



Hamilton Stroke Club Newsletter: April, May, June 2014

Stroke Club has a display at the Bunnings Warehouse Community fun day in March

On Saturday the 15th of March 2014 a group of Stroke Club volunteers set up a display and gave out stroke information at the Bunnings Warehouse Community Fun Day at their Te Rapa Warehouse store.

It was scheduled to be held outside in the large car park with all the usual fun things like a bouncy castle, face painting for the kids, fundraising BBQ the clown making sausage dogs, giraffes and other novelty items out of thin balloons.

As the Bunnings Community Fun Day this year coincided with the arrival of tropical storm Lusi which brought high winds and rain the activities were moved inside the store which made for

interesting layouts and different neighbours the stroke Club display ended up between the bouncy castle and the local karate group so there were lots of different sound effects with karate demonstrations and children enjoying the bouncy castle but we gave out good stroke information to the public during the day and hopefully next year the weather will be kinder and we can go back out into the car park again.

2014 Stroke Awareness Week

This year National Stroke Awareness Week has been brought forward to earlier in the year and was from the 7th to the 13th of April 2014 Stroke Foundation Hamilton had a number of

STROKE FOUNDATION

STROKE FOUNDATION HAMILTON

displays and collections around Hamilton at New World Supermarkets in Te Rapa and Hillcrest as well as at the Countdown Supermarket in Dinsdale (See pictures on page 6).

Wellbeing Expo at the Waikato Show.

This year we also had a display stand at the Wellbeing Expo at the Waikato show which was held at the Claudelands Arena over the 11th 12th & 13th of April 2014 the former Health and Disability Expo has merged with the Wellbeing Expo which is now one of the exhibitions held at the Waikato Show over three days which followed on from the 2014 Stroke Awareness Week. (See pictures on page 6).

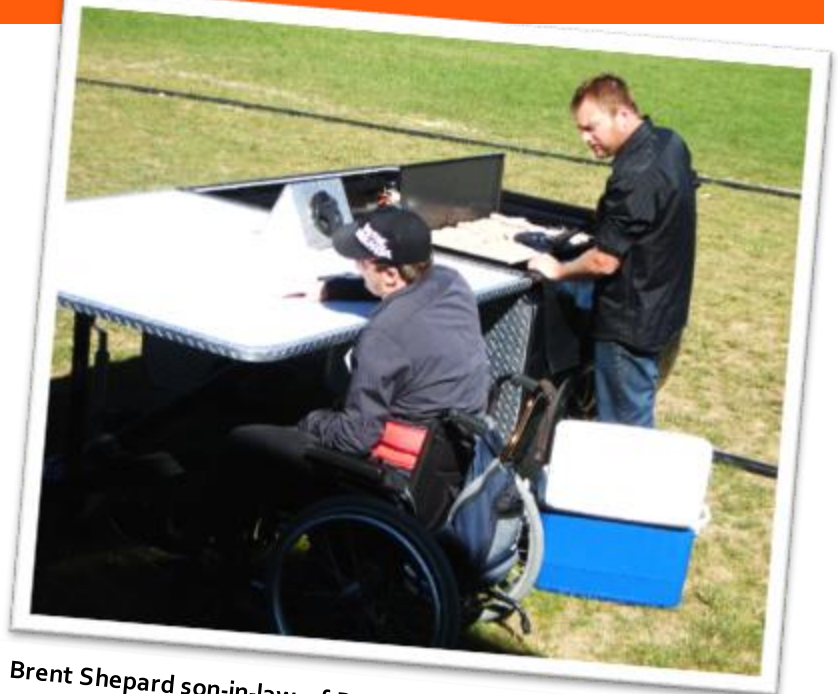
So in March and April 2014 we have had a very high community profile with all these events fitting in before Easter.

Brent's BBQ goes down a treat

On the 26th March 2014 Stroke Club meeting day Brent Shepard the son-in-law of Paul and Jill Kurtich brought along his trailer mounted bbq and cooked sausages for the 70 people present at the Stroke Club meeting that day.

As Easter would have passed by the time of the next stroke club day on the 23rd of April 2014 we celebrated the end of summer the end of daylight saving and Easter with a change to the usual menu with sausages in bread with the usual tomato sauce, hot cross buns and a visit by the Easter Bunny to distribute Easter eggs so an enjoyable sunny day had by those present.

Many thanks to Brent Shepard and Jill Kurtich for all the cooking and serving of the bbq sausages a lovely change.



