



STROKE FOUNDATION

STROKE FOUNDATION HAMILTON

Hamilton Stroke Club Newsletter: January, February, March 2015

Stroke Club member Nora Adams celebrates her 100th Birthday

On the 9th of December 2014 Stroke Club member Nora Adams celebrated her 100th Birthday at the Bupa Eventhorpe Rest Home with staff her son Ron Harris (see pictures above) other family members and friends and cut a 100th Birthday cake which was shared with those present.

Nora spent the majority of her life in and around Hamilton and ran a dairy business for quite a number of years in the block of shops next to the Whitiara Primary School which is these days a dress shop. Nora has survived a number of health challenges over the years but has looked after herself until the last few years when she has resided at the Bupa Eventhorpe Rest Home and Hospital in Hamilton East.

Congratulations Nora on reaching this milestone. Warmest congratulations from all your Friends at the Hamilton Stroke Club.



Results of the pilot FAST Campaign launched in the Waikato during October & November 2014 now in.

Outcome comparisons with similar FAST campaigns

In comparisons to similar FAST campaigns, the Waikato campaign achieved an excellent return on investment. The

increase in awareness observed in the Waikato for several key signs of stroke was greater than that achieved in the United Kingdom's FAST campaign, despite having less than half their budget.

Ambulance dispatches

Analysis of ambulance dispatches for suspected stroke over the campaign period provided some promising insights into the campaigns impact on behaviour. 2014 data comparing total dispatches for suspected stroke over the campaign period showed a 50% increase in transports when compared to the same periods in 2013 and 2012. For context, ambulance workload has only averaged an increase of 4% per annum.

The results of our evaluation show the Waikato campaign was successful in achieving its aim of raising awareness of the signs of stroke and the need to dial 111.

They are also a reflection of your support in getting the message out in the Waikato so we thank all our volunteers for their support during the FAST campaign.

Stroke Club members Tom Berryman & Peter Jurgens entertain members at the Stroke Club on the 25th February 2015

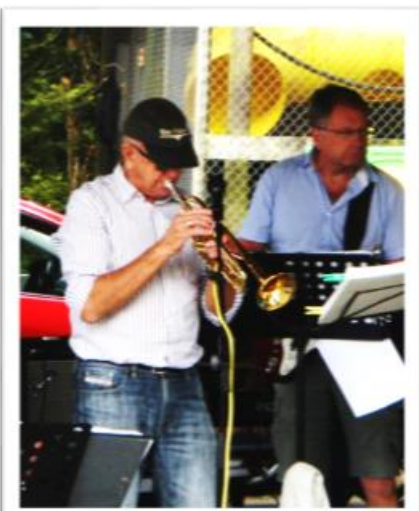
Stroke Club members Tom Berryman and Peter Jurgens combined their music talents to provide the entertainment for the members at the 25th February 2015 Stroke Club Meeting singing a mix of classic songs which members were able to join in with, see pictures.

Frances Foote also joined the boys for a couple of songs at the end

Thank you all for the time and effort you put into the entertaining. The 25th was also Tom's birthday.



Dinsdale Lions Club Zoo Day for people with Disabilities & their families & Caregivers



On Sunday the 15th of March 2015 the annual Dinsdale Lions Club Zoo Day for people with disabilities and their families and caregivers was held at the Hamilton Zoo a number of Stroke Club members enjoyed the day including Stroke Club members David Cornwall and Maria Hughes see picture on the right and our Stroke Foundation Hamilton Patron Stuart Bayes was also there



entertaining the large crowd on trumpet as part of the Art Gecko Band who played throughout the day while the Dinsdale Lions Club members and other volunteers manned the BBQ to feed the crowds who were all treated to a free sausage in bread with onions and sauce soft drink and an ice block courtesy of the sponsors, after looking around the Zoo, Dinsdale Lions Club members also arranged transport to the Zoo for those who needed it including some of our Stroke Club members. Many thanks to the Hamilton Zoo the Dinsdale Lions Club members and all the sponsors.

