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## *News & views – July 2022*

### **Don is a great asset to our team!**

At age 81, I find that I use the words “former” “used to” and “remember when” more often than “am” “training for” and “ahead of the curve”. Well, you get the idea. What I am doing, however, is enjoying the many aspects of senior life that we Sammamish Seniors partake in. Currently, my wife of nearly 50 years and I are reading the Brene’ Brown best seller “Atlas of the Heart” and learning more about the myriad of emotions and experiences that define our existence. We are discussing this book with our son and a few of his friends who are Brene’ Brown groupies (if that is the right term to use for enthusiasts) Well, let’s get down to basics; I left my birthplace of Memphis (where my Dad taught English at LeMoyne College) in 1943 and grew up in Marinette, Wisconsin, 50 miles north of Green Bay, on the Upper Michigan border. Formerly a violinist, still play some piano, and used to be a pretty good tennis player. I also remember math and physics degrees from the University of Wisconsin and a Ph.D. in astronomy from the University of Washington. Former rocket scientist at Boeing, former professor at Seattle U., former commercial real estate broker and syndicator, former private phone company owner, and former mountain climber. I am ahead of the curve in ping pong and training for pickleball prowess, as well as walking through all of Sammamish’s parks and around Pine and Beaver Lake. One of my real pleasures in life was to be on the original Sammamish City Council and stayed on Council almost 19 years, being selected mayor four times by my peers. It was fascinating to work with people from such diverse backgrounds, both on Council and on the City commissions, as well as staff. It was very challenging, yet interesting to work with other elected and staff from the 281 cities of Washington (as former President of the Association of Washington Cities and board member of Sound Cities and Puget Sound Regional Council) and elected throughout the U.S. through the National League of Cities.



Don Gerend, with his wife Susan and their grandchildren

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Sue and I were hoping to downsize to a condo or senior center in Sammamish Town Center, and that might just happen if we hang in there long enough.



## Community Conversations in July


Zoom on in...

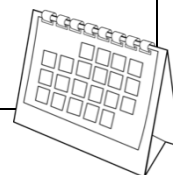


Date	Topic
<p>July 6 Wednesday 1pm</p> 	<p><b>Wisdom Café – “Life-long learning” with King County Librarian Zlatina Encheva.</b> Let’s share experiences and ideas to keep the brain active and engaged in life’s activities!</p> <p><u>Zoom link:</u> To connect to the Zoom meeting, click <a href="#">HERE</a> Meeting ID: 870 8996 6494 Passcode: 911228 One tap mobile +12532158782,,87089966494#,,,,*911228#</p>
<p>July 13 Wednesday 11am</p> 	<p><b>“Coffee” with Sammamish’s Kali Clark, Amy Lam, &amp; Karen Howe, Newly Elected City Councilmembers.</b> Meet our newest City of Sammamish Councilmembers who were elected last Fall to represent and serve all ages of constituents, including those 50+. There will be a Q&amp;A at the conclusion.</p> <p><u>Zoom link:</u> To connect to the Zoom meeting, click <a href="#">HERE</a> Meeting ID: 853 2463 9773 Passcode: 543494 One tap mobile+12532158782,,85324639773#,,,,*543494#</p>
<p>July 20 Wednesday 11am</p> 	<p><b>“Tech Talk” with Michael O’Connell</b> Michael knows technology! This session includes computers, cell phones, cameras and more. Since people are likely to have a variety of questions, he would like you to email them in advance. Please send in your questions ahead of time. <a href="#">EMAIL us!</a></p> <p><u>Zoom link:</u> To connect to the Zoom meeting, click <a href="#">HERE</a> Meeting ID: 881 9409 1220 Passcode: 718027 One tap mobile +12532158782,,88194091220#,,,,*718027#</p>
<p>July 27 Wednesday 11am</p> 	<p><b>Sammamish Heritage Society with Walt Carrel, president</b> The Sammamish Heritage Society is committed to helping residents and visitors learn and understand our rich past. Our mission is to “discover, document, and preserve the history of Sammamish” and we do that in several ways. Come learn!</p> <p><u>Zoom link:</u> To connect to the Zoom meeting, click <a href="#">HERE</a> Meeting ID: 832 0768 2991 Passcode: 345289 One tap mobile +12532158782,,83207682991#,,,,*345289#</p>



