



Stroke Foundation of NZ Ltd Midland Region Manager Cee Kay doing the raffle draws at the Regional Stroke Club Convention at the Distinction Hotel in Te Rapa on the 7th of March 2020 Before the Hotel became an isolation Hotel due to Covid 19

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# STROKE FOUNDATION HAMILTON

## Hamilton Stroke Club Newsletter - 25th November 2020

### What a year we have had in 2020 with Covid 19

The **COVID-19 pandemic** in New Zealand is part of the ongoing pandemic of coronavirus disease 2019 (COVID-19) caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). The first case of the disease in New Zealand was reported on 28 February 2020. As of 16 November 2020, the country has had a total of 2,001 cases (1,645 confirmed and 356 probable), of which 58 are currently active, and 25 people have died from the virus, with cases recorded in all twenty district health board (DHB) areas. The pandemic peaked in early April, with 89 new cases recorded per day and 929 active cases.

All borders and entry ports of New Zealand were closed to all non-residents on 19 March 2020, with returning citizens and residents being required to self-isolate. Since 10 April, all New Zealanders returning from overseas must go into two weeks of managed isolation.

A four-level alert level system was introduced on 21 March to manage the outbreak within New Zealand. The Alert Level was initially set at Level 2, but was subsequently raised to Level 3 on the afternoon Beginning on 25 March, the Alert Level was moved to Level 4, putting the country into a nationwide lockdown. The Alert Level was moved back down to Level 3 on 27 April, partially lifting some lockdown restrictions, and down to Level 2 on 13 May, lifting the rest of the lockdown restrictions while maintaining physical distancing and gathering size limits. The country moved down to Level 1 on 8 June, removing all remaining restrictions except border controls.

On 11 August, four cases of COVID-19 from an unknown source were reported in Auckland, the first from an unknown source in 102 days. At noon the following day, the Auckland Region moved up to alert level 3, while the rest of the country was moved to level 2. On 30 August at 11:59 pm, Auckland moved down to "Alert Level 2.5", a modified conversion of Alert Level 2 with limitation on public gatherings, funerals, and weddings. On 23 September at 11:59 pm, Auckland moved down to Alert Level 2, after the rest of New Zealand moved to Alert Level 1 on 21 September at 11:59pm.

#### Inside this issue

Roll Call .....	2
Fine Homes Tour .....	2
Stroke Awareness Week .....	3
Chartwell Gold Group .....	3
Presidents Report .....	4
Presidents Report .....	5
Presidents Report .....	6
Regional Games Convention .....	7
Governance Changes in 2020... ..	8
Covid 19 Information.....	9
Cost of Strokes to NZ .....	10
Driving after stroke.....	11
Other Peer Support Groups.....	12
Ten Minute Quiz.....	13
Mission Statement.....	14
Sponsors.....	14

#### Special points of interest

- Fine Homes Tour Donation
- Regional Convention





Stroke Foundation Hamilton President making a presentation of a Certificate of Appreciation to Fine Homes Tours Committee Members Christine Couch and Jane Hargood at the 26th of February 2020 Stroke Club meeting at the Hamilton Marist Rugby Club Rooms in Old Farm Road

## Fine Homes Tour 2019

At the Stroke Club meeting on the 26th of February 2020 at the Hamilton Marist Rugby Club Rooms Stroke Foundation Hamilton President Bev Depree presented a certificate of Appreciation to the Fine Homes Tour 2019 Committee Members Christine Couch and Jane Hargood.

The certificate was presented to recognise the work of the 2019 Waikato Fine Homes Tours and their committee members who organise the hugely successful Fine Homes Tour in Hamilton City and the surrounding areas.

Stroke Foundation Hamilton received an amazing \$39,500.00 donation from the 2019 Fine Home Tour Committee on the 20<sup>th</sup> of November 2019 at a presentation to the three groups that received identical amounts Stroke Foundation Hamilton, Child Cancer & Look Good, Feel Better Cancer support group.

Introduced to Hamilton in 2003, the Fine Homes Tour is now firmly established as a high-profile Waikato fundraiser.

