



COMING MEETINGS

11 September – Snowy Mountains Performing Arts Academy Dancers – Gracie, Mason & Renee

18 September – Movie Night, Cooma Twin Cinema

25 September – Katrin & Kevin – Trip to Lake Eyre

Rotary Club of Cooma

Theme:

Basic Education and Literacy Month

7 September – Stroke Awareness Event

Meeting statistics:

Attendance:

Visiting Rotarians:

Guests:

Apologies:

Leave:

We also missed:

Rosters for September 2019

Attendance		Darrell / Mark JN
Property		Dave H / Sandra
Fellowship		Liz / Sue
Thought	11-Sep	Darrell
	18-Sep	No Meeting
	25-Sep	Mark J-N
3 Minuter	11-Sep	Liz
	18-Sep	No Meeting
	25-Sep	Katrin
Intro	11-Sep	Brenda
	18-Sep	No Meeting
	25-Sep	Richard H
Thanks	11-Sep	John Ch
	18-Sep	No Meeting
	25-Sep	Dugald
Markets		Sue S, Robyn, Sandra M, Margaret, Brad, Tony B
Towing		Ashley, Brad, John K
Coffee Van		Mark JN, Brian, John Ch

Please advise Darrell (Ph 0407 411 422, 64521159, dgcooma@bigpond.net.au) of apologies for the coming meeting, also if you are bringing a guest. Failure to

Significant Dates: September Birthdays:
 5th Alan, 7th Jan, 19th Claire N, 25th Darrell

Date Joined Rotary:
 Tony B, Sandra, 13th Katrin,



Glenys

Wednesday 18th September will be the Annual Rotary Film Night. This year our pre-release movie is Ride Like a Girl, The Michelle Payne Story. Time 7pm for 7.30. Cost will be \$20 including pre-movie drinks and nibbles.



Guest Speakers – Stroke Presentation

Heather Hart – Stroke Foundation

What is a Stroke? A stroke attacks the brain, which controls the human body. The brain needs oxygen and nutrients which are carried in blood. A stroke happens when the brain does not get the blood it needs. Brain cells die quickly when they do not get enough blood.

Every stroke is different. How a stroke affects someone depends on where it happens in the brain, and on how big the stroke is. Stroke can affect a person's body, their emotions, and the way they think. It can cause muscle weakness and problems with speaking, memory, hearing or vision.

There are two different types of Stroke. An Ischaemic stroke is a blood clot, which blocks an artery, and a Haemorrhagic stroke is when an artery breaks or bursts.

To help decide if someone has suffered a stroke use FAST.

Face - Check their face. Has their mouth drooped?

Arms - Can they lift both arms?

Speech - Is their speech slurred? Do they understand you?

If you observe any of these signs, **Time** is critical.

If you see any of these signs call 000 straight away.

More than 80% of strokes can be prevented by making time for a health check and monitoring your blood pressure and cholesterol levels. Eating well, staying active, drink alcohol in moderation and if you smoke, stop.

You can get more information at the stroke foundation web site strokefoundation.org.au

Kimone Hadden – Stroke Survivor

On the 2nd May 2012 Kim got up and went to the toilet, while sitting there she blacked out. When she woke up she was in the shower recess and tried to get herself up but couldn't because her right side was paralysed. Her young son came to find her and she was unable to communicate with him because her ability to speak had been impacted.

She had suffered a large left middle cerebral artery ischemic stroke, which resulted in aphasia and loss of motor function. Aphasia means her intelligence is not impacted but she has trouble getting words out.

Fortunately, she had a Great Uncle who came around on Saturday morning to help them out with swimming and some shopping. When she did not answer the door, he thought this was odd so started walking around the house and her son knocked on the window. Uncle called the Ambulance, when they arrived she came around again and told them she was fine now.



The next thing she remembered was waking up in hospital, where she stayed for a month. Her doctors were not sure why she had the stroke but suggested it could have been connected to hypertension and being on the Pill. When she left the hospital, rehabilitation continued in home for another month and then she undertook community rehabilitation for another eight months.

Before the stroke, she worked for the City of Casey/Narre Warren council and was able to return to work after six months, working 3 hours per day, 3 days a week. When she finished up at that job, she was working nearly full-time again. The support she received from her employer was amazing.



She and her son moved to Bega, where she had to get her licence again. At first she was given a limited licence which meant she could only drive 5kms from her home. Following another test she was given her full licence again. She now drives a modified car, so she can drive safely. In November 2016, Kim was driving a started to feel dizzy so she pulled over. This was another stroke but a transient ischaemic attack caused by a faulty heart valve. She underwent heart repair surgery and all is good again.

Two years ago, she started the Bega Stroke Recovery Club, which is a meeting place for stroke survivors, families and carers to get together with others who understand what they each have gone through. Kim has also completed a Certificate III in Individual Support – Disability. Following the completion of her studies, she was awarded the Student of the Year. She is now self-employed as a disability support worker. Her motto is 'Never give up and never say never'.



Paul Thompson and Brownie – Ambulance Officers

If you observe any of the FAST symptoms, it is important to call 000 and get an ambulance as time is of the essence if a person has suffered a stroke.

When the Ambulance officers arrive, they will check you over, going through a checklist to ensure all bases are covered. Some of the checks are to check your face they will get you to smile or show your teeth, this helps them see if your face is drooping.

They will ask you to raise your arms and hold them out in front of you to check, if there is an issue an arm may drop or not be able to be raised at all. They will get you to speak to see how words are coming out and if they are making sense or if you can speak at all. They will check your blood pressure and your sugar levels. They are trying to build a picture of what is happening with you.

If you suffer from any health conditions it is a good idea to have a list of them and a list of medications you are taking easily available, for example on your phone or on the fridge, as this forms part of the treatment picture too.

Once they have determined, or there is an indication you have suffered a stroke they will then decide which hospital to take you too. Sometimes this will be Cooma as it is usually the closest facility but decisions can be made while they are transporting you using their radio system. If it has been a serious stroke the chances are you will end up in Canberra for ongoing treatment and rehabilitation.

If you have to call 000 be prepared to answer a series of questions this will mean the ambulance can get to the scene as quickly as possible and with your assistance they can get an idea of what to expect when they arrive.

A quick way to contact 000 is to have the Emergency + (plus) app on your phone. It can be downloaded from the AppStore or Google play, depending on your phone type. This app uses the GPS function built into the phone to provide location details by providing a longitude and latitude which you can tell the operator to help pinpoint your location.