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Hamilton Stroke Club Newsletter



M I D L A N D R E G I O N I N C

Volume 7 Issue 4

October, November, December 2012

2012 Stroke Club Convention



Hamilton Indoor Bowls team members L to R Paul Scown Cathy Harbour and Lilian Lane (the fourth member Myra Scown not in the picture was skipping at the other end of the mat) play in the final of the Indoor Bowls competition which they won at the 2012 Regional Stroke Club Convention at the Hamilton Airport

Hamilton hosted the 2012 Regional Stroke Club Convention at the Hamilton Airport Motor Inn at Hamilton Airport on Saturday the 6th of October 2012.

A smaller number of clubs and people attended this year but there were representatives from Stroke Groups in New Plymouth, Te Awamutu, Tokoroa, Matamata, Morrinsville, Whakatane & Hamilton in attendance and the usual keenly contested competitions of Indoor Bowls, Ten Pin Bowling, Boca

took place with a lovely finger food buffet at lunch time followed by the finals of the Indoor Bowls then 2012 Regional AGM and the team Quiz Competition while the New Regional Council met for the first time then the raffle draw.

A great day enjoyed by all those who were able to attend and a very successful day of competition for the Hamilton teams who won the Indoor Bowls, Ten Pin Bowling Competition, the Boca and the Team Quiz well done Hamilton

ROLL CALL

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

Charlie Old
21st October 2012

Laurie Bleaken
26th October 2012

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



Members bus trip coming up on the 13th March 2013 to Oraka Wapiti Deer Park at Tirau



We have a members bus trip coming up early next year on Wednesday the 13th of March 2013 to the Oraka Wapiti Deer Park near Tirau for a guided tour of the deer park and then lunch at the park.

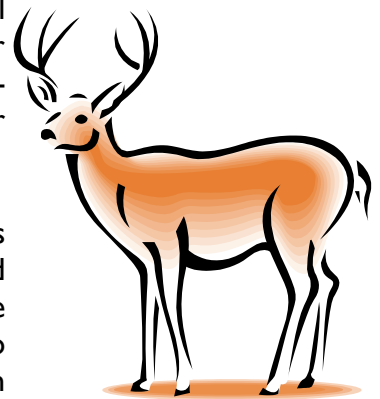
We will be using the Easyrider Wheelchair Friendly bus and there will be a maximum of 30

seats available including six wheelchairs.

We fortunately have had the cost of the bus hire funded by the Hamilton Page Trust and the Stroke Club will cover the cost of the taxi's to get you from home to catch the bus at the Marist Rugby Club Rooms car park and return home again after the bus trip.

So the cost to stroke club members will be the cost of the Deer Park Tour and the lunch provided afterwards at the Deer Park café which will be \$25.

The Oraka Deer Park also has three acres of gardens with 80 year old trees and gardens of colourful perennials, native trees and ferns and also has a shop to browse in selling deer products from the deer on the farm such as Deer Velvet and other gifts and products like honey.



The guided tour of the Deer Park before lunch gives information about the habits of the deer and the sort of products produced from the deer and the uses they are put to world wide which might surprise you....

So if you are interested in going on the bus trip it is going to be on a first in first reserved basis and there are only thirty seats on the bus so give your money to Lyn Harrè, or Paul Kurtich and make sure your name is on the list or you might miss out.

From the Presidents Desk



Bev Depree

The following is the Presidents final newsletter piece for 2013

Hi members. Well it looks and feels like we are finally heading towards summer, after a reasonably mild winter.

Club day activities are going well with a variety of entertainment, raffles, physio, speech and bingo.

Since the AGM we have had quite a number of events I would like to highlight on.

Stroke Awareness Week was held 3rd to 8th September and seven displays were set up during this time.

Thank you to all our members and volunteers who manned these sites. We distributed plenty of information to the community and successfully raised \$1851.50 from generous public donations.

On September 11th we gave support to Field Officer Jill O'Reilly with a presentation of Stroke Foundation to residents of the new Summerset Retirement

Village in Glenview. Again plenty of information was made available to all who attended.

