



THE STROKE AID SOCIETY

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NEWSLETTER: NOVEMBER – DECEMBER 2013

NEWS FROM STROKE AID

1. The Stroke Aid Society's Office will be **closing** on 10th December 2013 and will **reopen** on 14th January 2014.

Paterson Park Group

Closes: Tuesday, 10th December 2013

Reopens: Tuesday, 14th January 2014

South Rand Group

Closes: Thursday, 12th December 2013

Reopens: To be confirmed by Sylvia Birkhead

Soweto Group

Closes: Thursday, 12th December 2013

Reopens: To be confirmed by Daphne Mnyandu



2. This year, all our groups will be coming together to celebrate the end of the year. Our combined Christmas / End of the year party will be held:

Date: Tuesday, 10th December 2013

Place: Paterson Park

Time: 10am – 12pm



WHAT'S NEW IN THE TREATMENT/PREVENTION OF STROKE

BRAIN-COMPUTER INTERFACE TECHNOLOGY HELPS STROKE SURVIVORS RECOVER HAND FUNCTION



In an article published online, on 19 November 2013, on Medical News Today, new research has found that brain-computer interface technology can help tell if patients are activating regions of their brains in ways that have been linked to better recovery.

"Virtual reality hands" - controlled by stroke survivors' thoughts, could help them recover use of their hands and arms, according to a small study presented at the American Heart Association's Scientific Sessions 2013.

"Using a brain-computer interface, we've created an environment where people who may be too physically impaired to move can practice mental imagery to help regain use of their arms and hands," said Alexander Doud, M.S., lead author.

"During rehabilitation, usually a therapist will move the patient's hand or arm in the desired direction while asking that patient to imagine they are making the movement," said Doud, who was a Masters student at the University of Minnesota in Minneapolis when the study was conducted. "In this practice space, the patients can control photorealistic hands by thinking about using their own hands without actually moving at all."

The researchers tested the virtual system on six stroke survivors who suffered impaired arm and hand movement. The patients viewed the stimulus using 3-D glasses to produce the illusion that they were seeing their own arms.

Patients achieved as high as 81 percent accuracy when using the virtual hands to reach out to a glass of tea or water. They improved their skills in as little as three, two-hour experimental sessions.

"The system is created in a way that could allow it to be used to practice a wide variety of desired activities, such as picking up a toothbrush or opening a jar, with very little additional work to set up the system," Doud said. "This can make it even more patient specific and that leads to patient motivation."

Because of the study's small sample size, results need to be replicated in a larger, more diverse population of stroke patients, Doud said.

The study does, however, prove the feasibility of this new approach that could also become an affordable rehabilitation tool.

"This is an engaging system that encourages patients to practice using the areas of their brain that may have been damaged or weakened by their stroke and the technology could be used along with commonly provided rehabilitation therapy for stroke," Doud said.

REF: <http://www.medicalnewstoday.com/releases/268952.php>

**** Medical News Today is a web-based outlet for medical news, targeted to both Physicians and the general public. The site was launched in 2003.**

STROKE (EMOTIONAL AND PSYCHOLOGICAL CONSEQUENCES)

Submitted by: Rob Wright



Helen Jones MP (UK) is the chair of the All-Party Parliamentary Group on stroke.

On 21 October 2013, Helen spoke movingly about her father's stroke and the emotional impact stroke can have on all survivors and carers during a Commons debate she secured on this often overlooked issue.

"When I was in my early twenties, my father had a stroke. He was sent home from hospital, an extra rail was put on the stairs, he was given a walking stick and consigned to the care of my mother. He received very little help and support, and we did not know what to expect or how best to help him. I watched him struggle desperately hard to get better, but we did not know how best to support him.

