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News & views – January 2022

New Year, New Changes

Hello 2022! A warm welcome to new and existing members of the older adult's community, known as Sammamish Seniors. We are so glad you have taken this step in joining our community and encourage you to join our weekly Zoom calls to get to know other community members.

Speaking of joining the community, I would love to introduce myself to you all! I am Jessica and I grew up in sunny (and much warmer) South Africa and decided I wanted to make a change with my life, so I moved to the US! I have been in the States for almost four years now, spending two years in Redmond and am now excited to say a proud two-year Sammamish resident. I am one of the newest members to join Sammamish Seniors as a volunteer. I am excited to take on the role of doing our monthly and weekly newsletters and help run the community communications for Sammamish Seniors. The past three years have been a tough one due to COVID, as it has been for many people within our community. Being a long way from all that is familiar and comfortable to me - no family in the USA, not working, or having the means to get around easily has been a challenge and I am sure many people can relate to one or more of those points. Sammamish Seniors has been more than just a Zoom call or email to me, it has become the family I did not know I needed.



My husband, Brett, and I at the Pass.

In this issue

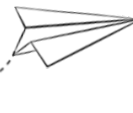
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The organization team is looking forward to what this year holds for us as a community, and I can confidently say it is going to be a good one!

Regards,
Jess

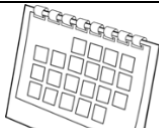
Community Conversations in January

Zoom on in...



Date	Topic
<p>Wednesday Jan 5 1pm</p> 	<p>Wisdom Café with King County Librarian Zlatina Encheva – “Change in Plans”. Do you believe that you have control over your life? What happens when you have to do something that is not on your "To-do List"?</p> <p><u>Zoom link:</u> https://us02web.zoom.us/j/86083927709?pwd=MlpQRILVKNyRGtDK0hoLzVGd2IRUT09 Meeting ID: 860 8392 7709 Passcode: 421167 One tap mobile +16699006833,,86083927709#,,,,*421167#</p>
<p>Wednesday Jan 12 11am</p> 	<p>Eastside Fire & Rescue with Chief Jeff Clark Fire Chief Jeff Clark will be with us to let us know what's happening with Eastside Fire and Rescue and what's ahead. He'll also be available for your questions. Please invite others to join us!</p> <p><u>Zoom link:</u> https://us02web.zoom.us/j/89253501478?pwd=V0dIMHd1OUFEMFB5VHIPZGhsQUISUT09 Meeting ID: 892 5350 1478 Passcode: 787021 One tap mobile +12532158782,,89253501478#,,,,*787021#</p>
<p>Wednesday Jan 19 11am</p> 	<p>Book Club – Factfulness by Hans Rosling (Flatiron Books, paperback 2020). “Factfulness” is an excellent read to discuss with family and friends. In addition, we sent out 12 multiple choice questions to our Sammamish Seniors. Well, the results are not encouraging. Your answers were not as good as a random number generator (or a chimpanzee with four buttons to push). Hopefully, you are stimulated to read the book or join in the discussion without reading it; guaranteed to be eye opening!</p> <p><u>Zoom link:</u> https://us02web.zoom.us/j/86859974048?pwd=bjk1Y3AwSVhSamxNc0xmejY1aCtCQT09 Meeting ID: 868 5997 4048 Passcode: 120095 One tap mobile +12532158782,,86859974048#,,,,*120095#</p>
<p>Wednesday Jan 26 11am</p> 	<p>Sammamish History with Don Gerend. Don Gerend, former rocket scientist and astronomer (oh, and member of the Sammamish City Council for 19 years beginning before the incorporation of Sammamish) will provide a thumbnail sketch of the history of Sammamish to date, or almost to date since he retired from the Council at the end of 2017. With his astronomy background, Don might start the history some 13.8 billion years ago, but promises to cover the more current history, including the 10th anniversary at which time a time capsule was buried.</p> <p><u>Zoom link:</u> https://us02web.zoom.us/j/83609742894?pwd=SmZTckFtdXNEa1gyV3dhOGpHaHZ2UT09 Meeting ID: 836 0974 2894 Passcode: 335313 One tap mobile +12532158782,,83609742894#,,,,*335313#</p>

