

Sunday Oct 22, 2006

Hello everyone,

A big turnout at the meeting yesterday, despite the weather tempting us to be outside. Great to see you all there!

DRIVER RE-LICENSING

Gordon Olson, a retired Washington State driver's license examiner, gave a very interesting presentation on obtaining your license after a stroke.

- The law states that an examiner or his/her supervisor is solely responsible for determining if a person seems disabled enough to require a re-examination. This is definitely a subjective process, but if you *look* like you need another test you may be required to take one solely at the judgment of the examiner.
- Doctors do *not* report medical conditions which may impair driving to the Department of Licensing. It's up to the person themselves to be responsible, and the license examiner to determine if a new test is required.
- The examiner may ask if you lose consciousness or control. If you do, you'll be required to have a form filled out by your doctor stating that you are able to drive.
- Up until three weeks ago it was possible to get a special examination and restricted license (good for, say, only a few miles from home), but this is no longer available. Everyone must now pass the standard driving exam.
- If you have language difficulties, the written portion of the exam may be read to you by a friend or relative with an examiner present. This is done in a separate room to reduce performance pressure.
- If you need modifications to your vehicle, take your test with those modifications in place. Modifications are not approved by the state, anyone can install them, but they may become a safety problem or a factor for insurance companies to question after an accident. There are no special tests to determine your use of the modifications, but you will need to demonstrate normal control and safety during the test.
- Tim Malm pointed out that it is a good idea to find a driving instructor who has experience with disabilities similar to yours. He recommended Kirschner driving school.
- Mr. Olson stressed finding alternative transportation options, including public transportation, friends or relatives, neighbors, taxis, etc. He also mentioned a volunteer organization which is available to provide free transportation for those on low income, who will also accompany you into a doctor's office, etc, but I seem to have lost their brochure! Contact me if you want this information and I'll find out.
- A flyer with driver rehabilitation specialists and vendors of adaptive driving equipment was also passed around. Contact me if you'd like a copy.

OUR LIBRARY

Duane Retel, our group librarian, is keeping track of any material you want to lend or borrow. This includes books, videos, tapes, DVDs, etc. He has this all organized on a sheet, and will be circulating that each meeting. If there is anything you want to borrow or to lend, contact Duane at 206-772-5477 or dr_leterwood@comcast.net.

WRITE DOWN YOUR STORIES

Kaki Reeves gave me a copy of her stroke story, written by her sister, about ten pages long. We all have moving and remarkable stories, and it would be great to get them all down and collected into a book. It's also a healing process to simply write down your story. We can only touch on them in our meetings when we go around and introduce ourselves, but I encourage everyone to write up their whole story and get it to me. This will make a fascinating and moving book we can all share.

BIKE AND BBQ

I forgot to remind everyone of the SkiForAll Bike and Barbecue event coming up next Saturday. I sent an email notice about this a few days ago. SkiForAll will have over 20 different types of adaptive bikes and trikes there for you to try out if you wish. It's a free event.

When: Saturday October 28th, 1:00 PM to 3:00 PM (BBQ 1:00 to 1:30)

Where: Pratt Park (directions when you RSVP)

Call 425-462-0978 to RSVP if you'd like to go.

ACTRESS MARIE RAY

Marie is appearing as Jason the ghost in "House on Haunted Hill". Performances are:

Friday: November 3 and 10 at 7:00pm

Saturday: November 4 and 11 at 7:00pm

Sunday: November 5 and 12 at 2:00pm

at the Bellevue Youth Theater, http://bellevuewa.gov/youth_theatre_productions.htm or 425-452 -7155. Tickets are \$8.

PLAY AT SEATTLE PACIFIC UNIVERSITY

Tim Malm's former employer is staging a production of "You're a Good Man, Charlie Brown". Call (206) 281-2000 for more information.

JOHN MANTLE AT STROKE CAMP

John didn't get a chance to tell us about his experience at the Portland Stroke Camp we heard about a few months ago. Stay tuned, and he'll fill us in next month.

Next month we will have Chris Bocker, an occupational therapist from the Pacific Balance and Rehabilitation Clinic speak to us about Constraint Induced Movement Therapy. Hope you can all make it!

Gerrit