My father had a second stroke and died. Nowadays, his chances of a physical recovery would be very much better. The previous Labour Government's investment in stroke networks and specialist stroke units have improved the outcome for stroke patients hugely. More people are now admitted to a specialist stroke unit, more people who can benefit from clot-busting drugs get them, and two thirds of people get a brain scan within 24 hours. There is a lot more to do, but there is no doubt that great progress has been made. However, our investment and progress in the psychological and emotional support of stroke survivors has not kept pace with physical care, despite the fact that stroke is the biggest single cause of severe disability in adults.

One cannot prepare for a stroke, because it is a sudden and catastrophic event. If the part of the brain that deals with emotions is affected, many people find themselves thinking, feeling and behaving in an entirely different way. Many suffer feelings of anger and frustration because they can no longer work, care for their families or do even simple tasks. It is not surprising, therefore, that anxiety and depression often result. Families, too, can find themselves in a difficult position, sometimes in the worst cases grieving for the person they have lost while still taking care of that person.

The emotional and psychological effect of stroke was set out by the Stroke Association last year in its report, "Feeling Overwhelmed". I am grateful to it for its research, and to the people who came to the parliamentary reception we held and were kind enough to share their experiences with me. The effects can be seen in all age groups, but are particularly severe in the 30 to 59 age group, where 76% of people who responded to the Stroke Association's survey reported feeling severe anxiety and 69% suffered from depression. People find that they lose control of their emotions after a stroke, and it is estimated that two thirds suffer from post-traumatic stress. Despite that, we do not have the services in place to support them. In response to the survey, 42% felt abandoned when they left hospital, and two thirds said that their psychological care did not match the physical care that they received.

If we are going to change that, we have to see psychological and emotional support following a stroke as just as important as physical rehabilitation, and we have to accept that it can be needed for a long time."

FOLLOW THIS LINK FOR THE FULL VERSION OF THIS DOCUMENT

<http://www.publications.parliament.uk/pa/cm201314/cmhansrd/cm131021/debindx/131021-x.htm>

INTERESTING FACTS

Famous People Who Have Had Strokes

Strokes are common in all kinds of people, including about 800,000 per year in the U. S. alone.

Those who have suffered include fat, thin, short, tall, poor, rich, young and old people. *Anyone can suffer from a stroke regardless of class or status.*

There are many well-known individuals who have suffered from this type of brain injury, yet they have **lived on and been productive after this event.**

There are many famous people including Hollywood stars who have suffered from strokes as you will see below.

Chester A. Arthur	Gerald Ford	Jack Paar
Mary Kay Ash	Glenn Ford	Louis Pasteur
Bob Barker	John Forsythe	Les Paul
Ingmar Bergman	Ernest Gallo	Norman Vincent Peale
Candice Bergen	James Garner	Minnie Pearl
Ernest Borgnine	Barry Goldwater	William Penn
Peter Boyle	Billy Graham	Kirby Puckett
Tedy Bruschi	Cary Grant	Rowdy Roddy Piper
Aaron Burr	Olivia De Havilland	Della Reese
Sebastian Cabot	Isaac Hayes	Oral Roberts
James Cagney	Hugh Hefner	Jack Ruby
Cab Calloway	Thomas Hobbes	J. D. Salinger
Al Capone	L. Ron Hubbard	Ariel Sharon
Fidel Castro	Henry James	Charles Schulz
Winston Churchill	Rick James	Maurice Sendak
Dick Clark	Andrew Johnson	Alexander Solzhenitsyn
Nicolaus Copernicus	Lady Bird Johnson	Aaron Spelling
Howard Cosell	Gene Kelly	Joseph Stalin
Broderick Crawford	Grace Kelly	Willie Stargell
E. E. Cummings	Joseph P. Kennedy, Sr.	Claude Levi-Strauss
Charlie Daniels	Jack Kevorkian	Mel Tormé
Miles Davis	Jake Lamotta	John Tyler
Charles Dickens	Burt Lancaster	Gore Vidal
Kirk Douglas	Henry Cabot Lodge	Abe Vigoda
Clive Dunn	Peter Lorre	Kurt Waldheim
Louis Farrakhan	Karl Malden	Eli Wallach
Millard Fillmore	Patrick Moore	Mae West
Tom Foley	Richard Nixon	Ted Williams
Betty Ford	Alfred Nobel	Woodrow Wilson

