

CentreLink



Central Region Newsletter: Issue 82, Autumn 2020

Stroke Awareness Month: Cancelled due to Coronavirus



Lee Pownall (CEO) and Eleonor Bizarro-Napier (Porirua Field Officer)
at the finish of the Round The Bays Half Marathon



Text STROKE to 5339 to donate \$3

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FOLLOW STROKE CENTRAL!





The President's Words

In New Zealand as we seem to encounter one crisis after another. We are known as resilient people and so it will be with that same tenacity, we face the Corona Virus.

In the event of a pandemic declaration by the Ministry of Health, we will need to take special care of ourselves and consider others in containment of our activities, social distancing and managing fear.

It is easy to become anxious or confused about media reports on this virus but, if we follow sound updated advice released by the MOH we will minimise harm both to ourselves and others.

Simply washing hands and staying away from people if we feel unwell is a very good start. If you are worried, call your GP's office and be guided by them. They know your specific health

details and can advise you of any steps to take.

A survey about what kind of programme members would like to have for the Fun Day was sent out with the last CentreLink and will also be with this issue. We did receive some interesting and positive feedback which has been taken on board. Our plan is to have our Fun Day on the second Saturday in October this year and we would like as many members to attend as possible.

Let us know what you would like to see on the programme, this is your opportunity to influence change. Fill in the survey and send it back to us.

We always look forward to hearing from you!

Contact me: [04 902 3261](tel:049023261) or email: ragber.nz@gmail.com

**Grace Moulton, President
Stroke Central Region Inc.**

CORONA VIRUS: The Ministry of Health have declared Covid-19 a Pandemic. Rest assured the Stroke Central Region are still operating our services by telephone & e-mail.

stroke@strokecentral.org.nz

0800 298 858

Protect yourself and others against COVID-19

**Cover your coughs or
sneezes with tissues or
your elbow**



**Put your used tissue in the
rubbish bin or in a plastic bag**



**Wash and dry your hands often,
especially after coughing or sneezing
– use soap or hand sanitiser**



**Stay away
from others if
you're unwell**



**COVID-19
HEALTH ADVICE
0800 358 5453**

For international SIMs call +64 9 358 5453

health.govt.nz/COVID-19

Protect your family/whānau from COVID-19 (coronavirus)

Stroke Awareness Month is cancelled due to the Coronavirus Pandemic.

BUT YOU CAN STILL HELP FROM HOME!

Our team are doing our absolute best to keep our service running for those who need it. These are difficult times, and we are here if you need us. Our Field Officers are committing to call every single one of our members and clients during COVID-19, to offer help and support.

Keep your eyes open for our Online Coffee Group that will be running in each region as a way of keeping people connected during isolation. If it works we may continue these groups. Please download zoom to take part and contact your Field Officer (details on page 2).

This year we are asking all of our supporters and members to rearrange their collections and the Big Blue Brunch until October and focus on

World Stroke Day on Thursday, 29th October 2020.

Stroke Awareness Month 2021 will be held in **March 2021**, to avoid Easter and ANZAC Day.

This will mean our clubs, groups and supporters will need to start organising before Christmas in order to hit the ground running in March!

Although we cant do the usual activities for stroke awareness we are still promoting our Don't Be The One Campaign online.

To help us share our awareness messages via social media please **follow Stroke Central Region on Facebook, Instagram, and Twitter!**

Please pass on our Text to Donate number to your friends and family who would usually donate for Stroke Awareness.

Help us, to keep helping our Stroke Survivors and Carers in the

UNDERSTANDING CHOLESTEROL AND STROKE

WHAT IS CHOLESTEROL AND HOW DOES IT INCREASE MY RISK OF STROKE?

Cholesterol is a fatty substance that circulates in your blood. Most of the cholesterol in your body is produced in your liver and is carried in your blood by proteins known as lipoproteins. There are two types of lipoproteins – low density lipoprotein (LDL) and high-density cholesterol (HDL). Stroke is linked to high levels of LDL cholesterol.

LDL cholesterol is often called ‘bad cholesterol’ because if there is too much of it this builds up on artery walls and can cause problems with your circulatory system – this is what increases your risk of stroke.

