

Hamilton Stroke Club Newsletter: April, May, June 2016

Busy Stroke Awareness Week and Waikato Show Wellbeing Expo in April 2016

Stroke Awareness Week in 2016 was from the 4th to the 10th of April 2016 and the Waikato Show Wellbeing Expo was held at the Claudelands Arena over the weekend 8th to 10th of April 2016 in Hamilton.

Stroke Foundation Hamilton had stroke information stands and collection stands throughout the city every day during that week and also had a stand at the Waikato Show Wellbeing Expo over the weekend with volunteers manning the stand over the weekend.

See the photo above with volunteer Steve Smith, Nurse Volunteer Christine Mara and volunteer Karen Giles on the stand on Friday the 8th of April 2016 with Christine Mara doing

free blood pressure checks for the public and a large amount of stroke information and FAST material was distributed to the public over the three days.

Organizers tell us close to 16,000 people went through the Waikato Show gates over the weekend.

Many thanks to all the volunteers who manned the Waikato Show Stand during the weekend and to Christine Mara for doing the free blood pressure checks.

During the week we also had stroke information stands and collections points around the city outside various businesses and at the Westfield Chartwell Shopping Centre outside the coffee Club on Thursday the 7th and Saturday the 9th of April

2016 and on the Tuesday had a stand outside the Hillcrest New World Supermarket, on Monday inside the Te Rapa New World Supermarket and on the Wednesday outside the Pak N Save Clarence Street Supermarket and also had stroke information and FAST material in the Garden Place Central Library on the large community notice board as you enter the library.

So a busy week but a lot of stroke information and FAST material given out to the public over the week.

Many thanks once again to all the volunteers who manned the stands over the week and to Jill & Paul Kurtich who counted and banked the donations made over the week.

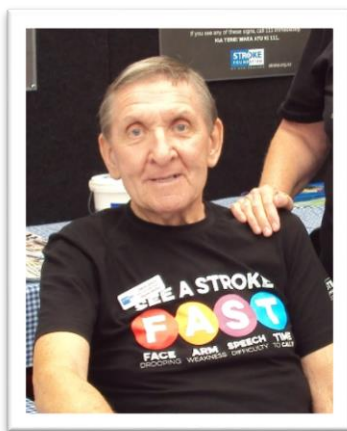
New Stroke Club Home Visitor

At the beginning of the year a new volunteer Steve Smith was introduced to us at Stroke Foundation Hamilton by Wayne Cording the VitalCall/Chubb Medical Alarms Hamilton Representative.

Welcome aboard the Stroke Foundation Hamilton team of volunteers Steve.

Steve has embraced his role as a volunteer and has become a welcome addition to the team with his distinct scotch accent which is still very much present despite his many years living in New Zealand.

Steve has also taken on the role of Home Visitor joining that team



along with Betty Collis, Bev Depree and Joan Phillips, it is good to have a male volunteer to visit people at home and in their rest homes and retirement village homes.

Steve also visits people in Waikato Hospital while they are in Waikato Hospital and assists as a volunteer at the different activities like the social lunch group at the Hamilton

Workingmen's Club and at the Stroke Club meetings welcome to the volunteer team Steve we hope you are enjoying your new volunteer roles with Stroke Foundation Hamilton.

Without all our team of dedicated volunteers Stroke Foundation Hamilton and all our different activities and groups would not be happening. We are lucky to have a team of over twenty six

ROLL CALL

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

Jill Rudduck
(Wife of member Ross Rudduck)
28th March 2016

Pauline Dixon
5th April 2016

Len Shrubsole
6th of April 2016

Stella Lawson
8th April 2016

Nora Adams (Aged 101 and 6 months)
7th May 2016

Colleen Carew
12th May 2016
Member & Volunteer



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

Quote



dedicated volunteers who are supporting the work of Stroke Foundation Hamilton so thank you all for your service to our group it is very much appreciated.

Photos from Stroke Awareness Week



Molly Varley and Colleen Rapana at New World Hillcrest on Tuesday the 5th of April 2016.



Steve Smith & Bev Depree at the Waikato Show Wellbeing Expo at the Claudelands Arena on Friday the 8th of April 2016



Steve Smith & Bev Depree at the Westfield Chartwell Shopping Mall on Saturday the 9th of April 2016



Sandra Treanor and Joan Phillips at Pac N Save Clarence Street on Wednesday the 6th of April 2016



Dave Hockin and Betty Collis outside the Coffee Club at the Westfield Chartwell Shopping Centre on Thursday the 7th of April 2016



Steve Smith and Hamilton CSA Lynette Jones at the Waikato Show Wellbeing Expo stand at the Claudelands Arena on Friday the 8th of April 2016



FROM THE PRESIDENTS DESK.

