



# Hamilton Stroke Club Newsletter



Volume 8 Issue 3

July, August, September 2013 Newsletter

## Improvements to the Waikato Total Mobility Scheme effective 1st October 2013



The Waikato Regional Council has been working with NZTA and local councils to plan improvements for the

Total Mobility scheme.

These changes will improve access and mobility for people with disabilities and come into effect on Tuesday the 1st October 2013.

There will be a number of changes to the scheme one will be **eligibility** and the scheme will now be open to:

- Children under the age of 18 years
- People resident in Rest Homes.
- People with a temporary disability which has lasted, or is expected to last at least six months.

Another change will be the replacement of city or town boundary travel restrictions with a maximum subsidised fare which will be:

- In Hamilton this will be \$30 per trip (\$15 discount).
- In Taupo this will be \$25 per trip (\$12.50 discount).
- In Tokoroa this will be \$15 per trip (\$7.50 discount).

Each voucher entitles the user to a 50 per cent discount up to a maximised

fare amount as listed above.

For example in Hamilton, this means that if the fare on the taxi meter is \$35, the voucher can be used for \$15, and the user will need to pay the taxi driver \$20. If the total fare is less than the maximum subsidised fare, the 50 % discount still applies.

This means it will be possible to travel for example, from Hamilton City to Cambridge, but the maximum subsidised fare of \$30 (\$15 discount) will apply.

If you are part of the total mobility scheme you will have received in the mail from the Waikato Regional Council a set of new material and information as follows:

- A new Total Mobility ID Card.
- A new blue voucher wallet
- A book of the new pink vouchers with the maximum subsidy printed on them.
- A new information booklet which explains the new scheme and the changes.

Your new vouchers can be used as from Tuesday the 1st October 2013 and make sure you always show the driver your new ID Card.

The old voucher books and ID Cards can be used until the end of 2013 if you still have unused voucher books or

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## ROLL CALL

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

**Eve McKenzie**  
**Aged 102**  
**Caregivers Group**  
28th August 2013

Eve will be greatly missed by her many friends at the Stroke Club and we give our sincere condolences to her family.



## Total Mobility changes continued

have not received your new ID Card and other material yet. If you have not received your new Total Mobility Scheme materials by the time you read this newsletter please see either Betty Collis or Bev Depree who can arrange this for you.

A free phone number has been set up for Total Mobility in the Waikato. If you have any questions or feedback please call **0800 55 88 00**

Once you have used your first of the new Pink Total Mobility voucher books you can get a new one from Betty Collis at Stroke Club meetings or on phone 855 - 6440.

The taxi companies you can use for the Total Mobility Scheme in Hamilton are:

Red Cabs (Hamilton) Ltd  
Phone: 839 3939

Hamilton Taxi Society  
Phone: 847 7477

Trikiso Buses Ltd  
**(Wheelchair Hoist users only)**  
847 0060

Total Mobility operates in other areas, and you can use your voucher in these areas:

- Whangarei
- Auckland
- Hamilton
- Tokoroa
- Taupo
- Bay of Plenty including Tauranga, Mount Maunganui, Te Puke, Whakatane and Rotorua.

- Gisborne
- Napier and Hastings
- Palmerston North
- New Plymouth
- Wellington
- Nelson
- Blenheim
- Greymouth
- Christchurch
- Dunedin
- Invercargill

Before you board a taxi in another region, confirm with the driver that they are an area approved Total Mobility provider and will accept your voucher. If not you will need to check with another taxi company in that area.

Your family, friends and caregivers (able-bodied or not) can share your taxi, but they must be in the vehicle for the entire journey.

If you have extreme difficulty filling out the voucher, or your disability makes it difficult to write your name, the taxi driver will help you.

One Voucher per trip, you must use one voucher for each trip you make. A return trip in the same taxi — for instance, to the shops and back home again - is counted as two trips. The taxi cannot be kept waiting while you carry out any tasks or 'quick stops'.

Vouchers can only be used by the registered Total Mobility member. Any unauthorised use could mean the cancellation of your membership.

Any questions or for a new voucher book contact Betty Collis on phone 855-6440.

