



### **Contact us**

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*News & views – February 2022*

## **Let's meet our volunteer team**

Joyce and Norm Bottenberg have been living in Sammamish since 1986. They enjoy being active in their “retirement” years, each with Sammamish Rotary, Good Samaritan Episcopal, Red Cross, and for the past three years getting “Sammamish Seniors” on the map! Joyce is also a six-year member of the Sammamish Human Services Commission that underwent a city-wide “Health and Human Services Needs Assessment” in 2017 and identifying five major focus areas – basic needs, cultural inclusivity, domestic violence, mental wellness, and seniors (older adults).

Read more at

<https://sammamishwa.civicweb.net/document/16250>.



Joyce and Norm Bottenberg

For the past couple years, Joyce has been providing the Senior’s programming and communications pieces, and Norm has been right-hand with data records. Their background – Norm’s a Seattle native, UW graduate, and a career with teaching, Red Cross, and Boeing. Joyce is from New England, a UMass and Simmons graduate, with a 35-year career working in charities. Norm was recognized with a SAMMI “Circle of Service” Award in 2016. Joyce received recognition this year as a City of Sammamish “Volunteer of the Year” plus the national “The President’s Lifetime Achievement Award”. They each have been separately recognized with the Red Cross “Certificate of Merit for Lifesaving”, each for CPR rescue.

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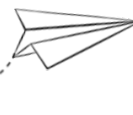
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They live on Pine Lake with their two dogs and a cat. They also have eight grandchildren (plus their families – two daughters and a son) who live nearby. They enjoy genealogy, reading, yard sales, their lake barge, and even yardwork.

## Community Conversations in February

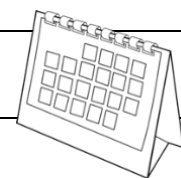
Zoom on in...



Date	Topic
<p>Wednesday Feb 2 2pm</p> 	<p><b>Wisdom Café</b> - "The Other Side of the Rapids" with King County Librarian Zlatina Encheva. How many metaphoric rivers did you have to cross in your life recently? What is your way out?</p> <p><u>Zoom link:</u>  <a href="https://us02web.zoom.us/j/81783442740?pwd=YUJhbkZuaGtDSVFFZ3BRNmVFd0UrQT09">https://us02web.zoom.us/j/81783442740?pwd=YUJhbkZuaGtDSVFFZ3BRNmVFd0UrQT09</a>            Meeting ID: 817 8344 2740 Passcode: 146661            One tap mobile +12532158782,,81783442740#,,,,*146661#</p>
<p>Wednesday Feb 9 11am</p> 	<p><b>Stay healthy by volunteering in Sammamish</b> with Dawn Sanders. After retirement, creating a schedule for your day-to-day life can easily be done. What is more difficult is creating a schedule that is fulfilling and enriches your life. Finding ways to volunteer and help through community service can be both beneficial and rewarding. Join our Zoom call and see why you should start volunteering.</p> <p><u>Zoom link:</u>  <a href="https://us02web.zoom.us/j/89387328112?pwd=U1ZvTnRQQk1Hci9keDIHamsvUkFTdz09">https://us02web.zoom.us/j/89387328112?pwd=U1ZvTnRQQk1Hci9keDIHamsvUkFTdz09</a>            Meeting ID: 893 8732 8112 Passcode: 505887            One tap mobile +12532158782,,89387328112#,,,,*505887#</p>
<p>Wednesday Feb 16 11am</p> 	<p><b>Financial Market Review: 2021 Year-End Report</b> with Financial Planner Jennifer Bromberg.</p> <p><u>Zoom link:</u>  <a href="https://us02web.zoom.us/j/89854629204?pwd=NnhZMFh3dzNRaFVhMkxCam5FNG0zQT09">https://us02web.zoom.us/j/89854629204?pwd=NnhZMFh3dzNRaFVhMkxCam5FNG0zQT09</a>            Meeting ID: 898 5462 9204 Passcode: 305942            One tap mobile +12532158782,,89854629204#,,,,*305942#</p>
<p>Wednesday Feb 23 11am</p> 	<p><b>"Tech Talk"</b> with Michael O'Connell. Michael knows technology! This session includes computers and cell phones (and more). Since people are likely to have a variety of questions, he would like you to email them in advance. This will give him a chance to make sure he has good answers for them as he may not necessarily be familiar with every subject about technology. This will be a <u>question-and-answer</u> session to help with the particular problem(s) that you are dealing with. Of course, some will be unanswerable and will require much more in-depth conversations but he will at least take care of the ones he can. Email your questions to <a href="mailto:SammamishSeniors@gmail.com">SammamishSeniors@gmail.com</a>.</p> <p><u>Zoom link:</u>  <a href="https://us02web.zoom.us/j/86001780360?pwd=OFUxZ2M4Qk50ZTFIRkM0bXRkWXRTZz09">https://us02web.zoom.us/j/86001780360?pwd=OFUxZ2M4Qk50ZTFIRkM0bXRkWXRTZz09</a>            Meeting ID: 860 0178 0360 Passcode: 757967            One tap mobile +12532158782,,86001780360#,,,,*757967#</p>

