



Sun 22 Apr 2012

Thanks to all who attended yesterday despite the gorgeous weather. It was tempting to head to the beach!

#### NEW FACES

- Dean, Bonnie, and Jim Namba
- Julie and Jacob Hodgen
- George Kuchenbecker, wife, and son
- Jane Gilnick
- Dennis and Judie Ahrenius

Good to see you folks, and we hope you can come again.

#### FRANCIS GATHENYA, DVR

Mr. Gathenya gave an excellent presentation on the services available from the DVR (Department of Vocational Rehab). This is a state and federally funded department which is specifically intended to help those with disabilities. DVR can help you find a new career and provide the resources for re-education and training. This can include tuition, books, transportation, and other costs of retraining. DVR helps each individual based on their own needs, and will work with you for years if necessary. In addition, they can help with on-the-job training, assistive technology (wheelchairs, braces, walkers, etc.), benefits planning, guidance and counseling. Alice Hanson and Mike Sias are two group members who spoke out in praise of DVR and the help they've received. This is an excellent resource for those of you looking to re-enter the work force after stroke. Contact the DVR at 1-800-637-5627, or find them at [www.dshs.wa.gov/dvr/](http://www.dshs.wa.gov/dvr/). Thank you, Francis!

#### RACHEL ERSOFF AND HOMIRA OSMAN, AUDIOLOGIST GRAD STUDENTS

Rachel and Homira gave an interesting and informative talk on the mechanism and importance of hearing. They described the amazing anatomy of the ear, from the outer ear providing localization, to the middle consisting of the eardrum and tiny bones and muscles transferring the sound vibrations, to the inner ear, or cochlea, where the vibrations are converted to electrical signals for the brain. All of this enables hearing, but they discussed the important aspects of understanding and communication too:

- ◆ Ask others to speak clearly and face you if necessary
- ◆ Pay attention to the speaker, watching lips and gestures along with your listening
- ◆ Avoid areas with high ambient noise or dark lighting
- ◆ Wear your hearing aids if you have them

Thank you, Rachel and Homira!

#### BEATING STROKE GAME PLAN

Greg Schofield is an ex athletic coach from Wisconsin who survived a serious stroke and has developed a rigorous rehab program. Check it out at <http://beatingstrokegameplan.com/>.

#### EASTSIDE SUPPORT GROUP

There is a stroke survivors support group sponsored by Evergreen Hospital, for you eastsiders. Registration is required. They meet the first Tuesday of each month, 2-3pm in the DeYoung Pavilion - Rainier Room. You can register at [www.evergreenhealthcare.org](http://www.evergreenhealthcare.org) under CLASSES or call the Evergreen Healthline at 425-899-3000.

#### STROKE EVENT SPEAKER NEEDED

Northwest Hospital is having a Stroke Event day May 30<sup>th</sup> or 31<sup>st</sup>, and would like someone to tell their story in a 15-20 minute talk. Contact Nancy West at [Nancy.West@nwhea.org](mailto:Nancy.West@nwhea.org) if you're interested.

#### CAREGIVER RESOURCES

Caring For Caregivers, with many free resources for caregivers from Elder & Adult Day Services [www.eads-cares.org](http://www.eads-cares.org). They provide no cost respite care, no cost low impact exercise programs, and no cost "Powerful Tools for Caregivers" training. Contact Amber Wolf, [awolf@eads-cares.org](mailto:awolf@eads-cares.org), 206-859-5721.

#### APHASIA DAY

Saturday June 30, from 9:00 to 3:00 at the Lake City Community Center, the UW Dept. of Speech and Hearing Sciences will present their 3<sup>rd</sup> annual Aphasia Retreat for aphasics, caregivers, and families. Highlights include research updates, improving quality of life after stroke, vendors and exhibits, testimonials, sessions for survivors and caregivers, refreshments and lunch. Don't miss it! Contact [shclinic@uw.edu](mailto:shclinic@uw.edu) or 206-543-5440 for more information or to register.

#### CANCELLED NORTH CASCADES TRIP, POSSIBLE LEAVENWORTH

Unfortunately Dianne and Laura Cubell and John Brace have had to cancel the North Cascades day trip planned for August. They are looking for interest in a trip to Leavenworth, though, as a possible replacement summer trip. Contact Dianne at 206-726-1799 if you are interested.

#### UW SPEECH AND HEARING CLINIC

The premier local clinic for aphasia research and resources: 206-543-5440 or <http://depts.washington.edu/sphsc/labsites/kendall/about.htm>.

#### AUGUST PICNIC HOSTS?

If you can host the YASS August picnic, let me know. Sharon Leitheiser volunteered for this but it may not work out.

#### 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 next time!

Gerrit [SeattleYASS@gmail.com](mailto:SeattleYASS@gmail.com) 206-241-7693 (see our website at [www.SeattleYASS.weebly.com](http://www.SeattleYASS.weebly.com))