Upcoming in February

Feb 2 1pm	Wisdom Café with King County Librarian Zlatina Encheva – “What To Do When You Don’t Know What To Do?” What is your stress response? Have you tried to stay disconnected from the drama around you? Zoom link: https://us02web.zoom.us/j/87905814211?pwd=UXhMSFp5a3dpbW1ldHNXQkQxMGJvZz09 Meeting ID: 879 0581 4211 Passcode: 510234 One tap mobile +12532158782,,87905814211#,,, *510234#
Feb 9 11am	Stay healthy by volunteering in Sammamish with Dawn Sanders
Feb 16 11am	Financial Market Review: 2021 Year-End Report with Financial Planner Jennifer Bromberg
Feb 23 11am	“Tech Talk” with Michael O’Connell 

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 1

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

****Quote of the month****

“The older you get, the more fragile you understand life to be. I think that’s good motivation for getting out of bed joyfully each day.”

Julia Roberts

Color me in ...



Free printable courtesy of PrintitFree.net

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Crossword #1

Across

1. Peter I, for one
5. Border plant
10. Call to a mate
14. Altar locale
15. Gibson garnish
16. Ice cream treat
17. Quarterback's option
18. Girder material
19. Comedienne Imogene
20. "Halt!"
21. Verse of four measures
23. Show fear
25. Dead letters?
26. Kind of cord
28. Chill out
33. Unrefined
34. Energize (with "up")

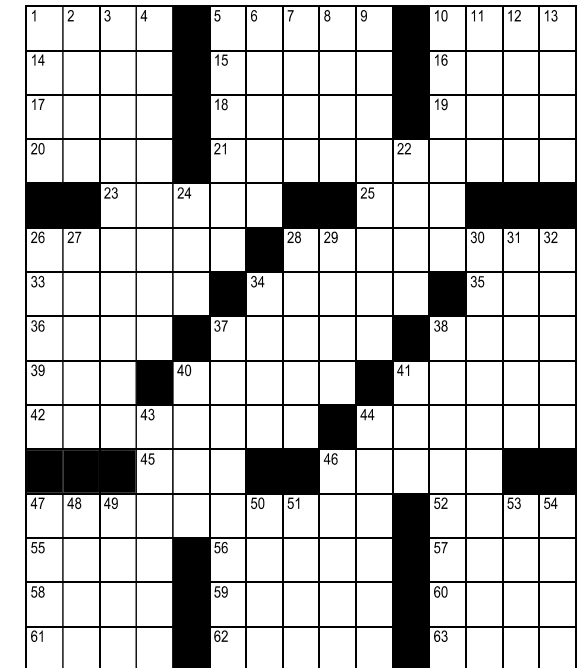
35. Block
36. Hourly charge
37. Stake
38. Look after
39. Chowd down
40. Neglected boy
41. Abstain
42. From the age of chivalry
44. Plow's trail
45. "Gosh!"
46. Heart line
47. Smelly pranks
52. Desire
55. Fashion designer Chanel
56. Circa
57. Showy flower

58. Unpleasant emanation
59. Hangman's knot
60. Air show stunt
61. Strengthen, with "up"
62. Dissuade
63. Kitty starter

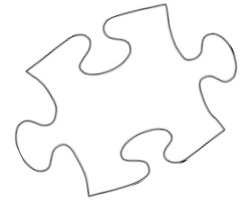
Down

1. Last call?
2. Cross words
3. Kind of press
4. Answer
5. Inexpensive lodging
6. Script direction
7. South Beach, for one
8. Suffix with theater

9. Darkroom apparatus
10. Click the OK button
11. Knee-slapper
12. Enough, for some
13. Academic period
22. Personal air
24. Is no longer
26. "Beat it!"
27. Go on and on
28. Watch
29. Square
30. Mental lapse
31. Ballroom dance
32. Fund
34. Buddhist leader
37. Range of frequencies
38. Tex-Mex staple
40. Nerdy one
41. PETA peeve
43. Slight, in a way
44. Encourage
46. Bullying, e.g.
47. Kilt wearer
48. Type of list
49. Desktop feature
50. Double-reed instrument
51. Kind of court
53. Congeal
54. Hoopla



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 through 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

January newsletter: <https://www.issaquahwa.gov/ArchiveCenter/ViewFile/Item/775>

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

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

Link: <http://www.mtsiseniorcenter.org/newsletter--press.html>

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 psc@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://snovalleyseior.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



Resources

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

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 - filter for Adults and Ages 55 and up.

