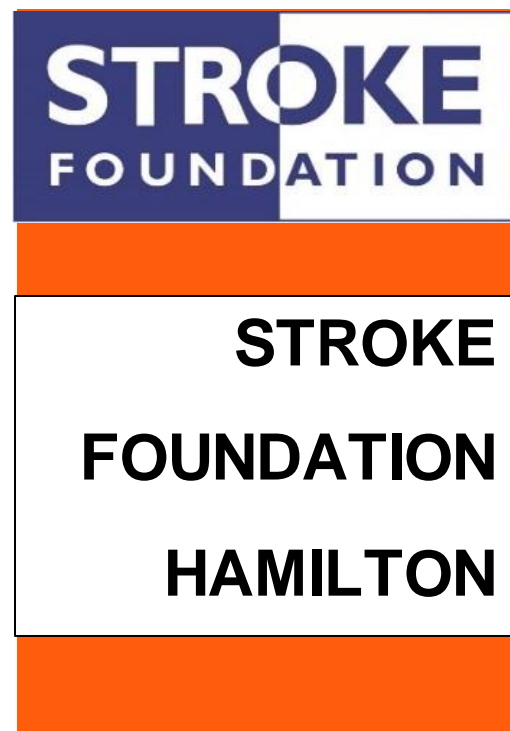




Hamilton Stroke Club Newsletter: July, Aug, Sept, Oct, Nov 2014



Free blood pressure tests at Bunnings father & son Men's night in September

On Wednesday the 3rd of September 2014 from 6.00 pm till 8.00 pm Bunnings Warehouse in Te Rapa Road had a father and son men's night

Where fathers and sons could participate in competitions to complete wood working projects and compete obstacle courses against each other to win prizes donated by Bunnings.

As well as the projects and competitions community groups were invited to have displays and information in the store during the evening. Stroke Foundation Hamilton had a display and gave out stroke information and Waikato Hospital nurses Christine Mara

and Morag McKenzie attended the Stroke Foundation Hamilton stand and offered free blood pressure checks to the participants at the event. (See picture above).

During the evening Christine and Morag took around eighteen blood pressure tests for men attending the evening and gave information about blood pressure and stroke risks



FAST Campaign launched in the

Waikato on the 16th of October 2014

On Thursday the 16th of October 2014 at the new OPR facility at Waikato Hospital an event was held to launch a campaign in the Waikato region to help raise the Awareness of the signs of stroke and the action that needs to be taken when these are seen.

Called the FAST campaign the launch event showcased the new TV advertisement and the other campaign elements which will bring this vital message to people all across the Waikato region from the 19th of October.

A number of Hamilton Stroke Club members attended the launch event at the Stroke Unit in the OPR building at Waikato Hospital along with WDHD staff and board members, Hamilton MP David Bennett. Stroke Foundation CSA staff members and Stroke Foundation National Office Staff.

Stroke Club member Annette Coombes wins scrabble trophy at the Tauranga scrabble tournament

Annette Coombes and David Gunn celebrated winning their respective grades, with Annette holding the Noel Maisey trophy (see photo at the right) that she won for winning the D grade at the Tauranga scrabble tournament over the weekend of the 23rd & 24th of August 2014. Both Annette and David are looking forward to going to the South Island scrabble championships in Christchurch in early September 2014 to compete in the South Island.



David Gunn and Annette Coombes celebrate winning their respective grades, with Annette holding the Noel Maisey trophy that she won for winning the D grade at the Tauranga scrabble tournament on the 23rd and 24th of August 2014.

ROLL CALL

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

Liam Cornelius

29th June 2014

Volunteer (Father Christmas)

Gayleen Servaas

8th August 2014

Diane Gale

16th August 2014

Brian Impson

25th August 2014

Joy Curry

29th October 2014

Kathleen McCallum

7th November 2014

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

Quote:

*I smile because you're are my
DAUGHTER i laugh because there is
nothing you can do about it*



QUOTE

*I never hated a man
enough to give him
diamonds back.
(Zsa Zsa Gabor)*

Stroke Clubs in Hamilton & Te Awamutu benefit from Valray Country Music Promotions 100th Fundraising Concert

Ray and Val Thurgood from Valray Country Music Promotions attended the Hamilton Stroke Club meeting on the 27th of August 2014 to present two cheques to the Presidents of the Hamilton Stroke Club Bev Depree and Te Awamutu Stroke Club Margaret Yates (see the photo below) the two groups shared the proceeds of the 14th of June 2014 concert in Te Awamutu and the cheques were for \$3576.66 each so a brilliant effort from Ray and Val Thurgood for their 100th Fundraising concert Ray and Val had been presented with a certificate of Appreciation on the night of the concert.

