



Sun 20 Mar 2016

Great to see everyone yesterday!

NEW FACES

- Patrick Edlin
- Tommy and Reggi Carlson

We're glad you folks made it, and we hope to see you again.

UBER RIDE SERVICE

Adam Dalgleish and our own Dorrit Jensen gave us a great presentation on Uber, the new taxi-like ride service which uses individual drivers and their personal cars. You install an app on your smart phone or tablet, sign up with a credit card, and then at a touch you can have a driver come pick you up whenever you want and drive you to shopping, a friend's, the doctor, or, yes, to a YASS meeting. Here are some highlights:

- Uber carefully screens their drivers and cars, and is insured from door to door.
- A rating system keeps Uber drivers and cars at their best. You rate your driver after each trip, and vice versa.
- Your Uber driver will arrive typically within 10 minutes after your request.
- Cost is generally about 40% of a taxi fare, and there is no cash or tipping – it is all automatically charged to your credit card.
- A fare example is \$20 from Capitol Hill to our meeting place in Shoreline (a pretty long trip). The minimum is \$4.30.
- There is no specific support for motorized wheelchairs, but if yours collapses into a trunk and you can transfer to a car you are probably fine.
- You can call a driver before they arrive to make sure they can help with your disability or wheelchair, and switch to another driver if need be.
- There is no extra charge for passengers, typically up to four people altogether.
- There are several levels of Uber service, but Uber X is the most economical and generally the best for our use.
- Uber is present in 396 US cities, so you can use them all over the country with your single account.
- It's a great idea to set up an Uber account even if you don't regularly use it, in case of emergency.

Adam set up a special promo code for us: "SeaYASS". Use that on your first ride and save up to \$20 – a good way to check it out. Adam's presentation is on our group website under Resources / Group Presentations at <http://bit.ly/1puYFIA>. Many thanks, Adam and Dorrit!

TRANSPORTATION FOR MOTORIZED WHEELCHAIRS

Patrick pointed out that TransPro offers full wheelchair transportation facilities. You can find them at <http://www.transpro.org/> or 253-476-8726.

WALK, RUN, AND ROLL

The Brain Injury Alliance of WA is holding their annual Walk, Run, and Roll event at Green Lake on Sunday April 3, starting at the Greenlake Community Center. Registration starts at 9:00, with the walk at 10:15. It's a fundraiser, so you can participate and get family and friends to support. Please see <http://biawa.org/walk2016.php> or call 877-982-4292 for more information or to pre-register. See you there!

CHOCOLATE IS BRAIN FOOD – WHO KNEW?

A recent large study showed significant cognitive improvement among people who eat chocolate at least once a week. Now there's some brain rehab we can all enjoy! Check out the article at <http://bit.ly/1XFp9vS>.

APHASIA DAY RETREAT

The UW Speech and Hearing Clinic is holding its 5th annual Aphasia Day Retreat at the Northshore Senior Center on Saturday April 16. You can find a link with more information on our website at <http://bit.ly/1oVqhAg>. This is the April YASS meeting day, so if you go we'll expect a full report in May! ☺

Thanks to everyone, see you next time!

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