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STROKE FOUNDATION HAMILTON

Hamilton Stroke Club Newsletter - June to November 2018

Stroke Awareness Week 2018

Stroke Awareness Week 2018 from the Monday the 1st October 2018 until Saturday the 6th October 2018 which was the day of the Nation wide Big Blood pressure day went well in Hamilton with a number of stroke information displays and collections around Hamilton City in a number of venues. See the photo above with Bev Depree, Steve Smith and Jill Kurtich on the stroke information stand at the Te Rapa New World Supermarket on Monday the 1st of October 2018, on Tuesday the 2nd October there was a stroke information stand at the Hillcrest New World Supermarket and Midland Regional Manager Cee Kay spoke to residents at the Summerset Down the Lane Retirement Village about the work of the Stroke Foundation and the new mobile Blood Pressure van sponsored by Ryman Health Care which is about to commence its tour of the country making free blood pressure checks available to the people of New Zealand.

On Wednesday there was a stroke information stand at the Countdown Peachgrove Road Supermarket and on Thursday there was a stroke information stand at the Chartwell Shopping Centre outside the Coffee Club a huge amount of Stroke information material and FAST information material was given to the Hamilton public over the week.

Thank you to those volunteers and committee members who manned the information stands over the week and to Bev Depree and Lyn Harrè who set up and dismantled the information stands each day, also to the National Office in Wellington who kindly supplied all the information resources we were able to distribute to the public over the week.

With all the stroke material in the public domain and the FAST fridge magnets hopefully this will encourage the people in Hamilton to treat the symptoms of a stroke when they encounter them in loved ones or strangers with urgency and get medical attention fast to reduce the effects of the stroke.

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Special points of interest

- **Bernie Eva - Country Legend**
- **NeuroTones Choir**
- **Stroke Foundation Blood Pressure testing van**



Steve Smith, Paul Burroughs, Bev Depree and Pam Smith on the information stand at the Kaumātua Olympics held at the Peak sports hall in Rototuna

Over three hundred elderly māori Kaumātua journeyed from throughout the North Island to take part in the 14th Annual Kaumātua Olympics at The Peak sports complex, at Rototuna High Schools on Friday the 14th September 2018 and Stroke Foundation Hamilton along with a number of other agencies like the Waikato Epilepsy Trust and BUPA were invited to have a information stand at the event see the photo above.

The change for this year was the event being hosted by Rototuna High school in their beautiful venue and having their tamariki working with the kaumātua, and developing and setting up the games and managing the logistics of the event. It was a great success, with lots of interaction between the kaumātua and the schools pupils during the event.

Stroke Foundation Hamilton gave out a large number of stroke information packs being given to the participants and all of the packs on the table in the photo above were given out, many thanks to the Stroke Foundation of New Zealand Ltd National Office for supplying the printed stroke information resources and stroke pens and keyrings used in the information packs made up by our President Bev Depree

It was also very pleasing to see that participants were interested in the stroke information packs and had a very high knowledge, and recognition of the FAST message and were able to explain the meaning of the FAST message letters, some only a couple of the letters but many who knew all four letters , so the FAST message is definitely getting through.



Roll Call

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

John Bracken Mortimer
24th May 2018

Joan Byrne
18th June 2018

Bruce Finlay Fowlie
7th July 2018

Brian Dromgool
11th August 2018

June Hill
20th September 2018

Iris Baxter
(Volunteer)
8th October 2018

Kerry Whittaker
19th October 2018

Haiti Te Wani
11th November 2018
(Partner of Caresse Downs)



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 lab bench to the bedside: 10 years on the Chair of Clinical Neurology

For 10 years now, Professor Alan Barber has taken the cutting edge research being done at the University of Auckland, translating that research into miraculous new clinical treatments across the road at Auckland Hospital.

An affable and confident character, Professor Barber is the Neurological Foundation Chair of Clinical Neurology, a position set up in 2008 to bridge the gap between researchers and clinicians. Back then, Barber was already a world-class Neurologist and director of the Auckland Hospital Stroke Service.

In late 2007 the Neurological Foundation and the University of Auckland began searching for their Inaugural Chair of Clinical Neurology. The appointee would need a broad skillset, as talented a clinician as they were a researcher, and an academic qualified to hold a professorship at one of the world's foremost medical schools. The eventual appointee, Alan Barber stood out from the list of candidates. Barber at the time, divided himself between his clinical position at Auckland Hospital and what was already a burgeoning academic career, holding an Associate Professorship at Auckland University and with a growing list of publications to his name.