Bunnings Warehouse Te Rapa Community Fun Day



On hot and sunny Saturday the 14th of March 2014 the annual Bunnings Warehouse Te Rapa Community Fun Day was held in the large car park outside the store where a number of community groups set up stands and displays for Saturday shoppers the children's bouncy castle was there and cheerleaders and karate groups put on displays by their members and a large Hamilton Age Concern Zumba Group contingent of enthusiastic members put on an energetic Zumba display.

Stroke Foundation Hamilton also had a



Stand at the day and committee members Bev Depree, Betty Collis, Pam Mason & Paul Burroughs manned the stand and Christine Mara a nurse from the Waikato Hospital took free blood pressure checks for members of the public who wanted to have their blood pressure checked.

Choral Therapy Group for neurological conditions



There is now a choral therapy Group running in Hamilton for people with Parkinson's and other neurological conditions affecting communication. Choral therapy will improve voice, speech and respiration. A group of Stroke Foundation Hamilton members are attending regularly and enjoying the experience.

The choral therapy Group is being facilitated by Parkinson's Waikato Community Educators Janine and Maryanne and is being held on the 2nd & 4th Tuesday of each month from 10.00 am to 12.00 noon at the St John's Methodist Church at 20 Wellington Street, Hamilton East.

There is plenty of parking down the driveway behind the Church, providing easy access into a warm, sunny room which will make you feel like singing!!! Tea & coffee is provided and a gold coin is the only cost to cover costs. For further information contact Janine on 0272555123 or Maryanne on 0272444123 for Hamilton Stroke Club Members who are interested and require transport contact Paul Burroughs on 07 8492065.

Hamilton City COGS Public Meeting



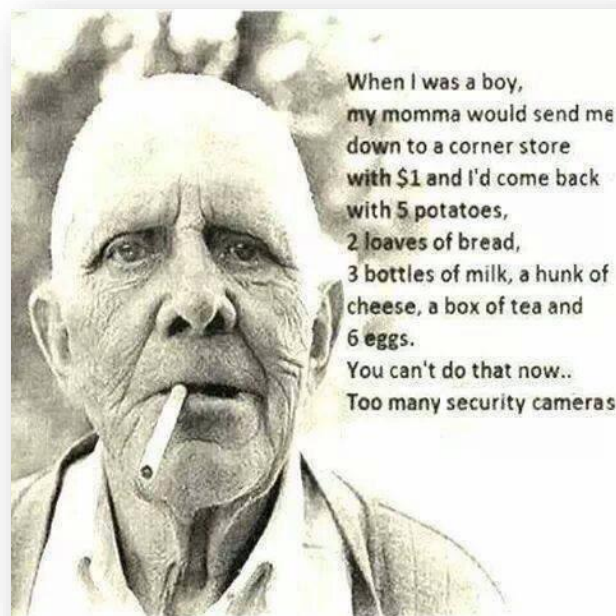
Committee members Paul Burroughs, Lyn Harrè and Bev Depree man the Stroke Display at the Hamilton COGS Public meeting at the Western Community Centre in Hyde Avenue Nawton on Tuesday the 17th February 2015

On Tuesday the 17th of February 2015 the 2015 Hamilton COGS Public meeting was held at the Western Community Centre in Hyde Avenue in Nawton, where Hamilton Community Groups had the chance to put up a public display for other groups to see and to meet the Department of Internal Affairs staff that administer the COGS Grants Scheme in Hamilton and also had the chance to meet the elected Hamilton COGS Committee members who are tasked with the difficult job of looking at all the Hamilton Community Groups COGS funding applications and deciding how to allocate the available funding among the applicants.

Hamilton COGS Committee members present at the meeting introduced themselves and gave their community involvement background.

After this all the community groups present were invited to have a representative introduce themselves and give those present an outline of the work that their particular community group does in the Hamilton community.

The public meeting was also an excellent networking opportunity for those groups present on the day.



