



Sun 18 Nov 2012

Great to see everyone on a blustery November day for an excellent meeting.

NEW FACES

- Michael Popovich
- Kathy Timmons (for Jerry)
- Mark and Trisha Clement
- Wes Cline

The Clements and Wes Cline came all the way from Anacortes. Thank you all for coming, and I hope we see you again soon!

HOPE IS A FOUR-LETTER WORD

Graduate student Christine Kauh gave a review of the movie *Aphasia: Hope is a Four Letter Word* and led a discussion. Unfortunately we weren't able to get sound for the clips she shared, but I have ordered a copy of the DVD for our library so you can borrow it and watch the whole thing.

The movie is the story of actor Carl McIntyre and his recovery from a severe stroke at age 44 which included aphasia. It looks like a great film, very funny and well-produced, but it might be a little fast-paced for some aphasics themselves to follow. Christine highlighted three key elements of the film and we shared our own experiences along these lines:

- Changes in self-identity
- Changes in relationships
- Communication strategies

Christine's presentation is posted to the Resources page of our website here: <http://bit.ly/RMjZOh>. Thank you Christine!

OTHER FOUR LETTER WORDS

You know the ones I'm talking about: those curses you let out when you drop something, spill the milk, bark your shin, etc. We talked about this for a while, and how you get that toxic little burst of anger when you curse. I know after my stroke I was constantly dropping things, spilling, stumbling, and generally creating plenty of opportunities to get an R rating. I began to realize how the regular surges of anger which that caused were making me more irritable and prone to losing my temper. I'm not one to agree that "letting out your anger" is ever helpful. It's much better to sense when it's coming as early as possible and head it off. One helpful trick is to just say "Well, that wasn't supposed to happen!" when you drop something, or simply "Whoops!", or even nothing at all. You can feel the difference – your mood and temper stay nice and even through the whole event and you don't get that squirt of toxic anger. You'll even find that cleaning up the spilled milk is easier when you don't curse about it. Think about this for a motto: anger *never* improves a situation. Ever. Sometimes you need to be firm and persistent to get something done, but you will always gain more respect for yourself and from others when you keep your temper. Always. Now if I could only live like such a saint! :-)

A STRIKE AGAINST STROKE

Bert Paoli shared a good article about stroke in Nutrition Action newsletter, "A Strike Against Stroke". Very helpful and detailed, about "how to keep your brain in working order". The article is in the latest issue, Nov 2012, so it hasn't appeared yet on the website archives. Next month you can find it here though: <http://www.cspinet.org/nah/archives.html>. Nutrition Action is a great newsletter, and you can find out about subscribing on their website too.

SID PETERSON

Jerry Boen brought Sid's obituary to my attention. Sid has been a member of our group for a long time, although I never met him. Unfortunately his memorial open house was during our meeting time yesterday. If you want to see his obituary or contact his family, please visit www.washelli.com/obits/.

APHASIA-FRIENDLIER MEETINGS

We continue to try to make our meetings more friendly to those with language difficulties. If you have any suggestions or requests, please contact me (see below) or Reva Robinson at revamarine@gmail.com.

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).

See you all next month for the rollicking YASS Holiday Party & Potluck! Pick up a cheapie gift and wrap it if you want to participate in the ruthless Gift Exchange, which involves as much larceny as gift-giving. Rules will be posted in the next meeting announcement. See you there!

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