



Sun 18 Jan 2015

Nice to see everybody yesterday, with plenty of Seahawks colors in the crowd. Go Hawks!

NEW FACES

- Myra Wilson and Tammarian Rogers

Glad you could come, folks, and I hope you can make it again!

SMALL GROUPS

We formed into small groups yesterday for the major part of the meeting. There was lots of good interaction, and people got to know one another better. People exchanged their stroke stories and advice, and friendship filled the room. We had a troop of wonderful UW volunteers who listened, learned, and were very attentive, too, as they brought snacks and beverages around. YASS is an amazing group of people!

REVA'S BABY GIRL

Our fabulous volunteer coordinator Reva had a healthy baby girl, Nia, on Christmas Day! We're so happy for you, Reva, and best wishes from YASS!

GERRIT'S 10th

Yesterday was my 10th anniversary leading the Young Adult Stroke Survivors! Jan 2005 was my first timid venture as YASS leader, back at the Bayview Manor. I can hardly believe it. My gratitude goes out to all of you who have helped me grow through the years and have given me a cause to put my heart into. It is so rewarding to be able to help, and to see the growth and progress of all my friends in YASS!

MED-BRIDGE INSTRUCTIONAL VIDEOS

Leigh Hammel of Med-Bridge is coordinating the filming of some instructional videos for therapists. They can always use stroke survivors as movie co-stars in their videos. They are booked until May right now, but if you're interested in signing up with them contact Leigh at 206-216-5003.

GIFT EXCHANGE CONFUSION

At our holiday party last month, I tried a different type of gift exchange which was kind of a flop. It was too confusing and not nearly as heart-warming as I thought it would be. Oh well! There are plenty of other ways to spread holiday cheer. How about sponsoring a needy family next year? Give me some feedback, and we have 11 months to work out something different.

Thanks for a great meeting! See you all next month.

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