

Monday Sep 22, 2008

Nice to see everyone after our summer break, in our new big room and the new time. We had our annual Art Show, and several members showed the art they've been working on, from scrapbooks and sewing to art glass and painting. Thanks to everyone for sharing your creative work!

NEW FACES

- Lilian Fang
- Nancy Murray

Lilian joins us about 1-1/2 years after her stroke, and Nancy is caregiver for Paul, her husband whose stroke was in January. Welcome to both of you, and we're glad you could come. Hope to see you again!

TIM & SANDI MOVED

Tim Oswald and Sandi Hasegawa have moved to Georgia, and they send their regards. Tim tells me that he has started setting up a stroke support group at a nearby hospital. You go, Tim!

STROKE SMART MAG

Stroke Smart magazine is available free from the National Stroke Association, and is full of useful information and stories. Call 1-800-787-6537 to get your subscription.

PAUL BELL

Sad news about group member Paul Bell: he has contracted cancer of the spine. He's keeping his tough and optimistic attitude, and has bought my old recumbent trike to get exercise and mobility without straining his back. Paul has had more than his share of tough times, and we wish him the very best. His number is 206-542-2756 if you want to give him a call.

REHAB VENDOR FAIR

Northwest Hospital is having a rehab equipment vendor fair at the hospital this Friday September 26, from 10 AM till 2 PM. There will be a number of vendors there demonstrating rehab equipment such as braces, walking assistance, car modifications, etc. If you are interested, call Jill Easton at 206-364-0500 ext. 1957.

TREADMILL STUDY

A recent study has shown that treadmill exercise many years after a stroke not only provides fitness and improved walking, but actually stimulates brain regrowth. Repetitive gait training was found to recruit brain circuits to take over for those destroyed by the stroke. This has exciting ramifications for retraining any lost brain function! You can read a summary of the study at www.medpagetoday.com/Cardiology/Strokes/tb/10710 .

TRANSPORTER CONVERSION?

Frank Lim has a personal transporter (like a Segway) but the hand control is on the wrong side. Does anyone know of a shop which can convert the control to the other hand, at a reasonable fee? Contact Frank at 206-931-7895.

CAMP ATTITUDE RECORD BREAKER

Tim Malm reports that this summer was the biggest turnout yet at Camp Attitude, the handicapped kids' summer camp in Oregon where he volunteers. This is great news; it means more disabled kids than ever are able to enjoy a week at camp. Congratulations, Tim!

Next month we have nurse Beckie Stewart, stroke coordinator there at Northwest Hospital, coming to speak to us. I also will present some of the exciting work I've been reading about regarding brain plasticity and the potential for recovery even long after a stroke.

Since our new meeting time is right around lunch, I'm going to bring some more substantial food too. Cake and cookies may be tasty, but they don't make a very good lunch by themselves! I will bring some veggies, cheese, crackers, etc.

See you next month!

Gerrit