In 2003, Christine Couch and Jane Hargood enjoyed an Auckland Fine Homes Tour and discussed the possibility of staging one in Hamilton. That was the beginning of what has become a hugely successful day for Hamilton – both socially and financially.



## Roll Call

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

**Jack Garry**  
29th September 2019

**Cedric Dickinson**  
10th October 2019

**David Vermeren**  
10th December 2019

**Barry Sinnott**  
13th January 2020

**Marianna Kubs**  
13th January 2020

**Barry Tebbs**  
31st March 2020

**Betty Morrow**  
22nd April 2020

**Paul Scown**  
12th June 2020

**Kent Marcroft**  
12th July 2020  
(Volunteer)

**Joyce Porter**  
7th August 2020  
(Caregiver)

**Isabella Hutcheon**  
13th October 2020

**Stuart McCallum**  
14th October 2020  
(Caregiver)



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

## Fine Homes Tour 2019 continued

There was scarcely a man to be found on the first tour, however 16 years later the event is just as popular with males as it is females. Many are partners of women on the tour, but increasingly architects, interior designers and others in the industry are also participating.

The Fine Homes Tour committee has always been made up of like-minded women who give of their time and energy willingly, to benefit worthy charities within the Waikato. The committee endeavours to keep running costs to a minimum through the support of generous sponsors, Lodge Real Estate sales representatives and the use of volunteers, meaning more money for the charities.

display and a collection during the week at the **Summerset Down the Lane Retirement Village** public area, many thanks Pam for doing this.

Overall a good Stroke Awareness Week despite the Covid 19 restrictions we thank all the venues and business and their staff and **management** for allowing us to set up stroke Information stands and have collections at their businesses and venues during the week, also many thanks to all the Stroke Foundation Hamilton committee members and volunteers for giving up their time to staff the Information stands and collection points during the week.

## Stroke Awareness 2020

If there was going to be a 2020 Stroke Awareness week displays and collection in Hamilton by Stroke Foundation Hamilton was touch and go this year due to the Covid 19 changes of levels.

The National Big Blood Pressure Day where Stroke Foundation of New Zealand Ltd Blood Pressure Van Staff and St John and Rotary Volunteers take the free blood pressure readings for the general public unfortunately had to be cancelled this year due to Covid 19.

However locally in Hamilton as the levels stayed at level one at the end of September 2020 and early October 2020 we were able to have displays and Stroke information stands and collections at a number of venues around Hamilton City as follows.

On Monday the 28th of September 2020 we had a Stroke information display and collection at Te Rapa New World Supermarket, on Tuesday the 29th of September 2020 we had a Stroke Information display and collection at the Hillcrest New World Supermarket on Wednesday the 30th of September 2020 we had a Stroke Information stand and collection at the Chartwell Shopping Centre, on Thursday the 1st of October 2020 we had a Stroke Information stand and collection at the Countdown Supermarket in Peachgrove Road and on Friday the 2nd of October 2020 we had a Stroke information Stand and collection at the Countdown Supermarket in Dinsdale.

Our Vice President Pam Mason also arranged a

Over the week lots of stroke information and FAST wallet cards were given out to the public and over the week a total of \$1465.80 was donated by the public via our donation buckets.

Many thanks to Stroke Foundation Hamilton President Bev Depree for setting up and dismantling the stroke information stands at all the venues during SAW and also to Paul and Jill Kurtich for counting the collection funds and banking the funds, banking the funds is not as straight forward as it used to be with the banks shortening their hours they are opening due to Covid 19 restrictions.

## Chartwell Gold Group

Following a request to speak about Stroke to the Chartwell Gold Senior's support group at Chartwell Church Hall in Comries Road at 1.00 pm on Wednesday the 14th of October 2020 Bev Depree and Paul Burroughs & CSA Jill O'Reilly spoke to the group at the new venue of the Alandale Retirement Village, and gave out Stroke Information packs to those who attended the presentation, following the presentation a donation of \$61.70 was made to Stroke Foundation Hamilton in appreciation for the presentation.