Also at the Stroke Club on the 27th of August 2014 were the sponsors of the concert who were all presented a Certificate of Appreciation for their sponsorship see the photos on the certificates being presented on page eight. One of the sponsors Skycity was not able to be present so their certificate was presented separately.

We thank Ray and Val Thurgood and Valray Country Music promotions and all the sponsors for their continued support of our stroke groups in both Hamilton and Te Awamutu.



At the 27th of August 2014, Stroke Club meeting stroke club member Heather McCreesh's daughter Cushla McCreesh entertained members with a lovely rendition of easy to sing classic sing along songs which the members sang along with Cushla too





FROM THE PRESIDENTS DESK.

Hi members,

Well it looks and feels like we are now heading towards summer, after another reasonably mild winter and spring.

Club day activities are going well with a variety of entertainment, raffles, physio, speech and bingo.

Since the AGM we have had a number of events I would like to highlight on.

The August stroke club meeting we provided a morning tea and certificate presentations to our local sponsors for the VALRAY fundraising concert held in June. Certificates of appreciation were presented to: SUMMERSET DOWN THE LANE, TRIKISO BUSES, TOMMOS BAKERY AND LUNCHBAR, PUKETE NORTHCARE PHARMACY and SKY CITY. (see page 8)

Val and Ray Thurgood then

presented cheques to STROKE FOUNDATION HAMILTON and TEAWAMUTU STROKE AND OLDER PERSONS GROUP. (see photos page 3)

September 3rd we had a site at BUNNINGS MENS night out, where we handed out information on stroke prevention and BLOOD PRESSURE testing was carried out by CHRISTINE and MORAG, Waikato hospital nurses. (see photo page 1)

September 8th saw the completion and presentation of the project done for STROKE FOUNDATION HAMILTON, by WINTEC STUDENTS, Cinnamon Crane and Nathalie Ross. This is a very functional resource & support directory for individuals affected by stroke and their family / caregivers see details on page 11.

October 31st in conjunction with the F.A.S.T CAMPAIGN we had a site at the KAUMATUA OLYMPICS organised through the RAUAWAUA KAUMATUA TRUST, held at the Claudelands Arena.

Around 300 people attend this event. We were asked to provide items to go in each participants "goodie bag", of which the national office gave a STROKE key ring and F.A.S.T. Fridge magnet, as well as all the information pamphlets that were available from the STROKE FOUNDATION stand.

Also over this weekend 31st October, 1st and 2nd November we had an information stand at the Waikato A & P Show held at the Claudelands show grounds, also in conjunction with the F.A.S.T campaign. Thank you to all committee members who covered the rosters for these days, including C.S.A.'s Lynette Jones, Sheryl Waters, and NATIONAL OFFICE representative Julia Rout. (see photos page 11)

I have been able to do some short presentations about the F.A.S.T campaign and give out F.A.S.T fliers, wallet cards, fridge magnets and lens cleaner cloths at R.S.A women's section, Pirongia country music club, and Glen Afton country music club during November.

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 luncheon at the Hamilton Combined Returned Services club on 18th November. Thanks to Betty for the co-ordinated effort we both put in over the year for our carers to enjoy.

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

I would like to welcome to our team of volunteers: PRUE ARMSTRONG, SHANNON MacKINTOSH (also assisting with speech therapy sessions) JOAN PHILLIPS SENDEL ABRAHA. (home visiting)

In August home visitor MICHELLE HEDGES left to return home to Canada. A certificate of appreciation was presented to Michelle to thank her for her service over the past 12 months.

In September LEISHA DAVIES-COLLEY replaced HAZEL GRAY as the speech therapist from Waikato Hospital for the stroke club speech therapy class each month.

