

THE STROKE AID SOCIETY

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NEWSLETTER: JULY – AUGUST 2013

NEWS FROM STROKE AID

1. The **Stroke Aid 2013 AGM** is scheduled for:
Date: Tuesday 29th October 2013
Time: 10 am
Place: Paterson Park Recreation Centre
2. It is with regret that we have to inform you, that our wonderful Chairman, **Kim Lewitte** has resigned from Stroke Aid due to other commitments. She will officially leave her post as Chairman, after the AGM but will continue to run the weekly groups at Paterson Park until the end of the year.
I would like to take this opportunity to thank her, on behalf of the committee and all the members at Stroke Aid, for her dedication and expertise.

3.  The Heart and Stroke Foundation, South Africa has recently circulated a letter informing the public about:
 - **STROKE AWARENESS WEEK** (Monday 28th October to Sunday 3rd November 2013)

- **WORLD STROKE DAY** (Tuesday 29th October)



A copy of the letter is attached to this Newsletter.

4. Fundraising:

At this stage, our only means of raising funds are:

- Selling secondhand books (available @ Paterson Park)
- Selling copies of Rachel Bramson's "My Miracle Comeback" which is an emotional and inspirational story that demonstrates the courage and determination of a woman on her journey from darkness to light and from trauma to peace.

At R55 a copy, **R30 will go to Stroke Aid.**

- Due to budget cuts and the technological era (e-mail and smart phones), we will not be ordering a new batch of Christmas cards, to sell at the end of the year. We do however still have some Christmas Cards left from last year and they are on sale from the Office @ Paterson Park.

We would appreciate and value your support.

5. TRANSPORT

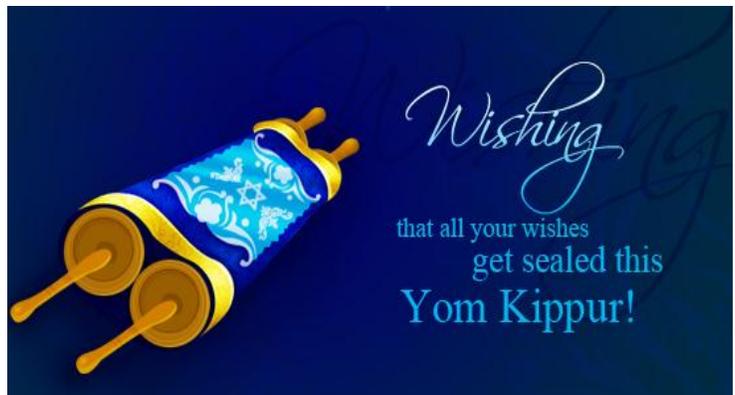
Please note: If you make use of the Stroke Aid Transport and you are unable to attend a group meeting, please inform **Ken (081 325 79 27)** as soon as possible.



UNNECESSARY TRIPS, WASTE TIME AND FUEL.

6. From all of us on the Stroke Aid Committee, we wish all our Jewish members and friends, a very Happy & Healthy New Year and may you have an easy and meaningful fast.

L' Shanah Tovah
Have a sweet year!



PRACTICAL TIPS

Brain exercises to prevent memory loss and boost brainpower

When it comes to memory, it's **"USE IT OR LOSE IT."**

Just as physical exercise can make and keep your body stronger, mental exercise can make your brain work better and lower the risk of mental decline. Try to find brain exercises that you find enjoyable. The more pleasurable an activity is to you, the more powerful its effect will be on your brain. You can make some activities more enjoyable by appealing to your senses—by playing music during the exercise, for example, or lighting a scented candle, or rewarding yourself after you've finished.

Here are some ideas for brain exercise, from light workouts to heavy lifting:

- Play games that involve strategy, like chess or bridge, and word games like Scrabble.
- Try crossword and other word puzzles, or number puzzles such as Sudoku.
- Read newspapers, magazines and books that challenge you.
- Get in the habit of learning new things: games, recipes, driving routes, a musical instrument, foreign languages.
- Take a course in an unfamiliar subject that interests you. The more interested and engaged your brain, the more likely you'll be to continue learning and the greater the benefits you'll experience.
- Take on a project that involves design and planning, such as a new garden, a quilt, or a koi pond.

Compensating for memory loss

There are many things you can do to learn new information and retain it.

Tips to Help You Remember

To keep track of dates, schedules, tasks, phone numbers

- Leave yourself notes or make checklists.
- Put appointments and important dates on calendars and in a day planner or electronic organizer.
- Do the same (as above), for phone numbers and other contact information.
- If you have trouble remembering how to do something, write down the steps.