Presidents Annual Report for 2016 AGM

I am privileged again to be able to present my annual report to the 34th Annual General Meeting of **Stroke Foundation Hamilton** held 11.00am 27th July, 2016 at the Marist Rugby Club rooms, Hamilton for the 2015-2016 year.

First: We must remember all members who have passed away during the last year.

I would again like to acknowledge the committed and dedicated efforts of all members of our committee, and the support they have shown and given us all over the past year.

The committee is made up of eleven members – five of whom are stroke persons.

Special thanks to Paul and Jill Kurtich & Paul Burroughs for the professional presentation of the annual financial accounts. This year we have the third full year of accounts being reconciled and balanced using the Xero accounting system.

Special thanks also to Paul Burroughs, our Secretary, Fundraiser,

Transport Co-ordinator, Newsletter producer, web site maintainer, and our first line of communication for Stroke Foundation Hamilton.

A big thank you and acknowledgement to all funders and sponsors we have had successful Grants and gifts from over the year to keep our club operating.

Grassroots Trust
Internal Affairs Dept. (COGS)
WEL Energy Trust
Trust Waikato
St Joans Charitable Trust
Hamilton City Council
Len Reynolds Trust
NZ Post Community Post
VitalCall (Chubb Alarms)
Waikato Lyceum Charitable Trust Inc
TechSoup (Software)

Highlights:

2015-2016 has been another very busy year with several meetings and public displays.

October 30th we had a site at the annual **Kaumatuā Olympics** organised through the **Rauawaawa Kaumatua Trust**, held at the Claudelands Arena.

A lot of stroke prevention information and free blood pressure testing took place here.

December 3rd we had a site at the 'Have A Go Day', held in Civic Square.

April 4th to 10th was Stroke Awareness week. We had displays at New World, Te Rapa, New World Hillcrest, and Pak 'n Save, Clarence Street, Westfield, Chartwell, over this week.

Also 8th to 10th April we had a site at the **Waikato Show, Claudelands**, in the Wellbeing Expo area of the show.

15th April we had a display at the Cambridge Baptist Church, For their Mens Health Event. Again a lot of stroke information and free blood pressure testing was available.

18th June, we had a display and free blood pressure testing at the **Raglan Connect Day**, which we shared with several local community organisations.

20th June we had a site at the **Mens Health Day** run by **Age Concern**. Again we offered information on Stroke prevention, and did free blood pressure testing.

Over the year we also had displays and presentations at: Chartwell Co-operating Church, Bellbirds family group, Greypower Hamilton. COGS Public Meeting (Internal Affairs).

Over and above all of these meetings Paul Burroughs attends as our representative on the Disabled Persons Assembly DPA (Waikato), CCS Disability Action **Access For All** Committee, and WDHB Community Health Forum, meetings held regularly throughout the year.

I attend Volunteering Waikato volunteer co-ordinator meetings throughout the year. Stroke Foundation Hamilton hosted the November meeting which was attended by 20 other organisations engaging volunteers.

All of these events and meetings give Stroke Foundation Hamilton, great, opportunities to get the Stroke Risk factor and **FAST** message out into the community.

I must acknowledge the commitment of our committee

and volunteers who gave their time to make all these events the success they all were. Thank you.

Outings:

11th August, We received an invitation for some of our members to attend Te Awamutu Stroke group's afternoon meeting at Tarra **Hills Resthome**, to share an afternoon of music with well-known New Zealand fiddler Marian Burns.

We have all enjoyed Christmas Lunch at the Hamilton Combined Services Club on 9th December, 2015, with 76 attending and again for our mid-year Christmas lunch on 8th June, 2016 with 67 attending.

Acknowledgements:

Grateful thanks to our team of volunteers whose help and support along with Committee members keeps our club days running smoothly.

Thank you to Lynette Jones, Community Stroke Advisor for attending Stroke Club day when she is able to and for the new referrals and support given to our stroke club over the year.

Caregivers Support Group:

Betty Collis and myself for our joint co-ordination of the Caregivers Support Group. These monthly meetings are appreciated by those who are able to attend.

Betty for your creation and putting together of the raffle basket prizes over the year. Well done.

The Caregivers Group Christmas Lunch was held at Smith and McKenzie at Chartwell in November, with 19

attending and mid-year in June we had a luncheon at the H.C.R.S.C. With 14 attending

Home Visitors:

Thanks to Betty Collis, Joan Phillips, Steve Smith, for their home & Hospital visiting over the past year.

