



Sun 16 Mar 2014

A great turnout and many new faces yesterday!

NEW FACES

- Casey Ness
- Greg and Kim Jesionowski
- Howie Martin and Marcia Kato
- Ruthie Millner
- Bruce King and Theresa Townsend
- Peter Harrington

Glad you folks could make it, and I hope we'll see you again soon.

DARYL HAMILL FROM THE WA DEPT OF LICENSING (DOL)

Daryl gave us a great guide to re-acquiring your driver's license after stroke. Here are some highlights of his talk:

- The DOL wants to evaluate whether a person can operate a vehicle safely. The driving test is the final say, not the written test.
- The DOL can learn that someone should be re-tested from a police report, a doctor, a license examiner's observation, or from any individual.
- The re-testing exam is the same test and scoring method as for an original license.
- You only get three retries for your driving test, total, so don't rush into them and use them up.
- Your license may have restrictions put on it, such as requiring certain mirrors, driving aids, automatic transmission only, etc., at the examiner's discretion. It's fine to rely on these aids during your test.
- You can get a permit to drive with an experienced driver along while you are re-learning.
- A driving re-test must be performed at a DOL office. Schools, etc, cannot provide this.
- The AAA and AARP provide good driver education courses for those who want to improve their driving skills and reduce insurance costs.

There were many questions and much interest, and Daryl wrapped up his presentation with a sweet quote from Dr. Seuss's "Oh, the Places You'll Go". The presentation is posted on our website Resources page at <http://bit.ly/1hpC2F4>. You can contact the DOL at www.DOL.wa.gov/driverslicense or 360-902-3900. Thanks, Daryl!

APHASIA DAY REPORT

We had several YASS representatives at the UW Aphasia Day event last Saturday. Jane Gilnick reported that attendance was high and the presentations were interesting, and our presence there was welcome. Thanks to Jane, Judy, Duane, and Bert for their help! (Congratulations to brand-new grandma Jane, also!)

WALKER & SCOOTER FOR SALE

See <http://bit.ly/1oDbp5d> for pix & info, and call Tony Mar, 425-424-8800 or tjmar@live.com if you're interested.

YASS VOLUNTEER BANK

Brad Scholz has added his name to our bank of service volunteers, offering light contracting work like shingles, gutters, minor home repairs, etc., free to YASS members. He joins Gary Ruen for plumbing help and Mike d'Ambra aka "ErrandMan" for shopping, pick ups, drop offs, even light cooking (he was a personal chef), who only asks gas money. What a great group we have!

FREE FELDENKRAIS

There is some evidence that the Feldenkrais method of soft tissue manipulation can help with stroke recovery. Steve Liebig is a 4th-year Feldenkrais student who is offering treatments for free. He is in the Greenwood area. Contact him at riodreaming@gmail.com or 206-414-8942.

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.

FREE NEUROLOGY MAGAZINE

Sue also told me about magazine, Neurology Now, which is free and helpful. Look them up at www.NeurologyNow.com.

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 or 425-408-0813 for details if you're interested. Have some fun!

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

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