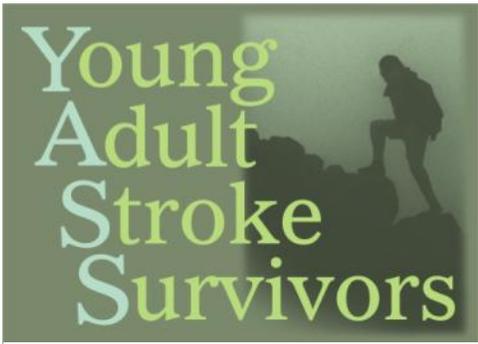


Sun 19 Feb 2017

Great to see everyone yesterday!



#### **NEW FACES**

- Whitney Morean
- Tom and Nedra Pautler
- Frank Young

Welcome, folks! I hope we'll see you again soon.

#### **NSA VIDEOS**

The National Stroke Association puts out a good series of short videos. We watched a couple of them yesterday, followed by some discussion. Here are some links in case you want to watch them yourself:

Stroke: The Reality, part 1 <http://bit.ly/2mcPZPz>

Stroke: The Reality, part 2 <http://bit.ly/2kXwOsC>

Here is a printed version of the presentation, too: <http://bit.ly/2kOa8tW>. It has much the same information as the videos, but in a different format. The videos and presentation are also available on our website Resources page, under Group Presentations. You can click on any of these links to see the material.

Sorry about the audio technical difficulties yesterday! If you couldn't hear, try watching the videos yourself. Thanks to everyone for all the great commentary and feedback, too.

#### **JOHN BRACE**

Our good friend John Brace lost his long battle with brain cancer on January 21. John was a great guy, beloved by many, always positive and energetic. Here is a link to his obituary <http://bit.ly/2lkC0rT>, with instructions for remembrances if you would like. We passed around a condolence card yesterday for people to sign, which I will send to John's family. There will be a celebration of John's life at Redmond Ridge Community Center, 10315 Cedar Park Crescent NE, Redmond, WA from 1:00pm - 3:00pm, on Sunday February 26.

#### **OREGON ADVENTURE CAMP**

Destination Rehab is offering rehab adventure camps in Bend, Oregon this summer. Session 1 is May 28 - Jun 3 and Session 2 is Sep 17-23. Cost is \$3500 per person for each session. A wide variety of activities and therapy will be provided, including room, board, and local transportation. You can find more at <http://bit.ly/2lxt5oL>.

#### **WALK, RUN, AND ROLL**

The Brain Injury Alliance of WA (BIAWA) is hosting their annual Walk, Run, and Roll fundraiser event at Greenlake on Sunday April 2. There is a 5k or 1 mile course, and you can walk, run, or ride your wheels. The event starts outside the Green Lake Community Center, 7201 E. Green Lake Dr. N, Seattle. Registration is at 9:00, opening ceremony at 10:00, and the walk begins at 10:15. You can sign up and find fundraising forms here: <http://bit.ly/2lb14D2>. If anyone wants to captain a Team YASS, let me know and we'll get organized!

#### **NORTHWEST HOSPITAL OUTPATIENT PHYSICAL THERAPY**

Member Ciulia McLaughlan shared her great experience with Northwest Physical Therapy Services. She likes the atmosphere and the friendly help. People with a wide variety of disabilities are there, and they have staff to help with your particular needs. The fee is only \$30/month. You do need a doctor's referral. They are located across I-5 from Northgate, at 10330 Meridian Ave N #110. You can contact them at (206) 368-6035 or <http://northwestphysicaltherapy.com>.

Thanks to everyone for a great meeting, and see you next time!

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