

THE STROKE AID SOCIETY

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NEWSLETTER JANUARY – FEBRUARY 2017



Although no
one can go back
and make a
brand new start,
anyone can
start from now
and make a
brand new
ending.

— — Carl Bard

UPDATE FROM THE STROKE AID SOCIETY

SANDRA REPORTS:

It always gives me pleasure to write a few words to our readers that once again we are able to send out another Newsletter. Now already a month into 2017, let's wish each other a new year full of health and peace and many blessings.

Our 2016 end of year celebration was blessed with the attendance of our members from our 3 groups - Soweto Aged Home, South Rand Hospital and of course Jabula. A film was shown and everyone enjoyed the amazing eats that were prepared by our loyal volunteers.

THANK YOU ONE AND ALL.

Stroke Aid remains a place where stroke survivors can spend a constructive and productive morning with each other.

We would like to request that our members from all our groups and their families submit a few words describing how they have benefited from attending our support groups.





The NLC has approved our 2015 Application and has assigned us some of the money we requested.



Me (Sandra Colombick) outside the NLC Offices in Tswane



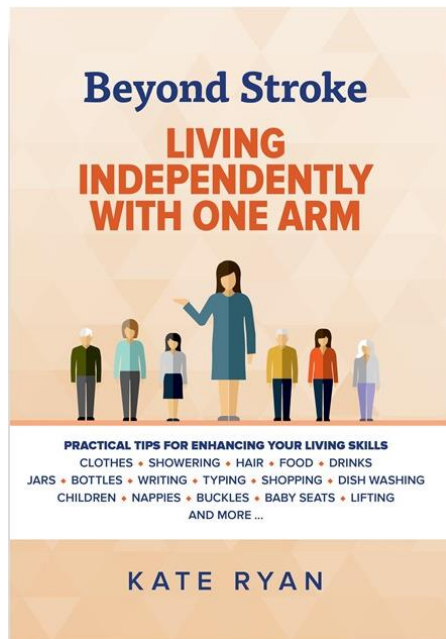
Unfortunately, we were unable to procure the full amount of funding that we requested as according to the NLC, their funding is meant to only be a contribution to organizations. "In the 2015 call for applications, the NLC received in excess of 16,000 applications with requests amounting to approximately R40 billion. The NLC budget for funding is only in the region of R1,6 billion."

The Stroke Aid Society is very grateful for the funding approved by The National Lotteries Commission, but in order to keep our 3 support groups running , we need to appeal to those people who can afford to help us in any way, for donations or sponsorship.



FYI

NEW BOOK AVAILABLE



KATE RYAN is a stroke survivor and rehabilitation professional who had a stroke at ten years old, resulting in permanent left-side paralysis. She continues to pursue her desire for personal independence and to find unique ways to achieve two-handed tasks with one hand.

Kate is an author and speaker with a message of hope, and a way out of suffering, for stroke survivors and disadvantaged people. She is an independent traveler, mother to three children and currently lives in Newcastle, Australia.

This handbook provides step-by-step instructions for practical everyday life tasks and recreational activities. The easy tools provided are simple to implement with the primary aim to live once again with confidence and independence in the real world.

Beyond Stroke: Living independently with one arm is an essential guide for anyone overcoming a stroke, people with shoulder, arm or hand injury and pain, carers, health professionals and community groups.

The book can be ordered directly from Ryan Publishing:

PO Box 7680, Melbourne, Victoria, 3004, Australia.

Ph. 613 9505 6820, Fax: 613 9505 6821, Email: books@ryanpub.com or order from www.ryanpub.com

WHAT'S NEW IN THE TREATMENT/PREVENTION OF STROKE



HIGH DIETARY MAGNESIUM INTAKE TIED TO LESS STROKE, DIABETES, HEART FAILURE

HANGZHOU, CHINA — According to the results of a new meta-analysis study, increasing dietary intake of magnesium could help to reduce the risk of stroke, heart failure and type 2 diabetes.

The results of this study were published online on the 7th December 2016 in BMC Medicine.

Dr Fudi Wang (Zhejiang University, Hangzhou, China) and colleagues examined 40 prospective cohort studies involving more than one million participants from 1999 through to 31 May 2015, from nine countries.

The studies' researchers assessed dietary magnesium intake using a validated food frequency questionnaire in all but one study.

The researchers found a significant correlation between levels of magnesium and the risk of stroke. **For each 100-mg/day increase in magnesium intake, the risk of stroke decreased by 7%.**

This meta-analysis provides the most up-to-date epidemiological evidence supporting the protective effect of magnesium intake against stroke, heart failure, diabetes,

SOURCE: www.medscape.com (9 December 2016)



INTERESTING TRUE STORY

DOCTORS PERFORM GROUNDBREAKING SURGERY FOR STROKE

Published 4 January 2017 on Time.com



Doctors at the Cleveland Clinic recently performed the first deep brain stimulation (**DBS**) for a patient who had suffered a stroke.

The expectation is that the experimental procedure could help people regain function that is typically lost to stroke.

Statistically, about half of the 800,000 Americans who have a stroke every year, end up disabled. Dr. Andre Machado, chairman of the Cleveland Clinic Neurological Institute, is hoping to change this outcome through deep brain stimulation.

