

Sun 19 Sep 2010

Great to see everyone on such a surprise nice day! Too bad the Huskies didn't do as well as we did. :-)

NEW FACES

- Kerry Bischoff
- Rosa Linda Franada
- Hiroo Ito and Turid Gronning

It was great to see you all and hear your stories, and we hope you will come again.

HEART WALK

Sarah Popelka from the American Heart Association told us all about the upcoming Heart Walk fundraiser and celebration. It takes place the morning of Sat October 2, starting at the fountain area in the Seattle Center. Check out <http://tinyurl.com/2a38jd7> for more information, and contact me if you want to register. Come join in for the exercise and fun, and help support our parent organization in their efforts to stop heart disease and stroke!

ROBOTIC REHAB STUDY

The Veteran's Administration did a study involving robotic limb movement in spring 2008, and it was quite successful. From their press release: "intensive therapy improves upper extremity function that has been lost many years prior due to a stroke." They are now opening up a new study available to everyone, not just veterans. Contact me or Mike Donahue: Michael.Donahue1@va.gov or (206) 277-3460.

ART SHOW

It was great to see everyone's artistic creations! We had paintings from Saul, Don, and John (via Stan), jewelry from Christina, hand woven scarves from Evelyn, and writing and scrapbooks from Sharon. (I hope I haven't forgotten anyone!) Sharon took pictures of our artists and their creations, and they'll be posted to our website soon. Thanks to all!

LEA BLACK FALL

Group member Lea Black has had a bad fall resulting in a broken knee, facial injuries, and another stroke. Fortunately the stroke occurred in the area of her brain which was damaged by her previous stroke, so little additional damage was done. She's recovering at Life Care Centers of West Seattle for another couple weeks, then is seeking assisted living. I got a recommendation for the Foss Home. If anyone else has recommendations please let her or me know. Call her at (206) 683-6967.

HANDICAPPED TRAVEL CLUB

Teresa and Brad reported on an excellent travel club they've found for the disabled. The group meets somewhere in the United States each summer for camping, RVing, staying in cabins, etc. This summer it was in Oregon, and our Teresa came in third in the wheelchair race! Way to go, Teresa! It's a great way to get out into nature, and to find out the clever ways other people have worked out assisted camping. Check them out at <http://www.handicappedtravelclub.com/>. (Brad, is that your video of the wheelchair race on the website?) Thanks for sharing this with us, folks!

MY NEW HOUSE

I forgot to mention that Pat & I just closed Friday on the house we made an offer on last April. Man, short sales are slow! There is a lot of work needing to be done, but we're very happy. We plan to host one of the picnics next summer to have everyone over.

YOUR STROKE STORIES

Contact Alice Hanson at alice344@yahoo.com to set up a meeting so she can take down your story. We'll publish it on the website. Everyone in our group has a gripping and compelling story to tell! Alice will help you get it down on paper to share.

See you next month! We will have Outdoors For All, Todd Bern with a demonstration of yoga for stroke survivors, and a couple other presentations too. Should be an interesting and fun time!

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