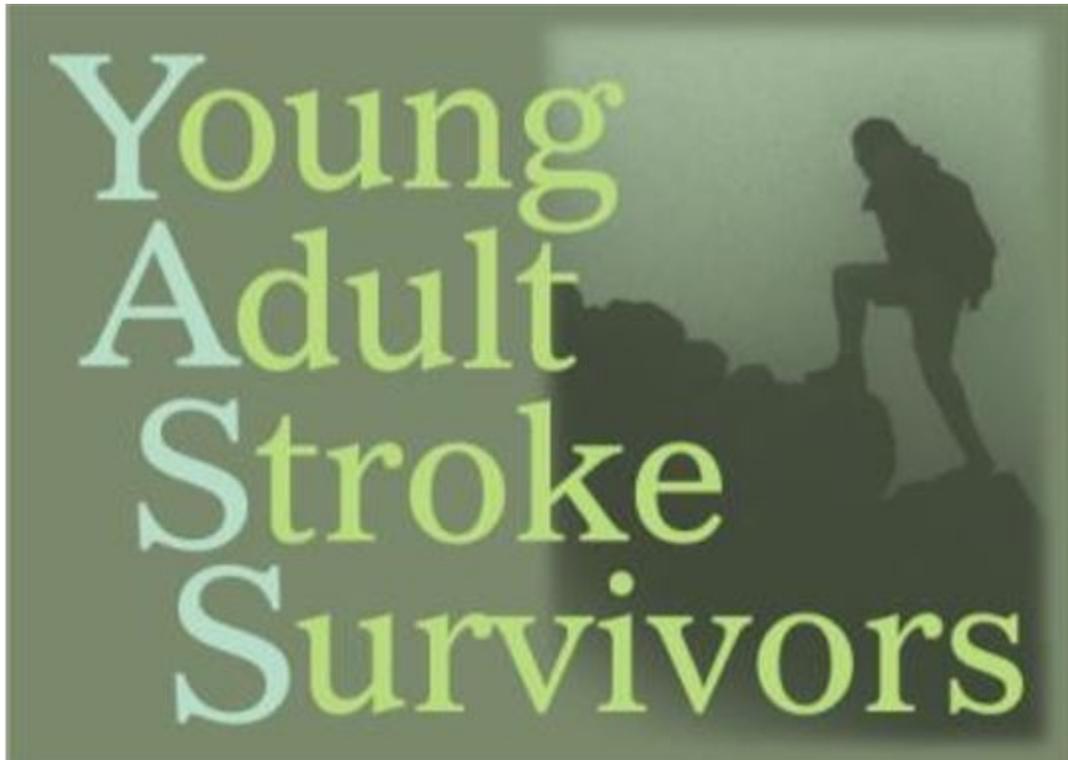


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New Faces

Welcome, William Colson. William joins us from Des Moines. He had his stroke in September 2015. He has a background as a boxer and musician. He has 4 kids.

Organizational Updates

Bill lead his first YASS meeting since Gerrit retired to the Role of YASS Leader Mentor.

There is a new format for the email announcement and the minutes. The content is basically the same, but it will look a little different. The goal is to make the content more relevant and easier to consume. The new process will also make it easier to manage. If you have any questions or concerns, feel free to reach out to Bill at

Bill@strokecast.com

You may hear Bill reference Strokecast or see Bill use Strokecast to link to other things, Like the YASS Facebook group (strokecast.com/YASSfacebook). So what is Strokecast? It's Bill Monroe's stroke based podcast/blog. Bill uses the Strokecast address for YASS links sometimes because it makes it easier to give out simpler website address. Strokecast is not a separate organization affiliated with YASS; it's just Bill.

Featured Speaker

Catherine McGuire from [SHIBA \(Statewide Health Insurance Benefits Advisors\)](#) talked with us about how SHIBA can help us navigate the Medicare options and how the various programs interact with employer health insurance, supplemental insurance programs, and more. When it's time to update your plan, and Medicare is part of your insurance coverage, call SHIBA and they can help you figure it out.

SHIBA is part of the [Sound Generations organization](#). Other programs can help with transportation issues, legal issues, home accessibility issues and more. You'll find more information at soundgenerations.org. There are several phone numbers for different Sound Generations teams in the contact section below.

SHIBA works with the insurance commissioners in each state and has a separate team for most counties in WA. To reach out to SHIBA in King County, call 206-727-6221. You will likely reach voicemail. Leave a message and a volunteer will return your call.

The most important time to reach out to SHIBA is open enrollment. That's when you can update your insurance plan for the new year. You can begin calling them for 2019 plans on

October 1.

Many folks don't realize that the Affordable Care Act impacts the Medicare program significantly. Changes to the program or funding of the ACA will affect Medicare. Regardless of your political views, it's important to think about how changes to these programs will affect your care.

We also heard a lot of questions about losing disability, the impact of private insurance, Medicaid, and choosing a health plan. The answer to many questions was, "Maybe." For others, it was, "It depends."

If you have questions about your insurance, contact SHIBA.

News and Events

May 08 -- [Stroke Club at Valley Medical Center](#)

May 19 -- YASS Meeting

May 19 -- [Strike Out Stroke at Safeco Field](#)

May 21 -- [Swedish \(Cherry Hill\) Cerebrovascular Support Group](#)

Member Celebrations

This month we celebrated the return of a sense of humor and Gerrit's Birthday.

Links, Resources, and Contacts

Seattle YASS Facebook Group -- <http://strokecast.com/yassfacebook>

Seattle YASS Email List Sign-up -- <http://strokecast.com/yassemail>

Statewide Health Insurance Benefits Advisors --

www.insurance.wa.gov/shiba (State wide - 1-800-562-6900; King County - 206-727-6221)

Sound Generations -- SoundGeneration.org (206-448-3110)

Sound Generations Senior Rights Assistance -- soundgenerations.org (206-448-5720)

Sound Generations Care Giver Support Program -- soundgenerations.org (206-448-3110)

Sound Generations Volunteer Drivers -- soundgenerations.org (206-448-5740)

Sound Generations Hyde Shuttle -- soundgenerations.org (206-727-6262)

Swedish Cerebrovascular Support Group --
<https://www.swedish.org/services/neuroscience-institute/our-services/cerebrovascular-center/for-patients-and-families/patient-support-info>

Valley Medical Center Stroke Club -- www.valleymed.org/Our-Services/Neuroscience/Stroke/Newsletter,-Resources---Support-Groups/

Donor Closet (Edmonds, Tacoma, and Spokane) -- <http://www.mshh-donorcloset.com/>

Homage Senior Services -- homage.org

Stroke Determination Foundation -- <https://sdfoundation.wixsite.com/build>

Strokecast (Bill's Podcast) -- <http://strokecast.com>

Next Meeting

The next meeting will be on May 19th and our speaker will be from Adaptive Yoga Northwest:

"Please come learn about Adaptive Yoga Northwest, which offers yoga for people with physical mobility restrictions. We have trained teachers and volunteers to create a safe and fun place to learn and explore your mind-body connection."

Editorial Notes

What would you like to see in the minutes? Let me know.

Bill@strokecast.com (206-931-3117)



If you stumble, make it part of the dance

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