



THE STROKE AID SOCIETY

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NEWSLETTER- NOVEMBER/DECEMBER 2012

NEWS FROM STROKE AID

- The highlight of October was our AGM which was held on the 23 October 2012.
If anyone would like a copy of the AGM Booklet, please contact me.
- Sadly, our very dear friend Jessie Meltzer who led the team of volunteers in the catering department for many years, passed away on the 19 November 2012. Jessie will be sorely missed by all the members, therapists, staff and volunteers at Stroke Aid. We wish her beloved family Steven, Mark and their families Long Life.
- Nico, our dedicated and caring driver will be leaving us mid-December. We wish him well and may he be successful in all his future endeavours.
- Stroke Aid Christmas Cards are being sold at the Heathway Shopping Centre and Edenvale Mall.
A huge "Thank you" to Sandra Colombick for diligently manning the kiosks at Heathway and Edenvale.
Cards are also on sale at the Sandton and Bryanston Shopping Malls.

REMINDERS

Still on sale:

- Diaries for 2013 for only R30, each.
- Christmas Cards for R5 – R10 per pack of cards.
- "My Miracle Comeback" by Rachel Bramson @ R55 each.

Dates to remember:

- Stroke Aid Paterson Park will be closing on the 11th December 2012 and will reopen on the 15th January 2013.
- Stroke Aid Soweto will be closing on the 20th December 2012.
- Stroke Aid South Rand will be closing on 6th December 2012 and will reopen on 17th January 2013.

WHAT'S NEW IN THE TREATMENT/PREVENTION OF STROKE

Genetically Engineered Tomatoes Decrease Plaque Build-Up in Mice



In a study published by the American Heart Association (5 November 2012), researchers reported that for the first time, genetically engineered tomato plants produced a peptide (amino acid) that **mimics the actions of good cholesterol when eaten**.

Method of the Study:

Mice were divided into 2 groups:

1. The first group ate the tomatoes which were genetically engineered with a small peptide that mimics the action of good cholesterol.
2. The second group (Control Group) ate a Western-style high-fat, calorie-packed diet.

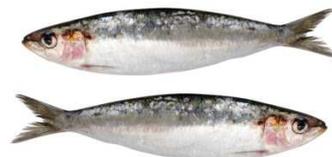
Outcome of the Study:

Mice that ate the freeze-dried, ground tomatoes had less inflammation and reduced atherosclerosis (plaque build-up in the arteries), in comparison to the mice in the control group.

Alan M. Fogelman (Senior author of the study and executive chair of the Department of Medicine and director of the Atherosclerosis Research Unit in the David Geffen School of Medicine at UCLA) said: "We have found a new and practical way to make a peptide that acts like the main protein in good cholesterol, but is many times more effective and can be delivered by eating the plant."

SOURCE: www.sciencedaily.com

Eating Oily Fish May Help Protect Against Stroke Fish Beats Fish Oil Pills



In a study published in the British Medical Journal (30 October 2012), eating at least 2 servings of oily fish a week was found to be associated with a reduced risk for stroke. Taking fish oil supplements did however not seem to have the same effect.

Oscar H. Franco (MD, PhD, Professor of Preventive Medicine, University Medical Center, Rotterdam, Netherlands) and colleagues reviewed 26 studies and 12 trials involving a total of 794,000 participants.

Dr. Franco concluded that "The beneficial effect of fish intake on cerebrovascular risk is likely to be mediated through the interplay of a wide range of nutrients abundant in fish".

SOURCE: www.webmed.com

JUST FOR LAUGHS

Question and Answer Christmas Jokes

Q: What do elves learn in school?

A: The Elf-abet!

Q: If athletes get athletes foot, what do astronauts get?

A: Missletoe!

Q: Why was Santa's little helper depressed?

A: Because he had low elf esteem.

Q: What do you get when you cross an archer with a gift-wraper?

A: Ribbon hood.

Q: What kind of bird can write?

A: A PENguin.

Q: What nationality is Santa Claus?

A: North Polish.

Q: What did Santa shout to his toys on Christmas Eve?

A: Okay everyone, sack time!!

Q: If Santa Claus and Mrs. Claus had a child, what would he be called?

A: A subordinate claus.

Q: Why did the elf push his bed into the fireplace?

A: He wanted to sleep like a log.

Q: What do you call people who are afraid of Santa Claus?

A: Claustrophobic.

Q: Why does Scrooge love Rudolph the Red-Nosed Reindeer?

A: Because every buck is dear to him.

Q: What's a good holiday tip?

A: Never catch snowflakes with your tongue until all the birds have gone south for the winter.



Source: www.ahajokes.com

Funny Jokes for Chanukah

Rudi, the Village Rabbi

It was Chanukah and the tiny village outside Budapest in Hungary was frightened that they may not have any latkes [pancakes] because they had run out of flour.

Rudi, the Rabbi, was called upon to help solve the problem. He said, 'Don't worry, you can substitute matzo meal for the flour, and the latkes will be just as delicious.'

Sarah looks to her husband and says, 'Samuel, you think it'll work?'

'Of course,' Samuel replies, 'Everybody knows Rudolph the Rab knows grain, dear.'

The Grandmother

Last year, just before Chanukah, Miriam, a grandmother was giving directions to her grown up grandson who was coming to visit with his wife. 'You come to the front door of the condominium complex. I am in apartment 2B.'

Miriam continued, 'There is a big panel at the door. With your elbow push button 2B. I will buzz you in. Come inside, the elevator is on the right. Get in, and with your elbow hit 2. When you get out I am on the left. With your elbow, hit my doorbell.'

'Grandma, that sounds easy,' replied Jonathan, the grandson, 'but why am I hitting all these buttons with my elbow.'

To which she answered, 'You're coming to visit empty handed?'

SOURCE: www.guy-sports.com



On Behalf of the Stroke Aid Committee, we wish all our members and their families a very healthy, happy and prosperous New Year.

MERRY CHRISTMAS

HAPPY CHANUKAH

HAPPY 2013

Have a wonderful holiday and keep safe.
Until next year, cheers for now.

Sharlene