**I WOULD LIKE TO
APOLOGIZE TO
ANYONE I HAVE
NOT YET OFFENDED.
PLEASE BE PATIENT.
I WILL GET TO YOU
SHORTLY.**



FROM THE PRESIDENTS DESK.

Hi Members,

In my last Presidents report we were just heading into summer. Now we have a long hot dry summer and into autumn already.

Club day activities have started the year off well, with great entertainment for January by Katie Trigg and February our very own members Tom, Peter, and Frances (see pictures page 2) along with our usual activities of 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 cooked by Brent, (Paul and Jill Kurtich's son-in-law), Hot cross buns and Easter eggs.

Our entertainment today is Helen Riley, a very well-known Waikato Country Music recording artist.

The attendance at our club days has been continuing to have a

regular head count of up to around 75 each meeting.

The monthly membership draw, with the \$50 Pak 'n Save gift card has given a great incentive to be a financial member of our club. We now have 74 financial members, which to my knowledge is probably the highest it has ever been.

Welcome to all new members and their families.

Since our last newsletter, and leading up to Christmas, I need to mention the celebration of Life Member, Mrs Nora Adams, 100th birthday, on 9th December, 2014. I and other stroke club members were invited to attend an afternoon tea for Nora at Eventhorpe Hospital that day. Nora had her birthday cards from, Queen Elizabeth, Governor General, Prime Minister, Government Ministers Maggie Barry and Peter Dunne on display. Nora's son Ron had made up some wonderful photo albums with lots of interesting photos portraying her life's journey. (see cover page)

The Christmas lunch out at the Hamilton Returned Services club on December 10th, 2014, was enjoyed by all who were able to attend. We had 85 members and guests attend this outing.

Your mid-year Christmas outing is coming up on Wednesday June 10th 2015, 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.

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 and get together at the Hamilton Gardens cafe, in February. The March meeting was held at Robert Harris cafe in Pembroke Street.

We have between 12 and 15 attending this group each month. Thank you Betty for your help with co-ordinating this group for our carers.

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 each month see details on page 3.

On Saturday March 14th, 2015, we had a display at Bunnings Community Fun Day. Plenty of information was again available to the public.

Free Blood Pressure testing was done as well with no one needing to be referred to their G.P. A good result see pictures page three

On Wednesday 18th March, 2015, we were invited to have a display at the Cambridge Baptist Church, "Live Well: Live Safe" Expo.

This was an excellent opportunity for Stroke Foundation Hamilton to get the F.A.S.T message out there and distribute loads of information to the many people who attended, as well as us being able to network with several of the local support groups and businesses that were represented at this well organised inaugural event.

We have Stroke Awareness week or Fight Stroke Week, as it is going to be called this year, beginning on April 7th to 12th, 2015.

We will be having displays at Hillcrest New World, Te Rapa New World, and Countdown Dinsdale. Westfield Chartwell, over this week.

Also from 10th to 12th April, 2015, we will be having a site at the Waikato Show at Claudelands.

If any of you feel you would like to do a shift, please see me to see what vacancies are available on the rosters for these events.

Our accounting system is well on target to meet all the new criteria's set out by Charities Services which come into effect on 1st April, 2015.

Thanks to Paul Burroughs and Paul Kurtich for getting this important requirement up to speed.

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

Thank you to Lynette Jones the Community Stroke Advisor, for all your interactions and client referrals, to Stroke Foundation Hamilton's various support groups.

I would like to welcome to our team of volunteers: Deborah Riley, Steve Outram, Sarkaw Mohammed

Thank you to Graham Thompson our First Aid volunteer for his continued commitment each month.

Thank you to all members for items provided for the sales table, with special thanks to JOAN DAVIES for all the lovely home

baking brought along every month.

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

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 5th April, 2015. The clocks go back one hour.

Kind regards
Bev Depree

New Zealand Herald – AUT study: Stroke survivors deteriorate when they get home

5:00 AM Monday Nov 24, 2014



The gains stroke victims can make in hospital can be lost when they get home. Photo / Thinkstock

Many stroke survivors who regain the ability to walk in hospital struggle to maintain the same level of mobility once they

return home, according to a new study.

