



**STROKE**  
FOUNDATION

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**HAMILTON**

Hamilton Stroke Club Newsletter: January to May, 2018

## Welcome to new Regional Manager Cee Kay



Today we welcome the new Stroke Foundation Midland Region Manager Cee Kay to our Stroke Club May meeting, we congratulate Cee on her appointment to the role at the beginning of 2018 and welcome her here today and look forward to working with her for the benefit of the stroke population of

Hamilton and the Midland Region.

Also, here today is the newly appointed Hamilton Community Stroke Advisor Megan TeBoekhorst.

Megan has replaced Cindy Tawa who only held the CSA position for a very short time following Lynette Jones departure and has also moved to new offices in the Life Unlimited Building in Palmerston Street after the old office at 28 Te Aroha Street was closed when the lease was not renewed so lots of changes this year so far so we hope things settle down a bit now.

***Cee has kindly penned the piece below to introduce herself to the Stroke Foundation Hamilton members.***

Hello everyone, thank you for giving me this opportunity to say a little bit about myself. My name is Cee Kay and I have recently taken up the post of General Manager for the Stroke Foundation for the Midlands Region. The role is part time and covers an area stretching from New Plymouth and Hawera in the west across to Huntly and up to the Coromandel down to Te Kaha and across to Turangi and all areas in-between. We have six amazing Community Stroke Advisers who cover this area, with local support also provided by Stroke clubs and a range of other stroke and community groups.

I have over twenty years' experience working in Health and Social Care organizations in the UK with the last twelve years in Senior Management roles. In my work I have always placed a

**Cee Kay Continued:**

strong emphasis on both organization and business development. Over the last few years I have been responsible for a diverse range of services including Residential care, Domiciliary care, Supported Living, Housing and Day services.

Most of this work has been for charities supporting people with physical and/or learning disabilities, but I have also worked with people with mental health problems, sensory impairment and domestic violence. I am a social work educator and have provided practical work placements and assessed students as part of their Social Work training.

I moved to NZ in 2013 and, after six months in Taupo settled in Tauranga establishing a Health and Safety business with her partner which I also work in part-time. I am an occasional Health Care consultant to my previous employer in the UK and also volunteer as a biographer for the Waipuna Hospice.

In my spare time I have a passion for walking and exploring the big outdoors on land as well as water. I enjoy playing golf (badly) and entertaining family and friends. At home I like to cook and grow produce and after cultivating a very productive garden in the UK which included redcurrants, blackberries, apples and pears, gooseberries, blackcurrants and cherries, I am enjoying the

challenge of growing more exotic items on our lifestyle block.

I also enjoy watching Liverpool Football Club win!!

## Stroke Club Easter 2018 Celebrations

Because Easter in 2018 fell so close to our March 28<sup>th</sup>, 2018 stroke club meeting we celebrated Easter on the 28<sup>th</sup> March with an Easter theme see the photo on the front page of Annette Coombes and Nola Nickle in there Easter bonnets Standing in front of the glorious Easter Raffles Annette had assembled to celebrate the Easter theme along with her display of Easter themed toys and Easter bunny's thanks also to Cilla also in her Easter Bonnet who helped Annette with the raffle baskets

Nola donned her mother Easter Bunny costume and distributed Easter eggs to everyone and it was great to have Annette Coombes have her son Andrew Coombes who was visiting her from Auckland accompany her and meet the members great to have you visit us Andrew.

We also had our annual BBQ lunch on the 28<sup>th</sup> March with Paul & Jill Kurtich's son in-law Brent and his Ute mounted very stylish BBQ along to cook the sausages, and Easter Buns from

[www.strokefoundationhamilton.co.nz](http://www.strokefoundationhamilton.co.nz)

## ROLL CALL

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

**David Kentish**  
21st November 2017

**Shirley Vermeren**  
(wife of member David)  
16<sup>th</sup> January 2018

**Delia Collins**  
3<sup>rd</sup> February 2018

**Audrey Adams**  
(wife of member Tom)  
4<sup>th</sup> February 2018

**Gwen Stove**  
(Life member and long-time volunteer)  
24<sup>th</sup> February 2018

**Pamela Sadgrove**  
29<sup>th</sup> March 2018

**Margaret Collis**  
(Long-time volunteer)  
15<sup>th</sup> April 2018

**Desmond Howard**  
2<sup>nd</sup> May 2018



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

Tommo's Bakery completed the Easter theme.



