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STROKE FOUNDATION HAMILTON

Hamilton Stroke Club Newsletter - January to April 2019

Hamilton Wellbeing Show April 2019

The new SFONZ Ltd mobile Big Blood Pressure van sponsored by Ryman Health Care (*in the photo above with Stroke Foundation Hamilton volunteers Bev Depree and Sandra Treanor and David de Veth a Sales Advisor at the new Ryman Linda Jones Retirement Village on River Road in Hamilton*) which has been on its National tour of the country making free blood pressure checks available to the people of New Zealand.

Was at the Waikato Show on Friday the 5th of April 2019, Saturday the 6th of April 2019 and Sunday the 7th of April 2019 situated in the Wellbeing Show Area beside the Stroke Foundation Hamilton stand (*see photo on page three*) and the two ladies in the Big Blood Pressure Van took the free blood pressure of over 300 people over the three days a lot who were directed to the van by the volunteers on the Stroke Foundation Hamilton stand next door.

Over the three days a large amount of stroke information material and FAST information was given to the members of the public attending the Wellbeing Show by the volunteers on the Stroke Foundation Hamilton Stand.

Many thanks to the team of volunteers who set-up dismantled and staffed the stand over the three days and many thanks to the SFONZ Ltd National Office Staff who provide the stroke information resource materials and the key rings and pens we were able to distribute to the public at the Waikato Show.

Thanks also to Cee Kay the Stroke Foundation Midland Region Manager who travelled from Tauranga to visit us at the show on Sunday the 7th of April 2019 it was good to catch up with you Cee.

So another successful Wellbeing Show with lots of great stroke information and FAST material given to the community and over 300 people taking advantage of the free blood pressure check in the Big Blood Pressure Van the profile of the Stroke Foundation being raised in the Hamilton Community once again.

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Special points of interest

- **Stroke Foundation Blood Pressure testing van**
- **New Stroke Treatment**



Bev Depree, Lyn Harrè and Paul Kurtich on the Stroke Foundation Hamilton information display stand at the COGS Public meeting at the Western Community Centre in Hyde Avenue on the 7th of March 2019

Stroke Foundation Hamilton committee members and volunteers Bev Depree, Lyn Harrè, Paul Kurtich and Paul Burroughs attended the Hamilton COGS Committee Public meeting at the Western Community Centre in Hyde Avenue where they set up a stroke information and display so people attending the public meeting could access stroke information material.

The Community Organisation Grants Scheme or COGS is a scheme administered by the Department of Internal Affairs and provides grants to non-profit organisations delivering community-based social services that contribute to achieving locally-determined outcomes.

Each area in New Zealand has an elected local Distribution Committee (LDC) which develops community outcomes they see as having priority from discussions at annual public meetings held (see photo above) where communities are able to discuss what local benefits or outcomes they want from the COGS investment in their communities.

The COGS funding Stroke Foundation Hamilton receives is the only funding that we receive from Government.



Roll Call

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

Roydon Collis
(Volunteer)
25th November 2018

Rosalie Vercoe
3rd December 2018

Richard Johnson
17th December 2018

Ethel Mould
17th December 2018

Fred Paetai
19th January 2019

Terry Driscoll
23rd January 2019

Arthur Meehan
31st January 2019



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



Stroke Foundation Hamilton volunteers Johanna Spanbroek, Paul Burroughs, Stuart Bayes and Bev Depree, on the stand at the Waikato Show Wellbeing Show on Sunday the 7th of April 2019 giving out stroke information and FAST information to show attendees and directing them to the Big Blood Pressure Van next door to have their blood pressure checked for free

and Hospital in Grey Street towards the end of 2018 from her home unit in Flagstaff so was no longer able to cook the home baking any more.

Many thanks Joan for your exceptional and very much appreciated contribution of the delicious home baking for the sales table over many years.

We hope you are settling into the Selwyn Wilson Carlile Rest Home and are enjoying having someone else cook for you for a change.