## From the Presidents Desk



**Bev Depree**

Following is the text of the Presidents report read out to the 31st AGM held on the 24th July 2013 Bev read the report as the incumbent President and at the AGM was re-elected to the role of President for the 2013 - 2014 year.

### **Presidents Report to the 2013 AGM**

I am privileged to be able to present my annual report to the 31st Annual General Meeting of Stroke Foundation Hamilton, held 11.00 am 24<sup>th</sup> July 2013, at the Marist Rugby Club Rooms, Hillcrest, Hamilton for the 2012 – 2013 year.

First: we must remember all members who have passed away during this last year.

I would like to acknowledge the committed and dedicated efforts of all members of our committee. The committee is made up of eleven members – six of whom are stroke survivors.

Special thanks to Paul and Jill Kurtich for the professional presentation again of our accounts. Again this year we have the audited version tabled for the year ending 30<sup>th</sup> June 2013.

A big thank you and acknowledgement to all funders we have has successful grants from over the year to keep our club

operating.

Grassroots Trust  
Department of Internal Affairs (COGS)  
Lion Foundation  
Wel Energy Trust  
Page Trust  
Trust Waikato  
NZ Post Community Post  
BP Volunteer Petrol Cards  
Hamilton City Council  
Marist Rugby Club

Special mention to our advertising sponsors for the fundraising concert, in Te Awamutu on 24<sup>th</sup> November 2012.

Valray Country, Dinsdale Roundabout Garage, Five Cross Roads Cake Kitchen, Animation Hair Design Cambridge, Red Cabs Taxi's (Hamilton) Ltd, Te Ata Resthome Te Awamutu, San Michele Resthome Te Awamutu

I am pleased to report we are still achieving all purposes and goals set out in our Strategic Plan for 2011 – 2015.

### **SUCCESSSES:**

Acceptances of Civil Defence project completed for Stroke Foundation Hamilton by Occupational Therapy students Tess Ellery and Julie Flaws. We are fine tuning parts of this plan.

Regional AGM & Stroke Club Convention Day: This was held at the Hamilton Airport Motor Inn on October 6<sup>th</sup>, 2012. For those who attended from our club we had a very successful day winning the indoor bowls, bocia, ten pin bowling, and quiz

completion.

Social "Drop in" lunch meetings at the Hamilton Workingmen's Club continue to be very well patronised and supported since its inception.

### **KOOTUITUI:**

We now have a monthly slot on the "HOT DESK" at the Hamilton Central Library in Garden Place on the 2<sup>nd</sup> Tuesday of each month 11.00 am – noon. This gives our organisation a regular opportunity to be in the community displaying our promotional material.

### **BANNERS AND POLO SHIRTS:**

Early in the year we purchased two smart new blind banners to promote the group and the awareness of stroke symptoms (FAST) and risk factors at community functions and displays. Also subsidised branded polo shirts were arranged so that committee members, and volunteers wearing them were recognised as Stroke Foundation Hamilton members.

### **HIGHLIGHTS:**

Stroke Awareness Week – 3<sup>rd</sup> to 8<sup>th</sup> September 2012. Another very successful week, giving us a great opportunity to circulate plenty of Stroke information into the community. Thanks again to all members and volunteers manning the displays.

Health and Disability Expo 14<sup>th</sup> 7 15<sup>TH</sup> September 2012 – Once again this gave Stroke Foundation Hamilton a great opportunity to get information into the community. Thanks again to all members and volunteers manning this display.

## From the Presidents Desk

Bunnings Warehouse Te Rapa – Community Fun Day 9<sup>th</sup> March 2013 and DIY Ladies Night 8<sup>th</sup> May 2013, were both good opportunities to get our information out there in the community. Forty Blood pressure tests were done at the DIY night, thanks to Regional Council member and WDHB Nurse educator Christine Mara with no G.P. referrals necessary.

November 24<sup>th</sup> 2012 saw the major success of the Country Music fundraiser concert organised and run by Val and Ray Thurgood for Stroke Foundation Hamilton and Te Awamutu. This was by far the biggest fundraising exercise we have been involved in locally.

### Acknowledgements:

Grateful thanks to our team of +++++volunteers whose help and support along with committee members keeps our club days running smoothly.

