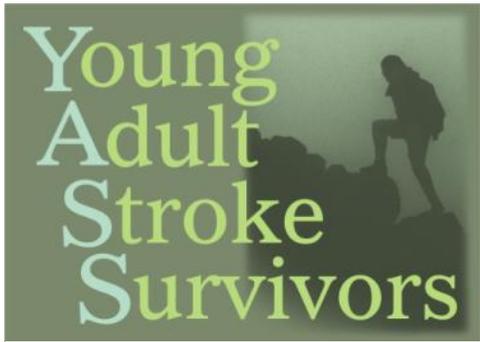


Sun 17 Sep 2017



Nice to see everybody at an intimate turnout yesterday.

#### **NEW FACES**

- Jennifer Crandall & husband
- Lolita Lekha & son James
- Debbie Paul for husband Tim

We're glad you made it folks, and hope you can come again.

#### **SEPTEMBER ART SHOW**

There were only two artists sharing their work yesterday. We missed the rest of the YASS artists! Don't be shy next time. Marie shared a ceramic pumpkin she made, and Steve sang us a couple original songs with his guitar.

#### **YASS SUPPORT AND MEMBER PROGRESS**

We had several reports of improvements and milestones this time. Andrew Malm is walking daily 15 times around the block now! Steve Mitchell has a paying gig playing at retirement homes, and Giulia McLaughlan is back to her former knitting prowess with a backlog for Christmas. Good going, everybody!

We exchanged stories and experiences yesterday too. Several of the newcomers told us about themselves, so we got to know them a little. Long-time YASS member Michael Ford was able to make it yesterday, and he shared his experiences and wisdom. We all got a chance to connect and to help one another.

#### **UW STUDY**

The University of Washington is conducting a study to determine if they can detect a stroke from analyzing your voice. They are asking for a 30-second sample of your voice, which they will use in their research. You can do this in person or use your cell phone to make a recording and then send it by text or email. Some follow-up surveys will be involved, and you will be entered in a drawing for a Starbucks gift card for your participation. Contact [kaylanitam@gmail.com](mailto:kaylanitam@gmail.com) or [christanseejay@gmail.com](mailto:christanseejay@gmail.com) if you're interested.

#### **SAD NEWS OF BILL CROFT**

Bill and Cathy Croft are long-time members of YASS, and Cathy tells me Bill died on August 7. Please call Cathy at 253-589-2462 if you would like to express your condolences. Bill was a sweet and gentle guy and he will be missed.

#### **WILL YOUR WAY BACK**

Jennifer Crandall recommended an author, Jamie Osborne, who will be speaking at the Bellevue Barnes & Noble on Sep 23 from 1:00 to 3:00. He is the author of "Will Your Way Back", the story of his 9-year effort of will to regain much of his previous functioning after a serious spinal cord injury. Jamie is a Mercer Island resident. You can learn more about his remarkable grit and his experience at [www.jameshosborne.com](http://www.jameshosborne.com).

#### **THANKS, ANDREW!**

A note of thanks to Andrew Malm, who has been helping a lot to set up speakers for our meetings. He's got great ideas and energy, and has been helping me a lot the last few months. Thanks, buddy!

#### **ADAPTIVE YOGA**

John and Diane Park report a great experience with Adaptive Yoga NW. They work with people of all disabilities, and they charge only \$15 per session. They are located in the Fremont / Wallingford area of Seattle, and can be reached at 206-631-1400 or [www.adaptiveyoganw.com](http://www.adaptiveyoganw.com).

#### **SEND IN YOUR STORIES!**

It's good therapy to write down your whole stroke and recovery story, and you never know whom you will inspire. I get reports regularly from people who have gotten inspiration from reading the personal stories on our website. Write them up and send them to me, and I'll add them to the YASS website.

#### **PUMPKIN PATCHES**

Marie tells us there will be a Glass Pumpkin Patch at the Northwest Art Center she attends. There will be several in the area over the next few weeks, in fact. They are sponsored by Tacoma Glassblowing Studio, and feature thousands of glass pumpkins for sale by local glass artisans. See <http://bit.ly/2xJ9dpH> for details and locations.

See you all next month!

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