



Sun 16 Apr 2017

A great turnout yesterday, folks, nice to see you all!

NEW FACES

- Stevan Baer and son Derek
- Tho Nguyen

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

HELPFUL APP BRAINSTORMING

Nate Lee, a development engineer from Philips, asked about our concerns with the health care system and how technology might help. There was a spirited discussion and lots of good ideas. No-shows for appointments are a concern for doctors. To help, we suggested better integration with the MyChart and Google Calendar systems, sending reminders to caregivers (not necessarily the patient), more motivating messages with encouragement and congratulations, and perhaps an "upcoming events" phone app for daily reminders (with a flashing beacon to get your attention).

Some difficulties we brought up included: automated phone reminders which are not comprehensible by aphasics or are sent to inappropriate people, confusing medical jargon, the long and difficult process of getting to and from an appointment (especially by public transit), and the fact that a technological solution will only be helpful to patients with good comprehension and language skills. Unfortunately this doesn't apply to many brain injury survivors.

Nate also spoke with our caregivers and got ideas from them. We wish him good luck, and we're happy to be able to provide input!

THE YASS WEBSITE

I walked everyone through the YASS website, just to make sure everyone knows the kinds of things we have there. In the upper right of every page you can click on any of the following major categories:

About Us – history of YASS, our volunteers, and the caregiver's group.

Meetings & Activities – address and directions to our meeting place, a map, the latest meeting announcement, an archive of minutes going back over 10 years, and photo galleries of YASS picnics, parties, and events. You can easily search the minutes archive, too.

Advice – some good advice for survivors and caregivers, distilled from the collective wisdom of YASS.

Resources – links to many helpful resources including General Stroke, Area Support Groups, Current Events, Aphasia, Seizures, for Caregivers, Doctor recommendations, Therapy & Exercise, Recreation, Group Presentations, and others.

Members – pages of photos of members and links to their stories.

I encourage you to explore! There is a wealth of great information there, and the member photos are great for remembering names. ☺ You can find the YASS website at SeattleYASS.weebly.com. The link is at the bottom of all emails and minutes you get from YASS, too.

MIKE GORDON, YASS INVENTOR

Mike shared another of his ingenious inventions with us: a simple rope and tie system that allows you to sling two grocery bags over your shoulder so you can bring home the ice cream with no hands. It's like a pair of saddlebags over your shoulder. Mike's system is compact, easy to operate with one hand, cinches up nicely on the grocery bags, and comes undone easily at home. And it's made of a piece of thin rope and a couple wine corks! Mike brought a couple simulated milk jugs to demonstrate, but unfortunately no ice cream for us. ☺ Mike has offered to make one of these gadgets for anyone who wants one (and the more you order, the more wine Mike gets to open for the corks). Contact Mike at gmikey41@comcast.net or me (below) if you're interested. Thanks a million, Mike!

MUSICAL COMEDY AT VILLAGE THEATER

Mike Tran and his Stroke Determination Foundation is putting together a group rate for the musical comedy "A Proper Place" at the Issaquah Village Theater. The show will be Saturday April 22 at 2 PM. Tickets are only \$30, a 50% discount! Contact Mike at 206-713-8859.

MARINERS STRIKE OUT STROKE BASEBALL GAME

The Seattle Mariners are hosting their fifth annual Strike Out Stroke game on Saturday May 20, 7:10 PM at Safeco Field. Tickets are \$25 and \$37, a portion of which goes to local stroke organizations. See more at <http://bit.ly/2pnwkS4> including a form to fill out for selected survivors to participate in before-game and in-game tribute ceremonies.

UW APHASIA CLINIC APHASIA WALK

Reva Robinson, our long-time volunteer coordinator with the UW Speech and Hearing Clinic, tells us they are hosting an Aphasia Walk on Saturday May 13, at 10 AM. There will be one course about ¼ mile long and another a bit longer. Check <http://bit.ly/2p8Bryp> (YASS website Resources / Current Events) for updates on the location and directions.

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)