



MANAWARU VOL 2, NO 19

Manawaru Turanga Health

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Gone, but not forgotten

TAIRĀWHITI said farewell to two inspirational, clever, and well respected community members this month, and Turanga Health staff have felt the loss.

Dr Apirana Mahuika, the father of Ngati Porou, passed at 80 leaving behind a legacy as a formidable orator, scholar, academic, and minister. Every important step taken by Ngati Porou in the past 30 years had Dr Mahuika at its centre.

Earlier in the month Gisborne's matriarch of film Raey Wheeler passed away in Gisborne Hospital aged 85. As well as a remarkable business woman and fearsome disciplinarian at the movies, Mrs Wheeler had been passionate about helping others and formed a close relationship with Turanga Health when she was on the board of the Vanessa Lowndes Centre.

Dr Mahuika



Manawaru caught up with Turanga Health CEO Reweti Ropiha on the morning Ngati Porou leader Dr Apirana Mahuika passed away. Reweti said he sat at many a business table with Dr Mahuika and he had a way "of very clear communication."

"You certainly knew if you were a junior or not. He was a very good communicator and embodied a tonne of knowledge in many areas; realms including tikanga, community, and more."

Reweti first met Dr Mahuika in 2000. They were on the Year 2000 Planning

Committee as it prepared for this district's millennium celebrations. They worked together many times over the years and Reweti says he became acutely aware of the leader's motivations and what he stood for.

They recently worked on the development of C Company House at Tairāwhiti Museum. "I found him an easy man to talk to. He had a view and he certainly stuck with it. He took no prisoners. I would always think he often had the world on his shoulders and had to traverse some delicate issues. He will be greatly missed."

Raey Wheeler



Mrs Wheeler was on the Vanessa Lowndes Centre board during the late eighties and early nineties and spent some years as Chair. In 1997, with the

Vanessa Lowndes Centre facing enormous financial strain, Turanga Health was called on for help.

New manager, (a very young Reweti Ropiha!) was brought in. Reweti remembers he put in place new measures which enabled the organisation to finish the June financial year in good heart.

But it didn't come easily, he says. During his first week on the job he came under close scrutiny from Mrs Wheeler. "She would turn up here 8.30am every day, just to check in, and then she came back again at 4.30pm. This went on for a week!" Raey was adamant the Vanessa Lowndes Centre was NOT to be on the front page of the Gisborne Herald hence the close monitoring.

Nearly 20 years had passed since they worked together but Reweti says Mrs Wheeler never forgot him. He was always a little anxious when buying tickets to the movies as she would ask him lots of questions, "and she always noticed if my hair was different or if I was a little bigger!"

"It was quite embarrassing. Wouldn't matter if there were 30 people waiting for tickets, she'd always want an update, and who was I to say no. She never gave me a discount though, not even on an ice cream!"

Hei Maumaharatanga - In Memory

Tū Kaha: More Faces in More Places

TURANGA Health has listened to what whānau want - and whānau want more exercise in more places!



Tū Kaha at Mangatu Marae, Whatatutu

It was music to everyone's ears and Darryn White and the Tū Kaha team have created an action-packed 9-week programme with CrossFit and Zumba at its core.

"In so many of the evaluations we got back last year participants were asking 'can we have another day?'," says Darryn. Now, participants at Manutuke, Patutahi, Te Karaka and Whatatutu have two nights of fitness activity they can get along to. Muriwai and Matawai have fortnightly sessions. "It means really keen whānau have access to four nights of exercise a week in their part of the rohe if they want" says Darryn.

The increase in physical activity sessions has been made possible with the addition of Turanga Health physical activity instructors. Darryn and Paora Anderson can take CrossFit classes and Shane Luke will soon join them. Jonette Karaka and Paora have joined Stephanie Broughton teaching Zumba.

Nutrition education has been added to Tū Kaha this year thanks to demand from whānau and the arrival of dietetics expert Kelly Pelham. Fortnightly education sessions will focus on healthy meal demonstrations and in some cases participants will enjoy a meal made on

site.

The ramped up Tū Kaha programme has been strengthened by Healthy Families New Zealand funding from the Ministry of Health. Healthy Families is a new initiative that aims to improve people's health where they live, learn, work and play in order to prevent chronic disease.

Waikohu Health Centre Nurses in Community

WAIKOHU Centre nurses have started working in the community on Wednesdays.

The new community-based nurse service helping patients in their homes means Waikohu Health Centre at 76 Station Road, Te Karaka is closed on Wednesdays. Doctor's hours remain the same at the rural practice and its satellite clinics with a GP available on Mondays, Tuesdays, Thursdays and Fridays.



