



Sun 17 Jun 2012

Wow – there were more than 60 people at the meeting yesterday! Are we going to have to start meeting at Key Arena? :-) Great to see you all!

NEW FACES

- Leslie Ann Hay
- Nancy Hammock

Good to see you! Hope you can come again soon.

KAYLEE PAULSGROVE, APHASIA

Kaylee, despite her advancing laryngitis, gave us a great presentation and DVD about aphasia and tips for living with it. I've posted her presentation to our website at http://seattleyass.weebly.com/uploads/3/0/9/7/3097963/paulsgrove_17_jun_2012.pdf . You can also find it on the Resources page. Here is a summary:

- Aphasia means communication impairment due to brain injury. It is not an impairment of speech (physically forming words and sounds), intelligence, or personality.
- Aphasics can have difficulty with comprehension, finding words, or mixing words up. This can apply to reading, writing, and speaking language.

She also presented six basic principles for living with aphasia:

1. Accept your new reality. This may take time, but you will find ways to live which are rewarding.
2. Take charge of your life. Maintain independence, with shopping, finances, chores, transportation, and choices as much as possible.
3. Learn new communication skills, so you can communicate your wants and needs and participate.
4. Build strong relationships. Aphasia changes social relationships, but you can learn to share things that don't depend on words and language.
5. Get involved in activities. Pursue interests and hobbies, volunteer, take classes, and find a routine that suits your needs.
6. Develop a sense of purpose. Help others. You have experience worth sharing.

The title of the DVD she showed was "Inside Aphasia", and it can be found in three parts on YouTube:

<http://www.youtube.com/user/speechaphasias#p/u/32/Jh3OhgYvjVo>

<http://www.youtube.com/user/speechaphasias#p/u/31/5cGxvf8BlrA>

<http://www.youtube.com/user/speechaphasias#p/u/30/xfqwOfZT7CY>

(Cut and paste these links into your Web browser to watch the videos.) Thank you for a moving and helpful talk and DVD, Kaylee! Check out her presentation if you didn't see it yesterday – it's great.

JINTRONIX

A last minute addition to our meeting agenda was a presentation from three of the developers at Jintronix, a new company developing a computer program to help with rehab at home. Max Graham, Mark Evin, and Lex Youssef from the Montreal-based company demonstrated their system to us. It uses the Microsoft Kinect, which senses your body motion and controls objects on the computer screen accordingly. Your therapist can set up games and activities for you to do, and the Jintronix system guides you through the exercise and keeps track of your performance. This is made available to your therapist over the Internet. They demonstrated a couple exercises which looked fun and challenging, involving precision arm movements and pattern matching. You can test the Jintronix system and provide the developers with valuable feedback while they are in Seattle for a couple more weeks. Contact Mark Evin at 514-754-6688 or mark@jintronix.com . Learn more about them at www.jintronix.com .

NATIONAL STROKE ASSN FREE WEBCASTS

We received a DVD seminar on upper limb spasticity for our library, and also learned about many other free webcasts from the National Stroke Association. These include "Stroke Explained", "Preventing Another Stroke", "Aphasia", "Depression and Other Emotional Issues", "Mobility", "Nutrition", "Pain", "Fatigue", and several other relevant subjects. You can find the free webinars at www.stroke.org/ihope .

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 3rd 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 or 206-543-5440 for more information or to register.

LEAVENWORTH ALL-DAY BUS EXCURSION

Dianne and Laura Cubell and John Brace are organizing an all day bus excursion to the Bavarian town of Leavenworth, Friday August 24th. There will be bus pickups at Northgate and Southcenter 9-10 AM, and you'll return 7-8 PM. Wheelchair storage is available, and a lasagne and salad lunch is provided. Cost is \$50 per person. This will be a beautiful and fun summer trip! Contact Dianne at 206-726-1799 for more details or to sign up.

AUGUST PICNIC HOSTS?

If you can host or organize the YASS August picnic, let me know. If not, we'll skip the August picnic this year.

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).

Next month is the fabulous July picnic, hosted by ribmasters Dorrit Jensen and Gary Ruen. Don't miss it! I'll send info and directions just like I do for regular meetings. Have a great summer!

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