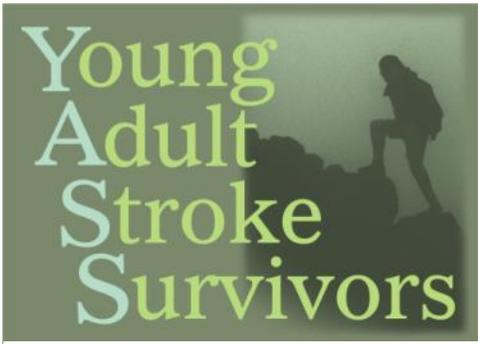


Sun 22 Oct 2017

A great meeting yesterday! Good to see everyone there.



NEW FACES

- Brian and Laura Silver
- Bill Monroe
- Don Brown
- Reed Schilbach

Nice to see you, folks, and we hope you can come again!

I forgot to mention that Judie and Dennis Ahrenius have taken on YASS new member registration now. Thank you, Judie & Dennis, and thanks to Stan & Jan Shipley who have been doing this for us for so long!

MEDTRONIC SPASTICITY TREATMENT

Jennie and Eric from Medtronic gave us a great presentation of their implanted system for continuous administration of the anti-spasticity drug Baclofen. A hockey-puck sized device is implanted in the abdomen and a catheter is run under the skin to the middle of the spine. This allows a continuous drip of Baclofen, which can be much more effective than oral pills in controlling spasticity. The side effects are much less compared to oral Baclofen, also.

When the device runs out of the drug, it can be refilled by needle (no surgery is required). The device lasts for about 7 years without maintenance other than refills.

This is a well-established treatment which has been used for over 30 years, and is generally well covered by insurance. Medtronic works with all local hospitals.

The presentation slideshow can be found on our website Resources page at <http://bit.ly/2yCvDcs>. The video on spasticity can be seen on YouTube here: <http://bit.ly/2h1h5sC>. You can also contact Jennie directly at jennie.novellino@medtronic.com. If you suffer from spasticity, check with your doctor about this remarkable treatment!

ERIC ALLISON BIO

Eric is a relatively new member of YASS. He has pretty severe aphasia so it is difficult for him to express himself now. His longtime friend Ruth put together a wonderful photo collection and biography of him, though, which she shared with the group. Eric has had a rich and fulfilling life as a minister, traveling the world spreading goodwill and making friends. He is an artist, parachutist, hiker and camper, and fisherman. He has several advanced degrees, and a great sense of humor. Along with the photos and bio, we watched a short video of a portion of a sermon he delivered, Eric gave us a live harmonica performance, we heard some friends read poems he wrote and testimonials from other friends, and saw mementos of his travels and samples of his artwork. It was great to get to know him a little, and we're proud to have him in YASS! Thanks so much to Ruth and Eric's other friends for putting this tribute together.

THE INGENIOUS MIKE GORDON

Our resident inventor Mike Gordon showed us an ingenious method for folding and storing sweaters, which could be very useful in the coming cold months. You can easily fold your sweater around a lightweight sheet of art board and slip this into a plastic grocery bag for easy stacking storage. No more messy piles of sweaters! The art board is readily available in the form of political yard signs, too, which pop up like mushrooms this time of year. If there's a politician you hate you could probably swipe a few of their yard signs before the election, but it's probably best to wait till afterward. Mike will cut and prep your art board for you too – just bring in your signs.

SAD NEWS OF TIM OSWALD

Sandie Hasagawa told me that Tim died in Kansas where they have been living, on July 27. He had another minor stroke, but didn't survive this one. Tim and Sandie shared their experiences with us in YASS many years ago when they were in Seattle, and Tim will be missed. Sandie can be reached at 2manyhomes@live.com if you'd like to express your condolences.

TANGOSTRIDE SOIRÉE

Gabriela Condrea of TangoStride, who gave us a presentation in May of 2016, is hosting a Soirée party and fundraiser for her TangoStride method of improving mobility in brain injury survivors. It will be held on Sunday Nov 19, 2 – 5 PM, at the Metropolist: 2931 1st Ave South in Seattle. There will be live music and fun for all! Tickets are \$35 - \$240. You can find more at <http://bit.ly/2yMbPmF>, hugsthatempower@gmail.com, or (206) 778-3239.

See you all next month!

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