

## April to June 2017 Newsletter

**“Ki te kahore he whakakitenga ka ngaro te iwi”  
“Without foresight or vision the people will be lost”**

By Kingi Tawhiao Potatau te Wherwhero

The voice of those affected by brain injury  
*Te reo o nga taangata i paangia i te mate roro*

### Don't Quit

by Dave Hedges

When things go bad as they sometimes will,  
and the road you're walking seems all uphill.

When the cash is short and the bills are high,  
when you want to smile but you can only cry.

When things are getting you down a bit,  
take a break if you must but you must not quit.

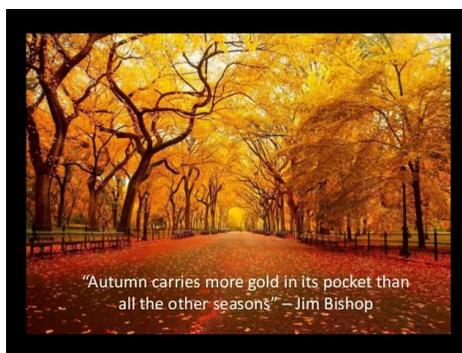
You will never really know how close you are,  
change could be so near when it seems quite far.

So just keep on going, face thing bit by bit,  
it's when things go wrong that you must not quit.

Retrieved from <http://www.wisdomtoinspirethesoul.com/>

A client shared this poem with us. They have found it helpful on demanding days.

“Autumn carries more gold in it's pocket than all the other seasons” Jim Bishop



Brain Injury Waikato empower people and families affected by brain injury through the provision of advocacy, support and education. We also raise awareness and promote prevention of brain injury.

**“Bringing together those in need with those who wish to give”**

### Research report Page 2

Dr Kelly Jones share about the BIONICAL research study.

### MyMemory App study Page 2

Your opportunity to participate in testing this new app

### Report from Marion Page 3

### Fundraising / donating Pg 4

Ways you can support us

### How brain injury affect your endocrine system Page 5

Your endocrine system release hormones that make you feel well

### Professionals you may work with Page 6

Read about the providers in your journey of rehabilitation

### Community integration study Page 6

See how you can participate in this study

### Meetings and events Page 7

Information about Support Groups and Education Sessions

### Thank you to our funders and supporters Page 7

A big THANK YOU to everyone who supports us financially.

### Membership/donation Page 8

Your contribution impacts lives

## LIKE US ON FACEBOOK

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



BrainInjuryWaikato

## Research Report



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

### [Introducing the BIONICAL \(Brain Injury Outcomes New Zealand in the Community – Adolescent and later Childhood Outcome\) study.](#)

Funded by the Waikato Medical Research Foundation, researchers at Auckland University of Technology and the University of Waikato are currently following-up parents and children who took part in the BIONIC study in 2010-2011.

If you recall your child taking part in the BIONIC study, and or know of someone else with a child who took part, please feel free to contact the study team. This will allow us to make sure that we have the latest contact details for everyone.

We can also let you know when you can expect to hear more from the research team.

We have received very positive responses from families to date, and look forward to catching up with many more families over the next 12-months.

As always, please feel free to contact me if you would like to know more about this research or any of our other TBI-related projects – [kelly.jones@aut.ac.nz](mailto:kelly.jones@aut.ac.nz).



### [New Memory Mobile Application for Brain Injury](#)

Participants are needed for the MyMemory App study. This study intends to examine the effectiveness of the new memory aid MyMemory in improving the memory function for people for have sustained a brain injury. It allows people to record and train their memory.

MyMemory is a mobile application and is compatible with Android mobile devices only. Carole would like to talk to you, if you:

- Are over 16 years old;
- had a brain injury and memory problems;
- own an Android mobile device (smartphone or tablet), and
- have someone who helps you in your day-to-day life (nice to have, but not required)

You would be required to take part in an experiment that lasts 8 weeks. You will meet you every fortnight for a short interview. Every meeting will take about 60 minutes.

Contact the researcher to find out more:

Dr Carole Chang (Researcher), Computer Science Department, University of Waikato. email: [cchang@waikato.ac.nz](mailto:cchang@waikato.ac.nz)

This study is supervised by Dr Annika Hinze, Dr. Judy Bowen and Dr. Steve Jones, Computer Science Department and Dr Nicola Starkey, School of Psychology, University of Waikato.



See information about our 'Community Integration after brain injury' study on page 6

## Report from Liaison Officer

by Marion

It's still warm, so long may that continue.

