



Sun 22 Jun 2014

Many smiling faces yesterday, having braved the horrible traffic on a sunny Solstice. The marathon, the Fremont parade, and road construction had Seattle at a standstill. Thanks for coming and for your contributions!

NEW FACES

- Kathleen O'Connor

Welcome to the group, Kathleen!

MIKE TRAN STROKE DETERMINATION FOUNDATION

Member Mike Tran told us all about his Stroke Determination Foundation (SDF). His mission statement is "to create a network for stroke survivors, family members, caregivers and friends to connect through events in the community, and provide tips and resources for recovery" and his goals are to "recover, rehabilitate, and celebrate". Mike told us about his struggles, disappointments, and achievements, and he read a moving poem of his. Mike has organized inner-tubing parties at Snoqualmie Pass and tailgating parties at Husky football games. He shared his goals and life "game plan", and encouraged us to do the same.

Mike's determination and optimism are a model for us all. He is to be admired and we're lucky to count him as a friend. You can find out more about the SDF from the link on our website Resources page or here: <http://bit.ly/1imTD6v>. Thank you, Mike!

RACHEL LIU: REACHING YOUR GOALS

Rachel Liu is a graduate student at the UW, and for Aphasia Month she gave us a presentation on tips to help with "executive function": setting and achieving daily goals. She used examples like getting a soda or baking some cookies to help break down a simple daily task into its separate parts. It's amazing how complicated even a simple task can be! No wonder it can be difficult.

Rachel emphasized the importance of "self talk", or literally talking to yourself through the process of reaching your goals. Every step of the way, ask yourself "what am I doing?", "what do I want?", "what materials do I need?", "what are the steps to follow?". This helps keep your focus and eliminate distractions.

Any task can be broken down into Goal → Plan → Do → Review. Pace your work and self-talk through the whole process. Rachel and the group contributed some ideas for organizing your work: calendars, planners, clock/timer reminders, color coding, putting all your baking needs on one cart, re-writing recipes so you can easily follow them, etc.

Rachel's presentation is on our website Resources page here: <http://bit.ly/V2LZUw>. Thank you, Rachel!

KATHLEEN O'CONNOR: "GIFTS FROM A STROKE" STORIES

Recent stroke survivor Kathleen O'Connor told us her story and about the book she's writing, "Gifts From A Stroke". Kathleen is a journalist, columnist, author, and patient advocate. She is looking for stories about your experience with the health care system, what worked for you and what didn't, and to give voice to patient needs. Please contact her on our Resources website page, Kathleen2501@gmail.com, or by mail at 2501 Canterbury Lane E #320, Seattle, WA, 98112. See her blog at www.oconnorreport.com, too. Nice job and many thanks, Kathleen!

HAND/ARM FUNCTION STUDY

Namrata Grampurohit, researcher from the UW, is putting together a study of hand and arm function. The study is to evaluate how hand and arm function problems affect your daily life. There will be interviews and group discussion at the UW clinic. You will be reimbursed \$35 plus parking if you participate. If you are interested please see <http://bit.ly/1nvwlO6> or call 206-353-6054.

MARC BLACK CONCERT VENUE?

Remember the CDs we got last November by Marc Black – "Stroke of Genius"? You can learn about him and listen to more of his songs at <http://www.marckblack.com/web3/>. Anyway, he may be in Seattle this November or next spring, and would perform a concert for us if we can provide a venue large enough for maybe 40 – 80 people. Let me know if you have any leads or ideas, and Marc and I will nail it down.

SEND ME YOUR STORY

You never know who you will inspire or connect with! We all have powerful stories to tell, and writing them down is good therapy. Send me your stroke story, your philosophy, or what you've learned and I will post it to our website for the world to discover.

JULY PICNIC HOST?

Please let me know if you can host our July picnic. It can be at your house, or a park, church, community center, etc. if you can arrange it. Hosts usually provide the place and accommodations for about 60 people, and the main course (such as burgers & hot dogs). The rest is potluck, and we can provide help for setting up and cleanup. The YASS coffee fund can also help out with \$100 toward expenses. It's a big job to host a picnic, but rewarding to provide a fun event for your YASS friends. Let me know by July 4 so I can put it in the announcement.

Thanks for a great meeting everyone! There will be no meetings in July and August, but we'll have an August picnic for sure and possibly a July picnic. Picnics will be on the same day as meetings – the third Saturday – but from noon to 3:00. I will send out notices just like usual, with maps etc.

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