Joan Davies recognised

At the final stroke Club meeting for 2018 on the 28th November 2018 a presentation was made to Stroke Foundation Hamilton Member Joan Davies by President Bev Depree who presented Joan with a framed certificate of Appreciation to recognise her exceptional contribution to Stroke Foundation Hamilton by providing a large amount of delicious home baking each month to go on the sales table at the stroke club meeting at the Marist Rugby Club Rooms where it was eagerly purchased by club member and was responsible for raising over 90 % of the funds from the sales table each month, and Joan has done this each month over many years. Joan moved into Selwyn Wilson Carlile Rest Home



Stroke Foundation Hamilton President Bev Depree presents a Certificate of Appreciation to member Joan Davies at the final Stroke Club meeting for 2018 on the 28th November 2018 to recognise her exceptional contribution to Stroke Foundation Hamilton by providing Home Baking to the stroke club sales table over many years



PRESIDENTS REPORT FOR MAY 2019 NEWSLETTER COVERING DECEMBER 2018 – MAY 2019

Hi Members,

Well here we are almost half way through this year already and heading into the winter months.

Just going back briefly to our Christmas lunch outing in December at the Hamilton Workingmen's Club, I am sure the 69 members who were able to attend on the day enjoyed the meal and friendship.

Stroke Club days are still being well attended since our last newsletter.

January 2019 meeting 52 attended with entertainment by John King.

February 2019 meeting 65 attended with entertainment by Cara Graham.

March 2019 meeting 59 attended with entertainment by Hamilton Ukulele Group one of whom was our very own member Sue Leen.

Also for our March meeting we had our annual BBQ lunch which was kindly cooked by Brent Shephard and enjoyed by all see photo on page seven.

April 2019 meeting 53 attended with entertainment by Big John (see a photo of Big John on page 9) and a small display of line dancing by some of our volunteers added to the morning.

Also for our April meeting we celebrated Easter with Hot Cross Buns and the usual Easter eggs and all raffle prizes this day were made up of Easter eggs and bunnies (see photo on page 7).

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

We have been able to welcome a number of new members over the last six months.

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 4th Wednesday of the month, at the Marist Rugby Club rooms, Old Farm Road, Hillcrest. We now have a new manager at the

club rooms so we are pleased to be welcoming and working in with Greg Corban.

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

Our last meeting for 2018 was held in November at Smith & McKenzie, Chartwell with 16 members attending and enjoying a nice lunch together.

February 2019 meeting held at Hamilton Gardens Cafe with 13 attending.

March 2019 meeting held at L.K. Coffee Hub, Te Rapa next to the spotlight store with 16 attending.

April 2019 meeting held at Robert Harris Cafe Hamilton Lake with 12 attending.

May 2019 meeting is to be held at Fresca Cafe, Alison Street.

The last two Caregivers raffles have been won by:

November 2018 draw: number 26 Janet Feeney

March 2019 draw: number 43 Rita Eva.

Drop in lunch meeting at the Hamilton workingmen's Club 3rd Thursday of each month from 11am.

January 2019, 38 attended.
February 2019 31 attended.
March 2019 31 attended
April 2019 32 attended.
May 2019 29 attended.

Special thanks to Steve and Rita who help those who are unable to order and collect their meals, this is much appreciated .

NeuroTones Waikato Choir is held very Tuesday during the school terms (*except school holidays*) at the Baptist Church, 33 Charlemont Street, Whitiara, from 10.30am - noon.

This is a combined choir made up from a number of neurological groups, such as Parkinson's, Dementia, Brain Injury and Stroke with people from each of these groups attending and participating in the choir.

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

Under 65 group held 1st wednesday of the month at Youth Horizons rooms, Te Aro Hou complex, 100 Morrinsville Road, Hillcrest, from 11am – 1pm.

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 address at the bottom of each page of this newsletter.

We were generously donated two beautiful items which we decided to sell as special raffles over the last few months.

A beautiful crocheted Knee

Rug was donated by member Mia Oomen, and was won by Paul Burroughs with number 63.

A beautiful handknitted single bed bedspread was donated by Alison Bluett and was won by Maddison Carr with Number 59.

We were able to raise \$400 from these two raffles.

The monthly membership draw of a \$50 Pak N Save grocery voucher has taken the financial membership to 80 . Membership subscription is \$10 per person.

November 2018 draw number 68 Lilian Lane.

January 2019 draw number 62 Aaron Findson

February 2019 draw number 79 Denis Leen

March 2019 draw number 53 James Hodgetts

April 2019 draw number 35 Mia Oomen.

