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News & views – March 2022

Sally wears many different hats

With deep roots from one line of ancestors who immigrated from Germany, braved the Oregon trail in the mid-1800's and settled in Oregon's Willamette Valley, to her teen years on the central Oregon Coast... and a proud Oregon State University Beaver... Sally Farrell journeyed north to Bellevue in 1982, then moved to Sammamish in 2001. Her "Jill of All Trades" approach to work life found her wearing many hats: retail buyer, preschool director, cell phone industry pioneer, dental office manager, early director of Eastside Friends of Seniors and finally in a national and regional training, education and development career with Faith in Action, AARP, The National Council on Aging, The Robert Wood Johnson Foundation, and Elder and Adult Day Health.



Sally Farrell

Volunteering is in her family DNA, so the last several years since retirement she's continued donning more hats with co-founding Songea's Kids in 2008 (a grassroots Sammamish nonprofit helping orphans in Tanzania, East Africa www.songeaskids.org), and serving in multiple capacities for the Sammamish Seniors Leadership and Communications Teams, the Diocese of Olympia, Saint Mark's Cathedral Foundation and Good Samaritan Episcopal Church where she is currently serving on a leadership team to help settle a delightful Afghanistan family of five. Her passions are travel (she's been to 58 countries) and healthy, adventurous cooking. Life is rounded out with two sons who live in Sammamish and Justin, TX, and five grandchildren ranging in ages from 10-22.

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Boredom is not an issue for Sally. She's extremely grateful for Zoom!



We are needing your help...



We would be very grateful if you could spare a couple of minutes to fill out the survey below about Seniors (50yr+) needs in the Sammamish community. Your feedback allows us to engage better with you and to hopefully enhance our offering for Seniors in Sammamish in the future.

- Please click 'FILL OUT FORM' below to get started
- Select your response on the survey
- Click 'Submit' at the bottom of the survey

All information will be kept confidential and is only used to assess wider community needs and help develop future programs for Seniors (50+) in Sammamish.

If you would like to help the Sammamish Seniors Volunteer Group with future volunteering opportunities, have additional suggestions to grow the community or just have a question you'd like answering then please get in touch with us at SammamishSeniors@gmail.com

FILL OUT FORM

Sammamish Seniors are springing forward

Just a friendly reminder to set your clocks **forward 1 hour on March 13, 2022.**



Community Conversations in March

Zoom on in...



Date	Topic
<p>March 2 Wednesday 1pm</p> 	<p>Wisdom Café - “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? Zoom link: https://us02web.zoom.us/j/81783442740?pwd=YUJhbkZuaGtDSVFFZ3BRNmVFd0UrQT09 Meeting ID: 817 8344 2740 Passcode: 146661 One tap mobile +12532158782,,81783442740#,,, *146661#</p>
<p>March 9 Wednesday 11am</p> 	<p>Emergency Preparedness with Andrew Stevens. Andrew Stevens is the Emergency Manager for Eastside Fire & Rescue and is a State and Federally recognized instructor in a host of emergency management subjects including the Incident Command System (ICS), EOC Management, COOP, and CERT. Andrew will be discussing a variety of emergency management topics to include a review of the ongoing pandemic response and recovery, as well as the Cascadia Subduction Zone earthquake and the City’s expected role in the regional Cascadia Rising 2022 exercise. Zoom link: https://us02web.zoom.us/j/83674959812?pwd=MHBnRkZZc2tWdDFaaUNZM1F4MFRrQT09 Meeting ID: 836 7495 9812 Passcode: 765075 One tap mobile +16699006833,,83674959812#,,, *765075#</p>
<p>March 16 Wednesday 11am</p> 	<p>Olympic Gold Medalist (and World Record Holder) Wendy Boglioli who is a motivational speaker, joins us for a guaranteed inspiring talk. In the years following the 1976 Olympics, Wendy served as a collegiate coach at Yale University before moving on to become a highly successful motivational speaker and an expert in healthy aging – a call-to-action of having a long-term care strategy in place that includes the entire picture – physical, mental, and financial health. Zoom link: https://us02web.zoom.us/j/86850470686?pwd=emRSK0ZPU1QwOEVMREp6WlIdSWW9mQT09 Meeting ID: 868 5047 0686 Passcode: 607511 One tap mobile +16699006833,,86850470686#,,, *607511#</p>
<p>March 23 Wednesday 11am</p> 	<p>“Tax Talk” with Teresa Herrin, CPA Since people are likely to have a variety of questions, Teresa would like you to email them in advance. Our topics in the past included annual taxes, Individual Retirement Accounts (IRA) distributions, taxable effects, verifying our “beneficiaries”, capital gains on selling a house, the stepped basis at time of death, doing what we can to avoid taxes on social security income, and a whole lot more. Email your questions to SammamishSeniors@gmail.com. Zoom link: https://us02web.zoom.us/j/87039544085?pwd=ZIB6ekNIZytDaVdnQ29DcWN0L3Evdz09 Meeting ID: 870 3954 4085 Passcode: 633496 One tap mobile +16699006833,,87039544085#,,, *633496#</p>



