



Sun 20 Jan 2013

Thanks to everyone for an excellent meeting! Great to see you all there.

NEW FACES

- Kevin and Debra Sievers(?)
- Don Miller and Garrett Jackson
- Vaughn Pruitt

(Sorry, I can't quite make out Kevin and Debra's last name.) Glad you could make it, folks, and I hope you can come again.

STAN AND JAN SHIPLEY

Stan and Jan are long-time group members who gave us an in-depth look at their stroke story. Stan's stroke was 16 years ago. He had a year and a half before retirement from a 30-year career as a Boeing engineer when a devastating stroke hit him just as he came home one night. He was treated at Group Health, and then transferred to Virginia Mason for rehab. His treatment there was excellent. He returned home in a wheelchair, pretty discouraged and overwhelmed. Gradually, and with tremendous effort, he began to regain the use of his right side to some extent. He did slow laps down his hallway and many hours of exercises every day. He was able to return to work in a wheelchair to finish his career by mentoring younger engineers. He found his colleagues and supervisor to be very attentive and supportive. Finally Stan began to walk using a four-footed cane, and eventually to drive again. Now he walks without the aid of the cane. He and Jan related a couple funny stories about not being able to zip up after a visit to a fast food restroom and doing a slow-motion fall into a pile of Costco pillows. Gotta keep that sense of humor! From having their lives turned upside down and struggling through one day at a time to the good life they now share, Stan and Jan have made a courageous journey. They now volunteer with the Boeing Bluebells and enjoy their grandchildren and family to the fullest. Thank you for sharing your moving story with us, you two!

GREAT GROUP!

We shared many stories and words of wisdom. Each one of us has a dramatic and moving story to tell, and some hard-won insights to share. Thank you to all who spoke up and shared! You help more than you will ever know.

YASS P-PATCH

Indefatigable Alice Hanson has secured a disabled-friendly YASS P-Patch for us, so we can garden and raise our own vegetables this summer! There is a 3-year waiting list for these, but Alice pulled some strings and got us into a plot near Jackson Park, not far from our meeting place at Northwest Hospital. The plot is not wheelchair accessible, but it is raised and easy access. The normal \$40/year fee has been waived for us, and Alice can get free seeds, water, and fertilizer from the city. Please contact her if you are interested in participating, at Alice344@yahoo.com or call Gerrit at 206-241-7693. What a great opportunity to work that green thumb of yours! Many thanks to Alice.

LINGRAPHICA

I received some information from an interesting company called Lingraphica, which makes speech generation and therapy devices developed specifically for aphasics. If you are interested in learning more, please see www.lingraphica.com or call Georgia Upshaw at 510-981-0406.

UW SUMMER APHASIA PROGRAM

The UW Speech and Hearing Clinic will be offering their Summer Program from late June to early August 2013. Applications are due by March 15. New evaluations are \$200, group treatment sessions are \$15 each and individual sessions are \$30. We have a world-class aphasia clinic right here at the UW – take advantage if you can! Email shclinic@uw.edu or call 206-543-5440 today.

STEVE MITCHELL CONCERTS

Member Steve Mitchell is a professional musician who continues to play free concerts at his old rehab clinic, Health and Rehabilitation of North Seattle, 13333 Greenwood Ave N. If you'd like to come enjoy the show Friday afternoons at 2:00, call David or Irma in the Activities Department at the clinic, 206-362-0303.

STROKE SMART MAGAZINE

Get your free subscription to this great magazine put out by the National Stroke Association at www.stroke.org or by calling 800-787-6537.

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. Reva directed some UW grad students to help as individual communication aides last meeting with encouraging results. We'll continue with this next meeting.

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 next month!

Gerrit SeattleYASS@gmail.com 206-241-7693 (see our website at www.SeattleYASS.weebly.com)