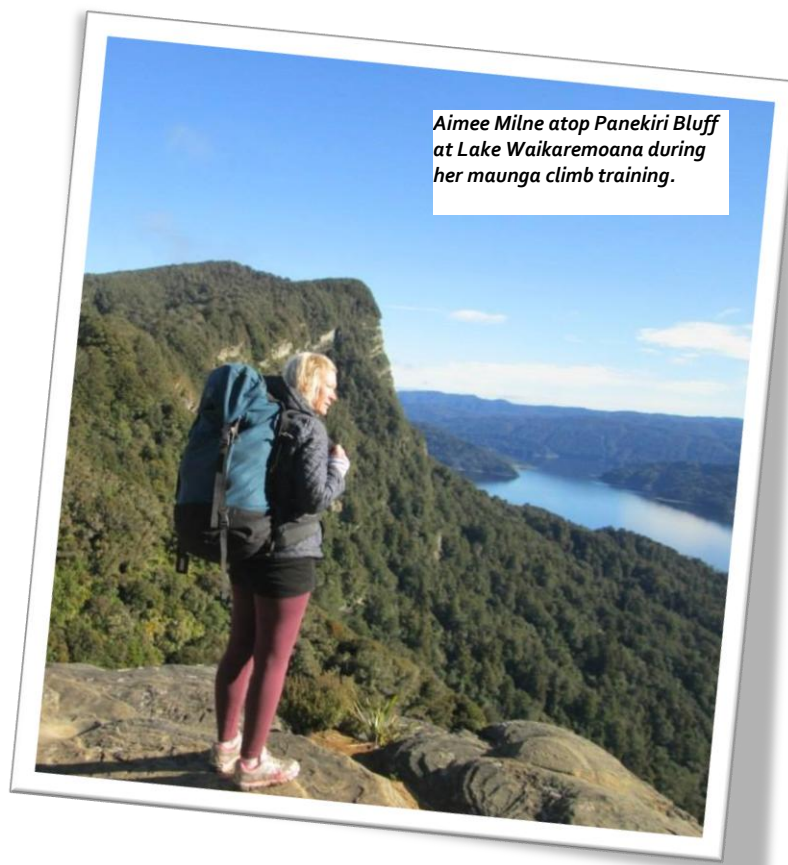
Some of the Waikohu Health Centre staff: nurse Mary Fisher, Dr Mark Devcich and administrator Anahera Mita. Image: Strike Photography

Waikohu Health Centre has nearly 1500 patients enrolled from rural areas west of Gisborne including Te Karaka, Whatatutu, Matawai, and Motu.

Turanga Health says the decision to move the nurses out of the general practice and into the community came after the number of people coming to the clinic on Wednesdays continued to decline.

Wednesday has always been “no doctor day,” says Turanga Health CEO Reweti Ropiha. “And as a result the number of patients through the doors has always been small. With the number of nurse consults down to just a handful on Wednesdays, it makes much more sense for the nurses to be working with patients and whānau in their own homes that day.”

Turanga Health has owned Waikohu Health Centre for three years. Mr Ropiha says the new community-based nurse service has been welcomed by locals who attended community meetings about the changes in December. “As well as changing patient’s dressings, and following up treatment prescribed by the doctor, the personal contact that comes with home visits gives nurses the chance to discuss issues such as immunisations, cervical smears and other health matters.”



Aimee Milne atop Panekiri Bluff at Lake Waikaremoana during her maunga climb training.

Welcome Aimee Milne

IT would be fair to say 2012 changed Aimee Milne’s life.

As well as leaving her lifetime job as a beauty therapist to start a nursing degree, she decided to climb a mountain. She was unfit and totally inexperienced but wanted to ascend something that was bigger than your average hill. To do that, she had to give up smoking. “Oh yeah, 2012 and doing the nursing degree was where it all began,” says Aimee. “Once you start making big decisions like that you get on a roll!”

Aimee grew up in Gisborne but left when she was 17 to study beauty therapy in Palmerston North. A desire for adventure saw her leave New Zealand. As well as seeing lots of the world she worked for long periods of time in London and Melbourne.

By 2011, with a young son to care for and a thirst to try something new, Aimee made one of the biggest decisions of her life. She chucked in her job, returned to Gisborne and started her Bachelor of Nursing at EIT Tairāwhiti.

“Looking back I must have been feeling

very brave, because it was very hard. Financially it was definitely a struggle but I had such good support from my family and friends. I was the most organised I have ever been!”

The change in country, career, and direction brought on a second equally momentous decision - to climb a mountain. Unfit, and a smoker, Aimee thought if she set a goal like that she’d be propelled into action. She was! Four weeks after her last cigarette, and with some hill walking and training under her belt, Aimee climbed Mount Hikurangi with her dad.

“It was very special and I felt alive when we finally reached the top”.

