

Sunday June 22, 2008

Two interesting speakers this month, our last regular meeting before summer. Great to see you all there!

NEW FACES

- Arlie Dicknite

Arlie was with us with his wife (sorry, I've forgotten her name), having been referred by a speech therapist at Northwest Hospital. Glad to see you folks! Hope you can make it again.

FEATURED SPEAKERS

Cele Dinsdale, a fellow stroke survivor who has also undergone head injuries, gave us an inspirational speech based on her recoveries. She emphasized the critical attitude of positive thinking, replacing "I will try" to "I WILL". She told us about the important process of seeing yourself doing the next step in your rehabilitation – strongly visualizing yourself doing the thing you strive for. She discussed the value of taking care of your own needs for recovery, and the way families will often polarize into two camps: either supportive or denying. Cele then took us through a sample self-hypnosis session, showing how you can revitalize and reprogram yourself. Cele may be contacted at 206-208-6888.

Richard Kitaeff, MA, ND, Lac, Dipl Ac, then gave a presentation on acupuncture. He presented much background on the use and efficacy of acupuncture around the world and for thousands of years. Acupuncture has been shown to be effective with a number of ailments, including during stroke rehabilitation and for pain relief. It has been particularly effective when used shortly after the onset of stroke, within the first few months, but there is some evidence that it may improve functioning after longer periods too. Richard may be contacted at his naturopathic and acupuncture clinic in Edmonds: 425-775-6001.

FOOTLOOSE SAILING BLAKE ISLAND OVERNIGHT

Footloose Sailing is having their Blake Island overnight on July 12th and 13th. Contact them as soon as possible at 206-382-2680, or at www.footloosesailing.org, if you are interested.

AMERICANS WITH DISABILITIES ACT RENEWAL

The Americans With Disabilities Act (ADA) is up for renewal in Congress. The Department of Justice (DOJ) is seeking public comment on proposed changes to the Act. The proposed regulations will establish specific requirements for the design of accessible public facilities such as courtrooms and an array of recreational facilities including playgrounds, swimming pools, amusement parks and golf courses, making it easier for individuals with disabilities to enjoy leisure activities and otherwise participate in society. If you have comments or requests, go to <http://tinyurl.com/6q4xgo> to send them to the DOJ. Comments must be received by August 18, 2008.

Think of anything in your life which the ADA has affected: public restrooms, access to public transportation, insurance definition of "disability", etc., and if you have any comments, feed them to the DOJ as soon as possible.

Next month is our July picnic at Larry and Donna Loughnan's. They live just a block from Northwest Hospital. I won't be able to make this picnic, I'll be in Winthrop at the Blues Festival, but I hope you all have fun. I will send a map and other picnic details around the first week of July.

Gerrit