



Sun 20 May 2012

Great to see such a large and enthusiastic turnout yesterday!

#### NEW FACES

- Sidney Butt
- Katya Grishchenko & father
- Helen Easley & children Clifford and Betty

Welcome! We hope you can come again.

#### MARIA KELLEY, WA ASSISTIVE TECHNOLOGY ACT PROGRAM (WATAP)

Maria gave us a presentation of the assistive technology (AT) available from her agency. WATAP is a federally funded agency which provides low-cost or free programs to help people obtain AT. What is AT? Examples include hearing aids, durable medical equipment, and "I devices" (Apple iPods, iPads). WATAP can help you find AT, they lend AT to you, they have used AT, and they provide financial aid for purchasing AT. They provide consultation and evaluation to help you get the best AT for your needs. This can be especially confusing with the I devices! Maria showed us some examples of iPod and iPad AT for cognitive and communication support. If you want to take advantage of this excellent program, contact WATAP at 800-214-8731 or <http://watap.org> or email [watap@uw.edu](mailto:watap@uw.edu). Thank you, Maria!

#### JENNIFER MACNIVEN, BIONESS

Jennifer and her colleague Brian gave us a talk and demonstration of the Bioness line of electrical stimulation orthosis devices. These are devices which strap onto your forearm, knee, or thigh, and provide electrical stimulation to your muscles and nerves to cause your hand to open and close or your foot or leg to activate more normally. The leg or foot stimulation is synchronized with your walking, and the hand action is button or wirelessly controlled. The Bioness devices can help restore functioning and retrain the brain, no matter how long ago your stroke occurred. Gus Lampard strapped on the knee device for a demo, and we could see immediate effects. (He didn't want to take it off!) The devices are not cheap: \$6320 for the hand or knee and \$4500 for the thigh (which must be used with the knee device), but insurance coverage may be available and Bioness provides payment programs. VA does cover Bioness devices, and about 20-40% of other insurance policies do also. Jennifer and I will set up a screening day at Northwest Hospital for whomever wants to come in for evaluation and trial. I will send a notice when that is set up. You can also contact Bioness at 1-800-211-9136, [www.bioness.com](http://www.bioness.com), or [info@bioness.com](mailto:info@bioness.com). Many thanks to Jennifer and Brian!

#### NORTHWEST HOSPITAL STROKE AWARENESS DAY

Northwest Hospital is having their annual Stroke Awareness Day on Tuesday, May 29 from 3 – 5 PM. If anyone is interested in setting up a YASS booth, let me know and I'll put you in touch with the coordinators.

#### BRAIN WORKS WALK/RUN/ROLL-ATHON

On Sunday, July 29<sup>th</sup>, the second annual Walk, Run and Roll for Thought event will take place at Magnuson Park in Seattle, Shelter #2. Registration is 8-9 AM, opening ceremonies 9-9:30, and the walk is from 9:30-11. For more information contact the Brain Injury Association of WA at 206-897-5755, or see [www.braininjurywa.org](http://www.braininjurywa.org). This is a great way to help raise money and awareness for brain injury!

#### APHASIA DAY

Saturday June 30, from 9:00 to 3:00 at the Lake City Community Center, the UW Dept. of Speech and Hearing Sciences will present their 3<sup>rd</sup> annual Aphasia Retreat for aphasics, caregivers, and families. Highlights include research updates, improving quality of life after stroke, vendors and exhibits, testimonials, sessions for survivors and caregivers, refreshments and lunch. Don't miss it! Contact [shclinic@uw.edu](mailto:shclinic@uw.edu) or 206-543-5440 for more information or to register.

#### LEAVENWORTH ALL-DAY BUS EXCURSION

Dianne and Laura Cubell and John Brace are organizing an all day bus excursion to the Bavarian town of Leavenworth, Friday August 24<sup>th</sup>. There will be bus pickups at Northgate and Southcenter 9-10 AM, and you'll return 7-8 PM. Wheelchair storage is available, and a lasagne and salad lunch is provided. Cost is \$50 per person. This will be a beautiful and fun summer trip! Contact Dianne at 206-726-1799 for more details or to sign up.

#### AUGUST PICNIC HOSTS?

If you can host the YASS August picnic, let me know. Sharon Leitheiser volunteered for this but it may not work out.

#### 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 (contact info below).

Next month is Aphasia Awareness month, and we have some special presentations for that. We'll be back in our regular meeting room, too, for the last regular meeting before summer. See you all there!

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