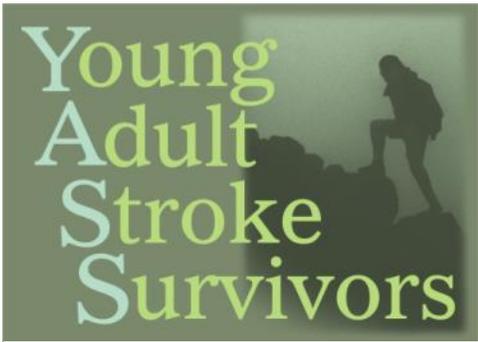


Sun 22 Jan 2017



Happy New Year everyone! Nice to see you at the meeting yesterday. Thank goodness the heat was back on in the building!!

NEW FACES

- Jennifer Sepez
Jennifer was at our freezing-cold Holiday Party too. Welcome, Jennifer!

STROKE: THE BAD AND THE GOOD

Everyone knows the awful side of stroke: losing mobility, the use of a limb, language, or any of the other terrible effects. But there are actual good things which happen too, directly as a result of a stroke. We shared a few:

- Greater empathy for others.
- Appreciating life more at a slower pace.
- Falling in love with someone different than you would have before your stroke, or in a different way.
- Not having to work for a living.
- Better perspective on what is important in life. After surviving a stroke, everything else is small potatoes.
- A spouse who responds by helping out more.
- Growing from the one needing help to being able to help others.
- Sudden cessation of smoking! (Having a stroke is not a recommended method for this, however...)
- Meeting and bonding with other survivors, seeing their strength and courage.
- Looking back on your recovery milestones and appreciating how far you've come.
- Experiencing that most people are good, and want to help.
- The special attention you receive from airlines, concerts, etc, when they know you're disabled.
- Being able to blame the stroke when you goof up!
- Compensations for what you can no longer do are often rewarding and fulfilling new experiences.
- Finding a new career in a less stressful, lower-pressure environment.
- Discovering the joys of volunteering. No matter how bad off you are you can help someone else, and it does everyone such good.
- Getting perspective on your handicaps when you help those who have almost nothing.
- Being able to get back to a hobby you love (like sewing), and donating what you make to the needy.

Having a stroke is like a field of manure -- it stinks. But flowers do poke up. Notice and cherish them!

CHRISTINA HANSEN

It was great to see our old friend Christina there yesterday. She lost her husband Harold last November. There will be a memorial service for him probably in February. I'll let you know about it. We love you, Christina!

ANDREW'S ARM

Andrew Malm lost his balance, fell, and broke his arm! OUCH! He's in a sling now, and will hopefully be able to avoid a cast. Heal well!

MARY'S PLACE

Jennifer has been volunteering at Mary's Place, a homeless women's shelter in north Seattle, not far from our meeting spot. They do wonderful work and can always use volunteers. Contact them, or donate at <http://marysplaceseattle.org/>.

INNERTUBING AT SNOQUALMIE

Member Mike Tran is organizing an innertubing event at Snoqualmie Pass, date to be announced. You can follow him at his Stroke Determination Foundation <http://sdfoundation.wix.com/>, and I'll announce details too.

EPILEPSY SUPPORT & NETWORKING

Member Scott Shipley shared some helpful epilepsy resources you can find at <http://bit.ly/2e2fCnH> and <http://bit.ly/2jPZarN>. Andrew Malm also participates in the NW Epilepsy support group. If you have seizures and want to know more about it, you can start here. You'll find helpful tips on lifestyle changes you can make to reduce seizure severity, too.

Thanks to everyone for a great meeting! You make YASS the terrific group it is. See you next time!
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