Newsletter: 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 - 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

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, Medigap, Medicaid, and long-term care insurance: M-F, 8 AM – 5 PM: 1-800-562-6900.

Senior Planet offers FREE Virtual Classes for seniors age 60+

<https://seniorplanet.org> Try this: <https://seniorplanet.org/get-involved/online/> Sign up for the free newsletter: <https://seniorplanet.org/get-involved/newsletters/>



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

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. 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 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 or call (425) 295-0646.

Visit to learn more: <https://connect.sammamish.us/mobility-hub>

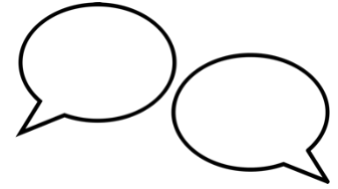
TAKE A TRIP WITH COMMUNITY VAN

Sammamish's new alternative transit service

Get where you
need to go for the
cost of a Metro
fare!



Community Conversations in December



Starting next month (February), community conversations will be included in the weekly updates. Keep an eye out for them in the weekly email.

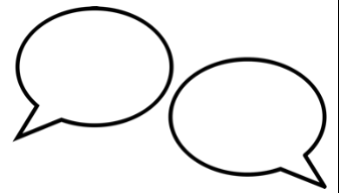
Wisdom Café “What are you learning?” (12/1)

Our reflections of what we have been learning over time and in current days *power of media and responsible reporting *arrogant ignorance, and need to be thoughtful and humble *Buddhism/spirituality, meditation/listening to daily podcasts, and Ted Talks *Buddhism essence is to be responsible for your own salvation *being present in the moment/valuing connections *not all Buddhists are peaceful, there's extremism *to say "no" and just declutter/downsize *about Indigenous people *cold water swimming * finding hiking trailheads/virtual choir/play the chimes/quilting *downsizing * being on committee boards *racial inequity *volunteer with Echo Glen/ VOICE mentor in the Issaquah School District *to be patient/learning to accept what I cannot change *how to adjust, accept, and heal chronic illness *how to use technology *to say no * read the book “The Minimalist Mindset” by Danny Dover.

Sammamish Community Wildlife Habitat (12/8)

Steward Jan Bird is a passionate wildlife enthusiast, starting when she was introduced to it all by a good friend when she lived in the Midwest. She listed the four important needs for wildlife: native plants for food, water, cover from predators, and a place to raise young, noting there's a diverse need for other wildlife in our gardens. Birds are great to look at, but we need insects, butterflies, frogs, snakes, etc. Raccoons and deer may be a nuisance, but we should keep bird feeders out of reach, keeping dog food inside, and always securing our trash. The best way to feed birds is planting plants to produce seeds, cones, and berries.

- Mini videos on the different elements of creating a wildlife habitat:
<https://www.nwf.org/garden>
National Wildlife Federation (NWF) confirms landscapes with at least 70% native plants and trees is the best thing that homeowners can do to support biodiversity:
<https://www.pnas.org/content/115/45/11549>
- A new study conducted by the USDA Forest Service has found that yards certified as wildlife habitat through the NWF certification program support a wider variety of bird species compared with more traditional yard landscaping:
<https://www.nrs.fs.fed.us/news/release/gardening-for-wildlife-enhances-bird-diversity>
- For more info about the Community Wildlife Habitat, check Facebook under Garden for Wildlife, Sammamish Community Wildlife Habitat or visit <https://greensammamish.wixsite.com/wildlifehabitat>
- The City of Sammamish was certified as a Community Wildlife Habitat in 2011 due to the efforts of many residents who created wildlife habitat in their backyards.



