



Hamilton Stroke Club Newsletter: October, November, December 2015

Kaumatua Olympics 30th October 2015 at the Claudelands Arena.

On Friday the 30th of October 2015 a number of community health groups participated in the annual Kaumatua Olympics held at the Claudelands Arena in Hamilton on the first day of the Annual 2015 A & P Show.

Stroke Foundation Hamilton was one of these groups where we had an information stand manned by Bev Depree & Pam Mason from the Stroke Foundation Hamilton Committee & Hamilton Based Community Stroke Advisor Lynette Jones (see the photo above). The team gave out lots of stroke information about risk factors such as blood pressure and salt in the diet.

OPR nurse Adrian Coleman volunteered on the stand as well on the day and did 21 free blood pressure readings for Kaumatua

Olympics participants (see photo on the right).

So a very successful day with lots of stroke information being given to the participants and free blood pressure test being given and the FAST message being promoted.

Many thanks to those that manned the stand and to OPR nurse Adrian Coleman for volunteering to give the free blood pressure tests which were well received.

Many thanks also to Sharon Preston from BUPA who co-ordinated the health related community Groups who participated along with Stroke Foundation Hamilton.

A good day enjoyed by all the participants and a great venue at the Claudelands Arena we look forward to attending again next year.



Sheryl Waters retires



Sheryl Waters with Stroke Foundation of New Zealand Midland Region General Manager Tracie Gutry far left and Angela Drummond CSA for Coromandel, Hauraki & Tauranga and Vicki Martin CSA for New Plymouth and Taranaki at Sheryl's retirement farewell at the Lilly Pad Café in Cambridge on the 21st October 2015

Stroke Foundation of New Zealand Midland Region Community Stroke Adviser Service Co-ordinator Sheryl Waters retired after nineteen years' service to the Stroke Foundation in a number of roles.

Sheryl was appointed the first salaried Stroke Field Officer based in Te Kuiti by the Midland Region in early 1996 soon after the Midland Region was established and Sheryl covered the King Country area from Taumaranui up to Hamilton as the Stroke Field Officer.

Sheryl attended the SFONZ Inc National Conference in Rotorua where the first of the ground-breaking "Life After Stroke" resources were launched in New Zealand.

Later Sheryl took on the role of the Stroke Foundation Midland Region Inc Field Officer Service Co-ordinator for the Regional Field Officer Service and when Stroke Foundation Midland Regional Manager Malita Cognet retired in January 2014 following the amalgamation of the Stroke Foundations Regions into one National Organisation Sheryl took on the role of Acting Stroke Foundation of New Zealand Midland Region Manager until new Stroke Foundation of New Zealand Midland General Manager Tracie Gutry was appointed.

Sheryl and husband Chris had moved to Opotiki from Te Kuiti during this time and after the Stroke Field Officer role name change to Community Stroke Advisor Sheryl

continued in the role of Midland Region Community Stroke Adviser Service Co-ordinator until her retirement on the 21st October 2015.

A farewell function for Sheryl was held at the Lilly Pad Café in Cambridge on the 21st October 2015 and the Community Stroke Adviser Team from around the Region attended along with SFONZ Midland Region General Manager Tracie Gutry, Midland Regional Administrator Dale Fowke, Northern Region General Manager Don Scandrett from Auckland and SFONZ CEO Mark Vivian from Wellington.

Mark Vivian spoke of Sheryl's service to the Foundation and made a presentation to Sheryl.

Also attending Sheryl's farewell were Stroke Foundation Hamilton representatives, Bev Depree, Betty Collis and Paul Burroughs, Betty and Paul have both known and worked with Sheryl since she was appointed in 1996 and Sheryl has been a good friend to Stroke Foundation Hamilton and the Hamilton Stroke Club since she was appointed.

We all wish Sheryl & Chris Waters all the best for their retirement at the Beach in Opotiki.



FROM THE PRESIDENTS DESK.

