



Sun 21 Apr 2013

Great to see all 73 of you at the meeting yesterday! What a great turnout.

NEW FACES

- William Neal
- Jan Brown
- Virginia Ashley
- Maria and Kwan Ong
- Carrie and Donna Cable

It was good to see you all. Hope to see you again!

EXERCISE ON THE CHEAP

Mike Gordon and I demonstrated our simple, quick, and cheap exercise routines. You don't need a gym membership, schlepping down to the gym and back, exposing yourself in public, DVDs, or a fancy Nautilus machine to reap the rewards of regular exercise! Mike uses some simple equipment he made himself, including a \$12 multi-purpose sliding platform/seat from a plastic tub, an old belt, and some foam pads. He emphasized the importance of stretching to avoid the spasticity and clenching which often accompany brain injury. He demonstrated several exercises to stretch and strengthen the big muscles of the legs and the back, and showed how it improves his gait. He also offered to make one of his multipurpose platforms for anyone for \$10 (special introductory YASS price).

My exercise equipment isn't much more sophisticated. I use an elastic band with handles, available from Big 5, Fred Meyer, and elsewhere for about \$15. You can get a great aerobic workout for your whole body easily using one of these. Suggested exercises come with the bands, and you can improvise and make up your own, too. Look at people with vigorous outdoor lives – farmers, construction workers, laborers. They don't have a tailored set of exercises they do, they just work! You can do that too. Just work those muscles and vary your movements. You can feel when you're getting a good workout. Start slow and work up to at least 20 minutes a day for 3 or more days a week. You'll sleep better, feel better, live healthier, have better posture and fewer injuries, and win a Nobel Prize. Well, maybe not a Nobel Prize...

MORE ON EXERCISE

There were all sorts of suggestions for good exercise routines: walking, swimming, dancing, martial arts, squeezing tennis balls for the hands, and even a clever suggestion from Betty Easley (I think I got that right): incorporate exercise into your daily life. When you walk from one room to another, crouch down or bob as you go to work your legs more. When sitting, lift your legs straight out now and then. Carrying laundry, lift it over your head repeatedly. The neighbors may think you're a little strange, but we're used to that, right?

EXERCISE RESOURCES

There were many recommendations for particular programs, too:

- "Sit and Be Fit" exercise for the wheelchair-bound, KBTC TV Monday-Friday at 9:00 AM. www.sitandbefit.org
- Greenwood Senior Center has Karkeek Park hiking groups and less-strenuous walks too: www.phinneycenter.org/gsc/ or 206-297-0875
- Gentle yoga in Ballard for brain injury survivors: 206-547-2526
- Member Hiroo Ito is a karate instructor at Northwest Martial Arts in Bothell, 206-313-4688
- The city of Shoreline provides recreation programs at various locations, also a pool, <http://bit.ly/17QpJ1G> or (206) 801-2700.

AND BRAIN EXERCISE TOO

Don't forget to exercise that gray matter, too. A meditation class for brain injury survivors is given at the Good Shepherd Center in Wallingford. Call 206-547-2526 or email JanetNov@msn.com. Board games can be great for mental and fine-motor exercise, and puzzles like crosswords and Sudoku work out the brain too. Northwest Hospital also has a program of games for aphasics called "Let the Games Begin". See the YASS website (link below) under Resources, Aphasia.

STROKE AMBASSADORS WANTED

The American Heart & Stroke Association is looking for volunteers to be a Stroke Ambassador. You would be a leader in raising community awareness, serving as a face of stroke survival, attending stroke related meetings and public presentations, and sharing your story. Learn more about it and find an application form on our website at http://seattleyass.weebly.com/uploads/3/0/9/7/3097963/stroke_ambassador.pdf.

VOLUNTEER BANK

Let me know if you want to volunteer or need services from the YASS Volunteer Bank. Cooking? Cleaning? Delivering the occasional meal? Driving to appointments? Shut-in visiting? Reading aloud? Communication practice? You can help!

OUR UW VOLUNTEERS

Reva Robinson and her UW volunteers have become an integral part of our group. Reva coordinates the volunteers each month. They help with the table and chair setup and takedown, member needs, and as communication partners through the meeting. Reva coaches our speakers before each meeting about the special needs of our group, and has put together a video for prospective volunteers. We owe them our heartfelt gratitude! There is now a permanent tribute to them on our website "About Us" tab.

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.

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!

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