

Saturday, October 16, 2010 1:00 – 2:45 PM

Young Adult Stroke Survivors – October Meeting

Gerrit called the meeting to order with a few announcements, the first of which was:

General Announcements:

Members came in an assortment of Halloween costumes –Pirates. Cats. Antennae'd what-cha-callits. Aiiii! Matey!

All were there. And Kay Anne ran the treat distribution and sign in flawlessly. Who needs cheap Costco Halloween candy?

Gerrit had a brochure on mens incontinence available as well as a box of "goodies" from the American Heart Association – items included special fabric to help open jars, note pads, and other items. If you are interested in the content, contact Gerrit. Lots to go around.

YOGA for STROKE SURVIVORS

Ongoing Class – The Samarya Center –1806 E Yesler Way Seattle, wA 98122 - www.samaryacenter.org

Todd Burn, Stroke Survivor and YOGA TEACHER talked about his beneficial experience learning yoga over the past two years, and becoming the first Stroke Survivor we know of to become a teacher.

He has walked in your shoes and reflects his knowledge of neurological challenge in his classes. He demonstrated some gentle moves. Two members of the audience were students in this class and attested to how calming and beneficial it is.

A second teacher, Veronica "V" also explained how The Samarya center work and what is taught in the classes she teaches:

- Yoga for Anxiety – Tuesdays at 4:30 pm – Teacher: "V"
- Yoga for Chronic Pain, Monday, 4:30 Teacher: "V"
- Yoga for Stroke and Brain Injury Survivors, Fridays, 10:30 am – Teacher: Todd Burn

Tailored completely to you - \$90/75 minute session with sliding scale options.

Call: 206 – 568-8335 for more information

OUTDOORS FOR ALL

Connor Inslee demonstrated a recumbent bike and how to use "sit-down skis"

OUTDOORS FOR ALL can host a Young Adult Stroke Survivors Ski Club if 6+ members are interested. Contact Gerrit.

This group has been around for a whopping 30 YEARS and has been helping people with disabilities enjoy a whole range of outdoor activities through out the year – down hill/cross country skiing, ROCK CLIMBING (!), cycling, kayaking, water skiing, snow boarding. They started as a group of skiers determined to share their love of the sport with people with disabilities. That group grew to 700 volunteers that serves 2000 users annually on a wide variety of both winter and summer sports. A trail rider can be rented to ensure that people with mobility challenges can get into the mountains and on trails.

Think you can't? Well, think again.

For rental of accessible sports equipment at Magnuson Park: www.outdoorsforall.org

To find out what is available, call for an assessment – their office is in Magnuson Park. Call before you come (206-838-6030 x223)

Here is the link to get started:

<http://www.outdoorsforall.org/ActivityForms.html>

To sign up for their online newsletter:

http://www.outdoorsforall.org/mailling_list.html

UW Robotics Study – Participants Needed ASAP!

Qi An, a student at the UW, presented the basics of the study and what they require in volunteer for this research project:

Researchers in the Department of Rehabilitation Medicine and Computer Science at the UW are seeking people who have had strokes or brain injuries to participate in a federally funded research study about the effect of robot devices on arm and hand weakness.

If you are between the ages of 18 and 80, had a stroke or head injury at least 6 months ago, have weakness and increased muscle tone in your right arm, please call Cara at 206-685-3134 or email cstepp@cs.washington.edu

If you are doing physical therapy currently, you cannot do this study. Bus pass and \$10 per hour is paid. There are as many as three one hour sessions each week for up to eight weeks.