

Sun 18 Apr 2010

Despite a rocky start with no tables or chairs, we had an excellent meeting today! Many thanks to our presenters and to all who came and contributed.

NEW FACES

- Carl Anderson
- Scott Young

Glad you folks could make it, and we hope to see you again.

UW HAND TRAINING STUDY

The UW is looking for participants in a study to see if training with a computer and a mechanical device can measure arm strength and function. The program requires some hand mobility, and will run for up to 8 weeks of several 3-hour sessions per week. Parking and \$10/hour will be paid by the UW. Contact Cara at 206-685-3134 if you are interested.

BRAIN INJURY DIALOGS

Brennan Littleton gave a great presentation and discussion on a documentary DVD she had titled "The Brain Injury Dialogs". The documentary was made by Rick Franklin, a brain injury survivor, and consists of interviews with fellow survivors. It is an excellent movie, and provoked quite a bit of discussion.

- In the US there is a stroke every 40 seconds on average, and a traumatic brain injury (TBI) every 23 seconds.
- There are 800,000 stroke survivors, and 1.5 million TBI survivors.
- Stroke and TBI effects can be the same: stroke IS a TBI.
- A therapy called Cognitive Rehabilitation was mentioned and generated much interest. Here are a couple links: www.hmc.psu.edu/healthinfo/c/cognitiverehabilitation.htm and www.headinjury.com/rehabcognitive.html.
- One TBI survivor made the striking claim that there should be *brain injury pride* – that what people call "deficits" can also be seen as strengths. How about you? How can you reformulate your deficits into strengths?

Many thanks to Brennan for an excellent presentation and discussion!

FREEBIES

I have a pile of little notepads and four aphasia notebooks, free from the American Heart Association. I will bring them to meetings till they find a home.

NEXT YEAR: NEW MEETING TIME & PLACE

Starting in January we will be meeting in the TCU Auditorium, from 2:00 to 4:00. I'll be making more announcements as the time draws near.

3K WALK AT POINT DEFIANCE

Reclaiming Ourselves, the young adult stroke support group in Graham, is sponsoring a 3k walk in Point Defiance, near Tacoma, on Saturday May 8th. The walk is to promote awareness of stroke at any age, and to benefit the National Stroke Association. See their website at www.reclaimingourselves.com for more details or call Karen at 253-238-0893.

STROKE AWARENESS EVENT AT NWH

Northwest Hospital is sponsoring a Stroke Awareness Event next month, Sunday May 16th from 1:30 to 3:30, right there in Easy Street where we hold our meetings. There will be three presentations, on How to Prevent a Stroke, Living with Stroke, and When Stroke Strikes. There will also be free blood pressure checks and stroke assessment and information booths from therapists and others. I will be presenting the Living With Stroke segment, and I got some tremendous ideas from the group today! Thanks to everyone for such help.

STROKE AWARENESS AT AHA

The American Heart Association (our parent organization) is planning a media release package for May as Stroke Awareness Month. They are looking for people who want to tell their stories to the public. They are especially interested in people who received the drug tPA (the clot buster, must be administered within 3 hours of the stroke). If you are interested, please contact Francesca Minas at 206-834-8611 or Francesca.Minas@heart.org.

MY NEWS

I'll be a married man next meeting! I would love to invite every one of my wonderful group friends to the wedding, but our guest list was too daunting when we tried that. We're keeping it to only immediate family. We will have an open house this summer (once we have the new place), and everyone is invited then. We'll have lots of pictures and video too. So stay tuned for that!

Great to see you all at a terrific meeting!

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