



### **Contact us**

SammamishSeniors@gmail.com

Joyce Bottenberg 425-444-1892

Tom Ehlers 206-734-5836

Facebook  
Website

## *News & views – October 2022*

### **Kimiko gives us her thoughts on...**

#### ***Where are you originally from? And how have you adapted to living in the US?***

"I am originally from Japan. I attended ESL and citizenship classes at Goodwill when I moved to South Seattle with my husband. I met many refugees and immigrants there. I attended Early Childhood Education classes at college when our daughter was several months old. I volunteered at Refugees women's alliance preschool and met many refugees, especially Somalian and Ethiopian. Soon after I graduated and obtained an ECE certificate, I worked as a lead teacher for the Early Learning Network Pre-Kinder school. I adapted through mixing with native speakers, refugees, and immigrants. I learnt about a lot of different cultures, and different values. I believe that I truly adopted living in the US since I became a US citizen in 2019. I am not an alien anymore. I can vote and my one vote counts. That is important to me."



Kimiko, with her husband being welcomed into the USA

#### ***Why should we have senior programming in Sammamish and what are the benefits to it?***

"Seniors need to have a place to gather and learn together. Every city should have one. Seniors can make friends, share information, and support each other so that they are not isolated at home. Seniors have wisdom to share with young mothers also. It is a benefit for mothers to have advice from these experienced senior mothers. Seniors also feel that they are useful to younger generations. It is also good for young mothers, young children, and seniors to mix. It is important to mingle with other cultures who are from other countries. Sometimes seniors came to this country later in their lives and don't speak English. It would be nice if the center provides ESL classes for them and help support them to adapting to the US culture."

#### ***Was there a weekday center in Japan for older adults?***

"Yes, there are many. One very good program is Senior college for over 65-year-olds, run by the cities. My mother used to attend this college. They invite professional people such as Doctors, Physical Therapists, Comedians, Musicians, etc. and they give lectures that are informative to seniors. They also have field trips. There are a lot of recreational activities for them."

#### **In this issue**

Pg 2: Community Conversations in October

Pg 3: Upcoming in November

Pg 4-7: What is happening in our community?

Pg 7: Neighboring Senior Activities

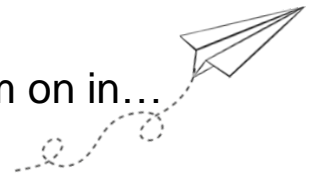
Pg 8: Activity corner & solution

**Note: Kimiko is active and a writer with our Wisdom Cafés.**



## Community Conversations in October


Zoom on in...