Things are progressing along at Brain Injury Waikato. Our new logo car is to be a Suzuki Baleno, we just haven't laid our hands on it yet. However, it is coming soon.

We get more and more enquiries for support, information and advocacy, which I endeavour to keep up with. We are also working together to organise our events for the year.

First up we have the [Waikato Show Display at Claudelands Show Grounds on 7 – 9 April](#). Thank you kindly to those people who have offered to assist us.

Ella and I will do another [Education session in May](#) covering 'Neuroplasticity in Action'.

We are very pleased to announce that the long talked about [Singing/Music Therapy group is starting](#).

Please come along and get a taste of what Shona is offering. Apart from the fun to be had, there is a science behind it. In terms of brain function, to quote, "musical activity can provide an ideal stimulus for Neuroplasticity, with the potential to literally change the shape and connectivity of brain structures, to provide clinical

improvements in a wide range of neurological disorders" (including brain injury).

An OPEN invitation to all interested ...

**Where:** Brain Injury Waikato, 11 Somerset Street, Frankton

**When:** Monday, 24th April at 4 pm

What's It About: To attend the 'kakano' (the seed) meeting of a therapeutic singing group.

You don't have to be a singer or sing in tune to join. Your presence and willingness to share your love of music and song is the only suggestion we make. The group will be facilitated by Shona How, NZ Registered Music Therapist.

**Please RSVP** for this event by Wednesday, 19th April.



This year we celebrate [30 years of service](#) in the community. What started as a Support Group by members became Head Injury Society Waikato. The end of last year we became Brain Injury Waikato Incorporated. To commemorate the occasion we are asking for donations from the Community for an [Auction of Art work which will be held during our June Awareness Month](#). If you are an artist or have creative work

you would like to contribute we would love to hear from you.

We are also having a [2 day seminar this year at Hamilton Gardens on 16 – 17 June](#), with a range of speakers. Day one will be for Health/Service Providers, teachers and parents – this will include [coverage of children and brain injury](#), parent experience, research studies, Psychology Support to adults and Community Rehabilitation.

Day two will be open to the Public and will have a [focus on Concussion/mild TBI](#), with Neurologist and Concussion specialists, and speakers on Prevention and Management strategies when dealing with a child with a brain injury. The flyer with details will be out as soon as we have speakers finalised. We anticipate this event will have good attendance so [keep the dates open on your calendar](#).

Thank you to those who attend our Support Groups and or Wellness Groups (as suggested we call our Hamilton group). Your participation, suggestions and support is valued. We hope to see you soon.

[Congratulations](#) to Barbara, who is the winner of our [mystery prize](#) draw for financial members.

Well wishes for the Autumn season. Marion

## NOUGHTS & CROSSES



We were fortunate to receive this beautiful hand crafted set of noughts and crosses from Brett Rossiter. Brett, who is one of our clients, attends the Men's Shed and used recycled wood and put his crafty skills in practice to make this set.



It took Brett 6 months and he was just about to give up before he was able to make it work.



Now we are having fun at the office, keep clients entertained and make sure the brain performs.



Next time you are at the office try a game of noughts and crosses.

### Disclaimer

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

### Brain Injury Advocates

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

## Fundraising

Please note we changed our Give a Little page

### Give a Little

We are registered with givealittle. Support our work [www.givealittle.co.nz/org/braininjuryw](http://www.givealittle.co.nz/org/braininjuryw)



Why not consider donating through payroll giving? Your employer deducts a set amount from your wages and pay it directly to us. My **sincere thanks** to people who are currently donating this way.

### First Aid Kits



### **77 Piece first aid kit - \$39.95**

Email & order your kit from the office today. We get \$12 for each kit sold. The 77 item kit has transparent fold-out compartments including a digital thermometer and instant ice pack. This kit is CE approved and follows Worksafe NZ guidelines. View this first aid kit at the office, or online at [www.fundraisingfirstaid.co.nz](http://www.fundraisingfirstaid.co.nz)

## How brain injury affect your endocrine system

Your endocrine system includes glands and organs that make and release hormones, which are chemicals that help your body work properly. You need proper types and amounts of hormones to feel well.

### How can TBI (traumatic brain injury) affect the endocrine system?

Two important parts of the endocrine system—the pituitary gland and the hypothalamus—are located in or near the brain. The hypothalamus and the pituitary gland are like orchestra conductors. Their job is to tell other endocrine glands throughout the body to make the hormones that affect and protect every aspect of your health. A person with TBI may have hormone problems right away or months or even years after the injury.

