

TalaLelei

LOTUMOU
mindbodyspirit

A Community Partnership

“Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers” 3 John 1:2

WATCH THIS SPACE

Our MONTHLY NEWSLETTER will have a scripture nominated by one of our very own Ministers for encouragement for each month...

Upcoming Events

ALCOHOL & DRUGS WORKSHOP PENINA HEALTH TRUST

Date: 5/12/26 Nov 2009; 3 Dec 2009
Time: 6pm-7pm
Venue: TBC
(If you would like to participate, please contact your Community Development Officer-next page)

SMOKEFREE WORKSHOP PACIFIC ISLAND HEART BEAT

Date: 6/7/12/13/18/19/21/25/27 Nov 2009
Time: 6pm-7pm
Venue: TBC
(If you would like to participate, please contact your Community Development Officer-next page)

MENTAL HEALTH 'LIKE MINDS, LIKE MINE' VAKA TAUTUA

Date: 10/17/24 Nov 2009; 1 Dec 2009
Time: 6pm-7pm
Venue: TBC
(If you would like to participate, please contact your Community Development Officer-next page)

2 DAY NUTRITION TRAINING NATIONAL HEART FOUNDATION

Date: 3&4 Dec 2009; 8&9 Dec 2009;
Time: 9am-4.30pm
Venue: TBC
(If you would like to participate, please contact your Community Development Officer-next page)

LOTUMOU END OF YEAR GATHERING

Date: TBC December 2009
Time: 6pm - 8pm
Venue: TBC

MESSAGE FROM CMDHB

Talofa Lava, Kia orana, Fakalofa Lahi Atu, Malo e Lelei, Nisa Bula, Greetings,
Welcome to our resurrected new edition of Tala Lelei – CMDHB LotuMou newsletter.

Tala Lelei allows both LotuMou church community and CMDHB to communicate effectively, from sharing important health information to updates of up coming events, workshops and trainings. Tala Lelei is also a vehicle to celebrate our learning's and successes towards improving the health and wellbeing of our Pacific Community.

Meitaki Maata
Keep Well and God Bless
Manu Sione - General Manager Pacific Health



COMMITMENT TO LIVE BRINGS BIG CHANGE

Manurewa Seventh Day Adventist Church



Ten years ago Turi was in Middlemore Hospital, close to death. He weighed in at 261 kilograms. His weight was killing him.

After three steps Turi was out of breath. He needed to drive to his letterbox to collect his mail.

“I lost my job because I was too big... It was a hard lesson,” he said, “a lesson that I had to take this seriously.”

Even with the huge odds against him Turi was determined to have a better life.

During his time at Middlemore Turi lost 73 kgs and spent a year recovering from the health issues caused by obesity. “I didn't want to go back to hospital again, but I went home and ate what I had always eaten.”

Inset: Turi Williams at the LotuMou End of Year Gathering December 2008

(story continues)

DIABETES

THIS IS HOW WE BEAT IT!

KNOW WHEN YOU'VE HAD ENOUGH
REDUCE YOUR PLATE. REDUCE YOUR RISK!

For great ideas on preparing healthy meals on a budget, go to www.feedingourfutures.org.nz

EAT SENSIBLY | KIA THA TE KAI | AI MA LE FAUTAUTA | KAI FAKAPOTOPOTO | KAI MA TE AKA MAHAKO | KAI FAKAHAUTOKA HITAKI | एडी आउर में भीतर

THIS IS HOW WE BEAT IT! IF CONCERNED ABOUT DIABETES, TALK TO YOUR DOCTOR OR NURSE. VISIT www.org.nz



COMMITMENT TO LIVE BRINGS BIG CHANGE

Continued...

His friends noticed as Turi got bigger and bigger. He noticed too, but was in denial. What he didn't know was that he was killing himself day by day with what he was putting in his mouth.

"I was a taxi driver," says Turi. "I would take children with disabilities to and from school everyday. Then I would stop at the dairy and pick up a big bottle of fizzy drink and some pies. I would stop for lunch, maybe eat a roast chicken in the park and have some more fizzy drink. I didn't know that it was the food that was making me sick."

After two more stays in the hospital for life-threatening weight-related problems, Turi met an old friend and a health promotion worker. She had also known him decades before as a slimmer man in his youth.

Vaine taught Turi about what he should be eating and how much he should be eating. She helps by telling him about healthy foods and what he needs to cut out.

He cut out fizzy completely. "At first I thought water was sour but that was just because I was used to drinking so much sweet stuff. Now I fill up my big water bottles from the water filter at Church and carry them home. I eat salad and tuna every day and I cook some simple meals myself, like curries but without the coconut milk.

"Sometimes he'll text me from a family function," says Vaine, "when he needs support to keep away from food that will make him ill or I'll encourage him to just have a little bit."

"Turi is one of the weight loss champions at our Church. And out of all the people I help Turi is the most committed and motivated to losing weight. I think it's because he has been so close to death."

Turi's weight loss and Vaine's support has been a long journey. It has required commitment to Turi's health every day for the last eighteen months, "and the virtue of discipline," says Vaine. And according to Turi, Vaine's support has been "Magic!"

Turi now walks every day and he swims with the Church group every Sunday. "I tell the other big men not to be shy about getting active, I used to be as big as you."

Now Turi weighs 137kgs. He has lost 124kgs, almost half his body weight.

Turi is a quiet man, but his smile is very broad. "I am happy no. I would like to be 75kgs like I was in my youth. But my goal is to be 100kgs. Then I will be very happy!" says Turi. "And I will be able to go back to work."

RIGHT: Turi Williams now weighing in at 116kgs. 25 October 2009



YOUR LOTUMOUI TEAM



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Pacific Cultural Resource Unit



We support and assist all Pacific patients and their families using Counties Manukau District Health Services.

We Provide:

- ◆ Cultural support to high needs patients and their families admitted in Middlemore Hospital.
- ◆ Support follow-up for discharged high needs patients, not attending clinic appointments.
- ◆ Cultural advice and support to staff and services working with Pacific people.

For more information
09 276 0044 ext 9006
www.cmdhb.org.nz



TUNE IN to 531PI every Thursday morning at 7.45am to hear Manu Sione, General Manager Pacific Health for CMDHB, talk and address relevant health topics and issues relating to Pacific peoples in Counties Manukau