To remember where you put things

- Put the things you use regularly (keys, glasses, purse, watch) in the same spot, every time, when you're not using them.
- If you have to put something down in a different place, look at the place when you put down the object and say the location out loud.
- If necessary, write down where things are.

To stay on top of times and places

- Set an alarm clock or timer to remind you when to leave for an appointment or do something in your home.
- Use a map to help you get from one place to another.
- Enlist friends and relatives to remind you of where you need to be & what you're supposed to do.

To learn new information

- Listen closely when someone talks to you.
- Repeat back the information.
- Try to talk with people in quiet places.
- Focus on one thing at a time; screen out distractions.

Reference: <http://www.helpguide.org>



WHAT'S NEW IN THE TREATMENT/PREVENTION OF STROKE

Exercise Can Reduce Stroke Risk



A new study from researchers at the University of Alabama at Birmingham (UAB) is one of the first to study the relationship between exercise and stroke in a large biracial group of men and women in the United States.

The findings were published online, in the American Heart Association Journal Stroke, on the 18th July 2013.

Using 27,000 stroke-free blacks and whites ages 45 and older in the United States, researchers examined the association of self-reported physical activity with incident of stroke.

Participants were classified at baseline as being **inactive** (i.e., no workouts in a typical week), **moderately active** (workouts one to three times per week) or **vigorously active** (workouts more than four times per week), and they were followed for an average of 5.7 years.

The results showed that physical inactivity was reported by 33 percent of participants and was associated with a 20 percent increased risk of stroke. Those who reported they exercised at least four times a week were less likely to experience a stroke or mini-stroke. Among men, only those who exercised four or more times a week had a lower stroke risk. Among women, the relationship between stroke and frequency of activity was less clear.

"The protective effect of intense physical activity may be through its impact on traditional risk factors such as hypertension and diabetes," explained Virginia Howard, Ph.D., UAB professor of epidemiology and senior study author.

"These findings confirm past results of studies done in only men or only women in limited geographical areas," Howard said. "Our study was able to use a larger and more diverse population to show that participating in regular physical activity is associated with lower stroke risk."

Howard added that stroke is preventable, and physical activity is a major modifiable risk factor for stroke. "This should be emphasized more in routine physician check-ups, along with general education on the proven health benefits of regular physical activity on other stroke-risk factors including high blood pressure, diabetes and obesity," Howard said.

Study limitations highlighted include that the results are based on self-reported levels of physical activity, and self-reported data may not be a reflection of the truth. Also, investigators did not have data on the type or duration of the exercise in which people engaged, nor the number of sessions. Howard suggested future studies should consider different ways to measure physical activity through: use of more questions; devices such as accelerometers and heart monitors that can provide more objective data; and capturing information on other dimensions of physical activity such as frequency, intensity and duration.

This study was supported by the National Institute of Neurological Disorders and Stroke.

Reference: <http://www.sciencedaily.com>

JUST FOR LAUGHS

Submitted by Sandra Colombick

Some of the artistes of the 60's are revising their hits with new lyrics to accommodate aging baby boomers who can remember doing the "Limbo" as if it were yesterday.

For those of you who need reminding of the original song titles, I have included them in brackets.

They include:

Herman's Hermits ---

MRS. BROWN, YOU'VE GOT A LOVELY WALKER

(MRS. BROWN, YOU'VE GOT A LOVELY DAUGHTER)



Ringo Starr ---

I GET BY WITH A LITTLE HELP FROM DEPENDS

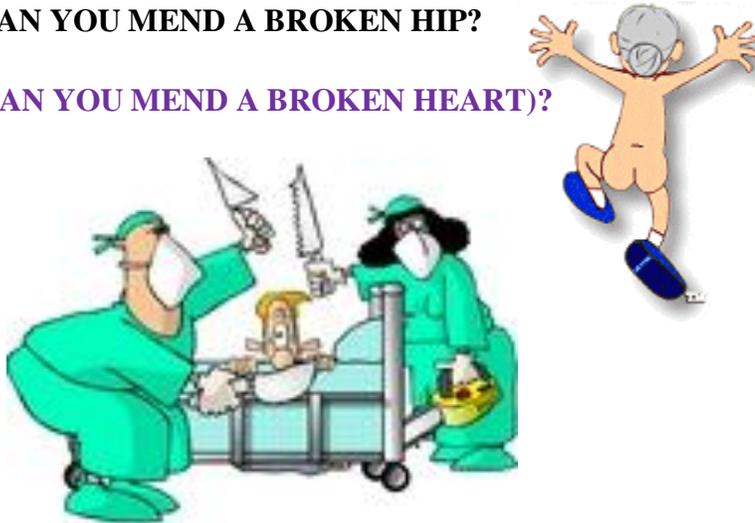
(I GET BY WITH A LITTLE HELP FROM MY FRIENDS)



The Bee Gees -- -

HOW CAN YOU MEND A BROKEN HIP?