DBS is performed by implanting electrodes into the brain that provide small electric pulses, helping people regain control over movements they lost to stroke.

"We are frustrated with the state of post-stroke care as it is today," says Machado. "The goal is to give people better recovery to gain independence."

Judy Slater, 58, of Pennsylvania, is the first person to be surgically implanted with an electrode to treat her stroke symptoms with **DBS**.

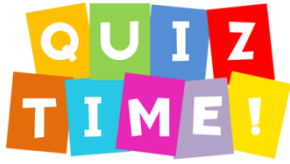
In May 2015, Slater suffered a stroke while trying to get out of bed. She fell down and couldn't get up, and was paralyzed on her left side. For some time, she couldn't move her left arm or leg. Today she can walk, but has to wear a brace and her left arm is still paralyzed.

"I was nervous," she says about the surgery, which she underwent on 19 December 2016. "You don't want anyone messing around in your brain, but I am curious to see if it's really going to work." Today Slater is recovering from the brain surgery, and in March this year doctors will turn on the stimulation. Slater will continue to undergo standard physical therapy to see if the DBS will improve upon any gains from standard rehabilitation. After about three months, doctors will turn off the stimulation to see if the effects remain.

Machado is also testing DBS to treat tremors in people with Parkinson's disease. Neither procedure is yet approved by the U.S. Food and Drug Administration (FDA). After doctors observe Slater's progress, they will enroll more people in the clinical trial. The team ultimately hopes to test DBS in 12 people with stroke-related disabilities.

SOURCE: <http://time.com/4620618/doctors-perform-groundbreaking-surgery-for-stroke/>

ON A LIGHTER NOTE ...



YOUR YEARLY DEMENTIA TEST – 2017

Submitted by Sheila Haydock

Only 4 questions this year

Yep, it's that time of year again for us to take our annual senior citizen test.

Exercise of the brain is as important as exercise of the muscles.

As we grow older, it's important to keep mentally alert.

1. WHAT DO YOU PUT IN A TOASTER?

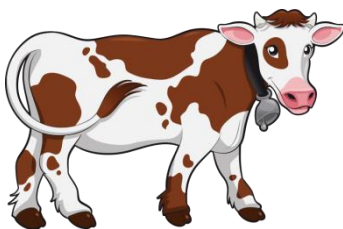


Answer: BREAD

If you said 'toast', just give up now and go do something else.

If you said, bread, go to Question #2.

2. SAY 'SILK' TEN TIMES. NOW SPELL 'SILK.' WHAT DO COWS DRINK?



Answer: COWS DRINK WATER.

If you said 'milk,' don't attempt the next question.
Your brain is already over-stressed and may even overheat.

However, if you did say 'water', proceed to Question #3.

3. IF A RED HOUSE IS MADE FROM RED BRICKS AND A BLUE HOUSE IS MADE FROM BLUE BRICKS AND A PINK HOUSE IS MADE FROM PINK BRICKS AND A BLACK HOUSE IS MADE FROM BLACK BRICKS, WHAT IS A GREEN HOUSE MADE FROM?



Answer: GREENHOUSES ARE MADE FROM GLASS.

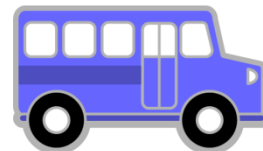
If you said 'green bricks', why are you still reading this??? PLEASE, go lie down!

But, if you said 'glass,' go on to Question #4.

4. Please do not use a calculator for this for it would be cheating:

YOU ARE DRIVING A BUS FROM NEW YORK CITY TO PHILADELPHIA. IN STATEN ISLAND, 17 PEOPLE GOT ON THE BUS. IN NEW BRUNSWICK, 6 PEOPLE GET OFF THE BUS AND 9 PEOPLE GET ON. IN WINDSOR, 2 PEOPLE GET OFF AND 4 GET ON. IN TRENTON, 11 PEOPLE GET OFF AND 16 PEOPLE GET ON. IN BRISTOL, 3 PEOPLE GET OFF AND 5 PEOPLE GET ON. AND, IN CAMDEN, 6 PEOPLE GET OFF AND 3 GET ON. YOU THEN ARRIVE AT PHILADELPHIA STATION.

WITHOUT GOING BACK TO REVIEW, HOW OLD IS THE BUS DRIVER?



Answer: Oh, for crying out loud! Don't you remember your own age?!?!
It was YOU driving the bus!

FACEBOOK FOR THE SENIOR GENERATION

Submitted by Sheila Haydock

For those of my generation who do not or cannot comprehend why Facebook exists:

I am trying to make friends outside of Facebook while applying the same principles.

Therefore, every day I walk down the street and tell passersby what I have eaten, how I feel at the moment, what I have done the night before, what I will do later, and with whom. I give them pictures of my family, my dog, and of me gardening, taking things apart in the garage, watering the lawn, standing in front of landmarks, driving around town, having lunch, and doing what anybody and everybody does every day.

I also listen to their conversations, give them the "thumbs up" and tell them I like them.

And it works just like Facebook.

I already have four people following me: two police officers, a private investigator, and a psychiatrist.



TILL NEXT TIME
SANDRA & SHARLENE

