

Sun 16 Jan 2011

Welcome to everyone in our new room and meeting time! It was a great meeting, and the Auditorium is going to be an excellent place for us. Remember: 2:00 – 4:00 in the TCU Auditorium from now on. (Same day, the 3rd Saturday of the month.)

NEW FACES

- Nadia Fabian
- Scott & Kelly McDonald
- Bob & Shirley Olson
- Rosemary Rasp
- Susan McMonagle & daughter Marla Dittloff

Loads of new folks this month! Great to see you all, and I hope you can come again.

APHASIA CAMP PRESENTATION

Member John Mantle presented a slide show and talk about his experiences the past four years at Stroke Camp Northwest <http://www.strokecampnorthwest.org/>. It's a wonderful way to get supported communication for aphasics while enjoying great recreational activities. The camp is held over a long weekend near Mt. Hood, Oregon, in August. Last year there were about 80 campers & caregivers, also therapists, students, and nurses. Camping is in bunkhouses. There was a zip line and all kinds of outdoor activities available. Students there helped with everything, making it a pretty luxurious experience for the campers and caregivers. Cost last year was \$280 for two, Friday – Monday. Scholarships are also available. John did an excellent job with his presentation, and is an inspirational story of ongoing aphasia recovery. Thanks, John!

TOASTMASTERS

Fellow member Mike Sias gave a great talk on Toastmasters, an organization devoted to helping people improve their communication and speaking skills. Aphasics are welcome. Mike joined in October 2010, and meets twice a month in Renton (although there are many other branches). February 4 he will give his first speech in front of his group, but he sounded polished and wonderful yesterday! There are usually 3-4 speeches at each meeting, and the environment is friendly and supportive. His dues are \$66/year, plus a little for refreshments, but this may vary for different groups. Learn more at www.toastmasters.org. Excellent job, Mike, and thank you!

MT. RAINIER TRIP THIS SUMMER

Dianne Cubell, Laura's mother, showed a nice movie about Mt. Rainier National Park, and gathered signups for a group trip this summer (July?). John Brace is working with her on this, and he will have more information next meeting. If you're interested in signing up for a group tour of this spectacular park right in our back yard, contact John at jbgoski@q.com or 425-698-8505.

MARIAN OSBOURNE SKIING

Member Marian Osbourne was videotaped by her husband Peter while cross country skiing in Winthrop. Check her out at: www.weebly.com/uploads/3/0/9/7/3097963/marian_skiing.wmv Way to go, Marian!

SAVE A STAMP, SAVE A TREE

Please let me know if you want to go email only and opt out of receiving group mailings by postal mail. Help reduce the burden on the American Heart Association, which does our mailings for us. Let me know at seattleyass@gmail.com, or 206-241-7693.

TACOMA STROKE SUPPORT GROUP

A new support group in Tacoma has started: the Tacoma Area Stroke Support Group. They meet every third Thursday from 6:30 to 8:30 PM in the TACID building in Tacoma. Contact Eboli Giannini, 206-816-2711, ebolina@hotmail.com.

LIBRARY MATERIALS

Duane Retel, our intrepid group librarian, reports that there are many materials which have been out for a long time. Please dust off your bookshelves and return what you've borrowed so others can!

NOT GETTING EMAILS?

If you're not getting emails and you think you should, please contact me. It is easy to accidentally remove yourself from our mailing list, unfortunately, but that's the way my hosting service does it.

INFORMATIVE ARTICLE

Mike D'Ambra brought this article to our attention: www.saturdayeveningpost.com/2010/06/02/wellness/general-health/post-investigates-stroke-advances.html. Good information on the latest stroke treatment and rehab techniques. Thanks, Mike!

AQUATIC THERAPY

Turid Gronning reminded me of the excellent aquatic therapy available at Bellevue Aquatic Center. They provide a nicely heated pool, therapy, and assistance for disabled dressing and getting into and out of the pool. Even wheelchairs! It is only \$5.75 for two. Learn more at http://www.ci.bellevue.wa.us/aquatic_center.htm.

OK, y'all, see you next time!

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