While stroke can affect virtually every aspect of human function, walking is one area that matters enormously to people, says AUT University PhD student Caroline Stretton, whose study outlines the difficulty in getting out and about following a stroke.

Stretton, a registered physiotherapist with an interest in developing innovative methods of rehabilitation for people with physical difficulties says, "Traditionally physiotherapists can tend to view the body much like a machine when it comes to rehabilitation and try to use exercise in the clinic to fix the bits that aren't working well. While this is effective at the time, there is often deterioration when people return to the home environment."

MORE THE AUT STUDY SERIES

Study co-supervisor Professor Kathryn McPherson says around 9000 people suffer from strokes yearly - and improving the quality of life of survivors should be as much a priority as saving lives.

"We invest a lot in saving people's lives so we surely have an ethical or moral responsibility to help people live well after this."

She says that without set routines and support in place, stroke survivors can languish in inactivity.

"Exercise habits are hard to instill even for the able-bodied" says Stretton. "But when people have a disability such as a stroke, it becomes even harder." Stretton's study aims to uncover the most effective achievement of ongoing recovery of walking

skills in stroke survivors. She will look at social and environmental factors around what she calls "real world walking" and analyse how family and community support can help enhance long-term recovery.

Stretton hopes her study will help improve the outcomes for people with stroke: "Real world walking is a very tangible thing," she says. "It's a metaphor for the general recovery of the person as a whole. If we can work out ways in which to encourage people to keep moving, we can hopefully see improvements in many other areas of their lives."

She says it can be hard to find the most effective paths to long-term mobility as there are multiple strands of any recovery process.

"Rehabilitation is like a black box," she says. "There are a whole lot of different factors that go into it but it's hard to identify which makes the biggest difference. This study is trying to unpack the black box; to work out the most effective interventions and help put them into place."

Stretton says the development and continuation of real world walking skills is vital for post-stroke physical and psychological recovery. "They

need help to get out and about to regain their confidence," she says. "Regular practice is the best way to achieve this."

Family members were vital to the ongoing mobility of the stroke survivor: "There are practical suggestions I would offer family members of those who have had a stroke.

Firstly, be pro-active about asking rehabilitation professionals or GPs to help you and your family member develop a plan to practise walking more often in the real world," she says, also suggesting a family meeting to discuss ways to help the patient walk more and to develop a plan to achieve it.

She says support from friends, family and the general public can have either an enabling or restrictive effect on how much walking the stroke survivor engages in. By walking with the person, noticing their progress and providing encouraging feedback, support people can better help recovery.

The study was done through AUT's Person-Centred Rehabilitation Centre which has a holistic ethos in placing the patient experience at the centre of the work. Stretton is one of 12 PhD students linked to the centre - many of whom who are

exploring the intersection of neuroscience, behavioural science - and indeed social science to help find the best approaches to support those living with disability.

Professor McPherson, who is the centre director, says it uses both hard science and social science to help find the best interventions for those living with disabilities and focuses on developing and testing new strategies to help reduce that effort and improve outcome.

"We try and find new ways of working and supporting people that build on what we learn from those who have experience of health conditions because we think that is the most likely way to find strategies that fit - that work in their everyday lives."

"Our centre works on the principle that new knowledge at the intersection of these disciplines has potential to inform significant changes in healthcare delivery and reduce the burden of stroke and other conditions" says Professor McPherson.

*** This story is part of a content partnership with AUT**

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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.

Colin Maclean Glass
15th March 2015
Partner and caregiver
of Mavis Broeks



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

Quote:

Paper Cut:

A tree's own glorious moment of revenge !