The entertainment organised for August and September club days, Cushla McCreesh and John King respectively, both gave a very enjoyable hour of easy to listen music and the opportunity to sing along.

The "CHORAL THERAPY GROUP" organised for people with Parkinson's and other neurological conditions affecting communication is of interest to some of our members who are attending these sessions on the 2nd and 4th Tuesday of each month.

The monthly membership draw of a \$50 Pak N Save grocery voucher has taken the financial membership number to 63. Membership fee is \$10 per person for 2014-2015 financial year. 1st July 2014 to June 30th 2015.

Thank you to all members for items provided for the sales table, with special thanks to JOAN DAVIES for all the lovely yummy home baking brought along every month. We certainly know what baking we all like.

Thank you to Annette and David for the variety of raffle prizes arranged for each club day.

Special mention must be made to wish LIFE MEMBER, NORA ADAMS, a very special birthday on the occasion of reaching her 100th year, on 9th December, 2014.

Don't forget if you need taxi voucher books to get you through the holiday period, please see Betty Collis or Paul Burroughs.

Don't forget our Christmas lunch will be held at the Hamilton Combined Returned Services Club, Rostrevor Street, Hamilton on Wednesday 10th December, 2014 from 11am onwards. \$20 each includes transport if you are eligible for total mobility and come by taxi for details see page seven.

Included with this newsletter is a copy of the Stroke Club Calendar for 2015 with the Stroke Club days which are the fourth Wednesday of each month circled and on the reverse are the contact details for your committee office holders and other useful contact numbers.

Our club day today 26th November, will be the last one

for the year at the club rooms, so enjoy your entertainment, by HELEN RILEY, a presentation of the services available by "DRIVING MISS DAISY", free raffle and your Christmas gift that has been chosen for us all by your committee

As this is our last newsletter for the year season's greetings to you all, take care, and see you ALL again in 2015.

Bev Depree
President.

Stroke Victim's heartfelt warning to smokers.

Mother of four shares a tough lesson:

Julie "Jewels" McKenna has a message for smokers: "If you want to have a stroke, then light up another smoke."

The 40-year-old mother of four, from Wakefield, 30 minutes south of Nelson, has had the left side of her face paralysed by a stroke she suffered on the morning of October 15. She places the blame for her condition squarely upon her smoking habit of 27 years.

A stroke is caused by a sudden interruption of blood flow to a part of the brain. This causes the affected part of the brain to stop working and eventually damages brain cells. It can be caused by either a clot blocking a blood vessel in the brain, or a blood vessel in the brain bursting. The Stroke Foundation said about 8000 New Zealanders suffered a stroke each year, and about a third of these were fatal.

McKenna said the stroke she suffered was painless and difficult to detect. It happened sometime in the night after she went to bed with a sore throat and a "bit of a headache", for which she took paracetamol. "I woke up feeling absolutely fine and thought yay."

She got her children off to school without any fuss, and it was only when she found it difficult to line the toothbrush up with her teeth after breakfast that she noticed something was wrong. McKenna didn't feel well enough to carry out her work as a Nelson Mail delivery driver, but she had a family to look after and errands to run, so she followed up on an appointment, got her car a warrant and registration, visited her mother and made sure her husband, Andy, knew to carry out her paper round that afternoon before driving herself to the emergency ward. Her facial paralysis grew worse over the course of the day.

"At the garage they were like 'what's happened to your face?'"

She had never considered she might have had a stroke until doctors at the Nelson Hospital told her they assumed this was the case. Tests later confirmed the diagnosis, and she was kept at the hospital for six days.

Stroke Foundation national communications and promotions manager Fraser Pettigrew said a quarter of all strokes in New Zealand each year happened to people who were under 65. There was a relatively low probability of having a stroke for people under 40, but the graph started to climb steeply after that point.

"People tend to think it's just an old people's thing and it gets you right before you die . . . but about half of all strokes happen to people under 75, and, these days, 75 is on the low side of life expectancy."

Pettigrew said people with Maori heritage, such as McKenna, were

at risk of a stroke 15 years earlier than average, and Pacific Islanders were at risk 10 years earlier.

He said younger stroke survivors tended to make a better recovery than older people, but recovery depended heavily on the severity of the stroke.

