

Monday Morning Memo – 06.06.2022

Wider Horizons Events and Information

1. Pod 6, moderated by **Liz Ohlson**, meets **Tuesday** (tomorrow) at **1 pm** at this Zoom address:
<https://us02web.zoom.us/j/89769602902?pwd=N3lUSWI1V3MrQkpGei84UzBPNlZYQT09> The discussion questions are attached and all are welcome.
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. Our Social Worker *Janet Salsbury's* office hours this week are **Wednesday, 6/08 from 1:30-3:30** via zoom <https://us04web.zoom.us/meeting/73407552901> or phone 206-890-0829. *This means you can contact me, and I will be available during the above day/hours, and you don't need an appointment. You are welcome to call me outside of the weekly office hours and leave a voicemail and I will call you back within 24 hours. Emailing is also fine. Thank you for welcoming me into your community--my horizons are widening as a result!*
4. **Sue Lerner** says, "If you are interested in supporting democracy, please join our Democracy Action Group **on June 12 from 4-5:30 pm** to hear about two options for increasing your confidence and skill when engaging with others who may not agree with you. In addition, we want to hear about activities in which you are participating to support democracy. As always, feel free to listen and learn about what others are doing. The link for our meeting on zoom is <https://us02web.zoom.us/j/5603509672?pwd=OWdaQkg0RjhaLzF1eTN3WHZUZndVdz09> and the Passcode is *sunnyday*."
5. Book Group is a week from tomorrow, **Tuesday, June 14, at 10:30 am**. We'll be discussing *The Bookwoman of Troublesome Creek*. Here is the Zoom link:
<https://us02web.zoom.us/j/83509459945?pwd=RFVnSXN1Wm5mSjMwZ2RUdlMwSkNmQT09>
6. New member **Karin Baer** still needs a ride to her post-knee surgery PT appointment on Monday, June 20, at 10:30 am. Karin lives near St. Marks and her appointment is in the U District. Call me if you can do this ride. And

if you'd like to bring her a meal, here is the Meal Train link:

<https://www.mealtrain.com/trains/7dl201>

7. **Christian Roehr** is urgently trying to find a new home for his beloved spinet piano. See the attached description.
8. **Susan Fleischmann** is looking for an overnight cat sitter, in general and for July 3-6. Contact Susan at homesmf@comcast.net

Members and Friends Share Recommendations

1. From **Ellen Berg**: *An article in the Seattle Times led me to a project called the Black Farmers Collective which I think our members would like to know about. The group secured 1.5 acres on the Yesler Terrace site for a community garden. The city and UW have both been supportive in a variety of ways. Here's a link to their website where you can scroll down to a wonderful video explaining all:* <https://www.blackfarmerscollective.com/>
2. On the lighter side, here is fare from **Eric Johnson** <https://www.nytimes.com/2022/05/25/style/tiktok-old-gays-retirement.html?action=click&module=Well&pgtype=Homepage§ion=Style> and from **Julie Anderson** (attached)
3. **Micki Lippe** shared this article about an innovative homesharing program: <https://www.atlantajewishtimes.com/homeshareatl-showcases-match-made-in-east-cobb/>
4. David Domke is offering two important lectures today and tomorrow. See the attached notice, *Last chance to signup*.
5. And **Nancy Hooyman** passed on an article with suggestions about how to age well: <https://www.tenpercent.com/meditationweeklyblog/aging-wisely>

Yours,

Denise

Denise Klein (she/her)

(206 650-3586)

Executive Director

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