

Sunday Feb. 17, 2008

Lots of activities and a spirited discussion yesterday! Nice to see you all there.

FEATURED SPEAKER

Jennifer Sokol discussed her new book with us, *Six Years of Grace*, and gave us a reading. Her book is about her caregiving experiences with her mother for six years following a major stroke. Jennifer showed great compassion and tenderness for her mom, and her book sounds like it is a wonderful story. We bought a copy of the printed book and the book on CD for our library, so feel free to borrow either one. You can find out more from www.jennifersokol.com.

LUANA IN BARBADOS

Luana Talltree-Mitchell told us about the fabulous free trip to Barbados she won from a local radio station. Turquoise water, delicious food, warm and friendly people, limbo dancing, and some of the best rum in the world – you can't beat that!

FLASH CARDS

Michael Ford can get FLASH cards for anyone who wants one. These cards provide discounts and free entry to things like the aquarium, the zoo, the Pacific Science Center, etc., and are free for the disabled. Many people signed up to request a card, but if you missed the signup contact Michael: (206) 938-0811 or master_michael_55@yahoo.com.

UW APHASIA CLINIC AND RESEARCH

Cathy Off handed out flyers about the aphasia clinic at the UW Speech and Hearing Center this summer, and about a research project she is soliciting volunteers for. Contact her for more information at cathyoff@comcast.net.

SAILING HERITAGE PROMO DVD

The Sailing Heritage Foundation has provided us with sailing cruises on Lake Union for several years. They also provide cruises to other non-profit and charitable organizations like hospitals and shelters. They work almost full time with a largely volunteer staff and a minimal budget of donations, but a film crew has now made a promotional video of their activities which they can use to help with fundraising. The film crew came on one of our cruises last summer, and some of us ended up in the video, which we watched yesterday. It's fun to be a famous movie star for such a good cause!

CAREGIVERS BROCHURE

We got started brainstorming for our Caregivers Brochure. It was a spirited discussion and generated many strong opinions! I tried to capture the highlights on the easel, and we can continue with this next time. For next time, keep these points in mind:

- The brochure/website will be used by caregivers *after* the stroke has occurred. This will be too late for things like recognizing stroke symptoms or what to do in the ambulance.
- We all had mistakes or bad luck happen during our stroke experiences. This is the nature of emergency situations like this, or specific healthcare individuals, and some of that is to be expected. Try to concentrate on useful *general* advice which can be given to new caregivers rather than on specific mistakes or errors which may have occurred to you.

Next month we have a presentation from Sandy Efseaff from Innovative Neurosciences, who make a device to help with foot drop and are doing research too. Sounds interesting – see you there!

Gerrit