Waikato WDFK Karamu Trust, NZ Community Post, Jumble Around, Donny Charitable Trust, The Norah Howell Charitable Trust, Page Trust; Waikato Lyceum Charitable Trust, Waikato Provincial Rural Women NZ, Ministry of Health, D.V. Bryant Trust, Grassroots Trust, Jet Creative Design, C1 South, Oosh Cambridge, 4Good NZ. Also everyone who has given a donation.

We would not be able to do the work we do without your financial support.



Dinsdale Lions in conjunction with Hamilton Zoo and Friends of Hamilton Zoo invite you to their

20th Annual Zoo Day

A day of fun at
HAMILTON ZOO

for people with disabilities
and **immediate** family/caregiver

Sunday 20th March 2016

11.00am – 3.00pm

(Entry is free for people with disabilities and their **immediate** family/caregiver)

Entertainment with the Art Gecko Band

Sausage Sizzle, Soft Drinks, Ice Blocks will be provided, courtesy of our Major Sponsors:

Hamilton Zoo, Gilmours, Dinsdale Tavern Fishing Club, Pak-N-Save Clarence Street, coolit ICE, DTR Hamilton, Art Gecko Band, Hot Shot Signs, St Johns Ambulance

If you require transport within the city boundary please fax your details to B Collins, fax number 838 6960 before 4th March 2016 (form available at office)

Your Dinsdale Lions contact is
Roger Bell - 0274400370

Report from headquarters

by Ella & Marion

Good day everyone

We wish you and your family all of the best for the New Year. May it be a blessed year for all of you.

After a very nice break, enjoying some sunshine (and a bit of rain) it's time to do planning for 2016.

A big thank you to everyone who supported our raffles. Our two lucky winners were Ruth B and Karl M. We raised enough money to have another raffle this year.

Information about Support Group meetings and Education sessions are on page 6. All meetings will resume in February 2016.

AUT is conducting a much needed research study on 'Community Integration after Brain Injury'. It is important as it looks at aspects of living with a brain injury / stroke at least 6 months or longer after the injury. There is an online link on our website or you can contact the office for a hard copy if you would like to participate.

Congratulations to Kristie Daines who is the winner of the mystery prize draw for paying a membership fee.

We would like to feature poems inspired by living with a brain injury in our newsletters this year and in line with this theme we invite your contributions. We hope you enjoy the poem kindly provided by Leonie – **front page** and our featured poet, Jamie Trower.

We will have a seminar for clients, families and carers in April 2016. We will also have another day long seminar for Professionals in June 2016. More information about both seminars will be in our next newsletter.

If you would like to go on the mailing list to receive notices for the support group meetings, education sessions or seminars, please contact the office.

A BIG thank you to 4Good for choosing us as their charity for January. We appreciate all the votes we've received.

Remember we are here for you.

Anatomy

By Jamie Trower

(this is
my disability)
this is my disability.
There are thousands like it,
but this one,
This one is mine.

it is my paradox pull,
it is my heavy crippling strain,
it is my many stories up.
rain. tears falling.

it is the cloud nine
the boy with brown hair
& shaky arms
always jumps from.

it is my disability:
elasticated,
thin
& numb.

it is my constant shakes,
& white, bare body.
it is my young,
bird-like arms,
showing a scar.

not enough being sorry

Taken from <http://www.ingenio-magazine.com/anatomy-poetry-collection-from-jamie-trower/>
(14 January 2016)

Jamie Trower sustained a severe brain injury when he was nine years old as the result of a skiing accident. He spent years in rehabilitation and this continues today.

Jamie is studying English and Drama at Auckland University and is passionate about poetry. Jamie's difficult, courageous and inspiring journey is conveyed in his published book Anatomy (Makaro Press).

MISSION STATEMENT

We empower people affected by head injury through the provision of information, education and advocacy support and raise awareness and prevention of head injury in the

Emotional Lability

Emotional lability is marked by emotional behaviours which are in some way out of proportion or inappropriate to the situation, for example laughing at things which are not funny or crying when someone tells a joke.

Some people may experience emotions very quickly and intensely but with very little lasting effect. For example, they may get angry easily but get over it quickly. Or they may seem to be “on an emotional roller coaster” in which they are happy one moment, sad the next and then angry. This is called emotional lability.

What causes this problem?

Mood swings and emotional lability are often caused by damage to the part of the brain that controls emotions and behaviour.

Often there is no specific event that triggers a sudden emotional response. This may be confusing for family members who may think they accidentally did something that upset the injured person.

In some cases the brain injury can cause sudden episodes of crying or laughing. These emotional expressions or outbursts may not have any relationship to the way the person feels (in other words, they may cry without feeling sad or laugh without feeling happy). In some cases the emotional expression may not match the situation (such as laughing at a sad story). Usually the person cannot control these expressions of emotion.

