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Hamilton Stroke Club Newsletter



Volume 7 Issue 1

Jan, Feb, March 2012 Newsletter

Stroke Club Christmas Luncheon



Volunteers and Regional Staff gather at the Hamilton Stoke Club Christmas Luncheon at the Marist Rugby Club Rooms in Hillcrest on the 14th December 2012
 Left to Right - Jill O'Reilly Hamilton based Regional Stroke Foundation Field Officer, Betty Collis, Sheryl Waters the Midland Regional Field Officer Service Co-ordinator
 Seated - Bev Depree, Stroke Foundation Hamilton President, Standing - Lyn Harrè
 Stroke Foundation Hamilton Vice President, Stroke Club Volunteers Pam Mason.
 Seated - Colleen Carew, Standing Sandra Treanor

On Wednesday the 14th December 2011 the Hamilton Stroke Club held the Christmas Luncheon for members at the Marist Rugby Club Rooms in Hillcrest, the luncheon was catered at the usual venue for the stroke club by Stellar Kitchens Ltd with a finger food menu and eighty three people attended, a mixture of members their spouses and family and Stroke Club guests.

Vice President Lyn Harrè arranged for photographer Michele Dixon to

come along and take photo's of everyone so we had a memento of the occasion.

So a full house of members and visitors filled the club rooms and enjoyed the company of each other and our visitors and shared a finger food luncheon and sparkling grape juice and fruit juice to celebrate another successful year for the Stroke Club before finishing for the year and the Christmas & New Year break.

ROLL CALL

Sadly we have to report that the following past and present members and volunteers have passed away since our last newsletter.

Olive Chapman
28th November 2011

Madge Aikin
9th December 2011

Ena Farrington
10th February 2012

Agnes Harrop
25th February 2012

June Coombes
2nd March 2012

Tainui Rickard
15th March 2012

They will all be greatly missed by their many friends at the Stroke Club and we give our sincere condolences to their families.



Stroke Club Volunteer has green fingers



Stroke Club Volunteer in his container filled garden which has More than 200 containers of flowering plants and shrubs in his urban Garden in Hamilton

Hamilton Stroke Club volunteer Roydon Collis pictured at left featured in the full page weekly gardening feature pages of the Waikato Times on the 18th November 2011 with his urban Hamilton home garden and roadside verge which feature over 200 containers of all shapes and sizes including hanging baskets containing everything from ferns to trailing lobelia and fuchsias spilling from hanging baskets and terracotta pots and colourful rose trained on to a wall

A young magnolia tree on the roadside verge in front of his home has also been under

planted with a colourful range of flowering plants putting on a colourful show and the over 200 containers in the courtyard and around the house are watered with an irrigation system Roy has rigged up to enable him to water all the containers with the turn of a tap keeping them all watered and taking the hard work of keeping the plants watered with out Roy spending hours doing it by hand with all the containers it would take hours to water them all.

Roy's wife Margaret also a Stroke Club volunteer says that Roy often gets up early in the morning to shoot off to the garden centre and is back with more plants to fill the containers before she wakes up.

So faced with a home and section in Rototuna with thick clay pan and not much fertile soil Roy solved the problem by putting all his plants, flowers, ferns and shrubs into containers of all shapes and sizes, staghorn ferns all on their own thrive high on the fence around the back section above the rows of pots underneath.

So the Collis garden, although devoid of fertile earth, is abundant with healthy, colourful plant life. Roy shows that being a gardener does not always mean having a patch of dirt to dig, it means having a fondness for plants, an enjoyment of all things green and a willingness to care for them. Well done Roydon for all your hard work in establishing a flourishing suburban garden in a section with a thick clay pan.

From the Presidents Desk



Bev Depree

Hi members. Well here we are into Autumn already. Our summer has been and gone. Still not sure which day it was..!

Stroke Club days have got off to a good start for the year with great entertainment for January by Jason Tapp singing Johnny Cash and Elvis Presley. In February we all enjoyed the return of Ron Flintoff and his accordion music.

