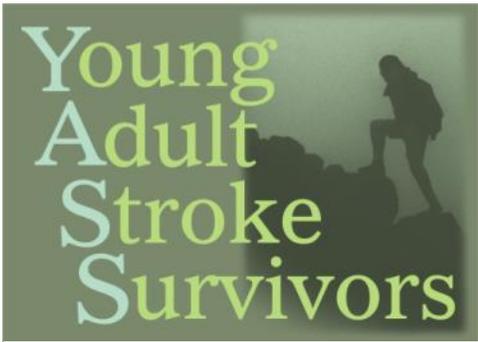


Sun 21 May 2017



Thanks to all who came to our meeting instead of the beach! What a lovely day it was.

NEW FACES

Just us old-timers this time!

LIFESTYLE CHOICES TO REDUCE STROKE RISK

Dr. Esther Rawner, neurologist and Medical Director of Stroke Services at Northwest Hospital, gave us a talk about lifestyle choices to reduce the risk of stroke. She identified five stroke-prevention lifestyle factors:

- Not smoking
- Healthy diet
- At least 30 min per day of moderate to vigorous physical activity (double your resting heart rate)
- Optimal weight
- 1 alcoholic drink per day for women, 1 – 2 for men

and showed that adopting even one of these changes drops your stroke risk by half! You can reduce your risk by 80% by adopting all five. If we had a pill this effective it would be called a miracle drug, but you can get these results all on your own.

Dr. Rawner covered healthy eating thoroughly, including the various reasons we eat, what healthy eating means, and things to avoid like soda and salt. We discussed the benefits and harms of different types of fats and oils, how important it is to eat plenty of fruits and vegetables, and how to get protein from vegetables, grains, and nuts. She covered two healthy diets: DASH (Dietary Approach to Reduce Hypertension) and the Mediterranean Diet, and the general approach and stroke-reduction benefits of each. You can find her entire presentation on our website under Resources / Group Presentations, or here: <http://bit.ly/2qLn6xe>. Thank you, Dr. Rawner!

TIDY GUESTS

Please be sure to note the arrangement of tables and chairs in the room you're in and make sure we leave them in the same condition for our hosts at Seattle BrainWorks when the meeting is over. Thanks!

MEDBRIDGE FILMING

MedBridge www.medbridgeeducation.com is producing an educational video for therapists working with vision effects. If you have vision effects from your stroke and want to participate, they will be filming at their Kirkland studio on Monday or Tuesday, June 26 and 27, at whatever time is convenient for you. They will compensate you for time and travel too. Please contact Anna Stutz, anna@medbridgeed.com or 206-216-5003.

MIKE GORDON'S SADDLEBAGS

Last month Mike gave us a demonstration of the ingenious grocery bag carrier he came up with, and this month he brought along 45 of the handy gadgets to give away! Now everyone can bring home the ice cream, even one-handed. Mike's prototype last month used wine corks, and I was a little concerned that he had gone through 90 bottles of wine in a month for his production run, but was relieved to see he'd used wooden dowels instead. ☺ Thanks a million, Mike!

NEW YASS LINGRAPHICA DEVICE

Members Jorge and Cherie Guzman have donated a Lingraphica tablet computer and software to YASS! This is a well-respected communication method for severe aphasia. I just picked it up yesterday, and will be going through it for software updates and readying it for use by whomever would like to try it. Many thanks to Jorge and Cherie for this kind gift -- it will go to good use!

MIKE PURDY'S FOOT BRACE

Mike showed us his new adaptive foot brace to control toe drop. It's a clever and inexpensive strap-on device available from Saebo, called the SaeboStep. You can find out more about it at their website here: www.saebo.com/saebostep. It's available direct from Saebo for \$149, and they have payment and trial plans. Check it out!

GOODBYE TO CAREGIVER COORDINATOR REBECCA

Back in 2009 Rebecca Hunting-Pompon and Diane Keaton from the UW Speech and Hearing Clinic saw a need in the community for more support for caregivers, so they started a support group. Initially, the group was held on Saturdays at the UW but after realizing that was too hard for caregivers, who already balance many different roles, they came up with the idea of holding the support group concurrent to YASS. The group has taken off since then and Rebecca, Diane, Mike, and Heidi from the UW Clinic have rotated each month to lend their professional expertise to the group. Recently, Rebecca accepted a faculty position at the University of Delaware and will be moving there this summer, so yesterday was her last caregiver support group meeting. She has given so much to our community and will be greatly missed! Good luck, Rebecca.

YASS SUMMER PICNIC

Members Gary and Dorrit will be hosting their fabulous YASS picnic again this year, on August 19. They are such wonderful hosts and put on such a terrific picnic, including Dorrit's famous ribs, coffee, and niblet corn. Start planning your potluck contribution and we'll see you there! It is the third Saturday, same as our regular meeting. I'll send details around the first of August.

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

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