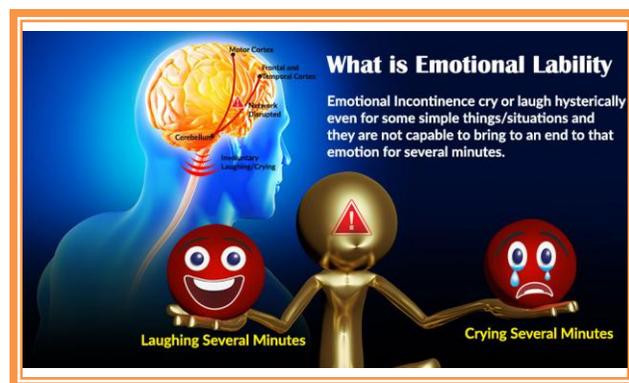
Taken from:

http://www.brainline.org/content/2010/03/emotional-problems-after-traumatic-brain-injury_pageall.html

14 January 2015

What can be done about it?

Fortunately, this situation often improves in the first few months after injury, and people often return to a more normal emotional balance and expression. If you are having problems controlling your emotions, it is important to talk to a physician or psychologist to find out the cause and get help with treatment.



Counselling for the family can be reassuring and allow them to cope better on a daily basis.

Several medications may help improve or stabilize mood. You should consult a physician familiar with the emotional problems caused by brain injury.

What family members and others can do:

- Remain calm if an emotional outburst occurs, and avoid reacting emotionally yourself
- Take the person to a quiet area to help him or her calm down and regain control
- Acknowledge feelings and give the person a chance to talk about feelings
- Provide feedback gently and supportively after the person gains control
- Gently redirect attention to a different topic or activity

OTHER RESOURCES

More information on this topic:

https://www.health.qld.gov.au/abios/behaviour/.../lability_pro.pdf

<http://synapse.org.au/information-services/emotional-lability-rapid-changes-in-mood.aspx>

Motivation & Initiation

Some brain injuries can result in a loss of motivation and difficulty in getting started with activities. Our ability to initiate activities then see them through to completion is an important skill for everyday life. This lack of motivation, also called adynamia, is common with injury to the frontal lobes that arise after a traumatic brain injury (TBI).

Adynamia does not always mean the person feels unmotivated - often they talk about their plans and activities, they know what they want to do, but don't know how to actually start the activity.

Adynamia is not laziness

It is easy to see how a person with adynamia could be seen as lazy, apathetic, and not making an effort. Understanding these changes may be difficult for family and friends even when they understand how a traumatic brain injury has caused these problems.

Managing adynamia

Break tasks down - Break tasks into easily managed steps and a checklist. Tick these off when completed. Beginning, completing and following through on a task is less overwhelming.

Structure & an uncluttered environment - It is easy to feel overwhelmed after a brain injury. Provide a timetable of weekly events with built in rest periods as needed. Keep the environment free of distractions and noise as much as possible.

Prompts & positive reinforcement - When regular prompts are needed, don't let annoyance or exasperation show. Encourage the person when they initiate or see activities through to completion. Where possible make the activity fun so it seems to be less of a chore.

Mental health - As motivation is closely associated with mood, appropriate treatment should be provided for depression, anxiety or any other psychological problems.

Healthy lifestyle - As with virtually every aspect of a TBI, fatigue will be less of a problem if you focus on a healthy lifestyle:

- Sleep well
- Get regular exercise
- Avoid alcohol or limit your intake
- Eat a healthy diet and watch your weight
- Learn stress management techniques
- Maintain contact with friends and family.

Care for the carer - Providing care and assistance to a person with impaired motivation can be difficult for a carer. All efforts may seem futile and the carer may begin to feel apathetic themselves. Take breaks, as these breaks can be crucial to wellbeing and may allow you to provide a better quality of care in the long run.

Taken from and adapted <http://synapse.org.au/information-services/motivation-and-initiation-fact-sheet.aspx> (13 January 2016)

Fundraising / donating

Give a Little

We are registered with givealittle from the Spark Foundation. To support the work we do, make a donation today by going to this site

www.givealittle.co.nz/org/whis/donate



Payroll Giving

My sincere thanks to the people who are currently donating through payroll giving. Why not consider donating this way? It is easy, your employer deduct a set amount of your wages and it gets paid to us.