*The Following is the text of the Presidents report read out to the 37th AGM on the 22nd of July 2020 Bev Depree read the report as the incumbent President and at the AGM was re-elected to the role of President for the 2020 - 2021 year.*

## **PRESIDENTS ANNUAL REPORT FOR 2020 A.G.M.**

FIRST: We must remember all members who have passed away during the past year.

I would again like to acknowledge the committed and dedicated efforts of all members of our committee, and team of volunteers with the support they have shown and given us all over the past year. Remembering our whole organisation is manned

by volunteers.

The committee is made up of eleven members, and up to twenty volunteers.

Special thanks to Paul and Jill Kurtich, Paul Burroughs, and auditor Kath Farrell for the professional presentation once again of the annual financial accounts.

Special thanks also to Paul Burroughs, our Secretary, Fundraiser, Newsletter producer, web-site maintainer, and our first line of communication for STROKE FOUNDATION HAMILTON.

I would also like to acknowledge and thank Vice President, Lyn Harré, (retired January 2020) and current Vice President Pam Mason for their support to me over the past year.

Also, to committee members Graham Thomson who retired in December 2019 due to Health issues and to Sandra Treanor who also retired in June 2020 also due to health issues. Volunteer Dora Fransen also retired this year. I thank them all for their service and contributions during their time as volunteers.

Stuart Bayes our Patron is also stepping down from the committee at this 2020 AGM as he is moving away from Hamilton to live, but will remain as our Patron

Thank you also to Rita Eva, Rita Smith & Prue Armstrong for agreeing to be co-opted onto the committee during the year

A big thank you and acknowledgement to all funders and sponsors we have had successful grants from over the past year to keep our support groups operating

COGS GRANT  
GRASS ROOTS TRUST  
LEN REYNOLDS TRUST  
HCC SMALL GRANTS FUND  
Z ENERGY 'GOOD IN THE HOOD' DINSDALE  
SHAMROCK CLUB FUND-RAISER LUNCH  
FINE HOMES TOUR 2019  
LOMA & PAUL FUNDRAISER LUNCH  
IVAN BLAKE DONATED TRADE-IN VALUE OF HIS OLD MOBILITY SCOOTER

2019/2020 has been another busy year with several meetings and public displays, promoting the work of Stroke Foundation Hamilton and promoting the FAST Stroke Awareness message.

To name a few:

Forest Lake Gardens Retirement Village – Health Expo

Rural Women New Zealand (Rukuhia Branch).

Stroke Foundation Blood Pressure testing van set up at NEW WORLD TERAPA

with 46 tests being taken.

Kaumatua Olympics at the Peak in Rototuna, with Blood Pressure testing van on site with 50 tests being taken.

Stroke Awareness week. (Several sites around city and display at Hamilton Central Library during this week).

Aspire Waikato Wellbeing two day Show.

COGS public meeting.

Over and above all of these meetings Paul Burroughs attends as our representative on the Disabled Person Assembly (DPA Waikato), CCS Access for All Committee, and DHB Community Health Forum meetings held regularly throughout the year

I attend Volunteering Waikato volunteer co-ordinator NETWORK meetings throughout the year.

Most months (second Tuesday) throughout the year we have an information desk at the Hamilton City Library.

All these events and meetings give Stroke Foundation Hamilton opportunities to get the Stroke Risk factor and FAST message out into the community and highlight all the support groups that we

run here in Hamilton.

#### OUTINGS:

Aug 18<sup>th</sup>, 2019: U65 group enjoyed a mid-year Christmas out to Babaganush Restaurant in Hamilton East.

Nov 12<sup>th</sup>, 2019: three members of our club attended the Te Awamutu Stroke and Older Persons Christmas lunch at the Te Awamutu RSA.

Dec 11<sup>th</sup>, 2019: We all enjoyed Christmas Lunch at the Hamilton Workingmen's Club, with 71 members attending.

17 Dec 2019: U65 group enjoyed a Christmas get together at Lonestar Rototuna.

7 March 2020: An enjoyable day was had by those who were able to attend the Regional Convention games day at the Distinction Hotel Te Rapa.

