

Inside

From the Director

Jumping on Board
By Denise Lishner

Welcome, Welcome,
Welcome to New Members

Being Deliberate About
What We Wish For
By Charles Heaney

Welcoming Christian Roehr
By Michael Kischner

2021 Was A Very Good
Year in Fundraising
By Bob Anderson

A Well-Deserved
Celebration
By Denise Klein

Golden Waves of Dawn
By Kathleen O'Connor

Letters to the Editor:

- Audrey Hansen
- Sue Lerner

Charles Heaney
Newsletter Editor
206 475-6706
cth0481@yahoo.com

Scott Dills, Michael Kischner,
Chris Morris, and Janet Tufts,
Editorial Board Members

Denise Klein
Production
206 650-3586
denise@widerhorizons
village.org

Proofreading: Eleanor &
Scott Dills

From the Director: Denise Klein



New Programs: Social Work, Life Planning, and Activities

In case you've missed this news, fundraising for our Planned Giving Fund, which totaled \$70,000 in 2021 (see Bob's article in this *Newsletter*) was so robust that it will enable us to start up three new initiatives in 2022. They will initially be pilots (to be evaluated) and may, if successful, become permanent.

Social Work: We'll be recruiting a social worker/contractor to work 10 hours a week, beginning this March. That person will provide emotional support and navigation of social service/health care systems to individual members (as requested via our ED). They will also develop and lead groups of members to share issues of mutual concern (caregiving, macular degeneration, etc.). Selection of the contractor will be done by a Board Task Force that includes members with MSWs. More information about this new program, expected to begin in April of 2022, will be shared later in the spring.

Personal/Life Planning Program: A pilot program to provide a professional resource to approximately 12 members who would like to develop a plan for their changing needs as they age. Such needs will often arise quickly, after a sudden diagnosis for an age-related illness, a fall, or an incident that showcases memory loss. Many of our members are living longer lives than expected and are beginning to research senior care options to plan ahead for both the financial and caregiving needs for successful aging. This Life Plan Program (LPP) would provide a vetted and subsidized service for members to explore options and prepare better for when they need more support, either at home or in a care facility. Look for this program to start up in early summer of 2022.

Social Activities: Ideas about what to do when we can get together face-to-face (as well as new online programs) are flowing. Some of them include: hiking, "Girl Talk," tai chi, literature discussion, and dancing. We'll be surveying you very soon about these. Then I'll be working with Louise Andersen (our contracted personal assistant) to get the ball rolling in terms of researching sites and costs for the ones that are most desired. We'll be prepared to bust out when we can!

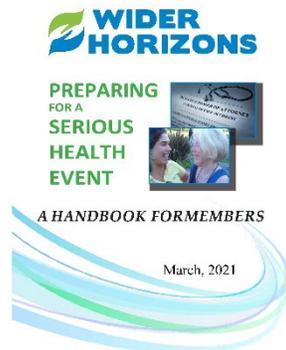
Jumping on Board

By Denise Lishner

I never even considered becoming a *Wider Horizons* Board member. After all, I was trying very hard to be retired (but found myself busier than I ever was when I worked as a research coordinator at the UW Dept of Family Medicine). But Denise Klein asked me to consider it and soon I jumped aboard.



As a member I actively advocated for the Village to become not only a social and cultural community (I already was involved in my own book, film and political discussion clubs and took many classes at the UW as an alumnus)—but also a place where members were committed to helping each other out in times of need. I led the member group that wrote our Handbook: *Preparing for a Serious Health Event* because I was committed to ensuring that members knew what to do to optimize their access to the best health care **before** they faced a health crisis.



Once I became a Board Member, there were many new challenges. I gravitated to those most meaningful to me. After working on a Task Force to evaluate the performance of our Director, through surveys and interviews of members, funders and community leaders, what really interested me was combining into one Handbook a description of a range of housing options as our members grow older and our needs change.