The new financial year will be from 1st July 2019 to the 30th June 2020 and your new subscriptions will be due from the 1st July 2019.

OUT AND ABOUT.

21st February, 2019, Paul Burroughs and I did a presentation to the Hamilton West Garden Club.

7th March 2019 we attended the Community Organisation Grants Scheme public meeting.

5th - 7th April 2019 we had an information stand at the Waikato Show in the Health and Wellbeing section. This year we were fortunate to have the Stroke Foundation NZ , mobile blood pressure testing van right alongside our stand (*see pages one and eight*).

Over 300 members of the public had their blood pressure test done over the three days, as well as a lot of stroke information was handed out .

A big thankyou to our volunteers who staffed our site over the three days.

UPCOMING EVENTS

30th May 2019, Paul Burroughs and I will be speaking to a group at Chartwell Selwyn Centre.

12-14th June 2019, some of us are volunteering to assist on the Blood Pressure testing van which will be at the annual National Fieldays at Mystery Creek.

17-23 June 2019 is National Volunteer Awareness week. Stroke Foundation Hamilton will be acknowledging the work of our volunteers during this week.

24th July 2019 AGM will be held for Stroke Foundation Hamilton.

So you can see that we take very opportunity to get our profile and the stroke information and FAST message out there in the

Hamilton community.

Lastly time to say thank yous:

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

Thanks to all members for items provided for the sales table.

Thanks to Steve Outram for maintaining our website.

Thanks to Megan, TeBoekhurst the Hamilton based Community Stroke Advisor for new referrals.

Thanks to Betty Collis 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.

Barry Cheers

Bev Depree

Sad Death of TV Star

7 March 2019.

This editorial was first published in Stuff and The Dominion Post.

The sad death of TV star Luke Perry this week has thrown stroke into the spotlight. In particular, the age at which people can have a stroke – Perry was 52.

The reaction in media and social media platforms was

overwhelmingly one of surprise. How could someone so young have a stroke?

Sadly, the answer is that Perry's death was not a freak event. Anyone can have a stroke at any age.

Sure, by far the majority of strokes happen to people at an older age. Around a quarter will occur in people under the age of 65. Every year, around 40 Kiwi children have a stroke.

In most older people the cause of stroke is easy to identify – a blood clot or piece of plaque blocks blood to the brain.

That can be the result of high blood pressure, poor diet, tobacco or alcohol consumption, or simply a part of the aging process.

It's why getting a regular blood pressure check from middle-age onwards is one of the best defences against stroke.

It'll detect if there is a problem, and once identified, it can be treated.

In the case of younger stroke patients, it's more likely an artery has burst, leaking blood into the brain and causing some areas to be deprived of blood.

High blood pressure is still possible cause, as is an aneurysm.

At the Stroke Foundation, we work with stroke survivors and their families to rebuild their lives after stroke.

Many of them are Perry's age or much younger. When we speak to them, they often tell the same story: "I thought stroke was an old person's

disease. I never thought it would happen to me."

Regrettably, this attitude can extend to health professionals. One stroke survivor we've worked with was told repeatedly that his symptoms were panic attacks – when in fact he'd had a major stroke.

But it's not all doom and gloom. Many stroke survivors go on to lead healthy, happy lives after their stroke.

A key factor in that recovery is whether the stroke was diagnosed quickly – the sooner a stroke patient gets to hospital, the better their chances of walking out in good shape.

That's why the FAST message – Face drooping, Arm weakness, Speech difficulty, Take Action Call 111 – is so crucial. Getting to hospital within four to six hours of the event enables clot-dissolving drugs or a clot retrieval procedure to be carried out.

But the greatest defence against stroke is knowledge. Learn what causes one, and learn how to respond to one.

The best outcome from Luke Perry's death is that Kiwis take notice and ask themselves: "It could happen to me. What am I going to do about it?"



Mark Vivian



Jill Kurtich, Paul Kurtich and their son in-law Brent Shepard prepare the BBQ sausages for lunch at the Wednesday the 27th March 2019 Stroke Club day on the custom built mobile BBQ trailer outside the Marist Rugby Club Rooms

During the meeting we also lit fifty tea light candles and observed a minutes silence in memory of all the people murdered in the two mosque's in Christchurch on Friday the 15th March 2019.

