

Tue 19 Jan 2010

I didn't make it to the last meeting, but Stan chaired for me and took some great notes. Thanks a million, Stan and Jan too. I'm sorry I missed it – sounds like it was a great one!

NEW FACES

- Frank Burke
- Geoff Lakeman & Mary Mulvihill
- Teresa & Brad Bartz
- Ciro & Shirle' Ribaldo and daughters, Lydia & Louisa
- Gary Oxford
- Meera Jobanputra
- Lauren Petersen
- Lea Black
- Alice Hanson

What a terrific turnout! Great to see so many new faces and to hear your stories. As Stan said, "It has been said of our group that "new people are it's life blood". That was really in evidence today." Also welcome back to

- Don McDaniel

who has been in Hawaii for many months. Glad to have you back, Don!

OUR NEW WEBSITE

Megan Oelke from the UW set us up with a new website, and I have just finished filling it out. Please check it out at www.SeattleYASS.weebly.com (YASS stands for "Young Adult Stroke Survivors"). Meeting information is there, links to other stroke resources, some advice from the trenches, pictures of our members, a tribute to Larry Loughnan, and stories and writings. Please let me know how it looks on your computer, and send any information you think should be up there. Other links? Your story? Places you'd recommend? It's great to have all our information in one spot, both for us and for newcomers. Some folks have offered to help already:

- Photos: Sharon Leitheiser and Duane Retel
- Transcribing your stories: Alice Hanson
- Advice for caregivers: Jerry Boen

APHASIA CLINIC AT UW

Nancy Alarcon of the UW Speech and Hearing Clinic is seeking new applications from those with aphasia. Several members of our group have greatly benefited from the clinic. We heard testimonials from Valerie and Jerry Boen and Dennis Duva. If you did not receive an application and want one, contact Gerrit (206-361-2696) or Nancy (206-543-5440). A link to Nancy Alarcon is also on our website: www.SeattleYASS.weebly.com.

HANDY HANDOUT BUSINESS CARDS

Thanks to Gary Ruen and Dorrit Jensen for following up on their suggestion that our group have 'business cards' that have contact information about our group. They arranged for the printing and handed out packets of 10 to everyone.

SHARON LEITHEISER SPEECH FOLLOWUP

We followed up on Sharon Leitheiser's inspiring talk last November on "**The Courage to Move On**". In particular we will remember her comment: "*I will focus on what I can do, rather than what I can't*". Thanks to you other old-timers (Frank, Tim, Valerie, and Mike) that have 'walked the walk' and shared your stories with us. The room was filled with people with inspiring stories, and we need to hear more of these stories in the future.

OVEN GLOVE

Valerie Boen brought our attention to 'The Oven Glove', for people who have trouble using hot pads. This glove increases the time you can hold extremely hot pans.

Start thinking about what you would like to do at future meetings. Next month, Dr. Michael Weinstein, Director of Rehabilitative Medicine at Virginia Mason, will tell us about what's happening in the 'stroke world' in the Puget Sound area and answer specific questions on your personal concerns.

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