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## *News & views – May 2022*

### **Margaret is inspirational!**

Family, work, volunteering, and hobbies gave me a wonderful life. When I was 21, my sister and I came from the Netherlands to the US for a year as an adventure. Both of us ended up staying in California, where later on I met my late husband. Forty-two years ago, our family of four moved to Sammamish.

My career included being a kindergarten teacher, a flight attendant, real-estate, teaching at several colleges, and more. Volunteer work was always a big part of my life. This included a very long list of organizations where I was a board member or a hands-on volunteer. From 2014 - 2021, I was a Sammamish Arts Commissioner.

Traveling is in my blood. After nine months being in the USA, my sister and I took a long camping trip with a VW-bug from San Francisco to Toronto. On our return trip we had several relatives join us. Quite often, I would take a leave-of-absence from work and travel the world. When I entered Cambodia in 2018, I celebrated my "100th Country". My trip to the 7th continent has been postponed several times, but it may happen in 2023. I love to hike. At age 26, I climbed Mt. Kilimanjaro in Tanzania. Now-a-days, I just hike in the foothills, Cascades, Mount Rainier, and so. Open-water swimming in the summer is one of my favorite things to do. On January 1, we have our annual Polar Bear Plunge in Pine Lake. Other hobbies include photography, gardening, and making quilts for Lutheran World Relief.



Margaret Rosenow

### ***In this issue***

Pg 2: Community Conversations in May

Pg 3: Upcoming in June

Pg 4: Activity Corner

Pg 6-7: What is happening in our community?

Pg 8: Neighboring Senior Activities

I am looking forward to seeing the Sammamish Seniors Program/Center expand, so I will have a place where I can enjoy this phase of my life.



## Community Conversations in May


Zoom on in...



Date	Topic
<p>May 4 Wednesday 1pm</p> 	<p><b>Wisdom Café – “What Makes You Hopeful?” with King County Librarian Zlatina Encheva.</b> Is it good or bad to keep high hopes? Join us as we have conversation about hope, and together discover the joyful possibilities ahead.</p> <p><u>Zoom link:</u>  <a href="https://us02web.zoom.us/j/83283182406?pwd=Ny8xMmVJcHkySENrZVRsSGxLRndNZz09">https://us02web.zoom.us/j/83283182406?pwd=Ny8xMmVJcHkySENrZVRsSGxLRndNZz09</a>            Meeting ID: 832 8318 2406 Passcode: 911566            One tap mobile +12532158782,,83283182406#,,, *911566#</p>
<p>May 11 Wednesday 11am</p> 	<p><b>Thinking about moving but not sure where to start? - local Real Estate Broker Renee Bornfreund</b>            Please join three local experts for a discussion about options and solutions to transition out of your family home. We will address 3 questions:            1) What will I do with my home?            2) Where will I go?            3) What about my stuff?</p> <p><u>Zoom link:</u>  <a href="https://us02web.zoom.us/j/89198974825?pwd=UkNpM1M2aEFsb1dFbkJNSXRaQ3lQZz09">https://us02web.zoom.us/j/89198974825?pwd=UkNpM1M2aEFsb1dFbkJNSXRaQ3lQZz09</a>            Meeting ID: 891 9897 4825 Passcode: 015754            One tap mobile +12532158782,,89198974825#,,, *015754#</p>
<p>May 18 Wednesday 11am</p> 	<p><b>Sammamish Police – Administrative Sgt. Christine Elias</b> – Join us in discussing personal safety, scams, what to do, and more.</p> <p><u>Zoom link:</u>  <a href="https://us02web.zoom.us/j/89412452043?pwd=VkRKRm1jcHhscVNiZEEzZkU5SmhqQT09">https://us02web.zoom.us/j/89412452043?pwd=VkRKRm1jcHhscVNiZEEzZkU5SmhqQT09</a>            Meeting ID: 894 1245 2043 Passcode: 698309            One tap mobile +12532158782,,89412452043#,,, *698309#</p>
<p>May 25 Wednesday 11am</p> 	<p><b>Sammamish Recreation &amp; Cultural Services Manager – Chris Jordan</b> – What's happening?! Join us in discussing what's going on in Sammamish Parks and Recreation and what's coming up</p> <p><u>Zoom link:</u>  <a href="https://us02web.zoom.us/j/81828734230?pwd=WHdsVFR2eHhOWUxRMEZvNDJmaHBkUT09">https://us02web.zoom.us/j/81828734230?pwd=WHdsVFR2eHhOWUxRMEZvNDJmaHBkUT09</a>            Meeting ID: 818 2873 4230 Passcode: 757917            One tap mobile +12532158782,,81828734230#,,, *757917#</p>



