

# Hamilton Stroke Club Newsletter

**STROKE**  
FOUNDATION

Volume 8 Issue 4

October, November, December 2013 Newsletter

## More Changes to the Hamilton Total Mobility Scheme effective 4th November 2013



Exciting news from the Waikato Regional Council Total Mobility Coordinator Joanne Dodunski there is now a new Taxi provider in Hamilton.

Driving Miss Daisy has now come on board effective from Monday 4th November 2013.

At this stage they don't currently have provision for wheelchairs but are hoping to by early 2014 and we will keep you updated. Pre bookings are essential.

Also, some more great news, Trikiso Buses Ltd whom have only previously been available to wheelchair hoist users are now available for all Total Mobility users. Pre bookings are preferred.

### **Trikiso Buses Ltd**

Phone 07 847 2203  
0800 TRIKISO  
Email: [info@trikisobuses.co.nz](mailto:info@trikisobuses.co.nz)

Bookings preferred.  
Wheelchair Hoist available

### **Driving Miss Daisy**

Phone (07) 856 8865 or  
021 503 384

Pre-bookings essential.  
No Wheelchair Hoist as yet but  
will have one in early 2014

### **Hamilton Taxis**

Phone (07) 8477 477  
Wheelchair Hoist available

### **Red Cabs**

Phone (07) 839 3939  
Wheelchair Hoist available

Waikato Regional Council will update their website with the new information but the Total Mobility handbooks won't be updated until the next reprint.

If you have any questions please don't hesitate to contact the Waikato Regional Council Total Mobility Coordinator on Freephone 0800 800 401

Hamilton Stroke Club members who are on Total Mobility and have been assessed by the Stroke Foundation Hamilton can get new voucher books from Betty Collis at the stroke club.

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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.

**Owen Evans**  
4th October 2013

**Iris Englebreetsen**  
17th November 2013

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



## Study: Strokes affecting more younger people

**From: The New Zealand Herald**

Thursday Oct 24, 2013

LONDON (AP) Strokes are increasingly hitting younger people and the incidence of the crippling condition worldwide could double by 2030, warns the first global analysis of the problem.

Though the chances of a stroke jump dramatically with age, the growing number of younger people with worrying risk factors such as bulging waistlines, diabetes and high blood pressure means they are becoming increasingly susceptible.

Worldwide, stroke is the second-leading cause of death after heart disease and is also a big contributor to disability.

Most strokes occur when a clot blocks the blood supply to the brain. Patients often experience symptoms including a droopy face, the inability to lift their arms and garbled speech. If not treated quickly, patients can be left with long-term side effects, including speech and memory problems, paralysis and the loss of some vision.

Scientists combed through more than 100 studies from 1990 to 2010 studying stroke patients across the world and also used modelling techniques when there wasn't enough data. They found the incidence of stroke has jumped by a quarter in people aged 20 to 64 and that those patients make up almost one-third of the total number of strokes.

Researchers said most strokes still occur in the elderly and that the numbers of people suffering strokes are still increasing as the world's population ages.

"Some of the increase we will see in strokes is unavoidable because it has to do with people aging, but that

doesn't mean we should give up," said Majid Ezzati of Imperial College London, one of the study's authors. Ezzati said countries should focus on reducing smoking rates further, aggressively controlling blood pressure and improving eating habits.

Ezzati said developing countries such as Iran and South Africa that have set up national systems to monitor maternal and child health are a good model for similar initiatives that could help keep stroke risk factors, such as high blood pressure, in check.

Ezzati and colleagues found the death rate from strokes dropped 37 percent in developed countries and 20 percent in developing countries, largely because of better diagnosis and treatment.

Stroke prevalence was highest in East Asia, North America, Europe and Australia. It was lowest in Africa and the Middle East though researchers said people in those regions may be dying of other ailments before they get old enough to have a stroke.

In the U.S., doctors have already noted an alarming increase in strokes among young and middle-aged Americans, while the number has been dropping in older people.

The research was paid for by the Bill & Melinda Gates Foundation and published online Thursday in the journal Lancet.

"Young people think stroke is only a problem of the elderly, but we need to educate them," said Dr. Yannick Bejot of the University Hospital of Dijon in France, who co-wrote an accompanying commentary. He added that using illegal drugs such as marijuana and cocaine also boosts the chance of a stroke.

"If young people understood how debilitating a stroke is, maybe they would change their behaviour," he said

## From the Presidents Desk



**Bev Depree**

### PRESIDENTS REPORT FOR FINAL NEWSLETTER

#### FOR 2013.

Hi members. Well it looks and feels like we are now heading towards summer, after another 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.