Thank you to Jill O'Reilly and Karen McCurry Regional Field Officers for attending Stroke Club and for the new referrals made to the club over the year.

### Caregivers Support Group:

Jill, Betty and Karen for your joint co-ordination of the Caregivers Support Group. Is much appreciated by those who attend these monthly meetings, thank you.

### Home Visitors:

Thanks to Betty, Imelda and myself for the Home Visiting during this

last year.

### Physiotherapy/Speech Language Therapy:

Thanks to Marion Fletcher for her physiotherapy sessions and Lyn Cumow and Biddy Rob for Speech Therapy sessions.

### Marist Rugby Club Rooms:

Thanks to Andy Costain Marist Rugby Club Manager for setting up the tables, chairs etc for Stroke Club days and Committee Meetings.

### St John Ambulance:

Thanks to St John volunteers for their presence at our monthly club days, giving us all great peace of mind.

### Club Day Activities:

We have all enjoyed a variety of musical entertainment over the year selected mainly by your entertainment committee of Annette, David, Lyn and Cathy. Well done team.

A wonderful variety of raffle prizes has been spread over the year. Thanks to Annette and David.

Thanks to everyone who has kindly donated items for the sales table, and special thanks to Joan Davies for all the home baking done for the sales table over the year.

Special extras and effort were put into our Christmas, Easter and mid-year Christmas club meetings.

### Outings:

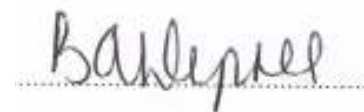
Our bus trip to the Oraka Wapiti Deer Park near Tirau on the 19<sup>th</sup> March 2013 was enjoyed by the 22 members who were able to go. Thanks to the Page Trust for the funding which covered the cost of the "Easyrider Wheelchair" bus.

Great days were enjoyed by all our Christmas Dinner on December 12<sup>th</sup> 2012 and for the mid-year Christmas on June 12<sup>th</sup> 2013, both held at the Hamilton Combined Returned Services Club, with Ballantyne Catering. Entertainment with Karaoke DJ Barry (aka Mayor of Maugapehi) put lots of extra fun into the day.

This brings to an end my report for 2012/2013.

Trust our club will enjoy another successful year ahead.

Kind regards



Bev Depree  
**President**





## Renewing Mobility Parking Permits

Long-term Mobility parking Permit holders can now go on line to renew their permit.

The change means that you'll no longer have to visit your G.P. making the process simpler and easier.

When you receive your renewal notice, you will notice your permit number and a renewal number. You simply need to go to the following web site.

<https://permit.ccsdisabilityaction.org.nz/renewpermit>.

And enter these details.

As part of the online renewal process you can also pay for your new permit by credit card or by internet banking.

### TIP

Your personal details will need to be up to date BEFORE you renew your permit online, so contact your local CCS Disability Action branch if your contact information has changed.



CCS Disability Action Waikato, Hamilton Office phone number is (07) 853 9761.

*From the CCS Disability Action Waikato "Outburst" Newsletter for September 2013*

## Stroke Club Activities in June & July



Stroke Club Volunteers enjoying their lunch at the Hamilton's Workingmen's Club in Frankton to celebrate National Volunteer Week 2013 on Thursday the 4th of July 2013 Stroke Foundation Hamilton takes our volunteers to lunch each year during the National Volunteer Week to thank the Volunteers for their service during the past year



Stroke Club members enjoying the Mid-year Members Christmas Luncheon at the Hamilton Combined returned Services Club in Rostrevor Street on Wednesday the 12th of June 2013 A great day and a lovely venue enjoyed by all who were able to go

## 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.

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.

**Freedom Companion Driving Service:** Personal safe friendly and reliable companion driving service will drive you to medical or other 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 956 956 or check out the website: [www.freedomdrivers.co.nz](http://www.freedomdrivers.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

## 2013 Members Christmas Luncheon



### **Stroke Club 2013 End of Year Christmas Luncheon** **Wednesday 11th December 2013**

I know that the Mid year Christmas 2013 Luncheon has just passed but the Stroke Club End of Year Christmas Luncheon for members will be held this year on the Wednesday the 11th December 2013 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 from today's until November's Stroke Club meeting it would be appreciated so Lyn does not have to run around collecting money on the day of the Luncheon.

