

Monday Morning Memo – 08.09.2021

Dear *Wider Horizons* Members and Friends,

### **Wider Horizons Events and Information**

1. This Tuesday's **All-Member Zoom**, moderated by **Bob Anderson**, is at 7 pm tomorrow at this Zoom address: <https://us02web.zoom.us/j/89981065048?pwd=WGl6K1RoeW9aZ242YVFFRnhsak4yUT09> -- The questions for small groups are attached. All are welcome!
2. Book Club tomorrow at 10:30 am, **Nancy Robb**, convener. The group will discuss Bryan Doyle's *Mink River*. Meet on Zoom: <https://us02web.zoom.us/j/83509459945?pwd=RFVnSXN1Wm5mSjMwZ2RUdlMwSkNmQT09>
3. This Thursday's **All-Member Zoom** will go on as always at **9:30 am**. Questions and a Zoom link will be sent out to you on Wednesday by **Sue Lerner**.
4. *We've experienced significant life changes during the Pandemic....changes to our physical or mental status causing us to alter activities, our outlook, friendships, etc.* If this sounds like you and you would like to share your experiences and gain support with others in the "in the same boat," here is an opportunity to do just that. A facilitated group focused on sharing, gaining support and "settling in" with life changes is forming. We already have several members who have expressed interest. Please add your name to the list by contacting **Sue Lerner** at [slerner\\_1@msn.com](mailto:slerner_1@msn.com). Don't hesitate to call if you have questions: 206 579 5483.
5. **Nancy Hooyman** just published a new book, *Living Through Loss: Interventions Across the Life Span*. Nancy is a renowned gerontologist and an excellent writer. You can purchase the book through Amazon (or check with Nancy about other sources): <https://tinyurl.com/tbur83ee>

### **Members and Friends Share Recommendations**

1. **Sharon Sobers-Outlaw** has shared a flyer about a UW study of depression (attached).
2. Advice on staying cool from **Rick Grossman** also attached. Sadly, apropos again later this week!
3. An excellent article from the NYT by Sarah Smarsh on what to do with our anger about people who haven't been vaccinated: <https://www.nytimes.com/2021/08/07/opinion/sunday/covid-unvaccinated-anger.html>

4. Nancy Slote, Seattle Public Library's Older Adult Program Manager, has good information for us about library hours and programs (attached).
5. From **Deirdre Cochran**, information about a free virtual event that may help you make a will: As part of National Make-A-Will month, PAWS is hosting a virtual event about estate planning and creating and updating a will. This free event is on **Tuesday, August 17th at 4 p.m.** with FreeWill Co-CEO Patrick Schmitt: <https://give.paws.org/event/is-your-will-working-for-you/e350118>

Yours,

Denise

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Executive Director

*Wider Horizons: Central Seattle's Village for Life!*

[www.widerhorizonsvillage.org](http://www.widerhorizonsvillage.org)