



STROKE RECOVERY ASSOCIATION NSW

CLUB NEWS

SUMMER 2011

FROM THE ASSOCIATION OFFICES

Hi all

Welcome to 2011 and another year of Stroke Club activities and fun! We hope you all had a relaxing and enjoyable holiday season, and join us in looking forward to a positive and productive year ahead. In this first edition of Club News you will find interesting articles such as on changes to the mobility parking scheme which is relevant to those of you who have a sticker from the RTA. There is also a call for research participants from the University of Sydney regarding the opportunity to assist and have further training in handwriting. This may be of interest to some of you. As usual our information from the Clubs on their activities adds a touch of class to the publication. It is lovely to see so many of you out and about with your local Stroke Club.

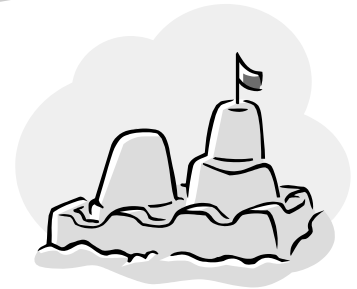
Please take the opportunity to read the articles by Paul Berger on setting goals after Stroke. There are some very important principles in that article which are important to everyone. No matter whether your Stroke was last week or ten years ago or even if you have not had a Stroke they are important tips to factor into every day living.

It would also be remiss of me not to acknowledge the resignation of Bill Bobbins from the Hunter Stroke Olympics. Bill received a volunteer of the Year Award from the Stroke Recovery Association which was presented by the Member for Port Stephens Mr. Craig Bauman MP. Mr. Bauman was delighted to be asked to make the presentation as he has known Bill a long time and was thrilled to see his work with the Hunter Stroke Olympics recognised. Bill, who is also a life member of the Association, will be sadly missed on the Committee. However, we are thrilled that his son John will continue the family involvement with his ongoing assistance in the running of the carpet bowls at the Olympics.

As a result of feedback we received in the Clubs Satisfaction Survey, we will be endeavouring to work more closely to support the Coordinators of our Clubs. We had a great response with over 25% of you taking the time to fill in the survey and return it. The final report will be sent out to your secretary shortly and it will include a plan of action that we will be following.

I look forward to catching up with you as I travel around the Clubs.

Michelle



SUBMISSIONS WELCOME

The Stroke Recovery Association welcomes contributions to Club News, especially for our 'Around the Clubs' section.

Submissions should be addressed to:

The Editor

Club News

PO Box 3401

PUTNEY NSW 2112

Or send an email to info@strokensw.org.au

Please note that contributions may be edited, either to reduce size, to assist with readability or for legal/liability reasons.

Original photos sent through the post will be returned ASAP.

HUNTER STROKE OLYMPICS - The resignation of a Stalwart

Another successful Hunter Stroke Olympics was held at the Hexham Bowling Club in October 2010. This was the 20th anniversary of the games and the Committee took this opportunity to honour the services of our long time secretary and organiser Bill Bobbins. Bill has been involved with the organisation of the Games since it began in 1990 and its longevity and success can be very much attributed to his hard work and dedication.

At the Annual General Meeting in November Bill also tendered his resignation from the Committee indicating that he felt it was time to hand over the reins. WE wish Bill well in his retirement and trust that he will enjoy having time to spend with his lovely wife Fran, another long time supporter of the games.



CHANGES TO MOBILITY PARKING SCHEME

Until recently there were over 100 types of special parking permits for people with mobility issues, that were administered by state, territory and local governments across Australia.

In October 2010, the Australian Government began the standardisation process, with the issuing of an Australian Disability Parking Permit. At the moment, this permit is to be used in conjunction with the RTA-issued Mobility Parking Scheme card. So if you already hold an MPS permit, you only need to display the new Australian Disability Parking Permit as well. The new ADPP comes in a plastic display wallet which replaces the previous white plastic holder that came with the MPS permit.