### What hormone problems can happen with TBI?

Problems that often occur soon after TBI include:

- Adrenal insufficiency: when the adrenal glands don't make enough hormones; results in fatigue, weight loss, low blood pressure, vomiting, and dehydration. Adrenal insufficiency can be life-threatening if not treated.
- Diabetes insipidus: when the pituitary doesn't make enough

ADH; results in frequent urination and extreme thirst.

- Hyponatremia: when certain hormone problems upset the balance of salt and water in the body; can result in headache, confusion fatigue, vomiting and convulsions.

A person with a TBI may have hormone problems right away or months or even years after the injury.

Problems that may occur later and their symptoms include:

- Hypothyroidism (not enough thyroid hormone): fatigue, constipation, weight gain, irregular menstrual periods, cold intolerance
- Hypogonadism (not enough sex hormones): in women, a stop in menstruation and loss of body hair; in men, sexual dysfunction, loss of body hair, breast enlargement and muscle loss.
- Growth hormone deficiency (not enough growth hormone): in adults, increased fat, loss of muscle and bone, and decreased energy; in kids, growth problems
- Hyperprolactinemia (too much prolactin): irregular menstrual periods, nipple discharge, and erectile dysfunction.

### How are TBI-related hormone problems diagnosed?

Your doctor will ask about your medical history and do a physical exam. Blood tests are done to check your hormone levels. You may have an MRI

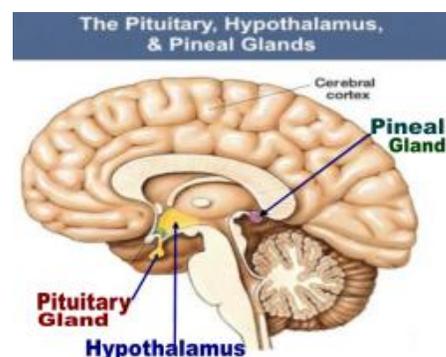
to look at the pituitary gland and check for tumors, cysts, or other problems.

### What is the treatment for TBI-related hormone problems?

Often, you will take hormones to replace what's missing (called hormone therapy). Other problems require various treatments, such as treating hyponatremia by cutting back on fluid intake, getting an IV (through a vein) salt solution, and taking medicines.

### What's the long-term outlook for TBI-related hormone problems?

The outlook depends on the type of problem and how severe it is. Some endocrine problems may be temporary and disappear within a year after TBI. Hormone therapy is a very important part of treatment. It can restore your health, relieve symptoms, and improve your quality of life. In some cases, it can save your life.



Hormone Health Network (n.d.). *Traumatic Brain Injury*. Retrieved from <http://www.hormone.org/diseases-and-conditions/pituitary/traumatic-brain-injury>

## PROFESSIONALS YOU MAY WORK WITH

Your **General Practitioner** is always available for medical support and can refer you to other services or specialists for assistance.

A **Neurologist** specialises in diagnosis and treatment of disorders of the brain stem, spinal cord, nerves and their functioning.

### Neurophysiotherapist

identifies and maximises movement potential and quality of life after brain injury. Their role is to help the brain form new pathways and improve symptoms such as difficulties with loss of balance.

A **Neuropsychiatrist** diagnose and treats behavioral and mental disorders caused by conditions affecting the nervous system, such as brain injuries, epilepsy, dementia or obsessive compulsive disorder.

A **Neuropsychologist** can assess the areas of your brain affected by a brain injury. They can explain why things are happening, what problems this may cause and to look at ideas of improvement.

A **Neurosurgeon** operates on the brain, brain stem, spinal cord and nerves.

**Occupational Therapist (OT)** - looks at how you are functioning in everyday life at

home and/or at work and how this may have changed since your injury. They assist in showing you new ways to do things or suggest equipment to assist you.

An **Osteopath** works to restore balance of structure and function of body as a whole to reduce symptoms.

A **Psychologist** treats psychological and emotional problems and can help with personal adjustment.

The **Physiotherapist** helps maximise physical functioning after a brain injury. They can assess and treat your posture, mobility, muscle strength, sensation, co-ordination and fitness. They can also give you advice on aids and splints.

**Social Worker** can assist you to deal with the emotional and social adjustments after brain injury. This can include assisting you and your family to adjust to changes in lifestyle, relationships and work leisure situations.

The **Speech Language Therapist** can assist if you have problems with talking, eating, drinking and swallowing. They can also assist in improving your communication socially.

**Vocational Consultant** assists you to look at work opportunities and support you through the transition of returning to work.