Aimee is now free of the cigarettes and 10kg lighter. She is captivated with knocking off mountain tops and regularly walks, runs, and tramps with friends and family staying fit for the next expedition. She wants to complete a mountain craft course in the future to gain the confidence and skills needed

before she can attempt one of New Zealand's higher snow covered peaks. When Manawaru suggested it could be Mount Taranaki or Mt Aoraki, she didn't flinch! "Yes. That's the type. An actual snow covered with mountain using crampons. It's on the bucket list!"

Aimee has joined Turanga Health as a practice nurse at Waikohu Health Centre and is thrilled to have found work in primary health. It's where her passion lies, where she feels she can add the most value to the health and welfare of locals. "Working in the community is exactly where I want to be, getting to know the patients, spending more time with them than you can in a ward nursing situation."

Aimee was lucky enough to be accepted into a nationwide nurse graduate programme called Nurse Entry to Practice or NETP. The programme is jointly funded by the Ministry of Health and DHBs. While DHBs have been investing in new graduate programmes for years, this newer programme is delivered nationally to a consistently high standard. There isn't enough funding for all new graduate nurses to be accepted so Aimee feels privileged to be part of the 10 month mentoring programme which includes regular access to senior nursing staff and study days.

Turanga Health welcomes Aimee Milne.

Welcome Kelly Pelham

THE pull of rural New Zealand and a wee bit of romance has led Turanga Health's new dietitian Kelly Pelham to where she is today.

The 24-year-old Otago University graduate was finishing her Masters Degree in Dietetics in Otago, when she decided choosing somewhere rural for her clinical training would open up interesting work and challenges.



Kelly signed up to a fairly new programme called Interprofessional Education or IPE. IPE is where New Zealand nursing, medical, physiotherapy, pharmacy, dietetic, occupational therapy and dental students have a chance to participate in an interprofessional programme of clinically based learning as one component of their final year courses. If you choose to do the programme in Gisborne everyone flats together in one of the Gisborne Hospital houses. Kelly says the experience opened up her eyes to how professionals work together, and left her in no doubt just how fabulous Gisborne is.

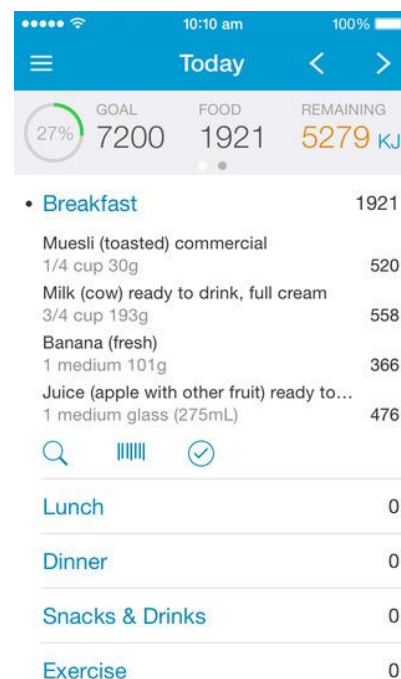
"We learnt to work together for the patient as our common goal and we all left with a greater understanding of our roles. It was also heaps of fun!"

Kelly met her partner during the placement, Gisborne sportsman Alex Hyland, and he's the other reason she has returned to the district to work.

No slouch when it comes to her own fitness Kelly was an aerobics entrant in the 2010 and 2011 World Fitness and Hip-Hop Championships. International

entrants compete in aerobics, fitness and hip-hop categories in their bid to win the world title. In 2011 Kelly was one of 33 Massey University Blues Award recipients representing 20 different sports. Blues recipients are recognised for their performance in representing New Zealand in their chosen sport while successfully progressing in their academic studies.

An interest in sports and the associated nutritional challenges for athletes saw her study an Australian calorie counting i-phone app called Easy Diet Diary or EDD for her final year research topic. Kelly and her colleagues wanted to see if male athletes using the app were recording their intake as accurately as they thought they were. This study concluded that the EDD is an acceptable method amongst male athletes for recording four-days of their dietary intake. However, dietetic consultation and adjustment was necessary for accurate dietary assessment in high-energy consuming male athletes when using the EDD.



Kelly's aerobics days are over but she continues to love sport and fitness. She enjoys ocean swims and is a regular runner. She helped out Turanga Health's Great Lake Challenge team last weekend by knocking out a 16km run in one hour 21 minutes.

At Turanga Health Kelly is currently working on a series of nutritional presentations for Tū Kaha participants. Tū Kaha launched again on Monday 9 February and Kelly will visit each marae fortnightly.

Turanga Health welcomes Kelly Pelham.