Brent Shepard son-in-law of Paul and Jill Kurtich watched by Adam Harold cooking up a storm on the trailer mounted bbq he brought along to the stroke club on the 26th March 2014 to provide lunch for 70 people on the day

Quote:

Every morning you have two choices: Continue to sleep with your dreams or wake up and chase them.

Two stroke club members turn 80 in March & May 2014 Also one couple celebrate a 60th Wedding Anniversary



Two of our Stroke Club members turned 80 in March and May Volunteer Roydon Collissee picture at the left turned 80 on the 26th March Stroke Club day and kindly brought in a lovely cream sponge to celebrate and share with his fellow volunteers. Roydon and his wife Margaret also celebrated their 60th Wedding Anniversary on the 6th of May 2014. Margaret and Roydon received congratulatory cards for their 60th wedding Anniversary from the Queen, The Governor General Sir Jerry Mateparae, the Prime Minister John Key and the Hamilton Mayor Julie Hardaker and Internal Affairs Minister Peter Dunne. Stroke Club member Paul Scown also turned 80 on the 29th May 2014 so congratulations on reaching these milestones to you all from everyone at the Stroke Club.

ROLL CALL

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

Irene Drinkwater
20th March 2014
Kitchen Volunteer

Kath Kenyon
28th April 2014

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



Easter bunny Nola Nickle below and her assistant Annette Coombes right distribute Easter Eggs to members at the Stroke Club on the 26th March 2014



QUOTE

Thinking: Stung by the splendor of a sudden thought. (Robert Browning)

"TACT IS
THE ABILITY
TO TELL
SOMEONE TO
GO TO HELL
IN SUCH A WAY
THAT THEY
LOOK FORWARD
TO THE TRIP."

Our days are
happier when we
give people a bit
of our heart
rather than a
piece of our
mind.



FROM THE PRESIDENTS DESK.

Hi Members, the following is my Annual Report to the 2014 AGM

Presidents Annual Report to the 2014 AGM

I am privileged to be able to present my annual report to the 32nd Annual General meeting of STROKE FOUNDATION HAMILTON, held 11.00am 23rd July 2014 at the Marist Rugby Club rooms, Hillcrest, Hamilton for the 2013-2014 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, and the support they have shown and given us all over the year.

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 the financial accounts. Again this

year we have the audited version tabled for the year ending 30th June 2014.

A big thank you and acknowledgement to all funders we have had successful Grants from over the year to keep our club operating.

GRASSROOTS TRUST
INTERNAL AFFAIRS (COGS)
WEL ENERGY
PAGE TRUST
TRUST WAIKATO
WDFF KARAMU TRUST
HAMILTON CITY COUNCIL
NZ POST COMMUNITY POST
Z PUKETE (GOOD IN THE HOOD)

Special thanks to KATH WOODLEY and her students for the fundraising Musical concert OKLAHOMA CHRISTMAS on December 1st 2013.

Special thanks to our advertising sponsors for fundraiser country music Concert in Te Awamutu 14th June 2014.

VALRAY COUNTRY MUSIC PROMOTIONS
BETTA ELECTRICAL
TEAWAMUTU
CLIVE STEENSON PLUMBING
TEAWAMUTU
TOMMOS BAKERY &
LUNCHBAR HAMILTON
NORTHCARE PUKETE
PHARMACY HAMILTON
SKYCITY HAMILTON
TRIKISO BUSES HAMILTON
SUMMERSET DOWN THE
LANE RETIREMENT VILLAGE
HAMILTON

HIGHLIGHTS:

2013-2014 has been a very busy year with several meetings and

public Displays.

Stroke Awareness was held 9th to 13th September 2013 and nine venues were used over that week.

October 9th & 30th 2013 saw the inaugural meetings for our newly formed REGIONAL ADVISORY GROUP meetings. This is a group set up so each stroke community had a voice to ensure that the management of the Stroke Foundation of New Zealand and the Trustees are aware of local issues and needs.

October 18th 2013 Stroke Foundation Hamilton had a display stall at the KAUMATUA OLYMPICS organised through the RAUAWAUA KAUMATUA TRUST, held at the Perry Arena in Hillcrest.

October 31st 2013 Stroke Foundation Hamilton was invited to do a presentation at NETHERVILLE RETIREMENT VILLAGE.

November 26th 2013 a group of Stroke Foundation Hamilton members and Committee were invited to visit the new OPR 4 STROKE WARD at Waikato Hospital.