McKenna said a conversation with a doctor brought home how much she had been endangering her health as he connected her heavy smoking with what had just happened to her.

"He said 'do you not love your family enough? Do you not want to see your children and grandchildren grow up?' It was a hard line but it was what I needed to hear."

She immediately went cold turkey, giving up smoking without even nicotine patches or gum. McKenna's last cigarette was the one she smoked in the car as she drove herself to the hospital.

Now that she is home, she faces a difficult road to recovery. Her youngest child, Conrad, 7, didn't know how to behave around his mother when she turned up looking so different. "He's a bit suspicious of his mum with a bung face," she said. And the family faces financial difficulty as McKenna's paper round was their primary source of income.

Her side business of applying temporary airbrush tattoos to children at markets has had to be put on hold as she did not want her appearance to scare anybody, although she does still make some money by crafting "Nappy Creations" out of clean disposable nappies for baby showers and new mothers.

Covering McKenna's paper delivery run has been getting in the way of Andy's own work in the scrap-metal industry.

McKenna believes the stress from supporting her family on a low income was another contributing factor behind her stroke. The family cancelled their health insurance just a few months ago after deciding it was too expensive.

Doctors have been unable to tell McKenna whether her condition will improve. She now has to drink through a straw held on the right side of her mouth, and eating takes her much longer than it used to. She has to use eye drops to moisten her left eye as she can no longer blink, and she wears a "pirate patch" on it overnight.

With her balance thrown out, McKenna tires easily and is unable to walk as far as the edge of her family's rented 0.6ha section to see her pet pigs and miniature ponies. She is also not allowed to drive.

Having so many normal activities suddenly pushed out of her reach has been frustrating. McKenna described herself as a cheerful, calm person before the stroke, but her TV remote "wore it" recently in an unusual outburst which worried her family. Last week, she was embarrassed at the supermarket car park after being unable to respond normally to a friendly woman who greeted her with a smile.

"It took all my might to smile back. I thought oh my god, what is she going to think?"

McKenna said she hoped smokers would read about what had happened to her and feel motivated to give up the habit. She has no bruises but looks and feels like she has been physically assaulted - at first her face was completely numb, but now it has started to ache. "It's really sore. I don't know what that means. Hopefully it means something good."

Sarah Dunn - The Nelson Mail

Members End of Year Christmas Lunch

Wednesday the 10th of December 2014

The stroke Club End of year Christmas Luncheon for members will be held this year on the Wednesday the 10th of December 2014 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 End of year Christmas meal, if you are able to give the \$20 for the Christmas Lunch to the front desk at the Sept, Oct or Nov 2014 Stroke Club meetings it would be appreciated.

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, Cauliflower Mornay, Green Beans
Mixed Lettuce Salad, Coleslaw and Beetroot

Desserts

Bread & Butter Pudding, Pavlova, Chocolate Log
Hot Fruit Pudding with Brandy Cream, Caramel Brule
Tropical Fruit Salad, Fresh and whipped Cream
Tea & Coffee



Driving Miss Daisy - The daisy chain is growing. Four vehicles now in Hamilton!

To meet the growing demand for companion driving services in Hamilton, Driving Miss Daisy Hamilton West has introduced their second Daisy car, another comfy and stylish, Skoda Roomster. Hamilton East also have two vehicles, a Skoda Roomster and a VW Caddy mobility vehicle, which is great for those people in wheelchairs who are unable to transfer to a car seat. Jenny and Moira have a great team of skilled and friendly drivers with Brenda, Monika, Ruth and Adrienne, whom many of you will have already met. We look forward to driving you soon!

Bookings essential
Total mobility vouchers accepted
Wheelchairs and walkers no problem
Mobility vehicle available

Get in touch now....

