



# Newsletter

January-February 2021

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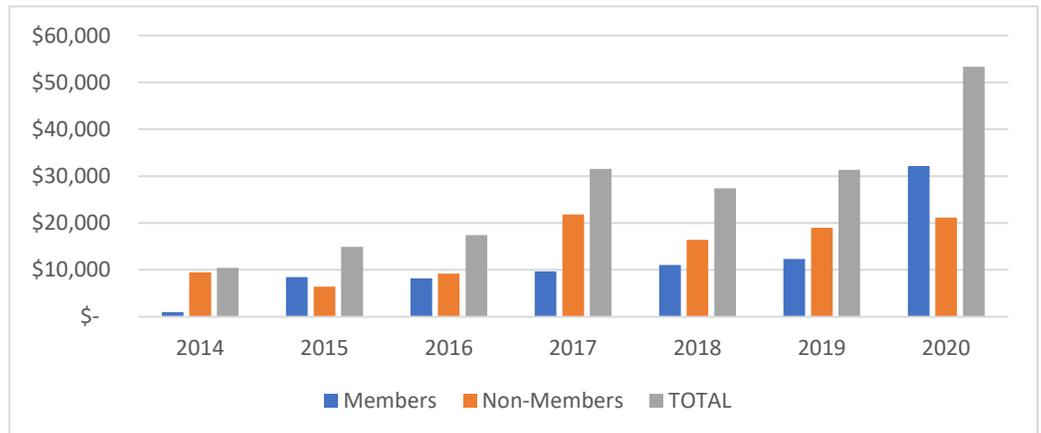
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## From the Director: Denise Klein

In 2020, a year that didn't have much to recommend it, we had an amazingly successful fundraising effort. The main reasons: our members gave more and more of them gave. We can imagine why: 1) the deepening of relationships through Zoom, with its intimate small group discussions; 2) the comforting regularity of the Phone Tree; and 3) the fact that we were able to meet cost to 100% of all service requests even at a time when many of us were cloistered.

**Your gifts are so important in terms of assuring our sustainability.** Because of them, we have the beginnings of a reserve fund.



More people, both members and non-members, donated in 2020: 45 of our members and another 45 people. That's nearly 40% more than any other year!

A big question we are asking as our Fundraising Committee discusses this year's effort: Should we do two campaigns again? Last year it seemed appropriate and contributed to the total raised.

Whether we do one or two campaigns, know that pleased as we are that more and more of our members are choosing to contribute, donating is absolutely voluntary. And we understand there are good reasons why you might not choose to do so.

If you have ideas about this topic you'd be willing to share, that would be so helpful. Meanwhile, know that I appreciate each and every one of you and want to tell you another set of amazing facts that set up apart from many other villages:

- 🚩 71 or 80% of our members helped other members
- 🚩 60 or 67% received help
- 🚩 60% both gave *and* received help
- 🚩 39% of our members are **very active**, including in leadership roles.

## Member Leaves Board, Tells All

By Michael Kischner

This space is reserved for a member of the *Wider Horizons* Board of Directors. As of Jan. 1, I have been an ex-Director, but the editors forgot and said I could have it. Now I will not be muzzled.

Underneath the incessant member-driven activity of *Wider Horizons*, a machine whirrs quietly. It's operated by our Board of Directors. Our Village is a 501 3 C entity, subject to laws and regulations. We collect dues, accept donations, apply for grants, hire an Executive Director, and spend money. We establish goals and policies. All this has to happen so members can enjoy their groups and Pods, their happy hours, Zoom meetings, and storytelling sessions.

The most visible part of the subterranean machine is the monthly Board meeting, now held over Zoom and open to all. Each has been running from 11:30 to 2:00 with one ten-minute break for bathroom and lunch. Zoom permits Directors to keep their food out of sight as they try to chew their way imperceptibly through the packed agenda.

They've studied a substantial packet of materials sent out in advance. They've been working all month on task forces and committees, which report to the meetings: health advocacy, member growth, evaluation of the Executive Director, communications, fundraising, to name a few. President **Ann Lawrence** reports on the activities of the five-member Executive Committee. Denise Klein guides them patiently through a budget report. Some furrow their brows as though they're following it.