15th March 2014 we again attended the Bunnings WAREHOUSE Community fun day at the Te Rapa site although the bad weather meant it had to be held inside the store, not outside as planned.

3rd April 2014 we took our display to the COGS (Community organisation grants scheme) administered by Internal Affairs, public meeting for not-for-profit-groups. I must add that our

display stood out from all the rest.

7th to 13th April 2014 Stroke Awareness Week, was held, now brought forward from September. We manned five sites over this week.

11th to 13th April 2014 we had a stand at the WELLBEING WAIKATO SHOW in conjunction with the NEW WAIKATO SHOW held at CLAUDELANDS EVENTS CENTRE. Several thousand people passed through the show over the 3 days.

Over and above all of these meetings Paul Burroughs attends as our representative on the DISABLED PERSONS ASSEMBLY (WAIKATO), and CCS ACCESS FOR ALL COMMITTEE meetings, held regularly throughout the year.

I attend VOLUNTEERING WAIKATO volunteer co-ordinators meetings throughout the year, usually every six weeks.

All of these events give Stroke Foundation Hamilton great opportunities to get the Stroke Risk factor message out into the community.

I must acknowledge the commitment of our committee and volunteers who gave their time to make all these events the success they all were, thank you.

SPECIAL HIGHLIGHTS

14th June 2014. Stroke Foundation Hamilton and Te Awamutu, were selected by VALRAY COUNTRY MUSIC PROMOTIONS to be the recipients of the proceeds from their 100th fundraising concert.

\$7000 was raised which is being shared between Hamilton and Te Awamutu stroke groups. Our grateful thanks go to Val and Ray Thurgood for a wonderful evening and all the work they both put in to making these events a real success.

NATIONAL VOLUNTEER AWARENESS WEEK 15th - 21st June 2014.

To recognise national volunteer awareness week Stroke Foundation Hamilton, we treated all our volunteers to a lunch at the Hamilton Combined Returned Services Club, on 18th June and thanked them for their commitment and dedication to the club.

Friday 20th June, 2014, Seven Stroke Foundation Hamilton volunteers from the volunteer team attended the VOLUNTEERING WAIKATO EXCELLENCE AWARDS at the ATRIUM, WINTEC. We had a nomination in for the TEAM EXCELLENCE AWARD CATEGORY.

There were 11 nominations in for this category and STROKE FOUNDATION HAMILTON, were awarded runner-up. A great result. We won a \$300 cash cheque from DB Accountants and a \$200 Maggies catering voucher, plus a goodie bag from New World Te Rapa, and a framed certificate.

A great result and a wonderful recognition of the work our organisation does for the community, all by volunteers.

OUTINGS:

29th August 2013 twelve of our

members attended the 10th birthday concert for the Te Awamutu Stroke and Older Persons support group. Entertainment 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.

12th November 2013 a group of seven of our members attended the Te Awamutu Stroke Club Christmas lunch at the Te Awamutu RSA.

28th November 2013 a group of six of our members attend the Thames Stroke Club Christmas Lunch at the Salvation Hall in Thames. Paul Burroughs also made a presentation to retiring long time Thames Stroke Club committee member & Treasurer Kahu Tukerangi on behalf of the CEO of Stroke Foundation of New Zealand to commemorate her long service to the Thames Stroke Club.

9th December 2013 a small group of members attended afternoon tea at Eventhorpe Hospital to celebrate with Life Member NORA ADAMS her 99th birthday.

Great days were enjoyed by all for our Christmas Dinner on 11th December 2013 and for mid-year Christmas on June 11th 2014, both held at the Hamilton Combined Returned Services Club, with Ballantyne Catering providing a great carvery menu. Entertainment with Karaoke DJ Barry (aka Mayor of Mangapehi) put lots of extra fun to both days.

12th February 2014 the RAGLAN harbour cruise day out was

enjoyed by all who were able to go. Everything was perfect for the day, weather, tide in, fish and chip lunch, we couldn't have wished for anything more. Our thanks again to Page Trust and WDFF Karamu Trust for the funding granted and Hillary with the Easyrider Wheelchair bus, and the two Skippers on the "WAHINE MOE".

There had been a variety of outings in the year.

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 Karen McCurry (now resigned) and Lynette Jones COMMUNITY STROKE ADVISOR for attending Stroke Club and for the new referrals and support made to the stroke club over the year.

CAREGIVERS SUPPORT GROUP:

Betty Collis and myself for our joint co-ordination of the Caregivers Support Group. These monthly meetings are appreciated by those who are able to attend.