(HOW CAN YOU MEND A BROKEN HEART)?



Roberta Flack---

THE FIRST TIME EVER I FORGOT YOUR FACE?

(THE FIRST TIME EVER I SAW YOUR FACE)?



Johnny Nash ---

I CAN'T SEE CLEARLY NOW

(I CAN SEE CLEARLY NOW)



Paul Simon---

FIFTY WAYS TO LOSE YOUR LIVER

(FIFTY WAYS TO LEAVE YOUR LOVER)



The Commodores ---

ONCE, TWICE, THREE TIMES TO THE BATHROOM

(ONCE, TWICE, THREE TIMES A LADY)



Procol Harem---

A WHITER SHADE OF HAIR?

(A WHITER SHADE OF PALE?)



Leo Sayer ---

YOU MAKE ME FEEL LIKE NAPPING

(YOU MAKE ME FEEL LIKE DANCING)



The Temptations ---

PAPA'S GOT A KIDNEY STONE

(PAPA'S WAS A ROLLIN' STONE)



Abba---

DENTURE QUEEN

(DANCING QUEEN)



Tony Orlando ---

KNOCK 3 TIMES ON THE CEILING IF YOU HEAR ME FALL

(KNOCK 3 TIMES ON THE CEILING IF YOU WANT ME)



Helen Reddy ---

I AM WOMAN, HEAR ME SNORE

(I AM WOMAN, HEAR ME ROAR)



Leslie Gore---

IT'S MY PROCEDURE, AND I'LL CRY IF I WANT TO

(IT'S MY PARTY, AND I'LL CRY IF I WANT TO)



And Last but NOT least...

Willie Nelson ---

ON THE COMMODE AGAIN

(ON THE ROAD AGAIN)



Cheers for now.

Until next time

Sharlene





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13 August 2013

To whom it may concern,

Re: Stroke Awareness Week: Monday 28th October to Sunday 3rd November 2013

We know that having a stroke is an event that profoundly changes someone's life, and that of the people around them. Finding the support of others who have survived a similar situation is crucial for mental and physical healing. That is why the work of stroke support organisations around South Africa is so important, and it is why we are reaching out to you so that we can work together to help stroke survivors even more.

Firstly, we are delighted that the importance of the issue of stroke has been recognised by the Department of Health, which has placed Stroke Awareness Week in their health calendar this year, from Monday 28th October to Sunday 3rd November. As always, World Stroke Day falls on 29th October. A week of awareness-raising will give us more opportunity to join our voices to demonstrate why stroke is a big issue for *all* South Africans.

We want to send out the message that stroke is the leading cause of disability in South Africa, burdening families, the economy and the healthcare system. Therefore, we propose that the key focus areas for Stroke Awareness Week are:

- Ending the stigma surrounding stroke
- Providing support for survivors and their families
- Stroke prevention

We want to spread the message that 10 people a day have a stroke in South Africa, and that it is more common than most people realise. We want to remove the stigma associated with stroke by giving voice to stroke survivors around the country. This is where we need your help. Your support groups have access to the very stories of stroke survivors that need to be shared.

We would like to send you a media toolkit with the information to help you approach your local community newspaper and community radio station to get those stories in the public space.

We are excited to announce that we are creating a new book for stroke survivors. This is a complete how-to guide for new stroke survivors on managing their condition. At this stage we are sourcing funding to print the book, but we hope to have the book in a downloadable copy by Stroke Week this year, which we will send to you.

With regards to prevention, we will encourage all South Africans to have their blood pressure tested, as this is a major risk factor for stroke. We will also educate people about recognising the signs of a stroke, and what they should do when it happens.

We would love to hear from you, and what you think of our ideas for Stroke Awareness Week. Your input is valuable in making sure that our campaign speaks to survivors as well as the general public. Please let us know if you'd like to be involved in activities around Stroke Awareness Week.

Yours sincerely,

A handwritten signature in black ink, appearing to read 'Vash Mungal-Singh', with a horizontal line underneath the name.

Dr Vash Mungal-Singh
MBChB, FFPATH(Haem), MBA
Chief Executive Officer