If you already hold a Mobility Parking Scheme permit it is not affected and will remain valid until its expiry date, unless it is revoked earlier. You do not need to apply separately for the Australian Disability Parking Permit, it will be sent directly to you. It has a space in the display wallet where you can insert your current MPS card, and there is no cost involved.

This is the first step in the harmonisation of disability parking across the country. This process will take some time and require extensive community consultation. There are no changes to the NSW parking concessions at this time.

For further information call 132 213 or look on the internet at

<http://www.rta.nsw.gov.au/rulesregulations/mobilityparking/index.html>

NATIONAL TOILET MAP TIP

This excellent resource is a glove-box essential for many people. Usually one views it over the internet, but did you know you that if you don't have a computer or internet access you can still get one?

Just call the National Continence Help Line on 1800 330 066; they will print out the map for you and post it to your home address.

RESEARCH PARTICIPANTS NEEDED

Researchers at the University of Sydney are in need of subjects for their most recent study of post-Stroke rehabilitation. The project is a feasibility randomised trial in which they wish to recruit 20 people who have had a Stroke at least twelve months previously, and who have ongoing difficulties writing.

They will randomise half the group to receive home-based handwriting training sessions for several weeks, while others will be allocated to a no-treatment group. The study will allow them to seek feedback from people who have had a Stroke about the intervention, and refine the programme. Even if not placed in the treatment group, participants provide valuable assistance to the research project just by taking part.

If you able to assist, please contact Annie McCluskey on 9351-9834, or email annie.mccluskey@sydney.edu.au

FORGETTER BE FORGOTTEN

*My forgetter's getting better,
But my rememberer is broke
To you that may seem funny
But to me it is no joke!*

*For when I'm 'here' I wonder
If I really should be 'there'
And when I try to think it through,
I haven't got a prayer!*

*Often I'll walk in a room
Say "What am I here for?"
I wrack my brain, but all in vain,
A zero is my score.*

*At times I put something away
Where it is safe, but, Gee,
The person it is safest from
Is generally ME!*

*When shopping I may see someone,
Say "hi" and have a chat.
Then when the person walks away,
Think "Who the heck was that?"*

*Yes my forgetter's getting better
While my rememberer is broke.
And it's driving me plumb crazy,
And that isn't any joke!*

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AROUND THE CLUBS

HAWKESBURY STROKE RECOVERY CLUB

Wentworth Wood, the Hawkesbury Club's Social Secretary, sent in these photos of their Social Day at the Dural Country Club.



ROYAL NORTH SHORE



The Royal North Shore Stroke Recovery Club hosted a Christmas Party in December 2010 at a lovely Chinese restaurant in Crowsnest . They very kindly invited Michelle Sharkey, Executive Officer of the Stroke Recovery Association, to attend. Michelle is second from right in the photo.

NORTH ILLAWARRA STROKE RECOVERY CLUB



The North Illawarra club really travels! They have been to Camden Museum, Bowral, Camden Catholic Club, had a tour around Wollongong with lunch at the sports club, gone to Kurnell and surrounds, and had a picnic at the Woronora Dam. Somehow they also found the time to have an AGM. The photo at left shows the group at Woronora Dam, after their Christmas lunch.

NEW ENGLAND STROKE RECOVERY CLUB



In the photo at left, the group celebrates Marie Harrigan's birthday at Rafters in Guyra, this being close to the Guyra Multi-Purpose Hospital.

Thanks to Pat McGrath for sending it in.

Pat writes: "Our club met up with Gunnedah and Tamworth Clubs for a Christmas get-together at No 83 restaurant in Tamworth. There were 35 of us in all. It was a great day, and we will all meet up again at Easter time. Thanks to Joy Pearson (centre in the photo at right) for making the arrangements.