## Upcoming Community Conversations in June

<p>June 1 1pm</p> 	<p><b>Wisdom Café – “Joy of Summer”</b> with King County Librarian Zlatina Encheva. Let’s share our simple summer joys as we head towards Summer Solstice.  <b>Zoom link:</b>  <a href="https://us02web.zoom.us/j/81162918891?pwd=TIppaHNxQXg4MFFtbXNkYmtJZ2xvUT09">https://us02web.zoom.us/j/81162918891?pwd=TIppaHNxQXg4MFFtbXNkYmtJZ2xvUT09</a>  Meeting ID: 811 6291 8891 Passcode: 976835  One tap mobile +12532158782,,81162918891#,,,976835#</p>
<p>June 8 11am</p>	<p>Book Club Discussion with Don Gerend. Our book is the current #1 Best Seller nonfiction in the Northwest, “Atlas of the Heart” by Brene Brown</p>
<p>June 15 11am</p>	<p>“Good Health” with Jeremy Horn, discussing use of natural products that may help as we age, plus Q&amp;A!</p>
<p>June 22 11am</p>	<p>Coffee with Acting City Manager Scott MacColl</p>
<p>June 29 11am</p>	<p>Northwest Home Coach – Organizing and decluttering with Lisa VanDoorne, offering a thoughtful, judgement-free approach to downsizing, decluttering, organizing, and design.</p>



We would like to thank [Sammamish Café](#) for sponsoring our giveaway this month.

***Congratulations to the winner of our April gift card giveaway of a \$40 Sammamish Café voucher:***

***Sherry K***



## Activity corner

# Sudoku 5

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

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

*"I have not failed. I've just found 10 000 ways that won't work."*

*-Thomas A Edison*

## Activity corner solutions for April

### Sudoku 4 Solution

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

### Solution for Crossword #4

1	C	2	A	3	R	4	O	5	B		6	A	7	D	8	E	9	R		10		11	M	12	O	13	B
14	O	L	I	V	E					15	S	A	U	N	A					16	I	R	E				
17	L	O	V	E	R					18	T	R	E	A	T					19	D	I	E				
20	D	E	E	R	S					21	K	I	N			22	M	A		23	D	D	E	R			
						24	D	E	A	R						25	T	O	T	A	L	L	Y				
26	A	B	S	O	R	B				29	B	E	R	A	T	E											
30	J	O	T				31	K	O	A	L	A				33	T	E	E		34		35	H			
36	A	R	E	A			37			38	B	L	U	S	H		39			40	D	A	R	E			
41	R	E	P	E	L		42			43	G	R	E	E		44	D			45	S	E	A				
						46	P	R	E		47	F	A	B		48	L	I	T		49	T	T	E	R		
50	T	R	A	I	N	E	E			52	G	O	G	O													
53	H	E	R	E	I	N				54	O	U	T	R	I	D	E	R		55		56		57			
58	E	R	E				59	E	D	E	M	A				61	E	L	I	D	E						
62	T	U	N				63	N	E	V	E	R				64	S	E	R	G	E						
65	A	N	T				66	T	R	E	N	D				67	S	T	E	E	L						





# What is happening in our community?

## ONLINE PROGRAMS

### Pioneers in Aging Lunch 'n Learn

*Mondays in May*

We are living in a time of reframing aging from a season of decline to one of deepening our wisdom, sense of community and sharing our gifts. Listen and learn from these pioneers in aging about navigating the joys and challenges of later life!  
Please register at [1.kds.org/3NyqfdK](http://1.kds.org/3NyqfdK) or call your local library



**Gloria Burgess**  
Pass It On!

*Monday, May 2, 12pm*

As we age, the concept of legacy becomes paramount. What are we leaving behind? Be inspired as Jazz International Founder and CEO teaches lessons her father learned from his own life and from William Faulkner about living a life of passion so that we can *Pass It On!*



**Maria Kliavkoff**  
Healthy Mourning, Happy Loving  
Creating Compassionate Grief Communities  
*Monday, May 9, 12pm*

Most of us have never been taught what to do with grief or how to mourn our losses. Shine a light on a topic that has remained buried for too long, sharing clarity in the chaos and hope for the grief journey.