Hamilton East - Phone Moira 07 856 8865
Hamilton West - Phone Jenny 07 856 0112

Thank you to our Concert Sponsors



At the 27th of August 2014. Stroke Club meeting stroke club President Bev Depree presents a certificate of appreciation to Stuart Bayes proprietor of the Pukete Northcare Pharmacy for their sponsorship of advertising costs for the concert



At the 27th of August 2014. Stroke Club meeting stroke club President Bev Depree presents a certificate of appreciation to Summerset Down the Lane representative Anne Rawlence for their sponsorship of advertising costs for the concert



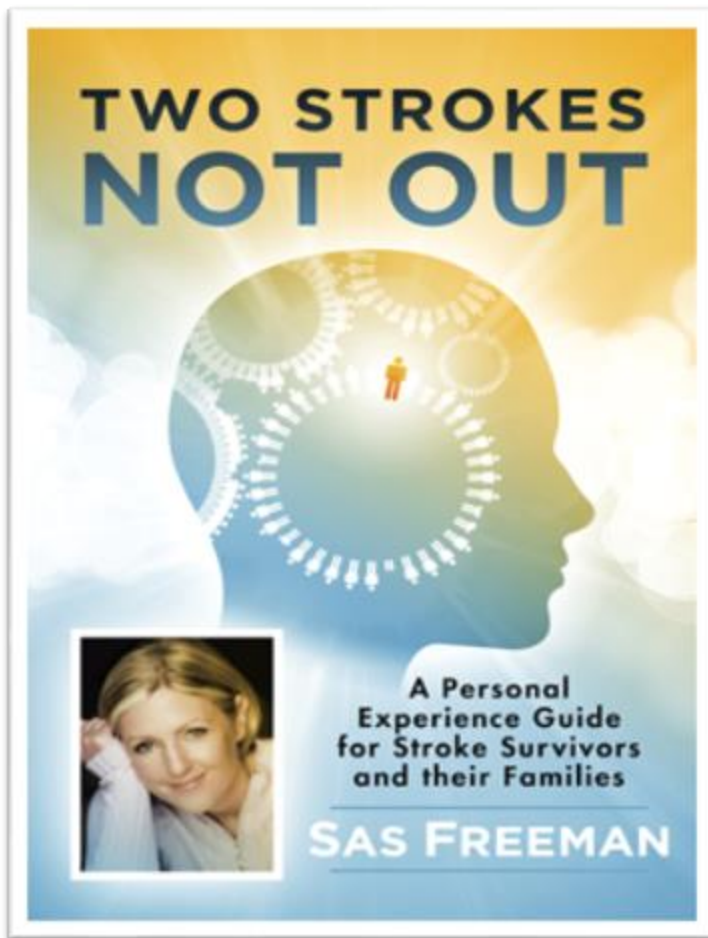
At the 27th of August 2014. Stroke Club meeting stroke club President Bev Depree presents a certificate of appreciation to Clint the representative for Triko Buses Ltd for their sponsorship of advertising costs for the concert



At the 27th of August 2014. Stroke Club meeting stroke club President Bev Depree presents a certificate of appreciation to Lyn the representative of Tommo's Bakery and Lunch bar for their sponsorship of advertising costs for the concert

Book Review:

Two Strokes Not Out by Sas Freeman



"Sas Freeman is a family friend of former Midland Regional Manager Malita Cognet now retired and living in Australia – Malita persuaded Sas to contribute a blog to the former Stroke Foundation Midland Region Inc web site documenting her stroke journey (the web site no longer operating since the amalgamation of the Regions into one single National organization)..

Sas did this for the time the regional web site was online and during that time talked about writing a book to help others who have strokes and their families who have to cope with a family member with a stroke".

The book is now written and published Congratulations Sas on this brilliant milestone.

Those of you who followed Sas Freeman's blog on the Stroke Foundation Midland Region Inc web site over the last few years will be glad to hear that the book Sas was talking about and writing about while she was doing that blog is now finished the book and it's now been published and available to purchase as a printed book from her web site www.sasfreeman.com or downloadable as an e-book to a kindle, tablet or other e-book reader. The book is an excellent resource for stroke people their families and caregivers with lots of practical advice.

If you purchase from her web site she is donating two pounds to stroke awareness in the UK.

