

Monday Morning Memo – 05.02.2022

Wider Horizons Events and Information

1. Tuesday's **every other Tuesday All-Member Zoom**, led by **Susan Adler** is tomorrow at 7 pm. The questions are attached, and the Zoom link is: **<https://us02web.zoom.us/j/84173687715?pwd=eG9nR3k1MGRhNlRSWVRPaVpOWEsvQT09>**
2. Thursday's **All-Member Zoom** goes on as always at **9:30 am**. Questions and a Zoom link will be sent out to you on Wednesday by **Sue Lerner**.
3. Anybody who hasn't yet signed up want to go to the Bellevue Arts Museum trip on **Wednesday, May 11**? I need your response no later than this Thursday. **Carol Mirman** will be our docent for the tour of BAM's excellent show on kiln blown glass and a unique display of painted ceramic plates entitled "The Last Supper." <https://www.bellevuearts.org/> If you join us, you may also choose to go out to lunch after our tour. Those interested should contact **Denise Klein**. We will meet at 11 am at the Museum or carpool there. Admission is \$12.
4. I'll send out more information later today about this Friday's walk with **Eleanor Dills** and **Ann Lawrence**. It's at Cowan/Ravenna Park at 11 am.
5. Who is interested in a 2-hour free tour of Seattle's recycling center to learn how paper, plastics, and more are sorted and recycled? Public tours can be scheduled on the 3rd Thursday of July from 11 am to 1 pm and we can lunch out afterwards. If we have 10 or more people, we can arrange a private tour. RSVP to me via email and we'll go from there.
<https://www.recology.com/recology-cleanscapes/seattle/tours/#/>
6. We held an event to commemorate **Allan Blackman's** final leave-taking yesterday and 45 people (8 from *Wider Horizons*, several of whom knew Allan from years ago) attended to share their memories of him. He had many friends, relatives, proteges, colleagues, and former students, in addition to *Wider Horizons* members who knew him in his later years.
7. Some of you would like to keep the contact information for our wonderful tech volunteer **Noel Hanzel**. Here it is: n.p.hanzel@gmail.com

Members and Friends Share Recommendations

1. From **Patti Gorman** on the effects of ageism: a link [Exploring the Health Effects of Ageism - The New York Times \(nytimes.com\)](#) and the actual article (attached).
2. If you're interested in participating in a paid private research study about movement, see the attached description.
3. From **Denise Lishner**, On **May 10, 11, & 12** at 5:30 p.m. PDT, [One Day University](#) will present three remarkable talks featuring award-winning professors from across the country.
4. **Rick Grossman** has some great ideas for giving back to the community on May 7 and May 21 (see the attachment). There are links to register.
5. **Michael Kischner** shared this article about how managed Medicare plans are denying needed care: [Medicare Advantage Plans Often Deny Needed Care, Federal Report Finds - The New York Times \(nytimes.com\)](#)
6. And from **Kathleen O'Connor**: *This is how the brain perceives music. There are a lot of music lovers in WH so I thought folks might find this of interest:* <https://neurosciencenews.com/speech-music-perception-20477>

Yours,

Denise