The appointment came in 2008, starting Professor Barber on what

is now a decade-long crusade to improve the outcomes of patients with disorders such as Alzheimer's, Parkinson's, Stroke and Epilepsy.

His research, which now encompasses a large team of professionals both from the ADHB and Auckland University, is focused on the sole goal of treating, managing and hopefully curing neurological disorders to improve the lives of sufferers.

Today, it's hard to steal time with the ever-busy Barber, who often finds himself giving talks at opposite ends of the country in a single day. His research work, and the resulting protocol implementation, has long since expanded beyond the Bombay hills and now influences the work being done across New Zealand.

It's not all theoretical either, Barber has found significant media exposure recently for on ground-breaking stroke treatment being performed by his stroke team and neuroradiologists at Auckland Hospital. It's called Endovascular Clot Retrieval, and Barber describes it as a "Game Changer".

Every year an estimated 8,000 to 9,000 New Zealanders suffer strokes, an often debilitating attack on the brain where brain cells die off due to lack of oxygen from blood flow. Strokes can be divided into one of two categories, those that are haemorrhagic (caused by blood vessels rupturing in the brain) and those that are ischaemic (caused by a blood clot blocking blood flow to part of the brain). It's the latter that the miraculous ECR treatment is concerned with.

"It's not rocket science..." says Barber, wryly. "We knew that strokes were caused by a blocked artery, and if you open up the artery you get blood back in the brain and it doesn't die".

When a clot blocks blood flow to part of the brain, those brain cells

begin to die. Surrounding blood vessels can act as temporary back up providing oxygen to the affected cells, but if blood flow isn't restored within a few hours it's likely the damage will be permanent. A catheter is fed through the femoral artery in the groin, up into the patient's brain and into the offending clot. Doctors then feed the retrieval device, a mesh-like substance, up through the catheter where it attaches itself to the clot. When the device is removed, it takes the clot with it, restoring blood flow to the affected region.

The procedure was perfected at Auckland City Hospital where Barber and his team were able to treat more patients over the past year than all of London. The time sensitive nature of the retrieval previously meant that only patients immediately surrounding Auckland could benefit. However with neurologists now implementing the procedure in Christchurch and Wellington, almost all New Zealanders are today within a helicopter's range of potentially life-saving treatment.

One in every five people who receives the treatment will return home as healthy as they were before the stroke occurred. "In five years time..." says Professor Barber "each year at least 200 more people across New Zealand will be going home and living independent lives after being treated with "Endovascular Clot Retrieval".

It's innovations like the retrieval process that make the Chair of Clinical Neurology so valuable says Neurological Foundation CEO Rich Easton. "Every year we fund millions of dollars worth of research projects into investigating neurological disorders, which hopefully will lead to clinical treatments in the future but often that can be years away. What's so fantastic about Alan's position is you get to bridge the gap between the researchers and the clinicians,

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so you can take that science and what's being discovered in universities and start to put it into practice."

It's a function that Professor Barber will hopefully fill for years to come, with the Neurological Foundation this year committing \$2.2 million dollars to not only fund the role for another five years, but also to take on a new research fellow. The "Neurological Foundation Clinical Research Fellow" will work with Barber to carry out much of the leg work for his research.

One of the main aims of the new fellow position is to "train and retain" the best people in New Zealand says Easton. "Alan has been a fantastic inaugural Chair, the clinical advancements he's made are today saving lives which was the vision for this role from the start. By providing additional support to fund a support a Fellowship, our goal is twofold, to provide Alan more support so he can continue the amazing work he has done so far, and to provide new opportunities for the next generation to learn and develop."

Even the most productive professor cannot do transformational research without someone to actually do the basic work and help achieve the research vision. Introducing a Clinical Fellow (a current or future neurologist, or other clinician) into research has the potential to improve the lives of patients through research-based improvements in clinical care. It will grow research capability and drive a step change in the Neurology Research Unit's outputs whilst helping to train and retain the next generation of clinician researchers in New Zealand.

Our brain research is saving lives, tomorrow we might save yours.

To celebrate the 10th anniversary of the Neurological Foundation

Chair of Clinical Neurology, Professor Alan Barber spoke about his role and research at the following venues on Wednesday the 7th November 2018 at the Banquet Hall in the Beehive in Wellington in the morning and in Christchurch at the La Vida Centre in the afternoon.



Presidents Report for the June - November 2018 Newsletter

Hi Members,

Well here we are almost at the end of another year and heading into summer, and holidays for those who choose to take a break at this time of the year.