"Sas Freeman was living the fairytale dream as a model, a television and film actress – which all came to an end overnight. Life changed drastically for the 45-year-old as the result of not one, but two back-to-back strokes. Now unable to move or communicate unaided, does she mourn the life she once had? No – she finds new doors to open in adversity, becoming an accomplished painter with her non-dominant hand. Freeman's account of her journey of courage and mistakes will both inspire and assist fellow survivors and their families. Her book is an honest and often humorous account of the past few years coping with a difficult life turnaround that makes no sense. What were once easy everyday tasks now require exceptional effort and patience. Intertwined with her story are invaluable guidelines, helpful suggestions, and practical steps to recovery – for both stroke survivors and their caregivers"

Brian Impson dies in Gisborne



Community Spirited Brian Impson was proud to work for the city he loved

Hamilton City Council flew its flag at half-mast during the last week in August to acknowledge the passing of former councillor and deputy mayor Brian Impson, who passed away on August 25 aged 65.

Brian Impson was born in the English seaside city of Lowestoft, Norfolk, and with his family came to New Zealand at the age of five.

The family settled in Whanganui where he became involved in the racing industry, owning and riding racehorses and often taking them for training runs on Castlecliff Beach

He entered journalism by working in racing publications, including the Whanganui-based Hoof Beats, going on to be the editor of Best Bets.

He moved to the Waikato and became a roving reporter for the Waikato Times. He was the editor of the Howick and Pakuranga Times and the Huntly Press in the mid-1980s.

He settled in Hamilton in 1986 and became news editor for Radio Waikato where he was chief reporter to cub journalist Margaret Evans.

He left journalism to take on a fulltime life in city politics and served on the Hamilton City Council from 1989 to 2004.

Impson was chairperson of a number of committees, including the Resource and Environment Committee (1994-1996), the Works and Services Committee (2001-2002), the Statutory Management Committee (1996-1997) and the Regulatory Committee (1992-1994).

He served as deputy mayor under Russ Rimmington from 1998 to 2001 – while coping with the effects of a stroke suffered in 1996.

He had a further stroke in 2003 and was forced to give up his council role. He was moved to a convalescent home in Gisborne to be closer to partner Tracy Robinson.

Former Hamilton police officer and fellow councillor John Gower said Impson was an obliging person and very community spirited.

“He was a great supporter for the Pukete Community House and a great help to me as community constable in Te Rapa.” Councillor Martin Gallagher, former MP and fellow councillor, said Impson passionately served the city in spite of his health challenges.

“He inspired many others with his energy, and was proud to work for the city he loved,” Gallagher said.

Hamilton Mayor Julie Hardaker said Impson was a dedicated councillor who worked tirelessly for the city.

“He was committed to Hamilton and a strong advocate for the city.

Our thoughts are with Brian’s family and his friends.” A requiem mass was held in Gisborne on Thursday the 28th of August 2014.

A commemorative mass was also held in St Mary’s Cathedral, Grey St, Hamilton, on Saturday 6th September 2014.

Brian’s partner Tracy when she lived in Hamilton was a member of the Hamilton Stroke Caregivers Support Group.

***From the Hamilton Press 3rd of September 2014
Edition article by GEOFF LEWIS***

Wintec Occupational Therapy Students



L to R Paul Burroughs, Bev Depree, Lyn Harrè, Nathalie Ross, Cinnomon Crane & Paul Kurtich

Two Otago Polytechnic third year Occupational Therapy students who were based at the Hamilton Wintec Campus Cinnomon Crane and Nathalie Ross worked with a group from Stroke Foundation Hamilton committee members (see the photo on the left) in August and September 2014 on a community placement project to produce a "Resource & Support Directory for individuals affected by stroke and their families and caregivers" the very useful finished directory is available by contacting a committee person and can be downloaded as a PDF document from the Stroke Foundation of NZ web site at www.stroke.org.nz

Kaumatua Olympics and A & P Show

Photo Right

Lyn Harrè, CSA Lynette Jones and Annette Viviani man the stand at the Health and Welfare section of the A & P Show at Claudelands on the weekend of the 31st October & the 1st and 2nd of November 2014 the main focus of the stands at the A & P Show and the Kaumatua Olympics was the promotion of the FAST message



Photo Left

Community Stroke Advisor Lynette Jones and Regional Community Stroke Advisor Service Co-ordinator Sheryl Waters with a group of Maniapoto contestants competing at the Kaumatua Olympics at the Claudelands Arena during the A & P Show on Friday the 31st of October 2014





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 2015 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 15th January 2015

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.

