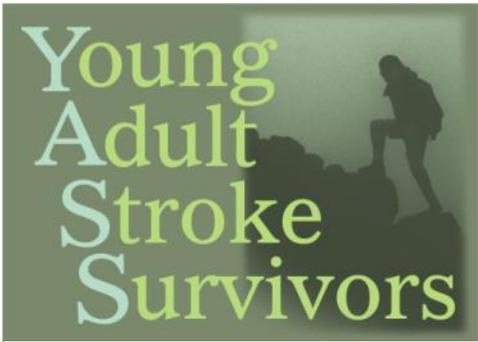


Sun 19 Mar 2017

Excellent meeting yesterday, gang, thanks to all!



NEW FACES

- Wade Gatton and wife Kathy
- Tedd Lingwood and wife Vickie
- Ira Blossom and parents Rick and Alice Flegel

Welcome, folks! I hope we'll see you again soon.

MEANING OF LIFE

It sounds pretty abstract (and even humorous), but everyone needs it and it's essential to your everyday life. What gives your life meaning? How do you find joy? How has that changed after your stroke? Here are a few things we listed:

- Love
- Music
- Humor & laughter
- Learning
- Being with people
- Simple pleasures
- Hobbies
- Volunteering
- 42 ☺
- Independence
- Work

It can be disorienting and depressing to lose things after a stroke which gave your life meaning. But losing your way can also make you seek and explore. Finding new and unexpected meaning can bring back life's joy. It's up to each individual to find meaning, and meaning differs for everyone.

There are dozens of thought-provoking quotes about life's meaning at www.goodreads.com/quotes/tag/meaning-of-life. I pulled out a few of them for our discussion, which I've posted on our website at <http://bit.ly/2nGUe7y>.

Thanks to all for your insight and contributions! You never know who you will inspire.

MEMBER MILESTONES

Wendy reports that her husband Abel has been doing hallway laps in his scooter and is now able to transfer between the scooter and bed, and Frank gave us a demonstration of his new ability to get up from a crouch on his own steam. Major achievements you two, and congratulations!

APHASIA COUPLES STUDY

The UW is conducting a study of couples living with aphasia. It involves an in-person 1-hour interview, and each participant will receive a \$20 gift card. Please contact Dawn Sakaguchi-Tang at 206-659-6944 or dawnsaka@uw.edu if you are interested in participating. A flyer with more information can be found on our website at <http://bit.ly/2mFXA8V>.

NATIONAL WALKING DAY

The American Heart Association is participating in National Walking Day on Wednesday April 5. You can too, by just getting out and walking! Or you can join the festivities downtown, starting from the KING 5 building just east of the Seattle Center on a 2-mile flat course. Walking starts at 11:00.

WALK, RUN, AND ROLL

Keep moving! The Brain Injury Alliance of WA (BIAWA) is hosting their annual Walk, Run, and Roll fundraiser event at Greenlake on Sunday April 2. There is a 5k or 1 mile course, and you can walk, run, or ride your wheels. The event starts outside the Green Lake Community Center, 7201 E. Green Lake Dr. N, Seattle. Registration is at 9:00, opening ceremony at 10:00, and the walk begins at 10:15. You can sign up and find fundraising forms here: <http://bit.ly/2lb14D2>. YASS has sponsored a kilometer, so watch for our sign!

APHASIA AND STRESS STUDY

Rebecca Hunting-Pompon from the UW is engaged in another research study related to aphasia and mood, sleep, and stress. She can come to you to administer a questionnaire, then a hair sample will be taken to measure your level of stress hormone. There's a \$15 Starbucks card in it for you. Contact her at rhpompon@uw.edu.

WEBSITE ADDITION

Our volunteer coordinator Reva Robinson and her Raiders do such an excellent job of transcribing our meandering meetings on the projection screen so everyone can see as well as hear. This is a great help for those who have difficulties with language. I'm going to start posting these transcriptions alongside the minutes on our website. Check it out on our site at Meetings & Activities / Minutes Archive. The transcriptions will be next to the minutes for each month, starting with this one.

Thanks to everyone for a great meeting, and see you next time!

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