



Sun 18 Sep 2016

A great meeting yesterday! Nice to see everyone.

NEW FACES

- Rolf Hokansson
- Chris Cropper

Thanks for coming, folks, and we hope to see you again!

ART SHOW

YASS members again shared their creative work with the group at our annual Art Show. Both Kei and Steve G. had watercolors to show, Don shared his acrylic landscape paintings, Helen showed and gave away her handbags and baby quilts, Eric showed us his ceramic figurines and shared a poem, Marie shared a colorful pot she sculpted, Jane showed us how she makes old-fashioned applesauce, Gary shared a clever geo-caching shrine he built for Dorrit, and Steve M. played us some original tunes on his guitar. Some of us have found new artistic outlets after stroke, and some have found compensations for lost ones. And as Steve G. put it to me, "After surviving a stroke, learning to draw and paint is pretty small potatoes!" Thanks to all for a great show.

HEART & STROKE WALK

The American Heart Association (AHA) is holding its annual Heart & Stroke Walk next month on the YASS meeting day, Saturday October 15. The Walk is either a 1-mile or a 3-mile circuit around the Seattle Center (your choice). It's great fun, with hundreds of participants, tee shirts and hats, special recognition for survivors, and a live rock band to start off the walk. It's also a significant fund raiser for the AHA. We have TWO teams to support this year! Roger Ferguson is captaining the YASS team, and the UW Aphasia Lab (who provides all of our fantastic volunteers each meeting) is also sponsoring a team. You can sign up to walk or to make a pledge at the AHA website: <http://bit.ly/2cZDjrl> for the YASS team and <http://bit.ly/2cn9dji> for the UW Aphasia Lab (Team Kristin). You can also call at 206-336-7200. You can find out all the details by clicking Event Information at <http://pugetsoundheartwalk.kintera.org/>. Please consider contributing to this worthy cause!

UW CAREGIVERS WEBSITE

Rebecca Hunting-Pompon told us about the new UW Caregiver's Website at <http://uwcaregiverhub.com/>. It's a great place to start for practical questions and what to do. There are links for insurance, financial, and legal questions, how to transition from hospital to home, and support resources. It's a great help for caregivers! They are looking for your input too. If you have any suggestions or additions please contact info@uwcaregiverhub.com.

TAI CHI

Frank Lim told us about a Tai Chi program he's following. He practices at home using a 5 DVD set you can order from <http://bchbody.life/2cI6ujp>. Tai Chi is a great way to get exercise, improve flexibility and balance, and enjoy the benefits of meditation at the same time. Classes are also offered at local community centers, YMCAs, etc.

KEI OUT OF HER WHEELCHAIR!

Kei Nakagawa came to the meeting yesterday with nothing but a cane! Congratulations on your great progress, Kei, and it's great to see you up and at 'em.

Thanks to everyone, see you next time!

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