



Sun 17 Feb 2013

82 people yesterday – what a turnout! Great to see you all there and thanks for all your contributions.

NEW FACES

- Debbie Gilmore and Jeannie Krahncockle
- Donna and Tania Siler
- Mike Tran
- Janelle Turner
- Tom Airhart

Great to meet you, folks, and I hope you can come again.

FULL LIFE ADULT DAY HEALTH CENTER

Kristin Ott from Full Life gave us a presentation of the services they provide, which include adult day health care, memory care, care consultation, mental health, in-home care, and volunteer companionship. There are skilled therapists and technicians on staff. They help adults of all ages with chronic illnesses, physical or developmental disabilities. Full Life has four health centers, in Everett, North Seattle, South Seattle, and South King County, and two additional memory care homes. Their rates are \$40 - \$50 per day for adult day health care, and funding is available from several social services or through long-term care insurance. Contact them at www.fulllifecare.org, (206) 528-5315 in King County, or (425) 355-1313 in Snohomish County. I will post Kristin's presentation slides on our website Resources page. Thank you, Kristen!

MIKE SIAS BLACK HISTORY

Mike presented his contribution for Black History Month, which he'll be giving to his church next Sunday. His subject was Georgia Congressman John Lewis, born in 1940 to an Alabama sharecropper but who rose to prominent leadership in the civil rights movement during the 50's and 60's. Despite more than 40 arrests, attacks, and physical injuries, he remained committed to non-violent action. He is now serving his 8th term in Congress, after a life overseeing his country's transition from segregation to civil rights. Thanks for the civics lesson, Mike.

YASS P-PATCH

The YASS P-Patch is coming together! Interested gardeners should plan on attending the first planning meeting one hour before the March YASS meeting, in the front lobby of the Northwest Hospital Rehab Center (the building where we meet). The first planting will be on Saturday March 22. Harold Hansen noted that our Jackson Park location doesn't have much sun, so shade-tolerant crops might be in order. Here is the flyer from our website with the latest information: <http://bit.ly/XeEsyn>. Please contact Alice Hanson if you are interested in participating, at Alice344@yahoo.com or call Gerrit at 206-241-7693.

NADIA FABIAN BOOK

Member Nadia Fabian has finished her book "Angel and the Pendulum: A Woman's Interpretation of the Bible" and had it published. Congratulations to her for that achievement! It is available from her, or from Amazon or Barnes and Noble.

INNERTUBING AT SNOQUALMIE PASS

Mike Tran's Stroke Determination Foundation is organizing an innertubing day on Saturday, Feb 23, at Snoqualmie Pass, at 11:15. Here is the flyer from our website Resources page: <http://bit.ly/VwZwT6>. Grab your gloves and hat and hit the slopes!

REVA'S RAIDERS

Reva Robinson is coordinating a fabulous group of UW volunteers to come help us each meeting. They set up and clear tables and chairs, serve snacks and beverages, and help out everywhere. During the meetings they have been providing one-on-one communication assistance to individuals and also summarizing major topics on the board for comprehension help. They are providing a new dimension of communication and understanding for those with aphasia. Many thanks to her and to our wonderful volunteers! If you have any suggestions for further improvements, please contact me (see below) or Reva Robinson at revamarine@gmail.com.

STROKE SMART MAGAZINE

Get your free subscription to this great magazine put out by the National Stroke Association at www.stroke.org or by calling 800-787-6537.

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).

See you next month!

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