



Sun 19 Apr 2015

Great to see everyone yesterday!

NEW FACES

- Tracy Nelson
- Jan Simonds, and Casy and Larry Shannon

Glad you could come, folks, and we hope to see you again.

EXERCISE AND FITNESS

Why exercise, anyway? It's difficult, it's uncomfortable, it makes you sweat and takes time, bleah... Yeah, but it makes you feel better, pulls you out of the doldrums, makes you more able to do your normal tasks, helps you lose weight, stimulates your cardio-vascular system, and helps you live longer and better. Wow, sounds like a pretty good tradeoff to me!

We talked about our different ways to exercise. Walking, swimming, a Sobu ball, the gym, and even using bottles of water for weights all came up. It's important to ease into an exercise program, and to stretch before each session too. Having trouble with motivation? Commit to five minutes, that's all. Then at the end of that you might feel like another five, and so on. Whether exercising or getting motivated, take it in small chunks.

Jane Gilnick recommended Sit and Be Fit, a TV program found on PBS stations. There is also a website for them, and you can find your local schedule at http://www.sitandbefit.org/we_air. She also recommended Sound Steps, a local walking program from the City of Seattle. Find out more at <http://www.seattle.gov/parks/seniors/soundsteps.htm> or (206) 684-4664.

MY EXERCISE PROGRAM

Responding to popular acclaim (one request), here's my program:

→ Pushups, crunches, "bend-overs", squats, chin-ups, "twists", and lunges.

This is a good whole-body workout. Crunches are like situps, but pull your knees up too. "Bend-overs" involve standing with legs and back straight and bending slightly forward at the waist while holding weights. (Ease into this one, because it works the very muscles you tweak when you throw your back out. Once you're strong you won't throw it out, though.) Squats, aka deep knee bends, can be shallow for beginners with increasing dips. Do chin ups with your palms facing away from you to avoid elbow pain. "Twists" involve twisting your core back and forth with your arms straight out, and lunges are stepping forward and lowering down with each leg, with your hands on your waist.

BRAIN/COMPUTER INTERFACE FOCUS GROUP

Meet with a group of your peers to help decide how to develop new technology for connecting brains and computers, April 29, 4 – 6 PM, in downtown Seattle. You'll receive \$75 for your time. See the flyer at <http://bit.ly/1G8gN8o> or contact Katherine Schomer at 206-462-6381 kschomer@prrbiz.com.

AHA HEART WALK

The American Heart Association Heart Walk is on October 17 this year, the same day as our October meeting. If anyone would like to be a team captain and participate in the walk (held from about 8 to 10 AM) please let me know.

HELP TRAIN FUTURE THERAPISTS

If you would like to help train future therapists with their interviewing and evaluation skills please contact Cyndi Robinson at 206-598-5366 or cyndirob@uw.edu. Sessions will be at the UW Health Sciences Department. There is no fee, and you will be reimbursed for on-campus parking or bus fare. There may be other opportunities, also, including home exercise programs.

1st ANNUAL YOUNGSTROKE INTERNATIONAL CONFERENCE

The first annual YoungStroke conference will be held in Jacksonville, FL, June 27-29. Learn more at www.youngstroke.org. The organizers are also looking for videos of you performing an inspirational song, with a \$500 cash prize for the first place winner. Submit your video by April 30! See <http://bit.ly/1JjImvQ> for details.

GUITAR AND PIANO RE-TRAINING

Get your music back in Wednesday sessions with Phil See, musician and instructor, at the Swedish MS Center. Free one-on-one sessions are being offered for musicians who have lost their abilities due to neurological condition. Contact Mallory Higgins at 206-991-2099 or mallory.higgins@swedish.org to set up an appointment.

SAD NEWS ABOUT JAN BROWN

Vivacious and helpful YASS member Jan Brown has suffered a serious hemorrhagic stroke. She is blind and cannot speak. She is in Northwest Hospital, but her neurologist does not recommend visiting. She won't recognize you or know you're there, and she tends to become agitated. Our hearts go out to Jan and her friends Virginia and Frank.

STRIKE OUT STROKE BASEBALL GAME

YASS member Mike Tran is organizing a trip to the Mariners first annual Strike Out Stroke baseball game to raise awareness and to promote acting F.A.S.T. Groups of 20 or more will have their names displayed on the scoreboard after the 4th inning. The game is against the Indians on Friday May 29th, at 7:10 PM, at Safeco Field. Tickets are \$12, and everyone is welcome. Contact Mike at sdfoundation.uw@gmail.com or 206-713-8859.

REVA, ALEX, AND NIA

Our volunteer coordinator Reva Robinson and her partner Alex brought their newborn Nia to visit, born just last Christmas. What a cutie!

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

Gerrit -- SeattleYASS@gmail.com -- 206-241-7693 (see our website at www.SeattleYASS.weebly.com)