

MADYSS Matters

December 2020 No.175

Birthday Greetings

It's time to wish the following members a Happy Birthday:

- Jim Borggren
- Jean Clayton
- Carol Gatley
- Paul Hilgart
- Ike Karnon

Newsletter Hiatus

This will be the final MADYSS Matters of the year and also the last one in the current format for a while. Since coronavirus disrupted everyone's lives in March, I have continued to publish MM, although with no meetings or activities on which to report it has been difficult. I have now decided to take a break.

Thank you to those members who have sent me contributions to try and fill the white space! If the group is able to resume meetings and social events in 2021, I will be happy to start producing the newsletter again.

Kath Wilkinson

A Stroke of Zoom

Diane Warhust has emailed Judy Fleming to inform her that MADYSS members are welcome to join the virtual Recovery Sessions that the local Stroke Association hold. There is no virtual meeting in December, but Diane has booked the community pharmacy team to give a talk about medications in the New Year. This is scheduled for Tuesday, 26 January 2021.

If you are interested in joining the Zoom meetings, please email Diane directly as she needs to obtain consent from each individual before adding our members to the mass email list. Her email address is diane.warhust@stroke.org.uk.

The Lovely Lake District

You may recall that last month MADYSS Matters referred to the holiday in the Lakes that Michael and Judy Fleming had with their daughter Michele.

Below are a couple of photographs received from them for inclusion in the newsletter. As we have space this month, it seemed a good time to remind ourselves what a beautiful country we live in. I hope that you agree.



Derwentwater near Keswick



Great Langdale from Elterwater

News of Our Members

Val Bush was hoping to move very soon (she may have already done so by the time you read this). She is going to a property on Gawsforth Road in Macclesfield, which is in an elevated position and has great views over Shutlingsloe on a clear day. We hope that you will be very happy and settled there, Val.

Recently, **Judy Fleming** has spent a lot of time at Wrightington Hospital for appointments relating to her knee problem. She first had to attend for a coronavirus test before knee aspiration. On the second visit she had to be there by 7.00 am for the knee procedure itself! As it is near Wigan, both days required an early start and were long and tiring. However, we hear the results were positive; there is no infection so good news for Judy.

We had an email message in November from **Ramala Bakaya** who wanted to wish all MADYSS members a Happy Diwali. This is the festival of lights and is one of the major festivals celebrated by Hindus; it lasts for five days. Thank you for your greetings Ramala.

Christmas Message

Here we go again, LOCKDOWN! (At least at the time of writing.) 2020 has been a miserable year. When we decided to stop meetings last March, who would have thought that nine months later we would be in the same position and have absolutely no idea when we can resume normal life. We lost members and friends but we shall remember them.

The media has been full of wasted discussions about the pro's and con's of everything we do. As soon as someone recommends a way forward, half a dozen others say the opposite. Everyone is full of 'good ideas' but no one really knows the answer. I feel that the second lockdown was introduced too late. It was also late last time. It is hard on everybody; it ruins the economy; it affects elderly people in care homes, some of whom don't understand why they are being locked up; and it destroys our children's education. However, it is a short-term action that hopefully will help to destroy this awful virus. We hear of new vaccines

perhaps? It is too soon to be jubilant. Time will tell. Our normal life has been cancelled! No social or cultural activity of any kind, we are like prisoners in our own homes. At least most of us have got our health, thank the Lord.

MADYSS had a non-eventful year. We tried hard to stay in touch: we managed one Committee meeting; a few, mainly from the Meet, Move and Improve group, continued a very successful Zoom meeting every Friday – thank you Kay for organising this event. We had hoped to have a Flowerpot meeting in November and a Christmas Lunch in December but we had to cancel. We hope to have a festive lunch to celebrate the 'end of the pandemic' next Spring or Summer, but at this stage it is only a hope.

With Kath's great efforts we have kept the Monthly Bulletin going, but it is becoming more difficult owing to the lack of news. As you will have seen on page one, Kath has decided to take a break. We wish to thank her for the sterling job she has done for many years and hope that she will resume her duties once normal conditions prevail. In the meantime, I will try to produce a much simplified issue. No frills, a black and white sheet called Madyss Monthly News to be sent by email only. If you are not on email, please ask a friend to keep you informed. I will try to be punctual but can't promise. Do try to let me know about anything that needs mentioning.

Please keep in touch. We do not want the group to simply expire. MADYSS is a wonderful group; it has helped a lot of stroke survivors and is functioning well as a social group. MADYSS WILL NOT BE BEATEN BY COVID! Now Christmas is approaching. We are still unsure how much contact will be allowed. It will not be the same but we hope that you and your families will manage to celebrate it, perhaps not in the traditional way. Try to celebrate with your loved ones by whatever means you can think of, be resourceful.

Julie and I would like to take this opportunity to wish you and your families a Merry and Peaceful Christmas full of good health, as much cheer as you can muster, and a very Happy New Year.

God bless you all.

Ike

MADYSS Committee

Ike Karnon (Chairman) 01260 273969; Michael Fleming (Deputy Chairman) 01625 426879; Thelma Farrell (Treasurer) 01625 431043; Sue Stephenson (Membership Secretary) 01625 827285; Judy Fleming (Administrative Secretary) 01625 426879; Monica Meah (Activities Organiser) 01625 428951; Kay Evans (Activities Assistant) 01625 574330; Julie Karnon (Greetings Cards) 01260 273969; Diane Thomas (Fundraiser) 01625 613004.