

Welcome to YASS!

This is the smallest YASS meeting EVER!

The summer was hot and dry but the rain will be back tomorrow!

Every summer I have to go on our roof and plug up the leaks on my chimney. It's scary!

Please write down your stroke story and send it to me. I will post it on the website. Sometimes people find the stories and contact me to tell me the stories are inspirational. You never know who your story will touch!

Bill Croft died on August 7th. Bill and Cathy used to come to YASS a few years ago. I

will post Cathy's number so you can contact her to give your condolences.

Adaptive Yoga Northwest. It's been great for John and other people. They adapt their yoga practice for people of all abilities.

\$15 a session

42nd and Stone – Aditi Yoga

206 631 1400

Andrew has been helping a lot to organize speakers for our meetings! Please be sure to thank him!

Coming up...

Medtronic, adaptive equipment?

Therapy without Walls

Footloose Sailing (spring time) – adapted sailing. Located in Leschi.

Outdoors for All (Andrew's dental hygienist volunteers for them – small world!)

Is a Sunday afternoon good for folks when we set up activities?

Should we spend more time promoting the activities?

In October, Eric Allison's friend is coming to present about Eric's life. Eric has very severe aphasia and has trouble expressing himself. So his friend will tell us more about his incredible life. Eric is an artist, a minister, and probably a lot more!

The UW is doing a research study.

Harborview and UW Medical Center is

collecting 30-second voice samples from stroke survivors and people with other neurological conditions. We want to know if there are aspects of people's speech that can help us characterize certain diseases. Maybe one day we will be able to use voice traits to make early diagnoses. We need:

- A 30-second voice sample, either in person or online
- About seven surveys over the course of a few months, sent out by email or appointment
- You will be entered in a drawing for a Starbucks gift card for your participation
- Caregivers or other people without diseases can also participate

The speech might be a script or just talking
The surveys are pretty short

No age requirements

Beverages and snacks in the back of the room

Caregivers can go next door to meet

Duane brought the library, which contains resources for stroke

A couple of new members

Freebie bucket: "grippy paper" to help complete tasks one-handed, bracelets for epilepsy

Any birthdays? Any new milestones?

John has been swimming and doing lots of physical therapy!

Andrew had some broken bones this year and has not been as active. He decided to go for a walk and ended up pushing himself to go farther and farther. He walks around his block ten times in the morning and five times in the evening. It's about 90 minutes of walking.

Gerrit also tries to push himself when he starts an activity.

Andrew and Gerrit also try to quantify their progress to help motivate themselves.

Steve has been playing gigs for money recently! He used to play at nursing homes

for a while but stopped. He has a show next week.

Coming back to visit or even perform at a place where you had your therapy feels really good.

Gerrit went back to Northwest Hospital to speak at a seminar for doctors about 6 months after his stroke.

Marie brought her pumpkin, and Gerrit sees a couple of other things. But the art show will be brief...

Marie made her pumpkin a few quarters ago. She molded it on a wheel. She made it at Northwest Art Center near Clyde Hill.

Saturday October 7th, there will be a
"Pumpkin Patch" at Northwest Art Center
All the pumpkins are glass and for sale
Prices may be from \$35 and up
Admission is free

Giulia relearned how to knit after her
stroke, and it's made a big difference for
her. It helps a lot with her hand function.
She is making a sweater for her daughter in
law for Christmas.

Giulia has been doing a new treatment to
help her facial neuropathy and it is really
helping.

Steve will perform. "I'm back on the
nursing home tour!"

Since there is no more artwork, let's just do some good old fashioned support!

John

Stroke was April 28 2016

Spent a long time at the UW rehab centers, which is where I met Maggie, my caregiver.

Right-hemisphere stroke.

No aphasia.

Some left-side neglect (he has to remind himself or get prompts to look left).

John and Diana own their own business. Their daughter takes care of all of the

customers, works in the showroom, travels for the business.

John has kept thinking that he's ready to go back to work but he keeps asking his daughter for her opinion.

His relationship with his daughter has gotten stronger since his stroke.

It's clear to him that his youngest daughter and his wife are the two most dependable people in his life.

John often meets with his daughter for their business.

Right now he works in an advisory role. When he goes back to work, he hopes to

serve a customer with brain injury. He hopes she'll be sympathetic.

He misses his friends from work. Sometimes he sees them at events.

A customer said that he had heard John died.

John talks to his friends over the phone but not customers. He hopes to talk to customers again soon.

John thinks of some of his old customers and retailers some times.

Does any one else have a hard time walking?

John really enjoys therapy in the pool.

Andrew: Bellevue Aquatic Center might be good to contact.

Jennifer recommended Feldenkrais movement therapy. It's all about tiny movements and making sure that you move correctly. It is helping to improve her walking. "It's really small and slow."

John is working on walking again, needs a cane and someone to be nearby. He has to focus on moving slowly, otherwise he will fall.

He's had some "great falls" since his stroke.

Maggie is a CNA and has worked with John since January.