July 7<sup>th</sup> 2020: Volunteer lunch was held at Smith & McKenzie, Chartwell to recognize the work our volunteers do. This was done in conjunction to mark National Volunteer Awareness week, 21-28 June 2020.

#### ACKNOWLEDGEMENTS:

Grateful thanks to our team of volunteers whose help and

support along with Committee members keeps our club days and all other support groups running smoothly.

5<sup>th</sup> Aug 2019 we welcomed back Jill O'Reilly, one of our past Community Stroke Advisors to the position.

#### CAREGIVERS SUPPORT GROUP:

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

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

The Christmas lunch was held again at Smith and McKenzie, Chartwell in November 2019.

#### NEUROTONES WAIKATO CHOIR, UNDER 65 GROUP, and DROP-IN SOCIAL LUNCH MEETINGS HAMILTON WORKINGMENS CLUB:

These three groups are being well attended and enjoyed by those who choose to attend.

Lyn Harrè and I both assist at the NeuroTones Combined Neurological Groups Waikato Choir held weekly during the school terms.

Catherine Bang and Frances Foote co-ordinate U65 group held monthly.

Volunteers, Rita Eva, Rita Smith and Steve Smith for their assistance to the more disabled members at the Social drop-in lunch meetings at the monthly Workingmen's Club.

Thanks to you all for a job well done and much appreciated.

#### HOME VISITORS:

Thanks to Betty and Steve for their home visiting over the past year.

#### PHYSIOTHERAPY:

Thanks to Liz Guest for Physiotherapy sessions each club day and her voluntary one-on-one visits to members in the last year.

#### MARIST CLUB ROOMS:

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

#### TRANSPORT PROVIDERS:

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

RED CABS  
TRIKISO BUSES  
DRIVING MISS DAISY  
WESTSIDE AND EASTSIDE.

#### CLUB DAY ACTIVITIES:

We have all enjoyed a variety of musical entertainment over the year selected mainly by our entertainment sub-committee of Annette Coombes, Lyn Harrè and Sandra Treanor. Well done team.

Special extras and effort were put into our pre-Christmas club day in November.

A big thank you to Annette Coombes for all the lovely raffle prizes donated by her each month.

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

Thanks to Annette Coombes and Stuart Bayes for their home baking goodies for the sales table most months

We are catering most months for a head count of between 50-60.

The membership draw had been a positive incentive to be a financial member of Stroke Foundation Hamilton with 116 members over the past year.

#### CHANGES:

ACCESSIBILITY CONCESSION bus cards for free bus travel 24/7 introduced, and upgraded in July 2020 to the new electronic Bee Card which are used to tag on

and tag off when using the bus free if you have a disability or are unable to drive.

#### FUNDRAISING NEWS:

We are supporting the 'BEANIE UP' fundraising campaign being promoted by the SFONZ National Office. These are lovely BEANIES selling for \$10-00 each of which we have available for sale.

We certainly all experienced a big change to our lives during Level 4, LOCKDOWN, COVID-19.

All support groups were suspended from 19<sup>th</sup> March 2020, to June 24<sup>th</sup>, 2020.

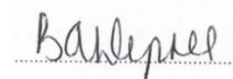
Thanks to Committee and Volunteers who kept up phone contact with all financial members over LOCKDOWN period.

From feed-back we all appeared to cope very well. All being part of the team of 5 million

This brings to an end my report for 2019/2020.

Trust our club will enjoy another very successful year ahead.

**Bev Depree**



**President.**





## Stroke Foundation Midland Region Stroke Club Convention

Stroke Foundation of New Zealand Regional Manager Cee Kay and the regional staff and Community Stroke Advisor Team organised a Regional Stroke Club Games Convention on Saturday the 7th of March 2020 at the Distinction Hotel in Te Rapa before in June 2020 when the Distinction Hotel in Te Rapa was turned into one of the nation wide chain of Isolation Hotels where returning New Zealanders are sent for two weeks upon their return to New Zealand from overseas due to the Covid 19 pandemic.

