



Sun 17 Mar 2013

Nice to see everyone at the meeting yesterday!

NEW FACES

- Roberta Milios and Ann Popovitch for Bob Popovitch
- Robert and Betty McConnell

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

CRISIS CLINIC SERVICES

Yvonne Simpson from the Crisis Clinic gave an excellent presentation of the services they provide for the disabled and for caregivers. They are a phone-based community service providing information, referrals, help with organization, advocacy, and emotional support.

There are several services available:

- You can call 211 from anywhere in Washington to get help for food, shelter, legal or financial assistance.
- If you consider yourself disabled (no documentation required) and you need help related to that, call Yvonne Simpson at 206-461-3210 ext. 663. She is there from 1:00 – 4:00 M-F or she will respond to your message.
- If you are an unpaid caregiver in need of emotional or financial help, or have other needs related to caregiving, call Megan Mattas at 206-436-2975. She is there from 1:00 - 4:30 M-F or she will respond to your message.
- The Crisis Clinic also provides a 24-hour crisis line for emotional support and referral for counseling and mental health (206-461-3222), Teen Link for teens in crisis, and the Recovery Help Line for alcohol or drug abuse, gambling, and mental illness treatment.

This is a tremendous service for both the disabled and for caregivers! 211 is an excellent service for community and government resources, and the specific Crisis Clinic lines are a wonderful resource. I have posted Yvonne's presentation to our website at <http://bit.ly/XiDGhm>. Many thanks, Yvonne!

JOURNALING FOR CAREGIVERS

An online course in therapeutic writing (journaling) for caregivers is available from the Therapeutic Writing Institute at <http://twinstitute.net/> for \$350. Classes start April 4. The instructor comes highly recommended by Joan Jaeger, speech therapist at Northwest Hospital.

GROWING PAINS

YASS is getting big! Our meetings are about three times as large as they were several years ago. We discussed the pros and cons of a larger group versus breaking up into smaller regional groups, and there was a clear consensus that a bigger group is good. So united we stand – YASS forever!

UW APHASIA SUMMER TREATMENT PROGRAM

The UW Speech and Hearing Clinic will be conducting its summer program for speech, language, and communication skills, including customized individual therapy and group sessions. Sessions will be held from late June to early August, with an evaluation period from April – June. Applications should be in as soon as possible. New evaluations are \$200, group sessions are \$15, and individual sessions are \$30. The UW Speech and Hearing clinic is a world-class institution right in our back yard, and this is an excellent program which has benefited many YASS members. Their summer clinic flyer is posted on our website at <http://bit.ly/11192fu>.

BRAIN PLASTICITY RESEARCH

New research from Yale University has demonstrated a technique to stimulate brain plasticity and encourage repair and regrowth in mice. You can find more details on the research here: <http://bit.ly/ZqgHvA>. I have contacted the lead researcher and found that clinical trials are at least two years off and will initially study spinal injuries only. This is unfortunate, but I will keep in contact with them and report any further developments.

VOLUNTEER BANK

A couple group members have volunteered their services to the group: Gary Ruen for plumbing, and Mike D'Ambra for general errand running. What a great idea! I will keep track of these resources and steer people to them as needed. Anyone else? Cooking? Cleaning? Delivering the occasional meal? Driving to appointments? Shut-in visiting? Reading aloud? Communication practice? Let me know whatever services you'd like to offer and I'll put you in the YASS Volunteer Bank. Contact me if you have need of some volunteer help, too.

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)