

Word Search
Stroke Symptoms

B C J H G X Z P C X T P G L O C B
 U G L E U D G A G S N N E U M S W
 D B R A H Z M R C O L L A P S E M
 L R M D D W U A I D J S C N W U Z
 G W G A F K M L V I V D G O W I N
 S E R C C B C Y S T R O K E C S U
 P A I H H Q E S P S A E V L L D M
 E K D E Q G Q I P M P E X N U X B
 E N A X E G F S Q B R J E X M M N
 C E R U I D I Z Z I N E S S S J E
 H S H H T X G J D N E J K Q I W S
 Y S Q R L D S B C R F A C E N C S
 F O H K C Q P R W T G C Z K E H M
 T E S W A L L O W R W N B V S B A
 P D Y Z E N E G V O U Q L S S D R
 J E B L U R R E D I W X F Z B D M
 T I M E Y Q I I X R F D L V E N S

COLLAPSE SWALLOW PARALYSIS
 CLUMSINESS BLURRED WEAKNESS
 NUMBNESS HEADACHE DIZZINESS
 STROKE SPEECH TIME
 FACE ARMS

VALE

In August, the BSSG lost a truly dedicated member. Paul Fullerton's life in the BSSG was fully committed to researching and improving the wellbeing of stroke survivors; his commitment was second to none.

As a member of the BSSG, he was Vice President for over ten years and was very actively involved in the founding of the "Hub" as he was involved in activities the BSSG - Lawn Bowls, Woodwork, Sing for Recovery, Art & Craft, Life Writing, Optimal Health Program. He also organised a large number of speakers over the years for BSSG meetings and set up and put an enormous amount of time and effort into the BSSG website.

The BSSG has not only lost a dedicated member, but a dear friend.

Marita O'Meara passed away in October after a short illness. Marita was secretary of the BSSG, 2012 - 2015. She was secretary of the Kew Heights Lawn Bowls Club until recently, at which our members have our bowls activity.

The BSSG passes on their deepest condolences to the families of Paul and Marita.

Baked Ricotta with Olives
by Liz Berryman

Ingredients

- 600g fresh ricotta cheese
- 1 teaspoon thyme leaves (or dried thyme)
- 1 cup (40g) Kalamata olives seeded - chopped coarsely
- 25g grated Parmesan cheese
- 1 egg
- 125g cherry tomatoes
- Extra virgin olive oil and crisp bread for serving



METHOD

- Preheat oven to 180°C (160°C fan forced)
- Grease 20 cm springform pan - place on oven tray
- Combine ricotta in large bowl with olives, Parmesan and egg
- Season to taste with salt and pepper
- Spoon ricotta mixture into the tin
- Bake for about 35 minutes until firm and lightly golden.
- Remove from oven and allow to cool
- Remove from tin - place on serving plate and top with cherry tomatoes.
- Drizzle with oil - serve with crisp bread

Boroondara Stroke Support Group
NEWSLETTER



ISSUE 52 December 2017

President's Report from AGM
by Vivienne Harkness

What an amazing year it has been for BSSG!

The Boroondara Community Stroke Hub is growing in activities and numbers every week.

We are so very grateful to hear the warm and enthusiastic responses we receive from visitors and members to the Hub. So many comment on the happy, caring, friendly and warm ambience they feel when they spend time with us.

We have a mission: you may enter our doors feeling sad, stressed and a little lost, but our aim is for each and every person to walk out the door with a smile.

We achieve this thanks to our wonderful co-ordinator - Juley Thai, our lovely tireless volunteers; particularly Anita Paxton, and the members of the BSSG committee; Brian O'Meara, Michael Shallard, Tessa Lim, Liz Berryman, Michael Radulovic, Arif Iffath, John Pocock and David Warry (who is retiring this year), and other members.

