



STROKE SA NEWSLETTER SUMMER EDITION 2009

STROKE SA INC

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If you recognise the signs of **STROKE** act **FAST**. The signs are:

F Facial Weakness

A Arm Weakness

S Speech Difficulty

T Time to act fast

MERRY CHRISTMAS AND A HAPPY NEW YEAR FROM THE COMMITTEE & VOLUNTEERS OF STROKE SA

GUEST SPEAKING

Longstanding volunteers Margaret Gibbings and Joyleen Von Stanke represent Stroke SA at various clubs and groups guest speaking.

They continue to receive excellent feedback from their presentations.

If your club or group would like Margaret and Joyleen to make a presentation please call the Office on 352 4644 or e-mail strokesa@chariot.net.au

CHRISTMAS BREAK

The Office will be closed from 18th December 2009 and will resume from Monday 4th January 2010.

Telephone messages will be followed up by volunteers.

STOP PRESS

Friends of TQEH Commemoration 2009 Marjorie Hele Award for Volunteering Excellence.

This was recently awarded to Margaret Gibbings and Helen Emery for services to Volunteering at TQEH.

This is the first time it was awarded to a volunteer.

DISCLAIMER: Stroke SA Inc Management Committee takes all care but no responsibility for the accuracy of information contained in the Stroke SA Newsletter. It does not necessarily endorse products or services published, nor necessarily agree with opinions expressed.



Proudly supported by



Griffith
REHABILITATION HOSPITAL

FROM THE CHAIR

This is the final newsletter for 2009 I wish to let you know that the move to 302 South Road has been a great success. The building is air-conditioned and well turned out. Everyone who volunteers at 302 is very satisfied.

I trust that you are all prepared for Christmas, sent out your cards and completed your shopping and not like me haven't started as yet. I usually leave it all to my wife.

Since the State Governments approval of the establishment of a Statewide Stroke Service Plan a committee has been formed to implement the recommendations; so far this committee has only met once and is not due to meet again until a couple of appointments of key personnel are made to enable the plan to move forward.

Stroke week this year was a very successful event at Colonnades at Noarlunga Centre, although we were unable to have a nurse taking Blood pressure the week went off really well and I believe a lot of information both verbally and paper wise was handed out to passersby.

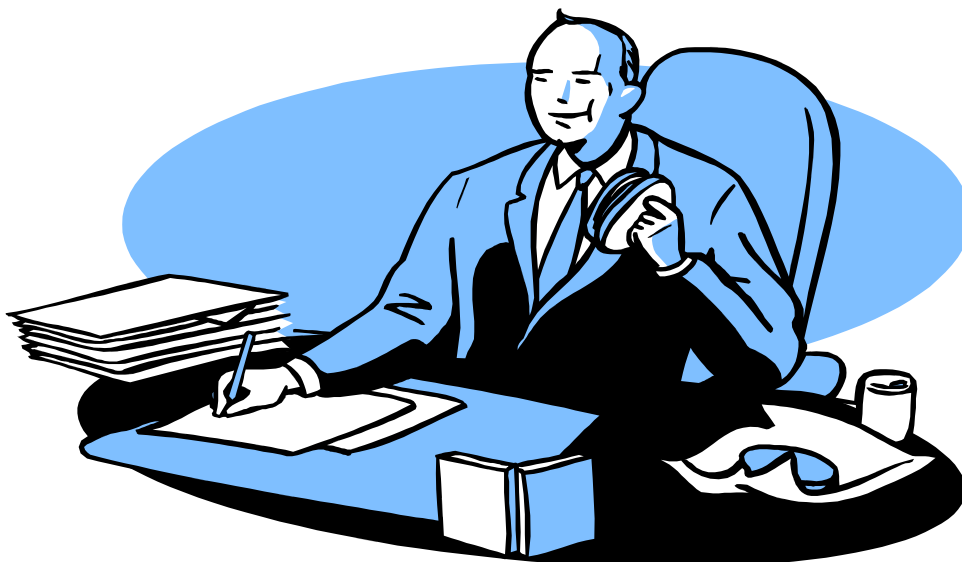
Since the web site has been back on line again, we have received a remarkable number of unique visitors as opposed to hits, (unique visitors being people who spend a little time browsing the site). These people are from all over the world.

In closing I take this opportunity on behalf of the committee to wish everyone a Safe Christmas and a Happy New Year and look forward to an eventful and a new year of exciting developments.