Our March Club day has the Easter theme. Easter bunny, easter eggs & hot cross buns, with entertainment by Alex Carlton a young Hamilton Boys High student who is taking time off to sing for us.

Don't forget that our April Stroke Club meeting is the 18th April 2012 one week earlier because of ANZAC Day.

Last month we welcomed Pania a St John Ambulance Volunteer who will be attending each club day in case of any medical events happening. This gives us all peace of mind that help is at hand immediately.

The Bunnings Warehouse Community Fun day was held on St Patrick's day the 17th March 2012 a lovely sunny day. Stroke Foundation Hamilton had a very informative display. Highlighting our display was free blood pressure checks carried out by three nurses from Waikato Hospital, Christine

Mara who is also a Stroke Foundation Midland Region Council member, Pat Simpson from the dedicated stroke ward and Carol Marshall who has worked in the rehabilitation ward. Almost 100 members of the public chose to take advantage of the check. Many thanks to the nurses and to our committee members who manned the display: Myself, Paul Burroughs, Lyn Harrè, Betty Collis and David Gunn (maybe some photo's next issue).

Paul Burroughs and myself visited the University Rec Centre (Gym) in February. Stroke Club members have the opportunity to share with Multiple Sclerosis and Parkinson's members exercise groups on Monday—Wednesdays & Fridays from 10.00am till 11.30 am. If we can raise some funds to support any interest from our members we will. Otherwise it would be about \$6 or \$8 a session per person.

Members & Volunteers

Our bus trip on April 11th is getting closer (see page five), so make sure your name and payment is on the list, by the March stroke club day.

Mid-year Christmas Dinner.

We have booked this for Wednesday the 13th June 2012 at the Hamilton Combined Returned Services Club. Cost \$15 a head each. More information on this later.

Volunteer Awareness Week 17th to 23rd June 2012:

Committee has arranged lunch for all our Volunteers at the Hamilton Workingmen's Club on the 20th June 2012, As

recognition of their commitment to the Stroke Club.

Regional 2012 Stroke Club

Convention: Will be held on Saturday 6th October 2012. This year the convention will be held in Hamilton as the Tauranga venue is no longer available. The venue will be at the convention Centre at the Hamilton Airport Motor Inn. We hope more of our members will chose to attend this year, with not so far to travel. More information on this later.

Support Groups: The Caregivers Support Group enjoyed the February meeting with afternoon tea at the Hamilton Gardens and the March meeting at Smo's café in Frankton for lunch. Thanks again to Jill and Betty for arrangements with venues, baking and raffles.

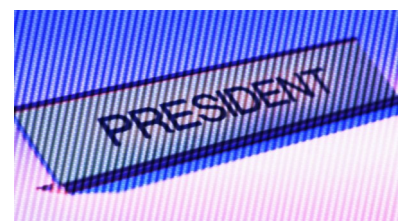
The "Drop in" lunch meetings at the Hamilton Workingmen's Club, on the 3rd Thursday of each month have really caught on well. If you haven't joined in yet it is a great social outing together for a few hours. Thanks again to our two "Pauls".

Once again to our committee and Volunteers your commitment to the club is great Thank you all.

Welcome to our new volunteer Felicia Edilbert.

We'll take care folks and enjoy the upcoming activities that have been planned along with our regular meetings.

Regards, Bev Depree



Book Review - Psychological Management of Stroke



Psychological Management of Stroke

Nadina B. Lincoln, Ian I. Kneebone,
Jamie A. B. Macniven,
Reg C. Morris
ISBN: 978-0-470-68427-6
Hardcover
638 pages
December 2011



**“Please
Support
all
the
Sponsors
Who
Support
Us”**

The Authors

Nadina Lincoln is Professor of Clinical Psychology at the University of Nottingham and Honorary Consultant Clinical Neuropsychologist at Nottingham University Hospitals NHS Trust. She has conducted an extensive programme of research to evaluate clinical stroke services.

Ian Kneebone is a Consultant Clinical Psychologist and a Visiting Reader at the University of Surrey. He has published on screening measures to detect psychological problems after stroke and on psychological interventions to manage them.