## Upcoming in March

March 2 1pm	<b>Wisdom Café</b> with King County Librarian Zlatina Encheva - <b>Qualities and Deficiencies: Are they Overrated?</b> What do you consider the most important virtues? <u>Zoom link:</u> <a href="https://us02web.zoom.us/j/81783442740?pwd=YUJhbkZuaGtDSVFFZ3BRNmVFd0UrQT09">https://us02web.zoom.us/j/81783442740?pwd=YUJhbkZuaGtDSVFFZ3BRNmVFd0UrQT09</a> Meeting ID: 817 8344 2740 Passcode: 146661 One tap mobile +12532158782,,81783442740#,,,,*146661#
March 9 11am	<b>Emergency Management/Preparedness</b> with Andrew Stevens.
March 16 11am	<b>Olympic Gold Medalist Wendy Boglioli</b> , who is a motivational speaker, joins us for a guaranteed inspiring talk.
March 23 11am	<b>Let's talk Tax</b> with Teresa Herrin. Start thinking of your tax questions and sending them through to <a href="mailto:SammamishSeniors@gmail.com">SammamishSeniors@gmail.com</a>
March 30 11am	<b>Elections &amp; Directions</b> with Paul Stickney.



## Activity corner

Each of the nine blocks must contain all the numbers 1-9 within its square.  
Each number may appear only once in a row, column, or box.

### **Sudoku 2**

9	8				2			
	2			9		6		
						3		
6			7	5			8	
5	4		3					
					4		6	
7	1	2						
						7		5
	3		6		9		4	

### **\*\*Quote of the month\*\***

*"The time is always right  
to do what is right."*

*Martin Luther King Jr*

**Color me in ...** Please submit any color pages to our email. We'd love to see them & feature them in the newsletter.



## Crossword #2

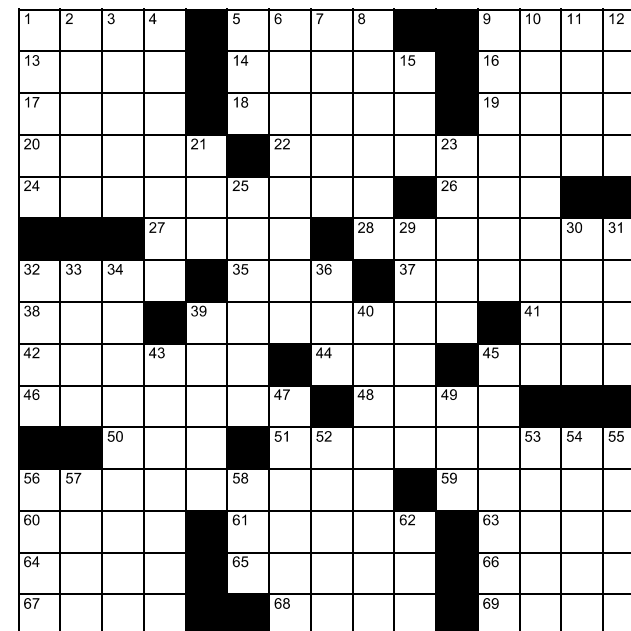
### Across

1. Little terror
5. Wet bar?
9. Knife wound
13. \_\_\_\_ of thumb
14. Church V.I.P.
16. Bounce back
17. Soon, to a bard
18. Throw for a loop
19. Garbage hauler
20. Complex unit
22. Deadly mushroom
24. Schongauer work
26. Toni Morrison's "\_\_\_\_ Baby"
27. Tabloid twosome
28. Noble position
32. Retro phone feature
35. Established
37. Indigenous
38. Not quite right
39. Full of bounce
41. Fishing equipment
42. Like cows and sows
44. Campaign pro
45. Shrek, for one
46. Bomb
48. Certain tide
50. Computer capacity
51. Emphatic
56. New Year's Eve staple
59. X, in math
60. Tim Conway film, "The Billion Dollar \_\_\_\_"
61. Factory
63. Quitter's word