2014 Members Christmas Lunch



Mavis Broeks and her daughter visiting for the day enjoyed the 2014 Members Christmas Lunch held on Wednesday the 10th of December 2014 at the Hamilton Combined Returned Services Club in Rostrevor Street in Hamilton City



Lilian Lane & Toaga Sao enjoying the 2014 Members Christmas Lunch held on Wednesday the 10th of December 2014 at the Hamilton Combined Returned Services Club in Rostrevor Street in Hamilton City



Bruno and Mary Sonderigger enjoying the 2014 Members Christmas Lunch held on Wednesday the 10th of December 2014 at the Hamilton Combined Returned Services Club in Rostrevor Street in Hamilton City



Carli Duffel from Te Awamutu & Tom Berryman enjoying the 2014 Members Christmas Lunch held on Wednesday the 10th of December 2014 at the Hamilton Combined Returned Services Club in Rostrevor Street in Hamilton City



Paul & Brigitte Spadoni enjoying the 2014 Members Christmas Lunch held on Wednesday the 10th of December 2014 at the Hamilton Combined Returned Services Club in Rostrevor Street in Hamilton City



Margaret Yates & Shirley visiting from Te Awamutu enjoying the 2014 Members Christmas Lunch held on Wednesday the 10th of December 2014 at the Hamilton Combined Returned Services Club in Rostrevor Street in Hamilton City

Book Review: “Flat Out: an unusual autobiography” by Danny Furlong

I have read this book and found it a good read Danny Furlong is a very good writer more so when you consider he wrote using a word board to get it written. Danny describes his experience of stroke, his time in hospital, caregivers and his time after discharge back into the community again with humour and insight.

Those of you who have had a stroke will recognise a number of the hospital situations, some of health professionals Danny come across and the discharge and rehabilitation experiences he describes and stroke health professionals would also greatly benefit from reading his book. I thoroughly recommend it Paul Burroughs

Reviewed by Jude Czerenkowski

(From the Australian National Stroke Foundation blog)

January 20th, 2015

I was going to call this review “The return of Alvin Purple” until I realised no one remembers who Alvin Purple is anymore. For those of you not lucky enough to have been around in the 1970’s, Alvin Purple was a blockbuster Australian movie about a charming young man who was always a hit with the ladies. If you do remember Alvin Purple and if you’ve ever wondered what would happen if an Alvin Purple type of bloke had a stroke and became a non-verbal quadriplegic confined to an electric wheelchair, this book will answer all your questions.

The 1970s were a very, very different time to now and Danny Furlong is a 1970’s man, no doubt. His book “Flat Out: an unusual autobiography” certainly lives up to its title. This book left me kind of speechless, so maybe its best that I start by leaving it to Danny to describe:

Imagine yourself as a very physical guy, an ex-commando and skydiver, who has a stroke for no known reason and loses nearly everything but the functions of your mind and – thankfully – your sexuality. You awaken from a coma to a gruelling, yet often funny, rehabilitation. You can’t speak; you can only move your eyes. You’ve never been an angel. You lose your marriage totally and are separated from your children. Finally, new love, and you become a parent once more. This is the true-life story of Danny Furlong’s extraordinary journey from active life to the depths of mute quadriplegia, and back to the highs of life within that quadriplegia.

This is a funny, honest and well-written book. Danny has had poems, stories and novels published, and he writes well. He meanders a bit, nicely, giving an account of life before and life after. After his stroke, he could tell that everyone was wondering if his was a life worth living; actually, he was wondering too.

Learning to communicate and finding he hadn’t lost his sexuality or his determination saw him through. Finding out that his feelings were normal, and would pass, helped too. Danny doesn’t shy away from anything in telling the story of how he regained as much as he could, including his self-respect:

Ever since my stroke I’d carried a sort of feeling of worthlessness. I’d gone from being capable at nearly everything to being totally dependent on others. I couldn’t do one single thing for myself and the white-coated experts were saying things wouldn’t get much better. I’d cry at the drop of a hat and I felt humiliatingly ashamed of being so weak, at not being able to rise above my problems. And then, in a simple five minute explanation [the neuropsychologist] banished all my fears about my ‘weakness’ and that opened the way for me to truly grow away from my ‘worthlessness’. The tears and things I was experiencing were perfectly normal after a decent stroke.

