



# Hamilton Stroke Club Newsletter



Volume 8 Issue 2

April, May, June 2013 Newsletter

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## 19th March 2013 Bus Trip



Avis, Mary and Cathy ready to go on the Easyrider Bus hoist to return to Hamilton after the lunch and tour of the Oraka Wapiti Deer Park at Tirau on the 19th March 2013

On the 19th March 2013 a bus load of stroke club members went on a bus outing to the Oraka Wapiti Deer Park at Tirau thanks to the Page Trust who funded the Easyrider Wheelchair Friendly Bus.

After a scenic drive through the Waikato we arrived at the deer park where the proprietor Linda boarded the bus and gave us a talk on the types of deer and the running of the deer farm as the bus went around the property then we went to the shop and restaurant on the property for a lovely lunch and after lunch another informative talk from Linda about the deer products produced on the farm

like the deer velvet then a chance to see the shop or wander through the lovely gardens and a chance to see close up through the fence around the accommodation the deer.

During the lunch Stroke Foundation Hamilton also took the opportunity to present to Hilary McLaclan the Easyrider Wheelchair Hoist Bus owner with a certificate of Service Appreciation for her provision of wheelchair accessible bus services to Stroke Foundation Hamilton over the years. As without the bus with a wheelchair hoist many of our wheelchair bound members would not have had the opportunity to go on the bus outings with their fellow members



## ROLL CALL

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

**Michael Moore**  
1st April 2013

**Chris Shrubsole**  
21st April 2013

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



## Hamilton Central Library Kootuitui Community Hot desk



Betty Collis manning the Hamilton Central Library Stroke Foundation Hamilton display at the Kootuitui Community Hot Desk on the 14th May 2013. Community groups in Hamilton are able to book the desk monthly for one hour each time at the same time so the library users can access information about Hamilton Community Groups and services. Stroke Foundation Hamilton mans the Kootuitui Hot Desk from 11.00 am till midday every second Tuesday of the month.

## Bunnings Warehouse Hamilton Ladies DIY Night 2013



Midland Regional Council member and Nurse Educator Christine Mara taking the blood pressure of one of the ladies attending the Bunnings Warehouse Hamilton Ladies DIY Night on the 9th May 2013. Christine along with Stroke Club committee members Bev Depree and Paul Burroughs manned the Stroke Foundation display on the night and gave out stroke information and Christine Mara also gave 42 people free blood pressure checks on the night.

## From the Presidents Desk



**Bev Depree**

Hi Members,

Well here we are now well into winter, but now past the shortest day.

Trust you all had your flu shots and keeping warm.

Since our last newsletter I have gathered a few points of interest to share.

On the 9th of March I attended the Cancer Societies RELAY FOR LIFE and was thrilled to see our members Myra and Paul Scown and Jill Kurtich participating and completing the SURVIVORS WALK of the circuit. A wonderful effort for you all.

(Pictures on page nine)

The community space "KOOTUITUI" at the Hamilton Central Library is continuing to be a great opportunity to be at the "HOT DESK" with our promotional material every 2nd Tuesday of the month from 11am – noon.

The Ladies D.I.Y. night at Bunnings on 8th May was well received by those attending, and all the blood pressure tests done had very good results, with none having to be referred to G.P. for follow up.

On 19th May volunteer Steve Outram organised the screening of the film which he was Production Manager for called "GHOST TV" at the Lido Cinema

in Hamilton, as a fundraiser for the Stroke Foundation. It was enjoyed by those who went along for the movie. Thank you Steve for your organising of the evening.

On the 31st May I represented us at the Waiwhakareke reserve opposite the zoo to help celebrate Arbor Day with a native tree planting of 25000 seedlings.

There were bus loads of school children there and volunteers from various groups. I would have done about 20. Was very dirty work but I guess doesn't hurt to get ones hands dirty now and again.

Well what a wonderful day we all had for our mid-year Christmas lunch on 12th June. Great venue, great food, and great entertainment.

National Volunteer Awareness week was 16-22 June, and to recognise the dedication and contribution our Stroke Foundation Hamilton volunteers provide to the club your committee is organising a volunteers lunch for them all at the HWMC on 4th July.

On 29th June a "QUIZ AFTER-NOON" fundraiser for Stroke Foundation Hamilton is being held at the Hamilton Combined Returned Services Club, Rostrevor street Hamilton, from 2pm. Thanks to David Gunn for organising this event.

Don't forget our AGM will be held on club day 24th July 11am. Nomination forms are now available for committee positions. Subscription renewals

will be due from 1st July.