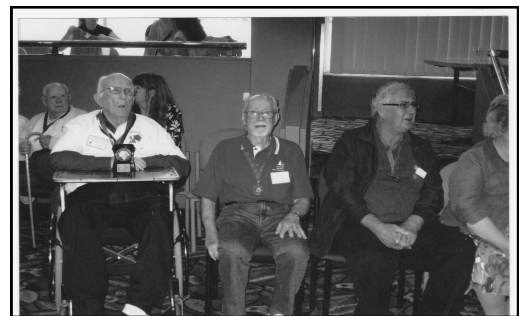
The group celebrated the 80th birthdays of club members Don Hearne (left) and Cliff Wright (right) in November 2010



Members had a luncheon on Melbourne Cup day at the bowling club. Joan Clark's cheery yellow fascinator was a hit.

WESTLAKES STROKE RECOVERY CLUB

Heather MacRae, publicity officer for the Westlakes Club, sent in the photo at right, which shows their member **Syd Howes** in the centre, who successfully competed in the euchre event. Congratulations to all participants in the Hunter Stroke Olympics 2010!



WOY WOY STROKE RECOVERY CLUB

Helen Anderson sent in some hilarious news from the Woy Woy club:

"We had an absolutely wonderful Christmas Lunch on Thursday 22 December at Everglades Country Club. Fifty-six members of our Club attended and all agreed it was a great event. We were happy to have as our guest Michelle Sharkey from the NSW Stroke Recovery Association. The Christmas Lunch was well-received; the organisation went as planned, and everyone was happy! After lunch, the "Arthritic Abba's", introduced and organised by volunteer Shirley Drake, strutted their stuff. The audience wanted more, but the stars were exhausted!

This was followed by 'The Twelve Days of Christmas' which required audience participation; Helen and Judy led this bit of fun. After a few speeches and thank yous to volunteers, the raffle was drawn with some amazing prizes (all donated). We finished up with Kris Kringle Christmas gifts for everyone. These were organised by Jeanette and Ian Thiering, and ably assisted by 'Santa' Dolores, and her 'Elf' Noel Higgs. I am always so grateful for all the members who make the effort to help in all sorts of ways, It makes my job so worthwhile, thank you!"



Left: The Arthritic Abba's, Noel Higgs, Helen Anderson, John Rutherford, Judy Shearman, Ian Thiering, Dolores Della Valle. Right: Santa and the Elf, Dolores Della Valle and Noel Higgs



BRAIN FOOD

Here are some tricky puzzlers from The Brain Food Factory. Your editor has signed up for their free monthly newsletter, which is full of aerobics for the brain. You can get it direct, by subscribing at <http://www.brainfoodfactory.com/>

- 1) Which is correct: 18 plus 19 is 36, or 18 plus 19 are 36?
- 2) In a marathon race, what does the winning runner lose?
- 3) What has holes but holds water?
- 4) What do you call a country where all the cars in it are pink?
- 5) David's father has three sons: Snap, Crackle and _____?
- 6) What kind of coat can only be put on wet?

(6) A coat of paint

(1) Neither is correct; 18+19=37 (2) Their breath (3) A sponge (4) A pink carnation (5) David

ANSWERS

SETTING GOALS TO RECOVER FROM STROKE BY PAUL E. BERGER

I was 36 when I had my stroke from a ruptured aneurysm in the brain. I was in the hospital for three months. My stroke left me severely paralysed on my right side, and with aphasia – loss of speech. My stroke rehabilitation began with relearning the basic life skills, including how to feed and care for myself one-handed.

Speech language pathologists taught me how to swallow and communicate. Occupational therapists worked on rehabilitating my paralysed arm, and physical therapists on my paralysed leg. I came home from the hospital in a wheelchair, with only a few words. But I had goals and plans for my stroke rehabilitation and recovery and for enjoying my life.

Here are five steps to set goals to recover after a stroke. They worked for me!