Club days are still going well since our last newsletter.

May meeting 58 attended with entertainment by Cushla McCreesh.

June meeting 60 attended with entertainment by Big John.

July was our AGM, with only one change of members on the committee, with David Gunn standing down and election of Stuart Bayes to committee member as well as our Patron's position.

Also at July meeting we had Koko Sugita from Auckland demonstrating the COGY PEDAL WHEELCHAIR, which many of you had a go on.

Life Unlimited also came to the July meeting and demonstrated a selection of their products available.

August meeting 53 attended with entertainment by Danny Savage.

September meeting 52 attended with entertainment by Ron Flintoff.

October meeting 56 attended with entertainment by Joy Adams (see photo on page nine).

Today's November meeting entertainment will be by Glen Carley.

We have been able to welcome a number of new members over the last six months at all our support groups.

You will be receiving your Christmas gift today, which your committee hopes you will all enjoy.

We will also be making a presentation Certificate of Appreciation to JOAN DAVIES in recognition of all her home baking done for the sales table over the past years.

Due to a glitch with the numbers used for drawing our raffles last month you will all receive a free raffle ticket today, so good luck.

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

Stroke Club meetings are held on the 4th Wednesday of the month, at the Marist Rugby Club rooms, Old Farm Road, Hillcrest.

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We now have a new manager at the club rooms so we are pleased to be welcoming and working in with Mark Murphy.

Caregivers Support Group meetings are held on the 3rd Tuesday of the month at various cafes around town.

June meeting held at L.K. Coffee Hub, Te Rapa with 12 attending.

July meeting held at Juke Box Diner, Frankton with 6 attending.

August meeting held at Meal Mates, Davies Corner with 9 attending.

September meeting held at Bottanix st Palmers, Frankton with 6 attending.

October meeting held at Hamilton Gardens Cafe, with 12 attending.

The November meeting is to be held at Smith & McKenzie, Restaurant and Bar at Chartwell.

The last two Caregivers raffles have been won by:

June Draw: number 43 Virginia O'Connell.

August Draw: number 40 Myra Scown.

Tea and Chatters groups is held as required some Wednesdays.

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

Drop in Social Lunch Group meetings are held at the Hamilton Workingmen's Club on the 3rd Thursday of each month from 11am until 1.15 pm.

June 36 attended.

July 36 attended.

August 36 attended.

September 35 attended.

October 37 attended.

November 34 attended.

Choral Therapy singing group is held every Tuesday (except during school holidays) at the DEMENTIA

WAIKATO rooms, 25 Riflerange Road, Frankton, from 10.30am – noon although the venue will be changing in 2019 and we will let you know once this is finalized.

The choir is now known as the NEURO TONES WAIKATO.

This is a combined choir made up of many neurological groups.

During National Music Therapy week the choir presented a concert on the 23rd October, 2018 in the MEAD MEDICAL CENTRE at Waikato Hospital. The choir was awesome and a good audience was there to listen to the great selection of songs that had been chosen for the event see the photos from this event on page ten.

Special thanks to Lyn Harrè who represents our organization as a volunteer each week.

Under 65 group is held on the 1st Wednesday of the month at Youth Horizons rooms, Te Arohou complex, at 100 Morrinsville Road, Hillcrest.

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

Further information and contact details for these groups are available on our website see the details at the bottom of each page in this newsletter for the website address.

The monthly membership draw of a \$50 Pak N Save grocery voucher has taken the financial membership to 77 so far this year Membership subscription is \$10 per person.

May draw was number 5 Scott Trustrum.

June draw was number 69 Ramona Toka.

July draw was number 29 Helen Mashlan.

August draw was number 20 Paul Burroughs.

September draw was number 13 Annette Coombes

No draw in October as this was affected by the number glitch also.

So we will have two draws today. So good luck to all financial members for that.

OUT AND ABOUT

18th June 2018. Stroke Foundation Hamilton had a information stand at the MENS HEALTH EVENT run by AGE CONCERN at the Celebrating Age Centre in Hamilton, from 9am-noon.

Their theme this year was 'LET'S TALK ABOUT IT'. We also had our nurse volunteer Adrian Coleman doing Blood Pressure testing for those attending.

During National Volunteering Awareness week 17 to 23 June 2018 we recognized the work that our volunteers do with a lunch at the Hamilton Workingmen's Club for our team of volunteers.

We also had two nominations in for Volunteering Waikato volunteer awards for this year.