## COMMUNITY INTEGRATION AFTER BRAIN INJURY:- STUDY

You are invited to take part in a research study, which aims to explore community integration after brain injury.

This study includes a survey and interviews to understand important aspects of getting back to the community after injury.

### The criteria:

You must be 18 years or older  
You must have had a brain injury or stroke  
It must be at least 6 months past the time of injury

You will be required to fill out a questionnaire survey (about 30 mins) and indicate if you wish to take part in a face to face interview.

Click on the link below to complete the questionnaire online:

[https://www.surveymonkey.com/r/AUT\\_Community\\_Integration\\_Survey](https://www.surveymonkey.com/r/AUT_Community_Integration_Survey)

Contact us on Freephone 0508 ABIResearch (0508 224737) and provide your contact details. Our research team will contact you and mail/e-mail you the questionnaire.

Alternatively you can contact the Brain Injury Waikato office for a paper copy of the questionnaire.

## SUPPORT GROUP MEETINGS



### Huntly

1<sup>st</sup> Friday of every second month at 10:30am at Friendship House, 22 William Street. Meeting on 5 May

### Tokoroa

2<sup>nd</sup> Thursday of each month at 10:30am at Tolloch House, Gate One, Maraetai Road.

### Cambridge

3<sup>rd</sup> Tuesday of each month at 10:30am at Cambridge Community House, 193 Shakespeare Street.

### Te Aroha / Morrinsville

Third Friday of every 2<sup>nd</sup> month at 10:30am. Alternate between the two towns. Next meeting in Morrinsville on 21 April. Venue will be announced in the flyer

### Kirikiri

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

### Horsebirds over Waikato

A social group for women who have had a brain injury and a love of horses in common. Meeting once a month on the last Saturday of the month.

Please contact the office for more information.

### Education sessions with Healthcare Rehabilitation

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

### **April: Wednesday, 12<sup>th</sup>**

#### **Topic: Know your rights**

Tau Smith, Advocate at Health and Disability Advocacy Service, will talk about the Code of the Health & Disability Services consumer rights.

### **May: Wednesday, 10<sup>th</sup>**

#### **Topic: Neuroplasticity**

Marion & Ella will facilitate an interactive session on Neuroplasticity and the role it can play in everyday life.

### **June: Wednesday, 14<sup>th</sup>**

#### **Topic: Learn about Optionz Rehab**

Anne Harris, Manager & Ellen van der Wee, Occupational Therapist, from Optionz Brain Rehabilitation & Recovery Trust, will talk about the programmes they offer people with a Brain Injury or Neurological condition.

Information about these meetings is available on our website [www.braininjurywaikato.org.nz](http://www.braininjurywaikato.org.nz)

## Our SINCERE THANKS to all our funders and supporters

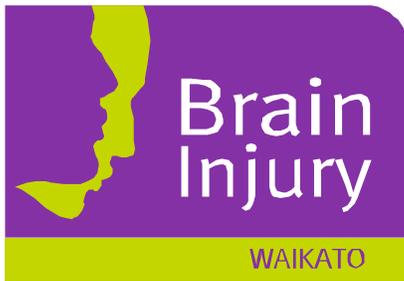


Sir John Logan Campbell Residuary Estate

Waikato WDFW Karamu Trust, NZ Community Post, Hamilton City Council, Jumble Around, Donny Charitable Trust, The Norah Howell Charitable Trust, Page Trust; Len Reynolds Trust, Waikato Lyceum Charitable Trust, Waikato Provincial Rural Women NZ, Ministry of Health, D.V. Bryant Trust, Grassroots Trust, C1 South, 4Good NZ, Oosh Cambridge, A-Lectrics, Hinuera-Te Poi Lions Club Thank you to everyone who has given a donation, but for privacy reasons cannot be named.

## FEEDBACK /SUGGESTIONS

We welcome your suggestions / feedback. We want this organisation to work for you. Please forward your feedback to Ella at [admin@braininjurywaikato.org.nz](mailto:admin@braininjurywaikato.org.nz)



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Email: [admin@braininjurywaikato.org.nz](mailto:admin@braininjurywaikato.org.nz)

Website: [www.braininjurywaikato.org.nz](http://www.braininjurywaikato.org.nz)

[www.facebook.com/BrainInjuryWaikato](http://www.facebook.com/BrainInjuryWaikato)

**CC 23785**

## NEW MEMBERSHIP / RENEWAL

### We invite you to become a member and support our work

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 MAKES A DIFFERENCE IN THE LIVES OF PEOPLE WE SUPPORT**

**Please note membership fees are due on 1 April 2017**