## Katie Trigg:

We were very fortunate at the 28<sup>th</sup> February 2018 stroke club meeting to be entertained by well-known local classical singer Katie Trigg who has sung for us several times over the years after two members of our entertainment committee spotted her busking at the Tamahere Markets.

Katie sang a great selection of popular show songs and classical opera numbers to our members who greatly enjoyed her magnificent voice.

Katie had kindly come along to entertain the members at stroke club days at the Marist Rugby Club rooms, a change from singing in Carnegie Hall in New York as she did in 2017 as part of 2017 Honours Performance Series Women's Choir.

A bit about Katie from the University of Waikato website:

*Katie Trigg was first inspired to start singing after watching a movie about a busker when she was seven. Katie decided to give it a go and has been singing ever since. She first started taking lessons when she was eight and has been trained as a classical singer. She usually performs as a soloist but has also sung with groups such as the New Zealand Secondary Students Choir, Opera Lovers, and the Honours Performance Series Women's Choir. Her biggest achievements to date include being selected to sing in the 2017 Honours Performance Series Women's Choir at Carnegie Hall and being selected as a soloist to sing during the grand finale of the international choral Kathaumixw in Canada last year. Katie aspires to be an internationally employed opera singer.*

*Katie is currently studying at the University of Waikato and is studying a conjoint degree of BMUS/BCMS - Performance Voice and Computer Science.*

## Quote



## Stroke Foundation Hamilton membership draw

There are benefits of being a financial member of Stroke Foundation Hamilton for the 2017 – 2018 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 a financial member & it's only \$10 a year.





## Stroke Club Activities

On Friday the 16<sup>th</sup> March 2018 a group from Stroke Foundation Hamilton attended the annual Cambridge Baptist Church Health Day the theme in 2018 was "Men's Health" see the photo on the right, Bev Depree, Lyn Harrè, Paul Burroughs and nurse volunteer Adrian Coleman manned a stroke information stand with Adrian taking free blood pressure checks for people attending.

The Cambridge Baptist Church run these Health Days each year with a different theme, they have a great team of volunteers and the kitchen volunteers do a superb job of catering providing constant cups of tea with lots of home baking and a packed lunch for all the exhibitors and their people manning the Stands.

Lots of free blood pressure checks were done by Adrian and lots of FAST information and other stroke material was given out over the day, many thanks to the National office for supplying all the resources.



**Stroke Club 28<sup>th</sup> March 2018** - Our Easter themed day that day saw Annette Coombes, Nola Nickle & Cilla Wilson (see the photo below) all brighten the day up with their Easter Bonnets and the great raffle prizes and gift baskets put together with an Easter theme by Annette Coombes who does all monthly raffle prizes pulls out all the stops at Easter and Christmas times with great themed gift baskets as you can see in the photo, every month the raffle batons sell out even before the members see the raffle prizes because everyone knows they are going to be great gift baskets and raffle prizes, many thanks Annette for all the effort you put into the raffles it is very much appreciated by the members.





## PRESIDENTS REPORT FOR MAY 2018 NEWSLETTER

Hi Members, well here we are almost half way through the year already and heading into the winter months. Trust you have had your flu injection and the shingles vaccination if applicable.

Club days have been going well for the first few months of this year. January meeting 62 attended with entertainment by Loma and Paul.

February meeting 58 attended with entertainment by Katie Trigg (see story on page three).

March meeting 63 attended with entertainment by Hamilton Brass band members.

Our March meeting, we also celebrated Easter with our annual BBQ lunch kindly cooked by Brent Shepard.

Hot Cross Buns and Easter eggs were also on the menu.

Today's May meeting entertainment will be by Cushla McCreesh. Today we also have Koko Sugita to demonstrate the COGY Pedal wheelchair.

Today we are also welcoming the new Midland Regional Manager Cee Kay, and the new Community Stroke Advisor for North Waikato and Hamilton Megan TeBoekhorst.

The Community Stroke Advisor Hamilton office is now located in the Life Unlimited building in Palmerston Street Hamilton. All contact details remain the same.

All the support groups that are organised during each month are being well supported and enjoyed by those who choose to attend.

Stroke Club 4<sup>th</sup> Wednesday of the month, at the Marist Rugby Club rooms, Old Farm Road, Hillcrest.

Caregivers Support Group held 3<sup>rd</sup> Tuesday of the month.