The 2012 Health & Disability Expo was held at Claudelands event centre on 14th & 15th September 2012 and again we had a display those two days with plenty of information available. Thanks to committee and members manning this display also.

The Regional Stroke Convention and AGM was held at the Hamilton airport motor inn on October 6th. (see page one and 6 of this newsletter for information and photo's of that day)

For those who attended from our club we had a very successful day winning the indoor bowls, bocia, ten pin bowling, quiz competitions and one of our members Lilian won a very nice raffle prize. So well done to you all.

We now have a indoor bowling mat and bowls kindly given to us by the Tauranga office, so it will be set up in the club rooms each club day for your use.

The committee is now working on the recommendations presented in the project documents done by Occupational Therapy Students Julie and Tess in

the event of a disaster.

Our database and information is being captured from membership renewal forms we will keep you informed on these developments.

We have been successful in being granted funding from the Hamilton Page Trust to organise a bus trip in the early part of next year using the Easyrider Wheelchair friendly bus (see details on page two of the date and destination)

The "Drop In" lunch meetings at HWMC are continuing to be well patronised each month with between twenty and thirty people meeting for lunch and a social time together

The Caregivers Support Group has had another interesting year with various locations each month for their meetings, finishing the year off with a shopping trip and lunch to Tirau on 20th November.

Thanks to Jill and Betty for their efforts over the year co-ordinating this for our carers to enjoy.

Our club day today 28th November, will be the last one for the year at the club rooms, so enjoy your entertainment, free raffle and your Christmas gifts that have been chosen for us all by your committee.

Continued on page 5

Tendon Transfer Surgery

Tendon Transfer Surgery for Clenched Fist and Arm Paralysis

After a stroke, some survivors experience paralysis of one arm along with a clenched fist. If a nerve is injured preventing that nerve from sending signals to a muscle or muscles, the result is paralysis and loss of muscle function. This result is virtually no use of the affected arm and hand, and, in some cases discomfort. When a near-by tendon is not effected, it may be possible to transfer a functional tendon from its original attachment to a new attachment restoring some use to the non-functioning area.

What exactly is hand tendon transfer surgery? Below the elbow, there are between forty and fifty muscles. When a muscle or muscles are neurologically destroyed due to the stroke, they can no longer signal the arm or hand to function. There are three major nerves in the hand: the ulnar nerve, the radial nerve, and the median nerve. When any of these are injured or destroyed, paralysis, loss of feeling, and clenched fist is the result.

How successful is hand tendon surgery? Hand tendon transfer may be successful in restoring some function to the hand or arm. In a 2008 study in the Netherlands (LC Heijnen et. al.) six patients were followed who had hand tendon transfer surgery for clenched fist.

After the surgery, all six could passively open their hands in a resting position, and some flexible movement was gained in each case. There were no complications after nineteen months and all six patients were still able to keep their hands open. There was also permanent improvement in pain reduction and hygiene.



I asked Dr. Andrew Elkwood how much success he has had doing this surgery. Dr. Elkwood practices plastic surgery at the Plastic Surgery Centre in Shrewsbury, New Jersey. He is considered an expert in nerve reconstruction surgery for patients who have lost the use of a limb due to nerve damage.

He has also been featured on the T.V. show, "The Doctors." Dr. Elkwood was reluctant to profile what a good tendon transfer surgical

candidate looked like because diagnosis depends on so many factors, such as how many nerves and or muscles are damaged, and to what degree they are damaged. He stated, "I like to examine, evaluate, and then give my assessment as to the expected results of surgery."

Dr. Elkwood also told me that the hand is more difficult than the arm to restore. After surgery, even if function cannot be restored, at the very least, the patient will be able to open the hand. "No one gains 100% of function but there are some who show great improvement, some who cannot be helped at all, and many who fall in between these two categories."