Housing Options that Meet our Changing Needs as We Age



November 2021

Our Housing Options Task Force consists of Village members and people on the Board, and we visualized what we wanted to produce, and chose the sections we wished to research and write: adaptations to make living in one's own home comfortable and safe, residences with services (assisted liv-

ing and CCRCs) and collaborative housing alternatives. I wanted members to be able to access these alternatives in a single document rather than seeking the information from many different sources.

This cooperative effort is what I want from a Village that treasures both the experiences and insights of the Board and those of membership. This endeavor made me feel that I can make a difference. I, just as any member of the Village, can come up with an idea and make it happen.



18 intrepid members gathered at Wild Chopstix shortly before Omicron shut things down (from left, Marge Lepley, Joanne Donohue, Pat Siggs, Julie Anderson, Bob Anderson, Charles Heaney, and Kathleen O'Connor)



Eric Johnson shows off the organ he plays at Mercer Island Presbyterian Church on a tour for several WH members

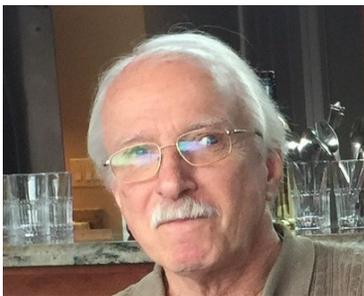
Welcome, Welcome, Welcome

Last year brought twenty-one new members to *Wider Horizons*, our best year ever. You saw them introduced in the Monday Memo and here is a very brief reminder of who they are and the neighborhood they live in should you want to reach out and make a new friend. Partners or spouses are indicated in light purple:

Judith Allen	Montlake
Jonathan Gerson	Montlake
Zach Glass	Leschi
Nick Harrison	Portage Bay
Soojin Kim	Portage Bay
Aza Hadas	Rainier Beach
Audrey Hansen	Queen Anne
Lynn Heller	Montlake
Tom Heller	Montlake
Romney Humphrey	Madison Park
Eric Johnson	Capitol Hill
Anna Kydd	Broadmoor
Terry Sheets	Broadmoor
Marge Lepley	Queen Anne
John Rochford	Portage Bay
Nick Utzinger	Portage Bay
Christian Roehr	Capitol Hill
Mark Stensager	Aberdeen
Charlotte Wollheim	Queen Anne
Wolfgang Kluge	Montlake
Marion Makin	Montlake

Being Deliberate About What We Wish For

By Charles Heaney



Before last year disappears entirely in the rear view mirror, I hope we will keep in mind that 2021 was a

pivotal year in the relatively short life of *Wider Horizons*.

It began with the induction of three new board members who brought a broad range of knowledge, experience, and energy to the organization that will serve us well as we move ahead.

Early in the year, *Wider Horizons* also welcomed its 100th member and that number had risen to 107 by year's end. Crossing the hundred member threshold certainly provided a psychological boost for us all. More importantly, it also signified the maturing of *Wider Horizons* and the corresponding need for more thoughtful governance that could both adapt to the changing needs of a growing membership and preserve the caring and intimate atmosphere that has been the hallmark of our organization from the beginning.

Last year also saw the highly successful introduction of a Planned Giving Fund (PGF) that will be used to invest in our membership over and above what has been possible through our dues and annual fundraising campaigns. (See Bob Anderson's overview of the PGF elsewhere in this issue).

Significant also was the conclusion of the comprehensive performance evaluation of our Executive Director which in large part relied on the responsiveness of our members (you gave Denise pretty high marks). The final report and the discussions that followed from it had implications not only for the ED, but also for the Board itself, how its members behaved toward one another, how they organized and conducted their business, and how they responded to and engaged our members.

While these expansive developments and the energy they generated made for a lively and eventful year, it was important to make sure that they remained faithful to our original mission of enabling members "...to participate in an intergenerational community that shares knowledge, experience, and services with each other so living is easier and more joyful."

In order to blend our past successes with future possibilities, the Board sought to reexamine the goals that have guided us in recent years and, as it did with the ED evaluation and developing ideas for the best uses of the new Planned Giving Fund, it reached out to tap the wisdom of our members.

What emerged was a set of three aspirational goals stated in language broad enough to remain relevant over time. They were approved by the Board at its December meeting:

Goal 1. For ourselves as members:

Support our members to age successfully and safely with as much independence, choice, and sense of well-being as possible.