## Upcoming Community Conversations in August

<p>August 3 1pm</p> 	<p><b>Wisdom Café – “Which Person Influenced Your Life the Most?”</b> with King County Librarian.</p> <p>Are parents the greatest influencers of all? Teachers? People in our history? World leaders? Let’s reflect on those who have positively impacted our life.</p> <p><u>Zoom link:</u> To connect to the Zoom meeting, click <a href="#">HERE</a> Meeting ID: 826 3132 7607 Passcode: 014394 One tap mobile +12532158782,,82631327607#,,,*014394#</p>
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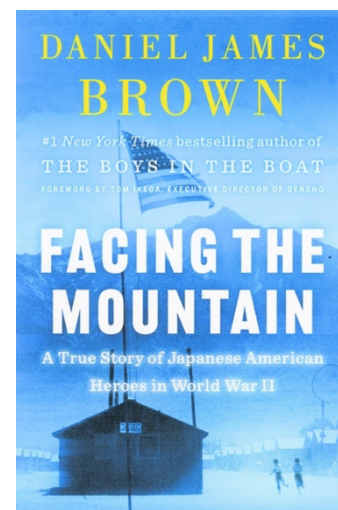


### **August 31, 11 am: Sammamish Seniors Book Club: Facing the Mountain by Daniel James Brown**

“Facing the Mountain” takes us back to World War II and some dark days in the history of our great country. The discussion of this book on Weds, Aug. 31<sup>st</sup> should be thoughtful, since many of us know firsthand Japanese Americans who were unjustly incarcerated in this country during World War II.

As former KING TV News anchor Lori L. Matsukawa has to say about this book: "Daniel James Brown brings to life the gripping true story of Japanese Americans whose steely heroism fought Nazism abroad and racism at home. Bound by Japanese values of filial piety, *giri* (social obligation) and *gaman* (endurance) and forged in the crucible of brutal combat, the soldiers served the very country that locked their families in American concentration camps for no crime other than looking like the enemy while camp resisters fought for justice denied."

The book is available at the library in ebook or audiobook or from Alibris, Thriftbooks, or Amazon. Amazon has it new for \$14.40. Don is buying 3 for the price of 2, so will have two available at \$10 each, just let him know, [don@gerend.com](mailto:don@gerend.com).





## What is happening in our community?

### Estate Planning at the Issaquah Senior Center

Eastside Legal Assistance Program (ELAP)

Kirstin Reeder will provide an overview of the legal needs for aging populations, including wills and estate planning, powers of attorney, and advance healthcare directives/living wills.

**FREE Friday July 8, 11am – 12pm**



### AARP Smart Driver Course at the Issaquah Senior Center

This driver safety course is designed especially for drivers aged 50 and older. Once completed, most auto insurance companies will give you a discount on auto insurance good for two years. This is an all-day class, and you must attend the complete program to receive the auto insurance discount. Bring you lunch or buy lunch at the Senior Center, as there will be a break for lunch. Registration required at the front desk.

**Monday, July 18 from 8 AM – 4 PM**

**Please pay the instructor directly (cash or check only)**

**AARP members \$20, non-member \$25**





## Statewide Health Insurance Benefits Advisors (SHIBA)

Talk with a trained volunteer to answer questions in the areas of Medicare, Medigap, Medicaid, and long-term care insurance.