March 30
Wednesday
11am



“Elections & Directions” with Paul Stickney

Elections are about shorter-term implementation of community goals and policies. Direction is about what course our community is on. Where are we headed, and why?

We. Ourselves. Us. Our community has had divisive differences on the shape of housing supplies/growth/development ever since our City incorporated in 1999. Fear, uncertainty, doubt, and division have had us at odds on direction. There are conflicting, ‘emotionally charged’ positions on the vision for our community. Which direction is best for community? A) Our Current Comprehensive Plan? (Minimal housing) B. The Balanced Land Use and Mobility Analysis – BLUMA EIS? (Very-Low housing) C. Enrich & Sustain for Sammamish? (Optimal housing). Q. How does our community find cohesive, inspirational, sustainable directions? A. Sufficient Information. Contrasted Consequences. Enlightened Opinions.

Zoom link:

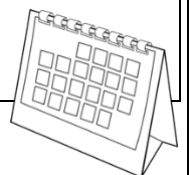
<https://us02web.zoom.us/j/85751902166?pwd=elEzbnR5OW9tcjJueFUvMjRvSlJqQT09>

Meeting ID: 857 5190 2166 Passcode: 875057

One tap mobile +16699006833,,85751902166#,,, *875057#

Upcoming Community Conversations in April

April 6 Wednesday 1pm	Wisdom Café – “Qualities and Deficiencies” with King County Librarian Zlatina Encheva. Are qualities and/or deficiencies overrated? What do you consider the most important virtues? <u>Zoom link:</u> https://us02web.zoom.us/j/86922314378?pwd=NFNPL3IYNVQwazFUNGZ2dXpZM3pPZz09 Meeting ID: 869 2231 4378 Passcode: 020318 One tap mobile +16699006833,,86922314378#,,, *020318#
April 13 Wednesday 11am	Book Club discussion – Mystery Writer Earl Emerson’s “Black Hearts and Slow Dancing”
April 20 Wednesday 11am	“Understanding Alzheimer and Dementia” – Alzheimer Association, Washington State Chapter
April 27 Wednesday 11am	“Coffee with Sammamish Mayor Christie Malchow”



Website Launch

We are excited to announce we are launching our website on March 1, 2022. Follow the link to see what we offer on our page.

Link: <https://sammamishseniors.org>



We would like to thank Laura Metze for all the hard work she has put into designing the website for Sammamish Seniors.



SammamishSeniors@gmail.com

Want to win a Gift Card?

We are going to be giving out Gift Cards every so often in the upcoming months. All you need to do is email SammamishSeniors@gmail.com

- Your name
- Your contact numbers
- The answer to the posted question

Question: What is your favorite hobby/activity to do?

This will automatically enter you into the drawing. The winner will be contacted via email and phone and will be announced at the start of next month. Good luck!



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 3

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

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

*"Always remember you are
braver than you believe,
stronger than you seem, smarter
than you think and twice as
beautiful as you've ever
imagined."
-Dr. Seuss*