Physiotherapy:

Thanks to Tracy Stirling and Liz Guest for their physiotherapy sessions at the monthly stroke club day.

First Aid Volunteer:

Thanks to Graeme Thompson our committee member and first aid volunteer at our monthly club days giving us all great peace of mind.

Marist Rugby Club Rooms:

Thanks to Andy Costain, Manager, Marist Rugby Club, for setting up the tables, chairs etc for Stroke Club days and Committee meetings.

Transport Providers:

Thanks to all the transport providers we use over the year for transporting our members to and from our support groups.

Red Cabs

Trikiso Buses

Driving Miss Daisy Westside

Driving Miss Daisy Eastside

St John Health Shuttle

Club Day Activities:

We have all enjoyed a variety of musical entertainment over the year selected mainly by your entertainment sub-committee of Annette Coombes, David, Lyn and Cathy. Well done team.

A wonderful variety of raffle prizes has been spread over the year. Thanks to Annette

Coombes and David.

Thanks to all who donate items for our sales table. Special thanks to Joan Davies for all the lovely baking that comes in with her every club day.

Special extras and effort were put into our Christmas, Easter and mid-year Christmas club days.

We all enjoyed a wonderful barbeque lunch cooked by Brent (Jill & Paul Kurtich's) son-in-law at our March 23rd 2016, meeting.

We are catering most months for a head count of 70 plus.

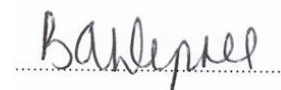
The membership draw has been a positive incentive to be a financial member of the club, with a record number of 93 members over the past year.

On a personal note I offer my heartfelt thanks to all my friends and members of Stroke Foundation Hamilton for the wonderful support given to me during Colleen's illness, her passing and those who attended her service I am truly grateful.

This brings to an end my report for 2015/2016.

Trust our club will enjoy another successful year ahead.

Bev Depree



PRESIDENT





Cambridge Baptist Church Men's Health Event on Friday the 15th April 2016

volunteers provide tea coffee and home-made baking to the groups attending.

These events are well attended by Cambridge residents as they are very well promoted in the local community newspaper and by a leaflet drop to every household in Cambridge prior to the event.

These events are also a hugely useful opportunity for the health groups who have stands at the event to network among themselves and exchange information and contacts among each other so a very successful community event organised by the Cambridge Baptist Church and a very worthwhile event to



On Friday the 15th of April 2016 the Cambridge Baptist Church hosted a Cambridge community Health Event the theme of this year's event was Mens Health.

Hamilton Community Stroke Advisor Lynette Jones, Bev Depree, (see picture above) Paul Burroughs and Nurse Volunteer Christine Mara from Hamilton set up and manned the stroke information stand that day and Christine Mara gave free blood pressure test to those attending.

The Cambridge Baptist Church Health Events are a very well organised and well run event run by a great team of Church volunteers who assist community health groups to set up their stands and a team of very hospitable kitchen

have a presence at and to distribute stroke information at and to promote the FAST message to a wider public which following the test FAST message program which was only run in media in the Waikato in late 2015 it seems to have really got the FAST message across as a large number of the public at this event were able to identify at least one or two of the stroke recognition signs and many were able to identify all four so the FAST message is getting out there and hopefully more people are recognising the signs of a stroke and are seeking medical help sooner rather than later.



FITNESS REVOLUTION

Parafed Waikato give you the chance to make change with their free Fitness Revolution Program. Whether you are already into sport and want to get in some extra training, or are just ready to try something new, this is the program for you!

Designed for people who have physical impairments, this fun and social activity group allows you to meet new people, play games and work on individual fitness goals.

Supported by Life Unlimited, Athletes House, local coaches and physiotherapists. Their sessions focus on fitness, balance, strength, co-ordination and sport specific skill.

All ages and abilities welcome!

Some of Stroke Foundation Hamilton members already attend these sessions, Annette Viviani and Cathy Harbour can tell you about their experience of the free Fitness Revolution Program.

Register with David Klinghamer on 07 858 5388 or davidk@sportwaikato.org.nz
Phone: 027 212 5496
Best time to Contact: 9 am to 5 pm weekdays.

Training Times:

Day: Tuesday and Thursday

Venue: Athletes House, 502 Grey Street, Hamilton.

Time: 1.30 pm to 2.30 pm

Struggle to hold, read or see books? The new "Booklink App" might be just what you need.