The machine is not entirely quiet. The work, though serious and sometimes intense, is punctuated by chatter and laughter. These are twelve individuals able to be themselves while greatly respecting each other. Thank goodness for people who care about by-laws, budgets, or the wording of goals, for others who are passionate about diversity and social justice, and for saints who are interested in both. And thank goodness for an Executive Director like Denise, who is dazzlingly able to serve simultaneously as employee, guide, teacher, colleague, friend, and total believer in *Wider Horizons*.

Ann Lawrence has referred to the "frictionless flow" of effort that makes the machine work. Physics tells us that there is no such thing as no friction. But physics doesn't deal with miracles, and a bit of the



miraculous runs through the living network of care, concern, and mutual delight that is *Wider Horizons*.

Left, Michael Kischner reading the *Play Arms and the Man with the Somesuch Players*

## Wider Horizons Gains Three New Members & Four New Board Members

**John Rochford** and husband **Nick Utzinger**, shown below with their beloved dogs Connor and Dillon, joined *Wider Horizons* in January.



Originally elected to the Board of Directors in December, John realized very soon that he also wanted to be a member. Not only will Nick and he bring us their gifts, but it will be a gift exchange.



**Jonathan Gerson**, a long-time friend of Ann Lawrence, also joined this month. Jonathan is a caregiver for partner Ernesto and an expert in the

care of people with Alzheimer's and other dementias. We look forward to learning from him while we also enjoy his company! While Jonathan doesn't have his own doggie, he and Ernesto routinely enjoy the loving companionship of Ann's beautiful rescue **Maya**.

Also joining the Board this month is **Nancy Hooyman**, a Founding Member shown below with our founding Board on which she served for several years. She recently retired from the faculty of UW and moved to Madison Park (see Chris Morris's story) and is ready to plunge in again.



**Nancy (top row, 3rd from right) at a 2016 Board Retreat**

New Board member **Jeanne Marie Thomas** has a long history with us and with villages in general, having recently stepped down as the Executive Director of NEST (our sister village in Northeast Seattle). She and her husband Bob live on Vashon Island and she joined last year as our first "out-of-area" member. Below she is getting to know **Nora Langan** at an early 2020 event. See a sample of her art (an endeavor she has returned to this past year) at top right.



**Jeanne Marie bonding with Nora Langan at an all-member meeting in January of 2020**



**"Feathered Friend" by Jeanne Marie Thomas**

## Moving Experiences

By Chris Morris

Over the past year or so within *Wider Horizons*, there has been increasing interest in exploring the various housing options our members may have to consider as they move through their lives facing uncertainties and challenges. Should any of us want or need to change places, however, getting from here to there involves moving, which can be an adventure of its own. Three members recently shared their "moving" experience with us. Questions included: What initiated the need to move, what help did they get, how did it affect them emotionally? Here are their stories.

**Wren Campbell**, lived in the Central District of Seattle for 4-plus years and recently moved to an apartment in Madrona. Her former landlord wished to live in the apartment. Forced to relocate, Wren sought the assistance of professionals (Kangaroo Movers), who she indicated were very efficient. In preparation for the move, Wren received considerable help from *Wider Horizons*. **Eleanor Dills** helped with the difficult tasks of downsizing and packing, **Julie Anderson** assisted her in setting up her kitchen, and a volunteer, **Andie Yount**, eased the burden of moving items around in her new space.



**Wren exchanging thoughts with David Soper and Allan Blackman at our first picnic**

"It was a difficult and emotional move for me," she said. It marked a new "older" phase in her life. It meant letting go of a lot of memories. She had some

sleepless nights while trying to settle in. Letting go of a lot of possession was very hard. “I still look for things in my new apartment and realize I left them behind.” She misses her backyard, although she has a side yard, which is lovely in summer, but “Wolfie can no longer run around.” Wolfie is a spaniel mix.

Wren’s advice to *Wider Horizons* members: “Give yourself as much time to plan for your move and to pack as you can, especially if you are moving a large household.” With the difficult task of downsizing, “be thoughtful about what you take with you and what you sell, give away, or dispose of.” She advises us to call on friends, organizers, and other services if we need to. “You can’t do it by yourself.” Finally, “take your time moving into your new place; you don’t need to do it all at once.”

