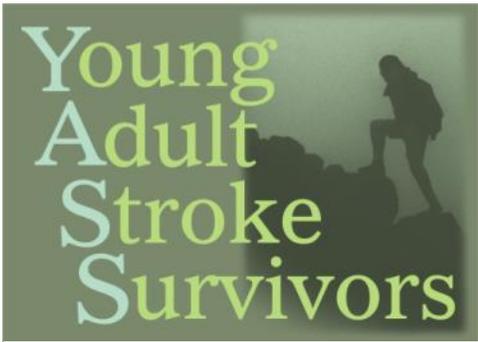


Sun 16 Oct 2016



Three cheers for you brave souls coming to the meeting in the teeth of the storm! Turned out to be not so bad after all, didn't it?

NEW FACES

- Toe Lue and Jenny Cha

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

AXIO-BIONICS

Thanks to a bit of luck the founder and CEO of AxioBionics (a Michigan manufacturer of wearable therapy devices) was in Seattle yesterday, along with one of their star users and his mother. Virginia Malm (Andrew's mom) arranged for them to speak with us, and it was a remarkable experience! David experienced a traumatic brain injury (TBI) as a child which left him seriously paralyzed, unable to walk or use much of his body. Nine years after his TBI he was fitted with an AxioBionics device and was immediately able to walk! With the continuous stimulation of his muscles and nerves he has rebuilt atrophied muscles and regained some brain control of them too. The AxioBionics treatment has relaxed his clenched arm and he now has much better circulation and some use of his fingers. David and his mother Linda called it a miracle, and their story was truly amazing.

- AxioBionics was founded in 1995 by Philip Muccio, CPO, who graduated from the UW with a degree in orthotics and prosthetics.
- The company is small, 8 – 10 people, and they do tailored fitting and manufacture at their Michigan facility.
- The therapy is continuous electrical stimulation, and amounts to far more than you can get with occasional physical therapy.
- The devices are fabric and comfortable for all-day use. There are leg and arm versions, and a vest for torso and back stimulation.
- David believes that AxioBionics allows his brain recover in other ways, since it is not working so hard to try to control his body.
- Wearable Therapy is a non-pharmacological alternative therapy system that may reduce other therapies and treatments.

Each device costs \$4000 - \$7000 complete, including fitting and followup. As usual, insurance does not cover this expense. You may be able to save some of the cost of medication or other therapy though. Look into the website at <http://axiobionics.com/> for more details – it's very thorough and helpful. You can even fill out intake forms from there.

Philip is in Seattle every 1-1/2 months or so, so you could arrange a meeting with him for consultation. Contact him at 800-552-3539 or philipmuccio@axiobionics.com. Many thanks, Philip, David, and Linda, for a remarkable demonstration!

AWE IN EVERYDAY LIFE

There was a great article in last Sunday's Parade magazine about the importance of experiencing awe in your life: <http://bit.ly/2dWdclI>. It puts things in perspective, improves your mood, and bonds you to people. Here are some tips to put awe in your everyday life:

- Drop the devices and gaze at the clouds or stars.
- Visit a local, state, or national park.
- Take an Awe Walk in your neighborhood, noticing things as if for the first time.
- Describe to a friend or write about a time you once felt awe.
- Visit a museum or planetarium.
- Get up early to watch a sunrise.
- Play amazing music.

THERAPY VIDEOS

There are thousands of rehab videos on YouTube and elsewhere. We watched a few short ones and tried them out:

- Walking rehab: <https://www.youtube.com/watch?v=iD0qT8eFW6c&feature=youtu.be&t=62>
- Weak leg exercises: <https://youtu.be/-CwIAWyAOQg?t=54>
- Arm midline exercises: <https://www.youtube.com/watch?v=ZnL2s-43AEM&feature=youtu.be&t=35>

These include a couple of kinda bozo therapists who have some good clips at <https://www.youtube.com/user/physicaltherapyvideo>. I also found some good longer ones at <http://StrokeClass.com>. You can get some great ideas by going to YouTube, <https://youtube.com>, and typing 'stroke rehab' (no quotes) in the Search box.

OCCASIONAL HOUSEKEEPING HELP NEEDED

YASS member Mike Tran could use some low-cost occasional housekeeping help in the Issaquah area. He's one of our younger members, who had a pretty severe stroke while in college. He's raising his school-age daughter and needs some help. Can you pitch in or make some suggestions? Contact Mike's care manager Judy Najavits at 425-313-5561 or Judith.Najavits@swedish.org.

EASTSIDE WRITER'S GROUP

Stroke survivor Alizabeth Rasmussen is coordinating a writer's group on the Eastside. You can find more at <http://bit.ly/2eGq57b>.

BIA GALA FUNDRAISER

The Brain Injury Association is hosting their annual Gala fundraiser on Saturday Oct 29 in downtown Seattle. It is a formal affair, and tickets are \$300. They are also accepting donations for their auction. Find out more at <http://www.biawa.org/gala.php>.

LOW-COST DENTAL CLINIC

There is a new dental clinic on Beacon Hill which accepts Medicaid and provides discounts for no insurance Neighborcare Health at 206-548-5850.

Thanks to everyone, see you next time!

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