February meeting held at Hamilton Gardens cafe with 9 attending. March meeting held at Cafe Roma in Frankton with 9 attending.

April meeting held at Robert Harris cafe Hamilton Lake with 8 attending. May meeting held at Fresca Café, Alison St, with 7 attending.

The June meeting will be held at L.K. Coffee Hub, Te Rapa.

The last caregivers raffle was won by number 18, Paul Burroughs.

Tea and Chatters group is held as required some Wednesdays.

Thanks to Cathy Harbour & Annette Viviani for co-ordinating this group.

Drop in lunch meeting at the Hamilton Workingmen's Club 3<sup>rd</sup> Thursday of each month from 11am. January 34 attended,

February 31 attended, March 31 attended.

April 42 attended, May 41 attended.

Choral Therapy singing group is now held every Tuesday (excepting during school holidays) at the Dementia Waikato rooms, Riflerange Road. Frankton, from 10.30am till noon.

Under 65 group held 1<sup>st</sup> Wednesday of the month at Youth Horizons rooms, Te Aro Hou complex, 100 Morrinsville Road, Hillcrest.

Thanks to Frances Foote and Catherine Bang for co-ordinating this group.

A great afternoon of 10 pin bowling was held recently at Sky City. Some amazing scores came through from those who attended.

Further information and contact details for these groups are available on our website [www.strokefoundationhamilton.co.nz](http://www.strokefoundationhamilton.co.nz)

The monthly membership draws of a \$50 Pak N Save grocery voucher has taken the financial membership to 86. Membership subscription is \$10 per person. The new financial year will be starting again on 1<sup>st</sup> July 2018 to 30<sup>th</sup> June 2019.

January draw was number 72 George Mathew February draw was number 56 Janet Feeney.

March draw was number 58 Wayne Mathews. No meeting in April 2018 due to it falling on ANZAC Day

Good luck to you all for today's draw.

## OUT AND ABOUT

13<sup>th</sup> February 2018, a small group attended the Te Awamutu Stroke and Older Persons support groups AGM in Te Awamutu where the guest speaker was MARK VIVIAN, C.E.O. of Stroke Foundation New Zealand. He gave a very interesting talk where the Foundation is at present.

One of the points that came through was that Stroke is now the second biggest killer in New Zealand with Heart being first and Cancer being third.

2<sup>nd</sup> March 2018 myself and Paul Burroughs were asked to address the Disability Social Workers information sharing session at Work and Income – Ministry of Social Development in Hamilton.

An overview of what Stroke Foundation Hamilton offers in the community was presented and information packs were given to all who attended.

16<sup>th</sup> March 2018 we had an information stand at the Men's Health Expo, held by the Cambridge Baptist Church. Information brochures were handed out along with pens, keyrings, and magnets, with Adrian Coleman doing Blood Pressure testing. Well attended by the Cambridge community with a noticeable number of younger men coming through as well.

21<sup>st</sup> March 2018 myself, Paul Burroughs and Lilian Lane attended the Waikato Aphasia Day organised by Aphasia New Zealand Charitable Trust, held at the Distinction Hotel, Te Rapa.

4<sup>th</sup> April 2018 myself and Paul Burroughs gave an overview of what Stroke Foundation

Hamilton offers in the community was presented to Scots Mainly Social for Seniors group at Scots church in Vardon Road, Te Rapa. Stroke information brochure packs were handed to all who attended.

Also, on 4<sup>th</sup> April 2018 myself, Paul Burroughs and Betty Collis attended the Heart Foundation, Atrial Fibrillation information session with guest speaker's Dr Martin Stiles, Cardiologist (AF specialist) Waikato DHB.

Stroke Foundation Hamilton had an information stand and plenty of brochures handed out over the evening. A.F. is a risk factor for stroke.

On the 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> April 2018, Stroke Foundation Hamilton had an information stand at the Health and Wellbeing section of the Waikato Show at Claudelands. Heaps of information went out over the three days and it has been evident that a number of new self-referrals came through after this event.

Thanks to all those who volunteered their time to fill the rosters over these three days.

28<sup>th</sup> April 2018 we were invited to attend the Radius Kensington gala day, with our information brochures. Even though the weather was extremely inclement it was still worthwhile being there to support their day.

8<sup>th</sup> May 2018 myself, Paul Burroughs and Paul Kurtich addressed the Community Occupational Therapists education forum at Waikato Hospital.