THINK! SUPPORT GROUP MEETINGS



Cambridge

Third Tuesday of each month at 10:30am at Cambridge Community House, 193 Shakespeare Street, Cambridge

Kirikiri

Last Tuesday of each month at 10:30am at THINK! office, 11 Somerset Street, Frankton, Hamilton

Matamata

Fourth Wednesday of each month at 10:30am at Railside by the Green, 41A Hetana Street, Matamata

Tokoroa

Second Thursday of each month at 10:30am at Tolloch House, Gate One, Maraetai Road, Tokoroa

Huntly

Meetings will start in March 2016. Please contact the office if you are interested in attending to ensure you get the notices.

Please contact the office for more information or to receive monthly notices.

Education sessions with Healthcare Rehabilitation Ltd

Sessions for clients, families, carers, & anyone interested in the topic of brain/head injury.

Sessions are scheduled for the **2nd Wednesday** of the month at **10:30am** at the THINK! office.

February:

Wednesday, 10th February

Topic: Powers of Attorney. Kay Kirby-Curtis a Care Attorney will be sharing how power of attorney works and how it impacts on you and your family

March: Wednesday, 9 March

Topic: Music therapy Shona How is a Music Therapist and will talk about the healing benefits of music.

Information about these sessions will also be available on our website

www.thinknz.org.nz

Disclaimer:

All care has been taken in the preparation of this newsletter; THINK! disclaims any liability for information contained within. It is of a general nature and to be used as a guide only.

Recovery Course

This free course has a mental health focus and is also available to anyone who has a disability.

The course runs for 7 weeks on a Tuesday, from 2 February until 15 March 2016.

Time: 10am - 12pm

Where: Lifeline offices (upstairs), 113 Alexandra Street, Hamilton

This course will explore a different topic each week:

- Personal values,
- Personal responsibility
- Self advocacy
- Support - what supports are available in the community
- Education - learning styles
- Hope and goals – where to from here and setting smart goals

For more information, please contact Deborah at Progress to Health, phone number 0800 775 757

Traumatic Brain Injury Study Day

For the first time we will be hosting a Therapeutic Solutions workshop at our office for Health Professionals with the topic Traumatic Brain Injury Study Day. Please follow the link for further information

<http://www.therapeuticsolutions.co.nz/timetable.html>

Photos from our gallery BBQ 2015



People enjoying themselves at our end of year BBQ.

Support Group Meeting



It can be fun to join a support group meeting in your area

Our production line



Volunteers hard at work

FEEDBACK & SUGGESTIONS

We welcome your suggestions and/or feedback. We want this organisation to work for you. Please forward your input to:
admin@thinknz.org.nz



Brett, our driver with his limo



Ella & Marion

We had a fun outing in a 1928 Hudson limosine thanks to Brett Rossiter from 1928 Hudson (Vintage Car) Hire

Head Injury Advocates

Only THINK! staff members are advocates for THINK!. No one else can represent THINK! in an advocacy role or use the name of THINK! for other purposes not approved by the Board. Consultation with THINK! staff is recommended for any suggestions made by other head injured people for treatment for a head injury.

Board Members

Isy Kennedy - Chairperson
Margaret Brewerton - Treasurer
John Grey - Secretary
Amanda Straiton
Pat Samson
John Hadfield

2016 MEMBERSHIP
Join or Renew!

Please renew your membership or join today
Form on [page 8](#) or pay online.

Being a member of THINK! comes with an important sense of belonging. You are able to connect with others who understand what you are going through.

On top of our regular services, this year we will have 2 seminars for clients, families, carers & our full day seminar for Professionals.

THINK! has an outcome focussed approach with achieving desired outcomes.

Thank you for your continued support. If you need any assistance, please contact us.

CONTACT US:

Ella – 07 8391191
Marion - 07 9744592
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PO Box 1168, Hamilton, 3240
Email: admin@thinknz.org.nz
www.thinknz.org.nz
www.facebook.com/THINKHeadInjuryAwarenessNZ
<https://givealittle.co.nz/donate/Organisation/whis>

THINK!

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www.facebook.com/THINKHeadInjuryAwarenessNZ

CC 23785

NEW MEMBERSHIP / RENEWAL

We invite you to become a member and support the work of THINK!

We empower people affected by brain injury, to make informed choices in ways that create a long-term and sustainable difference in their lives through the provision of information, education and advocacy support. We raise awareness and prevention of brain injury in the community

I wish to become a member \$ 10 (Students, beneficiaries, seniors)

I wish to become a member \$ 50 (individuals waged)

I wish to give a donation \$10 \$20 \$30 \$ ___ (other)

Payment can be made by Direct Deposit into SBS bank account no 03-1355-0691730-00. Please use your name as reference or phone the office for a reference number.

Name:.....

Address:.....

Contact numbers:.....

Email address:.....

YOUR MEMBERSHIP AND DONATION PLAY AN IMPORTANT ROLE IN THE SERVICE WE PROVIDE