On 29<sup>th</sup> August twelve of our members attended the 10<sup>th</sup> birthday concert for the Te Awamutu Stroke and Older persons support group 2003-2013. Entertainment was by "OPERATUNITY SINGERS" from Auckland and the theme was 'I REMEMBER IT WELL' with melodies from shows, music hall and ballads followed by a light lunch.

The morning was enjoyed by all.

Stroke Awareness week was held 9<sup>th</sup> to 13<sup>th</sup> September and nine venues were used over this week.

Thank you to all our members and volunteers who manned these venues. We distributed plenty of information to the community and successfully raised \$2757-90. from generous public donations.

From September club day we are now using TRIKISO for all our wheelchair transport.

October 15<sup>th</sup> saw a mini tornado sweep across the Marist rugby playing fields (see picture on page 7) , resulting in the clubrooms roof being blown right off. We were left with no option but to have to cancel our club day for October. This was disappointing to us all.

October 9<sup>th</sup> and 30<sup>th</sup> saw the inaugural meetings for our newly formed REGIONAL ADVISORY GROUP meetings.

This is a group set up so each community has a voice to ensure that the management of the Stroke Foundation of New Zealand are aware of local issues and needs.

Our members are myself, Paul Burroughs, Betty Collis, Annette Coombes and Judith Robinson (caregivers rep).

October 18<sup>th</sup> Stroke Foundation Hamilton had a display stall at the KAUMATUA OLYMPICS organised through the RAUAWA AWA KAUMATUA TRUST, held at the Perry Arena (see photo on page 9).

About 300 people attend this event. Again a lot of information was given out . We shared the day with other stall holders Alzheimers, Epilepsy, Life Unlimited, Crosslight Trust, Bupa, and University of Waikato.

October 31<sup>st</sup>, Stroke Foundation Hamilton was invited to do a presentation at NETHERVILLE RETIREMENT VILLAGE at their monthly coffee morning. We were supported by Karen McCurry our Community Stroke Advisor. Again a lot of information was given out .

12<sup>th</sup> November a group of seven of our members attended the Te Awamutu Stroke Club christmas

lunch at the TeAwamutu RSA. An enjoyable time was had by all attended.

It has been a very busy few months with all these different activities.

We have been successful in being granted funding from the Hamilton Page and Trust and WDFF Karamu Trust to organise a bus trip early next year using the Easyrider Wheelchair Friendly bus.

More information will be announced when dates have been finalised.

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 at RAGLAN on 19<sup>th</sup> November.

Thanks to Betty for her effort over the year co-ordinating this for our carers to enjoy.

The last caregivers raffle of a GIFT BASKET was won by number 37, DORIS RUTHERFORD (Jill Kurtich's mother)

Our club day today 27<sup>th</sup> November, will be the last one for the year at the club rooms, so enjoy your entertainment , Katie Trigg, free raffle and your Christmas gifts that have been chosen for us all by your committee.

Included with this newsletter is a copy of the Stroke Club Calendar for 2014 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**

**Continued on page 4**

## From the Presidents Desk

Continued from page 3

### 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 11<sup>th</sup> December, 2013 from 11am onwards. \$20 each includes transport if you are eligible for total mobility and come by taxi.

I trust you are all ready for "GOING DIGITAL" on 1<sup>st</sup> December.

On 1<sup>st</sup> December there is a fundraising performance of Songs from the musical "OKLAHOMA" being held at the SACRED HEART COLLEGE, CREATIVE ARTS CENTRE, Clyde St, Hamilton East.

This is being put on by by singing teacher Kath Woodley, and her students. Each year Kath and her students do a concert and this year **Stroke Foundation Hamilton** has been chosen as the receiving charity. Dress: Cowboy Entry Gold Coin. Sunday 1<sup>st</sup> December, 6.30pm. (see poster at right)

From 4<sup>th</sup> November TRIKISO BUSES LTD whom have only previously been available to wheelchair hoist users are now available to all Total Mobility users. Pre bookings are p referred. Phone 07 8472203.

Also from 4<sup>th</sup> November DRIVING MISS DAISY is a new Taxi provider in Hamilton. At this stage they don't currently have provision for wheelchairs but are hoping by early 2014. Pre bookings are essential.

Phone 07 8568865 021 503 384 FREE.

In June 2014, VALRAY COUNTRY

MUSIC PROMOTIONS will be holding their 100<sup>th</sup> charity show, and have chosen STROKE FOUNDATION HAMILTON & TEAWAMUTU to be the groups to be the receiving charities.

We will be looking for sponsors for newspaper and radio advertising for this event. We will release more information about the line-up of entertainers etc as it come to hand.

