

Hamilton Stroke Club Newsletter: April, May, June 2015

2015 Stroke Awareness Week & Wellbeing Waikato Expo

April 2015 was a busy month with Easter followed by the 2015 Stroke Awareness Week from the 7th to the 12th of April and the Waikato Show and Wellbeing Expo on the 10th, 11th & 12th April at the Waikato Arena.

Stroke Foundation Hamilton volunteers and committee members were very active during the week manning stroke information stands and collecting donations at Te Rapa & Hillcrest New World Supermarkets, the Dinsdale Countdown Supermarket, Westfield Chartwell Shopping Mall, and had a stand for the three days of the Waikato Show in the Wellbeing Expo area of the Waikato Show with a huge amount of stroke information and FAST Material being given out to the public over the three days.

We also had the use of the information board in the Garden Place Central Library to display stroke and FAST material for the whole SAW.

Also on the Friday General Manager Midland Region Tracie Gutry from Tauranga joined us on the Waikato Wellbeing Expo stand at the Waikato Show for a few hours to see what we get up to in Hamilton.

On Saturday we were joined at the Wellbeing Show stand by Waikato Hospital Board Nurse Educator Christine Mara and former Stroke Foundation Midland Region Inc Councilor who took free blood pressure readings for the public, while Hamilton based CSA Lynette Jones gave out blood

pressure and FAST information material. (See picture above).

Teams of stroke club volunteers and committee members manned all the stands during the week at all the venues and we thank them all for giving their time to man the stands during the week and to Bev Depree & Lyn Harrè for setting up and breaking down the information stands during the week.

An excellent week despite some inclement weather on a couple of days. With a large amount of stroke information and FAST material given out to the public during the week and a lot of feedback from the public from the Waikato FAST campaign in 2014 with a high recognition of a number of the signs from the FAST message in the Waikato public which is very encouraging

See pictures from the different venues during SAW and the Waikato Show on page two.



Virginia O'Connell and Betty Collis man the stroke information stand outside the Coffee Club at the Westfield Shopping Mall at Chartwell on Tuesday the 7th of April 2015 during Stroke Awareness Week



Molly Varley, Colleen Rapana and Lyn Harrè man the stroke information outside the Hillcrest New World Supermarket on Wednesday the 8th of April 2015 during Stroke Awareness Week.



Colleen Carew and Annette Viviani man the stroke information stand outside the Dinsdale Countdown Supermarket on Friday the 10th of April 2015



Prue Armstrong, Joan Philips, Pam Mason & Bev Depree manning the Waikato Show Wellbeing Expo stand on Friday the 10th of April 2015

Stroke Club 25th March 2015



The Stroke Club meeting on the 25th March 2015 being the closest to Easter had an Easter theme and we also had a change of menu for the lunch with a BBQ.

Brent, Paul and Jill Kurtich's son-in-law brought along his very swish custom made BBQ trailer and set it up on the lawn outside the Marist Club Rooms to cook the sausages (See picture to the left with Brent busy on the BBQ watched by Paul Kurtich and Flosse Mihinui) so members enjoyed freshly cooked sausages with bread and butter and good old tomato sauce, accompanied by a hot cross bun and an Easter Egg.

Before the lunch everyone was entertained by Helen Riley see picture to the right.

Helen Riley is a well-known full time professional Singer & Entertainer throughout New Zealand with 30 years in the music business she knows what it takes to entertain and hold an audience.

So everyone was well entertained by Helen before the BBQ lunch with a good selection of standards and country classics, thank you Helen



Easter theme for Stroke Club



Annette Coombes who does the Stroke Club Raffles puts a huge amount of effort into the buying and putting together the raffle prizes and on the 25th March 2015 had wonderful baskets of Easter themed prizes for the day.

Annette also with David Gunn's help also brought along a selection of her Easter bunny collection to decorate the club rooms and wore her Easter Bonnet to complete the theme. Many thanks for all the effort Annette it is very much appreciated by us all at the stroke club.

Out and about over Easter



Stroke Club and committee member and raffle organizer Annette Coombes spent some of Easter up in Auckland with her son Andrew and his family and during the weekend went out on the Waitemata Harbour for a day's fishing in Andrews boat see the picture above.

So just because you have had a stroke does not mean you cannot enjoy a great day's fishing.

Annette you are a great example of carrying on the things you did before the stroke a real inspiration, keep it up.



You never know how strong you are, until being strong is your only choice.