If you struggle to hold a book easily because of hemiplegia or have vision problems caused by a stroke that means you can't read a book, there is a new App which may be just what you need

The app is called Booklink, and Booklink was designed by the Blind Foundation for their own members of the Blind foundation but since November 2015 The blind foundation are offering it to anyone who has a print disability, this means anyone who struggles to hold or read an actual book for whatever reason, not just Vision impaired persons can access 11,000 audio books for free.

Booklink not only offers audio books but also Newspaper and magazines.

What do new clients need to do to access Booklink?

Provide a document signed by a medical practitioner stating you are print disabled to access Booklink for free. This could be faxed or emailed also to the blind foundation.

Have an Apple I-device (Currently only for Apple devices but it is hoped that by December 2016 Booklink will be also available for Android and Windows PC as well)

There are staff at Hamilton city Libraries that can assist anyone wanting to join, and of course the Blind foundation can also assist with anyone wanting to join.

Hamilton City Council Librarians really want to get the word out there that this amazing app is available.

If you are interested you can contact **Renee Morrison** Lifelong Learning Librarian Hamilton City Libraries Phone: 07 8386469 Email: renee.morrison@hcc.govt.nz.



Helen Riley & Steve Smith

At the 22nd June 2016 Stroke Club meeting we were fortunate enough to have along to entertain us well known full time professional Singer & Entertainer Helen Riley who's strong vocal style covers all music genre's from the crooner standards of the 40's & 50's, to the pop hits of the 60's & 70's, 80's through to the present day artists such as "Boyzone" Shania Twain, "Tina Turner, Billy Joel," The Eagles, Michael Buble and Elton John, Kd Lang just to name a few.

It also turns out that Helen also sang with our new Home Visitor

Steve Smith quite a few years ago, and Helen persuaded a very reluctant Steve Smith to get up and join her (see photo to the left) in a couple of numbers like the Neil Diamond song "Sweet Caroline".

Turns out Steve was also an entertainer with his own band in days gone past and as well as having the gift of the gab has a very nice voice as well.

So you just never know what talents are hiding in our midst or you.

Thank you both Helen and Steve for a great morning of entertainment very much enjoyed by everyone.

Communications Volunteer Scheme:

The Communications Volunteer Scheme that was featured in the last newsletter has had a hitch due to the training of our Communications Volunteer training having to be delayed due to staff shortages of Speech Language Therapists at the Speech Language Department at Waikato Hospital.

This has meant the training that was to start early this year facilitated by the Waikato Hospital Staff has had to be delayed until the Waikato Hospital and the Waikato DHB can recruit and appoint more qualified Speech Language Therapists to cover the vacant staff positions, once this has happened the training will be able to start so apologies for the delay but it will still happen, we will keep you informed.

Easter celebrated at the 23rd March 2016

Stroke Club meeting

The Stroke Club meeting at the Marist Rugby Club Rooms was celebrated with an Easter theme and a BBQ lunch cooked by Brent (Jill & Paul Kurtich's) son-in-law and hot cross buns from Tommos Bakery and a chocolate Easter egg.

All the raffles arranged by Annette Coombes also had an Easter theme and were enjoyed by everyone, thank you Annette for all the thought and work you put into the raffle prizes and because it was school holidays on the 27th April 2016 we were joined by Annette's three Grandchildren for the day Stella, Billie and Ruby see the pictures on the left

Stroke Foundation Hamilton membership draw

There are benefits of being a financial member of Stroke Foundation Hamilton for the 2016 – 2017 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 Pak N Save gift card. You don't have to be present to win the draw but you must be financial.



Annette Coombes and Club member Saero Kazimi at the Stroke Club Meeting at the Marist Rugby Club Rooms on the 23rd March 2016



Annette Coombes and granddaughters Stella, Billie and Ruby
At the Stroke Club meeting in Hamilton on Wednesday 27th of April 2016



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 18th of August 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 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 group meetings please support them.

The raffle drawn since the last newsletter was won by:

Paul Spadoni

Playing card games aids stroke recovery

28 June 2016 - BBC Website Health News



Playing simple card games, such as snap, can help stroke patients with their recovery, say Canadian researchers.

The scientists found it improved patients' motor skills.

Playing Jenga, bingo or a games console like Wii worked equally well.

They told the **Lancet Neurology** that the type of task used for motor rehabilitation might be less relevant, as long as it is intensive, repetitive and gets the hands and arms moving.

The researchers designed their study to test whether virtual reality gaming, which is increasingly being employed as a rehab therapy for stroke patients, is any better than more traditional games for honing upper limb motor skills.

The Canadian team recruited 141 patients who had recently suffered a stroke, and now had some impaired movement in one or both of their hands and arms.