A range of games were set up for teams to rotate around during the day such as indoor bowls Jenga and other team games many thanks to Hamilton RSA indoor bowls umpires Des & Roslyn who volunteered to umpire and run the indoor bowling games.

Thanks to Cee Kay and the sponsors she arranged the midday meal was provided to all attending at no cost to all those attending, goodie bags for everyone were provided by Bupa and Sharon Preston.

The portable blood pressure self service pods were there for people to check their own blood pressure with the supervision of a CSA.

Many thanks to Dale Fowke the Midland Region administrator who staffed the welcome registration desk and arranged the raffles on the day and made sure everyone who attended went away with a



Stroke Club members from around the region enjoying the games at the Regional Stroke Club Convention at the Distinction Hotel in Te Rapa on the 7th of March 2020

goodie bag at the end of the day.

Thanks also to Sharon Preston and Bianca Kruger from Bupa who set up a stand on the day with information about the new Foxbridge Retirement Village complex of villas serviced apartments, a Rest Home, Hospital and dementia facility which was being built in Minogue Drive not far away from the Distinction Hotel in Garnett Avenue and due to be completed in early 2021.

Sharon Preston and Bianca Kruger also had a raffle prize draw for all those who had visited their stand during the day

An enjoyable day was had by those who were able to attend the Regional Convention games day from all the stroke clubs around the region at the Distinction Hotel Te Rapa our

last outing before the Covid 19 Nationwide lock down happened later in March 2020. Another stroke club games convention may be able to happen in the future if circumstances permit.



Sharon Preston and Bianca Kruger from one of the sponsors Bupa drawing their raffle prize

# Stroke Foundation Hamilton Governance Changes

The end of 2019 and early 2020 have seen a number of changes to our governance group at Stroke Foundation Hamilton, at the end of 2019 long time Committee member and first aid volunteer Graham Thomson resigned from the committee due to health issues and in January 2020 longtime committee member and Vice President Lyn Harrè resigned from the committee due to family circumstances. Committee member Pam Mason agreed to be co-opted as our vice president until the AGM in July 2020 and volunteers Rita Eva and Rita Smith (see photos on this page) agreed to be co-opted to the committee until the AGM in July 2020.



Rita Eva



Rita Smith

In June 2020 Committee member Sandra Treanor resigned from the committee due to a change in her circumstances and Prue Armstrong (see photo on the right) who you all see at the front desk on stroke club days agreed to stand for election at the 2020 AGM on the 22nd July 2020 to replace Sandra Treanor and Rita Eva and Rita Smith who had been co-opted during the year agreed to stand for election at the 2020 AGM also along with Pam Mason who also stood for office as the Vice President.

Our Patron Stuart Bayes who has served on our committee as well as being our Patron sold his home in Hamilton just prior to the 2020 AGM and has retired to Coromandel to live he will no longer serve on our committee but will remain as our patron.

We thank Graham Thomson, Lyn Harrè, Sandra Treanor and Stuart Bayes for their service to the members of Stroke Foundation Hamilton by agreeing to serve as a governance member and we give a warm welcome to Rita Eva, Rita Smith, and Prue Armstrong and thank them for taking on the governance role at the AGM and to existing committee member Pam Mason for agreeing to step up to take on the role of Vice President.

Also re-elected at the 2020 AGM on the 22nd July 2020 were President Bev Depree, Treasurer Paul Kurtich, Secretary Paul Burroughs and committee members Lilian Lane, Annette Coombes and Steve

Smith and we also thank them for agreeing to stand for re-election again.



Prue Armstrong

SEE A STROKE

**F****A****S****T**

FACE DROOPING   ARM WEAKNESS   SPEECH DIFFICULTY   TIME TO CALL 111

Quote

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

SEE A STROKE

**F****A****S****T**

FACE DROOPING   ARM WEAKNESS   SPEECH DIFFICULTY   TIME TO CALL 111



# Unite Against COVID-19

## COVID – 19 Situation

With the Government down-grading New Zealand to Pandemic Alert Level 1 we have now restarted all our normal stroke support groups.

However the Government does encourage the following:

People should not attend if they are sick to keep the community safe.