Tendon Transfer Surgery for Foot Drop

Seven years ago, Sandy Smethers, a stroke survivor that I was mentoring (and still am), was recommended by a neurologist to consider tendon transfer for her drop foot. We went to Pennsylvania University Hospital in Philadelphia to see Dr. Maryann Keenan, an orthopedic surgeon.

Dr. Keenan recommended tendon transfer surgery and she performed it shortly after our visit. Sandy's surgery was only partly successful. Her foot was restored to a more normal position, but she still walks with a brace and a considerable limp. Her balance improved and she walks freely without a cane,

Foot drop, or drop foot has many causes and varied symptoms. A stroke survivor who has foot drop as a result of a stroke has difficulty lifting the front of the foot. As a result, the patient may drag the affected foot on the ground making walking difficult. Many patients will trip with a drop foot.

To compensate, one may raise the thigh unusually high, and may swing the affected foot out to the side to avoid lifting the thigh upward. The immediate aid is to wear a brace from the upper calf, down past the ankle extending under the entire foot. This will keep the foot in a normal position.



I was able to reach podiatric foot and ankle surgeon, Dr. Lawrence DiDomenico by telephone.

Continued on page 11

More 2012 Convention photos

Wisdom

*Life....an
unsolved riddle*

~~~~~

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

~~~~~

*The important
thing is not to
stop questioning*
Albert Einstein

~~~~~

*The education of  
a man is never  
completed until  
he dies*  
**Robert E Lee**

~~~~~

*Wise men learn
by other men's
mistakes, fools by
their own*
H.G. Bohn



Above

Coromandal Stroke Field Officer
Angela Drummond, Hamilton
Vice President Lyn Harrè celebrate a
good ball at the Ten Pin Bowls
Competition



Right

Hamilton Vice President Lyn Harrè
North Waikato Stroke Field Officer
Jill O'Reilly and Hamilton Stroke Club
Treasurer Paul Kurtich enjoy the day.



Hamilton Stroke Club President Bev Depree,
Hamilton Stroke Club member Joan Davies and
Te Awamutu Stroke Group Co-ordinator Margaret
Yates enjoy the convention.

From the Presidents Desk continued:

Continued from page 3

Included with this newsletter is a copy of the Stroke Club Calendar for 2013 with the Stroke Club days which are the fourth Wednesday each month circled and on the reverse are the contact details for your committee office holders and other useful contact numbers

Don't forget our Christmas lunch will be held at the Hamilton Combined Returned Services Club, Rostrevor Street, Hamilton on Wednesday 12th December, 2012 from 11am onwards. \$20 each includes transport if you are eligible for total mobility and come by taxi. (see the menu on page 8)

To our committee and volunteers your commitment to the club is great.

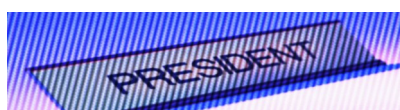
Thank you all.

Welcome to our recent new volunteer Ishtar Hunter who is assisting with the speech language sessions after lunch on Stroke Club days.

As this is our last newsletter for the year seasons greetings to you all, take care, and see you all again in 2013.

Bev Depree

President



Hamilton Stroke Club members Annette Coombes and Paul Kurtich playing scrabble at the Regional Stroke Club convention on the 6th of October 2012



Hamilton Stroke Club member Paul Spadoni and Hamilton Stroke Club Volunteer Rosemary Hobern & her fiancée David Mickell playing Bocia at the Regional Stroke Club convention on the 6th of October 2012

From the Desk of the Stroke Field Officer:



**Stroke Foundation
Field Officer
Jill O'Reilly**

Jill O'Reilly the Hamilton based Stroke Field Officer has put together this report which will be a regular one from now on in the newsletter. Thank you Jill

North Waikato Field Officer's – Quarterly updates

.As part of my role in this quarter I have given educational presentations about Stroke and 'reducing the risks' to several groups including, Kirikiriroa Marae and the Te Awamutu Diabetes Support Group. I have travelled throughout the North Waikato area, visiting new clients in Raglan, Te Kauwhata, Ngaruawahia, Huntly, Morrinsville, Te Awamutu, Cambridge and Hamilton city.