Approximately half of the patients, at random, were then allocated to the Wii rehab, while the rest were asked to do other

recreational activities, such as playing cards.

All of the patients continued to receive usual stroke rehabilitation care and support on top of the 10, one-hour sessions of gaming or card playing for a fortnight.

Both groups showed significant improvement in their motor skills at the end of the two weeks and four weeks later.

Importantly, both groups fared equally well, say the researchers.

While it's not clear from this study how much of the improvement was from the regular stroke care the participants received, other research suggests adding in more therapy is beneficial.

Investigator Dr. Gustavo Saposnik, from St Michael's Hospital in Toronto, said: "We all like technology and have the tendency to think that new technology is better than old-fashioned strategies, but sometimes that's not the case. In this study, we found that simple recreational activities that can be implemented anywhere may be as effective as technology."

Alexis Wieroniey of the UK's Stroke Association said the findings were particularly encouraging because they suggest that inexpensive, easily accessible activities can help some stroke survivors in their recovery.

"Thousands of stroke survivors are left with mobility problems, and this can lead to a devastating loss of independence," she added.

Thanks to member Hugh Jagoe who passed on the link to this information.



Under 65 Stroke Support Group formed

Member Catherine Bang is facilitating a stroke survivors support group for under sixty five year old stroke survivors and the inaugural meeting to form the group was held at the Marist Rugby Club Rooms following the usual 22nd June 2016 Stroke Club meeting, facilitated by Catherine Bangs Father Brian Bang. The photo above was taken of the group who attended the first meeting R to L Paul Burroughs, Maurice Young, Aaron Findson, Paul Robinson-Lynch, Catherine Bang and Francis Foote. A second meeting was held at Community Stroke Advisor Lynette Jones Office on the 6th July 2016 and will be held each month at a venue decided on by the members of the group on the first Wednesday of each month.

If you are interested in finding out more about the group contact Paul Burroughs and he will put you in touch with Catherine Bang.

Ten Minute Quiz

1. How big is the wood where Christopher Robin and his friends play in the Winnie-the-Pooh Stories?
2. Which 1987 Hollywood Thriller inspired the term “bunny boiler” meaning a spurned lover bent on revenge?
3. The 1988 film Crossing Delancey was set in which city?
4. Which word can precede sheet, trial or frame?
5. Which grouping of countries began in 1958 with six members and now has 28?
6. Which Asian country has a unit of currency called the Peso?
7. In which activity would you do-si-do?
8. The city of Timbuktu is located in which country: Mali, Saudi Arabia, or Somalia?
9. What is the New Zealand term for the method of cooking known in America as broiling?
10. Name the century in which Leonardo da Vinci completed the Mona Lisa?
11. Which British police drama series is set in the Calder Valley of West Yorkshire?
12. Which fictitious 19th century character captained a submarine called the Nautilus?
13. Which country has the longest continuous railway line in the world, Russia or Australia?
14. Which 1970 Simon and Garfunkel song was based on an Andean folk tune?
15. Which pioneering black rock and roller gave his name to a beat that was imitated by Buddy Holly, the Rolling Stones and George Michael, among others?
16. The Sundance Film Festival takes place in which US state: Colorado, Nevada, or Utah?
17. Basketballer Steven Adams was educated at which Wellington secondary school?
18. In which play by Samuel Beckett do two men wait for a character who never shows up?
19. Which insect inspired a famous piece of music by Nikolai Rimsky-Korsakov?
20. Which communist country had a feared secret police organization called the Securitate: Romania, East Germany, or Yugoslavia?

ANSWERS: 1. One Hundred acres 2. Fatal Attraction 3. New York 4. Time 5. The European Union 6. The Philippines 7. Square Dancing 8. Mail 9. Grilling 10. The 16th 11. Happy Valley 12. Captain Nemo 13. Russia 14. El Condor Pasa 15. Bo Diddley 16. Utah 17. Scots College 18. Waiting for Godot 19. The Bumble bee 20. Romania

STROKE FOUNDATION HAMILTON

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Newsletter editor and any contributions please contact Paul Burroughs
At the above address or email.



Stroke Foundation of New Zealand
Mission Statement

Reducing the risks - improving the outcomes

Without the generosity of the following Businesses organisations and Community Trusts, we could not continue to operate, so we thank them all most sincerely for their past & 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, Len Reynolds Trust, St Joans Charitable Trust, VitalCALL/Chubb Medical Alarms, Wayne Cording, Waikato Lyceum Charitable Trust Inc. Tagaloa Gerard Soon from LJ Hooker 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



***Waikato Lyceum Charitable
Trust Inc***