Welcome Fontaine Maxwell



THE social and side effects an illness can have on whānau interests and troubles Fontaine Maxwell, which is why she is pleased to be working for an organisation with a wide range of wraparound services.

Fontaine is Ngati Porou on her dad's side and Whakatōhea and Ngāi Tūhoe on her mum's side. She affiliates to Te Aitanga ā Māhaki after being brought up in Te Karaka.

She worked at Barnados for the past four years providing support, care, and advice to families, and has seen her fair share of hardship in the community. She's noticed more and more how a clinical or medical issue for a whānau member can impact how the whole family operates.

"I could see that some whānau would benefit from having help to navigate their way through the medical and clinical issues. Integration of services is an area I am interested in and Turanga Health provides that."

Fontaine has a Bachelor of Applied Social Science (Social Work) through the Waikato Institute of Technology and EIT Tairāwhiti. In her first few weeks at Turanga Health she has been orientated

with most of the services the organisation offers including Tū Kaha.

She says she was "broken" after her first Tū Kaha CrossFit class with Darryn but last weekend she was part of the Turanga Health/Vanessa Lowndes Centre team that completed the Great Lake Relay. Fontaine says she enjoyed the event and is thrilled to be working at Turanga Health.

Turanga Health welcomes Fontaine Maxwell.

Great Lake Relay



The Great Team: standing: Shirley Keown, Alex Hyland (Kelly's partner), Elle Keown, Regan White, Fontaine Maxwell, Maria Samoa. Kneeling: Tracey Fogarty, Susie Pineaha, Lisa Tamatea, Jess Kirwan, Kelly Pelham and Stephanie Broughton.

CONGRATULATIONS to the Turanga Health staff members who took part in this year's Taupo Great Lake Relay.

Twelve Turanga Health and Vanessa Lowndes Centre staff, including some partners, joined around 4,500 other competitors in the awesome and stunning run/walk relay last weekend.

Renown as being the best team building exercise of all time, the relay covers the 155km around Lake Taupo. Each team consists of 10 to 18 members, either running or walking the entire distance around Lake Taupo. The Official Charity

of the 2015 Great Lake Relay was the New Zealand Breast Cancer Foundation.

Lisa Tamatea said while everyone seemed a little apprehensive at first, getting to the event and picking up their event packs calmed the nerves. They were keen to start when the hooter sounded on Friday night.

Lisa said Fontaine Maxwell and Jess Kirwan deserve a special shout out for the effort and commitment they showed to the event and the team. Fontaine had a particularly hilly leg, and Jess was determined to do her leg on her own. Also deserving special mention is Maria Samoa whose enthusiastic dynamite first walk leg got everyone into the spirit

of things!

Walkers and runners continued through the night, There were always team mates awake following the walker or runner in a vehicle and cheering them on. Others grabbed cat naps but mostly it was too exciting to sleep, says Lisa.

Team member Kelly Pelham said it was a great opportunity to bond with new work colleagues as well as being a fun weekend.



Jonette Karaka shows how it's done.

Barbara lobs the ball to Reweti Jnr while Shirley Keown, Jess Kirwan and Lesa Wilkins-Larkin look on.



CrossFit for Cancer

TURANGA Health and the Vanessa Lowndes Centre continue to support CrossFit 4010's popular Crossfit for Cancer event to raise money for the Cancer Society.

Six teams entered the finale event in December last year with each team pledging donations towards the cause.

The morning event saw each team perform four back-to-back WODs or Workouts of the Day. It was a tough challenge but everyone enjoyed themselves and the cause was a good one.

The six Turanga Health/Vanessa Lowndes Centre teams included: Reweti Ropiha, Emma Pere, Stephanie Te Kira, her husband William Te Kira, Maria Samoa, Bill Babbington, Reweti Ropiha Jnr, Dwayne Tamatea, Tracey Fogarty, Te Awa Clendon, Cruze Tamatea, Jonette Karaka, Susie Pineaha, Paora Anderson, Janelle Te Rauna-Lamont,

Stephanie Broughton, Shane Luke, Henry Lamont, Shirley Keown, Barbara Mclean, Jess Kirwan and Lesa Wilkins-Larkin.



Fire Evacuation Training

Many thanks to everyone who has taken up the opportunity to learn more about Turanga Health's fire evacuation procedures with the fortnightly Monday morning education sessions after waiata practice.

The sessions have been a chance to learn more about procedures on the sounding of the alarm; assembly points; specific zones and responsibilities; and an opportunity to run through a mock fire drill.

The compulsory education sessions are being taken by Health and Safety Representative Darryn White and take about 20 minutes. Be prepared to answer his quick fire questions during the walkabout. The presentation is relaxed but the topic is serious. If you missed your team's session make sure you join the next one in March. It might save your life.



Fire evacuation training with Darryn White