Jamie Macniven is a Consultant Clinical Neuropsychologist for Nottingham University Hospitals NHS Trust and Course Director of the MSc programme in clinical neuropsychology at the University of Nottingham. **(Currently 2012 - working at Waikato Hospital with the dedicated Stroke Unit Ward 55)**

Reg Morris is Programme Director of the South Wales Doctorate Programme in Clinical Psychology, Honorary Professor at the Cardiff University and Consultant Clinical Psychologist in Wiltshire NHS Trust and has published widely about facets of stroke care.



Psychological Management of Stroke presents a review and synthesis of the current theory and data relating to the assessment, treatment, and psychological aspects of stroke.

- Provides comprehensive reviews of evidence based practice relating to stroke
- Written by clinical psychologists working in stroke services
- Covers a broad range of psychological aspects, including fitness to drive, decision making, prevention of stroke, and involvement of carers and families.

Continued on Page 5

Psychological Management of Stroke - continued

- Reviews and synthesizes new data across a wide range of areas relevant to stroke and the assessment, treatment, and care of stroke survivors and their families
- Represents a novel approach to the application of psychological theory and principles in the stroke field

Reviews

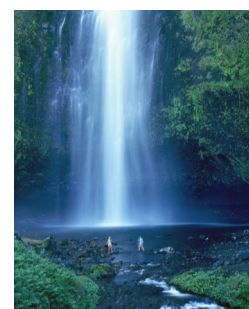
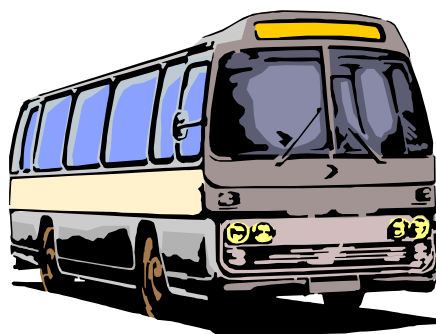
This comprehensive reference book, written by a panel of experts in the field, should be on the bookshelf of everyone dealing with stroke patients. The needs of the patient and their family can only be fully understood if all professionals have genuine insight into the cognitive, emotional and communication problems arising as a consequence of stroke. There is also coverage of the social dimensions of stroke, which is of upmost importance for patients and care providers.

—W. De Weerd, Full Professor and Chair Neurorehabilitation Sciences, Katholieke Universiteit Leuven, Belgium

It is only recently that the wider clinical community has begun to recognise the widespread and serious "invisible" consequences of stroke. This book provides a timely and comprehensive summary of psychological aspects of stroke management; ranging from descriptions of the problems and their causes, through to the theory and practice of management. The authors provide a refreshing blend of theoretical text, clinical evidence and practical advice. This will be an invaluable resource for clinical psychologists who work with stroke patients, as well other disciplines specialising in stroke rehabilitation.

—Peter Langhorne, Professor of Stroke Care, University of Glasgow, UK

Stroke Club Bus Trip to Raglan on 11th April 2012



The Committee has arranged a bus trip for members on Wednesday the 11th April 2012 Going to Raglan using the Easyrider Wheelchair Hoist Buses so everyone can get into the bus, leaving the Marist Rugby Club Car park at 9.45am, stopping at the Bridal Veil Falls on the way then going to the Raglan Club for a meal after which there will be time to go into the shopping area for an hour or so or staying at the Raglan Club for a chat and a drink if you wish, then returning to Hamilton to arrive at approx. 5.00 pm The cost for members will be \$20 and this will include the cost of the bus, the taxi to and from the Marist Club if you are eligible for Total Mobility and the cost of your lunch at the Raglan Club, please give your name and the \$20 to Lyn Harrè as soon as possible as there will be a maximum of 42 seats available including 7 wheelchairs

Words for Woman to Live by

*Take life with a
pinch of salt - A
wedge of lemon
and a shot of
tequila
~~~~~*

*When life gets  
you down—just  
put on your big  
girl panties and  
deal with it..*

