



Sun 19 May 2016

Great to see everyone yesterday!

NEW FACES

- Stephen Guild

Thanks for coming, Steve, and we hope to see you again.

ART THERAPY

Brigid Blume gave us a presentation of the art therapy she uses with a variety of patients. She works in a hospital in Auburn and has a private practice, Well With Art. She has worked with many people including the elderly, those with dementia, epilepsy, psychosis, bipolar, and depression. She does primarily group work, but also with individuals. Some of the benefits of art therapy include coping skills, stabilization, improved quality of life, greater expression, relaxation, reminiscence, self care, safety planning, and stress management. Brigid has done workshops with an epilepsy summer camp for kids in Stanwood and an adult epilepsy support group at Harborview. She also has a private practice and an ongoing program for self-care for caregivers (therapists, social workers, spouses, etc.). Please check out her website at wellwithart.com or contact her at wellwithart@yahoo.com or 206-450-9027. Thank you, Brigid!

MENTAL WELLNESS THERAPY

Pamela Woodroffe gave us an introduction to her strategies for calming the brain and nervous system, something a brain injury survivor needs for improved focus, decision making, and fatigue relief. We tried a calming breathing exercise, which she recommended to do five times a day. She discussed a technique of "cocooning" to overcome brain fatigue and a mindfulness and grounding exercise when you're feeling scattered and forgetful. She has experienced mild traumatic brain injury herself from a car accident, so she is well qualified. She has a private practice in Wallingford. Contact her at pamelawoodroffecounseling.com, woodroffe.counseling@gmail.com, or 206-399-2622. Thank you, Pamela!

CYCLING EVENT LAST SUNDAY

We had a lovely cycling day last Sunday with Outdoors For All, but only four YASSers showed up! C'mon, you all, let's see a little more action next time. Outdoors For All had more people there than YASS, helping set people up with a variety of great cycles. They can accommodate you no matter what your disability is.

APHASIA CAMP NW

Portland State University is hosting their annual Aphasia Camp Northwest for aphasics and their partners, on the weekend of August 27-29. It is at Camp Magruder in Rockaway Beach on the Oregon coast. They have a host of wonderful activities including trails, games, communication activities, and lots of fun. Cost is only \$160 per person (total, meals and board included), or \$80 for Saturday only, and scholarships are available if you can't afford this. You can see their video at <http://bit.ly/1UiOXAX>, and more information and registration can be found at <http://bit.ly/1YBtm6F>. This is a great opportunity at a beautiful camp! Check it out.

BIAWA ART SHOW

The Brain Injury Association of WA is staging an art show at the UW School of Social Work gallery (next door to the Speech and Hearing Clinic), from June through September. Find out more at <http://bit.ly/1UiO0sq> or 206-467-4800.

JEFF NERAT ON HIS FEET!

Jeff walked into the meeting on his own steam, to a round of applause. Congratulations, Jeff! You have put in a tremendous amount of work, and it shows.

YASS 25th ANNIVERSARY

I forgot to mention it at the meeting, but Dianne Cubell (a YASS caregiver old-timer) tells me that this meeting was the 25th anniversary of YASS! Wow – we should feel proud to be keeping such a valuable group so healthy and vibrant all that time.

LAST MEETING FOR SUMMER

That's it for the summer folks – our next meeting is in September. We'll have a pot-luck picnic at Gary & Dorrit's on our regular meeting day in July, though, so don't miss that. I'll send out an announcement for that with map, etc., a couple weeks prior. Enjoy your summer!

Thanks to everyone, see you at the picnic!

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