To our committee and volunteers your commitment to the club is priceless. Thank you all.

I would also like to welcome new additions to our team of volunteers:

MICHELLE HEDGES home visitor joined us in August.

SUE HENCE joined us in September. A big welcome to you both.

I would also like to welcome BIDDY ROB our speech therapist replacing LYN CURNOW, and TANIA BRON our physiotherapist replacing MARION FLETCHER.

We all need to familiarise ourselves with the change to the FIELD OFFICER designation which has now changed to COMMUNITY STROKE ADVISOR.

It is with pleasure we welcome the presence of our Regional Manager MALITA COGNET and DALE FOWKE the Regional Administrator at our meeting today. Malita is re-locating to Australia early next year so we wish you and your family all the best., and grateful thanks for everything that you have done and achieved for the Midland Region that was.

As this is our last newsletter for the

year seasons greetings to you all, take care, and see you all again in 2014.

*Bev Depree*

Kind regards

Bev Depree



## An Oklahoma Christmas

Sunday 1st December  
6.30 pm

Sacred Heart College  
Creative Arts Centre

Clyde St  
Hamilton East

**Dress: Cowboy  
Entry: Gold Coin**

**Our Charity this year is:**



**Stroke Foundation  
Hamilton**



# Life after a stroke is bureaucratic Catch-22

BY  
MICHELE  
A'COURT

(The Press  
Christchurch  
6<sup>th</sup> November  
2013)



## OPINION:

From time to time - and I know you will understand this - the world gets much smaller. You can't work up a proper interest in geopolitics, the front page of the newspaper carries stories that read like episodes of a TV drama you didn't watch, and friends seem to be living on a planet you haven't visited for a while.

It's what happens when you experience a major upheaval - the world shrinks to the size of your suburban section and you can't see past the gate.

My father came to visit us today. Which is an odd sentence to write because this is where he lives, next door to my house. But for the past six weeks he has been in hospital, recovering from a stroke and learning to walk again.

Dad's ward is filled with men and women dealing with this stuff, working hard to get well enough to go home. And part of the process of getting there is to assess what changes need to be made so the home works for a person with new physical needs.

During today's visit with his therapists, it turned out there's not too much to do - some hand-railings and a door or two that will need to be widened so he can get into the bathroom with his walking frame. The delightful occupational therapist is going to draw up a plan.

I am hoping her plans won't look like they've been drawn by Escher, because the story from here on sounds like it's been written by Kafka.

The Government has money to pay for the structural work and railings. This is what we do for octogenarians on a fixed income who have paid a lifetime of taxes.

However, if my parents choose to take up the offer of government assistance, the process is so slow (months) it won't be done before Dad comes home (weeks). So he wouldn't be allowed home. But he will have to come home because they need the hospital bed. So he has to come home but he's not allowed.

OK, maybe not Kafka. But certainly Joseph Heller. It's a catch-22.

We could get around it by taking off the doors. Except then it would be illegal because there will be no doors between the loo and the kitchen. No-one official would need to know because they'd never see it. But anyone else who came to visit would see quite a lot.

My parents could arrange and pay for it themselves, of course. But they won't be able to claim back any of the cost for the work that would have been done for free if they had applied and waited too long to have it done. The Government won't fund alterations retrospectively - in much the same way, I guess, that they won't prepare the house in advance of the patient coming home.

So we're looking for a builder. I have a feeling there's a guy called Yossarian who works with Milo Minderbinder. I'll Google him.

## 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**

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 today Stroke Club meeting it would be appreciated so Lyn does not have to run around collecting money on the day of the Luncheon. Because the October Stroke Club meeting was cancelled this is the last opportunity to pay for your Christmas Luncheon before the day.

#### **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**

## Why there was no stroke club meeting in October



On Tuesday the 15th October 2013 strong winds blew part of the roof off the Marist Rugby Club Rooms roof causing major damage to the club rooms so that is the reason we were unable to have our scheduled Stroke Club Meeting on the 23rd October 2013. and had to cancel at short notice

Tractor driver Stan Shepherd had a lucky escape when strong winds blew part of the Marist rugby club Rooms roof off on Old Farm Rd.

The roof wrapped itself around Stan Shepherd's tractor (see photo) while he was inside the cab. And parts of the roof were scattered all over the car park and against the chain link fence on the edge of the car park.

## Stroke Club Social Group in 2014

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 2014 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 16th January 2014.