**Denise Klein** had recently moved within her apartment building on Capitol Hill seeking a smaller, less expensive abode, but she found something amiss. “My original intent was to save money.” When **Margaret Fisher**, a friend and *Wider Horizons* member, offered the chance to share a space in her house, Denise realized that, besides greater economy, “I knew I would have much more.” She used a professional mover who was excellent and whom she has recommended in our vendor directory. She was helped by a family member who stepped up despite pandemic concerns.



On managing emotionally, Denise said, “I didn’t have trouble leaving the place I was in. I’d already said good-bye to the apartment I shared with my husband, David, after his death a year previous.” Once life changed when the pandemic set in, she felt her second, smaller apartment in the same building was still “too large and luxurious for one person.” Further, she came to realize, “I was suffering from being alone.”

Denise (shown above in her new pink snowsuit) says she’s “happier than ever before in my life and this Christmas season was wonderful. I had a touching Zoom with my progeny, followed by dinner with my two housemates—little or no stress.” Her circumstances required no additional emotional support, although she decided “to up my personal training time after I moved. Not only could I afford

it, but the steep stairs and hills near my new place were motivators.”

Advice to our members: “Yes. Absolutely! If you think you want to downsize, do it sooner rather than later. It will never get easier. I would avoid retirement facilities at this time but look for an accessible apartment in a walkable neighborhood, perhaps close to grocery shopping.”

**Nancy Hooyman**, sold her large home of 40 years in Montlake to move to a condo in Madison Park. She was widowed and recently retired, and her two adult children lived independently. Fortunately, a neighbor bought her house. Forty years of memories, antiques, and clutter loomed ahead as a major obstacle, and the pandemic did not make moving any easier. Nancy’s daughter helped, and she found professionals who shipped 15 boxes of antiques to her son in New York City. The shipping company also referred her to an online auction company that helped her sell many of her other valuables, gave her a connection for decluttering assistance, and helped her locate a moving company (*see contacts below*).



**Nancy and Sue Lerner discussing something compelling**

Dealing with emotions was very difficult, not only for Nancy, but also the family. She found herself exhausted a great deal of the time and lost 15 lbs. by the time the decluttering process ended, even with the help she received. The upside made her appreciate her new home, providing her with an elevator to her apartment, wonderful scenic views of Lake Washington, and the friendliness of the residents in the building. She sought professional help with a onetime visit.

Nancy’s advice to members: “Don’t be afraid to take the big step of downsizing and moving to a smaller place. I have found that the benefits of new friendships, a simpler lifestyle, and less time and money devoted to home and yard maintenance, taxes, etc., far outweigh the downsides of leaving

behind a beloved family home and the time entailed in decluttering and preparing for the move.”

She recommends starting the decluttering process well in advance of a move and hiring professionals to help. Also, “keep engaging in exercise, stretching, being outdoors, meditation, whatever you normally do to reduce stress during the moving process.” Here are the companies that Nancy recommends:

*Excellent shipping company:*

<https://www.cratersandfreighters.com/>

*Online auction company:*

<https://www.Maxsold.com/>

*Decluttering help:*

<https://www.smoothtransitionsseattle.com/>

*Great movers:*

<https://www.budgetmovingwa.com/>

## **Hoping It's a Hiatus: Bill Lippe's House Concerts**

**By Michael Kischner**

And in early 2020, as Covid took hold in Seattle, Bill's house concerts ended. There had been over 180 of them, starting in 2005. Audiences for the first ones numbered about 30. Within five years, they numbered 50, with a waiting list of 10 to 20.

Audience members each made a donation, but Bill never made a penny on a concert. He turned everything over to the performing artists, whom he also fed and routinely put up overnight.

Bill had had a satisfying career as a University of Washington research neuroscientist. But this was different. It was in the truest sense a labor of love, animated by passion for good music and deep interest in the people who made it.