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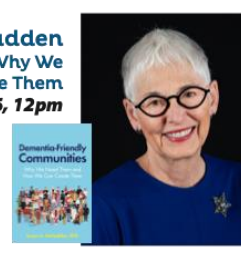


**Susan McFadden**

**Dementia-Friendly Communities: Why We Need Them and How We Can Create Them**

*Monday, May 16, 12pm*

The fear of dementia looms over aging just as the fear of cancer did years ago. We have the tools to grow beyond that fear! How do we create communities of joy, care and purpose with and for each other regardless of our cognitive abilities?



**Ashton Applewhite**  
**This Chair Rocks: A Manifesto Against Ageism**  
*Monday, May 23, 12pm*

Author and activist Ashton Applewhite describes what ageism is and how it works, and proposes an alternative to all the hand-wringing: Wake up to the messages that frame two-thirds of our lives as decline, cheer up and push back.



Reasonable accommodation for people with disabilities is available by request.  
Email [access@kcls.org](mailto:access@kcls.org) at least seven days before the event.  
Automated closed captioning is always available for online events.




## RIG-A-PALOOZA

Come visit and interact with  
**OVER 20 SERVICE VEHICLES & PERSONNEL**

**SATURDAY, MAY 21 | 11 AM - 2 PM**  
**@ SAMMAMISH COMMONS**

\* LADDER ENGINE & AID CAR \* SWAT TEAM \* BOMB DISPOSAL UNIT \* STATE PATROL CAR \*  
SAMMAMISH POLICE SUV \* BACKHOE \* EXCAVATOR \* US FOREST SERVICE VEHICLE \* BOUNCY  
HOUSES \* GREAT FOOD \* FACE PAINTING \* BALLOON ARTIST \* AND MUCH MORE \*

Presented by **WORLD TAEKWONDO CENTER** 

<https://sammamish.us/parks-recreation-facilities/special-events/rig-a-palooza/>



[SammamishSeniors@gmail.com](mailto:SammamishSeniors@gmail.com)




## GLOBAL 6K FOR WATER

CLEAN WATER FOR D.R. CONGO!

**SATURDAY MAY 21**  
**9:30-11:00AM PARTICIPATE!** **11:00AM CELEBRATE!**

**WALK RUN ROLL 6K FOR CLEAN WATER!**

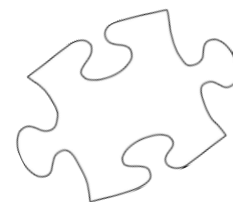
Help us change lives in communities in D.R. Congo! You can provide clean water for one person for life with just your registration fee (\$50 for adults, \$25 for under age 18)!

- Start & finish near Sammamish City Hall at the **UPPER COMMONS PLAZA**
- Stay & celebrate with prizes + **ISLAND BLENDS ACAI** food truck!
- Bounce houses, balloon artist & face painting at **RIG-A-PALOOZA** hosted by City of Sammamish, 11AM-2PM!

**SIGN UP or DONATE today!**  
**SCAN CODE or visit**  
**PLCC.ORG/6K**

**6 km** is the average distance people in the developing world **WALK FOR WATER** — water that is often **CONTAMINATED** with life-threatening diseases.

Nearly **1,000 CHILDREN** under the age of five **DIE EVERY DAY** from illnesses caused by contaminated water, poor sanitation, and improper hygiene.



## 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)

[Programs](#)

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

[May newsletter](#)

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

<http://www.mtsiseniorcenter.org>

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

[May newsletter](#)

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

[May newsletter](#)

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

[Indian American Community Services website](#)

To register: [admincoord@iaww.org](mailto:admincoord@iaww.org) or 253-234-9989 ext. 3

# Age my way!



Every May, the Administration for Community Living leads the nation's observance of "Older American Month", first proclaimed by President Kennedy 59 years ago. This year, the focus is on ageing in place – how older adults can plan to stay in their homes and live independently in their communities for as long as possible. The 2022 theme is **Age My Way**, an opportunity for all of us to explore the many ways older adults can remain in and be involved with their communities.

(Visit: [ACL.gov/OAM](https://acl.gov/OAM))



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