1. Choose a positive attitude.

Make being happy and having a positive attitude one of your goals. A positive attitude makes rehabilitation easier for you, your family, and the therapists who work with you. Your attitude is your own choice, you can choose to be happy or to be sad. Sometimes it is hard to feel happy when you have aphasia, paralysis, and other problems from your stroke. One thing that improves my attitude is going for a walk (or a ride in your wheelchair) and greeting everyone I see with a smile, a wave, and “hello,” even without words. When they wave back, I feel great.

2. Take care of your medical needs.

Most stroke survivors also have other medical problems. My stroke paralysed my throat muscles, causing a swallowing problem and pneumonia. Start rehabilitation as soon as possible, and give yourself the time and effort needed to fight the other medical problems.

3. Think about your goals.

Stroke rehabilitation is the means to reach your goals, not the end. List all of your goals and dreams. When I was in the hospital, my goals included returning to work in a year, travel, and hobbies. Living a full life for me includes volunteering, going to school, visiting friends and family, and finding new interests.

4. Set priorities.

After you have thought about everything that you want to do, focus on one or two key goals. Ask your family to help you set goals for your recovery, and for how you want to live your life after the stroke. I focused on returning to work.

5. Break your goals into small steps.

Achieving your goals will take time and a lot of team effort from family, rehabilitation professionals, and friends. Ask them to design short term speech therapy, physical therapy, and occupational therapy goals and exercises aimed at the skills and functions you will need to achieve your long term goals. *“Paul Berger is a speaker and author. To find out more about his programs and services, visit www.StrokeSurvivor.com”*

VALE BARBARA TREBLE OF WOY WOY CLUB

“One of our dearest and loveliest ex-members Barbara Treble passed away on Thursday 17 January 2011. She and her devoted husband Eric became members in 2002. Barbara was wheelchair bound and had difficulty speaking, yet she endeared herself to so many others. Eric brought her to hydrotherapy, all meetings, our extra functions, and always drove her to our bus stop destinations. They were not able to continue their involvement last year as Barbara had to go into high care at Erina. Many of our members paid their last respects on February 7th at Greenways, Green Point”.

Thank you to Helen Anderson for this contribution. Our thoughts go out to Eric and Barbara’s family and dear friends.



IN MEMORIAM



Trish Curtis from the **Muswellbrook** Club sent in a lovely tribute to their late member Keith Hogan:

“**Keith Hogan** was a foundation member of the Muswellbrook Stroke Recovery Group when it was formed in 1988, having suffered his stroke at home at the age of 59. At that time he was working full time and had many and varied interests. He had a great love of many sports, especially rugby league, coaching the local junior team and holding the position of Group 21 Secretary for many years. He was involved in the Learn to Swim scheme at Muswellbrook Pool for over 50 years and was awarded the B.E.M for services to Youth in the Community. The stroke did not prevent him playing bowls which he continued competitively until quite recently.

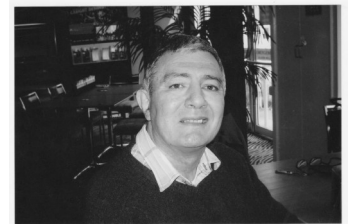
He attended meetings of the Stroke Olympics at Toronto, Raymond Terrace, Singleton and Hexham and was the recipient of many gold, silver and bronze medals over the years.

With his keen sense of humour, Keith had a great impact on our Muswellbrook Group and is sorely missed by us all and his many friends in the community.

Our sincere sympathy goes to his widow Helen and all their family.”

The members of the **Rose Bay** Stroke Recovery Club were deeply saddened by the passing last December of member **Paul Joseph**, who was only 64 years of age. Paul joined our club in 2002 where his outspoken manner and strong opinions on most matters established him as quite a character.

Prior to his stroke Paul had been a successful barrister and he had strong knowledge of all topics of communal interest. He will be missed. A right-sided hemiplegic, Paul had gained much improvement in his mobility, being able to move safely from place to place without the need of a walking stick. Paul is survived by wife Marie and two sons of university age, all of whom he was extremely proud.



(Words and photo submitted by Brian Corcoran of the Rose Bay Stroke Recovery Club)

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