Stroke Awareness week is 9 – 15th September, so we will be looking for help to man our displays as the time gets nearer.

There will be changes to the Total Mobility scheme as from 1st October. The major 'ELIGIBILITY CHANGE' will be that REST HOME RESIDENTS, will be eligible. In SEPTEMBER new ID cards, wallets and handbook will be sent to Total Mobility members.

So it is very important that we keep our records up to date with your addresses and contact numbers.

Another reminder to keep yourselves up to date with the TV "GOING DIGITAL" campaign.

This change happens on 1st December 2013.

Club days, caregivers support group, and the social group meetings at the HWMC, are all still being very well attended.

A big thank you to our Committee and volunteers for all your efforts in making all these activities happen for our members.

I have also been visiting a number of our members in Ward 58 at Waikato Hospital. We have had five of our Stroke Club members in that ward recently all after having falls ending up in hospital stays

In the meantime take care and keep safe and warm.

**BEV DEPRE**  
President.





## Changes ahead for the Stroke Foundation

The article below is from the front page of the Stroke Foundation of New Zealand Inc National Newsletter the FORWARD for Winter 2013 and it explains the major changes that are happening with the Stroke Foundation in New Zealand as from the 1st July 2013 which is the amalgamation of three out of the four Incorporated Regional Stroke Organisations with the National Body into one strengthened cohesive National Organisation to work for the benefit of the whole stroke community in New Zealand

### A Stroke Foundation for all New Zealand

On 1 July the Stroke Foundation will undergo an almost invisible but very significant change. It will become a single national organisation instead of the five separate bodies which it currently consists of. This is the single most important development in the Foundation's 30-plus year history and although it may appear initially that nothing much has changed it will have long term benefits for the work that the Foundation does.

Many of you were probably unaware that the Stroke Foundation was not a single organisation in the first place and may be wondering why there is a need for amalgamation. There are several reasons why it is a good idea. First and foremost we believe it will make our services to the stroke community better and more consistent across the whole country.

For example, one region might come up with an idea for a new way to help stroke survivors with a previously unmet need. Amalgamation will make it possible to roll out that idea nationwide, benefiting people throughout NZ. We want to make sure that all such innovations and improvements to services are available to people with stroke wherever they live.

The regional offices and national network of local Stroke Foundation Field Officers will continue much as before, so that we continue to be responsive to local needs. The new national organisation however will be able to ensure that all field officers are equally well resourced and trained wherever they are. Far from being an excuse to 'streamline' services, amalgamation is an opportunity to improve and expand. We can be better coordinated.

In other ways amalgamation will better position the Foundation to meet the needs of the future. Increasingly our funders and government prefer to deal with one national organisation. In seeking to develop income from large corporate donors the same issue applies. We will still be able to tap into regional sources of funding, but amalgamation will open new doors to new sources of income, enabling us to fund new services or bring stroke education to a wider audience.

So on 1 July you may not notice a great fanfare, or any outward signs of change, but behind the scenes we will quietly be moving forward, building a stronger more cohesive Stroke Foundation to serve the stroke community better in the years ahead.

The Council of Central Region chose not to join the new organisation, but the Central office will continue to provide field officer services as before for the lower North Island.



## Stroke Club Activities



Danny Savage entertains Stroke Club members at the 27th March 2013 Stroke Club meeting with some country classics.



Easter Bunny Nola Nicole distributes Easter eggs to members at the Stroke Club at the 27th March 2013 Stroke Club meeting which had an Easter theme



Two of the Probus Entertainment troupe members entertain stroke club members with their ukuleles at the Stroke Club at the 22nd May 2013 Stroke Club meeting



Stroke Club President Bev Depree presents Hillary McLaclan from Easyrider Wheelchair Hoist Bus with a certificate of Service Appreciation for her provision of wheelchair accessible bus services to Stroke Foundation Hamilton over the years during lunch On the 19th March 2013 bus trip to the Oraka Wapiti Deer Park at Tirau

## Services in Hamilton for those with no transport

### **Hamilton Library Homebound Service:**

Are you unable to visit your local library? If you are confined to your home or have difficulty getting about the Hamilton Library can provide a value added service direct to your door for a small monthly fee of \$10.

Their homebound service visits you regularly with your selection. If you are interested in this service just ring our Homebound Co-ordinator on 959 9016 and a suitable time will be made for one of the team to visit and assess whether you are eligible for this service.

