



Sun 16 Nov 2014

Nice to see everybody on a clear, cold November day yesterday.

NEW FACES

- John Minnix and Sherry Amundson
- Rick and Kristy Millette

Glad you could come, folks, and I hope you can make it again!

WASHINGTON RELAY SERVICE

Johnny Galegos from Washington Relay gave us a presentation of their assisted telephone services. Here are some of the highlights:

- Washington Relay provides a third party to help interpret phone calls for you.
- You simply call 711 to connect with a Relay operator. They will then connect you to the number you're calling and provide assistance.
- The service is free, provided by the state. You need to fill out a qualification form with a doctor's signature.
- Assistive phones are available too: amplified, text-display, keyboard (TTY) and for the physically impaired. You may qualify for free equipment.

This is a great program for those who have difficulty communicating on the phone. You can contact Washington Relay at 1-800-676-377 or askwashingtonrelay@dshs.wa.gov. I've also put a link on our website under Resources / Aphasia. Thanks for the useful information, Johnny!

INSPIRATIONAL SPEAKER BARRY LONG

Barry Long was in a high-speed motorcycle accident in 1991 which left him paraplegic and wheelchair-bound at age 22. He has had an astounding life despite this: hitchhiking around the world, bungee jumping 8 times, crowd-surfing in mosh pits, *all in his wheelchair!* Barry has a spirit too big to be confined by a mere wheelchair, and he shared some of that with us:

- Don't dwell on yesterday or you forget about tomorrow.
- People will want to be around you if you choose to be pleasant and positive.
- Asking for help is not a sign of weakness – it takes courage.
- Live is too short to not enjoy it.
- Learn to have selective amnesia – forget the bad stuff while still learning from it.

And above all, just get out there and do it! Barry has also contributed to a book on accessible hiking trails in Washington. You can read about it in a recent Seattle Times article at <http://bit.ly/1u6UKsa>. He can be contacted at Talk and Roll Enterprises, www.talkandroll.com. Thanks a million for the entertaining and inspiring talk, Barry!

YASS MOVING TO EMAIL-PREFERRED

I sent postcards to all members who aren't email-only, with a notice to those with email addresses on file that I would like to switch them to email-only. That will happen after the Holiday party. If you don't use email, that's fine – you'll still get postal mailings. But if you do, let's make the switch. It will save the American Heart Association (who does our mailings) hundreds of dollars a month.

SPEECH CHANGES RESEARCH

If you would like to participate in UW research to understand how speech disorders impact daily lives over time, please contact Carolyn Baylor at commpart@uw.edu or 206-221-3563. More details can be found on our website under Resources / Current Events, or at <http://bit.ly/1vkcuUT>.

DECEMBER HOLIDAY PARTY

There was a general consensus that the 3rd Saturday is preferred for our December Holiday Party. That makes it easier to schedule our regular room, but I think we will only have the 2:00 – 5:00 slot available. Late potluck lunch, anyone? I had some good suggestions for a kinder, gentler gift exchange, too, with the emphasis on giving rather than getting. Details will come with the party announcement.

SPINAL CORD REPAIR

European researchers have developed an amazing technique for repairing spinal cord damage using a patient's olfactory (smelling) nerves. A paraplegic patient has begun to walk and to have lower-body sensation after the procedure, which may someday be applicable to stroke survivors too. You can read a BBC article about it here: <http://bbc.in/1tGr74H>.

CHRISTMAS GOODIES

JoAnn Shoemaker brought a table full of Christmas decoration items to give away. Thanks for your generosity, JoAnn!

TIM AND SANDIE IN AZ

Group members Tim Oswald and Sandie Hasegawa have moved to Arizona. We'll miss you folks, and good luck!

Thanks for a great meeting! See you all at the party next month.

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