Again an overview of what Stroke Foundation Hamilton offers for the community made an impression on the group as to

the number of support groups we run locally.

Both Pauls then gave their personal experiences with Occupational Therapists over their many years post stroke.

Information packs were given out to all who attended, and one of the third year Occupational Student videos on Falls was shown to the group from the Stroke Foundation Hamilton website.

## UPCOMING EVENTS

During National Volunteering Awareness week 17/23 June 2018, we will be recognising the work that our volunteers do with a lunch for the volunteer team at the Hamilton Workingmen's Club.

We have also put in two nominations to Volunteering Waikato volunteer awards for this year.

We have put in one for the Team Nomination Category.

As this year is the 25<sup>th</sup> year of Volunteering Waikato they are having a special category for long serving volunteers and we have nominated Betty Collis in this category.

So, our best wishes and good luck go out to all our volunteers for these awards.

18<sup>th</sup> June 2018 we will be having a stand at the Men's Health Event run by Age Concern at the Celebrating Age Centre Hall, 30 Victoria Street, Hamilton, 9am till noon.

Theme this year 'LET'S TALK ABOUT IT'. We will also be doing Blood Pressure testing with nurse volunteer Adrian Coleman.



The Kaumatua Olympics will be happening again this year sometime in September.

The National Stroke Awareness week will be held 1<sup>st</sup> - 7<sup>th</sup> October leading up to National Blood Pressure testing day on the Saturday 6<sup>th</sup> October at Pak N Save and New World Supermarkets.

Will keep you updated where we will be having sites over this week.

So, you can see that we take every opportunity to get our profile out there in the community.

Lastly time to say big thank you's:

Thank you to Annette Coombes for all the raffle prizes arranged each club day.

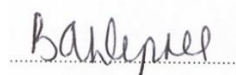
Thanks to all members for items provided for the sales table, with special thanks again to Joan Davies for all the lovely home baking brought along each month.

Thanks to Betty, Joan and Steve for their home visiting to our members.

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

In the meantime, stay healthy and warm

Bev Depree



PRESIDENT



## *"Time is Brain"*

*If you suspect you or someone close to you is experiencing a Stroke, call 111.*

*The faster you get to hospital the better potential for recovery.*

*Untreated stroke results in two million brain cells dying every Minute,*

*Increasing the risk of disability and death.*

*Don't delay  
Call 111*



## *Do You Like Singing?*

If you like singing with likeminded people, we offer you an opportunity as stroke folk to join our group every Tuesday at 10/30am to 12pm [except school holidays] at the Dementia Waikato Rooms 25 Rifle Range Road Hamilton. The cost is \$3 single and \$5 couple.

Starting off with gentle singing exercises to get us ready we then have a jolly good sing song of well-known songs familiar to all of us.

We break for a cuppa tea or coffee at 11am then carry on singing till 12pm.

Your pre-arranged transport will then call to take you home.

For Stroke Foundation Hamilton members transport to the singing group meetings can be arranged by contacting Paul Burroughs on (07) 8492065 or 021 2688793 Email [tawhiti1950@gmail.com](mailto:tawhiti1950@gmail.com) or Bev Depree on (07) 8479354 or 027 2840611 Email [bevdepree@gmail.com](mailto:bevdepree@gmail.com)

Joining us are folk who have Parkinson's, dementia, brain injury, or other neurological disorders like stroke BUT all can sing and together we have a lot of fun and enjoyment.

You do not have to be a good singer, just reasonably able to hold a tune and join in with the rest of us.

Our singing music therapist is Shona How, and our pianist is Anna Stonnell.

We are in a lovely warm, safe environment and everyone is very friendly.

If you wish to join The Neurological Choral Singing Group, please contact either of the below co-ordinators-

Janine 027 2555123 or Anne 027 2444123

(You can speak to our Vice President Lyn Harrè who put together this article and who goes along to the Neurological Choral Singing Group or to members Annette Viviani and Cathy Harbour who also go along too, all will be happy to tell you more about the group).

# How a game-changing stroke surgery is dramatically improving victims' chances

by Nicky Pellegrino

11 May, 2018

This article was first published in the April 28, 2018 issue of the New Zealand Listener.