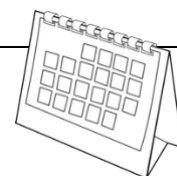


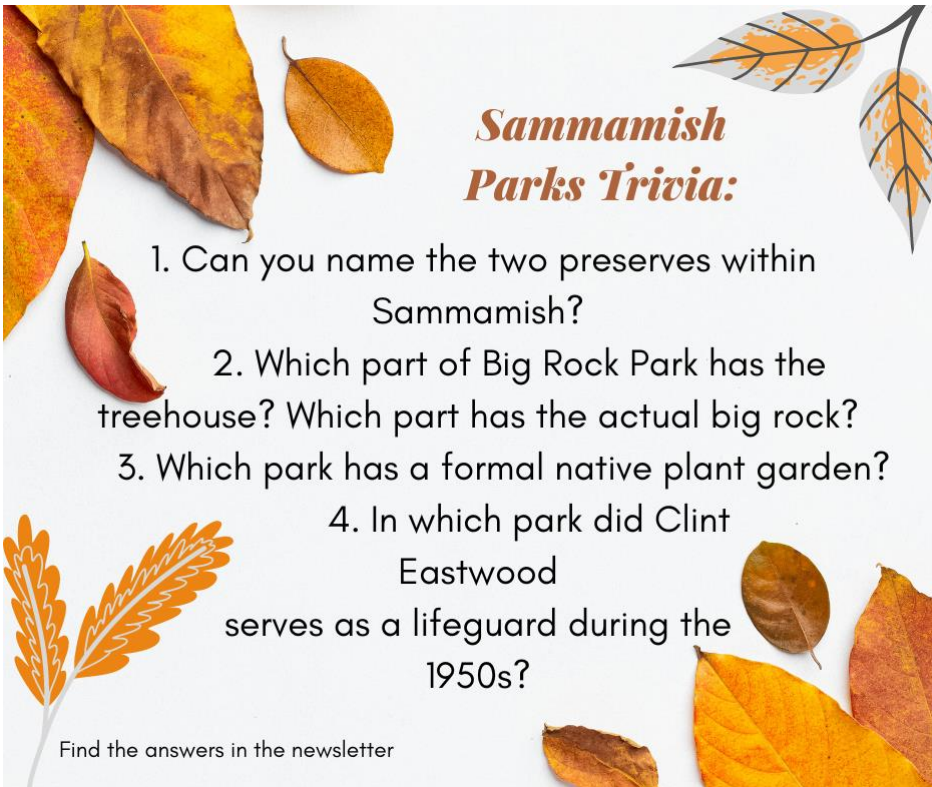
Date	Topic
<p>October 5 Wednesday 1pm</p> 	<p><b>Wisdom Café – “What are the most rewarding things about getting older?”</b> Is it leisure time? Wisdom from experiences? Time with loved ones? Being a grandparent? Come connect with us at Wisdom Café and share our ideas!</p> <p><u>Zoom link:</u> To connect to the Zoom meeting, click <a href="#">HERE</a> Meeting ID: 896 7604 6802 Passcode: 733003 One tap mobile +12532158782,,89676046802#,,, *733003#</p>
<p>October 12 Wednesday 11am</p> 	<p><b>Coffee with King County Assessor John Wilson – DID YOU KNOW? -</b> The amount of property tax you pay depends on the cost of state and local government. About half of your property tax is determined by the levies you and your neighbors have approved for services such as schools, parks, water districts, emergency medical service and fire protection, among others. Learn about Property tax exemptions for Seniors, Persons with Disabilities, and Disabled Veterans. Q&amp;A!</p> <p><u>Zoom link:</u> To connect to the Zoom meeting, click <a href="#">HERE</a> Meeting ID: 874 7207 2123 Passcode: 316751 One tap mobile +12532158782,,87472072123#,,, *316751#</p>
<p>October 19 Wednesday 11am</p> 	<p><b>Proactively Create Plans A+B for Your Future Housing/Care Needs</b> Sally Farrell, a retired national "field of aging" professional, will facilitate a presentation and discussion for older adults and their caregiver family members about proactively planning (or not!) for housing and care options as we age, finding helpful guidelines for decision making, and discovering resources to help us on the journey.</p> <p><u>Zoom link:</u> To connect to the Zoom meeting, click <a href="#">HERE</a> Meeting ID: 846 3038 9480 Passcode: 038736 One tap mobile +12532158782,,84630389480#,,, *038736#</p>
<p>October 26 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: 813 7242 8653 Passcode: 999787 One tap mobile +12532158782,,81372428653#,,, *999787#</p>



## Upcoming Community Conversations in October

November 2 1pm	<b>Wisdom Café – “What is your fondest childhood memory?”</b> Learning to ride a bike? Hearing the ice cream man? Holiday traditions with your family? Come join us in conversation at the Wisdom Café.   <b>Zoom link:</b> To connect to the Zoom meeting, click <a href="#">HERE</a> Meeting ID: 844 6161 7655 Passcode: 069587 One tap mobile +12532158782,,84461617655#,,,*069587#
November 9 11am	<b>Book Club conversation - Our current book is another local author murder mystery, <u>Until Proven Guilty</u> by J.A. Jance</b>
November 16 11am	<b>A session on Medicare Basics</b> with Archana Iyer Sunil PAHM
November 23 11am	<b>Walk the Sammamish Parks with would be photographer Don Gerend</b>
November 30 11am	<b>Coffee with Andrew Stevens – Emergency Manager, Eastside Fire &amp; Rescue</b>





### ***Sammamish Parks Trivia:***

1. Can you name the two preserves within Sammamish?
2. Which part of Big Rock Park has the treehouse? Which part has the actual big rock?
3. Which park has a formal native plant garden?
4. In which park did Clint Eastwood serves as a lifeguard during the 1950s?

Find the answers in the newsletter





## What is happening in our community?



**the Y**  
YMCA

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# DROP-IN FRIDAYS AT THE Y

**Every Friday  
Starting October 7  
12:00-3:00pm  
LOCATION: ROTARY ROOM**

**QUESTIONS?**  
Kristin Corcoran  
krcorcoran@seattleyymca.org

**SAMMAMISH COMMUNITY YMCA**  
831 228TH Ave SESammamish, Wa 98075  
[seattleyymca.org](http://seattleyymca.org)

Drop-In Fridays are for all adults in the community. Bring your bag lunch, knitting projects, board games or conversation starters to share with others. No need to be a member. Just stop by to sign in at the front desk as you arrive. Community members will have access to restrooms, bottle filling station, and coffee/hot water station in the reception area.