Bill's list of performers included, to name a few, Lucy Kaplansky, Antje Duvekot, Beth Nielsen Chapman—big names in the world of “lyrically driven contemporary folk,” which is Bill's favored term for original songs in which the lyrics are central and the singer-songwriters typically accompany themselves on guitar or keyboard. Five lines from Beth Nielsen Chapman's “Sand and Water” show the personal depths from which much of this music wells up:

All alone I heal this heart of sorrow  
All alone I raise this child  
Flesh and bone, he's just  
Bursting towards tomorrow  
And his laughter fills my world and wears your smile

Bill had Chapman booked for three shows this year before Covid canceled them all. Often, such sought-after artists played at Bill's house around gigs at The Triple Door and the Tractor Tavern. As Bill's meticulous records show, a performance at his house might net the artist more than the commercial venues paid: in the last nine years, artists averaged up to \$1,805 per concert between door donations and the sales of CDs, which audiences often rushed to snap up at intermissions.

Talking to Bill, though, you get the impression that no one was in it for the money. “House concerts are not a business,” he stresses. In the intimacy of Bill's living room, where hardly any distance separated the audience from the artist, memories and connections were made, powerful moments were experienced. See below for one example in Bill's own words.

The cessation of Bill's concerts in April 2020 left a hole in Seattle's musical life, and also in Bill's. He is not closing the door on the idea of resuming them. But for now he is organizing his treasure trove of videos and posting some on YouTube. Here are links to two of them, a 10-minute sampler of brief takes (listen for the audience singing with Anne Heaton and Martyn Joseph) and a set by Danny Schmidt and Carrie Elkin that concludes with an irresistible scene of Carrie singing “Amazing Grace” a capella to their baby daughter.

<https://www.youtube.com/watch?v=cE3BJwvnoIY&feature=youtu.be>

[https://www.youtube.com/watch?v=cJVtNG1q\\_8M](https://www.youtube.com/watch?v=cJVtNG1q_8M)

Thank goodness Bill is also beginning to write down some of the stories and memories from those rich years. We're proud to bring you a wonderful first installment. May there be many more!



## Music and Memory: Stories from My House Concerts

By Bill Lippe

During our dinner conversation before a show, I often asked artists what effect they hoped their music would have on listeners. The most memorable answer I received came from singer-songwriter Anne Heaton: "I want to help people die." Anne explained, not literally "die"! She hoped the stories and messages in her songs would help people discard behaviors or attitudes or ways of thinking that no longer served them, and possibly never did. One life-changing impact I was privy to occurred at a 2010 house show that featured the award-winning artist Edie Carey. Edie literally saved a marriage.



Edie Carey playing at Bill's House Concert

The day following Edie's show, she and I received an email from a young woman ("Amy") who had attended the concert as a guest of one of the "regulars." Amy identified herself as the one who had "bawled" through every song and whom Edie had given a big caring hug at the intermission. Amy was going through a pivotal time in her life, including contemplating divorce and beyond.

Edie's songs and performance—her heartfelt lyrics, insight into human emotion and the connection Amy felt with Edie—turned Amy's life around in a way that allowed her to see life through different eyes. In her words, "I cracked myself like an egg and opened up to a side of myself I didn't know existed." Amy bought all of Edie's CDs at the intermission.

She and her husband stayed up through the night listening to Edie's music, talking about their marriage and how the crack in Amy's shell allowed her to now see how much she truly loved her husband, that they belonged together, and how much more she wanted from her marriage, and life

in general. The marriage that had been on a steep downward spiral had taken a very sudden and unexpected reversal through the magic of song.

Amy had one request: It would mean the world to her and her husband if Edie would be their guest and return to Seattle to do a concert in their home. And sooner rather than later! The "sooner rather than later" was important because Amy and her husband were going to be selling their house in the coming months. Edie and I talked about the challenges of her returning to Seattle to do this show, given that she was based out of Chicago and already had a pretty full schedule of shows booked. Edie did manage to make it back to do a show for Amy and her husband and their friends, and what an evening it was. Lots of laughing, lots of tears. The emotion that filled the room was palpable. And yes, as far as I know, Amy and her husband remained married.