Bryan

Chair

Stroke SA Inc



GENERAL INFORMATION

NEWSLETTER

Following your contact with Stroke SA we send out one complimentary newsletter. If you wish to continue to receive a newsletter you will need to become a financial member.

If you are a current financial member please disregard this notice.

We look forward to your continued support to help us assist all who have suffered a stroke.

TELL US

We need your story for the newsletter. If you would like to share an experience with us please write in, phone us on 83524644 or e-mail to strokesa@chariot.net.au

STROKE SA INC

MEMBERSHIP APPLICATION

SURNAME: _____

GIVEN NAMES: _____

ADDRESS: _____

POST CODE: _____

PHONE: (HOME) _____ (WORK) _____

EMAIL: _____

I wish to become a member of Stroke SA (....)

I enclose Membership Fee \$15 cheque/cash (.....)

Please make cheques payable to Stroke SA Inc and post to

Stroke SA Inc, 302 South Road Hilton SA 5033 Phone 83524644

I do not wish to receive the Newsletter, please delete me from the mailing list (....)

Please note that unless you pay a membership fee your name will be taken from the mailing list. The cost of printing and distributing the newsletter are considerable. Please do not hesitate to ring us on (08) 83524644 if there are any problems about the Newsletter.

E-MAIL ADDRESS

Like to receive the newsletter by e-mail? Provide your contact details and e-mail address to: strokesa@chariot.net.au

SUPPORT GROUPS

Please contact the Group Co-Ordinator prior to attending a meeting.

METROPOLITAN GROUPS

Hills Community Health Service

Meets at Hills Community Health Service, Wellington Road Mt Barker on the third Monday each month from 11am—1pm. Contact Chris banks Ph83931833.

Ingle Farm

Meets at Helping Hand main hall Shackleton Road Ingle Farm on the third Monday each month from 1—3pm. Contact Brenda Smethurst Ph82840388.

Northern Fleurieu

Meets at Noarlunga Health Village (teaching Room 2) Alexander Kelly Drive Noarlunga Centre on the second Thursday each month from 10.30am—12noon. Contact Bryan Hewett Ph83842445.

Western

Meets at West Lakes Community Centre. Cnr West Lakes Boulevard and Brebner Drive West Lakes on the fourth Friday each month from 12 noon. Contact Barbara Lardner Ph 82343496.

COUNTRY GROUPS

Mount Gambier

Meets at the RSL Community Room Mt Gambier on the first Friday each month from 1.30—3.30pm Contact Laura Boyd Ph87257377.

Murray Mallee District

Meets at the Community Health Centre Murray Bridge on the last Monday every second month. Contact Jill Biello ph85356800.

Port Lincoln

Meets at the Port Lincoln Community Health Services monthly from 10.30am—12noon. Contact Lisa Boyce or Caitlin Parker Ph86832077.

Port Pirie

Meets monthly on the first Thursday each month. Contact Occupational Therapy Ph 86384693 for more details.

South Coast

Meets at the Middleton Tavern Middleton on the last Tuesday each month from 2—4pm. Contact Di or Terry Smythe Ph85542098.

Whyalla

Meets on the first Monday each month for a social gathering. Contact Gwen Harrison Ph86455500 or Cathy Jeary Ph86453801.

MEMORIAM DONATIONS



A sincere "thank you" to those who donated to Stroke SA.

In memory of:

To family and friends, we extend our deepest and sincere sympathy.

Your thoughtfulness is very much appreciated.

Anna Tischler

Margaret Lambert

Mervyn Blanks

Doris Sanders

Patricia Farren

Elizabeth Crawford

Norman Jaensch

Ken Peters

Jack Nancarrow

Gabriele Di Federico

DONATIONS IN MEMORIAM

The passing on of a family member, friend or a loved one is a very sad and stressful time.

It is with gratitude that Stroke SA receives donations in memoriam.

These donations, which help Stroke SA continue its work in assisting those who have had a stroke, their family and friends, are a wonderful remembrance of the person who has passed away.

Stroke SA has great potential to reach out to more and more people who have experienced a stroke and their carers, people who need our support.

All gifts are tax deductible and should be forwarded to:

STROKE SA INC.

302 South Road

HILTON SA 5033

ABOUT STROKE SA

STROKE S.A. INC. was founded in 1992, by a concerned group of persons with stroke, carers, families and professionals. Stroke S.A. aims to be the main stroke support and information agency in South Australia. Stroke Information kits and articles, resource directories, videos, phone support, stroke support groups and guest speaking are some of the services offered.