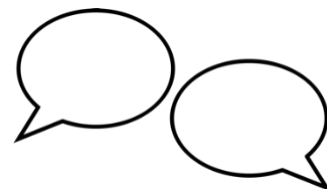
King County Library “Older Adults Program” (12/15)

Coordinator Wendy Pender is passionate about changing people's lives via the power of information. She suggested several resources:

- Retirement Connection (at some libraries in print) <https://retirementconnection.com/> for housing, veterans, caregivers, and more
- Northwest Prime Times for ages 50+ (with local news, free at Safeway and elsewhere) <http://northwestprimetime.com/>
- Third Act magazine <https://www.3rdactmagazine.com/>
- Libby app allows access to downloadable books and magazines <https://apps.apple.com/us/app/libby-by-overdrive/id1076402606>
- Washington State Dept of Health – dementia road map, a guide about communicating, wandering, helping your loved one <https://www.dshs.wa.gov/sites/default/files/AL TSA/stakeholders/documents/A D/Dementia%20Road%20Map%20-%20A%20Guide%20for%20Family%20and%20Care%20Partners.pdf>
- With King County Library's 50 locations covering 2,300 square miles, Seattle library with 27 locations, plus the national inter-library loan system, you can access books from anywhere in the country.
- The library's “Aging Well Learning Community” is held the 3rd Saturday of the month, currently by zoom, and when in-person at the Snoqualmie Library. In January, they're reading *Winter's Graces: The Surprising Gifts of Later Life* by Susan Avery Stewart
- The Sammamish Library's book club is held Wednesdays at 1 pm.
- If you need computer or internet help, you can schedule a one-on-one appointment. You can also reach the library via www.KCLS.org and “Ask KCLS” by phone at 1-800-462-9600.

Musical Old Favorites (12/22)

Sammamish resident Michael O'Connell has been playing guitar and singing for over half a century. In recent years, he began performing at the Veterans Hospital in Seattle, and, until Covid-19 hit, in front of Trader Joe's in Sammamish. At our 12/22 session, Michael strummed and sung a variety of standbys from the 1960s to present from the Eagles, Johnny Cash, Bob Dylan, Eric Clapton, Willie Nelson, and more with such standbys as Know When To Hold Them, I Hear The Train A'coming, Ain't No Good To Sit and Wonder Why Babe, Wild Horses, Knocking On Heaven's Door, Lay Lady Lain, I Got a Peaceful Easy Feeling, You're Always On My Mind, and many more. He received his first guitar at age 15 from Kmart and was influenced by the Catholic Hootenanny masses in Fall River, MA. He much appreciates the human interaction just sitting in front of Trader Joe's, noting his entire body feels in harmony and in sync when he is performing, though “daunting” every time to sing and play. One of his favorite quotes (from George Addair) states: “Everything you've ever wanted is sitting on the other side of fear.” Consider that for a moment: to get what you want; you just need to get past your fear.



Sammamish Independent “volunteer-based news that you can trust” (12/29)

We learned much in our spirited conversation with executive editor Lin Yang; Indy’s next editor-in-chief, high school junior Kelly Lin; and community editor, senior Medhya Goel. Lin grew up in Sammamish, graduating from Eastlake, Cornell for college, and has a masters in public policy from Harvard. Following several years writing overseas as a foreign correspondent, he has been with Microsoft since 2019 as Senior Communications Manager. Seeing how empty the “news” is in Sammamish with the demise of the Sammamish Review and Sammamish Reporter, the various blog articles being “anger-based” and mixing facts with misinformation and outrage, he began publishing the Independent in June 2020 with the vision of providing a community-focused news source with factual reporting and forward-looking viewpoints. The current coverage sections are city hall, business, community, education, sports, opinion, and podcast. With an all-volunteer staff of reporters and editors, the Indy is training the next generation of journalists among high school students in Sammamish – getting them to learn by doing the work of gathering news, getting lessons from real-world journalism professionals, and providing them college scholarships. Kelly and Medhya talked about the benefits of their work with the Indy – how to interview, investigate, and write with news-style details. Students are also supported by rigorous copy editing by the adult editors so that their story drafts are publication-ready. Q&A followed. Most called-for by the community is advice on how to sort through city and council news and issues with so much misinformation and opinion masquerading as facts on social media. When asked how Sammamish Seniors can support the Indy, Yang asked that our network send in [story and news tips](#), reading and sharing stories by signing up for the [newsletter](#), giving [feedback](#), and volunteering. Especially needed are adult copy editors to check facts, grammar, and “gut checks” to adhere to the values of accurate information. If you’re interested, please email linyang@sammamishindependent.com. In addition, if you know any high school students in Sammamish who would be interested in journalism and writing for the local newspaper, please share [this link](#) with them.



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