**“Please Support  
All the Sponsors**

**Who Support  
Us”**



## Caregivers Support Group in 2014

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 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 2014 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:***

**DORIS RUTHERFORD**  
(Jill Kurtich's mother)







### Quote of the Day

***You can't  
shake  
hands with  
a clenched  
fist***

**Indira Gandhi**



## Crossword Solution

Eleven 19 Chew 20 Race  
5 Corn 6 Legend 12 Beholden 13 Frequent 15 Spider 17  
1 Rasher 2 Adorable 3 Omit 4 Scullery

### Down

18 Circular 21 Used 22 Renege 23 Cancel  
11 Probable 13 Fade 14 Isle 16 Hay-fever  
7 Tandem 8 Cooper 9 Char 10 Talented

### Across

## 2013 Kaumatua Olympics 18th October 2013



Stroke Club Volunteers Paul Burroughs, Pam Mason & Bev Depree man the information stand at the Kaumatua Olympics on the 18th October

More than 50 University of Waikato students met and greeted 300 Kaumatua from Manawatu, Waikato and beyond who descend on the city to compete in their annual games at the Perry Tennis Arena in Dey Street, helped them get to each of their competitions, assist

those who might need help with wheelchairs or other equipment, instruct teams on the games, keep score and stop cheating.

"The Kaumatua loved seeing the young people there, and the young people saw Kaumatua in a new light organizers said,"

There are a wide range of sports on offer, including ki-o-rahi, kumara and spoon races, hockey, basketball, volleyball, wheelchair races, kumba and poi toa (short poi).

The games are hosted each year by the Rauawaawa Kaumatua Charitable Trust. They started in 2005 and have become so popular that organizers have had to limit athletes to 300.

The Kaumatua Olympians are all aged over 55 and some are in their 80s. The games wrapping up late afternoon with medal presentations and raffle draws.

Stroke Foundation Hamilton had an information stand at the event along with other community groups and one of the participants tasks was to collect Information from all the stands

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**Stroke is on the  
Web!  
Check out  
The National  
Web site today**

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

AND

Keep your eyes  
out for the Stroke  
Foundation  
Hamilton Web site  
coming soon ...

Reducing the risks - improving the outcomes

## Stroke Foundation of New Zealand Mission Statement



**Reducing the risks - improving the outcomes**

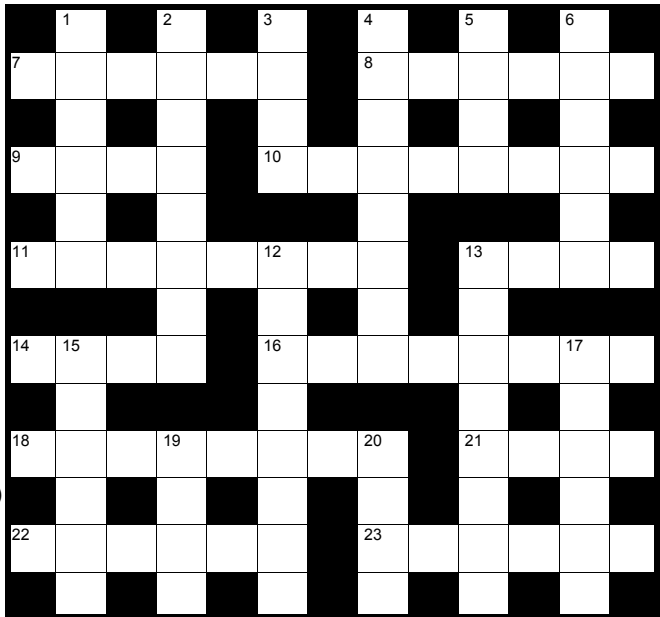
# CROSSWORD

## Clues Across

- 7 A bicycle for two (6)
- 8 Maker of barrels and casks (6)
- 9 Blacken with fire (4)
- 10 Having high ability (8)
- 11 Likely to occur (8)
- 13 Disappear gradually (4)
- 14 Small island (4)
- 16 Pollen allergy (3-5)
- 18 Roundabout, circuitous (8)
- 21 Second-hand (4)
- 22 Go back on a promise (6)
- 23 Withdraw, discontinue (6)

## Clues Down

- 1 Thin slice of bacon (6)
- 2 Charming, delightful (8)
- 3 To fail to include (4)
- 4 Room where dishes are washed (8)
- 5 Seed of cereal plant (4)
- 6 Traditional story, myth (6)
- 12 Under obligation (8)
- 13 Often occurring (8)
- 15 Eight-legged arthropod (6)
- 17 Number in cricket team (6)
- 19 To bite and crush with teeth (4)
- 20 Contest of speed (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. WDFK Karamu 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, Pukete Northcare Pharmacy, 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.