



Sun 19 Jan 2014

Nice to see everyone yesterday! A big turnout, and a good workout too.

#### NEW FACES

- Bill Marel and wife Janet

Welcome, folks! Bill is a long-time software developer with a blog at <http://websitewright.com/>.

#### COACH LISA, MUDPUDDLE FITNESS

Lisa Steubing from Mudpuddle Fitness gave us a great presentation and led us in a fitness workout which had the whole room jumping! Here are some highlights for her fitness and rehab regimen:

- Her approach is to isolate muscles, mirror left/right, practice (lots!), and coordinate muscle action (pushing/pulling, etc.)
- Memory can be a pathway to movement, such as familiar dance tunes, etc.
- You must have fun for exercise to be beneficial! Don't use music you don't like and don't make exercise a drudgery.
- Music and rhythm are important – they fire up the whole brain.
- 20 minutes a day of moderate exercise is great, and can actually grow new brain cells which are more resistant to stress.

You can find a copy of Lisa's presentation on our website Resources page: <http://bit.ly/19FABgs>, and you can contact her at 206-524-6788 or [CoachLisa@MudPuddleFitness.com](mailto:CoachLisa@MudPuddleFitness.com). She is available as an in-home personal trainer and also works with groups. Her rates are very reasonable. Get a few neighbors together and get a regular Coach Lisa exercise routine going! Build your body and build your brain.

#### A KINDER, GENTLER GIFT EXCHANGE

The YASS cutthroat gift exchange at our holiday party is lots of fun, but it does sort of emphasize greed and "getting" rather than the giving. A pretty sizable majority yesterday wanted to try a kinder, gentler approach where a gift is merely given once, so we'll give that a try next December.

#### ACETAMINOPHEN WARNING

The FDA has warned that large doses of acetaminophen (Tylenol, etc.) can cause liver damage or even death, especially in combination with alcohol. They recommend to keep your dosage to 325 mg/day or less.

#### LINGRAPHICA HANDOUTS

Lingraphica sells aphasia aid devices: [www.aphasia.com](http://www.aphasia.com). I still have some full brochures of their product line – let me know if you want one.

#### NO TALKING!!

Talking during presentations or when someone is speaking is becoming a real problem in our meetings. It is rude, disrespectful, and distracting, especially for your aphasic neighbors. One of the greatest things about our group is the respect we have always shown to everyone, especially those with communication difficulties, and it's dismaying to see that disappear. Please, folks, DO NOT TALK AT ALL when someone is speaking!

#### DISABLED DRIVING

Barry and Jan Rodda showed us a clever mechanism you can get for your car which allows you to operate gas and brakes with your left foot only. Search for "left foot driving" on the Internet for many options. Jan's device was about \$300, very well built and rugged. You can also get a steering wheel knob for one-handed steering. Bill Marel recommends getting one which swings out of the way for two-handed drivers, and tells us that they are legal with a doctor's note. In April we will have a speaker from the state department of licensing who will tell us more about disabled driving.

#### CLEVER CANE TIP

Tim Malm shared a clever small 4-footed cane tip you can get at Bartell's for cheap. It is small, but it allows you to stand your cane up anywhere.

#### OPENING JARS ONE-HANDED

Here's a tip for opening jars one-handed, from John Brace: open a hip-height kitchen drawer, wrap your jar in grippy stuff (which you can get for free at our meetings), place the wrapped jar in the drawer, hold the drawer closed on it with your hip, and twist the lid off with one hand. Clever!

#### PREGNANCY AFTER DISABILITY

If you would like to participate in this research, please contact Melissa Schiff at the address on this flyer: <http://bit.ly/1mr6PpE>.

#### NEED A RIDE FROM THE EASTSIDE?

Sue Phillips has offered to give rides to meetings from the Eastside. Contact her at 425-641-8826 or [petrossue@gmail.com](mailto:petrossue@gmail.com). Nice to see you again, Sue!

#### 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!

#### 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.

Thanks for a great meeting, and see you all next month!

Gerrit [SeattleYASS@gmail.com](mailto:SeattleYASS@gmail.com) 206-241-7693 (see our website at [www.SeattleYASS.weebly.com](http://www.SeattleYASS.weebly.com))