

Sun Nov 16, 2008

Thanks to everyone for coming! We had a varied and interesting meeting, and it was great to see everyone there.

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### **NEW FACES**

- Karen Goodrich and son Don
- Harold and Christina Hansen

It was great to see you folks and hear your stories. Hope you come again!

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### **STROKE CENTER BRAINSTORMING**

Nancy Alarcon and Diane Kendall from the UW Speech and Hearing Clinic led us through a brainstorming session for a proposed new Stroke Center. They are soliciting input from potential users of the Center for what they would like to see if resources were unlimited. Some excellent ideas were proposed, from a mobile care unit to an open bar, and about four pages of easel paper were filled with ideas. Please contact Diane at [dkendall@u.washington.edu](mailto:dkendall@u.washington.edu) or 206-543-5440 if you have any more ideas or thoughts. They are keeping the input lines open.

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### **BECKIE STEWART, NWH STROKE COORDINATOR**

Nurse Beckie Stewart from Northwest Hospital also spoke to us. She is the stroke coordinator there at Northwest, and she described some of the stroke response measures they have there. Northwest Hospital has had a nationally certified stroke program for two years now, and sees about 300 stroke patients a year. Beckie handed out a booklet which the hospital gives to stroke patients and their families which clearly addresses basic topics like "What is a Stroke?", "How can I prevent a future stroke?", "What are some common problems I might have?", "What's next?", and "Support Groups & Resources". This looks like an excellent starter information kit for stroke survivors and their families. Please contact Beckie at [Beckie.Stewart@nwhsea.org](mailto:Beckie.Stewart@nwhsea.org) for copies of the booklet or other information. Beckie will also look into providing a contact program whereby volunteers from our group can visit new stroke survivors and their families, and tell them about our group and other resources.

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### **NEW ROOM & TIME IN 2009**

(Hey, that rhymes!) Starting in January we will be meeting in the Easy Street area there in the Rehab Center, from 12:30 to 2:30, still on the third Saturday of each month. I will let you know when the time comes, and there will be signs to show the way. This should be a permanent place and time. I hope it will work out!

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### **CHRISTMAS PARTY**

Next month we don't have an official meeting; it is our annual Christmas party with potluck and gift exchange. Please bring a dish to share, and a little \$5 wrapped gift to exchange. The gift exchange is a complicated and ruthless procedure involving swiping someone else's gift if you like it (up to a point), and the rules are understood by only a few. I will try to write them down before the party so there will be no brawls.

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### **MIKE GORDON POEM**

Mike recited most of the famous poem "Casey at Bat" which he has memorized, to our great entertainment. Nice job, Mike! He will recite the rest of it when he's got it committed to memory too. (Mike actually tried to put this whole thing off, but I didn't see his email until after the meeting. He is to be commended for giving it a try when I put him on the spot without knowing it!)

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### **GROUP MISINFORMATION**

We learned that some stroke survivors have been turned away from our group because they were "too old". This is a big misconception, partly due to our name "Young Adult Stroke Survivors". I will contact those at Northwest who harbor this misconception, so we make sure everyone is welcome.

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### **NEW GROUP NAME**

In order to avoid future confusion, we will vote on a new group name in the January meeting. We want to make sure that younger stroke survivors feel welcome and don't think of us as an elderly group, but we also don't want to exclude anyone. So please think of ideas for a new group name and either bring them to the January meeting or send them to me.

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Next month is the Christmas potluck and gift exchange, in the TCU Auditorium. Hope you can all make it!

Gerrit