One for the TEAM NOMINATION CATEGORY and one for special category for long serving volunteers.

Long serving Volunteer Betty Collis was nominated in this category.

Unfortunately we were unsuccessful in both categories this year.

9th July 2018. The Hamilton Central Library was re-opened after closure of more than 16 months for strengthening. So we are back there on the 2nd Tuesday of each month with Stroke information.

Stroke Awareness week 1st - 7th October. Stroke Foundation Hamilton had information sites over this week at New World Te Rapa, New World Hillcrest, Countdown Peachgrove Road and Chartwell shopping centre. Over this week we gave out plenty of stroke information and collected \$1071.00, in public donations.

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Thank you to all volunteers who manned our sites over the week, for setting up and dismantling displays each day and Jill and Paul Kurtich for daily counting and banking all the donations.

We also had a display of posters and information pamphlets on the Community Notice Board at the Hamilton Central Library.

Summerset Down the Lane also had a display and information pamphlets available on site over this week, with a presentation by Regional Manager Cee Kay and Hamilton based Community Stroke Advisor Megan TeBoekhurst, and myself on the Tuesday.

9th October, 2018. 6 of our members went to the Te Awamutu Stroke and Older persons support group meeting for a special presentation by Christa Grbin, the new Aphasia NZ Waikato Community Advisor.

14th October, 2018, saw Stroke Foundation Hamilton have an information stand at the Rauawaawa Kaumatua Olympics held at the Rototuna High Schools gymnasium, the Peak, an amazing facility see the photo on the front page.

We had great interaction with the over 300 participants on the day. We gave out 130 information packs during this event as each team had to pass by each stand.

13th November 2018. Seven of our members attended the Te Awamutu Stroke and Older Persons Support Groups Christmas lunch at the Te Awamutu R.S.A.

UPCOMING EVENTS

22nd November 2018, Kensington Maeroa Lodge is having a twilight gala from 4pm-7pm and we will be having an information stand at this event.

3rd December, 2018. beginning on this date your new Total Mobility

I.D. swipe cards will become effective.

This will be the end of the use of the pink vouchers.

This is to be known as the RIDEWISE electronic system. I trust those on Total Mobility have all received your new swipe cards, if you have not received your new Total Mobility I.D. swipe card please let us know so we can arrange for you to get one.

6th December, 2018, Hamilton City Council is having a 'HAVE A GO DAY' in Garden Place from 11am-1.30pm. There will be several different types of mobility aids and probably low floor buses to try out. Stroke Foundation Hamilton will be there with an information stand.

12th December, 2018, we will be having our Stroke Club Christmas lunch at the Hamilton Workingmen's Club.

The cost will be \$20.00 which will include your transport if you are on the Total Mobility scheme.

We would prefer for everyone to be prepaid for this before the day if possible.

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

Today along with this newsletter you will receive a copy of the Stroke Club Meeting dates Calendar for the 2019 year, first club day for 2019 at the Marist Rugby Club Rooms will be on the 23rd of January 2019.

Also a copy of the Social Lunch Group Meeting Calendar for the 2019 year, the first Social Lunch Group Meeting for 2019 will be on the 17th January 2019, if you would like one so if you did not get a copy of the calendars ask a committee member and they will get one for you.

Lastly time to say our thank you's:

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

Thanks to all members for all the items of home baking books and magazines, other items provided for the sales table keep them coming in 2019.

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

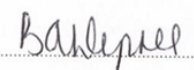
To our committee and volunteers your commitment to the club is appreciated by all our members.

My best wishes go to you all for a great Christmas and happy New Year.

See you ALL back in January 2019.

Cheers

Bev Depree



PRESIDENT



Quote

"Be who you are and say what you feel because those who mind don't matter and those who matter don't mind" - Dr. Seuss



Ryman's 2018 charity partner NZ Stroke Foundation launched its Ryman sponsored Big Blood Pressure van at Bob Scott Village in Petone on the 2nd of October 2018 to mark the start of the Saturday's free Big Blood Pressure Checks nationwide. Stroke Foundation of New Zealand CEO Mark Vivian beside the new Blood Pressure Van before its tour of NZ.

To celebrate the 10th birthday of the **Big Blood Pressure Check**, we are proud to launch the Big Blood Pressure Van!

The van has been made possible with the incredibly generous support of **Ryman Healthcare**, which has chosen the Stroke Foundation of New Zealand Ltd as its charity partner.

The van will travel around the country throughout late 2018 and 2019, testing blood pressures for free!