HOME VISITORS:

Thanks to Betty, Michelle, Sendel and myself for the home visiting over this last year. Michelle will be leaving us in August to return home to Canada, so special thanks and best wishes go with you Michelle.

PHYSIOTHERAPY & SPEECH LANGUAGE THERAPY:

Thanks to Marion Fletcher and Tania Bron for their physio sessions and Lyn Curnow, Biddy Robb and Hazel Gray for Speech Language therapy sessions.

MARIST CLUB ROOMS:

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

ST JOHN AMBULANCE:

Thanks to St John Ambulance 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 Coombes, David, Lyn and Cathy. Well done team.

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

Special extras and effort were put into our Christmas, Easter and mid-year Christmas club meetings, many thanks to Nola Nickle for her Easter Bunny and Mother Christmas turns during these days.

We all enjoyed a wonderful barbeque lunch cooked by Brent (Jill & Pauls) son-in-law at our 26th of March 2014, meeting.

We are catering most months for

a head count of 70 plus.

The Membership draw prize introduced during the year has certainly been an incentive to be a financial member of the club.

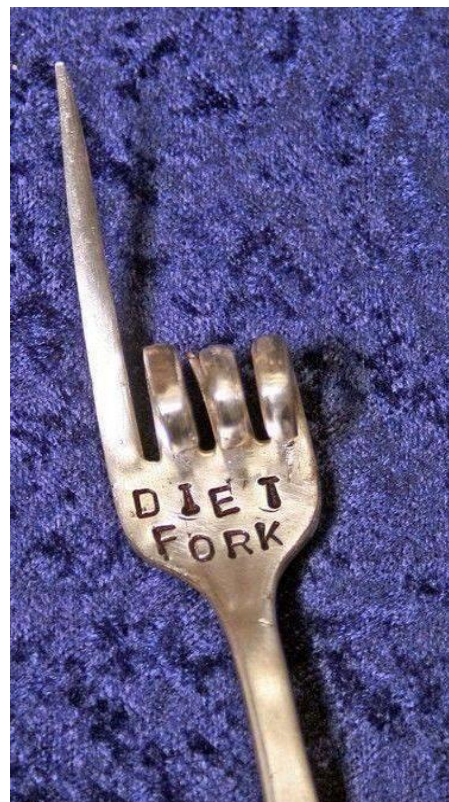
This year's membership fee will be \$10.00 per person, and the Membership draw prize voucher has been increased to \$50.00 per month.

This brings to an end my report for 2013/2014.

Trust our club will enjoy another successful year ahead.

Bev Depree

Bev Depree



Stroke Awareness Week 2014 & Wellness Expo at Waikato Show

During the 2014 Stroke Awareness Week which this year was held in the early part of the year from the 7th to the 13th April 2014 we here in Hamilton had a busy week of displays and collections around the city at the New World Te Rapa & Hillcrest Supermarkets and at the Dinsdale Countdown Supermarket where a lot of people were given stroke and risk factor information. We also had our usual Garden Place Library Kootuitui Hot desk display and to cap off a busy week we also had a stand at the Waikato Show Wellbeing Expo over the weekend of the 11th, 12th and 13th with a huge number of people passing through the show it meant we had a presence somewhere in the city over the whole week and the weekend from the 7th to the 13th with our volunteers in their blue stroke polo shirts and our blind banners raising our profile in the city and with all the fast cards and fridge magnets and stroke information leaflets given out we have hopefully

educated more of the population in Hamilton about strokes and the associated risk factors like high blood pressure and too much salt in the diet.

Our presence at the Waikato Show Wellbeing Expo over the three days also raised our community profile and gave the opportunity for networking among other agencies who also had stands at the Wellbeing Expo so was a very good fit to the 2014 Stroke Awareness Week and reached a different audience of people who travelled from the communities surrounding Hamilton. Thank you to all of the Volunteers who helped to staff the stands around the city and at the Waikato Show a busy week but a good chance to get the stroke and fast message out to



lot of people and educated them on the risk factors. **See the photos below and above with Pam Mason and Annette Viviani at New World Te Rapa on the Left and Colleen Carew and Lyn Harrè at Dinsdale Countdown below right. Bev Depree and Colleen Carew on the Waikato Show Wellbeing Expo stand are in the photo above**



