



Sun 22 Feb 2015

Nice to see everybody yesterday, on such a beautiful spring-like day. Hard to believe it's still February!

---

#### **NEW FACES**

- Jim Denison

Glad you could come, Jim! Hope to see you again.

---

#### **HARRIET OTT AQUATHERAPY**

Harriet Ott from Community Integration Services gave us an excellent presentation of the benefits of aquatherapy, including a slide show, videos, and some guest testimonials. Several in YASS have gotten great benefits from her program, including Bill Shoemaker, Marie Ray, and Hiroo Ito. JoAnne Shoemaker shared the tremendous progress Bill has been making, including walking the width of the pool unaided and relaxed spacticity.

- The pool allows mobility – you can leave your assistance devices (canes, walkers, wheelchairs) on the deck.
- In the pool there is decreased pain, increased range of motion, strengthening, stretching, and toning, improved balance and coordination, and good exercise particularly for the heart and lungs.
- The hydrostatic pressure of the water reduces swelling and helps shift your body fluids back "uphill". Circulation is improved, and there is reduced joint pressure.
- The viscosity (thickness) of water compared to air means you work 4 times harder to move in it. But the buoyancy the water provides means you don't have to work as hard to keep upright. You effectively weigh much less in the water.
- Harriet and her team work primarily at the Bellevue Aquatic Center, 601 143<sup>rd</sup> Ave NE, Bellevue, 98007. This facility provides a warm springs pool (90 degrees), family dressing rooms, accessible bathrooms and showers, easy pool entry with ramps, stairs, and handrails, water wheelchairs, lifts into and out of the pool, and a range of water depths. This is unique in the area, but your local pool may have similar facilities. Contact Harriet (below) and she can help you with that.
- Harriet has taught many to swim using only 2 or 3 limbs. She showed remarkable video of first-time swimmers, and guests also gave their testimonials yesterday.
- It costs \$6 - \$7 for entry to Bellevue Aquatic Center, and Harriet's rates range from \$50/half hour to \$85/full hour for individual sessions, less for group sessions. It's a great bargain for the huge benefit you receive in therapy and fitness.

Aquatherapy is a wonderful way to get exercise, improve your functioning and mobility, and have fun. Contact Harriet at 425-830-7746 or [harrietott@comcast.net](mailto:harrietott@comcast.net), or see her website at [www.cisaquatics.com](http://www.cisaquatics.com).

---

#### **UW STUDIES**

There are three studies going on at the University of Washington which may be of interest: two on aphasia and one on brain-computer interface control. I only have details for one right now, but I will post forms for all of them on our website (see below) under Resources / Current Events, and will send email with the forms also. Look for that in a day or two.

---

#### **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.

---

#### **FREE STROKE SURVIVOR MAGAZINES**

Neurology Now can be found at [www.NeurologyNow.com](http://www.NeurologyNow.com), and Stroke Smart, the magazine of the National Stroke Association can be found at [www.stroke.org/stroke-resources/strokesmart-magazine](http://www.stroke.org/stroke-resources/strokesmart-magazine). These are both excellent resources for survivors and caregivers.

---

Thanks for a great meeting! 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))