It's a project that could save lives, as **high blood pressure** is the leading cause of stroke.

Luckily, once detected, high blood pressure can be treated through lifestyle changes and medication.

The van is on the road, so keep an eye on the National website for when it's coming to your town. The van will be in the **South Island** in late 2018 (with more venues to come as they are confirmed).

The van will be in the **North Island** later in the year and in 2019 - please check back to the national website at www.stroke.org.nz to see when it's going to be in your area.

The Stroke Foundation's Big Blood Pressure Van has been launched and is ready to hit the road.

The van, which carries two blood

pressure testing stations, will visit communities all over the country in the next year.

It was launched at the Bob Scott Retirement Village in Petone - village on the 2nd of October 2018 owners Ryman Healthcare are sponsors of the project.

"We really appreciate Ryman's generosity and support," Stroke Foundation CEO Mark Vivian said at the launch.

See the photo below of Stroke Foundation of New Zealand CEO Mark Vivian speaking at the launch.

"In particular we really appreciate that they've signalled it's not just a matter of handing over a cheque for them, they want to be involved in the project all the way."

Director General of Health Dr Ashley Bloomfield was the guest of honour at the launch, and Ryman spokesperson David King was also present to speak of the company's pleasure in being involved.

Earlier, the van had featured in a live segment on TVNZ's Breakfast programme.

The van will be a vital tool in detecting high blood pressure, which is the number one cause of stroke.





The article below about former stroke club member Bernie Eva was published in the Thursday 15th November 2018 issue of the Morrinsville News Community Newspaper.

Bernie Eva - Country Legend

Bernie Eva had always said he would like to “go out with a bang” and he passed away on Guy Fawkes Day November 5th, 2017.

One year after his death, we remember the well-known Waikato entertainer.

Bernie was a celebrated local musician and familiar sound on Waikato Radio stations during the 1970s.

Born in Matamata in 1946, he spent his childhood years around the Waikato area.

After marrying his wife Rita in 1966, Bernie worked as a contractor in Hamilton, until he was offered a position with the Morrinsville Borough Council.

Bernie and Rita shifted over Hamilton and rented a house on Maungatapu Road for two years, until they built their own home on David Street.

Bernie played rugby for the Kereone Club, but Rita was always concerned he would be injured. “I worried he would break a leg, and

then who would drive the tractor?” she said.

As it turned out, it was Rita who broke a bone playing badminton. “All Bernie’s workmates thought it was terribly funny, as I had worried about him getting injured, not me!”

Bernie’s music career started when he entered the Tauranga Music Awards, where he sang solo. He was a guest at the Morrinsville Country Music Spectacular in 1982, and again in 1985.

Also along with Lyn Stewart and David Baker he fronted a regular two-hour programme on Countryway Radio.

Ray Bussey of Contact Records signed him to do a cover version of “Duncan,” with a reverse side of “Time will Tell,” written by another Morrinsville local Ritchie Pickett.

Apparently, Bernie took the quote “Time will Tell” as his own, and even had a personalised licence plate TWT.

Along with his wife Rita, Bernie sang in two bands, performing at weddings and fundraisers, he loved to entertain and sang alongside famous entertainers such as Billy T James, Edie Lowe and Patsy Riggat.

Always passionate about giving to the community, he performed in many concerts aimed at fundraising for causes as diverse as flood relief in Paeroa and to raise money for the Morrinsville Event Centre.

Bernie was an active member of the Morrinsville Country and Western Club (now the Morrinsville Country Club) and was both President and Vice-President at different times. He was also a delegate to the New Zealand Country Music Association, and convener of the NZCMAs, held during the 1980s.

Bernie was made a life member of

both the Waikato Region Country Music Association, and the Morrinsville Country and Western Club.

He was awarded the Ginjo Award for services to county music. Bernie was a foundation member and then President of Kiwi Pro-Am Country Music, an organisation set up in 2006 to promote and encourage young artists.

They held annual awards, which gave young musicians the opportunity to perform at Tamworth in Australia and Nashville in the USA.

In 2014 Bernie and Rita received the Variety Artist Club of New Zealand Award, in recognition of their dedication to country music.

Sadly Bernie suffered a severe stroke in 2014, which limited his ability to do the things he enjoyed, and he passed away three years later in 2017.

SEE A STROKE

FAST

FACE DROOPING ARM WEAKNESS SPEECH DIFFICULTY TIME TO CALL 111

Quote

*“Time
Will
Tell”*

SEE A STROKE

FAST

FACE DROOPING ARM WEAKNESS SPEECH DIFFICULTY TIME TO CALL 111

Stroke Club Entertainment

On Wednesday the 24th of October 2018 we were fortunate to have well known country music entertainer Joy Adams come to entertain the members see the photo at the right.