Anyone with even a mild cold or flu like symptoms should not attend and are encouraged to contact their GP or Healthline (0800 358 5453) to be tested.

Attendees should engage in good hygiene practices such as regular handwashing and coughing or sneezing into their elbow.

When you go out if you have a smart phone that you use the QR Code app on the phone when you visit a venue or shop and snap the QR Code with your smartphone when you first arrive.

If you don't have a smart phone

we have obtained copies of the "My NZ COVID" Tracer Booklet where you can record your visits to businesses or venues in writing in a diary type booklet if you want a copy of the "My NZ COVID" tracer Booklet see President Bev Depree who has copies and can give you a copy.

In addition to the above requirements the Stroke Foundation of New Zealand Ltd recommends the following for Stroke Club meetings:

Encouraging all members to get a flu vaccination to reduce the risk of masking a corona virus infection.

Asking all attendees to use hand sanitiser on entering a venue if it is available. People should not share drinks, cups, plates, cutlery or other items.

Keeping track of where we have been is one way we can stop the spread of COVID-19 in New Zealand. We do this by keeping track of **Where we went, How we got there, When we were there, who we met there.**

If you have cold or flu symptoms, please stay home and call Healthline on 0800 358 5453 for further advice.

For more information on contract tracing, COVID-19 and alert levels visit.

[www.Covid19.govt.nz](http://www.Covid19.govt.nz)



## Stroke Foundation Hamilton membership Draw

*Just a reminder that there are benefits of being a financial member of Stroke Foundation Hamilton for the 2019 - 2020 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.*

*Members who have won the membership draw in 2020 are:*

**January 2020**  
**Steve Moorey N° 9**

**February 2020**  
**Karen Giles N° 32**

**March 2020**  
**No meeting or draw due to Covid 19**

**April 2020**  
**No meeting or draw due to Covid 19**

**May 2020**  
**No meeting or draw due to Covid 19**

**June 2020**  
**David Candy N° 23**

**July 2020**  
**Marie Ryan N° 48**

**August 2020**  
**No meeting or draw due to Covid 19**

**September 2020**  
**Alan Peters N° 75**

**October 2020**  
**Pam Bennett N° 71**

## STROKES WILL COST NEW ZEALAND \$1.1 BILLION THIS YEAR

Strokes will cost New Zealand \$1.1 billion this year according to a report released today (29th July 2020) by the Stroke Foundation of New Zealand. The research completed by the New Zealand Institute of Economic Research (NZIER) confirmed strokes have a significant impact on life expectancy and quality of life and at current rates are likely to cost New Zealand \$1.7 billion by 2038. Research published in 2018 forecast a 40 percent increase in the number of strokes in New Zealand over the next decade. "But the NZIER research shows a 24 percent increase in stroke numbers in the last three years already," says Mark Vivian, CEO of the Stroke Foundation. The report estimates 11,169 New Zealanders will experience a stroke this year. The Stroke Foundation is concerned that very little is being done to prevent strokes. "I'm appalled that the annual financial cost to this country is so high, yet even conservative research indicates 75 percent of strokes are preventable. The government is doing so little in the prevention space," says Mr Vivian. The New Zealand government spends less than three percent of its health budget on public health prevention services. "The Stroke Foundation committed 13 percent of our budget last year to stroke prevention initiatives. We call on the next government to increase its commitment to disease prevention to 5 percent by 2023, to reduce the heavy social and economic burden of stroke to New Zealand." High blood pressure is the biggest preventable risk factor for stroke. In the last year, the Stroke Foundation provided almost 24,000 New

Zealanders with a free blood pressure check. About one percent of those tested had a result so high on the day that they were referred to a medical service for immediate follow up. The Stroke Foundation estimates that this alone saved \$2.25 million in health costs. Mr Vivian explains: "We receive no government money to support our stroke prevention programmes and yet if we were funded to provide 50,000 free blood pressure checks a year, we estimate this would save \$10 million in health costs." While 75 percent of strokes occur in people aged over 65 years, for Māori and Pacific people, nearly 60 percent of strokes happen between the ages of 15 and 65. "There's no doubt that prevention initiatives targeted at Māori and Pacific people will more than pay for themselves while reducing the burden of stroke in these communities," says Mr. Vivian.