~~~~~

*Aspire to be
Barbie - the
bitch has
everything*

~~~~~

*I know I'm in  
my own little  
world, but it's  
ok. They know  
me here....*

~~~~~

*In need of a
support group?
Cocktail hour
with the girls!*

New Stroke Club Home Visitors



New Stroke Club
Home Visitor
Sandra Treanor



New Stroke Club
Home Visitor
Bev Depree

Our President Bev Depree having now retired from her Airport Shuttle driving job has now taken on the additional roles of Stroke Club Home Visitor and is now also one of our accredited assessors appointed by the Waikato Regional Council to do Total Mobility assessment's for stroke club members along with our other accredited assessor for Total Mobility Betty Collis.

Joining Bev Depree as one of our team of Stroke Club Home Visitors also is Stroke Club volunteer Sandra Treanor who joined the group as a volunteer in 2011.

So Bev Depree and Sandra Treanor join our Stroke Club Home Visitor team of Betty Collis and Moses Cherrington and Imelda Hunt who visit Stroke Club members in their own homes at their Rest Homes or in their Retirement Villages and when they have a stay in Hospital which some of our members do from time to time.

Another of their important roles is to visit members who's health means they are no longer able to come along to Stroke Club meetings anymore and are stuck in their homes now.

So we welcome Sandra and Bev to the Stroke Club Home Visitor team and if you would like a Home Visitor to come and see you contact the Stroke Club Home Visitor co-ordinator Betty Collis and she will arrange for one of the Home Visitors to come and see you.

Words for Woman to Live by

*Laugh as much
as you breath
and love as long
as you live*

~~~~~

*Keep your chin  
up, only the first  
40 years of  
parenthood are  
the hardest*

~~~~~

*Don't get your
knickers in a
knot; it solves
nothing and
makes you walk
funny*

~~~~~

*If the shoe fits -  
buy them in  
every colour*

~~~~~

*Things turn out
best for people
who make the
best out of the
way things turn
out*



Crossword Solution

1 A-la-carte 2 Smart 3 Den 4 Mindful 5 Coop
8 Returns 11 Adverse 14 Location 15 Aspirin
18 Vivid 20 Pert 22 Etc

Down

6 Blame 7 Venison 9 Scarlet 10 Adept 12 Pry
13 Quadruple 16 Personnel 17 Ace 19 Aphid
21 Assists 23 Artiste 24 Bison

Across

Happy Feet



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Stroke and
others who
need podiatry
services.**

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cutting? But you

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Saskia will come to your home and deal with all your foot problems in the comfort of your own home

Give Saskia a ring at the number above and she will come to you at home and deal with all your feet problems

Wisdom

*Life without love
is like a tree
without blossom
and fruit.*

~~~~~

*Life is like a hot  
bath. It feels  
good while you're  
in it, but the  
longer you stay  
in, the more  
wrinkled you get.*

~~~~~

*The only people
you need in your
life... Are the
ones that need
you in theirs.*

~~~~~

*You have to  
climb a  
mountain before  
you can enjoy  
the view*