Goal 2. For our organization:

Nurture a responsive and dynamic organization that will be sustained over time.

Goal 3. For our community:

Weave a sense of kinship and cooperation into our relationships within our surrounding neighborhoods in a way that reflects our values.

In order to translate these lofty aspirations into real world achievements, the Board is currently drafting, for each goal, a set of “supporting activities” tailored to move in the desired direction, along with the methods to assess the progress being made.

In the months ahead, you will be hearing more and be invited to participate more in shaping the future of *Wider Horizons*. The events of 2021 should give us renewed confidence in the ability of our organization and its members to adapt and prosper as time moves along. Let’s make that wish come true.

Welcoming Christian Roehr

By Michael Kischner

Christian Roehr likes architecture, technology, philosophy, music, film, and older people. The older people he likes “for their breadth and depth.” One lunch with him reveals that he possesses quite a bit of both himself. I sent ahead a few questions about Christian’s life and interests. He brought two pages of single-spaced responses. A few edited excerpts on what he values:

“Beautiful architecture and craftsmanship of bygone eras. . . The sense that people put into building something of permanence and beauty. . . the altruism and aesthetics. . .”

“Technology for providing insight into how the cosmos works and for advances in medicine. . . I am a critic where it makes our life unnecessarily and dangerously complex, exacerbates the difference between rich and poor, and kills too many manual labor jobs that used to provide meaning and a middle class income for the nonacademically educated.”

“Beautifully orchestrated and composed music with harmonic or rhythmic complexity, music that makes you pleasantly surprised. Or that makes you feel connected with nature and the drama of life.” (He creates some of his own music improvising at the piano.)

Mostly, though, we talked about Christian’s abiding interest in the practice of nonviolent communication as set forth by such thinkers as Marshall Rosenberg. It seeks to get past the different opinions that may divide people to reach the common needs most people share. Once there, communication can begin. Nonviolent communication has a role to play in restorative justice, another of Christian’s interests.

In 1988, a physics scholarship brought Christian from his native Germany to the University of Washington for graduate-level study. Christian took to the “overall friendliness and open mindedness and sense of ease in Seattle” and settled here. He took a job with a Redmond engineering firm and then joined colleagues from the firm in starting a company here.

He met WH founding member Nora Langan at SIFF, film being one of their shared passions. We have Nora to thank for Christian’s membership in WH, and we have Christian to thank for the time and talent he put into working with Sue Lerner and others to give us a splendidly re-designed website.



Christian is happy to be able to make this contribution, as he feels he has gotten so much out of *Wider Horizons*. The thing he currently enjoys most frequently are the weekly online discussions. Also “wonderful” have been gatherings like Thanksgivings with several *Wider Horizons* members at the home of Scott and Eleanor Dills, at whose house Nora and Christian lived communally for a period when Nora’s apartment was being renovated.

So: questing mind and tech expertise are warmly received by a village of people who appreciate both. Another win-win for *Wider Horizons*. Welcome, Christian!

2021 Was a Very Good Year in Fundraising

By Bob Anderson

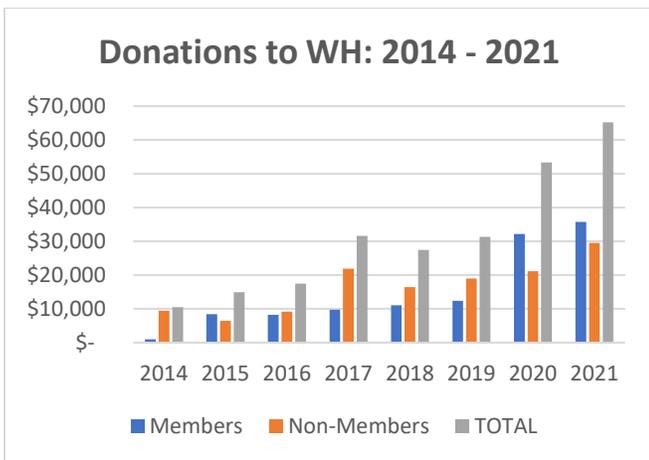


From a fundraising perspective, it can be clearly said that 2021 was a very good year indeed. Our members and friends of *Wider Horizons* gave a record level of donations during our two fundraising campaigns in the spring and fall.