Hi members,

Well here we are almost at the end of another year. Hopefully the weather is going to settle and summer will come with the warmer weather we are all waiting for.

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.

11th August 6 members from our club attended the Te Awamutu Stroke Club, afternoon concert with Marian Burns, a very popular country music fiddler held at the Tarra Hill rest home.

Most of our members had never seen Marian perform so they were "blown away" by the show, followed by a lovely afternoon tea.

12th September we were asked to do a presentation on Stroke Foundation Hamilton, to the Bellbirds family group of the Chartwell Co-operating Church. This was a great opportunity to get the F.A.S.T. Message across and highlight the support

services that Stroke Foundation Hamilton offers to the community.

To my surprise this was an older group of people and one person had never heard of a stroke. Plenty of information was taken away that day.

5th October we were invited to do a presentation on Stroke Foundation Hamilton to a meeting of Grey Power Hamilton. Again plenty of information was taken away that day.

21st October Paul Burroughs, Betty Collis, Lynette Jones and myself attended a farewell lunch at 'LILYPAD' near Cambridge for Sheryl Waters a long time member and Community Stroke Advisor in the region for almost 20 years, a good few of those years spent in Te Kuiti before moving to work in the Bay of Plenty. (See page two).

30th October Stroke Foundation Hamilton had a display stand at the Kaumatua Olympics organised through the "Rauawaawa Kaumatua Trust" held at the Claudelands Arena. Around 300 people attend this event. Plenty of stroke information was given out over the day, and free blood pressure testing was done by Waikato Hospital OPR nurse ADRIAN Coleman. (see photos page 1 & 6)

9th November 2015 Stroke Foundation Hamilton hosted the November Volunteer co-ordinators' Network Meeting., for Volunteering Waikato.

The topic for November was: Involving volunteers with disabilities, and volunteers working with people with disabilities. 20 organisations who have volunteers working in their teams attended this meeting.

The "Drop In" lunch meetings at HWMC are continuing to be well patronised with between twenty and thirty meeting for lunch and a social time together each month.

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 Smith & McKenzie at Chartwell on 17th November. 19 attended.

The first meeting for 2016 will be on 16th February at the Hamilton Gardens café from 1.30pm.

Thanks to Betty for the co-ordinated effort we both put in over the year for our carers to enjoy.

Thanks to Betty also for the wonderful gift baskets arranged for the fundraising raffles over the year.

To our committee and volunteers your commitment to the club is appreciated by all our members. Thank you all.

To Lynette Jones, Community Stroke Advisor thank you for all the support you give to our club and the referral of clients to our support groups.

I would like to welcome to our team of volunteers Bev McFall and Grant Waghorn.

There will be changes to our speech language therapy talk shops starting next year.

We are asking for any volunteers who will be interested in training in speech language therapy, so please see myself or Paul Burroughs, so we can follow this through with training with the WDHB. See article for this on page seven.

The entertainment organised for August, September, and October club days, Glenda Perry, John King, and Paul Coursey respectively, all gave a very enjoyable hour of easy to listen to 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 to 86. Membership sub is \$10 per person for 2015-2016 financial year. 1st July 2015 to 30th June 2016.

Thank you to all members for items provided for the sales table, with special thanks again 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 arranged each club day.

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 Services Club, Rostrevor Street, Hamilton on 9th December 2015 from 11am onwards. The cost is \$20 each includes transport if you are eligible for total mobility and come by taxi.