Our current activities include:

- Art and craft
- Sing for Recovery choir
- Able X and Able M machines providing therapy
- Young Stroke Survivors Group
- Aphasia Group
- Carers Group
- Knit & Natter Group (knitting for others in need)
- Production of our own greeting and Christmas card ranges
- Blokes With Strokes Group
- Community service, education and awareness of stroke to school students who visit the Hub to assist us

Future planned activities:

- respite day for stroke survivors to enable carers some spare time
- Cooking Group - made possible through a grant from the Boroondara Council
- WAGSS - Women's and Girls Stroke Support

A special vote of thanks must go to Bill Berryman for his wonderful paintings that have enabled us to set up our major current fundraiser - Correspondence and Christmas cards. Also for sharing his talent by encouraging others to enjoy painting as well, with some lovely results.



Our major external activity - Bowls on Monday - continues to provide great physical and fun enjoyment for many stroke survivors and their carers under the tireless coordination of Brian O'Meara.

On a sad note, I am sure all members would wish me to acknowledge the passing of two invaluable people in this past year, who gave so much in so many ways to BSSG - Paul Fullerton and Marita O'Meara. We are thankful for all that they contributed to enabling BSSG to achieve what we are doing for our

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stroke survivors and their carers today.

We have enjoyed various well attended luncheons: a fun packed one to celebrate Christmas, another to acknowledge Stroke Week, and one to celebrate Carers Week.

We owe so much to Boroondara Council, its staff, the Mayor, Phillip Healey, and councillors for all the support and encouragement they continue to provide to us. This includes peppercorn rental at the Hub and monies received through various grants, including funding for *Sing for Recovery*.

We also need to acknowledge the Sisters of Charity for their financial support of *Sing for Recovery*. This enables us to continue our performances to stroke survivors, carers and families in several major Melbourne hospitals and Rehabilitation Centres.

Our local politicians too - The Hon Josh Frydenberg MP, The Hon Tim Smith MP and The Hon John Pesutto MP. We are so grateful for their continued interest, enthusiasm and support for all we are working to achieve.

I would also like to thank Simson Cards for generously donating thousands of "Thinking of You" and Christmas cards for *Sing for Recovery* to give to new stroke survivors in hospitals. They are really appreciated, and patients are moved by the care the card expresses.

Another thank you to Andre Awadalla, editor and Greg Gliddon, journalist for their continued support though the Progress Leader.

Hot off the press - and a great relief to us all - is the appointment of our new auditor - Neville Taylor. We are most grateful to Neville for giving so generously of his professional time and for his complimentary remarks regarding the efficiency of our treasurer - John Pocock (to whom we also owe a sincere vote of thanks).

Finally, I would like to acknowledge the members of BSSG who met over several months to build the Hub concept and our incredible founder Jenny Cheng. I feel together we have made her dream and vision become a reality.

BSSG is very proud of the fact that our vision is being carried on through the Stroke Association of Victoria, (SAV) with whom we are in partnership at the Hub, as they work to open another five Hub/Centres throughout Victoria, following one at Geelong. Other planned centres include the soon to be opened Centre at Bendigo. BSSG is also very grateful for the personal and positive interest being shown by Colin Scott, the new Chairman of SAV, who has been visiting us regularly.

Finally, together we are managing to put stroke on the map, providing much needed community peer

support and most importantly awareness.

Watch this space!

Coordinator's Report by Juley Thai

What an amazing year it's been at the Hub. So much has happened, it's hard to believe 2017 is almost over! New groups, new members, new volunteers, and new projects such as Christmas cards.

Although our long-term dreams and goals for the Hub seem far away, they are definitely not out of reach, and we have made huge steps forward this year. We now have programs and activities running 5 days a week, internal and external, and our membership numbers are the highest it's ever been. We have even bigger things planned for 2018.

To look forward to in 2018: The long-awaited Women's Group which will be called **WAGSS - Women And Girl's Stroke Support** will be starting early next year with trusty committee member Tessa Lim at the helm. A variety of activities are available within the group, and will be decided by the members!