ROLL CALL

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

Moyra Stewart

1st May 2015

Long-time volunteer supporter & Wife of former President & Patron Jack Stewart

Albert Henry Watson

22nd May 2015

Brian Patrick Jackson

29th May 2015

Volunteer Field Officer 1980's

Margaret Curran

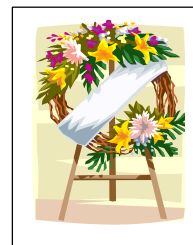
2nd June 2015

Stroke Club Entertainer

Pat Coleman

8th June 2015

Stroke Club member



Dale Edna Gibbins

8th June 2015

Life Member & Volunteer for 16 years

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



FROM THE PRESIDENTS DESK.

Hi Members.

In my last Presidents report we were heading into Autumn and now we are right into our winter months.

Club days are continuing to be well supported, with great entertainment, for April with Ken & Tipene, and May with well-known Waikato Country Music recording artist Joy Adams, along with our usual activities of raffles, physio, speech and bingo sessions.

Today we are taking mid-year Christmas for the theme of the day, to cover those who were unable to attend our mid-year Christmas lunch at the Hamilton Combined Returned Services club on 10th June.

Our entertainment today is Danny Savage.

The attendance at our club days has been continuing to have a regular head count of around 70 each meeting.

The monthly membership draw, with the \$50 Pak 'n Save gift card continue to be an incentive to be a financial member of our club. We now have 79 financial members, which is probably the highest it has ever been.

Welcome to all new members and their families.

Don't forget our new financial year starts again on 1st July, 2015. Subscriptions will remain at \$10 per person.

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 met in April at member Betty Jesney's home for a lovely get together and afternoon tea.

May meeting was held at the new offices of Community Stroke Advisor, in Te Aroha Street Hamilton, with a presentation by Kristina Jessup from Uni Rec centre at the University with an overview of the facilities and rehab programmes that are available for people post stroke and disabilities.

June meeting was held at the Hamilton Combined Returned services club with a finger food lunch.

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.

There have been two caregiver's group raffles run since the last newsletter the first was won by Lois Tebbs and the one drawn in June by Pat Dallinger.

The "Choral Therapy Group" is of interest to some of our members who are attending these sessions on the 2nd and 4th Tuesday each month.

The "Tea N Chatters" group held on alternate Fridays for ones with slow speech difficulties is also of interest to some of our members.

During April we had Stroke Awareness week 7-12th April and the Waikato Show. 10-12 April 2015 see pictures on page one and two.

The week involved having displays at Hillcrest New World, Te Rapa New World, Countdown Dinsdale and Westfield Chartwell over this week.

We were able to give out plenty of stroke information and push the F.A.S.T. Message, in the community.

The three days at the Waikato Show gave another great opportunity to get the awareness message out in the community. Christine Mara and Adrian Coleman did free blood pressure testing for members of the public at times during this event.

A big thank you to all those who volunteered to help man all these sites over that week.

Exciting news for Stroke Foundation Hamilton, we now

have our own web site www.strokefoundationhamilton.co.nz which has all the programmes we run here in Hamilton plus lots of links for further stroke information.

A big thankyou goes to Steve Outram and Paul Burroughs for building the site and getting it launched. Well worth logging onto if you have access to the internet.

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.

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.

NATIONAL VOLUNTEER week is being held from 21-27 June, 2015 and to recognise and thank our whole volunteer team we will be treating them to a finger food lunch at HCRSC on Thursday 26th.

Will sign off for now, so in the meantime take care and keep warm in the wintery weather.

Kind regards
Bev Depree
President

Not all strokes result in a physical disability

This article is to let people know who may not already know or understand that not all people who have had a Stroke have a visible disability and may look on the surface quite ok physically but can have severe debilitating problems after a stroke which are very disabling and have huge implications for the way their lives and those of their families and caregivers are affected but are not always visible to others, so we should not make judgements that their stroke has had little effect because they could be suffering any or all of the following effects which are not visible to others but can have huge effects for them such as:

- Emotional effects
- Visual problems
- Aphasia
- Fatigue

Emotional changes that may occur may include:

Anxiety: You may feel uneasy or anxious for no reason.

Depression: It is normal for you to feel sad after your stroke. But there's a deeper sadness that may show up right after the stroke or many weeks later. Being dependent on others may cause you frustration. This may lead to feelings of helplessness, hopelessness and poor self-esteem. feeling sad, blue or down in the dumps, losing interest in things you used to enjoy, feeling sluggish, restless or unable to sit still, feeling worthless or guilty, having an increase or decrease in appetite or weight, having problems concentrating, thinking, remembering or making decisions, having trouble sleeping or sleeping too much, having headaches, having aches and pains, having digestive problems, having sexuality problems, feeling pessimistic or hopeless, being anxious or worried, having relationship problems with your family, friends, or caregiver, having thoughts of death or suicide.

○ **Emotional lability (limited control over your feelings and reactions):** You may laugh, cry or get upset more easily or at the wrong or inappropriate times.