She likes to remind John how much he has improved since January, with physical and cognitive skills, especially when he feels frustrated.

Gerrit keeps a list of achievements to look back on when he's feeling frustrated.

"You can't eat a whole gorilla at once." You have to take one bite at a time.

John's daughter is getting married soon. She wants her dad to walk her down the aisle. John's goal is to be able to walk. His daughter is waiting until John can walk to set a date for the wedding.

John works on walking laps every day. At first, he wanted to walk 25 laps but Maggie said that's too many. They walk about 4 laps a day.

A lap is about 40-50 feet.

Gerrit thinks John might be ready to walk his daughter down the aisle already!

John just wants to be stronger and steadier. He still uses a gait belt when he's walking.

A lot of people have used or still use gait belts for safety.

John has graduated from the four-point cane to the single-point cane.

Dealing with emotions.

Journals. Write emotions down. Michael used to write angry letters to God.

Michael used to come to the group regularly but has been working on Saturdays and couldn't come. He's on vacation right now, so he decided to come.

Michael had a brain aneurysm 26 years ago.

He was very angry because he couldn't do a lot of things that he used to do.

He liked writing his emotions down because no one came to try to "fix" him when he would express himself.

Michael had lability/pseudobulbar affect so he cried uncontrollably after his stroke.

He found the crying very embarrassing because "Men don't cry."

John does not have lability.

Jennifer has lability and so she laughs and cries. She often laughs at things her kids do, and they don't like it.

She can handle the laughing but the crying is very hard to deal with.

When Andrew first had his stroke, he couldn't even say he had a stroke without breaking down.

It's hard for Jennifer to admit she has a disability.

Giulia feels like she is in denial sometimes, and has found the crying very embarrassing.

Jennifer had her stroke nine months ago today.

Gerrit has found antidepressants helpful for controlling his lability.

Right after his stroke, Gerrit's brother came to visit and Gerrit started crying

hysterically. Then he thought it was funny that he was crying so hard, so then he laughed uncontrollably. His brother was very confused.

Andrew has had to increase his dose of antidepressants a couple of times to help with lability.

Gerrit has also learned to find the benefits of lability. He enjoys the depth of the emotions that he feels sometimes.

Marie carries a "worry stone" in her pocket that she can hold on to when she feels anxious.

Fidget spinners have become very popular for managing anxiety, too.

Michael lived in Shelton when he had his stroke. His aneurysm was August 9-11.

He woke up in Harborview and had a lot of therapy. He was in the hospital for 3 ½ months.

He was receiving therapy even while he was semiconscious.

He remembers snatches of events while he was comatose.

When he woke up, he wandered a lot. They put a bracelet on him to alert him when he went too far.

Before his stroke, he was an executive chef and a caterer. Now he works as an intake coordinator at Harborview.

When he had his stroke, the doctors told him he would never work again.

When he had his stroke, he had a drug and alcohol problem. He stopped after his stroke, but the doctors prescribed him ritalin, which he didn't want because it is like a drug.

Michael was going through a divorce during his stroke and he didn't have a lot of family support.

That's why Michael started writing, to vent his feelings. But he doesn't read his

journals, which he titled "My Life as I Remember It."

He had a massive brain bleed and doesn't remember a lot from before it happened.

The bleeding was so severe that doctors thought he was going to be a vegetable for the rest of his life.

Michael has found so much meaning in his life since his aneurysm. He visits with people going through neurological issues and tells them never to give up.

Doctors can be so discouraging and sometimes you have to keep working just to prove them wrong.

Michael sometimes feels smug looking at the doctors who told him that he would never work. Now he sees them everyday in his role as an intake coordinator at the hospital.

Michael has epilepsy since his stroke, which has changed his life a lot, too.

Gerrit finds that when your abilities change so much, sometimes you have to find ways to compensate.

Michael suggests that even if you can't do something 100%, just doing it 20% can make you feel good and you may even get better.

As a former chef, Michael wanted to make a fancy meal but his therapists didn't believe him. So he cooked a meal for all of them.

He found it funny that he could remember how to make some recipes but couldn't remember other ones.

He is also prone to distraction, so that makes everyday activities challenging sometimes.

Michael's current wife is from England and

Jennifer had basal carcinoma of the face. She was having non-invasive surgery to get rid of the cancer. They had to take part of her lip.

They sent her to UW to see a plastic surgeon to fix her lip. She has a stroke while she was under anesthesia.

When she woke up, they told her she had a stroke. She was worried that she wouldn't be able to eat from the surgery and have to deal with the stroke.

The doctors told her that her lip was fixed, so Jennifer was relieved because she didn't know what a stroke was. Now she has been learning more than she ever wanted to know.

Jamie Osborne, "Will Your Way Back."
Speaker at Barnes & Noble, Downtown
Bellevue, who is a survivor of a spinal cord

injury. He from Mercer Island.

jameshosborne.com

Jennifer has been learning a lot about brain plasticity and other therapy modalities like feldenkreis. She's determined to prove the doctors wrong and keep improving after 6 months.