HDL cholesterol is also known as ‘good cholesterol’ because it helps to carry bad cholesterol away from your blood cells and back to the liver, where it can be processed and removed from your body.

HOW DO I KNOW IF MY CHOLESTEROL IS TOO HIGH?

The only way to know if you have high cholesterol is to have a blood test, this can be done by a pharmacist, doctor or nurse. A

cholesterol test will measure

- Total Cholesterol
- Good ‘HDL’ cholesterol
- Bad cholesterol (LDL or non-LDL) – this makes you more likely to have heart problems or a stroke
- Triglycerides – a fatty substance similar to bad cholesterol

Healthy levels will vary from person to person and your doctor or nurse will be able to tell you what your levels should be, but as a general guide these are the levels which are considered healthy:

- TOTAL CHOLESTEROL - 5 OR BELOW**
- HDL (GOOD CHOLESTEROL - 1 OR ABOVE**
- LDL (BAD CHOLESTEROL) 3 OR BELOW**
- NON-HDL (BAD CHOLESTEROL) 4 OR BELOW**
- TRIGLYCERIDES 2.3 OR BELOW**

WHAT CAUSES HIGH CHOLESTEROL?

For most people our cholesterol levels are a result of what we eat. A diet that is high in saturated and trans-fat will increase the levels of LDL cholesterol and increase your risk of circulatory disease and stroke.

Other risk factors include: A BMI greater than or equal to 25; high blood pressure; and diabetes.

HOW CAN I REDUCE MY CHOLESTEROL?

There are a number of ways that you help to reduce your cholesterol. These will also help to address a number of other stroke risk factors. Below are sensible steps to take:

- Increase the amount of fiber in your diet – eating more fiber, especially that found in eating fruit, vegetables, beans and oats has been shown to reduce LDL cholesterol
- Increase dietary omega 3s – Eating at least one portion of oily fish, or increasing your consumption of seed high in omega 3s can raise your HDL levels and support your body's ability to remove LDL cholesterol from your bloodstream.
- Move more – Engaging in regular physical activity is a good way to reduce your total cholesterol, LDL cholesterol and triglycerides levels.
- Stop smoking – smoking interferes with the body's natural processes and contributes to higher cholesterol. Quitting will reduce your cholesterol, your stroke risk and your risk of a number of other diseases.
- Take medications to reduce cholesterol.

If your cholesterol levels cannot be managed by lifestyle changes, or if you have a number of risk factors for stroke, your doctor may decide to prescribe medication to help lower the levels in your blood stream.

The most commonly prescribed medication for high cholesterol is a statin. Statins reduce the amount of cholesterol your body makes. There are other medications that your doctor might consider if statins aren't right for you. If your doctor prescribes statins for you it is important that you don't stop taking them unless you have discussed this with your doctor.

1 in 4 people are at risk of stroke in their lifetime, but by taking simple steps almost all strokes can be prevented.

For more information on stroke risks and **prevention** visit www.worldstrokecampaign.org



The Green Scene

January In The Garden

First off, I would like to wish all the readers of *“The Himatangi Beach Press”* a very happy 2020, and trust you saw the New Year in with your loved ones and friends. I would personally like to thank all the readers who have sent me comments over the last year. It is always good to get feedback, positive or negative. It helps me to write a more informed column.

What Can Be Done In January?:

Now that all the New Year celebrations are done and dusted, now is the time to think ahead for your year in the garden.

January can be a bit of a hit and miss month for planting, as plants may bolt to seed if not given the right growing conditions.

Once you have emptied one bed, recondition it for the next round of planting. I have a lady who lives up the road from me who has horses. She has always supplied me with Horse Manure, but this year she stopped me on my way back from

town and said she has Horse Manure which has been “Aging” for 3 years or more and would I like that instead of the fresh stuff. Of course I jumped at this kind gesture, as all I need to do is drop off empty bags and she fills them and leaves outside her gate. Then when I see the bags there, I jump on my mobility scooter and collect. I spread this onto my gardens once they have being harvested. 4 or more forkings over, bit of Blood & Bone and Garden Lime, and it is ready for another round of planting, or you can wait until the Autumn to plant out for a Early Winter harvest.