Blessed with a natural flair for comedy, singing and song writing, Waikato based entertainer Joy Adams regularly appears at Clubs, Festivals and Showcases throughout New Zealand, Australia and further afield.

With an extensive repertoire and the ability to cater to a wide audience, Joy's shows include classic Country, Originals, Comedy and old school Rock'n'Roll

Joy Adams has performed in Nashville, on the Midnite Jamboree as guest of Grand Ole Opry star Ernie Ashworth and done numerous Shows/ Festivals throughout Germany, Denmark and Norway where her music is widely played on radio.

Her first album came out in 1992 and featured NZCMA Best Country Song – "Come Home Baby Darling". which has now been covered by numerous artists here in NZ and overseas. In July of this year, Joy released her Brand New Album "In His Loving Care" which is album number 16.

We are fortunate to have such a high calibre of entertainers come to the Stroke Club to entertain our members in January 2018 we had classical singer Katie Trigg who is studying music at Waikato University and who sang at Carnegie Hall in New York in 2017.

See the list of our entertainers in the Presidents Report.



Well known country Music entertainer Joy Adams entertaining members at the Hamilton Stroke Club on the 24th of October 2018

Laughter

If swimming is such a good way to stay in shape, explain whales.

What's the opposite of opposite? Consider yourself bamboozed !

I just heard a woman tell her son he couldn't eat dessert unless he finished his burger and fries. Not sure if she's the world's worst or best mum.

The first 20 minutes of conversation at your parents house is just killing time until it's socially acceptable to ask for the Wi-Fi password.

Laughter

The urge to sing "The Lion Sleeps Tonight" is never more than a whim away.

A cheese factory has exploded in France. There's de brie everywhere

Stroke Foundation
Hamilton membership
Draw

Just a reminder that there are benefits of being a financial member of Stroke Foundation Hamilton for the 2018 - 2019 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 monthly draw, but you must be a financial member and it's only \$10 a year to be a financial member.

Quote

All our dreams can come true, if we have the courage to pursue them

NeuroTones Waikato

On Tuesday the 23rd October 2018 the combined neurological choir called the NeuroTones performed a public concert at the Waikato Hospital on Level 1 of the Meade Clinical Centre at 10.30 am beside the piano till midday conducted by Shona How who is a Registered Music Therapist.

NeuroTones Waikato is a community choir facilitated by a Registered Music Therapist that gathers every Tuesday morning during the school terms with support from Parkinson's, Stroke Foundation Hamilton, the Brain Injury Society and Dementia Waikato organisations to celebrate song, companionship and whatever life can throw at them.

At the concert singing on the 23rd of October 2018 in the Meade Centre were Stroke Foundation Members Lyn Harrè, Annette Viviani and Cathy Harbour with supporters Bev Depree, Paul Burroughs, Stuart Bayes and David Cornwall in the audience listening to the concert, the concert was enjoyed by the public passing by, especially one young man who would have been around three year of age who stood in front of the choir imitating conductor Shona How and waving his hands around to the music thoroughly enjoying himself, his mother had great difficulty in getting him to leave.

The choir meets every Tuesday during the school term at the Dementia Waikato Rooms at 25 Riflerange Road in Dinsdale from 10.30 am to Midday there is plenty of parking at the rear of the building.

If you enjoy singing or think you would like to attend and take part in the choral singing group, talk to Lyn Harrè or Bev Depree and if you are on the total mobility scheme your taxi transport can be arranged for you to get you there and home again at no cost be-



The NeuroTones Waikato combined neurological choir present a public concert at Level 1 at the Meade Clinical Centre at Waikato Hospital on Tuesday the 23rd October 2018

cause Stroke Foundation Hamilton raises funds to cover the cost of the subsidised taxi transport for you.

The NeuroTones choir sessions are for people with Parkinson's, Stroke or other Neurological conditions affecting communication & speech.

A fun and exciting therapy group: Research shows compelling evidence that singing helps voice and breathing in people with Parkinson's & may help to re-wire the brain after injury, assisting with aphasia.

The sessions also include a series of voice/facial/breathing exercises followed by a repertoire of familiar songs.

