



Sun 20 Sep 2015

It was great to see everyone after our summer break! Thanks for a great meeting.

NEW FACES

- Barbara Chapman
- Mark and Ann Overby
- Ciulia and Debra McLauchlan

We're glad you folks found us, and we hope you come again.

ART SHOW

What a talented bunch we have! Eric brought his clay figurines, Lana and her friend brought their paintings, Mike brought a clever birdhouse with a transparent back wall and suction cups for attaching to a window, Kei shared her Japanese paintings, Saul brought a collage and some poetry, Helen showed us examples of her sewing and embroidery, Steve played guitar and sang for us (including an original tune), Nancy shared some stencils she made, and Karl brought a self-portrait done in marker.

Wow! A very impressive display. Several members extend their art into the community too: Helen donates much of her work to various charities, Kei teaches Japanese painting, and Steve performs at open mics. Steve has some recordings, too, if you're interested; call him at 206-365-1980.

HEART WALK NEXT MONTH

The American Heart Association Heart Walk fundraiser is on our meeting day next month, Oct 17. The walk is in the morning, so you could participate and still come to the meeting. YASS has a team, with Roger Ferguson as captain. You can sign up for the walk or pledge at <http://bit.ly/1gDMDS0>, or by calling (206) 336-7233. The AHA is our group sponsor and helps us with mailings and publicity, so let's give back!

MIKE'S NEW JOB

Mike Sias has his first job since his stroke. Congratulations, big guy! He'll be working for Amazon Wednesday through Saturday, so we'll miss him at the meetings (until he can rearrange his schedule). Good luck, Mike!

"LITTLE HATS, BIG HEARTS"

If you knit or crochet, you might want to participate in the American Heart Association's (AHA) drive for tiny red hats for newborns and preemies. They are looking for donations of hats or yarn by January 15, 2016, to give to hospitals during February (Heart Month). Simple patterns and more information may be found at www.heart.org/littlehatsbighearts. Hats should be red, cotton or acrylic, medium to heavy weight, machine washable, and no ribbons or bows (dangerous for wee ones). Please mail hats or yarn to Elly Henderson, AHA, 710 2nd Ave Suite 900, Seattle, WA, 98104. Questions? Contact Elly at elly.henderson@heart.org or 206-336-7200.

COMPRESSION GLOVE

Ciulia shared her fingerless compression glove with us, which helps her with hand strength. They may be found at fabric stores and elsewhere as aids for tendonitis and arthritis. Here are some at Walmart for \$7: <http://bit.ly/1KoCDak>. Very clever and helpful!

GOLD'S GYM AWARD

YASS member Karl Denham won a nationwide "Most Inspirational" award from Gold's Gym for their 50th anniversary celebration! Outstanding, Karl, and congratulations!

COUNSELING REHAB

The body is not the only thing which needs rehab after a stroke. Mental health can be affected just as much. Two of our members recommended Dr. Lauren Schwartz from the UW for rehab and disability counseling. She may be found at <http://bit.ly/1NMqbvJ> or 206-598-4295.

DEPRESSION SELF-HELP

A book I have found helpful is called "The Feeling Good Handbook" by David D. Burns <http://amzn.to/1Jj3mkz>. Dr. Burns uses tools from cognitive behavioral therapy to help you work through your depression (and other mental health issues) in a structured way and bring it into the light of day.

Thanks to everyone for sharing your art and your hearts! Next month we have a speaker from the Brain Injury Alliance of WA. Don't miss it! Gerrit -- SeattleYASS@gmail.com -- 206-241-7693 (see our website at www.SeattleYASS.weebly.com)