~~~~~

*The biggest
challenge in life
is being
yourself... in a
world trying to
make you like
everyone else..*

~~~~~

*Life is short....  
eat desert first!!*

## 2012 Regional Raffle

|                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p><b>RAFFLE 2012</b></p> <p>Name:.....</p> <p>Address:.....</p> <p>Phone:.....</p> <p>ORGANISER: Malita Cognet<br/>PO Box 990<br/>Tauranga 3140</p> <p><b>No. 1301</b></p> |  <p><b>RAFFLE 2012</b><br/>Proceeds support the work of the Stroke Foundation in the Midland Region.</p> <p><b>1st Prize: \$1,000 BUNNINGS OR MITRE 10 VOUCHER</b><br/>(winners choice of retailer)</p> <p><b>2nd Prize: \$1,000 GROCERY VOUCHERS</b><br/>(winners choice of retailer)</p> <p><b>3rd Prize: \$400 PETROL VOUCHER</b></p> <p><small>PRIZES ARE NOT REDEEMABLE FOR CASH<br/>Limited to 6,000 tickets numbered 1000-7000. Winners determined by random draw. In the event of a cancellation: This will be published on our website <a href="http://www.strokemidland.org.nz">www.strokemidland.org.nz</a> and all money will be refunded.</small></p> <p><small>Lottery Commences: 1st March 2012 - 17th May 2012.<br/>Lottery drawn: 21st May 2012 at the Greerton Police Station, Tauranga<br/>Results published: on <a href="http://www.strokemidland.org.nz">www.strokemidland.org.nz</a></small></p> <p><small>Organiser: Malita Cognet, PO Box 990, Tauranga - Phone (07) 571 3061</small></p> <p><b>No. 1301</b></p> |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

The 2012 Regional raffle to raise funds to support the Midland Region Field Officer Service including our Hamilton based Stroke Field Officer Jill O'Reilly went on sale from the 1st March 2012 and will be drawn at the Greerton Police Station on the 21st May 2012.

There are 6000 tickets and there are three very good prizes see the picture above and the first two prizes are able to be at the retailer chosen by the winner.

**1st Prize** a \$1000 Bunnings or Mitre 10 voucher - winners choice of retailer

**2nd Prize** a \$1000 Grocery voucher - winners choice of retailer

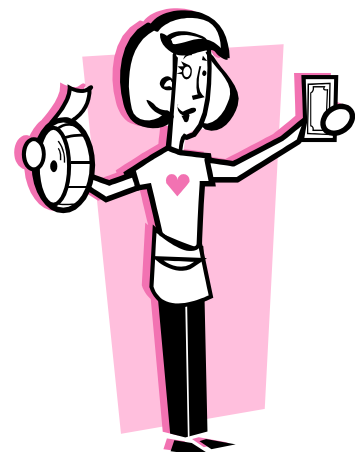
**3rd Prize** a \$400 Petrol voucher

In these day of tight economic times this is one of the few sources of untapped funds to let the Regional Council and Regional Management cover all the costs of running a Salaried Regional Field Officer Service and provide the Field Officer team with offices in

their own area, a vehicle to use in their work and all the other services to enable the Field Officer team to provide a service to the stroke population their families and caregivers in the Midland Region including Hamilton

Paul Burroughs has books of tickets if you would like a ticket or a book of tickets to buy for yourself or to sell to family and friends

Any help in selling the raffle tickets is very much appreciated so see Paul Burroughs if you can help and he can get you a ticket or a book of tickets to buy or sell for us.



## Stroke Club Social Group in 2012



### Words for Woman to live by

*If it has tyres or  
Testicles it's  
gonna give you  
trouble ...!!*

~~~~~

*When life gives
you lemons in
2012 - turn it
into lemonade
and mix it with
vodka...!!*



For those of you who don't know yet there is a social group who are now meeting each third Thursday of the month at the Hamilton Workingman's Club in Commerce Street in Frankton.

The social group is not a structured group just a drop in group who meet for a chat or for a coffee or cup of tea and a meal at the workingmen's club and using the clubs facilities which for those of you who have not been there before are excellent including a good casino bars and dining area.

The meals are very good value with the roast of the day only \$6.00 and a good selection of other meal options from toasted sandwiches and chips to a nice steak and salad.

The club shuttle van is also available in the afternoon to go home in for only \$4.00 to anywhere in the city which is very good value.

Don't worry if you are not a member of the Hamilton Work-



ingmen's Club just see Paul Kurtich or Paul Burroughs and they will explain how you can get into the club without being a member on the drop in days.

Why not check us out by coming along in 2012 on the third Thursday of the month at 11.00 am to the Hamilton Workingmen's club in Commerce Street in Frankton starting on the 18th January 2012



Caregivers Support Group in 2012

The Carer Support Group has their monthly meetings which are now held on the **third Tuesday of each month** and the venue varies each month.

In 2011 the group has met for coffee and lunch at a number of city venues and each month the members of the group will decide where the following months Caregivers Support Group will be held.