Easter Treats

At our 24th April 2019 Stroke Club meeting we had an Easter theme with Annette Coombes who does our raffles had put together a large number of Easter raffles in baskets filled with lots of chocolate Easter

At the March Stroke Club Meeting we had a change with Paul & Jill Kurtich's son in-law Brent Shepard bringing in his very swish up-market custom built mobile BBQ trailer and cooking sausages for a BBQ lunch (*see photo above*) which was a nice change and gave the kitchen volunteers a break from preparing sandwiches.

Many thanks to Brent Shepard for bringing in the customised BBQ and for cooking the sausages along with Jill Kurtich we appreciate you taking the time to do this for us.

The lunch of sausages wrapped in a slice of bread and with the traditional tomato sauce was enjoyed by everyone as nice change to our usual fare at lunch time.

Also on the 27th March 2019 we had entertainment provided by the Ukulele Band of which caregiver Sue Leen wife of member Denis Leen is also a member and they entertained the members at the Stroke Club meeting with a great selection of tunes which members could also sing along to.

treats which covered the raffle table (*see the photo below*) and other goodies like soft toy rabbits and other Easter themed items which were greatly enjoyed by those who won the raffles. Many thanks Annette for the great job with the lovely Easter raffles, Annette was not here to see them drawn as she was sunning herself in the Cook Islands on holiday with her family. Continuing the theme everyone had hot cross buns and a chocolate Easter Eggs along with their lunch that day and the entertainment was provided by Big John with lots of great music.



Molly Varley selling the raffle batons at the Wednesday the 24th of April 2019 Stroke Club day for the table full of Easter themed raffle baskets put together by Annette Coombes



Funding boost for the Big Blood Pressure Van

On the 14th March 2019 Stroke Foundation of New Zealand CEO Mark Vivian announced the good news for thousands of New Zealanders – the Stroke Foundation's Big Blood Pressure Van will be on the road for another three years.

That means many more people will get the opportunity to take a potentially life-saving blood pressure check – for free.

It's been made possible with the generous support of Ryman Healthcare, who funded the development of the van in 2018, and have now committed to a three-year deal worth more than \$300,000.

"Ryman's decision to support the van for another three years is fantastic news for us," Stroke Foundation CEO Mark Vivian says.

"But more importantly, it's also fantastic news for people all over the country who will be able to get a potentially life-saving check – without it costing them a cent."

The Big Blood Pressure Van was launched last year after Ryman chose the Stroke

Foundation as its charity partner and has since visited 90 sites around the country.

More than 20,000 Kiwis have taken a quick, painless test in the customised van to find out if they have high blood pressure.

"That's very important, because high blood pressure is the leading cause of stroke," Mr. Vivian said.

"But many people don't know they have it – it's sometimes called the 'silent killer' because it shows no symptoms.

"So a blood pressure check is crucial in detecting it – and once detected, it can usually be treated successfully."

In fact, 8000 people have been recommended to monitor their blood pressure after their test indicated elevated blood pressure – a step that could help keep them healthy, or even save their life.

Ryman Healthcare chief executive Gordon MacLeod said the company jumped at the chance to turn a one-year partnership into long-term support.

"We were delighted to be able to help the Stroke Foundation last year with funding to get the blood pressure van on the road.

"The van has visited our villages and our construction sites, and it has also been a hit with hundreds of our residents and staff who have made use of the free checks.

"It has been a practical way to make a difference to the health of Kiwis, and we're pleased to be able to support the foundation with this long-term partnership.

"We love what the Stroke Foundation does to support the health of New Zealanders, and we hope as many people as possible will make use of the chance to get their blood pressure checked."

In March 2019 the Big Blood Pressure Van was at the ASB Polyfest in Auckland, and in April was at the Waikato Show Wellbeing Show (see the story on page one) helping all communities stay safe from high blood pressure and stroke.



Quote

Blood Pressure is sometimes called the 'silent killer' because it shows no symptoms





Big John entertaining the members at the Stroke Club on the 24th of April 2019

Stroke Club Entertainment

On Wednesday the 24th of April 2019 we were fortunate to have along to entertain us Big John see the photo above, who gave us a good selection of rock and roll classics which had everyone singing along to the music.