The group meets each month 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 2015 meeting times and the venue and any other questions for the groups meetings

Contact Betty Collis on
Phone: 855 - 6440 or
Email _____ at:

bettycollis@clear.net.nz

Or

Contact Bev Depree on
Phone: 847 - 9354

Email:

bevdepre@gmail.com

Or contact the North Waikato Community Stroke Advisor on:

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

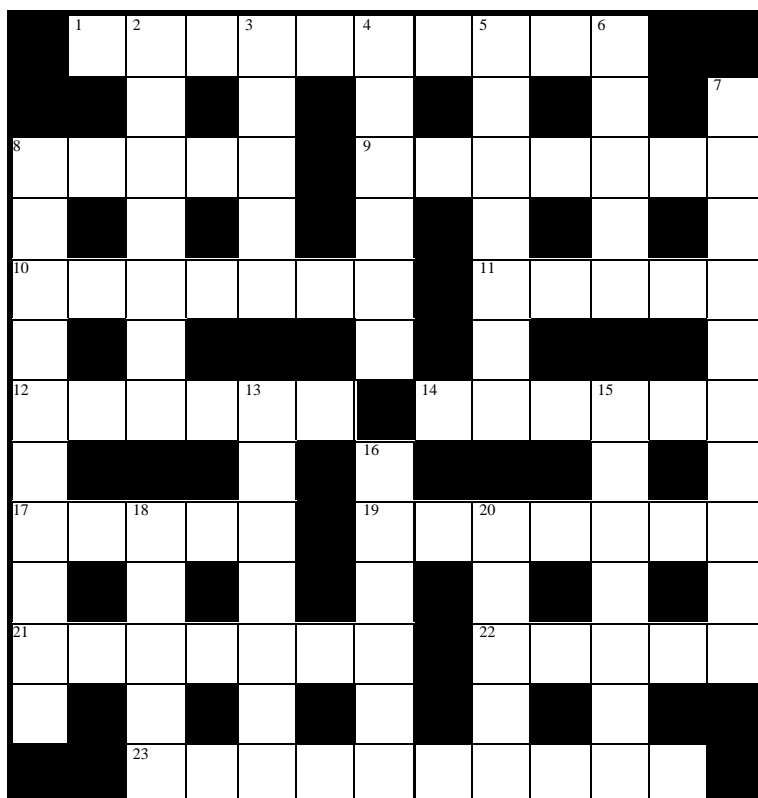
The caregivers group also runs regular raffles to raise funds for the group so if you see them at stroke club or other places please support them.

The last raffle drawn was won by: CSA Lynette Jones

CROSSWORD

Clues Across

- 1 Object of romantic affections (5-5)
- 8 Plea that one was elsewhere (5)
- 9 Annual income (7)
- 10 Bewildered, shocked (7)
- 11 Loop with running knot (5)
- 12 Allowable deviation (6)
- 14 To dislike intensely (6)
- 17 On two occasions (5)
- 19 Burst violently (7)
- 21 Japanese art of paper folding (7)
- 22 Rapid surprise attacks (5)
- 23 Conform under pressure (3-3-4)



Clues Down

- 2 One delighting in eating and drinking (7)
- 3 To rule as a sovereign (5)
- 4 A long, vehement speech (6)
- 5 Retaliation for wrong done (7)
- 6 Musical instrument like guitar, with circular body (5)
- 7 Persistent, merciless (10)
- 8 Forgiveness of sins (10)
- 13 Medium, ordinary (7)
- 15 Mental agitation (7)
- 16 Enjoy greatly (6)
- 18 Senseless person (5)
- 20 Exposure to injury (5)

Solution on Page 14

Crossword kindly supplied by
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Email: hamiltonstroke@gmail.com

Web site: www.stroke.org.nz

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 Heart-throb 8 Alibi 9 Revenue 10 Stunned
11 Noose 12 Leeway 14 Detest 17 Twice
19 Explode 21 Origami 22 Raids 23 Toe-the-line

Down

2 Epicure 3 Reign 4 Tirade 5 Revenge 6 Banjo
7 Relentless 8 Absolution 13 Average
15 Emotion 16 Relish 18 Idiot 20 Peril