



Sun 17 Nov 2013

A huge turnout yesterday! I didn't count, but there must have been 70-80 people there. Great to see you all!

#### NEW FACES

- Rose and Jason Thomas
- John Baker
- Dehlia Aker

Welcome, you newcomers. We're glad you found us and hope you'll come again.

#### MEMBER MIKE PURDY

Mike gave a terrific presentation of his life pre- and post-stroke, his recovery, and a little of his philosophy. Here are some highlights:

- Remember to thank your caregiver and also to be grateful. You have the chance to get better and better – many illnesses don't.
- Mike was a DJ on many radio stations for 30 years before his stroke. He got his start in the Tri-Cities and has been on many local stations in Seattle. (You can tell – he has a beautiful speaking voice!)
- His stroke happened in July 2000, when his family was not home. The first symptom was loss of sight in one eye. He drove himself to the ER, was misdiagnosed, drove home, and fell over at his treadmill shortly thereafter. He lay helpless for hours till his daughter came home and called 911.
- He spent 3 days in ICU and a month in rehab. He now has right side paralysis, left eye blindness, and aphasia.
- Mike is proud of re-learning how to drive and of his vintage Mustang. He won an award for best '86-'87 Mustang in a car show in 2010. (Although, he sheepishly admits, he was the only entry in that category! He WAS the best though, ya gotta admit.)
- He wrote two screenplays before his stroke, which he wants to publish on line. One is already posted and he is working on the second.
- Mike has a website and Internet radio station, which you can find at [www.9spot.com](http://www.9spot.com). Building and maintaining the website has been very rewarding, and he will give you some starter tips if you're interested in your own.

Thanks a million, Mike! You gave a great presentation and touched many lives.

#### JOANNE SHOEMAKER BACK SURGERY

Joanne Shoemaker, Bill's caregiver, had surprise back surgery a couple weeks ago. Send her a note or give her a call at [jxshoe@hotmail.com](mailto:jxshoe@hotmail.com) or 206-242-3427. We missed you!

#### CELE DINSDALE PASSING

Cele arranged for YASS to have our summer picnic at her assisted living place a couple years ago, which was very kind of her. I recently learned that she has died. I don't know of any next-of-kin – if you do, please let me know so I can send group condolences.

#### SEX AND INTIMACY AFTER STROKE

I've been looking into resources for this after we broke the ice on the subject back in May. The National Stroke Ass'n has a webinar "Sex and Sexuality After a Stroke" with Dr. Sara Palmer which you can find at <http://bit.ly/1cCQU00>. I have lined up a local expert who will speak with us next April, also, so stay tuned.

#### "STROKE OF GENIUS" CD FRENZY

All 50 copies of Marc Black's new CD "Stroke of Genius" sold in short order yesterday. (Don't worry, Soren & Velma, Bill & Kathy, I held yours out.) If there is enough interest to order another batch I will (they're only available in lots of 50 for our special price of \$2). You can listen and read at [www.cdbaby.com/cd/marcblack4](http://www.cdbaby.com/cd/marcblack4), and let me know if you're interested.

#### MONTHLY GAME NIGHT

Members Teresa and Brad Bartz are organizing a monthly get-together to play board games, cards, etc., at their house in Woodinville. Contact them at [TeresaBartz@hotmail.com](mailto:TeresaBartz@hotmail.com) or 425-408-0813 for details if you're interested. Sounds like fun!

#### SMALL GROUPS

After our presentations we broke up into small groups. There was so much excitement and participation, there was quite a happy buzz in the room! The theme was "your personal triumphs", in keeping with Mike Purdy's talk. It is really great to see so much participation, advice, and support being shared. Feel the love, YASSers!

#### FOR SALE

- Electric wheelchair, Jazzy Select 6, like new. \$4025 new, asking \$1500. See <http://www.pridemobility.com/jazzy/jazzyselect6.asp>
- Standers 30" bed safety rails, \$80 new, asking \$40. See <http://stander.com/30q-safety-bed-rail>
- Drive Medical bed handle, new \$54, asking \$25 <https://www.drivemedical.com/index.php/patient-room/bed-rails/home-bed-assist-rail.html>

Call Sally at 206-243-9591.

#### 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](http://seattleyass.weebly.com/uploads/3/0/9/7/3097963/stroke_ambassador.pdf).

Next month is the YASS Holiday Party. It will be on **SUNDAY Dec 22** from noon – 3:00, since we can't get our room on Saturday for that time slot. Apologies to those who have conflicts. The party is pot-luck, and bring a small (\$5) wrapped gift if you want to participate in the Gift Exchange. Don't get too attached to the gift you receive though. You'll find out why...!

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