



Hamilton Stroke Club Newsletter: January, February, March 2014

Stroke Club members visit new OPR4 Unit at Waikato Hospital

Ward OPR4 staff at Waikato Hospital hosted a group from Stroke Foundation Hamilton (see photo above) and gave them a guided tour around the new Older Persons and Rehabilitation wards on (Tuesday 26 November 2013).

The group, which consisted of stroke patients who have been through Waikato DHB services as well as volunteers from the Hamilton Stroke Club, shared with Waikato DHB staff their personal viewpoints of life after a stroke.

The Hamilton Stroke Club is a peer support group run by stroke survivors and volunteers for stroke survivors and their caregivers and families.

"They wanted to tell their story and we

wanted to hear it. So the tour was of mutual benefit," nurse educator Christine Marra said.

The group were shown the new state of the art gym area on the ground floor and the very well designed outside garden area which has different levels steps and surfaces along with a clothes line and bbq area to aid the rehabilitation process.

Then the group were given a comprehensive tour of the new specialist Stroke Unit on the floor above and then met with unit staff for a question and answer session.

We send our grateful thanks to Christine Marra the Nurse Educator for facilitating the visit to OPR4 and to the Stroke Unit staff Raewyn Lee, Leigh Brown and Pat Simpson

STROKE
FOUNDATION

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pictured above and the other staff for showing us the new unit and explaining the different areas and their use in different ways.

Following the tour of the unit the Stroke Club members then met with unit staff for a question and answer session where both sides talked about the stroke experience in the Waikato Hospital and their work working with stroke patients in the unit.

The Waikato Community and those community members who have the misfortune to suffer a stroke, are extremely lucky to be able to have these state of the art facilities which were only opened in mid-2013 to treat people with strokes and the other health issues of the older population in Hamilton City and the greater Waikato and their access to the specialist stroke staff and clinicians and therapists all in the one location.

Nora Adams celebrates Her 99th Birthday

On Monday the 9th December 2013 family and friends gathered at the Eventhorpe Rest Home & Hospital in Hamilton East to help long time Hamilton Stroke Club Member Nora Adams celebrate her 99th Birthday with a few songs sung by Margaret Curran and a friend on guitar including Happy Birthday and a few other of Nora favorites followed by the cutting of a 99th Birthday cake brought along by Nora's son Ron see the picture on the right and a cup of tea.

Congratulations on reaching this mile stone Nora we all look forward to helping you celebrate your 100th Birthday in December 2014.



Stroke Club member Nora Adams cuts the 99th birthday cake with her son Ron Harris at Eventhorpe Rest Home in Hamilton on her birthday on Monday the 9th of December 2013

Quote:

Accept what is, let go of what was, and Have faith in what will be.

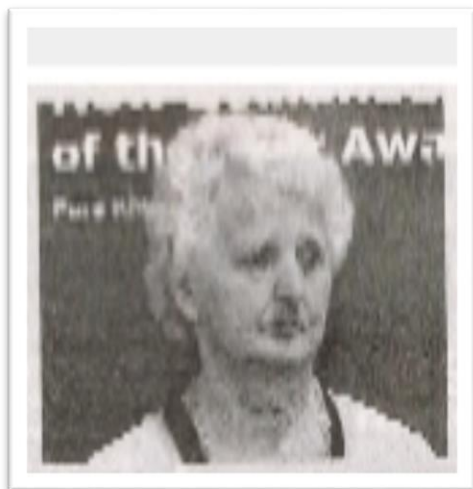
Thames Stroke Club Treasurer honored

At the final Thames stroke club meeting for 2013 and the Stroke Club Christmas Lunch for the group on Thursday the 28th November 2013 at the Salvation Army Hall in Thames long serving Treasurer Kahu Tukerangi and her daughter Airini were the guests of honor as Kahu retired from the treasurers position after many years in that position. Kahu has been involved with the Thames

Group since its formation in 1986. A group from the Hamilton Stroke Club attended the lunch and the Thames Stroke Group presented Kahu with a new walker and photo album of activities over the years and Paul Burroughs presented Kahu with a framed letter of thanks from the Stroke Foundation of New Zealand CEO Mr. Mark Vivian on his behalf as Mr. Vivian was not able to be present at the lunch on the day



Thames President Raywn Antonovich honored in Hamilton



On Monday the 9th of December 2013 the Hamilton Gardens played host to Kiwibank's Local Heroes New Zealanders of the Year Awards 2014, where people from throughout the Waikato were recognized for their contributions to their communities.