What To Plant?: One of the most versatile of Vegetables would have to be the humble **Bean**. This year I am growing the dwarf variety, whereas I always grew the climbing variety. A fertile soil is needed, and put slug bait around where you put the seeds in as the slugs will desimate the crop overnight. **Cucumber** likes a good soil with animal manure added along with Blood & Bone for a successful crop.

They can be grown on a teepee type frame or left to ramble along the ground. Always grow **Sweet Corn** in a block as it is wind pollinated. Pick when the tassels turn a dark brown, You can peel the leaves away from the Corn itself to see if it has turned a beautiful yellow. I always remove the kernels from the cob and freeze in sandwich bags. Then I can make Corn Fritters, or use as another vegetable.

Garlic Update/Result: for the last 4 years my Garlic has fallen foul of the “Dreaded Rust”, so 2 years ago I decided to put in some Bulbils (Garlic Seed). The first year they were little wee rounds about the size of a pin head. So, I dried them out and in April of this year I planted them into the garden at the usual distance apart as I wasn't sure of the end result. Well, when I harvested them mid December 2019 they were a round Garlic Bulb about the size of a 50 cent piece or a bit bigger. The photo will give you an idea of what I mean.

The technical name for them is “Garlic Rounds”. I will plant them back into a well work garden about April again. And hopefully the biggest “Rounds” will produce a decent sized Bulb of Garlic.



‘Quote from Simon’

“Happiness Is watching A Tomato Turning From Green To Red”





JOIN THE WORLD STROKE CAMPAIGN

Assess your risk

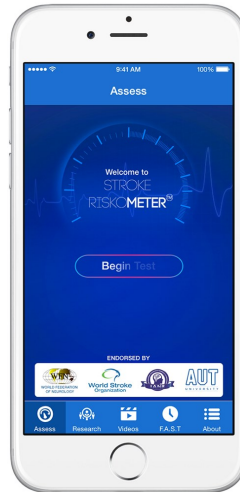
1. Download Stroke Riskometer
2. Assess your risk
3. Share the app with 3 others.
4. See website for more info

Reduce your risk

1. Increase Activity
2. Improve Diet
3. Maintain Wellbeing
4. Participate in our events and themes.

Share your progress

1. Follow our campaign
2. Post on social media.
3. Nominate 3 others to take the challenge!
4. Use #DontBeTheOneNZ



Txt STROKE to 5339
to donate \$3



www.strokecentral.org.nz/dont-be-the-one/

How exercise can help your overall wellbeing

Christina had a stroke when she was only 52 years old. Luckily for her, she didn't have any lasting physical impairments after her stroke, however, she had struggles with her memory. It was a challenge for her to find support, in a positive setting, and for people to understand that she had impairments as they weren't visible.

Things started to change for Christina though when she joined an exercise class at Stroke Special Op's that is not just fun, but in particular focuses on stroke rehabilitation and prevention and gives her well-qualified support. She now works out in a small group with a qualified trainer and other likeminded people. Spending time with people that understand her reality is priceless for Christina and through joining this group and doing regular exercise in a quiet and safe setting, her memory, mental health and fitness have started to improve.

Stress was a big contributor to her high blood pressure and by

improving her cardio fitness and doing mental exercises, she has seen changes in her overall wellbeing.

These days, 1 in 4 people will have a stroke in their lifetime; Stroke Central Region's #DontBeTheOneNZ campaign encourages people to live a more active and healthy lifestyle to improve their overall wellbeing, reduce their risk of stroke and help with recovery post-stroke.



Stroke Central Region Inc.

Magna Charta—March 2020

The purpose of this publication is to keep our members informed on the business being carried out by the Board of Governors on their behalf. All members are entitled to make comment to the Board and this should be done by contacting the office in the first instance. Tel 04 298 8585;

e-mail: stroke@strokecentral.org.nz; or P.O. Box 639, Coastlands, Paraparaumu.

Five members of the Board met along with the CEO met for the scheduled meeting Wednesday 19th February 2020. The following business was discussed:

The President along with the Board expressed regret at the resignation of Julie Furfie who has worked for Stroke Central Region on two different contracts for over twelve years. The Board wished to formally thank Judith Reid who has worked extremely hard to successfully keep on top of all administration.