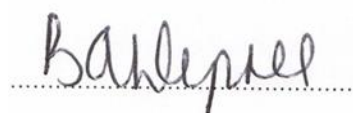
Included with this newsletter is a copy of the Stroke Club Calendar for 2016 with the Stroke Club days which are the

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 25th November 2015, will be the last one for the year at the club rooms, so enjoy your entertainment by Helen Riley, free raffle and your Christmas gift that has been chosen for you 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 2016

Bev Depree



PRESIDENT



A bartender is just a pharmacist with a limited inventory.

~~~~~

*Borrow money from a pessimist, they don't expect it back.*

~~~~~

A flashlight is a case for holding dead batteries.

~~~~~



*Not just a diet spoon but a silver diet spoon !!!*



*Change is inevitable, except from a vending machine.*

~~~~~

Everyone has a photographic memory. Some don't have film.

~~~~~

*I get enough exercise just pushing my luck.*

~~~~~

Smith & Wesson: The original point and click interface.

~~~~~

*Some days you are the bug, some days you are the windshield.*

~~~~~

Members End of Year Christmas Lunch Wednesday the 9th of December 2015

The stroke Club End of year Christmas Luncheon for members will be held this year on the Wednesday the 9th of December 2015 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 1.30 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 25th November 2015 Stroke Club meeting 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



Quotes

Time you enjoy
wasting was not
wasted. *John Lennon*

~~~~~

Your time is limited, so  
don't waste it living  
someone else's life.

*Steve Jobs*

~~~~~

The best time to plant
a tree was 20 years
ago. The second best
time is now.

Chinese Proverb

~~~~~

Life is 10% what  
happens to me and  
90% of how I react to  
it.

*Charles Swindoll*

~~~~~

Fall seven times and
stand up eight.