We are fortunate to have a great selection of wonderful entertainers along at the monthly Stroke Club meetings. This entertainment is arranged by the Stroke Foundation Hamilton Entertainment sub-committee which is made up of committee members Lyn Harrè, Annette Coombes and Sandra Treanor who has a great little black book of great contacts via her connection's to the Waikato and Hamilton Country Music over a number of year.

Thank you ladies for the great selection of entertainers we have coming along to the monthly stroke club meetings all through the year.

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| <p>Laughter</p> <p>Revolving door “I almost broke both my arms trying to hold open a revolving door for a woman.” Steven Wright</p> <p>Different meanings “I’m sorry” and “I apologize” mean the same thing. Except at a funeral” Demetri Martin</p> <p>Let the job hunt begin “What I don’t like about office Christmas parties is looking for a job the next day.” Phyllis Diller</p> <p>A Russian goes to Ukraine As a Russian prepares to cross the Ukrainian border, the border guard asks, “Occupation?” “No,” says the Russian. “Just visiting.”</p> | <p>Stroke Foundation Hamilton membership Draw</p> <p>Just a reminder that there are benefits of being a financial member of Stroke Foundation Hamilton for the 2018 - 2019 financial year.</p> <p>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.</p> <p>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.</p> <p>Members who have won the membership draw in 2019 are:</p> <p>January 2019 Aaron Findson N^o 62</p> <p>February 2019 Denis Leen N^o 79</p> <p>March 2019 James Hodgetts N^o 53</p> <p>April 2019 Mia Oomen N^o 35</p> |
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Dunedin neuroscientist discovers new way to help stroke victims.

*Article originally in Stuff
January 27th 2019*

A Dunedin neuroscientist has discovered a new way to help people recover from stroke, by implanting an electrode into the undamaged side of the brain.

In a world-first, Professor John Reynolds and his team at Otago University have gone against traditional thinking, targeting the healthy side of the brain, rather than the area around the stroke, with electrical stimulation.

"Putting an electrode in the healthy side of the brain when someone has a stroke on the other side is really not a conventional thing to do," Reynolds says. "We are potentially putting something that could be risky on the good side."

Studies show a third of the 9000 people who have a stroke each year will never regain full movement.

Professor Reynolds theorised that the healthy side of the brain was overcompensating for the damaged side, and inhibiting its recovery.

But to test his theory, he needed the help of the only man in the world with a patent for the technology - pio-

neering Belgian neurosurgeon Dirk de Ridder. He had also tried to treat the damaged part of the brain, without success.

"So when John came up with this new idea to treat the healthy part in order to influence the diseased part. I thought it was a brilliant idea," he says.

Together, they developed a novel device, and with funding from the Ageing Well National Science Challenge, were able to put it to the test. During surgery, de Ridder places an electrode over the brain's motor cortex, which controls movement. A wire is tunnelled under the skin to the chest, where a stimulator is implanted - similar to a pacemaker.

"From a surgical point of view, it's very safe. We don't even see the brain because it is covered by the dura mater," he says.

Two men volunteered to trial the device, including 61-year-old Paul Robertston-Linch. Four years ago he had a stroke at work, which initially robbed him of his speech, and all movement down his right side. Despite rehabilitation, he still couldn't use

his right arm and hand.

"I guess it fascinated me," he says. "I thought 'I've got nothing to lose.'"

He can't feel the stimulator at all, which is only activated by another device when he has physio.

Professor Reynolds says the initial results are exciting. The men couldn't grip anything when they started, and at the end could lift at least 7kg. More importantly, they had regained fine motor skills which can hamper stroke patients.

"The stimulator doesn't make them better - it's the rehabilitation. What we are trying to do is allow parts of the brain to wake up during that session and form new connections."

For Paul, the treatment has been life-changing.

"I couldn't hold my toothbrush when I came here. Now I can hold it and get it up to my face... I can open and close the door. It's fantastic. I often have dreams that my arm is all better and it's an amazing feeling, so I hold on to those dreams."

The Otago University team now hope to secure more





Paul Robertston-Linch had a devastating stroke. A new treatment pioneered by a Kiwi neuroscientist has changed his life.

funding so a bigger trial can go ahead, which they hope will lead to this technology being widely used to treat stroke patients.

FAST Ad saves a Kiwi - in Belgium

An Auckland man is crediting a stroke awareness advertisement for saving his life – even on the other side of the world.