I try to visit clubs in these areas while I am there if the visits coincide with club day. I continue to attend the weekly Stroke Clinic which is held at Waikato Hospital by the Stroke Rehabilitation clinic team. Seeing up to 6 patients per clinic, this is a very successful way for Stroke Survivors to be re-assessed after their initial rest and recuperate period at home.

The Caregivers Group co-ordinated in conjunction with Betty Collis & Bev Depree held the September group at Palmers Garden

Centre with several new caregivers attending. October we had afternoon tea at the Davies Corner café and the November group which is the final for the year is a Christmas shopping trip and lunch in Tirau. Thanks go to Betty Collis and Bev Depree who have co-ordinated and organized transport for this day. It should be great fun with such a great group.

The new year in 2013 will start off with afternoon tea at the Hamilton Gardens, Turtle Lake café at 1.30pm February 19th. This is a chance to bring along ideas for venues for the year.

Field Officers training was held in Tauranga on 24th October starting with a report from our Rotorua F/O Viv Dewitt who had visited the Auckland Brain Injury Clinic with a client.

Malita Cognet the Regional Manager spoke on boundaries of our roles and Sue Forster – Bupa and our Regional Chair presented the new legislation on Abuse and how it pertains to our roles.

This day was also an opportunity to meet our newest Field Officer Sharon Faloon from the Taranaki area. I also must apologize to Debbie Shaw from South Waikato who I referred to as Diane in the last newsletter.

Great outcomes from the Stroke Awareness Campaign 2012 held in September, in this area, Bev & Paul with their team handed out a huge amount of information raising awareness and enabling the prevention of stroke in the Waikato.

Continued on page 10

Stroke Club Social Group in 2012 - 2013

For those of you who don't know yet there is a Stroke 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 \$8.00 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 Workingmen'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 2013 on the third Thursday of the month at 11.00 am to the Hamilton Workingmen's club in Commerce Street in Frankton first meeting for 2013 is on Thursday the 17th of January 2013



Stroke Club 2012 End of Year Christmas Luncheon Wednesday 12th December 2012

The Stroke Club End of year Christmas Luncheon for members will be held this year on the Wednesday the 12th December 2012 and will be held at the Hamilton Combined Returned Services Club rooms in Rostrevor Street at midday.

The taxi's will pick you up at a later time around 11.00 am and will take you home again at about 2.00 pm that day the cost to members will be \$20 (see Menu right) which will include the taxi fare from home and back again for those eligible for total mobility and your Christmas meal, if you are able to give the \$20 for the Christmas Lunch to Lyn Harrè at today's Stroke Club meeting it would be appreciated so Lyn does not have to run around collecting money on the day of the Luncheon.

Christmas Lunch Menu

Sugar Glazed Ham Leg
Hot Roast Beef
Gravy & Mushroom Sauce
Various Sauces and condiments
Roast Potato, Roast Kumara,
Roast Pumpkin
Minted Peas & Carrots, Cauli-
flower Mornay, Green Beans
Mixed Lettuce Salad, Coleslaw and Beet-
root



Desserts

Bread & Butter Pudding, Pavlova, Choco-
late Log
Hot Fruit Pudding with Brandy Cream,
Caramel Brulee
Tropical Fruit Salad, Fresh and whipped



Wisdom

*A jury consists of
twelve persons
chosen to decide
who has the best
lawyer*

Robert Frost

~~~~~

*The most  
popular labour-  
saving device  
today is still a  
husband with  
money*

*Joey Adams*

~~~~~

*There is only one
thing for a man
to do who is
married to a
woman who
enjoys spending
money, and that
is to enjoy
earning it*

Ed Howe



Crossword Solution

2 Ick 3 Edible 4 Inter 5 Hire 6 Wholesale
7 Adversary 10 Every 12 Economize 13 Antenatal
14 Tinge 17 Nylon 19 Spoils 21 Loose 23 Word 24 Quit