Among the winners was long time Thames Stroke Club President Raywn Antonovich, who has juggled her career, voluntary work and caring for her sick mother while raising three children, all with "an unwavering positive attitude" and with the support of husband John. Raywn nursed at Middlemore Hospital for 20 years, later in the Tararu Rest Home and gave 18 years in the Hospital in Thames.

Raywn's mother suffered a stroke 25 years ago and Raywn cared for her at home, so when she saw the Stroke Foundation advertising for a volunteer she applied. Raywn has been President of the Thames Stroke Foundation since then, and said It was "a great part of my life". Fairfax Media was a sponsor of the event and Waikato Times editor Jonathan MacKenzie was present on the night to offer congratulations to all the winners. Congratulations on the Award Raywn.

ROLL CALL

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

Selwyn Jesney

13th January 2014

Tom Adams

11th February 2014

Ken Gregan

24th February 2014

Bev Hughes

9th March 2014

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



**Lyn Harrè & CSA
Karen McCurry
right and Annette
Coombes & Nola
Nickle below at
the Stroke Club
Christmas Lunch
at the RSA on the
11th December
2013**



QUOTE

Does it count as saving someone's life? If you just refrain from killing them.



FROM THE PRESIDENTS DESK.

Hi Members,

In my last Presidents report we were just heading into summer. Now we have had summer and into autumn already.

Club day activities have started the year off well, with great entertainment for January by Loma and Paul, and February by Danny Savage, along with our usual activities with raffles, physio, speech and bingo.

Today we are taking Easter celebrations into our day. Even though it is a little early it will be after Easter by the time we have our April club day.

You will all be treated with a great BBQ lunch, kindly provided by Brent, (Paul and Jill Kurtich's son-in-law), Hot Cross buns and Easter eggs.

Our entertainment today is Joy Adams, our local International Country Music recording artist.

The attendance at our club days has been increasing over the last six months or so and we are catering for a head count of seventy each meeting.

The membership draw which was introduced last year, with the \$20 Pak n Save gift card has been well received. We now have 57 or more financial members, which to my knowledge is probably the highest it has ever been.

Since our last newsletter, and leading up to Christmas there were quite a few events and visits made by committee and members, to other clubs and these are highlighted in various items throughout this issue.

The OKLAHOMA CHRISTMAS fundraising musical concert put on by Kath Woodley and her students on 1st December 2013, raised \$214.50 for Stroke Foundation, Hamilton. The evening was enjoyed by all who attended. We were most grateful that our organisation was chosen by Kath to receive the proceeds from evening.

The Christmas lunch out at the Hamilton Returned Services club on December 11th 2013, was enjoyed by all who were able to attend. We had 81 members and guests attend this outing (see pictures on page three).

Your mid-year Christmas outing is coming up on June 11th 2014, at the same venue. Cost will be \$20.00, which includes your Taxi transport if on Total Mobility.

So mark this date down, for a great day out with the usual menu and entertainment by Barry.

The Raglan Harbour cruise day out in February 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. (See the pictures on page eight)

Our thanks again to Page Trust and WDFK Karamu Trust for the funding granted, and Hillary with the Easyrider Wheelchair bus, and the two Skippers on the "Wahine Moe".

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 Caregiver Support Group started the New Year off with a coffee get together at the Hamilton Gardens cafe, in February.

We had for the first time two men caregivers attend, so welcome to John Stokes and Don Lindale. Also welcome to Mereana Cox-Chestnut, for her first time.

Thank you Betty for co-ordinating this group for our carers.

