Sun 18 Oct 2015

What a great turnout yesterday – I counted 65 attendees!

**NEW FACES**

- Barb and Duane Bach
- Catherine Strong
- Stephanie Hamilton
- Karen (?)
- Jan Strain (with member Steve Mitchell)

(Sorry Karen, didn't catch your last name!) Thanks for sharing your stories with us, folks, and we hope you can come again.

**BRAIN INJURY ALLIANCE**

Negin Khourepazan gave us a great presentation on the resources provided by the Brain Injury Alliance of Washington. These people can help you with almost anything you need to get back on your feet. They will help with

- Navigating the medical system
- Applying for Social Security
- Returning to work or school
- Access to legal aid

in addition to their help with social activities, helping family and friends understand brain injury, and putting together art shows, get-togethers, and other events. Their motto is "You Are Not Alone", and they really mean it! They provide help over the phone or in person, and will connect you to resources and support. They help you formulate and work toward personal goals, and improve your quality of life. They are hosting a Gala Event on Nov 21 at 5 PM, only $10 for survivors and a guest. They will have a Holiday Party on Dec 10. You can contact them at 877-982-4292, www.biawa.org , or at facebook.com/braininjurywa . What a great resource! Thanks for the great presentation, Negin.

**HEART/STROKE WALK SUCCESS**

Ann and Mark Overby told us about the American Heart Association Heart and Stroke Walk they participated in yesterday morning. Team YASS raised $3705, and was the fourth highest community team! Way to go, gang! We had our name announced at the gathering, too. Special thanks to Roger Ferguson for captaining the team, and to all the participants.

**GROUP GREETINGS**

Old-timers Robert Pacht and Frank Lim send their regards. Robert is having his good hip replaced in February, so send him your best wishes!

**FREE MEDICAL/DENTAL/VISION EVENT**

If you are underinsured and can't afford treatment, area health professionals are staging a free open clinic for medical, dental, and vision care. It will be at the Key Arena in the Seattle Center, Thursday Oct 22 through Sunday Oct 25. They will offer dental fillings and extractions, eye exams and free prescription glasses, mammograms, pap smears, flu vaccines, foot care, etc. You can also find out about volunteering to help at this event at http://seattlecenter.org/volunteers/ .

**SEIZURE RESOURCES**

For help and support with seizures and epilepsy, try the Epilepsy Foundation at www.epilepsy.com . There is also an online support group at https://my.epilepsy.com .

**ANGIOMA WALK**

Member Teresa Bartz's stroke was due to angioma. The local Angioma Alliance chapter is staging an Angioma Walk next Saturday Oct 24th. They will gather at noon at the South Lynnwood Transit Center, 20100 48th Ave where there is plenty of parking. You are welcome to walk or roll the 5k route, paved with mild/moderate hills. Find out more at http://bit.ly/1RQ7WgR or make a donation at http://bit.ly/1VZlN4X . You go, Teresa!

**CAMP ATTITUDE**

Long-time member Tim Malm shared his experiences last summer at Camp Attitude, the camp for disabled kids where he has volunteered for years. This summer was the largest turnout ever, as they continue to grow and provide their wonderful opportunity to ever more kids. Hats off to Tim for his great work!

**MEDBRIDGE FILMING**

Member Mike Purdy has participated in several filming sessions with MedBridge. They make instructional videos for therapists, and often ask our group for help. They typically offer $35/hour plus $25 for parking and transportation. Mike has had good experiences with them and can vouch for them, so next time an opportunity comes along consider it! Watch for email announcements.

**"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.

Thanks to everyone, and see you next month!

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