Singing is a culturally universal pastime that unites people and produces a sense of belonging. No experience or skills required. It's not how we sound – it's about making a sound and the voice/facial/breathing exercises assist with swallowing and strengthen the throat and areas affected by a number of neurological conditions

Sessions are directed by Registered Musical Therapist Shona How, assisted by Pianist Anne Stonnell and other volunteers who take turns helping with putting the words of the songs on the screen for the choir and helping set up before the session and making the cup of tea or coffee and doing the dishes at the end of each session.



Te Awamutu Stroke & Elderly Support Group Christmas Lunch

A van load of Stroke Foundation Hamilton members travelled down to Te Awamutu to attend the Te Awamutu Stroke and Elderly Support Group Christmas Lunch meeting at the Te Awamutu RSA on Tuesday the 13th November 2018, this is the Te Awamutu Groups last meeting for 2018.

Bev Depree kindly took her van down to Te Awamutu with Stroke Foundation Hamilton members Paul Burroughs, Lilian Lane, Joan Davies, Stuart Bayes and David Cornwall & Pam Mason who all enjoyed their outing on such a lovely summer day and enjoyed the lovely lunch organised by the Te Awamutu Group convener Margaret Yates and her team of volunteers.

During the lunch Margaret also ran a large number of gift draws with everybody present having a number on the back of the menu card so the Hamilton Group there also won a draw in the gift draws and everyone had a small goodie bag on the table with chips or pop corn in the bags and a selection of chocolates and sweets to take home.

The meal finished off with a desert and a slice of homemade Christmas cake and a cup of tea or coffee served by the team of volunteers including Stroke Foundation Hamilton volunteers Bev Depree, Pam Mason and Stuart Bayes.

Many thanks to Margaret Yates for the invitation for Stroke Foundation Hamilton members to attend the function and for the organisation and work she does with her team of volunteers throughout the year running raffles and other activities to raise the funds and all the work put into running such a large successful function wishing Margaret and her team a restful break over the next few months until her Group meeting start again in February 2019.

Many thanks also to Bev Depree for taking her own van down to Te Awamutu and for travelling around Hamilton City picking up and dropping off the Stroke Foundation Hamilton members who she took down to Te Awamutu to enjoy the day out and the Christmas Lunch with the Te Awamutu Stroke and Elderly Support Group it is appreciated by all who enjoyed the day out



Stroke Foundation Hamilton members Bev Depree & Pam Mason enjoying their Christmas lunch at the Te Awamutu Stroke & Elderly Support Group's Christmas Lunch at the Te Awamutu RSA.

Quote

Our greatest glory is not in never falling, but in rising every time we fall



Te Awamutu Stroke and Elderly Support Group members being served their lovely Christmas Lunch at the Te Awamutu RSA by the team of volunteers.

Social Lunch Group:

Stroke Foundation Hamilton also operates a less formal Social Lunch Group which meets once a month on the third Thursday of each month at the Hamilton Workingman's Club Rooms at 45 Commerce Street in Frankton.

The group meets from 11.00 am till 1.15 pm for a get together over a drink and lunch. The Hamilton Workingmen's Club have excellent facilities and a very good Café which serves very good value meals or snacks from \$8 to \$20 plus from a daily specials board or the Al-a-cart menu.

Taxi transport to any of the stroke groups can be arranged for members who are in the total mobility scheme.

You don't need to be a member of the Hamilton Workingmen's Club to attend but need to give your name to the co-ordinators below so your names can be given to reception list for the group which means you will not have to sign in.

If you would like to attend the Social Lunch Group meeting contact the co-ordinators below who will assist you.

Paul Burroughs
Phone: 07 849 - 2065
Mobile: 021 268 8793
Email: hamiltonstroke@gmail.com

Paul Kurtich
Phone: 07 846 4412
Mobile: 022 676 8514
Email: twospeed25@gmail.com

**Stroke Caregivers Support Group:**

Stroke Foundation Hamilton also operates a Stroke Caregivers Support Group which meets monthly on the third Tuesday of each month in the afternoon from 1.30 pm from February to November each year for peers support and social get together a meal or a coffee or other activity decided on by the members of the group each month.

If you are interested in attending the Stroke Caregivers Support Group contact the co-ordinators below who will put you on the contact list so you know where the meetings are being held.

Betty Collis Phone: 07 855 - 6440
Mobile: 021 0252 7988
Email: bettycollis100@gmail.com or
Bev Depree Phone: 07 847- 9354
Mobile: 027 284 0611
Email: bevdeprees@gmail.com

Recent winners of the Stroke Caregivers Support Group Raffle are: Virginia O'Connell & Myra Scown.



