



Hello! I'm excited to have this opportunity to interact to promote healthy aging. I have an MSW with a background in medical social work with a specific focus on working with seniors. I have taken the last year-and-a-half off from paid work to care for my own aging parents in California (who, by the way, are both 91 and living in their own home—Yay!) and am thrilled to be embarking on this new journey with you.

What can I offer? Well, that depends on what you want and what you/we as a community come up with. I am a great listener, problem solver, health/wellness/insurance advocate. I have professional and personal direct experience with the complexities that the aging brain and body can bring, and, if you are interested, I can facilitate support groups.

*Speaking of facilitating groups, I have already met with a few of you who expressed interest in starting a **"Solo Aging" group**. This means folks who are concerned about their future because they don't have children, family living nearby or close friends (or their friends are also aging and therefore might not be able to provide future support). Please reach out to Denise if you are interested in forming a monthly support group around this topic. We would like to have about 8-10 people (so far, I know of 3-4 who have expressed interest).*

On a personal note, I live in Bryant with my 16-year-old Brittany Spaniel (Maggie) a middle-aged dog-like Siamese cat (Lily) and husband (Stephen). We are recent empty nesters, as our only child moved to California for college. I have a background in landscape design (my career path prior to having a child and prior to social work) and I am always planting, tearing out, re-planting and re-designing various garden beds (to my husband's irritation and dismay).

I also love and miss traveling—some facts about me: I've lived in Alaska, Mexico, Austria, and Finland. I was born and raised in Southern CA, moved to the Northwest in 1991, and have lived in Seattle since 1995.

Feel free to reach out anytime with comments or questions. My email is: jsalsb@hotmail.com cell phone: 206-890-0829.