**Stroke victims are far more likely to recover if the clot is quickly removed from the brain using a revolutionary surgical technique.**

About 24 New Zealanders a day have a stroke, and until recently,

all doctors could do for many of them was watch and wait. When the blood flow to the brain is interrupted – very often blocked by a clot – the brain cells are starved of nutrients and quickly damaged. Those who survive an ischaemic stroke receive speech therapy and physiotherapy to rehabilitate them as much as possible, but for many, the consequences are devastating, and strokes remain a leading cause of disability.

A game changer for an increasing number of patients has been a surgical technique that allows doctors to remove the clot from the artery before the brain is extensively damaged. Speed is important here, so it is crucial to recognise the signs of stroke in the first place – these include sudden difficulty speaking, weakness on one side of the body, drooping on one side of the face, sudden blurred or lost vision – and call an ambulance. At hospital, a number of scans need to happen, including the less commonly performed perfusion scan, which looks at blood flow in each region of the brain.

If judged a good candidate, the patient is then whisked into surgery, where the clot is removed and the blood starts flowing normally again.



Auckland City Hospital can now offer this procedure around the clock.

Interventional neuroradiologist Stefan Brew says it has made a difference for a number of patients who have avoided a catastrophic stroke and been left with far less serious effects on their speech and movement.

“Left untreated, people stand roughly a 30% chance of getting home and living independently,” he says. “With the ones we’re treating, we’re getting about 80% home. That’s a dramatically effective intervention. Some will go from being paralysed down one side of their body and not speaking properly to seeming absolutely normal in the space of an hour or so.”

Initially, it was believed there were only five or six hours before brain damage would be too great for the treatment to be worthwhile. But now that time has been extended for some patients whose brains effectively reroute, opening tiny vessels to allow a small amount of blood to get through to the area of the brain starved of blood by the clot.



“We’re all plumbed differently, so how effective the process is varies radically from person to person,” says Brew. “But it can give you a bit longer – potentially



up to 24 hours – within which some parts of the brain will still be viable.”

Patients in whom this can make a big difference are those who have a stroke while sleeping. “A stroke is not painful, so it doesn’t wake people,” says Brew. “If they’re asleep, there’s a pretty high chance they won’t discover it until morning.”

With the limit set at six hours, these wake-up strokes were excluded from treatment because there was no way of knowing when in the night the stroke had happened. Now it is clear some people will benefit.

An extended time limit doesn’t reduce the urgency, because the faster a clot is removed, the more of the brain is likely to be saved. “Only carefully selected patients will benefit up to 24 hours, and even those would almost certainly have done better if they’d been treated sooner.”

It is still early days for the procedure and there aren’t many surgeons with the skills to work inside the delicate arteries of the head.

“My colleagues and I are taking a bit of a beating in terms of the on-call arrangements,” says Brew. “But none of us resent it because there is the opportunity to so radically alter a patient’s outcome.”

Last year, Auckland City Hospital treated 100 patients. Brew hopes that figure will reach 500-600 a year and that

hospitals in the other main centres will continue to improve the service they provide.

“In a way, we’re in the position cardiologists reached 30 or so years ago with patients who’d had a heart attack due to a blocked artery. They very rapidly set up 24/7 services to get those arteries open. We’re 30 years behind.”

**This article was first published in the April 28, 2018 issue of the New Zealand Listener.**

## QUOTES

*The flower doesn't  
dream of the bee it  
blooms and the Bee  
comes*



On the 28<sup>th</sup> March 2018 at the Stroke Club meeting we were entertained by members of the Hamilton Brass Band who played a selection of great band tunes for the members

## QUOTE

*Life is what happens  
when you're busy  
making other plans.  
John Lennon*

## QUOTE

*Because of your  
smile, you make life  
more beautiful. Thich  
Nhat Hanh*

## *Senior citizens dating – it can work out*

From the Hamilton grey power magazine of March 2018 by Stroke Foundation Hamilton member Jack Thomas.

***I felt I was ready to start dating seriously when my youngest child reached the age of 18 in 2008.***

I was 66 years old and looking forward to meeting someone who would be a suitable companion for me in my retirement years.

I was not nervous about dating, but just a little apprehensive. I had been a solo father for 15 years. I had the occasional date during this time, but things never worked out. I found dating challenging being in a full-time job and having two school-age children in my care.

I was prompted to attend for the first time a conference for single adults organised by the church I belonged to.

The conference was in Hastings over the long weekend.

As usual at these conferences, woman outnumbered men by about three to one. I did not talk to Valerie until near the end of the last social event, when we danced together. We sat down and had a good chat.

She was the woman I had talked to at the conference that I felt comfortable with.