For information about meeting times and the venue and any other

questions for the groups meetings which start again in February 2012 contact Jill O'Reilly the North Waikato Field Officer on:

Phone: 856 - 1654 or email at: strokehamilton@paradise.net.nz

or Contact Betty Collis on

Phone: 855 - 6440 or email at: bettycollis@xtra.co.nz

Winner of the last caregivers raffle was Lyn who asked for it to be redrawn and it was then won by Myra Scown



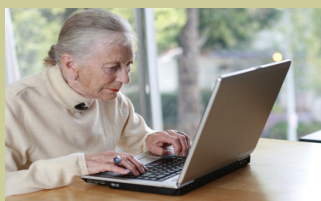
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AND



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www.strokemidland.org.nz**

Reducing the risks - improving the outcomes

Stroke Foundation of New Zealand Inc

Mission Statement

Reducing the risks - improving the outcomes

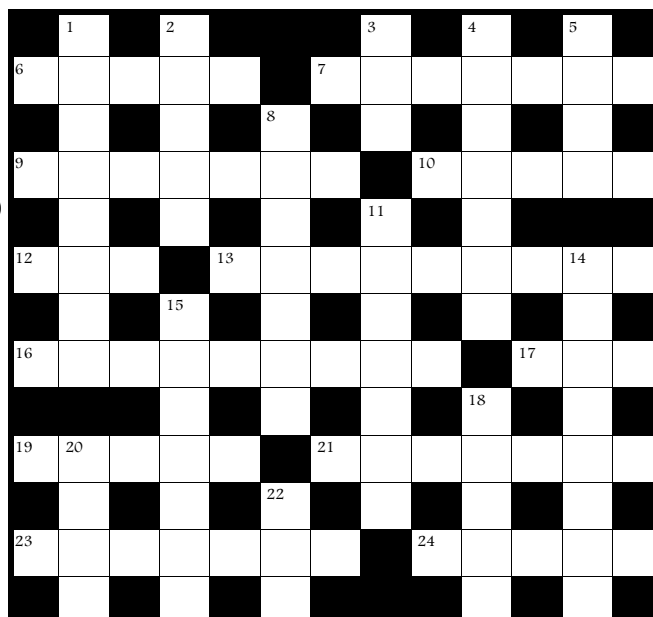
CROSSWORD

Clues Across

- 6 Find fault with (5)
- 7 Deer's flesh as food (7)
- 9 Brilliant red (7)
- 10 Thoroughly proficient (5)
- 12 Inquire inquisitively (3)
- 13 Multiply by four (9)
- 16 Body of employees (9)
- 17 In golf, a hole in one (3)
- 19 Insect infesting plants (5)
- 21 To give help to (7)
- 23 Professional dancer (7)
- 24 American buffalo (5)

Clues Down

- 1 Select freely from the menu (1-2-5)
- 2 Quick-witted, clever (5)
- 3 Wild beast's lair (3)
- 4 Taking thought or care (7)
- 5 Cage for keeping poultry (4)
- 8 Comes back again (7)
- 11 Unfavourable, harmful (7)
- 14 Place other than studio, where filming occurs (8)
- 15 Tablet used to relieve pain (7)
- 18 Intense, graphic (5)
- 20 Forward, saucy (4)
- 22 And the rest (3)



Solution on Page 7

Crossword kindly supplied by
Brainteaser Publications, P.O. Box 10101,
Hamilton, N.Z.
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Without the generosity of the following organisations and Community Trusts, we could not continue to operate, so we thank them all most sincerely for their continuing support of our group: COGS, Trust Waikato, Wel Energy Trust, Page Trust, Lions Clubs, D.V. Bryant Trust, Grassroots Trust, Tidd Foundation, Nora Howell Trust, Perry Foundation, Pak N Save Mill Street & Clarence Street, New World Rototuna, New World Te Rapa. NZ Post Community Post, Techsoup (Microsoft). Thanks also to those members and supporters who have made donations and supported raffles and the sales table at stroke club meetings by supplying items like knitting, baking, books, vegetables, magazines and plants and donating raffle prizes.