○ **Loss of inhibition:** Temper outbursts (verbal or physical) may be your only way to express your frustration of being unable to do simple, familiar things.

○ **Mood swings:** You can go from being happy to being sad or angry without warning. Family members will need to be understanding and patient. Mood swings may improve as you go through recovery.

Self-centeredness: You may be focused on your needs and not

be paying attention to your caregiver or family.

Eye-sight problems - Many stroke survivors suffer from visual problems. Each case is different and the difficulty each patient has depends on the severity and location of the stroke. One of the most common vision problems after a stroke is loss of a portion of the visual field. A Visual field is the term used to describe how much you can see in your periphery (side vision) while you fixate your eyes on a central point. Frequently patients who have suffered a stroke will demonstrate a hemianopsia, which is loss of visual field to the left of center or right of center.

A stroke may lead to problems with eye movements which result in both eyes not working together as a pair. This can make it difficult to focus on (specific things because of) a target of interest due to blurred vision as well as diplopia (double vision) which impacts reading, walking and performing everyday activities. People may also experience problems with their fast (saccades) or slow (pursuit) eye movements, making it very difficult for the person to focus visually. In addition, their eyes may wobble (nystagmus) or they may not be able to move both eyes together

in a particular direction (gaze palsy).

Aphasia after stroke
Language is much more than words. It involves our ability to recognize and use words and sentences. Much of this capability resides in the left hemisphere of the brain. When a person has a stroke or other injury that affects the left side of the brain, it typically disrupts their ability to use language.

Through language we:

Communicate our inner thoughts, desires, intentions and motivations.

Understand what others say to us, Ask questions,

Give commands

Comment and interchange

- Listen
- Speak
- Read
- Write

Remember, aphasia does not affect intelligence. Stroke survivors remain mentally alert, even though their speech may be jumbled, fragmented or impossible to understand.

Some survivors continue to have:

Trouble speaking, like "getting the words out", Trouble finding words. Problems understanding what others say. Problems with reading, writing or math. Inability to process long words and infrequently used words.

- Auditory overload

How does it feel to have aphasia?

People with aphasia are often frustrated and confused because they can't speak as well or understand things the way they did before their stroke. They may act differently because of changes in their brain. Imagine looking at the headlines of the morning newspaper and not being able to recognize the words. Or think about trying to say "put the car in the garage" and it comes out "put the train in the house" or "widdle tee car ung."

Fatigue after stroke

- Everyone feels tired sometimes but usually it can be explained by a busy day or lack of sleep. Post-stroke fatigue for stroke survivors is different and is one of the most common effects of stroke. Post-stroke fatigue is not necessarily related to activity level or quality of sleep and does not always improve with rest. There is no specific treatment or medication to treat post-stroke fatigue. Talking to a healthcare professional to get an accurate diagnosis for the cause of fatigue is needed. If fatigue is a side effect of medications you are taking perhaps doses, time of day, or an alternative medication might help. Depression can also be the root cause of fatigue it can be treated in a number of ways.

An accurate picture of the cause of the post-stroke fatigue is necessary for proper treatment.



Quotes:

Talk and you hear something you already know, listen and you might hear something new

Venice is like eating an entire box of chocolate liqueurs in one go

Online presence now

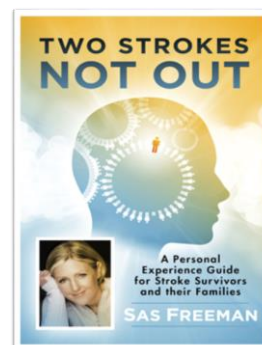
Stroke Foundation Hamilton now has an internet presence with our own web site now on line thanks to the work of Stroke Club Volunteer Steve Outram recently returned from working in the UK for the Stroke Association there, Steve has over the last month has been building our web site so we can have an online presence and be able to let people know who we are and what we do here in Hamilton you can find our website at the following address, so check it out and let the committee know what you think.

We thank Steve Outram for the work he has done on the website.

<http://www.strokefoundationhamilton.co.nz/>

Sas Freeman who featured in the July newsletter in 2014 with her book about her stroke journey "Two Strokes Not Out" is also a UK Stroke Association Ambassador and has put together a short video about how to put make up on with one hand, you can find it by going to the link below which also has an interesting article about Sas and her stroke recovery

<http://www.birminghammail.co.uk/news/video-model-who-stroke-45-9195266>



Pat Dallinger - Life Dedicated to Helping Others.

Long time Stroke Club volunteer and Life Member Pat Dallinger who received the honor of a Member of the Most Excellent Order of the British Empire (MBE) in the 1994 Queens Birthday Honors recognizing her work in the community.

Pat received this honor as it happens twenty years after her Mother Nina Dallinger received her MBE for the same reason, in 1974, easy to see the role model Pat had, their story featured in an article in the Waikato Times by Nancy El-Gamel on Tuesday the 9th of June 2015.