Field Officer - The CEO spoke of the Field Officer role changing and that planned changes will offer better support for Stroke Survivors as well as enhanced support for Field Officers themselves. This may offer flexible geographical boundaries as well as a Senior Field Officer role for direct sup-

port in the field. There were two Field Officer resignations late in 2019 Hawkes Bay and Hutt Valley. These positions have now been filled with the new Field Officers undergoing training.

Stroke Awareness Week (20th- 26th April 2020)

Stroke Clubs have been ordering resources which should be sent out very soon. The new “text this number to donate card” should help greatly for donors do not carry cash. It was noted that some stroke clubs would be holding their Stroke Awareness campaign outside of the official dates and it was felt that in future Stroke Awareness should be for the whole of April.

Financial Reports - Total revenue received **\$138,011**, an increase of **\$20,035** on the previous year. Total revenue **up 9%** compared to budgeted figures. Total expenses **\$329,398**, an increase of **\$40,681** on the previous year. The report shows a Net Deficit of **\$191,387** down **\$20,647** compared to same period last year.

The 2020/21 Draft Budget planning

is underway and will be presented and discussed at the April meeting. The CEO discussed items actioned to allow savings on the Risk Management Report which will assist the organisation in the longer term.

Accounts paid in January were accepted and passed.

Funding - to run Stroke Central Region comes from charity grants and bequests. The pool is ever shrinking and as funding does so too eventually services must unless we find new sources or income. We have a small contract from the Ministry of Health the CEO approached the MOH with a view to an immediate grant. A meeting with the MOH contracts department has resulted in an undertaking that the MOH recognise the amount of work carried out by Stroke Central Region in view of the contract payment. They have promised to undertake a review of the contract this year (September) and we are hoping for an increase.

Internet donations – The donations page on our website has been out of order but should

be up and running again now.

The Stroke Central Region Roadshow is underway and it has been good to see great attendance and strong feedback. These events provide positive reinforcement of the services provided as well as garner new interest and circulate Stroke Prevention information. They are also good events in attracting new volunteers.

World Stroke Day “# Don’t be the One” campaign This is our year! The year when our organisation will gain maximum profile from this campaign

and we need everyone’s help to do so. The focus for March is Cholesterol and how to lower it and for April Stroke Recovery. Maximum participation is needed for this campaign. Please contact the Central Region Office if you know of any events or achievements in Stroke recovery.

Fun Day Planning for 2020 – A survey of members asking for their preferences and ideas for the Fun Day was sent out with the last Centrelink and is attached to this Magna Charta. Some have been received back but we need more. It seemed clear that attendees enjoy a keynote speaker and it was decided that this should be the case for 2020.

SFONZ – The President and the CEO attended a meeting with the Vice President of Stroke Foundation NZ. The meeting was positive dialogue discussing how both organisations could remain separate identities and work together in “Partnership”. It is hoped that promised further dialogue will provide us with a good working relationship.

The next meeting of the Board of Governors for Stroke Central Region will be April 15th.

Grace Moulton

President

Stroke Central Region Inc



***"I WOULD LIKE TO SUPPORT
STROKE CENTRAL REGION"***

My Donation: \$500 ☐ \$250 ☐ \$100 ☐ \$20 ☐ Other

Please take \$10 of my donation as membership fee, make me a member! ☐

☐ I enclose my cheque (Please make payable to: Stroke Central Region Inc.)

OR

☐ Please charge my Credit/Debit Card: VISA ☐ Mastercard ☐ Amex ☐

Credit Card Number Expiry

Card Holder Name Sec No.

Signature

OR

Internet banking or bank deposit

☐

STROKE CENTRAL REGION INC

02-0500-0887445-97

Your details

Full Name

Email Address

Phone number

Address

- ☐ I would like to know more about leaving a gift in my will
- ☐ Please send me details about making a monthly gift
- ☐ Pass my details on to the local stroke club so they can contact me

You can also donate online at www.strokecentral.org.nz or by phone on 0800 298 858

Post to: FREEPOST STROKE CENTRAL, PO BOX 639, Paraparaumu