We exchanged telephone numbers at the end of the evening. I had no expectation that anything would develop, especially as I lived in Wellington and she lived in Hamilton.

After returning home from the

phoned me on the dot at eight o'clock in the evening every single day thereafter. She was able to make free national toll calls, so she always called me.

These phone conversations gave us the opportunity to find out about our pasts, our likes and dislikes. We had our first date when Valerie came down four weeks after the conference to attend a gathering with three of her children and their family and their families in Hutt Valley.

She invited me to attend with her, which was a daunting experience. I handled it by just being myself. Her eldest son took me aside and had a good talk with me. The next day Valerie told me all her children and grandchildren that I met with were very happy with me. I had passed the test!

Because we lived far apart, and both were working full time, we only spent time together one weekend a month. I soon found out that Valerie had fallen in love with me straightaway. It took me at least two months before I felt the same way towards her. I knew I had found someone who was compatible, and she would make a good wife and companion for me.

Dating for both of us felt no different from when we were dating as young people. We both wanted romance in our relationship.

I bent down on one knee with engagement ring in hand and proposed to Valerie in a park by the sea at Paekakariki on a beautiful summer's evening in February 2009. She promptly bent down on one knee, produced a ring out of her bag

which was also Valerie's birthday. The marriage ceremony and reception were held in the church I was attending in Wellington.

It went as planned with about 90 guests. My youngest son was my best man. My daughter and Valerie's granddaughter were the bridesmaids. Seven of our nine children were in attendance.

When we were driving to the secret motel in the evening of our wedding day, we heard the sound of a siren and saw a traffic cop car with its lights flashing behind us.

I pulled over and a female traffic officer came up to the car and made me do a breath test. We were in 50kph area, and I said: "I am sure I wasn't speeding".

She replied: "You were not speeding, but you were driving at irregular speeds". I told her: "I was not aware I was doing anything wrong. It is more than 30 years since I had an alcoholic drink. We were married earlier today". Valerie chimed in, "We were holding hands". The traffic officer was silent for a few seconds. She had a puzzled look on her face as she cast her eyes over both of us. She must have been looking at the grey hairs on our heads and wondering whether we were telling the truth.

Then a broad smile came over her face, and she said "Drive carefully. I wish you every happiness in your marriage".

Dating did not stop once we were married. We try and have a date at least once a week. This has helped keep our marriage strong.

# About Aphasia

Aphasia literally means 'absence of speech'.

It is the term used to describe the loss of a previously held ability to speak or understand spoken or written language, due to disease or injury to the language area of the brain.

The ability to use gestures and calculate can also be affected.

The experience of aphasia is different for each person.

Aphasia can vary from mild difficulties finding words, or reading text, to severe difficulties understanding what other people are saying, and being unable to speak.

It is important to know that aphasia is not a loss of intelligence.

Most people develop aphasia as a result of a stroke. Stroke is the greatest cause of major disability in New Zealand. Each day about 24 New Zealanders have a stroke.

Approximately one third of the people who have a stroke will suffer some aphasia. This is roughly equivalent to 6 or 7 people every day becoming aphasic. This number does not include those who suffer from aphasia as a result of other causes such as a head injury and brain tumour.

Aphasia can affect people of any age. Statistics tell us that at least 25% of all stroke patients in New Zealand are below retirement age. In some

places in New Zealand, for example Auckland, this number is greater.

Aphasia affects not only the person with aphasia, but also their families and friends, and people in their community.

Other people can either help or hinder the person with aphasia depending on how they react and what support they offer.

## Aphasia Facts

1. There are at least 16,000 New Zealanders currently living with stroke-acquired aphasia
2. Strokes are the highest cause of aphasia in New Zealand
3. Every day, because of a stroke, 6 or 7 additional New Zealanders suffer from aphasia
4. Head injury is the second most common cause of aphasia.

## Helpful hints for talking with people who have aphasia

- Speak slowly and clearly.
- Minimise all background noise and distractions.
- Keep communication simple but adult.
- Allow plenty of time for conversations.
- Use gesture and demonstration to support what you are saying.

## The following strategies may also help:

- Encourage all forms of communication (writing, drawing, gestures, eye contact, facial expressions) in addition to speech.

