

Sunday Mar. 16, 2008

Our planned speaker didn't show, but we had a great meeting nonetheless. Good to see all of you!

NEW FACES

- Opal Elder and daughter Laura Lee
- Kelly Lai and Tony Tran

It was great to see you folks and to hear your stories. We applaud your dedication to recovery and hope to see you again!

KAY ANNE'S CLOSE CALL

Kay Anne Sampson was hospitalized! She told us about missing her daily medication and how she fell into unconsciousness as a result. If her friends hadn't checked on her, it could have been fatal. We're very glad they did and that Kay Anne has pulled through. Whew!

FLASH CARDS

Michael Ford and Duane Retel have provided FLASH (Gold) cards for the group, which provide holders with discounts and free entry to many events around Seattle including the zoo, the Pacific Science Center, etc. We still have a few more, so let me know if you're interested.

NEW COFFEE MACHINE COURTESY OF DUANE

You coffee lovers can thank Duane Retel for finding and picking up our shiny new coffee machine. We're in the big leagues of coffee drinking now – watch out Starbucks!

DONOR CLOSET

Gary and Dorrit Jensen have gotten involved volunteering with The Donor Closet in Edmonds. This is an excellent source for all kinds of medical equipment – wheelchairs, canes, transfer benches, walkers, scooters, etc., and they're a great place to donate unneeded equipment too. Their prices are extremely good, on a "suggested donation" basis. They are located in downtown Edmonds and can be contacted at (425) 712-1807, info@mshelp.org, or www.mshelp.org.

VETERANS STROKE STUDY

Mike Gordon reminded us of a stroke study available for veterans, which uses robotics to exercise affected limbs. This study is unique in that it works with longer-term stroke patients, over six months out from their stroke. Contact Mike Donahue at (206) 277-3460 for more information.

ST. PATRICK'S DAY DRUMMING

Mike Gordon also demonstrated an authentic old Irish drum for us, along with some pretty fancy drumming technique!

OUR STORIES

We spent most of the meeting going around the room and sharing our stories. This is always a moving experience, and I learn more about our group members every time. Every one of us has a heart-wrenching story to tell, and sharing them brings us all closer together and reminds us of our common bonds.

Hope to see you all next month!

Gerrit