Well done to Volunteer Team



On Friday the 20th of June 2014 a group of seven Stroke Foundation Hamilton Volunteers represented the volunteer team of 32 at the Volunteering Waikato Volunteer Excellence Awards function at the Wintec City Campus Atrium function to celebrate National Volunteer Week 2014 which was from the 15th to 21st June 2014.. The Stroke Foundation Volunteer team was nominated with eleven other volunteer teams from Hamilton and the greater Waikato and was fortunate to be awarded the runner up position in the Team Excellence section of the Awards with the South Waikato Victim Support team from Tokoroa winning the Team Excellence Award for 2014

See the photos on this page top left of Bev Depree with HCC Councilor Philip Yeung on stage as the nominees were introduced. Above right at the table in the Wintec Atrium left to right are Sandra Treanor, Pat Dallinger, Paul Burroughs, Bev Depree, Lyn Harrè, Kitty Hamblin and Pam Mason. Below left on stage to receive the Runner Up Award and below with the Runner Up framed Certificate. As Runner up the group received the framed certificate, a cheque for \$300 sponsored by DB Chartered Accountants, a \$200 Catering Voucher sponsored by Maggy's Catering and a Goodie Bag Sponsored by Te Rapa New World well done team.



Welcome to Lynette Jones new CSA

Newly appointed Hamilton based Community Stroke Advisor Lynette Jones has kindly supplied the introduction below for this newsletter. Welcome to the CSA Team Lynette.

Hello, my name is Lynette Jones. It gives me immense pleasure to introduce myself as the newly appointed Community Stroke Advisor - North Waikato region of Stroke Foundation NZ. The region of North Waikato covers Te Kauwhata – Raglan – Cambridge – Hamilton – Otorohanga. I am extremely excited that I have been appointed to work with Stroke Foundation NZ. I am totally devoted to the well-being of all persons and will give you my 100 percent in effort and expertise to support Stroke Foundation NZ.

I am a recent graduate in Bachelor of Occupational Therapy degree. This degree is a partnership of Otago/Wintec, Hamilton, where I studied for four years. While studying I also worked part-time as a carer for the elderly in rest home or private residential homes. I have had 19 years work experience with a large NZ owned company, which I was happily employed in until I decided a change of career was needed.

While raising my four (now adult) children in Pukete area, I was fortunate enough to be a committee member for the beginning of the Pukete Neighbourhood House. This community enabled me to network with sporting groups, youth, after/school and before school programmes and holiday programmes. I am a keen sportsperson, competing in marathons, half ironmen and swimming. Nowadays I tend to swim, cycle and walk. With my hobbies being gardening, walking and spending time with my family and friends. .



The Worldwide Stroke Epidemic

According to Jerome Chin, MD, PhD, MPH, lecturer in global health at the University of California, Berkeley, vascular disease is the major threat to the long-term survival of humans as a species, even more so than global warming and nuclear war. Almost one quarter of deaths worldwide are the result of ischemic heart disease and stroke, and the problem is getting worse because the stroke and heart attack rates are highest in low- and middle-income countries, where most of the world population resides.

Several factors are to blame: poor access to care; an aging world population; urbanization (more than one half of the world's population now lives in cities) that leads to a sedentary lifestyle and access to processed foods; increasing obesity rates; and a high prevalence of smoking (in China, 45% of men smoke, and in Russia, 55% do). Moreover, between 25% and 50% of adults worldwide have hypertension, and most are untreated.

Dr. Chin reminded us that governments need policies and actions to stem the stroke epidemic. Public health measures that promote healthy diets and physical activity, and access to high-quality and affordable primary care, are a cornerstone of such policies. Many countries, however, do not have sufficient resources to address these issues alone.

The international medical community can help translate advances in prevention science into public action, collaborating with governments and civil societies. Dr. Chin described a successful example of an organization that engages international physicians and local communities: the Alliance for Stroke Awareness and Prevention Project in Uganda. Over the past few years, this organization has screened more than 50,000 people for hypertension and worked with the local health system to promote treatment. The organization is expanding into India and other countries.