Bill Lippe on the porch of his Capitol Hill home

## Health Advocacy: Never Having to Experience a Serious Illness Alone

By Denise Lishner

How often do you feel anxious about who will take care of you if you suddenly become ill? Do your family members live far away? Is there no one you can count on if you have an emergency in the middle of the night? Is it hard for you to problem solve with your provider when choosing treatment options? Have you put off completing paperwork letting others know what your wishes are for end of life care?

I am one aging individual who worries about all these things. I don't have a husband or family to rely on if I get seriously ill. I feel shy about calling on friends and neighbors when I need help getting to

the ER. But we do have *Wider Horizons*—and one of the gems of the Village is the increasingly vital **Health Advocacy Program**.

Members wanting a health advocate are paired with one or two trained members or volunteers who, along with Denise Klein, collaborate to help you navigate the health care system during a serious illness or medical crisis. Some of the ways your Health Advocate can provide confidential practical, emotional and health support are:

- 1) assist in doing a home safety audit to prevent falls and accidents, put your health and legal papers in order (Red File), prepare for surgery by reviewing insurance benefits, accompany you to a specialist visit, and take notes to help you understand a complex medical situation;
- 2) escort you if you need to undergo a procedure, serve as a liaison with your providers and family members, translate medical information that may be unclear, and help you follow up on discharge orders;
- 3) identify your post hospitalization aftercare, recovery, or rehab options, organize home meal deliveries, remind you to fill prescriptions, and ensure you have needed equipment such as a walker or commode;
- 4) speak with you and your family about your end of life wishes so they can be fully respected.

When I had complicated back surgery two years ago, I experienced the benefits of having a health



Denise at our first picnic, gazing into the sunset

advocate plus the unforgettable support of friends in and out of *Wider Horizons*. Health advocates can't do everything and are not trained health care workers, so I paid for a certified nurse assistant to take my blood pressure, help me shower, and get me in and out of bed with skill and delicacy. But without the additional support, my surgery and

recovery would have been much more arduous and isolating—and a lot less comforting!

I am delighted that our Health Advocacy Program has grown and expanded its reach. **Sue Lerner** and **Maggie Pheasant** have conducted training for health advocates. Over Zoom, Sue and **Ann**

**Lawrence** have met with church groups to explain how to create a Red File for health emergencies. I will always be grateful for the program and hope that many will benefit from all that it offers.

## Our Village "Children"

By Bob Anderson

Last summer the Member Growth Group thought it would be a good idea to connect with adult children of our members to inform them of the many services and supports we provide, to engage them in spreading the word about our Village, and to solicit their ideas for ways to enhance the experiences of their parents. Well, what an enthusiastic and helpful response we got during two zoom sessions, one in late June and another in November!



2015 Intergenerational Picnic

It was my privilege to facilitate these sessions and to get to know these fine people. Our member, **Gay Hoerler**, who took notes at the sessions, dubbed them "Our Children." Indeed, after interacting with 9 "kids" in session one and 12 in session two, I really felt the sense of care, concern, and commitment these children had for their parents. Here is a sampling of the questions we asked of them:

- What areas of support do you feel are particularly lacking—or working well—for your parents and other elders?
- What concerns do you have about your parents as we move into colder and darker days and continued COVID-19 restrictions in the Seattle area?

- What are some things that bring joy to your parents that you didn't expect during this time of COVID-19 restrictions?
- Are there aging-related topics about which you'd like more information?

It was so uplifting to hear them speak on behalf of their parents and make suggestions for how we might improve upon the Village experience for them. To a person and in their own ways, they expressed gratitude for the support and connections afforded their parents. They marveled at what a difference it seemed to be making and how they appreciated knowing the Village was there for their loved ones. They were curious about all we do and asked us to share information so they could be better informed.



They made many suggestions that a number of us followed up on, including providing them with the *Handbook: Preparing for a Serious Health Event, Homecare Pamphlet*, and our list of *Recommended Vendors*. They were also interested

in the topic of aging in place/home modifications which we are working on with an occupational therapist to develop a program especially for *Wider Horizons* members.

In a kind of organic way, I think we have the beginnings of a subgroup of *Wider Horizons*: ambassadors who are gaining a deeper appreciation of the benefits of our little enterprise and what it can do, not only for their parents, but for the broader community. We have committed to do these Zoom sessions quarterly. We hope more members will send to Denise or me the contact information for their “kids” so we can link them into our next session. What an exciting new dimension of our growing community of elders! Cheers to “Our Children!”



