

Sunday June 18, 2006

Hello everyone,

Nice to see you all at our last official meeting of the year, before our summer picnics. Several people were on vacation or attending graduations, but there was still a good turnout. I hope all you dads had a good Father's Day today!

NEW FACES & VISITORS

- Welcome to Todd Bern, whose stroke was about 2-1/2 years ago. It's good to see you Todd, and keep up the good work!
- Chris Bocker visited from Pacific Balance and Rehabilitation Clinic, which offers physical and occupational therapy services. Chris found us on the Web, and was looking for information on the Saebo Flex. I pointed him to our resident Saebo Flex expert, Tim Oswald.

RESISTANCE EXERCISE CHAIR

Ron Sharp gave us a demonstration of an exercise chair he found on the Web from a TV commercial, from Continuing Fitness. It can be found at www.continuingfitness.com. This chair is sturdy and well-made, with several elastic cords and pulleys attached, allowing you to work against elastic tension of varying resistance. It is mainly for the upper body but can be used for the legs too. A wide range of exercises are possible. The basic chair is \$230, but Ron had a version with several accessories which totalled about \$500. Ron has had good success with this, he uses it about an hour a day and has seen significant results. Thanks for bringing that in and sharing, Ron!

NORTHWEST APHASIA PROGRAMS

Rebecca Wynne, a student here at Northwest Hospital, reminded us of their three ongoing programs for aphasics: Read All About It, Let the Games Begin, and The Write Stuff. Some of our members are already involved with these programs, and they are fun and helpful. Thanks for the presentation, Rebecca! If you're interested, contact Joan Jaeger at Northwest, 206-368-1848, joan.jaeger@nwsea.org.

YUKKING IT UP

Kevin Wilhelmson from Harborview Hospital came with friends Judy and Ellen, and got us going with some laughter exercises and lots of interesting information. We managed to misunderstand some of his directions which led to a bit of confusion, but a good time was had by all. Marie got to demonstrate some of her acting skills when she helped Kevin lead one exercise, which was great. More information on the worldwide Laughter Movement can be found at www.worldlaughtertour.com. Thank you Kevin!

FOOTLOOSE SAILING WEEKEND COMING UP

Footloose Sailing has been helping the disabled enjoy sailing for many years. They are having their annual Blake Island overnight weekend July 8 and 9, coming right up. Many of our members are involved with Footloose and have been on this weekend trip before, it's lots of fun. If you're interested, please register with Elizabeth Riggs at 206-789-7624.

SAILING HERITAGE CRUISE

Another group, Sailing Heritage, gave us a terrific cruise last weekend. Several of our members were there, and we had a great time. This is a wonderful organization, they provide cruises of Lake Union and Lake Washington free of charge for groups like ours! They have invited us for another cruise later in the summer, so I will set something up for early September and let you all know.

APHASIA VIDEO

There has been interest in obtaining the video we saw in May on "supported conversation" from the York-Durham Aphasia Centre in Ontario. This video is available but a little expensive at \$85, so we took up a collection for a group copy. I'll order that and we can pass it around or see it again in the whole group.

Next month is the annual July potluck picnic at Larry and Donna Loughnan's, just a block away from Northwest Hospital. I will send out an announcement with a map around the first of July. Hope to see you all there!

Gerrit