**Mobile Hairdresser One** Specialising in the elderly and with 40 years of experience Phone: Gayleen on 07 846-5508 or 0275598524.

**Mobile Hairdresser Two:** Haircuts \$15 Wash and wear perms, firm or soft short hair including cut \$55 In your own home or hers 37 years experience Phone: Heather on 07 849-2956 Sun - Thur 9.00 am to 5.00 pm.

**Driving Miss Daisy:** Personal safe friendly and reliable companion driving service will drive you to appointments on shopping trips and will help with your shopping or luggage, take you and your pet to the vet or on an outing. Phone: 0800 948 432 or check out the website: [www.drivingmissdaisy.co.nz](http://www.drivingmissdaisy.co.nz)

**Happy Feet - Podiatry Service** - Toenails - Callouses - Corns - Professional Pedicure all done in your own home. At a time that suits you. For an appointment phone Saskia Reijnen on 027 3620734

**Age Concern Hamilton: Shopping Service:** Shoppers assist older people to complete their grocery shopping. Assessment to qualify for this service is through Disability Support Link. Contact Disability Support Link directly on (07) 839 1441

**Age Concern Hamilton: Accredited Visiting Service (AVS)** Provides companionship and support for older people who may be lonely and socially isolated. A number of older people in our community, for various reasons, spend most of each day of each week alone. This service works to decrease the level of social isolation and loneliness of older people in the community. by providing a trained, caring volunteer who will visit regularly for companionship and friendship. To request a visitor contact Age Concern on phone: 07 838 - 2266



## Comedian Markus Birdman used his stroke in his show



I know very little of Markus Birdman. Until he came here to NZ I had not bumped into him on my travels across the comedy circuit in the UK. I wish I had, as I would have encouraged everyone I know in Auckland to join me last night for the opening of his show.

His backdrop alone (which I have bets on that he made himself) is stunning and gives me plenty to think about on life, love and death as we wait for him to take to the stage.

It's a chilly Monday night and there are gaps in the seating as he asks, "How many of you are here because you missed out on tickets to another show?" It is never easy to open a show to a less than jam-packed room of people but his fantastically chatty nature, open face and warm grin has us all enraptured in him fairly smartly.

*Love, Life and Death* is my favourite kind of comedy show to watch. It is not a ramshackle collection of jokes spilling out in haphazard order, there is a definite structure and Birdman is a deft story teller. Richly mining his own life of its chief tragedies, he takes us on a journey of japes surrounding his various misfortunes and maladies.

At 40 he had a stroke that he mistook for a hangover; he has been both wedged into and hooked up to machines, swallowed tubes and been probed about intravenous drug use and his sexual preferences. His stroke left him a bit blind, and even that has us all in giggles as he explains how awkward having a quadrant of sight missing can be.

Not only has he been ill but he is 'old' (42); so old that he lingers over cardies, his feet swell on long flights, he is separated, a single dad, he has been best man four times yet doesn't believe in marriage. Despite being raised in the church with a father and an uncle preaching faith, he is an atheist; in fact for a while there he was a Goth. And yes, he did indeed draw the spectacular backdrop telling us, "Six years at art college and this is all I have

to show for it."

Not that he wants sympathy. This show is not a "poor me" rant. Markus is philosophical about death, and certainly not afraid of it. His attitudes to his failed faith bring easy laughs for us all. Markus is talking to us about stuff that we are all facing, have faced or will face. In all honesty I believe these are the three biggest reasons why people laugh and for our modest size we are doing so in force.

The second half of the hour sees the pace quicken and laughs gather momentum as he begins to explain his six tips for living. I want you to go and see this show so I will refrain from explaining these, or indeed how he wraps the whole show up. If I had to give you a word, that word would be: beautiful.

This is easily one of the best shows I have seen in the festival so far. For the humanism, the honesty, the journey, the fact that as the butt of every well penned joke Birdman is warm, good humoured, positive. Here is not a hapless victim, here is a man celebrating.

For anyone who has ever been challenged by their health, love or loss SEE THIS SHOW and know that when he says, "Don't worry, this story ends well," he is saying so because at the very deepest level, how any story ends really relies on the open positivity of the teller.

A shot in the arm of life is Birdman, do not dither about booking your ticket. If Auckland knows what is good for it, his season will sell out.

If it is true that the way to avoid death is to be magnificent then I should imagine Markus Birdman will live a good long time, possibly forever.

