

Sat 20 Mar 2010

Northwest Hospital had all new tables and chairs for us this time! It was quite deluxe, like sitting in a hotel lobby. We had a sound system for the first time, too, so we were quite professional. Thanks to all who came today.

NEW FACES

- Annette and daughter Kat Cabin
- Mary Zamberlin
- Janice and Butch Holst
- Brian Gilliland

Great to see you folks, and thanks for sharing your stories with us. Hope to see you again!

I DROPPED THE BALL

I didn't check to see if the audio/visual room was available until yesterday, and alas it wasn't. So I had to cancel our featured speaker. Next month though!! I already have the room booked.

MIKE SIAS STORY

Our own Mike Sias told us his story and took questions from the group. Mike's stroke happened in 2008, and at first he could not walk or talk. He is doing tremendously better today. He has a great deal of self discipline, gets himself to the gym daily and is a regular church-goer. He quit smoking and drinking as a result of the stroke, too. His is a story of courage and determination. Thank you, Mike!

DENNIS DUVA'S ANNIVERSARY

This month it has been 26 years since Dennis Duva's stroke. He is a long-time group member. His story, along with several others in the group, can be found in the Fall issue of the "In Search Of" newsletter from the UW Speech and Hearing clinic: http://depts.washington.edu/sphsc/pdfs/aphasia_Fall_2009.pdf.

OTHER STORIES

We also heard stories from several other members today: Geoff Lakeman, Jana Ostrom, Annette Cabin, Brian Gilliland, and others. Thank you all for letting us get to know you a little better.

SUMMER PICNICS

This summer Valerie and Jerry Boen will be hosting our July picnic and Dorrit Jensen and Gary Ruen will host the August one. Thanks in advance, folks!

MUSIC AND APHASIA

There is good evidence that aphasics may be able to communicate through singing better than speech, and that music can help them communicate better in other ways too. I've put links to two articles about this on our website. Go to www.SeattleYASS.weebly.com on the Resources page, and look under Aphasia, "Links between music and speech".

STROKE AWARENESS WALK

The Reclaiming Ourselves support group in Graham is sponsoring a 3k walk called Hope After Stroke. It is at 10:00 on Saturday May 8th, in Point Defiance Park, at Owen Beach, in Tacoma. It is to raise awareness that stroke can occur at any age, and to help raise contributions to the National Stroke Association. Cost is \$20 to register, and donations may be any amount after that. Contact Karen Dionne karen@reclaimingourselves.com 253-238-0893, or pre-register at www.reclaimingourselves.com.

TEE SHIRTS

Frank Lim's son silkscreens custom tee shirts. Frank showed two of them today with the messages "Don't give up, Don't ever give up" and "I had a BRAIN INJURY – what's your excuse?" :-). See the website at www.limboclothing.net for more info or to purchase.

KITSAP PENINSULA SUPPORT GROUP

Michaelene Manion told us about a brain injury support group on the Kitsap Peninsula, sponsored by the Harrison Hospital Rehab Center. Contact them at 866-844-9355 if you are interested.

LOST PAD

Someone left a piece of foam pipe insulation at the meeting. It looks like it could be used to pad a walker arm, or something. Let me know if this is yours.

INSURANCE ADVISORS

Understand your healthcare options & rights (including Medicare), find affordable health care, and get help understanding health insurance options of all sorts through SHIBA (Statewide Health Insurance Benefits Advisors). This is a free service of the Washington State Office of the Insurance Commissioner. Call them at 800-562-6900.

Next month we'll hear from Brennan Littleton (for real this time...). Hope you can all make it!

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