

Mon 21 June 2010

Good turnout, and there were seats, smiles and treats for all!

Gerrit called the meeting to order with a few announcements, the first of which was:

THANKS TO OUR WONDERFUL VOLUNTEERS WHO MAKE THIS GROUP POSSIBLE! Special mention to Duane Retel for the library and coffee, Kay Anne and Dorrit (and now Mike?) for goodies, Stan and Jan for welcoming newcomers, and Nancy Alarcon and her UW crew for setting up the room.

GROUP TEE SHIRT: Frank Lim's son has a custom tee shirt business. If anyone is interested in designing tee shirts and/or a group logo for this, put pen to paper and bring in your designs.

UW NEWSLETTER: Valerie brought copies of the UW Speech and Hearing clinic's "In Search Of" newsletter for distribution.

DISCOUNTS: Gerrit wondered if the Stroke Group wants a group membership with www.disableddiscounts.com. This website provides discounted goods and services for people with disabilities. The money paid into dues pay the owner for his time for seeking out the discounts shown on the site.

BURKE ART EXHIBIT – Recreating Me: Exploring healing through Artistic Expression. Opening night July 6th – 5-7 PM. Exhibit runs July 7 – 11. All work is done by artists who have experienced brain injury.

BRAIN INJURY DAY PROGRAM – The Seattle Brain Works provides day care and programs for adults with traumatic brain injury (like strokes). Contact them at 206-826-1072 or clubhouse@provail.org.

LIVING WITH STROKE – MAY STROKE MONTH

Gerrit and several others presented information contributed by the stroke group about the intricacies of living with stroke. The talk was well received. Alice and Gerrit will try to work up a story for the website that summarizes the main points of this talk.

"IT'S STILL ME" DVD

Cory Smith, a grad student from the UW, showed us an excellent short DVD about aphasia at the May meeting. The Stroke Group has a copy on CD – contact Gerrit or check our library if you are interested. You can find more information at www.buzzco.com/Educational/Aphasia.htm. (Note the three Z's in 'buzzco').

CAREGIVER SUPPORT GROUP

Julie Bacon from our group and Diane Kendall from the UW have started a caregivers support group. It will meet, and did meet, in parallel with our group meetings every third Saturday at Northwest Hospital, but they also meet all other Saturdays at the UW. Child and patient care is provided at all meetings. This is a tremendous resource for all brain injury caregivers! Many thanks to Julie and Diane for this valuable service. For more info see <http://tinyurl.com/2e4mcpp>.

WORLD OF WHEELS – OUTDOORS FOR ALL

Cathy Nyrkkanen, representing Outdoors for All, presented her services to the group (due to a regrettable "glitch" she didn't bring equipment for us to try – oh, well, next year –)

BUT:

This group has been around for a whopping 30 YEARS and has been helping people with disabilities enjoy a whole range of outdoor activities through out the year – down hill/cross country skiing, ROCK CLIMBING (!), cycling, kayaking, water skiing, snow boarding. They started as a group of skiers determined to share their love of the sport with people with disabilities. That group grew to 700 volunteers that serves 2000 users annually on a wide variety of both winter and summer sports. A trail rider can be rented to ensure that people with mobility challenges can get into the mountains and on trails.

Think you can't? Well, think again.

To find out what is available, call for an assessment – they are located in Magnuson Park. Here is the link to get started:

<http://www.outdoorsforall.org/ActivityForms.html> (Note: Cathy left three vouchers for a free rental or assessment at Outdoors for All with Gerrit. Contact him if you would like one at 206-276-3019 or seattleyass@gmail.com.)

To sign up for their online newsletter: http://www.outdoorsforall.org/mailling_list.html

PLAYING IN THE PARKING LOT

Maybe Outdoors for All didn't bring equipment, but that didn't stop Gerrit from bringing his FUN recumbent trike (the most fun this secretary ever had sitting down – that thing cooks going downhill, and I didn't think I could move that fast any more – WHOOEEEE!) AND

Gary brought his easy-to-stow-and-assemble electric scooter that he borrowed from Donor's Closet in Edmonds. It was easy to stash it in the back of the car, and easy to put together and go zooming in. And the parts didn't weigh a ton. Scooters have come a long ways.

Great to see you all! See you next month at the July picnic at the Boens. Watch for directions and map around July 3.

Alice Hanson, Secretary, Young Adult Stroke Survivors

Group contacts: seattleyass@gmail.com 206-276-3019 or www.SeattleYASS.weebly.com