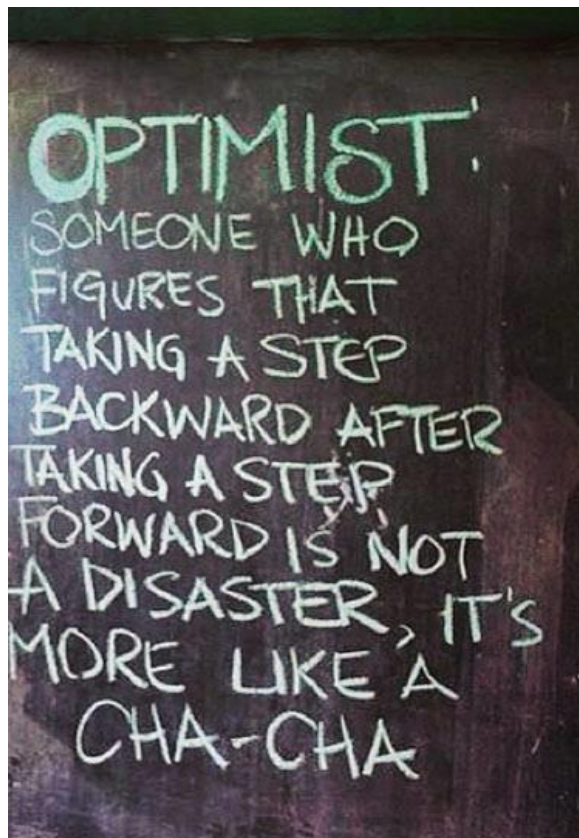
On Saturday March 15th, we had a display at BUNNINGS COMMUNITY FUN DAY which

had to be moved inside the store due to the bad weather from cyclone Lusi.

Plenty of information was again available to the public. Thanks to committee and members that helped to man this display.

On 11th, 12th and 13th April 2014, we will be having a display at the WELLBEING WAIKATO SHOW in conjunction with the WAIKATO SHOW, being held at CLAUDELANDS EVENTS CENTRE. The show runs from 10am to 5pm each day. If any of you would like to do a shift on the roster, from either 10am – noon, noon – 3pm, 3pm – 5pm, please see myself or Paul Burroughs. There will be a committee members rostered on each shift as well.

Last year 15,000 people passed



through the gates for this event.

We have also just found out from the Stroke Foundation in Wellington that the 2014 Stroke Awareness Week will be from the 7th to the 13th April 2014 which does not give us much time to arrange things this year but will fit in with the Waikato Show activities

On Saturday June 14th, 2014, VALRAY COUNTRY MUSIC PROMOTIONS will be holding their 100th charity show and have chosen STROKE FOUNDATION HAMILTON & TE AWAMUTU to be the groups to receive the proceeds from this evening.

There will be a variety of well-known NZ country music entertainers who have performed

in their previous concerts over the years. Tickets will be \$20.00 and be on sale sometime in May.

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

I would like to welcome

new volunteer JACOMINA VERSLUIS to our team.

I would also like to thank St John volunteer GRAHAM THOMPSON for the peace of mind aura he brings to each club day.

I would also like to welcome HAZEL GRAY, WAIKATO HOSPITAL, Speech Language Therapist who has replaced BIDDY ROB.

Well I think I have covered all I can think of since our last newsletter.

If any members have items of interest you may wish to have published in our newsletter, please see Paul Burroughs.

A big thank you to Paul for the professional way in which he creates the quarterly issues of this Publication.

One last thing, remember DAYLIGHT SAVING ends on SUNDAY 6th APRIL 2014. The clocks go back one hour.

Kind regards
Bev Depree.

Quote:

Marriage is like a deck of cards. In the beginning all you need is two hearts and a diamond. By the end you wish you had a club and a spade

The day my husband 'lost' part of his brain

FIONA WESTON

January 12, 2013. The holiday so anticipated by our mountain biking family at the Queenstown Mountain bike Park. Mum, dad and two teenage boys.

What could go wrong? Not a biking accident, not a car accident, but a random occurrence in a healthy, active, non-smoking, non-drinking 53-year-old - a carotid dissection.

While walking along the street, my wonderful husband suddenly suffered a massive stroke, slumped to the ground and "lost" a large part of the left side of his brain.

This story is not about helicopters to Invercargill, Life Flights to Wellington and three months in a rehab ward. All that is now a deeply buried memory.

This is about the journey we have been on since then - the good, the bad and the ugly.

The bad and the ugly are about constantly having to negotiate and even fight almost every level of the health system because of a one-size-fits-all approach that does not cater for the under-65 category.

This is bad enough when you are 53 with teenagers. This type of stroke could happen at any age, but what about a 33-year-old with toddlers?

The good is about the expertise of wonderful individuals working hard

in a funding-restricted system that simply threatens to limit people's rehabilitation potential, and how those individuals encouraged and supported us in our cause to make things better, not just for us, but for those that follow.

Even better are our friends, family and community. Those who arrived in Invercargill for support and drove back to Wellington, those who arranged and provided meal rosters, working bees, shoulders to cry on, second homes and step-in fathers for the boys when needed.