One of our favorite photos of Bob and Julie Anderson, back in the good old days (maybe summer of 2019)

## Overhoused By Scott Dills



Scott and Joan Bergman  
in "the before times" at Magazine Group

Several years ago a young friend, quite into today's sustainability issues, and in the face of the shortage of affordable housing in Seattle, commented that most folks in our neighborhood are *overhoused*. In other words, they had more space than they needed. He was right!

Eleanor and I have for a long time benefited from and enjoyed sharing our home with others. Beginning in the 1980s when our sons were in high school, we enjoyed hosting foreign exchange students. After our exchange student era and after the kids went off to college, we began house sharing on a rental basis, renting out two bedrooms and a shared bath to a series of young people, many students and interns doing short term, one to three month, programs through the UW business and medical schools. Most were in their 20s and 30s. There were older tenants too. One, a 50 yr. old PhD candidate was, after a number of months, joined by her husband, renting both bedrooms.

Our style has been to offer access to our entire 1<sup>st</sup> floor, living room, dining room and kitchen as well as the back deck and yard, on an equally shared basis. Each tenant has their own private bedroom upstairs and shares a bathroom. We have our own bedroom, bath, and a small office space. The kitchen is our primary meeting point.

This style of shared housing has worked well for us. We have been financially rewarded, we have been able to pro-rate much of our property expense against our income for tax purposes, we have met many nice people along the way, and I think we have helped them too. We have been able to provide good space in an established home, offering our housemates privacy and quiet. We have all seemed to get along and, in most cases, to have appreciated knowing one another.

The whole idea is not as invasive as you might think. Sure, there have been irritants here and there, but they probably have gone both ways. We have made an effort to choose our tenants carefully. We try to do a little “above and beyond” for them and we keep our rents on the low side of “market rates.” We have also been rewarded by our tenants’ friendship, and simply the enjoyment of meeting, living with, and sharing with others. We especially like being in touch with younger people.

You too may be *overhoused*. Try sharing some space. Or, if you need space, consider sharing someone else’s home. It can be a win-win situation!

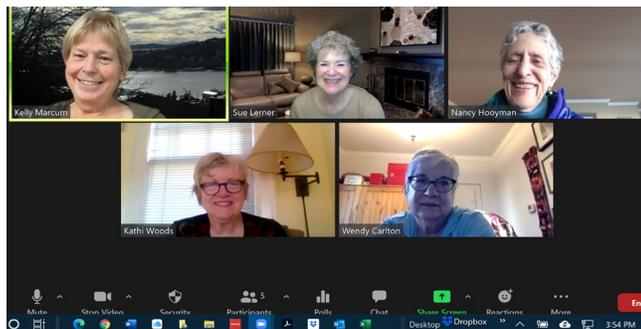
## Wider Horizons on the Web

### By Charles Heaney

I think it’s fair to say we are all glad to see 2020 in the rearview mirror. For many, it was a brutal year, physically, psychologically, socially, and economically. As bad as last year was, however, I think the one thing we can all agree on is that *Wider Horizons* helped us get through it a lot better than we could have on our own.

Clearly, our village’s adoption of technology was a big part of this. The Zoom happy hours, cultural events, meals with family and friends, and group chats helped us keep our heads above water, particularly in those early months when the lockdowns hit hard and fast.

Apart from these more visible efforts of *Wider Horizons* to keep us all connected and engaged, a small, dedicated group of villagers worked behind the scenes for many months to upgrade that other piece of technology that every organization needs to flourish in today’s world, namely, our website.



From top left, Kelly Marcum, Sue Lerner, Nancy Hooyman, Kathi Woods, and Wendy Carlton. Not shown is web designer and tech expert Christian Roehr

Many of us didn’t use our original site and for very good reasons. It was difficult to use and unattractive, and for Denise Klein and a few others who tried to maintain and improve it, the frustrations were never-ending. It was a generic website product developed for a broader audience of larger sports clubs and similar recreational organizations. But at the time it was inexpensive and readily available.