The article contributed by Hugh Jagoe



Social Lunch Group:

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 Workingmen's Club in Commerce Street in Frankton for 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 blackboard 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 Workingmen's club in Commerce Street in Frankton the next meeting will be on the 21st August 2014



Caregivers Support Group:

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 Betty Collis on
Phone: 855 - 6440 or
Email bettycollis@clear.net.nz at:
Or
Contact Bev Depree on
Phone: 847 -
9354
Email: bevdepree@gmail.com

Or contact the North Waikato Community Stroke Advisor on:
Phone: 856 - 1654 or Email at:
north.waikato@stroke.org.nz

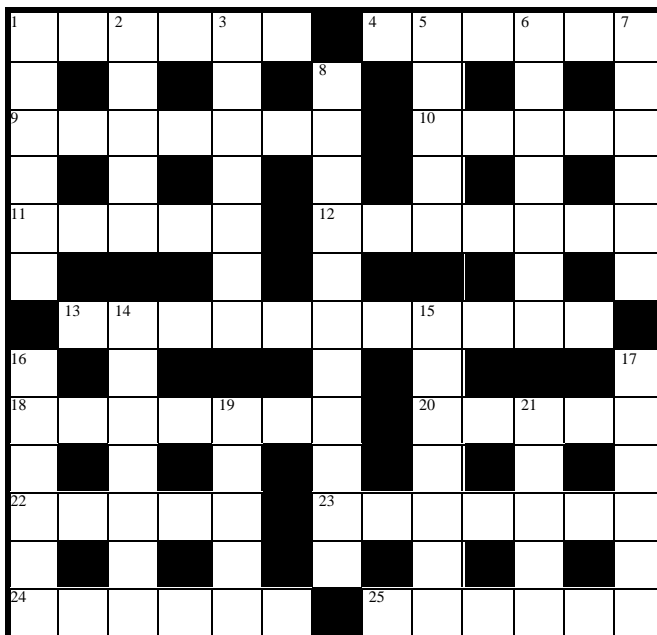
The caregivers group also runs regular raffles to raise funds for the group so if you see them at stroke club or other places please support them.

The last raffle drawn was won by: Stroke Club Member Jill Kurtich and the Waikato Show Wellbeing Raffle basket was won by N°17 Graham Woodhouse and the Caregivers Raffle at the Wellbeing Expo was won by N°26 Maureen Morgan.

CROSSWORD

Clues Across

- 1 Old-fashioned (6)
- 4 Period of ten years (6)
- 9 Put under water (7)
- 10 Group of three (5)
- 11 Actor hired for crowd scenes (5)
- 12 One who betrays (7)
- 13 Receiver of a benefit (11)
- 18 Fair play, sportsmanship (7)
- 20 Throw out, eject (5)
- 22 Destroy surface of (5)
- 23 Enthusiastic applause (7)
- 24 Remove errors from (6)
- 25 Mother or father (6)



Solution on Page 12

Clues Down

- 1 Case for arrows (6)
- 2 Confess to (5)
- 3 To tell a story (7)
- 5 Special edition of a newspaper (5)
- 6 Person who flies aircraft (7)
- 7 To put up with (6)
- 8 Confinement, limitation (11)
- 14 Part of serial story (7)
- 15 Japanese art of flower arrangement (7)
- 16 Plan in underhand way (6)
- 17 Heavenly body (6)
- 19 Work flour into dough (5)
- 21 Estimate value of (5)

Crossword kindly supplied by

Brainteaser Publications, P.O. Box 10101,
Hamilton, N.Z.

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Country music singer Helen Riley from Matamata entertaining members at the Stroke Club meeting on the 28th of May 2014 with a good selection of country music and other popular songs thank you Helen for travelling from Matamata.

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Newsletter editor and any contributions please contact Paul Burroughs
At the above address or email.



Stroke Foundation of New Zealand
Mission Statement

Reducing the risks - improving the outcomes

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, Countdown Dinsdale, 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. WDFF Karamu Trust B.P. Voucher for Volunteers, Lion Foundation, Red Cabs Hamilton, Animation Hair Design Cambridge ValRay Country Music Promotions Te Awamutu, Betta Electrical Te Awamutu, Clive Steenson Plumbing Te Awamutu, Pukete Northcare Pharmacy, Hamilton City Council Wellbeing and Sustainability Fund, Z Good in the Hood. Summerset Down the Lane Retirement Village, Trikiso Buses Ltd. SkyCity Hamilton, Tommos Bakery & Lunch bar Hamilton

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.

Please support all the sponsors who support us



Across

1 Quint 4 Decade 9 Immerse 10 Triad 11 Extra
12 Traitor 13 Beneficiary 18 Cricket 20 Expel
22 Erode 23 Ovation 24 Emends 25 Parent

Down

1 Quiver 2 Admit 3 Narrate 5 Extra 6 Aviator
7 Endure 8 Restriction 14 Episode 15 Ikebana
16 Scheme 17 Planet 19 Knead 21 Price