For information about the neurological singing group and other speech language groups and a series of how to videos and list of resources see the Stroke Foundation Hamilton website listed at the bottom of this page where you can find this information and read past issues of the previous newsletters.

Under 65 Support Group:

The Under 65 Stroke Support Group is for those younger stroke people who have different issues like jobs, children and relationship issues and is held on the first Wednesday each month from 2.00pm till 4.00 pm so that members can get together for peer support and social contact in a supportive environment.

If you are interested in attending this group please contact the co-ordinator who will put you on the contact list so you get the information flyer each month.

Catherine Bang
Mobile: 0274108305
Email: cbang@xtra.co.nz

**Stroke Club Home Visitors:**

Stroke Foundation Hamilton also operates a team of volunteer home visitors who visit members and those unable to attend support groups, in their own homes, Rest Homes, Retirement Villages and in the Stroke, Rehabilitation and other wards at the Waikato Hospital if requested for companionship and support.

If you would a home visitor to see you or to be put on the visitors list see the caregiver contacts on the left to arrange this.

10 min quiz



1. What word preceded Wedding, Room and Rabbit in the titles of hit tunes?
2. What famous statue has the head of a human and the body of a lion?
3. Retinitis pigmentosa is a disorder that affects which part of the body?
4. Who rented Room 30 of the Lorraine Motel in Memphis, Tennessee, on the night of April 4, 1968?
5. Complete the title of a popular coming-of-age comedy movie from 1982: *Fast Times at.....*
6. Melville, Groot Eylandt and Bathurst islands are off the coast of what country?
7. California's Sonoma Valley is famous for what?
8. Speckle Park, Santa Gertrudis and Belgian Blue are types of what?
9. What organisation was established at Anakiwa, in the Marlborough Sounds, in 1962?
10. *The Wrath of Khan* was the second in What series of sci-fi movies?
11. Englishman Bradley Walsh hosts what popular TV game show?
12. New Zealanders Earl Bamber and Brendon Hartley were members of the winning team in what famous motor racing event last year?
13. The term overburden is used in connection with what: forestry, farming or mining?
14. What is the home state of controversial Australian politician Pauline Hanson?
15. In Greek mythology, how did Odysseus resist the call of the Sirens?
16. In what country would you find the westernmost point of Europe?
17. What British landscape artist painted some of his most famous works on the River Stour?
18. What first name is shared by an American singer with the surname Brown, a British cyclist with the surname Froome and a New Zealand sailor with the surname Dickson?

1. White, 2. The Great Sphinx of Giza, 3. The eyes, 4. Martin Luther King, 5. Ridgemoor High, 6. Australia, 7. Wine, 8. Cattle, 9. Outward Bound, 10. Star Trek, 11. The Chase, 12. The Le Mans 24-hour Race, 13. Mining, 14. Queensland, 15. He was tied to the mast of the ship, 16. Portugal, 17. John Constable, 18. Chris, 19. Diabetes, 20. Takaka Hill

ANSWERS



STROKE FOUNDATION HAMILTON

Mission Statement

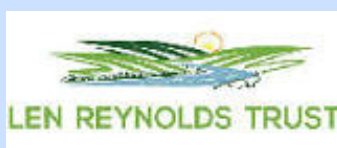
Reducing the risks - improving the outcomes

Thanks

Without the generosity of the following Business organisations and Community Trusts, we could not operate supporting the Hamilton Stroke Community, so we thank them all most sincerely for their past & continuing support of our community Group.

COGS, Trust Waikato, Wel Energy Trust, St Joans Charitable Trust, Grass Roots Trust, Len Reynolds Trust, Sir John Logan Campbell Residuary Estate Trust, Hamilton City Council Community Grants, Te Awamutu Country Music Club, New World Te Rapa, New World Hillcrest, Pac N Save Clarence Street, Countdown Peachgrove Road, Chartwell Shopping Centre, Page Trust, VitalCALL/Chubb Medical Alarms, Wayne Cording, Hamilton Workingmen's Club, WDFF Karamu Trust, Trikiso Buses Ltd, Waikato Lyceum Charitable Trust Inc. Techsoup,

Thanks also to those members and supporters of Stroke Foundation Hamilton who have made donations and supported raffles and the sales table at stroke club meetings by supplying items like knitting, home baking, magazines & books, fruit and vegetables, magazines, and donating raffle prizes including the Stroke Caregivers Support Group raffles



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SERVING THE STROKE COMMUNITY AND CAREGIVERS

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