64. Word sung on 12/31
65. Concise
66. Flu symptom
67. Arborist's concern
68. Numerical suffix
69. Give the eye

### Down

1. Hold steady
2. Talk at length
3. Follow follower
4. Plant stem extension
5. Mermaid's milieu
6. Veteran
7. Annex
8. Animal fur
9. Type of psychology
10. Word in a 1978 John Irving book title
11. "Get lost!"
12. Kennel cry
15. Primary color
21. Cereal grass
23. Dogcatcher's catch
25. Evening bell
29. "Brokeback Mountain" director
30. CBER's term
31. Dole (out)
32. Tip, as a hat
33. Brainchild
34. Deserving of respect
36. Word of advice
39. Dry spell



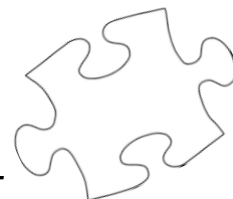
40. Mumbo-jumbo
43. Pie preference
45. Type of illusion
47. Young raptor
49. It may be framed
52. Capture
53. Likeness
54. Locale
55. Aromatic compound
56. Chew the fat
57. Rush follower
58. Envelope abbr.
62. Half a score



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## **Neighboring Senior Activities**

*Neighboring senior/community centers provide virtual and some in-person activities including fitness. Note that registering for some activities is important. Some offerings have fees.*



### **North Bellevue Senior Center** (425-452-7681)

4063 148th Ave NE, Bellevue 98007 – Mon – Fri, 8:30 am - 6 pm

Programs: <https://bellevuewa.gov/city-government/departments/parks/community-centers/north-bellevue-community-center-programs>

For times and activities, scroll though virtual, in-person, fitness, and more.

### **Issaquah Senior Center** (425-837-3339)

75 NE Creek Way, Issaquah 98027 - Open Mon - Thurs, 8:30 am to 4 pm; Friday, 8:30 am – 2 pm.

Lunch Served 12 - 12:30 pm

February newsletter: <https://www.issaquahwa.gov/ArchiveCenter/ViewFile/Item/779>

### **Mt. Si Senior Center** (425-888-3434)

411 Main Ave S, North Bend 98045 – Open 9 am to 4 pm weekdays

February newsletter: <https://mycommunityonline.com/find/mount-si-senior-center/bulletin/file/05-1061-20220201N.pdf>

### **Redmond Senior Center** (425-556-2300)

You can sign up to receive a free monthly subscription of the Encore newsletter by mail: call 425-556-2300 or email [rsc@redmond.gov](mailto:rsc@redmond.gov) to start your free, monthly subscription. You can also visit the website (<https://www.redmond.gov/206/Senior-Services-and-Resources>) and scroll to “Encore Newsletter”.

Learn about Redmond’s new senior/community center:

<https://www.redmondcommunitycenter.org/>

### **SnoValley Senior Center** (425-333-4152)

4610 Stephens Avenue, Carnation 98014 - Open 8 am – 3:30 pm

Link: <https://snovalleysenior.org/>

There’s a lot more activities included in the newsletter, fitness, too.

### **Indian American Community Services** (253-234-9989 - ext. 3)

Indian American Community Services (IACS) is the longest-serving Indian community-based organization in the Pacific Northwest. The IACS works to connect and empower the Asian-Indian community through programs, services, and advocacy for people of all ages and all life stages.

Link: <https://iacswa.org/services/seniors/> or to register: [admincoord@iaww.org](mailto:admincoord@iaww.org)



## **Resources**

**IACS Virtual Programming Schedule:** <https://mailchi.mp/4ebefd925a6f/iacs-newsletter-11283836?e=2900d2463b>

Yoga, support group, chai and chat, meditative art, *and more!*

For more info contact: 253-234-9989 - ext. 3 or [admincoord@iaww.org](mailto:admincoord@iaww.org)

**KCLS:** [Medicare Made Clear](#) (follow the link)

**Wed, Feb. 16, 2022 6:30PM – 7:30PM Online event For adults.**

This workshop will give you an overview of the different parts of Medicare (Parts A, B, C, D and supplements), what they cover and how they work. There will be a discussion of the different ways you can receive your benefits, including the pros and cons of each and approximate costs. We will also cover enrollment and eligibility guidelines. The goal of the meeting is to provide useful information that will put you in a better position to make an informed decision on your Medicare coverage. The presenter, Jean Cormier, is an independent agent and is not connected with the Federal Medicare Program. *Please register*

**Lambert House:** [NAMI Eastside Ending the Silence](#) (follow the link)

**Feb 20, 2022 7pm - 8pm** Are you or your friends struggling with their mental health? Learn the warning signs and ways to help!