Support groups are now located in many areas of South Australia, both metropolitan and country areas.

For further information telephone Stroke SA on (08) 83524644

and talk to Margaret or Bob

Office Hours:

Monday Wednesday and Friday

10.00am - 3.00pm

STROKE MANAGEMENT COMMITTEE

PATRON Dr Simon Koblar BMBS (Flinds) FRACP PhD (Melb)
Associate Professor University of Adelaide

CHAIR

Bryan Hewett

SECRETARY/TREASURER

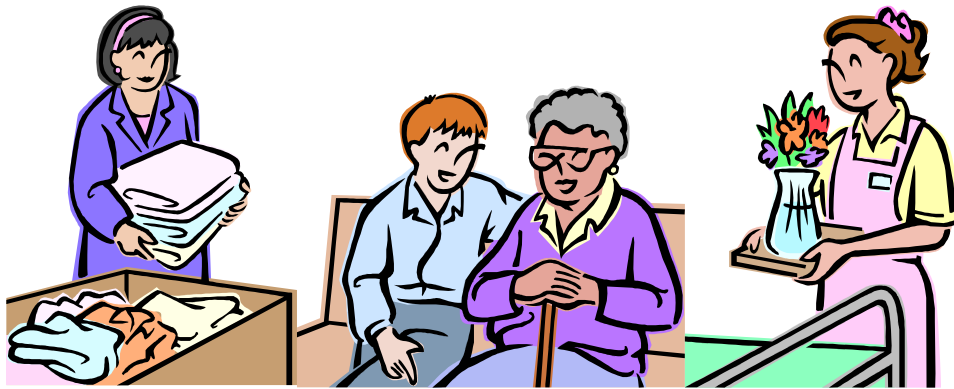
Bob Warby

COMMITTEE MEMBERS

Barbara Lardner
Margaret Gibbings
Joyleen von Stanke
Dennis Cripps
Lizzie Dodd
Kevin Webb

MINUTE SECRETARY

Jennifer Hewett



Are you interested in becoming a volunteer?

WHY NOT JOIN THE FRIENDS OF
THE QUEEN ELIZABETH HOSPITAL?

The Friends provide various services to the patients
of the hospital

If you have any spare time, we could use your help

Our motto is : **'SERVICE TO THE PATIENTS'**

Please ring our coordinator on 8222 6443

9am am - 3pm weekdays

MY YEAR OFF

By Robert McCrum England

My Year Off is a very well written book. In a novel style, it tells of a young man in his early forties, married for only a couple of months who experiences a stroke at home, by himself, not aware of what happened to him, the stroke occurred at night after what appeared to be early warning signs.

Robert tells of the night he had his stroke, his wife, Sarah, had been away on a business trip at the time, and he had gone out for a business dinner with a literary friend. He complained during the evening of a headache that got so bad he took a couple of Nurofen. He relates in his story that after dinner he still had the headache and his legs felt 'spongy". After walking a short distance with every step becoming more difficult he wished his companion good night and headed home. He was still very unwell when he got home describing his symptoms as unfamiliar. He made himself a herb tea and went to bed.

The full effect of the Stroke took place during the night. He awoke with a start and fell out of bed heavily and lost consciousness for several hours. When he awoke he still couldn't move fully. He goes on to describe the problems of being home alone, the phone answering machine being on downstairs preventing him from getting to phone easily. Many hours later the paramedics and police arrived and the trip to the hospital with his life hanging in the balance.

The Stroke occurred on the right hand side of his brain (HEMIPLEGIA) The entire left hand side of his body was effected, left cheek, tongue, left hand, arm leg and foot, and internally the left side of lung, (he was often left short of breath required for sustaining speech).

The book has frequent diary excerpts from both the author and his wife giving some of the day to day problems, the highs and lows of his recovery and time he spent in hospital. This keeps the account of his Stroke and recovery honest and real.

The story tells step by step of how Robert McCrum restored to his former health in just over a year, the ups and downs and the frustrations caused by an illness that can have many health effects and ailments that in so many cases cant be treated or can only result in partial recovery.

My Year Off is truly a great novel with the author showing tremendous courage and determination. It is a book that makes compelling and necessary reading for Stroke Survivors and Carers alike.

This review has been provided by Teresa Sava herself a Stroke Survivor.

This book is also available for loan from stroke SA Library held at the Office