Down

1 Lighthouse 8 Shed 9 Scripture 11 Evolve 13 Alert 15 Cane 16
Rests 17 Nanny 18 Needy 19 Slur 20 Elope 22 Meadow 25
Notorious 26 Zeal 27 Adversity

Across

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Stroke and
others who
need podiatry
services.**

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nails need look-
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cutting? But you

find it difficult to do it yourself? Well help is at hand Saskia from Happy Feet will come to you and deal with your podiatry problems like callouses, corns and cutting toenails in your own home at a time that suits you, so you don't have the problem or expense of travelling to someone to have these things dealt with.

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

*I refuse to admit
I'm more than
fifty-two even if
that does make
my sons
Illegitimate*

Lady Astor

~~~~~

*Forty is the old  
age of youth, fifty  
the youth of  
old age*

*Victor Hugo*

~~~~~

*Wit is the salt of
conversation,
not the food*

William Hazlitt

~~~~~

*I love being a  
writer. What I  
can't stand is the  
paperwork*

*Peter De Vries*

~~~~~

*I never found the
companion that
was so
companionable
as solitude*

Henry Thoreau

Field Officer continued:

Continued from page 7

In Cambridge Roxy, the Community House Co-ordinator, raised \$550 which went to supporting their local group and lifted their profile with an article and photo in their local Cambridge Press.

I am sure there were lots of other activities throughout the North Waikato. Wonderful work from all of the volunteers involved.

It has been good to see new faces coming to the Hamilton Stroke Club meetings this year from the visits I have made, so please welcome new members and make them comfortable by including them into your groups.

It is good socialization practice for us all and to remember how we felt when we first joined any new group.

Please remember if you have any documentation you need a JP to witness I always have my little bag & stamp with me at Club Days, so don't hesitate to ask for that assistance if it is required.

In my role as Field Officer I may not be able to answer all of your queries but I am always happy to listen and direct you to the person who can.

I hope you all have a safe and

Happy Christmas and look forward to our Christmas Lunch 12th December 2012.
Kind regards and Seasons Greetings

Jill O'Reilly
North Waikato Field Officer. Ph 856 1654 or 021 962 380

P.S .Any of you who have an Age Concern 2013 Calendar, have a close look at the Zumba group!



Shine

*Life is something we all share,
Just like oxygen, in the air.
The way we live it, is up to us,
With a negative or with a plus.*

*Life is something, we should cherish,
We never know, when we'll perish.
Live each and every single day,
Smell the flowers, stop and play.*

*Life is something, we've been blessed,
Choice is yours, choose your quest.*

*Follow your passions,
and you'll be fine,
With the right attitude,
you will shine.*



**"Please
Support
all
the
Sponsors
Who
Support
Us"**



Tendon Transfer Surgery cont'd

Dr. DiDomenico is a podiatric physician and surgeon at the Ankle and Footcare Center in Youngstown, Ohio. Dr. DiDomenico stated, "with classic foot drop, the common peroneal nerve is affected and leads to anterior and lateral (front and outside muscles of the leg) muscle group weakness which controls the foot."

Diagnosis of the cause is imperative as that will determine the course of treatment. Dr. DiDomenico told me that treatment options for foot drop include prescribing a brace, gait training, physical therapy, and tendon transfer surgery.

You, as a patient must discuss these options with your podiatric surgeon or orthopedic surgeon. But once the diagnosis calls for tendon transfer, the tendon transfer surgery is performed with the goal of restoring the function of the foot and an-

kle to a more normal anatomical alignment so that the patient can walk on the sole of the foot with the heel touching the ground, improving gait and balance when walking in a shoe and without a brace.

Dr. DiDomenico told me that the large majority of tendon transfers for foot drop are done by podiatric surgeons and orthopedic surgeons that have an expertise and interest in foot and ankle surgery. "The surgery involves rerouting the posterior tibial tendon, a tendon that functions well from the back of the leg, and transferring it to the front of the leg and connecting it to the top of the foot. This compensates for the loss of muscle function in the front of the leg as a result of the stroke. Although 100% improvement is not expected, between 40% and 50% is typical."

