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News & views – December 2022

Deb – vital part of Sammamish Seniors since our beginnings in 2018!!

We all know Deb Sogge is the Sammamish Chamber of Commerce! She's been with the Chamber since 2001, first as a volunteer, then its first executive director, and now the CEO for the past 14 years. She knows relationships, getting things done!

A Plateau resident since 1987, first in the Timberline (then Redmond) neighborhood. In 2008, Deb lobbied City Council for Seniors and a Senior Center. When the city's Health and Human Services feasibility study was completed in 2017 and named "seniors" as one of its top-five focus areas for our community, Deb stepped up front and center. With her background and as a multi-year board member with Eastside Friends of Seniors (EFR), she circulated a community survey to learn interest and attract volunteers to get "Sammamish Seniors" started. With a twosome from Sammamish Rotary who were serving on the Human Services Commission, they set out to attract a team of volunteers to provide senior programming. In 2019, plans were in place to meet at the Teen Center in early 2020. Then, COVID closed everything, and Seniors went virtual with book clubs, discussions, and providing resource information and area activities.



Deborah Sogge

Sammamish Seniors continues monthly newsletters and weekly updates with links to the weekly "community conversations" of influencers and timely topics. Deb expresses her pride in the current Council seeing the benefit of senior programming and future funding, and the volunteer leaders who've done an excellent job highlighting the needs of those age 50+. She considers them part of the good "character" of Sammamish, with the need to be recognized as part of our future. An earlier Council promoted building programs and the Community Center to benefit youth (also important). Now Deb feels it is past time to provide for programming for the 20,665 older adults (2021 US Census), 30.6% of the population. She also sees the need to implement housing for aging in Sammamish. We don't want to lose older adults because there is no place to downsize and stay here.

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Deb continues to serve on the Sammamish Seniors' advisory committee and foresees being "back-to-being in-person" in the new year! She is looking forward to working with the senior leadership in 2023 to do her part with these appreciated volunteers.



Community Conversations in December


Zoom on in...



Date	Topic
<p>December 7 Wednesday 1pm</p> 	<p>Wisdom Café – “What brings you joy?” Is it walking in nature? Learning new skills? Meeting new friends? Share your ideas with others at Wisdom Café!</p> <p><u>Zoom link:</u> To connect to the Zoom meeting, click HERE Meeting ID: 857 8264 3432 Passcode: 949590 One tap mobile +12532158782,,85782643432#,,,,*949590#</p>
<p>December 14 Wednesday 11am</p> 	<p>Coffee with our new Fire Chief Ben Lane – Also, Deputy Director Jamie Formisano will talk about the CORE Connect program, Eastside Fire & Rescue’s Mobile Integrated Healthcare program. With referrals from firefighters, the CORE team connects individuals in crisis with the most appropriate services and resources based on their complex needs. Common presenting issues are frequent falls/mobility issues, health care needs, and mental health issues.</p> <p><u>Zoom link:</u> To connect to the Zoom meeting, click HERE Meeting ID: 850 2997 3889 Passcode: 956921 One tap mobile +12532158782,,85029973889#,,,,*956921#</p>
<p>December 21 Wednesday 11am</p> 	<p>Musician Michael O’Connell’s Favorites! <i>Enjoy an hour of guitar and songs!</i></p> <p><u>Zoom link:</u> To connect to the Zoom meeting, click HERE Meeting ID: 871 4576 5791 Passcode: 948425 One tap mobile +12532158782,,87145765791#,,,,*948425#</p>
<p>December 28 Wednesday 11am</p> 	<p>Washington Poison Center’s Toxic Trivia game - How confident are you in your poison trivia? Do you know what to do when bitten by a rattlesnake? Did Coca-Cola ever actually contain cocaine? Is the Poison Center just for kids? Come test your trivia skills and find out as we play through our Not-So-Trivial Poison Center Trivia game! We will cover basic poison prevention, medication management, when to call the Poison Center, and more!</p> <p><u>Zoom link:</u> To connect to the Zoom meeting, click HERE Meeting ID: 840 2292 5282 Passcode: 324112 One tap mobile +12532158782,,84022925282#,,,,*324112#</p>



Upcoming Community Conversations in January

<p>January 4 1pm</p> 	<p>Wisdom Café – “What is the single best thing that happened to you this past year?” Was it a new grandchild, a family reunion, or a wedding? Was it a special trip to an exotic or historical place? Come celebrate your joy with us at Wisdom Cafe and we focus on the positive and share our jubilation with others.</p> <p><u>Zoom link:</u> To connect to the Zoom meeting, click HERE Meeting ID: 827 6429 2804 Passcode: 437565 One tap mobile +12532158782,,82764292804#,,,*437565#</p>
<p>January 11 11am</p>	<p>Book club - The Art of Racing in the Rain by Garth Stein as told by a dog.</p>
<p>January 18 11am</p>	<p>“Tax Talk” with Teresa Herrin CPA – please email questions to sammamishseniors@gmail.com – i.e., annual taxes, IRA distributions, taxable effects, beneficiaries, capital gains, stepped-up basis, social security, etc.</p>
<p>January 25 11am</p>	<p>“Coffee” with Sammamish City Council Member Roisin O’Farrell</p>

Our previous Community Conversation notes can be found on the website [HERE](#)



What is happening in our community?



SPOTLIGHT REPERTORY NW
PRESENTS...

A Very Broadway Holiday!

A LIVE SINGING AND DANCING MUSICAL
SPECTACULAR FEATURING OUR YOUTH AND
ADULT ENSEMBLES AND YOUTH JAZZ ORCHESTRA

DEC. 2 AT 7PM
AND
DEC. 3 AT 1PM

SAMMAMISH PRESBYTERIAN CHURCH
22522 NE INGLEWOOD HILL RD, SAMMAMISH, WA 98074

TICKETS ON SALE NOW:
WWW.SPOTLIGHTREPNW.ORG

Support the arts & talent in Sammamish!





To ensure a merry holiday for more local children, residents are encouraged to bring any new, unwrapped toy for the Toys for Kids toy drive. Toys for Kids is a program that helps distribute toys to local children who may otherwise not receive gifts for the holidays.

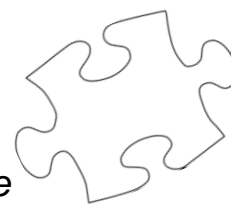
This highly anticipated, family-friendly event is a Sammamish tradition that brings the community together to share a festive evening of activities, food and entertainment. This year the event has been expanded to include even more holiday lights. Fun activities include face painting and free photos with Santa, along with a craft room promising fun for all ages.

Additionally, one of the most popular event activities, the holiday petting zoo, will offer visitors a chance to meet many friendly animals.



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)

[December newsletter](#)

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

[December newsletter](#)

Redmond Senior Center (425-556-2300)

[Programs](#)

SnoValley Senior Center (425-333-4152)

[December newsletter](#)

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

[Indian American Community Services website](#)

To register: admincoord@iaww.org or 253-234-9989 ext. 3

Activity Corner

Sudoku 12

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

Solution for November

Sudoku 11 Solution

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