Thank you Pat for your continued service to Stroke Foundation Hamilton.

The University of Canterbury Rose Centre for Stroke Recovery and Research web site features one of our new stroke club members Eric Owsley who was a fireman with Urban Search and Rescue in the South Island before his stroke and move to Hamilton see the following link for the Rose Centre.

<http://www.science.canterbury.ac.nz/rosecentre.shtml> Eric also spoke at the Grand Opening of the Rose Centre during fight Stroke Week on Friday the 10th of April 2015 see the photo below for more photos of the opening see the Stroke Foundation of NZ facebook page. The University of Canterbury Rose Centre for Stroke Recovery and Research at St Georges Medical Centre was established in 2014 due to the generosity of Mrs Shirley Rose, who spent many of her final years tending to the disability created by stroke in her husband. This new state of the art facility builds on the successes of the current [Swallowing Rehabilitation Research Laboratory \(Communications Disorders website\)](#) and will extend this research and clinical expertise to address all aspects of rehabilitation in this population.





Ships in the Night



*We meet, and greet, then pass like ships in the night.
Ships in the night that briefly recognize each other
by a blast on their horn.*

*Passing by on a calm sea and sometimes a storm,
Passing by at midnight and sometimes dawn.*

*How little we know about each other,
How little time there is to share,
Meeting ever so briefly, and taking time to care.*

*Moving in and out on the sea of daily life,
Passing by most things, not giving in to strife.*

*The waves of personal experience alone controlled by
time,
No feelings or emotions expressed by yours and mine.*

*Ships that come and go with a cargo of this and that,
Ships that pass each other, but have no time to chat.*

*Upon the sea of life we get tossed to and fro,
The overwhelming waves always seem to know.*

*That we have little control over the compass of our
lives,
Although for perfection and order we constantly
strive.*

*We plot our own little voyage and map our own little
way,
We pass by each other silently, not lingering to stay.*

*Yes as ships in the night upon the sea of change,
I look for your flag, but you are out of range,
I do not hear your whistle, neither hear your horn,
You pass me by in silence in the early morn.*

*Ships in the night so each one of us truly goes,
To reach our own destination that our own compass
shows!*

*The two poems on this page were contributed by Vice
President Lyn Harre*



*I have a mobile phone,
I am never on my own.
It keeps me truly 'out there',
To connect with those who care.*

*I have a mobile phone,
I'm not at home 'alone',
For when a txt comes through,
I no longer feel down or blue.*

*I have a mobile phone,
It has joys all its own,
One can ring, and say helloe,
It's really handy you know.*

*It connects me to my friends,
On its use I can depend,
It will keep me safe from harm,
It goes with my right arm,
In my pocket out of sight,
To be used day or night.*

*I have a mobile phone,
This lady is no longer 'alone'!*





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 July 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 _____ at:

bettycollis@clear.net.nz

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.

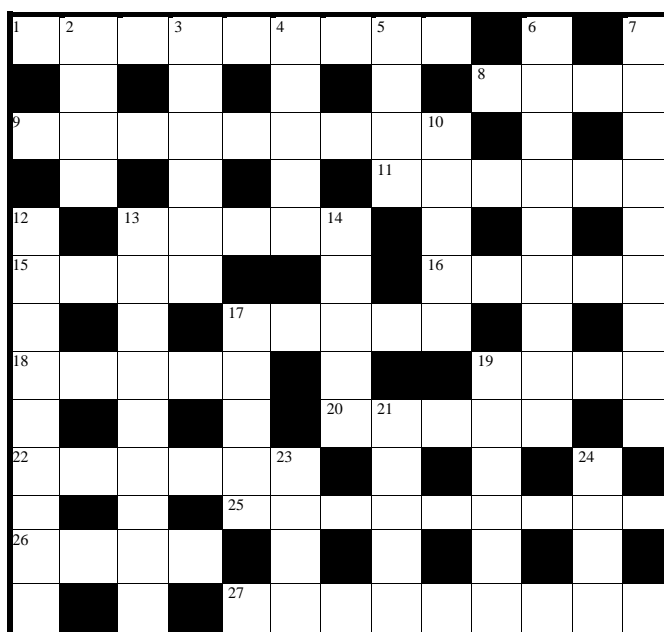
The two raffles drawn since the last newsletter were won by:

Lois Tebbs & Pat Dallinger

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)

Solution on Page 12

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

STROKE FOUNDATION HAMILTON

P.O. Box 27112, Garnett Avenue, Hamilton 3257

Phone: (07) 849 2065

Email: hamiltonstroke@gmail.com

Web site: www.strokefoundationhamilton.co.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. 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, Tommo's 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