

Sun 20 Feb 2011

A great meeting in our new home! The TCU Auditorium is such a nice meeting place. Thanks to all who came.

NEW FACES

- John Harlowe & Judy Sparks
- Steve Scheving
- Shirley & Barry Holt

It was great to see you folks and to hear your stories. Thanks for coming and I hope we can see you again!

MEETING LOGISTICS

There is a childbirth class just before our meetings in the TCU Auditorium. They run until 1:30, and have to clean up the room afterward. We need to stay out of there until they do. We can wait in the small room next door until the room is free. Someone will put up a sign showing where to wait. Thanks for your cooperation!

COMMUNICATION STRATEGIES FOR APHASICS

Linda Matsuda, intern at Northwest Hospital, gave us a great presentation on communication strategies for aphasics and caregivers. Her presentation included a discussion of what aphasia is and how it affects language usage, different ways people communicate, and finally some specific strategies for aphasics and the people they communicate with. I have posted her presentation on our website: http://seattleyass.weebly.com/uploads/3/0/9/7/3097963/matsuda_2011-02-19.pdf . Thank you, Linda!

AUDIO BOOKS

Mike Gordon and I presented a couple different alternatives for audio books. Mike has a Talking Book digital talking machine which is completely free from a state service (with medical practitioner's signature). It is very easy to use, and allows you to speed up or slow down the reading speed without the voice sounding unnatural. There is a large library of digital books available for the device, and you can also plug in a "thumb drive" USB disk to play any audio book. You can apply for a free machine from WA Talking Book Library, 800-542-0866, wtbbl@sos.wa.gov .

I showed my Kindle electronic book, which has a text-to-speech function. The voice is synthesized so it sounds a little mechanical, but it can read most books you can get for your Kindle. My Kindle does not support adjustable reading speed, but the latest ones might.

In either case, it is a great help for comprehension if you listen to the book while you read along with it. Great help for aphasics and those who miss reading!

SAD NEWS ABOUT CLEM MAGSARILI

Clem Magsarili, long-time group member, suffered a serious stroke last Tuesday and died Thursday. There will be a visitation this Thursday, Feb 24 at Flintoff's Funeral Home in Issaquah, 5:30 PM, and a service on Friday at St. Louise Catholic Church at 11:00. You can find details about both services and a short memorial to Clem at www.flintoffs.com . Our hearts go out to Tony for the loss of such a gentle and kind wife. He may be reached at 425-643-1993. Please tell him if you plan to attend the visitation.

HEART WALK COMMUNITY GROUP VOLUNTEERS NEEDED

The American Heart Association is looking for volunteers for the next Heart Walk, to help coordinate community participation. If you are interested and can spare 2-3 hours per month, contact Tara Coffland at 206.834.8607 or Tara.Coffland@Heart.org .

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.

NEED STORIES OF LIFESTYLE CHANGES

The AHA is looking for stories of people who are not stroke survivors, but who have changed their lives in order to reduce their risk. Is there anyone among your family or friends who have learned from your experience and changed their lifestyle? They can get some publicity and be a role model too. Contact Francesca Minas at Francesca.minas@heart.org or 206.834.8611.

MOUNT RAINIER TRIP IN JUNE

It's all coming together! Laura & Dianne Cubell and John Brace have arranged for a tour bus on Thursday June 23 to take us all to the spectacular National Park in our back yard, Mt. Rainier. Cost is \$30 per person. The bus will pick up at the Northwest Hospital Rehab Center parking lot at 10:00 AM and return there at about 5:00 PM. Bring along goodies for a potluck picnic lunch, and any snacks and beverages you'll want. Please send your checks made out to Dianne soon: 1920 Fifth Ave N #103, Seattle, WA, 98109, 206-726-1799, and tell John if you'll be going: 425-698-8505 or jbgoski@q.com . It should be a beautiful and fun trip!

MEETING TOPICS

Have any ideas for speakers or subjects for our meetings? Do you have any hobbies or skills you could present? Vacations or trips you'd like to share? Ways you've worked around difficulties? Let me know and we'd love to hear from you.

See you next time, everyone!

Gerrit seattleyass@gmail.com 206-241-7693 (see our website at www.SeattleYASS.weebly.com)