

Sunday, Apr. 22, 2007

Hello everyone,

Another packed house yesterday! Glad to see the big turnout.

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### **NEW FACES**

- ◆ Ted and Marilyn Brown returned, fortunately, and this time I got their contact info.
- ◆ Pam Booth visited us from rehab there at Northwest, in her cute jammies.
- ◆ Robin and Suzanne Hays visited us for the first time.

We're so glad you folks could make it. You've just been dealt a hard blow, but we're here to help you through it. We've all been there, and we know what it's like.

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### **STROKE STUFF GARAGE SALE**

Betty Chang, a woman from nearby in the Northgate area, saw our notice in the paper, called me a few weeks ago, and came to the meeting. Her husband recently died, after suffering a stroke about 15 years ago. Betty had a big grab-bag of convenience items for us she had developed or picked up over the years, and an entertaining story about each one. Do you caregivers have a pesky strokee who won't leave you alone? Tell them to do it themselves because you're baking cookies. It worked for Betty! She also offered to give anyone tips or advice. Call her at 363-0136.

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### **APHASIA VIDEO**

Well, that was kind of a washout. Poor Sharon even got a headache trying to watch! The sound was poor, the director was not a native English speaker and had trouble getting to the point, and the skits were in French. We could see the struggles portrayed in the skits even though they were in French, however, which was pretty interesting I thought. Anyway, sorry about that, and I'll try to preview these things next time.

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### **MIKE THE COBBLER**

Mike Gordon has offered to put patches on anyone's shoes who wants them. These are tough little plastic spots that are good for reinforcing worn places or building areas up.

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### **CHRISTMAS SAILING CRUISE**

Sailing Heritage has offered us a Christmas cruise in addition to the summer cruise they already provide. There was a lot of interest in this, so I will set this up too. Stay tuned for the summer cruise date. Sailing Heritage is a remarkable outfit and we're very grateful to them.

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### **MEETING TIME CHANGE THIS FALL**

We're going to put up with the current too-small room for the next couple months, and start in the larger auditorium on Sundays this fall. That is a natural transition, and should allow Kay Anne's church group to find a new place by then. We had a taste of what it would be like without her yesterday when she was late – no treats!! No nametags!! We almost fell apart.

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### **AQUATIC EXERCISE**

Contact Frank Lim (206-251-3758) or me (206-361-2696) if you are interested in starting or joining an aquatic exercise program at the Shoreline Center. Next month Frank will bring the instructor, with some more information.

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### **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. Duane is bringing the material each meeting so you can browse through it. He can be contacted at 206-772-5477 or [dr\\_leterwood@comcast.net](mailto:dr_leterwood@comcast.net).

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### **WRITE DOWN YOUR STORIES**

I'm gathering everyone's stroke story to compile into our own record book. We have enough remarkable experiences in our group to fill an encyclopedia! When you get a chance, write your story up in a few pages and get it to me. This is great practice for language abilities, too.

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### **ANOTHER DEATH IN THE FAMILY**

Susan Anderson, who was able to come to our meetings just a couple times, died about a week ago. Her daughter Sherri Hainje, who had come with her, told me the sad news. Susan had a great attitude and tough spirit, but a sudden bleed in her brain happened while at Ocean Shores, and she never regained consciousness. The family wanted remembrances to Harborview instead of flowers, so that's what I did on behalf of the group. Life is so fragile, and so short. Tell someone you love how much they mean to you. Do it right now.

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Hope to see you all next time. Till then,

Gerrit