It is about how relationships that could have crumbled under the pressure instead became stronger.

It is about how determined, positive and completely inspirational Colin has been and how we all refused to settle and have pursued every avenue possible in his recovery.

The journey continues, but we have come a long, long way. Colin now walks largely without a stick, some movement is returning in his arm and his speech continues to improve every single day.

We don't mourn a loss. Rather, every day we celebrate every achievement and every challenge that is conquered, and the wonderful ability of the brain to compensate. The wonders of neuro-plasticity.

We are certainly travelling a road. For Colin, the six-lane, 100kmh speed limit highways that previously formed the pathways in his brain for language and movement have suffered major damage and not all can be repaired. He therefore takes many detours around those areas;

usually single-lane, 40kmh roads that take much longer.

Eventually though, the detour ends up on the original highway, or sometimes on an entirely new one that gets us there by an alternative route.

While the road works in his brain continue, we all keep our project plans, hard hats, diggers and shovels at the ready to complete each new section.

I encourage others to never lose hope, never allow yourself to be boxed and never settle for less just because it seems to be all that is available.



Determined: Despite suffering a stroke Colin is hoping to get back on his mountain bike.

The above article from the Stuff Web site on the 12th January 2014 and the Stroke Foundation of New Zealand web site.

Farewell to Malita Cognet



Stroke Foundation Hamilton
President Bev Depree
presenting a certificate of
appreciation and gift to Malita
Cognet on behalf of the Stroke
Foundation Hamilton

At the final Stroke Club meeting for the year in 2013 on the 27th November 2013 Dale Fowke the Midland Regional Administrator and Regional Manager Malita Cognet from Tauranga attended as guests of honor and because Malita had submitted her resignation and intended to retire to Australia with her family at the end of January 2014,

Stroke Foundation Hamilton made a presentation to Malita in appreciation of the huge amount of work she had done in funding and establishing a benchmark professional Field Officer Service (*now called Community Stroke Advisor Service*) in the Midland Region since being appointed in the year 2000 with all CSA in the Midland Region now have an office a vehicle and cell phone and being salaried. Prior to 2000 most of the CSA were volunteers only getting mileage reimbursed for using their on vehicle for their work in the community around the Midland Region.

On the 16th January 2014 the former Midland Regional Council Members the Midland Regional CSA Team and the Stroke Foundation of New Zealand CEO Mark Vivian meet at the Cambridge café the Lily Pad for a function to farewell Malita Cognet and make a presentation to her from the Regional Staff .

Mark Vivian SFONZ Ltd CEO
and Malita Cognet Midland
Regional Manager and the
Midland Regional Community
Stroke Advisor Team and former
Regional Council members at the
Lily Pad Café in Cambridge for
the farewell to Malita Cognet



Stroke Club Outing to Raglan



Members board the Wahine Moe at the Raglan wharf ready to set out on a Harbour cruise



Members enjoy the Raglan Harbour views from the top deck of the Wahine Moe



Members enjoy a fresh John Dory and chips lunch on the wharf outside Raglan Seafood's before returning to Hamilton after the Raglan Harbour cruise.



Members board the Easyrider wheelchair accessible bus to return to Hamilton after the Raglan Harbour cruise on the Wahine Moe

On Wednesday the 12th February 2014 thanks to the generous funding grants of the "Page Trust" who sponsored the cost of the Easyrider Wheelchair accessible Bus and the WDFK karamu Trust who sponsored the Harbour Cruise on the Wahine Moe thirty members, caregivers and volunteers enjoyed an outing to Raglan to have a cruise on Raglan Harbour aboard the catamaran the Wahine Moe followed by a fresh John Dory and chips lunch on the wharf outside Raglan Seafood's before returning to Hamilton on the Easyrider Bus a great day enjoyed by all.



Cathy's corner:

Stroke Club Member Cathy Harbour and her husband Matt would like to thank everyone for their good wishes and cards and texts following Matt's recent stay in Waikato Hospital to have his leg amputated. Cathy reports that Matt is currently in OPR2 undergoing rehabilitation and looking forward to coming home again once his rehabilitation is completed so if you are up at the hospital pop in and see Matt in OPR2 room 20.

Cathy would also like to advise of the following two items:

Accessible Accommodation available as follows:

'Do you or a family member with a disability wish to live independently in a vibrant neighbour-hood with easy access to transport, shops and services? Do you need a quiet friendly place to live while you study or train for a career? The Ryder Cheshire Foundation (Waikato) Charitable Trust is inviting applications for two accessible rooms coming available at their wheelchair friendly, fully accessible homes on Sandwich Road in St Andrews Hamilton.

