



Sun 21 Jan 2018

What a great meeting yesterday! Thanks for the turnout and participation.

#### NEW FACES

- Jennifer Carroll
- Mari Roll

Welcome, folks! Hope to see you again.

#### GABRIELA CONDREA FROM TANGO STRIDE

Gabriela Condrea is an author, educator, and dance instructor who has developed a remarkable therapy for traumatic brain injury (TBI) survivors. Her "dance to walk" approach helps with balance, coordination, posture, responsiveness, and confidence, and is suitable for almost any level of mobility impairment. She has been featured on the front page of the Seattle Times and in major news outlets nationwide. She was inspired by contact with some TBI survivors who came to her tango classes years ago, and has been building her method since then.

Nancy Hammock from YASS has been doing TangoStride for some time now, and she actually got up and gave us a dance demo with her sister yesterday! In the nearly 6 years that she has been coming to YASS I have never seen her so active, mobile, confident, and joyful. It was a delight! Her sister Janice confirms this too. Many other YASS members have also benefited from TangoStride.

You can find a video of us all "dancing to walk" yesterday at <https://youtu.be/0xfmx6qj2wI>. Many of our UW volunteers joined in too! Gabriela's presentation is posted to our website Resources page here: <http://bit.ly/2BqVkwu>. And you can learn about TangoStride directly from their website: <http://bit.ly/2mYT1JR>. Thank you for this wonderful program and for the great presentation and introduction, Gabriela!

#### STROKES FOR STROKE

The American Heart Association and several local organizations have put together two free art therapy sessions they call Strokes For Stroke. The first was at Overlake Hospital last Thursday, and the second is tomorrow evening at Swedish Hospital. Nancy and Janice shared their paintings from Thursday with us and said the event was really fun and supportive. Everyone participated, survivors and caregivers. Don't miss it tomorrow! Find the details on our website Resources page in the Current Events section or directly at <http://bit.ly/2mZngAp>.

#### BARB JANE RETIRING

Member Bill Monroe reports that Barb Jane (I hope I got that name right), therapist from Swedish Cherry Hill, is retiring. If you want to send your congrats and wishes you can contact the clinic at 206-320-2404.

#### STROKE SURVIVOR PODCASTS

Bill also shared a couple of his favorite stroke recovery podcasts with us: Slow Road To Better has a Facebook page at <http://bit.ly/2rqFtLZ>, and Enable Me can be found at <http://bit.ly/1rdPypS>. Great resources for community, support, and tips!

#### CONTRIBUTE TO A NEW PODCAST

Busy Bill is also planning on starting his own podcast next month. If you would like to help with articles, interviews, or stories he'd love to hear from you. Contact him at [billmonroe@outlook.com](mailto:billmonroe@outlook.com) or 206-931-3117.

#### HELP A FELLOW YASS MEMBER

Frank Lim is a long-time YASS member, a real inspiration, and a great guy. He is preparing to move from his apartment in Phinney Ridge near Woodland Park Zoo to semi-assisted living, and needs some help. He needs a few pieces of furniture, and a work party to help clean and pack his place and help with the move. If you have some furniture or time you'd like to donate, contact me or Dorrit Jensen at [ruenjensen@gmail.com](mailto:ruenjensen@gmail.com) or 206-365-2415. We are working on date and time for a work party, and I'll let you know by email about that.

#### HAVE TRUCK WILL TRAVEL?

Member Andrew Malm is couch shopping, and may need a truck and a strong back to get his furniture home. He'll pay for your time. Contact him at [andrew.malm@gmail.com](mailto:andrew.malm@gmail.com) or 206-321-0966 if you know of anyone who might be able to help.

#### DON'T BE SHY!

We celebrated some big achievements this month: member Whitney Morean has been accepted to graduate school, Steve Walker has continued his remarkable recovery thanks to "hot rod therapy" (working hard at building and driving hot rods), Roger Ferguson has achieved astounding walking and hill-climbing statistics on his FitBit, and Jerry Timmons has been standing and moving better than ever. Don't be shy about sharing your achievements, folks! It's not bragging, we all love to hear about it. It's inspirational and it bonds us together. Think about what you've achieved since your last meeting (and since your stroke) and share! It buoys us all up.

#### LITTLE HATS BIG HEARTS

Member Dottie McDonald delivered fourteen adorable little red knitted baby caps, made by a friend of hers, for the American Heart Association "Little Hats Big Hearts" drive. This drive provides these little head-warmers to babies and moms to help raise awareness to live heart-healthy lives. If you want to knit hats or donate yarn or funds to this cause, you can find patterns and all the details at <http://bit.ly/2wSi6MZ>.

See you all next month!

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