### From the Stroke Foundation's summary report

- The Stroke Foundation invests \$1.4 million each year into its Community Stroke Advisor (CSA) service, of which funds are raised through the generosity of donors and supporters. The Stroke Foundation received \$84 in government support per new referral in the financial year 2018-2019. Based on the \$1.1 billion cost of stroke in 2020, the government's investment represents around just 0.03 percent. To meet the growing need and increase the Stroke Foundation's CSA service by 40 percent, this will cost a further \$886,600 per year.
- Through the Stroke Foundation's Return to Work service, it costs \$3,172 per person to help a stroke survivor return to employment. A

conservative calculation suggests a saving of at least \$57 million in benefits of the lifetime of participants on the programme.

### From the full NZIER research report

- Research shows that the number of people living with the effects of stroke will increase from 55 to 60 percent by 2038.
- 25 percent of all hospitalized strokes occur in people of working age with 75.2 percent in paid employment prior to their stroke. NZIER estimates that the total income loss will be over \$125 million in 2020.
- Most strokes are preventable, and beyond prevention, management of a stroke can significantly improve outcomes. It is important to consider that although interventions to improve stroke outcomes may increase costs to the health system, if these interventions improve functional outcomes, they may nevertheless be good investments from a societal cost-benefit perspective due to the potential for improved quality of life and reduced employment impacts.

*This article is from a Stroke Foundation of New Zealand Ltd press release on the 29th July 2020 the full New Zealand Institute of Economic Research (NZIER) report can be downloaded from the Stroke Foundation of New Zealand Ltd website at [www.stroke.org.nz](http://www.stroke.org.nz)*



## What is a CSA and what do they do?

Community Stroke Advisors (CSAs)  
The team of Community Stroke Advisors (CSAs) are professional advisors for stroke survivors and family/whānau members or carers living in the community.

CSAs discuss and develop a plan to meet a survivor's needs. They provide support, information and advice to build knowledge and skills; liaise with and make referrals to stroke clubs, community and recreational groups; and network in the community to ensure a stroke survivor's family and carers are getting the right services. Everyone is affected by stroke differently and so the job is very varied. CSAs provide everything from education, goal setting and advocacy, to encouragement, empowerment and emotional support.

The Hamilton Based Community Stroke Advisor (CSA) is Jill O'Reilly and her contact details and the area she covers are as follows:

### Jill O'Reilly

Hamilton City, Waikato Hospital, Cambridge, Karapiro, Huntly, Raglan, Kawhia, Ngaruawahia, Whatawhata, Ohaupo and Waitoa

**Phone:** 07 856-1654

**Mobile:** 021 962 380

**Email:**

[North.waikato@stroke.org.nz](mailto:North.waikato@stroke.org.nz)

For a Community Stroke Advisor (CSA) in other areas of the Midland Region or other parts of New Zealand please see the **Stroke Foundation of New Zealand Ltd website at** [www.stroke.org.nz](http://www.stroke.org.nz)



## Driving after stroke

### *Getting back on the road is important to many stroke survivors.*

Following a stroke, no matter how good the recovery, a person must not drive a motor vehicle until medical clearance has been given. Most of the information on this page and other helpful advice can be found in the SFONZ free [Life After Stroke book](#). Also found online on the SFONZ website.

SFONZ also have a fact sheet about driving and transport in the '[Free resources](#)' section of their website.

Sometimes a person feels very strongly that they want and are able to resume driving, regardless of advice, and it may be necessary to remove the car keys. The effects of the stroke can not only affect driving ability, but make the person unaware that any problem exists.

**Assessment of fitness to drive:** Driving assessments are carried out by a specialist occupational therapist, or by specialist driving instructors who provide services for disabled drivers throughout New Zealand. For further information phone the national disability information service on freephone 0800 362 253. Not every person who has had a stroke will need to undergo this assessment.