This book is entertaining, and it’s inspiring too, watching someone in a shit situation go for it and never, ever give up. Danny knows exactly how shit things are, but he works tirelessly towards a life that is as big and as messy and as interesting as anyone else’s.

Do I need to give you any more warnings on this one? There’s plenty of sex and drugs, although it could use a bit more rock and roll. If you’re easily offended, this probably isn’t for you. If you can’t help but admire a lovable rogue, then maybe it is.

“Flatout” is available on Amazon as an eBook. You can also visit www.dannyfurlong.com



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 \$5.00 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 16th - April 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 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 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

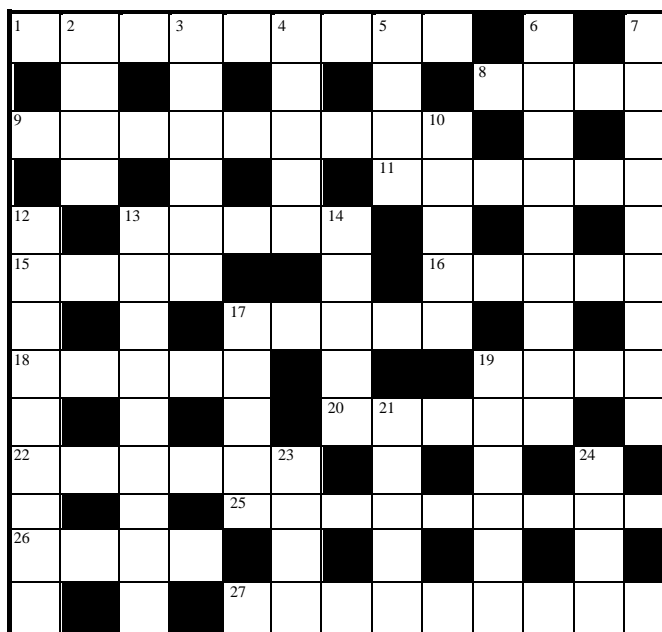
The caregivers group also runs regular raffles to raise funds for the group so if you see them at stroke club or other places please support them.

The last raffle drawn was won by: CSA Lynette Jones

CROSSWORD

Clues Across

- 1 Glare of publicity (9)
- 8 Storage building (4)
- 9 The Christian Bible (9)
- 11 To develop gradually (6)
- 13 Watchful, vigilant (5)
- 15 Walking stick (4)
- 16 Short spells from work (5)
- 17 Child's nurse (5)
- 18 Poor, destitute (5)
- 19 To discredit, disparage (4)
- 20 Run away with lover (5)
- 22 Piece of grassland (6)
- 25 Known for something bad (9)
- 26 Fervour, enthusiasm (4)
- 27 Distress, misfortune (9)



Clues Down

- 2 A restless desire (4)
- 3 Fit to be eaten (6)
- 4 Bury, entomb (5)
- 5 Obtain use of for payment (4)
- 6 Selling in large quantities (9)
- 7 Opponent, enemy (9)
- 10 Individually and separately (5)
- 12 Reduce expenditure (9)
- 13 During pregnancy (9)
- 14 Colour or flavour slightly (5)
- 17 A synthetic polymeric (5)
- 19 Stolen goods, plunder (6)
- 21 Not firmly fastened (5)
- 23 One's promise (4)
- 24 Give up, abandon (4)

Solution on Page 12

Crossword kindly supplied by
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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. WDFK 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



14 Tinge 17 Nylon 19 Spoils 21 Loose 23 Word 24 Quit
 7 Adversary 10 Every 12 Economize 13 Antenatal
 2 Itch 3 Edible 4 Inter 5 Hire 6 Wholesale

Down

25 Notorious 26 Zeal 27 Adversity
 16 Rests 17 Nanny 18 Needy 19 Slur 20 Elope 22 Meadow
 1 Lighthouse 8 Shed 9 Scripture 11 Evolve 13 Alert 15 Cane

Across