This has enabled us to sustain our growing services and programs while building a financial reserve to protect us for unplanned events and special needs. Just look at this history of giving and marvel at the incredible generosity pouring their heartfelt support into our Village community. How wonderful is that!

Your gifts are so important in terms of assuring our sustainability. The table below illustrates the remarkable growth in giving to our General Fund by both members and non-members.

Total donations in 2021 were \$65,000! I think this is a tribute to the quality of experiences by our members and the perception by non-members of how *Wider Horizons* is enhancing life for our Seattle community. Thank you all!!



If that result wasn't exciting and encouraging enough, **we successfully launched a new Planned Giving Program in mid-2021, the response to which has been so heartwarming and confidence-building.** This Planned Giving Fund (PGF) is a resource established to supplement annual giving to our General Fund in order to deepen and broaden the range of services and social supports for current and future members of *Wider Horizons*. The principal means for initiating and

expanding this Fund are planned gifts, either immediate gifts of cash, stocks or other assets, or estate gifts to be realized at a later time.

Gifts ranging from \$5,000 to \$25,000 were made to the PGF totaling \$70,000 by year's end! In addition, we received a pledge of \$25,000 for 2022 along with three other bequests to be realized at a later time. The Board is already planning to put these donations to work to add services and supports to our current and future members. Three initiatives are in the planning phase and will launch sometime in 2022. Members are and will be actively involved in the planning:

- **Social Work Services for members with special needs:** short-term counseling, problem-solving consultation, and virtual support groups.
- **Social Activities Coordinator:** offering new, mostly face-to-face ongoing/repeating social activities and outreach to connect members with those that interest them.
- **Personal/Life Planning Program:** a professional resource to members who wish to develop a plan for their changing needs as they age.

We can rejoice in this new-found resource to add fun, stimulating experiences and crucial support as we age together, in community! I am deeply grateful to our Executive Director Denise Klein for her constant leadership and to the members of the Fundraising Committee (Charles Heaney, Susan Adler, Ann Lawrence, and John Rochford) who teamed up for this effort. And big thanks to our many donors, for their immense generosity!



Bob Anderson, Board member and Chair of our Fundraising Committee, enjoying the snow

A Well-Deserved Celebration!

By Denise Klein

On Tuesday, December 14, *Wider Horizons* Board members, joined by Debbie Ward (Board Meeting Facilitator), Denise Klein (Staff), and Kyle Melendez Daigre (Photographer) gathered at the lovely Capitol Hill contemporary home of **Vicki Downs** (hostess).

Our purpose was the celebration of the close of a particularly vibrant year in the organization's history that opened with the appointment of three new Board members and closed with the "retirement" (due to terms ending) of four others. We so wanted to send off our very hard-working retirees, **Charles Heaney**, **Ann Lawrence** (who'll continue on the Board for another year as Immediate Past President), **Sue Lerner**, and **Liz Ohlson** with roasts and toasts.

A second important purpose was to acknowledge the loss of **Donna Sunkel**, a founding member and long-time member of the Board.

The photos here tell part of the party story, but unfortunately, you really had to have been there to appreciate the incredible creativity of all the roasts:



Top from left: Jeanne Marie Thomas, John Rochford, Nancy Hooyman, Denise Klein, Denise Lishner, Susan Adler, Bob Anderson, Debbie Ward; bottom from left, Liz Ohlson, Kermit the Frog, Ann Lawrence, Sue Lerner, and Charles Heaney

The party planning Committee consisted of John Rochford, Bob Anderson, and Denise Lishner, who concocted an array of delightful hors d'oeuvres. Denise Klein, an honorary Committee member, brought the wine.