**Sammamish Seniors, Free Jigsaw Puzzle Library**

Text or call: Margaret Rosenow 425-442-7698.

**Student/Senior Pen Pals** - looking for Seniors to participate with local high school students. Do you love to write? Share your penmanship passion with students and create new intergenerational relationships.

To register: Val at 206-779-2011 or [valeries@soundgenerations.org](mailto:valeries@soundgenerations.org)

**Statewide Health Insurance Benefits Advisors (SHIBA)** A trained volunteer can answer your questions about Medicare, Medigap, Medicaid, long-term care insurance. Call 8 AM to 5 PM, Mon - Fri: 1-800-562-6900

**King County Library System** has a variety of free, online groups and classes:

[www.kcls.org/events](http://www.kcls.org/events) - filter for Adults and Ages 55 and up.

Newsletter: [www.kcls.org/newsletters/](http://www.kcls.org/newsletters/) The library has arts classes several times a week and a “senior social hour” twice a month from SilverKite Community Arts, ([www.kcls.org/events](http://www.kcls.org/events) - a local award-winning intergenerational arts company).

Link: <https://kcls.bibliocommons.com/events/search?q=silverkite> (all recorded/viewable after registering).

**2-1-1:** This free and confidential service helps people across the U.S. find the local resources they need 24/7 day to help with food, health, housing, utilities, jobs & employment, and more. Phone 211 or find more info at link: <https://www.211.org/>



**Private Phone Calls with Social Worker Rebecca** can help you navigate resources and tackle a wide variety of issues or obstacles you may be facing call 206-395-9149, or email [rebecca@issaquahfoodbank.org](mailto:rebecca@issaquahfoodbank.org)

**AARP's Friendly Voice Program:** Want to talk with a friendly person during these difficult times? Call weekdays 9 AM to 5 PM at 1-888-281-0145 or <https://aarpcommunityconnections.org/friendly-voices>

**Statewide Health Insurance Benefits Advisors (SHIBA)** - A trained volunteer can answer questions - Medicare, Medicaid, and long-term care insurance: M-F, 8 AM – 5 PM: 1-800-562-6900.

**Encompass** - Grandparents Raising Grandkids Kinship Support Group meets every Weds at 1 PM on Zoom. Also, **"First Tuesdays"**, 5 - 7 PM - Join us in-person for dinner and conversation at Our Lady of Sorrows Church in Issaquah (the first Tuesday of every month). Contact Laura Lewis for registration at 425.443.4175 or [Laura.lewis@encompassnw.org](mailto:Laura.lewis@encompassnw.org)

**Washington State Prescription Drug Assistance Program** – This is a completely free service to help residents get access to lower cost medications. "We are the Prescription Drug Assistance Foundation (PDAF). We provide assistance to any Washington State resident whose prescription drug coverage is inadequate, even if you have private insurance, Medicaid, or a plan on the healthcare exchange. Our mission is to make medications available to low-income, uninsured, and underinsured Washingtonians at no or reduced cost." Local coordinator: Rod Shutt, 206-518-0839, [rods@prescriptiondrugassistance.org](mailto:rods@prescriptiondrugassistance.org). Learn more: <https://prescriptiondrugassistance.org/>

**"Thinking about moving but not sure where to start?"** 1) learning how much your home is worth, 2) want a free copy of Renee's book, *"Gain More Freedom by Downsizing Your Home"*, or 3) free consultation to address your specific need: connect with Renee at [renee.bornfreund@exprealty.com](mailto:renee.bornfreund@exprealty.com) or 425-301-0378.

**Helpful Hints:** Are you thinking about downsizing, organizing, or decluttering? Visit Lisa VanDoorne's *Facebook Live* for hints: <https://www.facebook.com/northwesthomecoach/>

### **Washington Poison Center**

For free 24/7 immediate help and treatment advice with medications or other potentially harmful substances, call the **Washington Poison Center at 1-800-222-1222**. (260+ languages). To receive poison treatment and information for pets, contact the **ASPCA Poison Center at 1-855-764-7661**. (ASPCA \$60 consulting fee)  
Brochure - <https://www.wapc.org/resources/downloadablebrochures/>

### **Sammamish Emergency Preparedness**

<https://www.sammamish.us/government/departments/emergency-management/emergency-preparedness-resources/>



## Community Van

Community Van is a flexible rideshare option that provides Sammamish residents with a new way to use public transportation by offering trips to local destinations in and outside Sammamish (up to 2 hours away). Community Van accommodates trips throughout the day, evening, and weekends.

