

Monday Morning Memo – 05.03.2021

Dear *Wider Horizons* Members and Friends,

Wider Horizons Events and Information

1. **Tuesday Afternoon's All-Member Zoom**, led by **Bob Anderson and Susan Adler**, will happen this Tuesday at **4 pm**. Questions will follow later today.
2. **Thursday Morning's All-Member Zoom** with **Sue Lerner and Debbie Ward** will happen, as always, at **9:30 am**. Sue sends the questions and the link out later in the week!
3. The most recent **WH Newsletter** (the one that hit your inbox late last week) inadvertently omitted mention of our upcoming fundraising campaign, timed to coincide with **Older Americans Month**, in mid-May. We've been doing increasingly well with fundraising—so well that last year we were able to put **\$20,000 in reserves**. With your help, we can build our reserve fund and, eventually, expand our staffing, our offerings, and our impact. Please give whatever amount is comfortable for you. Some of our members have also passed the **Newsletter** on to their family and friends. You may want to consider doing that and later requesting they consider a donation. The fundraising slogan I learned years ago is *people give to people*—not just to causes.

Members and Friends Share Recommendations

1. A helpful link from **Charles Heaney** for members who use Apple devices. Facebook now is required to ask permission to track your iPhone:
<https://www.seattletimes.com/business/technology/facebook-now-has-to-ask-permission-to-track-your-iphone-heres-how-to-stop-it/>
2. The attached interesting photos of wildlife, with the wildlife as active participants in the photographic process itself, came to us from **Kathleen O'Connor**, via Audrey Hansen.
3. From **Bob Anderson**: *This article on progressive action by the WA state legislature is one of the more hopeful indications that positive change is afoot, at least in our state. Most notable of the legislative actions to me were policing reform, tax increases on capital gains and carbon emissions measures. Some will require further action to get to the finish line but the ground has been laid for meaningful changes.* <https://www.seattletimes.com/seattle-news/politics/as-washington-legislature-wraps-up-lawmakers-pass-a-capital-gains-tax-and-clean-fuels-standard/>

4. And one more **Charles Heaney** tip. This one is about a cutting-edge medical treatment: *I went to one of the clinics mentioned in the article, XRHealth. It's certainly a novel approach and covered by Medicare. I was drawn to the article because my current PT treatment for a shoulder problem hasn't been working as well as I'd like.* <https://www.nytimes.com/2021/04/21/health/virtual-reality-therapy.html>

Spring has, indeed, sprung! Here's to all of us who are gardening or just enjoying being outside.

Yours,

Denise

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www.widerhorizonsvillage.org