Choose from two spacious rooms, both have a ranch-slider to the garden and storage, one is en-suite and one shares a large wet area bathroom with one other. The houses are fully furnished with modern appliances and residents bring their own bedroom furniture and items. Residents share communal eating and living areas and while a Manager oversees the homes, daily life is based on flatting principles, with respect and consideration for others. Some criteria apply and if you are a non-smoker who would enjoy life with like-minded others, please contact Margaret McQuillan on 027 211 3004 (call or text) or email rydercheshire.waikato@xtra.co.nz.

Hamilton Boccia Group:

There is now an active Boccia group organized by Parafed Waikato which meets in St Andrews. The game is similar to bowls, where an athlete must try to get their leather balls as close to the jack as possible from a seated position. Throwing, kicking or the use of an assistive device can propel the ball onto the wooden court. It is both a team and individual sport that can be enjoyed by anyone and everyone!

They have regular training sessions on Tuesday and Thursday evenings. They practice skills and drills and have fun competing against each other at our sessions.

The Tuesday session is more social and the Thursday session is more competitive.

Time: 5:30 - 7:00pm **Where:** St Andrews Indoor Lawn Bowls Club, Duncan Road, St Andrews, Hamilton

Cost: Free but we highly encourage attendees to become Parafed Waikato members.

If you would like to play or to help out please contact Carol Armstrong 07 858 5388 or email parafedsf@sportsforce.org.nz



Manual Wheelchair free to a good Home:

Hamilton Stroke Club member Joan Ross has a manual wheelchair no longer used by a family member which she is happy to give to anyone who can use it. If you are interested phone Joan Ross on Phone: (07) 843-2642 and talk to her about it.



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 the North Waikato Community Stroke Advisor on:

Phone: 856 - 1654 or Email at: north.waikato@stroke.org.nz

or

Contact Betty Collis on

Phone: 855 - 6440 or

Email at: bettycollis@clear.net.nz

Or

Contact Bev Depree on

Phone: 847 - 9354

Email: bevdepree@gmail.com

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 Colin Glass



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 lunch.

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.

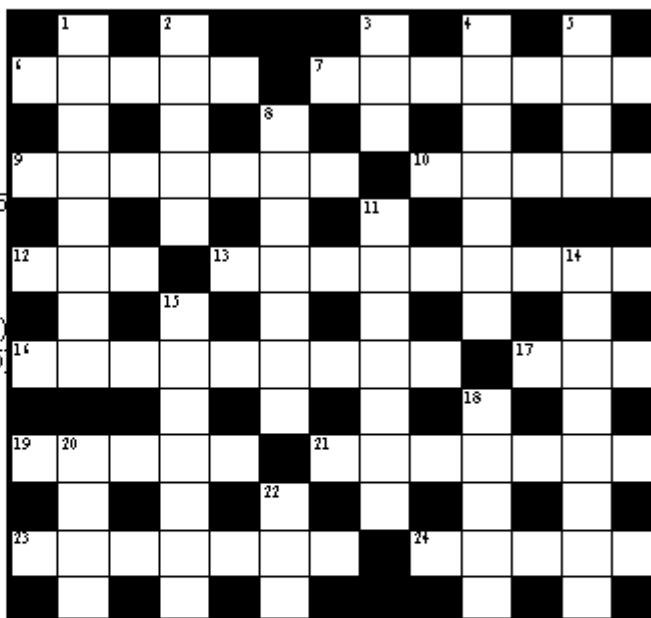
The meals are very good value with blackboard specials of the day from \$10 to \$12 and a good selection of other meal options from toasted sandwiches and chips to a nice steak and salad. The club shuttle van is also available in the afternoon to go home in for only \$4.00 to anywhere in the city which 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 17th April 2014

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 ho5e 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 10

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



Classical music singer Katie Trigg entertaining members on the last Stroke Club meeting for 2013 on the 27th November 2013 with a good selection of light classical musical items

STROKE FOUNDATION HAMILTON

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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, 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, Z Good in the Hood.

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

6 Blame 7 Venison 9 Scarlet 10 Adept 12 Pry
13 Quadruple 16 Personnel 17 Ace 19 Aphid
21 Assists 23 Artiste 24 Bison

Down

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