#### **End of Year 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**

## Knitting wool required by Volunteer

Stroke Club Volunteer Margaret Collis is a knitter who knits items like knee rugs, bed socks and makes other items for sale on the stroke club sales table on stroke club meeting days.

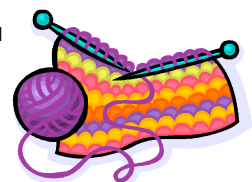
As the cost of wool is increasing like everything else these days, Margaret is asking if anybody has wool they can no longer use or don't want any longer. Single skeins or part balls of wool are ok and any colour is ok as well.

All this wool would be gratefully received by

Margaret and will be used to produce knitted items for the Stroke Club sales table on Stroke Club meeting days.

If you are able to help Margaret with any wool please contact her on the following phone number and she and Roydon will arrange with you to come and pick it up.

**Margaret Collis**  
**Phone: 07 854-0067**



## 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 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 the next meeting will be on the 17th October 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: [north.waikato@stroke.org.nz](mailto:north.waikato@stroke.org.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:***

Graham Thomson  
the St John Volunteer



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







## Quote of the Day

Everyone wants happiness and nobody wants pain

But you can't have a rainbow without a little rain



## 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

## Stroke Awareness Week September 9th to 15th 2013



Stroke Club Home Visitor Michelle Hedges and Vice President Lyn Harrè man the display and collection at the Countdown Dinsdale Supermarket on Saturday the 14th September 2013 during the 2013 Stroke Awareness Week

Stroke Foundation Hamilton had an active week in the City during Stroke Awareness Week from the 9th to 15th September 2013 with displays of stroke material and collection points at the New World Supermarkets at Te Rapa, Rototuna, Glenview and Hillcrest, at the Westfield Chartwell Shopping Mall and at Countdown Dinsdale with something each day of the week and a static display of Stroke Material at the TSB Bank in the City throughout the week.

Many thanks to all the Businesses who allowed us to set up outside their premises and to the Stroke Club Members and Volunteers who manned the displays and collections. A lot of stroke information was given to the public during the week so hopefully the awareness of stroke and stroke risk factors was raised during the week and the profile of our group and the Stroke Foundation was also increased in the city.

Hamilton Stroke News  
Contributions for  
Newsletter  
Contact Editor  
Paul Burroughs  
Stroke Foundation Hamilton  
P.O. Box 27112  
Garnett Avenue  
Hamilton 3257

Phone: (07) 849-2065  
Email: paul.burrr@xnet.co.nz

**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***

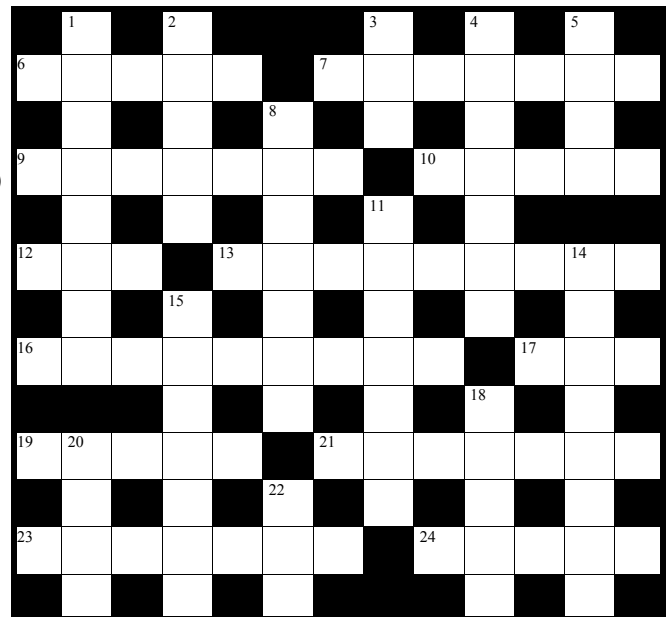
# CROSSWORD

## Clues Across

- 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 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, 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.