8am to 5pm, Monday to Friday

1-800-562-6900



## CONCERTS IN THE PARK

PINE  
LAKE  
PARK

STARTS AT 6:30 PM

MORE INFO AT

[HTTPS://WWW.SAMMAMISH.US/PARKS-RECREATION-FACILITIES/SPECIAL-EVENTS/CONCERTS-IN-THE-PARK/](https://www.sammamish.us/parks-recreation-facilities/special-events/concerts-in-the-park/)



July 7  
Brian James



July 14  
Sammamish Symphony



July 21  
The Jewel Tones



July 28  
Good Day Sunshine



August 4  
Chance McKinney



August 11  
Elen



August 18  
Queen Mother

FREE  
ENTRY



PUGET  
SOUND  
ENERGY



## Eastside Friends of Seniors

EFS provides people aged 60+ services which include transportation to medical appointments, shopping and errands, home and yard chores, information and referrals.

For more information, please contact 425-369-9120

or visit [www.eastsidefriendsofseniors.org](http://www.eastsidefriendsofseniors.org)



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# KIDSFIRST! PERFORMANCE SERIES

**TUESDAYS @ 1:00PM**

**Sammamish Commons Plaza in front of the Pergola**



**JUNE 28, JULY 19 & AUGUST 2**  
CHRIS MERCADO – PROFESSIONAL DANCER – FAMILY DANCE PARTY



**JULY 12**  
BRIAN LEDBETTER, MAGICIAN



**AUGUST 9**  
MIKEY MIKE – THE RAD SCIENTIST



**AUGUST 16**  
ELLA BELLA BEE & THE POLLINATORS, FUNNY & EDUCATIONAL INTERACTIVE MUSIC



**JULY 26**  
REPTILE ISLE – HANDS-ON ANIMAL ADVENTURE





<https://www.sammamish.us/parks-recreation-facilities/special-events/kidsfirst-performance-series/>

## Shakespeare in the park

Shakespeare in the Park brings classic plays to Klahanie Park performed by the [Seattle Shakespeare Company](#). Grab your picnic blanket or low-back chair and come enjoy the play. All events are free and open to the public! Performances start at 7pm and go until 8:45pm.

### Featured plays:

July 16, 2022 – Midsummer

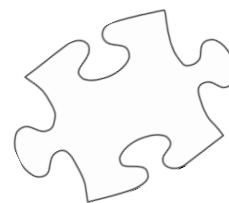
July 23, 2022 - Cymbeline



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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.*



<b><u>North Bellevue Senior Center</u></b> (425-452-7681)
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<a href="#">Programs</a>
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<b><u>Issaquah Senior Center</u></b> (425-837-3339)
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<a href="#">July newsletter</a>
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<b><u>Mt. Si Senior Center</u></b> (425-888-3434)
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<a href="http://www.mtsiseniorcenter.org">http://www.mtsiseniorcenter.org</a>
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<b><u>Redmond Senior Center</u></b> (425-556-2300)
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<a href="https://www.redmond.gov/RSC">https://www.redmond.gov/RSC</a>
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<b><u>SnoValley Senior Center</u></b> (425-333-4152)
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<a href="#">July newsletter</a>
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<b><u>Indian American Community Services</u></b> (253-234-9989 - ext. 3)
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<a href="#">Indian American Community Services website</a>
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To register: <a href="mailto:admincoord@iaww.org">admincoord@iaww.org</a> or 253-234-9989 ext. 3
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### **Quote of the month**

***“Some of the best memories are made in flip-flops”***

***-Kellie Elmore***





## World Elder Abuse Awareness Day

On June 15, 2022, World Elder Abuse Awareness Day was recognized. "The Revised Code of Washington, Section 74.34. 020 defines elder abuse as **neglect, exploitation, sexual abuse, emotional abuse, and physical abuse**. Abuse can occur through willful action or inaction that inflicts an injury or acts as intimidation or punishment against a vulnerable adult."

### Resources:

[Report Concerns Involving Vulnerable Adults](#)

[Elder & Vulnerable Adult Abuse in King County](#)

[Elder Law Resources](#)

[World Elder Abuse Day](#)



# WORLD ELDER ABUSE AWARENESS DAY

Building Strong Support for Elders



## Activity Corner

### **Sudoku 7**

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

## Activity corner solution for June

### **Sudoku 6 Solution**

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