



Sun 22 May 2016

What a great meeting yesterday – song, dance, and smiles! Thanks to everyone.

NEW FACES

- Scott Alba

Great to see you Scott, and we hope you can come again.

NEUROTANGO

Gabriela Condrea gave a wonderful presentation on her method for improving mobility called NeuroTango. It has developed from her experience as a tango instructor, and involves elements of dance and the tango concepts of connectedness and interdependence between dancers. Gabriela was featured on the front page of the Seattle Times on March 28 for her work with stroke survivor Tho Nguyen, who went from not being able to walk to over 100 steps unaided now.

- The ingredients: determination and courage, and the Tango Connection.
- Meet yourself where you're at. Start from where you are now. Love even the things about yourself you don't like.
- Neuroplasticity + Tango = NeuroTango, retraining the brain. It is a bridge between therapy and your regular activities.
- Helps muscle movement (mobility), posture, balance, coordination, spatial awareness, responsiveness, and confidence.
- Suitable for mobility from normal to being able to stand with some aid.
- When you dance, you are four-legged. You trust your partner's legs as if they're your own. You balance together.
- Confidence can be called self-trust, and you build that together with a partner in NeuroTango.

Gabriela conducted us through some gentle initial moves with partners and music to demonstrate the basics, and it was indeed soothing and therapeutic for this dancer! NeuroTango classes are being held several places in the Seattle area now. Cost is \$80 for a full 8-week series, or \$12 per drop-in, but other arrangements may be made if you can't afford this. See NeuroTango.com, neurotango@gmail.com, or 206-778-3239 for more information. Thank you, Gabriela!

YASSTONES DEBUT

Members Steve Mitchell and Barry Rodda played guitar and bass with Jan Rodda on vocals, and we had a lovely singalong of "You Are My Sunshine". Music is great therapy and just plain fun! Although Steve cringes at the name I tacked onto their band, he promises to have more singalongs for us (and maybe a better name). Thanks a million, you three!

AUGUST PICNIC CAPTAINS?

A facility in Bothell has been offered for our use for an August picnic, with kitchen, tables, and chairs. If someone want to take on the job of Head Chef, Food Buyer, and Bottle Washer, let me know. It's still a lot of work to put on a picnic, but the YASS coffee fund can help out with expenses. Dorrit and Gary will be our hosts in July.

CYCLING EVENT SUNDAY JUNE 12

Outdoors For All is presenting us with a free cycling event, Sunday June 12, from 10:00 – 1:00. It will be at Magnuson Park on Lake Washington. They will provide all sorts of cycles for any disability, and will help fit you to the cycle. Helmets are also provided. You can bring your own ride, too, and a sack lunch to enjoy in the picnic shelter on the lake. You can find more, including a map, at our website under Resources / Current Events, <http://bit.ly/1XDhbUo>. Come take advantage of this terrific opportunity!

10 YEARS OF MINUTES!

This month marks the 10 year anniversary of YASS meeting minutes! We have a wealth of information there, which you can search or browse. Go to our website (see below) and click Meetings & Activities, then Minutes Archive. You'll see them all there, and a Search box. Wondering about that presentation about the DVR (Departement of Vocational Rehab), but can't remember the details or when it was? Type DVR in the box and click Search, and the relevant minutes with all the details pops right up. Check it out!

MY BEAUTIFUL BROKEN BRAIN

Netflix has a movie "My Beautiful Broken Brain", the story of Lotje Sodderland and her recovery from a devastating stroke. You can see the trailer at www.youtube.com/watch?v=VSfpA3AEKmY. Her story is a testimony of change, rebirth, and an inspiring new world.

CAR SHOW THURSDAY

Mike Purdy and Gary Ruen will show their cars at a small show in the Denny's parking lot at 205th and Aurora, this Thursday May 26, from noon to 4:00. Check 'em out, and vote for them!

Thanks to everyone, see you next time!

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