Donna seemed to inhabit a quiet space that radiated kindness for everyone, whether for the homeless who needed warm hats and scarves or for her many friends in Wider Horizons.
—Janet Tufts



From left, Denise Lishner, Liz Ohlson, Susan Adler, John Rochford, Bob Anderson, Jeanne Marie Thomas, Ann Lawrence (to whom John and Bob are singing), Vicki Downs, and Debbie Ward



Jeanne Marie, Vicky, and Debbie look on as Ann opens one of her gifts



Denise Lishner with some of the delicious party food

Golden Waves of Dawn
By Kathleen O'Connor

He is not here this morning.
Perhaps he left once
The day had safely dawned.
His beach is quiet now
With waves as smooth as
Glass reflecting golden
Beams from the rising sun.
Now chartreuse waves
Flow as liquid armies
To the shore only to fade
With quiet laps on the sandy shore
Safely arriving their journey completed.

In utter silence swallows
Swoop to catch their prey
But are fewer this year
And there was no white and black
Bufflehead from up north.



Children's laughter boasts
Delight in the new day
And the sheer wonder of waves
Wondering why they come and leave
And come again.
Giggle with summer's exuberance.

But the beach is quiet now
Before the onslaught of the day.
The man is now gone
Like the golden waves of dawn.

I alone remain
Silent sentry
Of the beach
Quiet as the morning lake.



Nora Langan and Kay Beisse making holiday cookies



Denise Lishner (right) and friend at gallery opening

Letters to the Editor

Dear Editor and Friends,

Senator Warnock has said, *Someone is trying to keep someone from voting.*

And, certainly, not just in Georgia. 2022 is uncertain, but one thing is certain, there will be elections and they will be pivotal. By all accounts, very conservative, authoritarian forces will take over the U.S. Congress, as they have many state legislatures—even if a federal voting rights bill is passed. Electeds and nonelecteds alike need to act during this year to stem the tide of racism and contrived misinformation driving the changes in voting laws and voting choices.

The media, as ever, will play a big role, both positively and negatively bringing information and disinformation to voters. Voters will get discouraged (and some motivated) by the varied infringements on their voting rights and need to be supported in those states in which their votes are not welcome. The aggregation of lies, cons, the growth of rightwing hate groups and acts can feel overwhelming. History tells us America has had some near-misses in losing our democratic self-government (as imperfect as it is). One day we may run out of luck and democracy will be lost. It will profoundly affect your life and generations younger than us. It will affect the world as it loses another beacon.

Recently, with other *Wider Horizons* members, I read the play *Our Town*. To me, the point of the play is to remind us that the little things and details in life matter. So I will be adding some little things to the efforts of others in promoting and supporting voting rights and ease. I'll do this by working with Common Power or Indivisible, or both. If you wish to join me, please let me know and we will fight. We may lose, but we'll fight. Are you in?



Sincerely,
Audrey Hansen

Dear Editor and Friends,

Recently I received a video link to the keynote and closing presentations at the recent forum held by the Institute for Healthcare Improvement: <https://youtu.be/LHgnsV7J8oQ> Although their focus is on healthcare, the reported findings have direct application to our Village (and to Villages in general). If you have time, I hope you will watch at least the keynote by Dr. Kedar Mate about trust. Trust is at the base of our success in *Wider Horizons*. WH is an exemplar of a trusted organization. I think we should celebrate that!

The second presentation provides motivation and pathways to increasing the impact of what many of our members are already doing. The proposals in the closing presentation are, admittedly, ill-timed given the overwhelming impact of the pandemic on our healthcare system. But considering the impact on community health that is being made in the cited exemplars, it is important to do what we can now and more in the future after the pandemic.

Dr. Don Berwick, the closing speaker, calls for healthcare to take an active role in improving community health by improving the social determinants of health. We know that one of the social determinants is social isolation, especially in the aging population. But Dr. Berwick's new and inspiring call for hospitals and physicians to take on what we often call issues of social injustice (climate change, food insecurity, human rights, immigration reform, voting rights) is relevant to WH. Our members are already engaged in many of these issues, but they may not think about connecting with their healthcare providers individually or at the organization level, to help them see the importance of their engagement in these changes.



Sincerely,
Sue Lerner