

STAN AND JAN

April, 2017

Stan's stroke was in 1997. He had a year and a half before retirement from a 30-year career as a Boeing engineer when a devastating stroke hit him just as he came home one night. He was treated at Group Health, and then transferred to Virginia Mason for rehab. His treatment there was excellent. He returned home in a wheelchair, pretty discouraged and overwhelmed. Gradually, and with tremendous effort, he began to regain the use of his right side to some extent. He did slow laps down his hallway and many hours of exercises every day. He was able to return to work in a wheelchair to finish his career by mentoring younger engineers. He found his colleagues and supervisor to be very attentive and supportive. Finally Stan began to walk using a four-footed cane, and eventually to drive again. Now he walks without the aid of the cane. He and Jan have a couple funny stories about not being able to zip up after a visit to a fast food restroom and doing a slow-motion fall into a pile of Costco pillows. Gotta keep that sense of humor! From having their lives turned upside down and struggling through one day at a time to the good life they now share, Stan and Jan have made a courageous journey. They now volunteer with the Boeing Bluebells and enjoy their grandchildren and family to the fullest.