



Sun 20 Nov 2011

Great to see everyone yesterday for an interesting and varied meeting with three presentations!

NEW FACES

- Brenda Smith
- Bill and JoAnn Shoemaker
- Kim Nguyen

Good to see you folks, and I hope you'll come again.

ORTHOCARE INNOVATIONS

Dr. Michael Orendurff showed us an experimental orthotic measurement device for ankle orthotics, and solicited volunteers to help test at their Mountlake Terrace office. The device collects data as you walk, to determine the optimum orthotic adjustment for you personally. Contact Orthocare Innovations at 800-672-1710 for more information.

AQUATIC THERAPY

Harriett Ott gave a great presentation on the benefits of aquatic therapy, including some actual client videos in the pool. Some of the benefits include:

- Reduced pain
- Increased range of motion
- Muscle strengthening
- Stretching and toning
- Improved coordination and balance
- Calorie burning
- Improved heart and lung functioning

Just being in the water provides benefits from hydrostatic pressure (shifting body fluids, improved circulation, reduced joint pressure) and buoyancy (decreased weight and joint load, freedom of movement).

Ms. Ott works primarily at the Bellevue Aquatic Center, which provides a special warm springs pool, pool wheelchairs and lifts, ramps into the pool or wide shallow steps. Other good pool facilities include the Lynnwood Aquatic Center, the Mountlake Terrace pool, and Dale Turner pool in Shoreline.

Costs for Ms. Ott's program vary from \$10 per group lesson to \$75/hr for dedicated one-on-one therapy. What a wonderful way to help your rehab and get exercise! Contact Harriet at www.cisaquatics.com or 425-830-7746.

RILEY JACKSON AND "A VIEW FROM THE FLOOR"

Riley Jackson, fellow stroke survivor and author, gave us an entertaining talk about his experiences and his book "A View From the Floor". Mr. Jackson suffered a major stroke while he was in Costa Rica 14 years ago, but has been dealing with it with humor and optimism. He has many harrowing and hilarious anecdotes about his life post-stroke, and is an inspirational example of the progress which can be made long after a stroke. He began to walk after 10 years in a wheelchair, and just recently became able to open and close his affected hand. Remarkable and inspirational! A copy of his book is in the group library if you'd like to borrow it, or contact his publicist Kristen Morris at kmorris@tigresspublishing.com or 206-683-5554 for more information.

HAND EXERCISER

Frank Lim ordered a hand exerciser from The Heritage Store, www.heritagesstore.com, 800-862-2923, their item number 335741, for \$49.99. He has been working with it regularly and reports that he can now pull three fingers of his affected hand inward, which haven't been responsive for 25 years! Way to go, Frank!

NUEDEXTA

Alice Hanson told me about a new drug for controlling "impulsivity" called Nuedexta. It might be helpful with emotional lability, that tendency for many stroke survivors to lose control of their emotions. Ask your doctor for more information.

HOLIDAY PARTY

The legendary YASS Holiday Party will be Saturday Dec 17 (same as our regular meeting day), from noon to 3:00, in our regular meeting room. Pick up a \$5 gift if you'd like to participate in our Cutthroat Gift Exchange. The party will be potluck, but we'll need things like beverages, cups, plates & plasticware, napkins, etc. Contact me if you'd like to sign up for any of that.

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 (contact info below).

Thanks to everyone for a great meeting. See you at the party!

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