Everyone is welcome. The YMCA of Greater Seattle strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility. Financial assistance is available.



# Online Events

## PIONEERS IN AGING Fall 2022 Series

### Enlightened Aging: Building Resilience for a Long, Active Life

**Monday, October 10, 12-1pm**

Presented by Dr. Eric B. Larson.

Author, physician and research scientist Dr. Eric B. Larson will offer practical advice about growing old with resilience and foresight. His book proposes a path to resilience that may help you maintain vitality as you age.

#### Steps include:

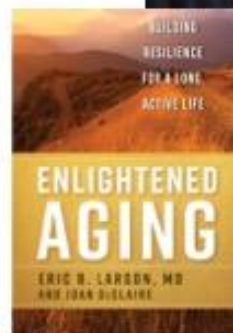
- Being proactive about your health.
- Accepting the changes that come with growing older.
- Building strong physical, mental and social reserves.

Dr. Larson's advice is based on his experience leading one of the world's largest and longest research studies aimed at preventing dementia. He also shares inspiring stories from his experiences with patients, study participants, family and friends.

*The sessions will not be recorded.*

*Please register for each session separately  
at [www.kcls.org/programs](http://www.kcls.org/programs) or call your local library.*

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.



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





## Online Events PIONEERS IN AGING Fall 2022 Series

### The Secret Language of Healthcare: How to Ask for the Care You Deserve



**Monday, October 17, 12-1pm**

Presented by Robin Shapiro, Health Advocacy Pioneer and Board Chair of HealthAdvocate.



Understand healthcare language and how to use it to improve your health. Compelling, real stories reveal how your words, phrase, and actions can transform your care.

- Discover how to work more powerfully with your doctor.
- Learn the questions that can save your life in the hospital.
- Be prepared before you are facing a critical medical situation.
- Understand which independent experts can help when you need them most.



Premier Residential Retirement Since 1987  
eraliving.com



aging wisdom®

FRYE  
/ Art Museum

KING COUNTY  
LIBRARY SYSTEM  
FOUNDATION



kcls.org

### Retirement Reinvention: Make Your Next Act Your Best Act

**Wednesday, November 2, 5:30-6:30pm**

Presented by Robin Ryan.

*Retirement Reinvention* shatters the myths of retirement. This session is focused on how you will spend your time once you leave your job including how to find more fun and create meaningful ways to spend your time. Bestselling author Robin Ryan (*60 Seconds and You're Hired!* and *Over 40 and You're Hired!*) will inspire and educate you on how to create a more enjoyable future.



The sessions will not be recorded.  
Please register for each session separately  
at [www.kcls.org/programs](http://www.kcls.org/programs) or  
call your local library.



SammamishSeniors@gmail.com

## Baby Boomer Bootcamp

**Sunday October 9, 1-5p.m.**

Baby Boomer Bootcamp is back for our 5th event co-sponsored by Era Living and KCLS. We have a lineup of six speakers on the following topics:

- End of Life Choices
- Increase Natural Sleep
- Sound Healing & Chair Yoga
- AARP presents Avoiding Scams
- Healthy Eating Strategies
- Senior Living Care Options

Coffee and snacks provided.



**Trips/Program Sign ups Available Online!!**

**<https://www.issaquahwa.gov/Seniors>**

## AARP Smart Driver Course

This driver safety course is designed especially for drivers age 50 and older. Once completed, most auto insurance companies will give you a discount on auto insurance good for 2 years. This is an all-day class, and you must attend the complete program to receive the auto insurance discount. Bring your lunch or buy lunch at the Senior Center, as there will be a break for lunch. Registration required at the front desk.

**Monday October 24**

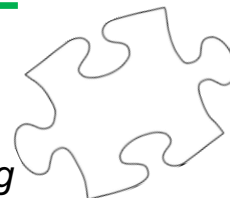
**8 a.m. - 4 p.m.**

**Please pay the instructor directly (cash or check only)— AARP members \$20 non-members \$25**



## 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)

[October newsletter](#)

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

[October newsletter](#)

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

[October newsletter](#)

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

[SnoValley Senior Center page](#)

**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



## Activity Corner

### **Sudoku 10**

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

### Solution for September

#### **Sudoku 9 Solution**

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



***Sammamish  
Parks Trivia Answers:***

1. Beaver Lake Preserve & Evans Creek Preserve
2. Treehouse is in Central & Big Rock is in the North
3. Lower Commons Park, near the pea patch
4. Beaver Lake Park

**How many did you get right?**