Tony and Angela Herbert were on holiday in Bruges, Belgium recently when one evening Angela noticed something was very wrong with her husband.

“His eyes were dead, his face was drooping and he couldn’t lift one arm. His speech was an awful noise. He had this scared look in his eyes,” Angela says.

He was trying to put one on his pajamas and he couldn’t get one leg through. I saw him trying to lift his leg but he couldn’t do it.

“I heard a voice in my head saying, ‘FAST’. I’d seen the ad on television and Facebook.

“I said smile at me, lift your arm, speak to me.

“I knew straightaway it was a stroke

so I ran to the concierge for help. An ambulance was there in 10 minutes and he was in the intensive care stroke unit within half an hour.

“That FAST message saved my husband’s life.”

FAST stands for Face drooping, Arm weakness, Speech difficulty, Take Action, call 111 immediately. A TV and social media campaign ran between July and September to promote the message.

It highlights the need for immediate action if someone sees any

of the signs of stroke – that’s because the quicker a stroke patient gets to hospital, the better their chances of recovery.

Tony’s speech and movement returned the next day and the husband and wife of 46 years are back home now and recovering well after their experience.

Tony has had a scan at Auckland Hospital, and Angela says specialist Tony Barber confirmed that Tony’s bleed had been “huge” and he was very lucky – something Angela agrees with.

“We are having a grandchild in March and it was like an angel calling down to Tony, ‘you’re not going yet.’”

The couple are also grateful for the timing of the stroke.

“If he’d had his stroke in his sleep I probably would have found him dead the next morning,” Angela says.

Tony says he was fit and well, and he has no idea what caused the stroke, “but it had been a long day, with the stress of driving on foreign roads.”

Stroke Foundation CEO Mark Vivian says it’s rewarding to hear Tony’s story.

“We are extremely pleased to hear he’s doing so well – and this is further evidence that knowing FAST can be a life-saver.”

Quote

*Be Someone’s strength
Be Someone’s inspiration
Be Someone’s reason to
never give up*

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 Workingmen'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: bevdepre@gmail.com

Recent winners of the Stroke Caregivers Support Group Raffle were:

Janet Feeney & Rita Eva



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 11.00 am till 1.00 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 below 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. Which is the biggest non-Christian religion in New Zealand: Buddhism, Islam or Hinduism?
2. What caused thousands of deaths in London during the winter of 1952: air pollution, floods or influenza?
3. Which famous poem mentions the colt from old Regret?
4. The guerrilla organisation known as the Tamil Tigers was active in what country?
5. Is a boomslang a species of venomous snake, a type of yacht or a traditional Dutch dish?
6. What Caribbean Island is part of the United States?
7. Bradley Walsh hosts what popular British TV Show?
8. What was the name of a fictional Melbourne family that featured in a popular TV soap opera from 1976 till 1983?
9. In *Foggy Mountain Breakdown*. A bluegrass tune that featured in the film *Bonnie and Clyde*, what is the principal instrument?
10. What word can precede gallery, secretary and conference?
11. British writer Len Deighton specialised in which type of fiction?
12. Labour MP Louisa Wall has represented New Zealand in what other sport besides rugby?
13. What surname is shared by an actor with the first name Bradley, a writer with the first name Jilly and a fashion designer with the first name Trelise?
14. The Auckland company Fullers Group operates what type of service?
15. How many readings must a parliamentary bill have before it becomes law?
16. What 1991 movie theme song by Bryan Adams that topped the pop charts in 16 countries?
17. Which country is the world's largest producer of pork?
18. What flowers did the stage character Dame Edna Everage like to throw to her fans?
19. In the Bible, who wrote letters to Christian communities in Ephesus, Corinth and Philippi?
20. In what German city did the Nazi party stage its infamous annual rallies?

ANSWERS

1. Hinduism, 2. Air pollution, 3. *The Man from Snowy River*, 4. Sri Lanka, 5. A species of snake, 6. Puerto Rico
7. The Chase, 8. Sullivan, 9. The banjo, 10. Press, 11. Spy novels, 12. Netball, 13. Cooper, 14. Ferris, 15. three
16. Robin Hood Prince of Thieves, 17. China, 18. Gladioli, 19. St Paul, 20. Nuremberg



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,

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