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Caregivers Support Group in 2013

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

In 2013 the group will meet 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 2013 meeting times and the venue and any other questions for the groups

meetings 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@clear.net.nz

The caregivers group also runs regular raffles to raise funds for the group so if you see them at stroke club or other places please support them.

The last raffle drawn was won by: Lyndsey Prendergast



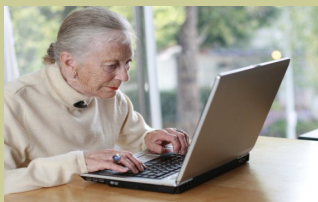
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Reducing the risks - improving the outcomes

Stroke Foundation of New Zealand Inc Mission Statement

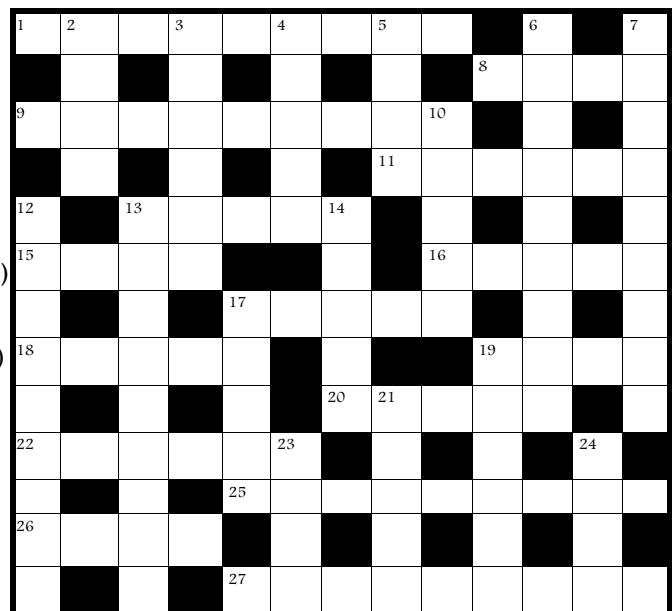


Reducing the risks - improving the outcomes

CROSSWORD

Clues Across

- 1 Glare of publicity (9)
- 8 Storage building (4)
- 9 The Christian Bible (9)
- 11 To develop gradually (6)
- 13 Watchful, vigilant (5)
- 15 Walking stick (4)
- 16 Short spells from work (5)
- 17 Child's nurse (5)
- 18 Poor, destitute (5)
- 19 To discredit, disparage (4)
- 20 Run away with lover (5)
- 22 Piece of grassland (6)
- 25 Known for something bad (9)
- 26 Fervour, enthusiasm (4)
- 27 Distress, misfortune (9)



Clues Down

- 2 A restless desire (4)
- 3 Fit to be eaten (6)
- 4 Bury, entomb (5)
- 5 Obtain use of for payment (4)
- 6 Selling in large quantities (9)
- 7 Opponent, enemy (9)
- 10 Individually and separately (5)
- 12 Reduce expenditure (9)
- 13 During pregnancy (9)
- 14 Colour or flavour slightly (5)
- 17 A synthetic polymeric (5)
- 19 Stolen goods, plunder (6)
- 21 Not firmly fastened (5)
- 23 One's promise (4)
- 24 Give up, abandon (4)

Solution on Page 9

Crossword kindly supplied by
Brainteaser Publications, P.O. Box 10101,
Hamilton, N.Z.
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THANKS - THANKS - THANKS

Without the generosity of the following Businesses 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, Grassroots Trust, Tidd Foundation, Nora Howell Trust, Pak N Save Mill Street & Clarence Street, New World Rototuna, New World Te Rapa. New World Hillcrest, NZ Post Community Post, Techsoup (Microsoft). Westfield Chartwell. Page Trust.
B.P. Voucher for Volunteers

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 including the Caregivers Support Group Raffles.