*NZ International Comedy Festival*

**MARKUS BIRDMAN in LOVE LIFE AND DEATH**

Presented by COMEDY.CO.NZ PRODUCTIONS

at The Classic, Auckland

From 13 May 2013 to 18 May 2013

Reviewed by Jan Maree, 14 May 2013

## Stroke Club Social Group in 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 specials of the day from \$10 to \$12 and a good selection of other meal options from toast-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 the next meeting will be on the 18th July 2013.



## 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 Karen McCurry the North Waikato Field Officer on:

Phone: 856 - 1654 or email at: [strokehamilton@paradise.net.nz](mailto:strokehamilton@paradise.net.nz)

or  
Contact Betty Collis on  
Phone: 855 - 6440 or email at: [bettycollis@clear.net.nz](mailto: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: Jill Kurtich***

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







## Quote of the Day

"Life should NOT  
be a  
journey to the  
grave with the  
intention of  
arriving  
safely in an  
attractive and well  
preserved body,  
but rather to  
skid in  
sideways,  
champagne in  
one hand -  
cigarette in the  
other, body  
thoroughly  
used up, totally  
worn out and  
screaming

WOOO HOOO -  
What a ride!"



## Crossword Solution

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

### Down

16 Rests 17 Nanny 18 Needy 19 Slur 20 Elope 22 Meadow  
25 Notorious 26 Zeal 27 Adversity

### Across

## Cancer Society Relay For Life 2013



On 9<sup>th</sup> & 10<sup>th</sup> March 2013 at AgResearch, in Ruakura Hamilton the Cancer Society held the Relay for Life Event which Celebrated 10 years in Hamilton this year. Relay For Life is a team event where we celebrate survivorship, remember loved ones lost to cancer and fight back against this disease.

Teams of 10 or more people, made up of

friends, whānau, co-workers, faith-based groups, classmates or neighbors take turns to walk non-stop around a track for 22 hours. Every team brings its own special energy to the event by creating campsites and enjoying each other's company.

This is a very special community event. All funds raised through Relay For Life stays in the Waikato/Bay of Plenty region and assists the Cancer Society to provide supportive care for cancer patients, their carers, whanau and friends, fund cancer research and provide the public with information on the ways to reduce the risk of cancer through a smoke free, sun smart, healthy lifestyle.

Myra & Paul Scown (see pictures taken by Bev Depree above) from the Stroke Club took part in the 2013 Relay For Life along Jill Kurtich and others from the stroke Club.

Hamilton Stroke News  
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Newsletter  
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**We are on the  
Web !  
Check it out  
today**

[www.stroke.org.nz](http://www.stroke.org.nz)

AND



**Check out the new  
Regional Web site  
It's regularly updated  
You will find the web site at  
[www.strokemidland.org.nz](http://www.strokemidland.org.nz)**

*Reducing the risks - improving the outcomes*

## Stroke Foundation of New Zealand Inc Mission Statement

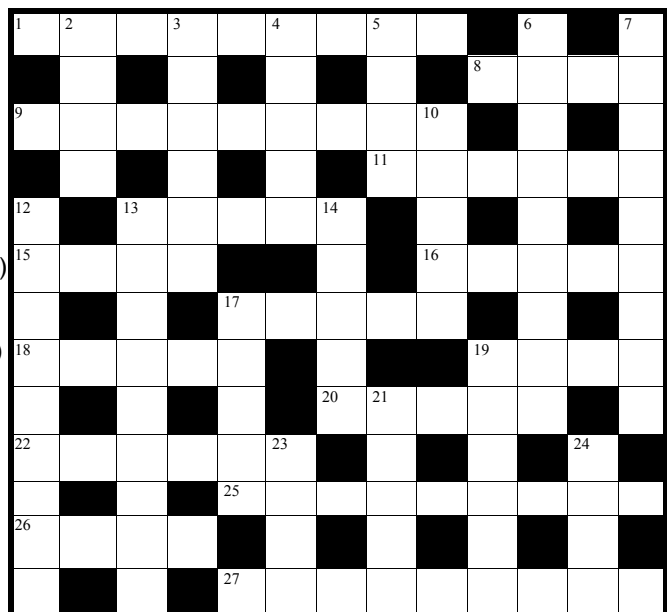


***Reducing the risks - improving the outcomes***

# CROSSWORD

## Clues Across

- 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  
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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, Lion Foundation, Red Cabs Hamilton, Animation Hair Design Cambridge Te Ata Rest Home Te Awamutu, San Michelle Home Te Awamutu, Five Cross Roads Cake Kitchen, Dinsdale Roundabout Garage. Hamilton City Council Wellbeing and Sustainability Fund  
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.