



## UWRA News & Events

**UWRA Book Club:** We are reading Louise Erdrich's **The Night Watchman** for the Friday, October 14 meeting. We read a wide range of titles, from fiction to nonfiction and biographies, from new titles to ones we rediscover. This month's meeting, for the first time in a long time, will be in person at the **UW Bookstore**, 4326 University Way NE, Seattle, WA 98105. As a club, we have agreed that **all members must wear masks** to attend this meeting. If you have questions or wish to join us, contact Connie Bourassa-Shaw, chair, at [cbshaw3216@gmail.com](mailto:cbshaw3216@gmail.com).

**Aging Well: Dental Care for Older Adults:** Once upon a time, aging led inevitably to dentures. With a lifetime of advancements in dental care behind us, though, many if not most of us will keep our teeth as long as we live. Healthy aging includes paying attention to teeth and gums. Dental needs do change with age, so it's important to work with a dentist who is experienced in treating older adults. Join us for this online session as **Dr. Susanne Jeffrey** of the UW School of Dentistry discusses the specialized issues that arise for older adults and answers your questions. **Date, time:** October 27 at 11:00 a.m. [For more information and to register, click here.](#)

**Virtual Retiree Resource Fair:** Do you have questions about using the Benefits office, accessing parking, Medicare plan options, updating your email address? These topics and more are gathered in an easy-to-access virtual format featuring sessions led by partners from across campus. These key resources are open to all, but will be especially useful for recent retirees and those planning to retire in the coming year. Mix and match your own program — drop in on just the sessions that interest you or make a day of it! Webinar links will be sent via email upon registration. **Dates:** October 31 and November 1. [For more information and to register, click here.](#)

**Thriving: Bone and Joint Health as You Age:** Bad back, aching ankles, creaky knees, or hurting hips? Join UW Medicine's experts for a series of four virtual lectures and learn about effective treatment options and tips for managing and improving your orthopedic health as you age. Attend one, or block out time for all four! **Dates, time:** November 9 -17 at 1:30 p.m. **Cost:** Open to all! Free to UWRA & UWAA members and their guests, General Admission \$10 for the series. [For more information and to register, click here.](#)

## Learn & Engage

**Legacy Letters Participants Wanted:** Legacy Letters, an intergenerational program through the Goldsen Institute at UW School of Social Work, is a free facilitated program designed to build connection across generations. Older adults (generally, 55+) and younger adults (>30) are invited to participate in an experiment of community-building to increase mental wellness. Over the course of 5 weeks, you explore ways to share parts of your life story. You do this through writing, team-building games, reflection activities, and sharing catered meals. Legacy Letters is currently recruiting for participants who are interested in participating in a LGBTQ-identity focused Legacy Letters program at UW from November 7th-December 12th, on Mondays from 3-4:30pm. For more information or to sign up, please contact [AgePrideCenter@uw.edu](mailto:AgePrideCenter@uw.edu)

**Living with an aging mind: Personal, philosophical and practical consideration:** Dementia affects a significant fraction of the aging population. The UW Computational Neuroscience Center will host a conversation between physician Barak Gaster and philosopher of science Noga Arikha to discuss the experience of living with dementia and practical steps one can take to prepare for this contingency. **Date, time:** October 14 at 7:00 p.m. **Location:** Foege Hall, UW Seattle Campus or via Zoom [For more information, please click here. \[trumba.com\]](#)