Japanese Proverb

~~~~~

Dream big and dare to  
fail.

*Norman Vaughan*

## Stroke Foundation Hamilton membership draw

There are benefits of being a financial member of Stroke Foundation Hamilton for the 2015 – 2016 financial year.

Every month at the monthly stroke club meeting a draw is done of all financial members and the winning member receives a \$50 Pac N Save gift card. You don't have to be present to win the draw but you must be financial.

## 2016 Stroke Foundation Hamilton Activity Calendars

we have meeting date calendars for all the Stroke Foundation Hamilton groups the Stroke Club which meets every fourth Wednesday of the month the Social Lunch Drop in Group that meets at the Hamilton Workingmen's Club in Frankton on the Third Thursday of each month, the Caregivers Support Group which meets on the third Tuesday of each month and the Choral Singing Group which meets on the second and fourth Tuesday each month, see Paul Burroughs if you would like a copy of any of the above calendars.





Stroke Foundation volunteers and staff from the Midland Region at the Farewell for Sheryl Waters at the Lilly Pad Café on Wednesday the 21<sup>st</sup> October 2015 photo on the left from Left to Right Betty Collis Hamilton, Dale Fowke Regional Administrator Tauranga, Paul Burroughs, Hamilton Jill O'Reilly, CSA Tauranga

Stroke Foundation volunteers and staff from the Midland Region at the Farewell for Sheryl Waters at the Lilly Pad Café on Wednesday the 21<sup>st</sup> October 2015 photo on the Right from Left to Right Bev Depree Hamilton, Mark Vivian, SFONZ CEO, Debbie Shaw, CSA Tokoroa, Dale Fowke Regional Administrator, Vivienne Witt CSA Rotorua, and Taupo Area.



Photos from the Kaumatua Olympics at the Claudelands Arena on Friday the 30<sup>th</sup> October 2015 in the photo on the right Bev Depree gives stroke information to two of the participants at the Kaumatua Olympics and in the photo on the left volunteer Adrian Coleman an Waikato Hospital OPR Nurse records the details for a participant after giving them a free blood pressure reading



# Changes to Speech Language Therapy sessions at the Hamilton Stroke Club Days

The speech talk shop session run by Pip Bennett from the Waikato Hospital Speech Language Therapy Department in the side room off the main meeting Room after lunch today will be the last held by Pip Bennett.

After a meeting held at the Waikato Hospital on Monday the 16<sup>th</sup> of November 2015 with Deborah McKellar and Pippa Bennett and Stroke Foundation Committee Members Bev Depree & Paul Burroughs to discuss the speech therapy at the Stroke Club it was felt because of the noise and other problems with holding the Speech Therapy in the side room that there were better ways of delivering the communications rehab to stroke people who have communications difficulties.

This will be based on what is being done overseas and in other parts of New Zealand and will be a better more effective use of the skills and staff of the WDHB Speech Language Therapy Department.

It will also allow more people to be helped more frequently than the once monthly speech talkshop session at the stroke club meeting.

It is proposed to set up a Stroke Foundation Hamilton Communications Volunteers scheme where volunteers will be recruited and then trained by WDHB Speech Language Therapy staff to work with stroke people with

Communications problems following their stroke. The proposed scheme is outlined below.

## Communications Volunteers scheme

**Volunteers are wanted** to train to work with Hamilton stroke survivors who have speech Language problems following a stroke, these trained volunteers will meet with stroke survivors in the community who have communication impairments following a stroke.

The volunteers will be trained as 'conversation partners' and to use Total Communication Strategies to give the stroke survivors opportunities to experience effective communication and social interaction.

It is intended that the trained volunteers will be paired with stroke survivors who may either receive one-to-one visits from a volunteer and/or attend a suitable communication group with others, such as the "tea and chatters" group which runs now.

It is intended that stroke survivors with communications problems following their stroke would first be assessed and referred to the volunteer communications scheme by a Waikato DHB speech-language therapist.

Speech Language Therapy staff but it is not intended that the volunteers will provide a therapy or counselling role but will be trained to:

- To socially interact and facilitate effective communications
- To generate appropriate conversation topics
- To have effective listening skills

All of this in the stroke person's home or in normal social situations in the community and importantly volunteers will need to be able to devote the time to spend with and talking to their buddy and just as important to have the time to listen to their buddy.

If you are interested in becoming a Communications Volunteer/Speech Buddy see Bev Depree or Paul Burroughs who can give you more information about the scheme which will commence in the New Year.







## 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 \$15 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 2016 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 21<sup>st</sup> January 2016 the first meeting for 2016

## 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 2016 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](mailto:bettycollis@clear.net.nz) at:  
Or  
Contact Bev Depree on  
Phone: 847 - 9354  
Email: [bevdepree@gmail.com](mailto:bevdepree@gmail.com)

Or contact the North Waikato Community Stroke Advisor on:

Phone: 856 - 1654 or Email  
at: [north.waikato@stroke.org.nz](mailto: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.***

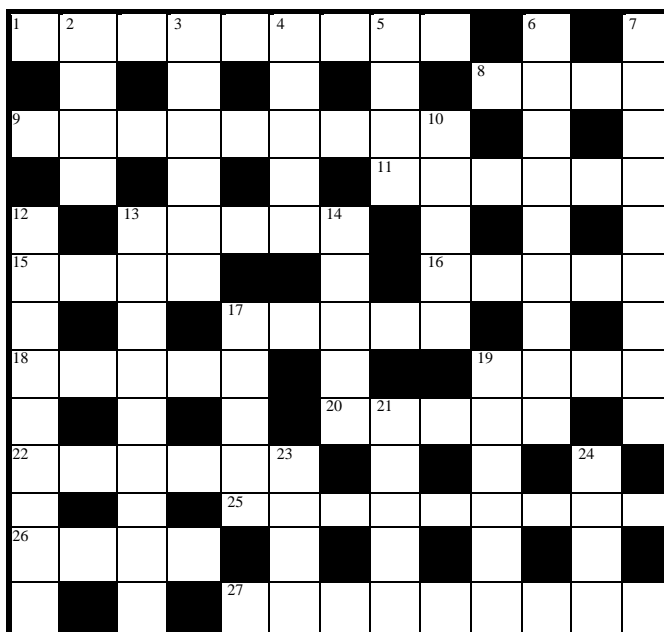
***The raffle drawn since the last newsletter was won by:***  
**Annette Viviani**



# 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 10**

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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:**

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

Down

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