**Unfitness to drive:** If the doctor has decided a person is

not fit to resume driving, and this opinion is not accepted, a second opinion may be sought from another medical practitioner (e.g. an appropriate specialist), at the person's expense. The person should receive a copy of any report provided by the second doctor.

If the second opinion confirms that the person is medically unfit to drive, the person should surrender their driving licence or otherwise make a commitment not to drive. If they are unwilling to do this, the doctor has a legal obligation to notify the New Zealand Transport Agency (NZTA), who will review the issue and may consider it necessary to take away the licence.

Before notifying the NZTA, the doctor must explain the procedure to the person and advise exactly what information will be given to the NZTA.

If a person who has been assessed as unfit to drive does not give up their Licence voluntarily, they may be visited at home by a member of the police and asked to hand over their licence.

**Driving as a job:** People who have had a stroke are generally not granted licences for vocational driving, such as licences for heavy vehicles or to carry passengers. In some cases, a return to driving may be considered if there has been a full and complete recovery, or a licence may be granted with conditions.

## Quote

*"My Drink needs a drink"*

(Reported from National Party HQ on election night)



**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](mailto:hamiltonstroke@gmail.com)

Paul Kurtich  
Phone: 07 846 4412  
Mobile: 022 676 8514  
Email: [twospeed25@gmail.com](mailto: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 peer 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-ordinator below who will put you on the contact list so you know where the meetings are being held.

**Bev Depree** Phone: 07 847- 9354  
Mobile: 027 284 0611  
Email: [bevdepre@gmail.com](mailto:bevdepre@gmail.com)

The latest Stroke Caregivers Gift basket raffle is now selling and when all the tickets are sold the raffle will be drawn so good luck to all who brought tickets.



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.

**Frances Foote**  
Mobile: 0272332780  
Email: [francesfoote@hotmail.com](mailto:francesfoote@hotmail.com)

**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. Judith Collins is the 14th leader of the National Party. Who was the 10th ?
2. What 1981 hit song by Cliff Richard was inspired by the popularity of the Sony Walkman portable cassette player?
3. What word can precede carpet, mushroom or bullet?
4. Complete the saying: "he who pays the piper...?"
5. According to the title of a classic 1953 movie starring Marilyn Monroe, who or what did gentlemen prefer?
6. The military organisation known as the International Brigades fought in what war?
7. Who wrote the four-volume work *A History Of The English-speaking peoples* ?
8. Wolfgang Puck, Raymond Blanc, Delia Smith and Joel Robuchon attained fame as what?
9. The Japanese city of Kobe gave its name to what expensive food Product?
10. In Japan, kabuki is a style of what: Food, theatre or floral arrangement?
11. Among the musical elite known as jazz royalty (which include Nat "King" Cole and "Duke" Ellington). Who was the count?
12. Who recently spent a reported \$US 1 million celebrating her 40th birthday on a pacific island?
13. In badminton, what is the name of the device that serves as a ball?
14. What word can mean a unit of speed or a species of sandpiper?
15. Italian fashion designer Elsa Schiaparelli popularised which shade of pink?
16. What Christmas drink is made with milk cream, sugar, whipped egg whites, egg yolks and optionally, alcohol?
17. What crisp, thinly sliced toast, often served with soup or patè, took its name from a famous opera diva?
18. Which New Zealand prime minister attended Otahuhu College?
19. In Greek mythology, who was given a set of tasks known as the Twelve Labours?
20. What surname is shared by a pop musician with the first name Chris and a writer with the first name Elisabeth, both New Zealanders?

1. Don Brash, 2. Wired for sound, 3. Magic, 4. Calls the Tune, 5. Blondes, 6. The Spanish Civil War, 7. Winston Churchill, 8. Chefs, 9. Kobe Beef, 10. Theatre, 11. Basie, 12. Kim Kardashian-West, 13. Shuttiecock, 14. Knot, 15. Shocking Pink, 16. Eggnog, 17. Melba Toast, 18. David Lange, 19. Hercules (aka Heracles), 20. Knox

## 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, Fine Homes Tour 2019.

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

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

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