- Structure your questions so that they are simple, and require only a yes/no or single word answer. For example, asking "Would you like a cup of tea?" may be easier for the person to answer than if you ask "What would you like to drink?"
- Prepare for your conversation – have a pen and paper to hand. Using items like maps, photographs, and pictures when appropriate may also help the person with aphasia to understand you clearly.
- Avoid speaking for the person except when necessary and ask their permission before doing so.
- Don't insist that each word is spoken perfectly. The purpose of talking is to get a message across – it doesn't have to be perfect.
- Don't change the topic suddenly, introduce new topics clearly.
- Check that the person has understood what you mean, and repeat / rephrase information if you need to.
- Try drawing or writing key words if the person is finding it difficult to understand.

Whenever possible continue normal activities (such as dinner with family, company, going out). Remember that they are still the same person, but just need your understanding and extra support to be able to communicate.





## Social Lunch Group:

For those of you who don't know yet there is a Stroke Social Lunch 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 \$18 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 2018 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> June 2018.

## 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 several 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 2018 meeting times and the venue and any other questions for the groups meetings

Contact Betty Collis on  
Phone: 855 - 6440 or  
Email [bettycollis100@gmail.com](mailto:bettycollis100@gmail.com) at:  
Or

Contact Bev Depree on  
Phone: 847 - 9354  
Email:  
[bevdepreed@gmail.com](mailto:bevdepreed@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 group meetings please support them.***

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

***Lovey Toka  
Avis Walters  
Paul Burroughs***

www.strokefoundationhamilton.co.nz

## Ten Minute Quiz

1. *In a song that was a hit for little Eva in 1962 and Kylie Minogue in 1988, what dance was easier than learning the ABC?*
2. *Lew Zealand was a character in what Long running TV series?*
3. *Who beat Tiger Woods by two strokes to win the US Golf Open in 2005?*
4. *What were the common themes of the films Repulsion, A Beautiful Mind, the Snake Pit, and Girl, Interrupted?*
5. *Bananas are an important source of what nutritionally valuable mineral?*
6. *What salad ingredient is a key source of lycopene?*
7. *What two NZ cabinet ministers have the first name David?*
8. *In what Swiss alpine town does the World Economic Forum hold its annual meetings?*
9. *What word can mean to terminate someone's employment or plunder a city?*
10. *Complete the name of an important insect pest recently found in New Zealand: the brown marmorated .....?*
11. *What three countries belong to the free trade agreement known as NAFTA?*
12. *What word can mean a traditional British working-class dish made from pork offal or bundles of sticks tied together to burn on a fire?*
13. *His first names were Jerome David and he was an American writer. What was his surname?*
14. *The Airedale is the largest member of what dog family?*
15. *The surname Singh indicates membership of which religion?*
16. *What was the unusual about the appearance of Ray Sawyer, singer with the American pop band Dr Hook?*
17. *Dunedin-born Major H D Gillies of the Royal Army Medical Corps became famous for his work in what field?*
18. *The German word unterseeboot is commonly abbreviated to what?*
19. *He had the title Sir Oswald and led a fascist movement. What was his surname?*
20. *Saul of Tarsus, a key figure in the New Testament of the Bible, became better known by what name?*

**ANSWERS:** 1. The Locomotion; 2. The Muppet Show; 3. Michael Campbell of New Zealand; 4. Mental illness; 5. Potassium; 6. Tomatoes; 7. David Clark and David Parker; 8. Davos; 9. Sack; 10. Stink Bug; 11. The US, Canada and Mexico; 12. Fagots; 13. Salinger; 14. Terriers; 15. Sikhism; 16. He wore an eyepatch; 17. Plastic surgery; 18. U-boat; 19. Mosley; 20. St Paul



## 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. WDFF Karamu Trust B.P. Voucher for Volunteers, Lion Foundation, Red Cabs Hamilton, Animation Hair Design Cambridge ValRay Country Music Promotions Te Awamutu, Betta Electrical Te Awamutu, Clive Steenson Plumbing Te Awamutu, Pukete Northcare Pharmacy, Hamilton City Council Wellbeing and Sustainability Fund, Z Good in the Hood. Summerset Down the Lane Retirement Village, Trikiso Buses Ltd. SkyCity Hamilton, Tommo's Bakery & Lunch bar Hamilton, Len Reynolds Trust, St Joan's Charitable Trust, VitalCALL/Chubb Medical Alarms, Wayne Cording, Waikato Lyceum Charitable Trust Inc. Hamilton Combined Returned Services Club. Sir John Logan Campbell Residuary Estate Trust

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.

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