

Sun 19 Jun 2011

### **NEW FACES**

- Helga Broz and Judith Roed
- Linda Laing
- Raul Diaz
- Ti (?)
- Luke Reynolds

Great to see you all! I didn't get a chance to introduce Luke, but he has offered to give us some volunteer help. Thank you, Luke!

### **LIVING WITH APHASIA**

Nancy Alarcon from the UW Speech and Hearing Clinic gave us a warm presentation on living with aphasia. She pointed out that quality of life and how you feel at a given moment are not just black and white, but can be put on a spectrum. It's important to recognize this and to look for the good even when things seem all bad. We can bring barriers and frustrations down to a manageable level this way. We talked about individuals in our group who have worked hard and pulled themselves up. It's important to get out and get involved, something our group provides a good outlet for. Many people in our group have been helped immensely by Nancy and her staff, and we are so grateful to her for coming to speak with us like this!

### **MT. RAINIER TRIP**

The Mt. Rainier trip is coming right up: this Thursday June 23. Pickups will be at Northgate and Southcenter. If you want to join us at the last minute, please do! There are still several seats on the bus. To cover costs since the bus is not full, Dianne has asked for an additional \$10 per person which you can bring on Thursday. Please see <http://jblives.com/Raineer> for details, or call Dianne at 206-726-1799.

### **MIKE SIAS: "WHY USE THE GYM?"**

Mike gave us an interesting talk on using the gym. There are many reasons to: looks, health, meeting people, etc. He has been going to the gym two hours a day, five days a week, and described his evolution from being rather timid about it to now having many friends there. Kerry and others endorsed this, too, and made the point that it takes many, many, MANY repetitions to recover muscle control lost in a stroke. Thanks for the presentation, Mike!

### **JILL BOLTE TAYLOR IN SEATTLE**

Neuroscientist, stroke survivor, and author Jill Bolte Taylor is coming to Benaroya Hall in Seattle on Wednesday, Nov 2. She is the author of "My Stroke of Insight" in our library. She has made an incredible recovery from having completely lost language as the result of a devastating left-hemisphere stroke, and she tells the amazing story in her book. See her video at [www.ted.com/talks/jill\\_bolte\\_taylor\\_s\\_powerful\\_stroke\\_of\\_insight.html](http://www.ted.com/talks/jill_bolte_taylor_s_powerful_stroke_of_insight.html). Tickets go on sale July 15 for \$30, \$45, and \$60. There is a 10% group discount available, so I am taking names for our group. Let me know if you are interested, and I'll put you on the list. You can also purchase your own tickets.

### **ASSISTED MOBILITY RESEARCH**

Cadence Biomedical in Seattle is looking for participants in their research study. They are developing a medical device to help people with severe disabilities to walk. See a short video of this at <http://cadencebiomedical.com/news>. The study involves one testing session about 3 hours long. For more information contact Brian Glaister at 206.659.0614.

### **SAVE A STAMP, SAVE A TREE**

Please let me know if you want to go email only and opt out of receiving group mailings by postal mail. Help reduce the burden on the American Heart Association, which does our mailings for us. Let me know at [seattleyass@gmail.com](mailto:seattleyass@gmail.com), or 206-241-7693.

Thanks to everyone for a great meeting (even though the DVD wouldn't work... :-/). Next month is the July picnic at Gary and Dorrit's, and in August Pat and I will host the picnic. Stay tuned for maps, pot luck suggestions, etc. See you then!

Gerrit [seattleyass@gmail.com](mailto:seattleyass@gmail.com) 206-241-7693 (see our website at [www.SeattleYASS.weebly.com](http://www.SeattleYASS.weebly.com))