On our wish-list of new programs next year, an **exercise and nutrition group** is top of the list! As a community organisation, the BCSH values strong partnerships with other community organisations in order to reach as many people in our community as possible. This year we've maintained partnerships with St. Vincent's and St. George's and created new partnerships with the likes of Access Health, Southern Cross Care, and Hand Hub Melbourne. Community organisations that contributed financially this year were Pumpit Gym in Hawthorn with a fundraising event at their grand opening, and Rotary Preston with their generous donation. We thank those who continue to support our work.

Lastly, I'd like to acknowledge the wonderful volunteers that make sure the Hub keeps running every week. Without all 25 of you, none of this is possible. So, from the bottom of my heart, thank you for your time and effort and good laughs we have every day. Below is a photo of the volunteers who attended the International Volunteer Afternoon Tea on Dec 5th hosted by Boroondara Council (from left: Vivienne, Tessa, Penny, Anita, Arif and Christine).



The Hub officially closes on the 15th of December, so pop in to see us before the year is up. I wish you a Merry Christmas and safe and happy new year, and am looking forward to seeing you all next year!

The Story of Adel and Amal by Vivienne Harkness

There is a very relevant story I wish to share with you, from three points of view.

Firstly, to show what is possible and available to help stroke survivors and their carers of all ages, following their discharge from hospital.

Secondly, to acknowledge the untiring work of many volunteers and the invaluable impact their dedication can have on to people in need.

Thirdly, to demonstrate the benefits made possible by those generous organisations, the government, councils and individuals who have donated funds to enable the *Sing for Recovery* choir to perform to stroke survivors, their carers and families in the main hospitals in Melbourne.

In July 2017, a group of volunteer singers from *Sing for Recovery* performed to patients in the Neurological Rehabilitation Ward at St. Georges Hospital in Kew.

Patients, their families, and nursing staff all joined with the singing, which was wonderful for all concerned. Together we were able to provide some joy and comfort to those at a difficult stage in

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their lives.

On this occasion one of the patients was Adel, who at the age of 44 had suffered a stroke. Visiting him, was his lovely wife, Amal, who is now Adel's carer.

Adel and Amal have four children, the youngest of whom is only 10 months old. They have come to Australia from Saudi Arabia on a student visa to enable Amal to study Fine Design at Swinburne University. They are therefore not able to access any health benefit scheme.

When *Sing for Recovery* performs we give every stroke survivor a personally addressed hand written 'Thinking of You' card together with an Information Manual giving details of where they can seek support following their discharge.

The extensive Manuals are collated by volunteers at the Boroondara Community Stroke Hub and the cards are personally written by volunteers of the Boroondara Stroke Support Group, inviting them to join our group and come to the Hub.

As we distribute around 1000 cards and manuals per year, to cover the hospitals we perform at monthly - that equates to many volunteer hours!

However, all the above was made worth it. When Amal arrived at the Hub in September, in a tearful state, clutching the card and saying "I cannot believe anyone would take the time to personally address this card to my husband".

Amal then spent some time at the Hub being supported by our Co-ordinator Juley and other volunteers there at the time.

Since then, Adel and Amal have become delightful, warm and very appreciative frequent visitors to our Hub, participating and assisting with some of our activities including the art and craft group and Adel is working hard on our able X and able M machines to improve his arm and hand movement and has joined the Young Stroke Survivors Group and the Blokes With Strokes. We feel soon we will need to add a "Kid's Corner"!

Being able to provide essential support to those stroke survivors, carers and families in a practical way makes the money that has been donated and all the long nights spent writing personal cards, all the time wondering if you are wasting your time and spending hours collating manuals, when you could be playing golf ... it is all made so wonderfully worthwhile when together we have been able to support such a lovely young family in their time of need.

And there are thousands more out there that need our help.

So our heartfelt thanks to all those who have supported us in any way.