Trips can be a whatever you need- such as going to a play or concert with friends or going to the grocery store every week with a group. Community Vans are driven by volunteer drivers who are screened and approved through King County Metro's Commuter Van program. Riders pay a standard metro fare for a round trip while the volunteer driver can ride for free. We want YOU to use Community Van to get where you need to go. If you are interested in taking a trip with Community Van, please email [communityvan@sammamish.us](mailto:communityvan@sammamish.us) or call (425) 295-0646.



## Computer Classes



### ***Wednesdays, 2-3pm***

For adults.

Presented by Bridget of GentleTechHelp.

The sessions will not be recorded.

Notes will be emailed to registrants after the session.

#### ***January 12***

Journey through Microsoft, Apple and Google-  
An Overview of Who Does What for You on Your  
Device!

#### ***January 19***

Make iPhone (and Watch) Your Health Buddy

#### ***January 26***

"The Cloud" What Is It? Do I Need It?

#### ***February 2***

Using Screen Time to Support Creative Hobbies-  
From Woodwork to Threadwork, Online Sources  
Help Your Projects from Idea Phase to Global  
Sharing

#### ***February 9***

Explore Augmented Reality on Your Phone

#### ***February 16***

How Emerging Technologies Will  
Enhance Independent Living  
(While Looking Like Magic)

Cloud captioning is available for online events. Captioning is auto-generated. Reasonable accommodation for people with disabilities is available by request for all events. Contact the library at least seven days before the event if you need accommodation. Send your request to [access@kcls.org](mailto:access@kcls.org).

Please register online at  
[www.kcls.org](http://www.kcls.org) or call your local library.





## Solution for Crossword #1

1	T	2	S	3	A	4	R		5	H	6	E	7	D	8	G	9	E		10	A	11	H	12	O	13	Y
14	A	P	S	E		15	O	N	I	O	N		16	C	O	N	E										
17	P	A	S	S		18	S	T	E	E	L		19	C	O	C	A										
20	S	T	O	P		21	T	E	T	R	A		22	M	E	T	E	R									
			23	C	O	24	W	E	R				25	R	I	P											
26	S	27	P	I	N	A	L		28	V	E	G	E	T	30	A	31	T	E								
33	C	R	A	S	S		34	L	I	V	E	N		35	B	A	N										
36	R	A	T	E		37	W	A	G	E	R		38	T	E	N	D										
39	A	T	E		40	G	A	M	I	N		41	F	O	R	G	O										
42	M	E	D	43	I	E	V	A	L		44	F	U	R	R	O	W										
				45	G	E	E			46	A	O	R	T	A												
47	S	48	T	I	N	K	B	50	51	O	M	B	S		52	I	T	53	54	C	H						
55	C	O	C	O		56	A	B	O	U	T		57	L	I	L	Y										
58	O	D	O	R		59	N	O	O	S	E		60	L	O	O	P										
61	T	O	N	E		62	D	E	T	E	R		63	A	N	T	E										

## Sudoku 1 Solution

9	8	7	5	1	2	6	4	3
4	1	5	3	6	8	7	2	9
3	2	6	4	9	7	8	1	5
2	6	8	1	5	3	4	9	7
5	4	1	6	7	9	2	3	8
7	9	3	8	2	4	5	6	1
6	5	4	7	3	1	9	8	2
1	7	9	2	8	6	3	5	4
8	3	2	9	4	5	1	7	6

*Sammamish Seniors evolved from a community service study by a couple Sammamish Rotary members, the Commission's discussion, Sammamish Parks director providing free gathering space at the Teen Center, and a group of 15 "organization team" volunteers. An all-volunteer project, Seniors opened in February 2020 with over 200+ attendees at its "open house" on a blustery, wet winter day. Seniors has been virtual since Covid19, highlighting the weekly "community conversations" and the monthly newsletter's resource info, events, opportunities, and links to neighboring senior activities. We welcome your feedback and encourage you to step forward to join our "org team".*



### Contact us

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<https://www.facebook.com/Sammamish-Seniors-104786961055819>



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