As she has with so many other projects important to *Wider Horizons*, **Sue Lerner** stepped up to put together a team to develop the new website. Several had considerable technical experience and others joined in to learn and contribute what they could. In addition to Sue, these brave souls included **Wendy Carlton, Kathi Woods, Kelly Marcum, Nancy Hooyman, and Christian Roehr**, the real technical wizard behind this endeavor. You will hear more about Christian in our next issue.

The team worked long and hard on this project and to keep them on track, they adopted an industrial style, project management orientation with functions, deadlines, and responsibilities clearly laid out.

WIDER HORIZONS WP WEBSITE ASSIGNMENTS TASKS 6.14.2020				
MAIN TABS	DROP MENU	TASKS	ASSIGNED TO	MAINTENANCE
		REVISE Chart to delete date, contact info. Send to Christian for posting. Add directory links to group contact names.	Wendy	
INTEREST GROUPS		ADD NEW MAIN TAB.	Christian	
MEMBERS ONLY		REVISE drop down menu to read: <b>Member Directory, Member Posts (Service Offers, Giveaway Offers, Giveaway Requests), MMM, Interest Groups(with contact info), Board Docs, Minutes, Dashboard.</b> Use content from CE site.	Christian with questions to Sue	Kelly add/update info about members, post MMM, Board Minutes, Remove Offers over 10 days old or resolved
	DIRECTORY	Enter from spreadsheet: member names, addresses, phone numbers, emails, add Google map locations. Send to Christian for posting.	Kelly	Kelly add/update member directory info
COMMUNITY RESOURCES		REVISE TAB. CHANGE content TO BULLETED LIST including web links; list by topics (Housing, Medical, Recreation, Health, Our Supporters, etc). Post new content.	Sue	
PUBLICATIONS		Add list with links to publications attachments #5-9	Christian	
CONTACT US		ADD new drop down menu (Join <i>Wider Horizons</i> -includes Membership & Dues), <b>Donate to Wider Horizons, Volunteer, Join our Mailing List, Email Us</b>	Christian	
	JOIN WIDER HORIZONS	AFTER consulting with Denise Klein about content, CREATE Membership & Dues page including content from attachment #11. Create in WORD and send to Christian for posting.	Wendy	
	DONATE TO WIDER HORIZONS	CREATE Donation page. Include Content (attachment #10)	Christian	
	VOLUNTEER	Create text for signing up to volunteer and join our mailing list. Consult with Denise about wording	Wendy	
	EMAIL US	USE text from CE website	Christian	
	JOIN OUR MAILING LIST	Create text with directions to be added to our mailing list. Consult with Denise on wording and process	Wendy	

What emerged in June was an elegant website we can all be proud of.

The new site was very attractive and easy to use, update, and modify according to the changing needs of *Wider Horizons*. And all of this is under the control of our wonderful, homegrown team of techies.

I know that some of us have a hard time using new technology, but I urge you to spend a few minutes exploring this terrific new site of ours. There is a lot

of good information there. Over time it should become an increasingly effective tool to help us stay connected, stay independent, and stay well.



Charles Heaney

### Members Enjoying the Winter Outdoors



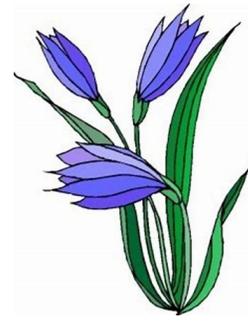
Ann Lawrence, Eleanor Dills, Julie Anderson at Eleanor's



Debbie Ward and Maggie Pheasant Caroling for Members



Winter Scene at the Arboretum  
photo taken by Eleanor Dills



Join us at 4 pm on Friday, February 12 to mark the passing of our member Betty Swift, who died peacefully on January 29. We will share memories and stories with each other. All are welcome.

<https://us02web.zoom.us/j/82259515742?pwd=Qm10UUV1T2dveUIvRzBDNzV1cVdXZz09>

And did you get what  
You wanted from this life, even so?  
I did.  
And what did you want?  
To call myself beloved, to feel myself  
Beloved on the earth.  
*—Late Fragment by Raymond Carver*