Sun 21 Sep 2014

A light turnout yesterday on a beautiful late summer day. Great to see you all!

NEW FACES

Just us old-timers this time!

HEART/STROKE WALK COMING SATURDAY OCT 11

The American Heart Association annual fundraising Heart/Stroke Walk is coming up on Saturday Oct. 11. You can participate in the walk (1 or 3 miles, or a short wheelchair route), make a donation, or get pledges from family and friends. YASS has a team this year, with captain Roger Ferguson. Take a look at our team web page at http://bit.ly/1qgelbC to sign up or make a donation. You can find out more about the Walk here: http://bit.ly/1qXn5D4 Let's have a big turnout for the AHA, our parent organization!

YASS ART SHOW

We had a great showing of people's art, from music to painting to knitting:

- Kei showed her lovely Japanese paintings, which she now does with her left hand
- Helen showed her knitting and quilting, which she began to recover years after her stroke
- Marie shared her fused glass work
- RosaLinda showed us her bead work
- Steve, Jessica, and Stan played live music on guitar and clarinet
- Jessica showed us the knitting she does
- Gerrit demonstrated his recorded music created with a computer and synthesizer

I hope I haven't forgotten anyone! Also, Helen and Cliff recommended the AccuQuilt (www.accuquilt.com) fabric cutter, and Gary and Mike recommended automatic card shufflers for one-handed card players. See http://amzn.to/1mwBIwf for some examples.

Art is one of the finest things in life – it is absorbing, rewarding, and healing. Many in our group have found ways to create their art differently than before their strokes and have also rehabilitated physically in doing it, sometimes years after their strokes. Thanks for sharing, everyone!

YASS MOVING TO EMAIL-PREFERRED

We have a roster of 250 now, most of whom receive meeting announcements and minutes by old-fashioned and expensive postal mail. The American Heart Association does two monthly mailings for us, which results in a large ongoing expense for paper, printing, and stamps. Let's help them out by moving to email wherever possible. I know some folks don't do email, and that's fine, but **if you receive YASS bulletins by postal mailing and also email** please let me know so I can move you to email only. Give me a call or send email (!) at the contact below. The AHA thanks you!

REVA'S BABY

Our longtime volunteer coordinator and communication facilitator Reva Robinson is expecting a Christmas baby with her partner Alex! Congratulations, Reva and Alex!

JANE CAUGHLAN

Some sad news about long-time YASS member Jane Caughlan: she is being treated for cancer. I don't know the details. You can call or send cards to 2415 E Valley St, Seattle, WA, 98112-4131, 206-323-0070.

FREE STROKE MAGAZINES

"Stroke Smart" magazine is available free from the National Stroke Association at www.stroke.org/site/PageServer?pagename=mag , and "Neurology Now" is also free from the American Academy of Neurology at http://journals.lww.com/neurologynow/pages/default.aspx . These are excellent resources for information and rehabilitation.

THE ANCIENT GAME OF GO

Brian Gilliland is setting up a Go club for those who wish to play this Asian board game. The rules are simple but the strategy is complex. Good brain exercise! Brian can also provide you with sets of boards and pieces. Contact him at 206-363-1266.

TAILGATE PARTY COMING UP

Member Mike Tran is setting up a Husky football tailgating party for Saturday Nov. 8, so mark it on our calendar. Details to follow.

PICNIC FLOTSAM

Did you leave a tan Shari's shopping bag or a serving spoon at the August picnic with Gary & Dorrit? Let me know at the contact below.

Thanks for a great meeting with all the great artwork, and see you all next month!

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