REF: <http://www.famouspeoplearehuman.com>

JUST FOR LAUGHS

SANDRA'S FRUIT CAKE RECIPE

Submitted by: **Sandra Colombick**

On going through some papers, I came across this recipe which I had forgotten about. I am sure it was the originally fruit cake recipe that my grandmother made in Leeds, England. She might have received it from her grandmother and so on. Anyway, I tried it out, it is so easy and scrumptious. It won't take long to make and you can make quite a few. Your family and friends will love it.

INGREDIENTS

1 CUP WATER

1 CUP SUGAR

4 LARGE BROWN EGGS

2 CUPS DRIED FRUIT

1 tsp SALT

1 CUP BROWN SUGAR

LEMON JUICE

1 BOTTLE FAVOURITE WHISKY

METHOD

Sample the whisky to check for quality. Take a large bowl. Check the whisky again by pouring one level cup and drinking. Repeat.

Turn on the electric mixer and beat one cup of butter in a large fluffy bowl. Add one teaspoon of sugar and beat again. Make sure the whisky is still okay. Cry another tup. Turn off the mixer. Beat two legs and add to the bowl and chuck in the cup of dried fruit. Mix on the tuner. If the fruit gets stuck in the beaterers, pry it loose with a

screwdriver. Sample the whisky to check for consistency. Sift two cups of salt, or something, who cares? Check the whisky.

Now sift the lemon juice and strain your nuts. Add one tablespoon of sugar or something. Whatever you can find. Grease the oven. Turn the cake tin to 350 degrees. Don't forget to beat off the turner. Throw the bowl out of the window. Check the whisky again and go to bed.

HAPPY HALIDAZE! PLEASE SHARE FREE TO FEEL THIS RECIPE WITH OTHERS

THOUGHTS AS I WAS LYING AROUND, PONDERING THE PROBLEMS OF THE WORLD.

Submitted by: Sheila Haydock

I realized that at my age I don't really care much, anymore. If walking is good for your health, the postman would be immortal. A whale swims all day, only eats fish, drinks water, but is still fat. A rabbit runs and hops and only lives 15 years, while A tortoise doesn't run and does mostly nothing, yet it lives for 150 years. And you tell me to exercise?? I don't think so. Just grant me the senility to forget the people I never liked, the good fortune to remember the ones I do, and the eyesight to tell the difference. Now that I'm older here's what I've discovered:

1. I started out with nothing, and I still have most of it.
2. My wild oats are mostly enjoyed with prunes and all-bran.
3. I finally got my head together and now my body is falling apart.
4. Funny, I don't remember being absent-minded.
5. Funny, I don't remember being absent-minded.
6. If all is not lost, then where the heck is it?
7. It was a whole lot easier to get older, than to get wiser.
8. I wish the buck really did stop here; I sure could use a few of them.

9. Kids in the back seat cause accidents.
10. Accidents in the back seat cause kids.
11. It's hard to make a comeback when you haven't been anywhere.
12. The world only beats a path to your door when you're in the bathroom.
13. If God wanted me to touch my toes, he'd have put them on my knees.
14. When I'm finally holding all the right cards, everyone wants to play chess.
15. It's not hard to meet expenses . . . they're everywhere.
16. The only difference between a rut and a grave is the depth.
17. These days, I spend a lot of time thinking about the hereafter . . . I go somewhere to get something, and then wonder what I'm "here after".
18. Funny, I don't remember being absent-minded.
19. HAVE I SENT THIS MESSAGE TO YOU BEFORE.....?

From all of us @ Stroke Aid

Wishing all our members, their families and care-givers a **Merry Christmas / Happy Channukah.**

Happy New Year. May this year bring you all health, happiness and everything you desire and deserve.

Travel safely and be well.

Until next time.

Sharlene