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

Crossword #3

Across

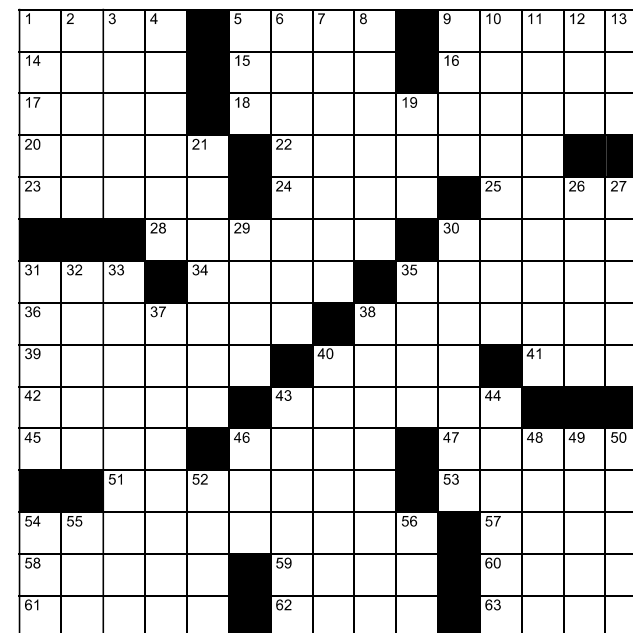
1. Snide remark
5. Waikiki wiggle
9. Small sample
14. Burn soother
15. Part of CPU
16. Rack up, as debt
17. Fireplace fodder
18. Unwritten reminder
20. Vile smile
22. NAREB member
23. See eye to eye
24. Staircase part
25. School session
28. Disparage
30. Chocolate source
31. Dog-scolding word
34. Pickup shtick
35. Eye site
36. Putting up with
38. Abandons
39. Cease and _____
40. Cheesy sandwich
41. Turn red, maybe
42. Full range
43. Phony sort
45. Mideast bigwig
46. Tropical tuber
47. In the ____ of (amongst)
51. More than a few
53. Geologic period
54. Haitian, for one
57. Folklore fiend
58. "Not ____!"
59. Knowing about

60. Feudal estate
61. Gabbana's partner
62. Must-have
63. Pedal pushers

Down

1. Modeler's wood
2. Word with tag or string
3. Daltrey of The Who
4. Be suitable for, old-style
5. Droning sound
6. Precise
7. Family history
8. Reach, as a goal
9. Pinball error
10. Mark up
11. Golfer's tally
12. Egyptian boy king
13. Before, to a sonneteer
19. "Is that ____?"
21. Pragmatic one
26. Threadbare
27. Bullwinkle, e.g.
29. Fabric fuzz
30. Halloween wear
31. Policeman's shield
32. At right angles to ship's keel
33. Ouster
35. Brazilian soccer legend

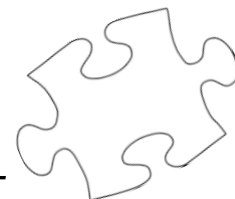
37. Water pill
38. Barren
40. Glacial deposit
43. Presidential grant
44. Sucker deal
46. Gymnast's goal
48. Stray calf
49. Rock fragments
50. Shrinkage, to a retailer
52. Wall climber
54. Bunch of bills
55. It may be inflated
56. Sign of approval



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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

March newsletter: <https://www.issaquahwa.gov/ArchiveCenter/ViewFile/Item/785>

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

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

March newsletter: <https://mycommunityonline.com/find/mount-si-senior-center/bulletin/file/05-1061-20220301N.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 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/>

March newsletter: <https://snovalleysenior.org/wp-content/uploads/sites/9/March-2022-Newsletter.pdf>

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

We have moved this section to our website – please join us in visiting it there.

Link: <https://sammamishseniors.org>

Solution for Crossword #2

1	B	2	R	3	A	4	T		5	S	6	O	7	A	8	P		9	G	10	A	11	S	12	H
13	R	U	L	E					14	E	L	D	E	15	R			16	E	C	H	O			
17	A	N	O	N					18	A	D	D	L	E				19	S	C	O	W			
20	C	O	N	D	21	O		22	T	O	A	D	23	S	T	O	O	L							
24	E	N	G	R	A	25	V	I	N	G			26	T	A	R									
					27	I	T	E	M			28	29	A	R	L	D	O	30	31	M				
32	33	34	A	L				35	S	E	36		37	N	A	T	I	V	E						
38	O	D	D		39	S	P	R	I	N	G	Y			41	N	E	T							
42	F	E	M	43	A	L	E			44	P	O	L		45	O	G	R	E						
46	F	A	I	L	U	R	47	E		48	N	E	49	A	P										
				50	R	A	M			51	A	52	S	S	E	R	T	53	I	V	55	E			
56	57	H	A	M	P	58	A	G	N	E			59	T	I	M	E	S							
60	H	O	B	O				61	P	L	A	N	62	T				63	C	A	N	T			
64	A	U	L	D				65	T	E	R	S	E					66	A	G	U	E			
67	T	R	E	E						68	T	E	E	N				69	L	E	E	R			

Activity corner

Sudoku 2 Solution

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

solutions for February



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

