

November 2020



Enriching the lives of older adults on Vashon.

★ NOVEMBER 11 IS VETERANS DAY! VETS - PLEASE HAVE LUNCH ON US! ★

New Board Member Ballots

Please fill out the inserted ballot to vote for our four new board members. Ballots are due back at the Center by 3pm on Monday, November 16. There is a ballot box at the Center's front desk, or you can mail your ballot to PO Box 848.

THURSDAY
NOVEMBER
26

THE CENTER IS CLOSED FOR THE HOLIDAY THURSDAY THE 26TH AND FRIDAY THE 27TH



PARTY LIKE IT'S A PANDEMIC!
IN THE SAFETY OF YOUR OWN HOME

Dance *Sing* *Quiz* *Zoom*

LIKE EVERYONE'S WATCHING | LIKE YOU'RE SINATRA | LIKE YOU'RE BETTY WHITE | LIKE YOU'RE HAVING AS MUCH FUN AS THE MUPPETS

SATURDAY, NOVEMBER 14
6:30 TO 8:30 PM

TICKETS RANGE FROM \$10 TO \$100
AND INCLUDE PARTY SWAG DELIVERED RIGHT TO YOUR DOOR
THE MORE YOU PAY, THE BETTER THE SWAG!
GREAT FAMILY FUN NO MATTER WHERE YOU ARE!

MORE INFO AND TICKETS FOR SALE AT
VASHONCENTER.ORG/PARTY

COSTUMES STRONGLY ENCOURAGED!

A ZOOM PARTY PROFESSIONALLY HOSTED BY SILENT ADVENTURES, INC., OF EDINBURGH, SCOTLAND

Shake off the doldrums and Party Like It's a Pandemic!

Why? Because we are smack in the middle of one, and we need some fun! Vashon Senior Center Zoom Dance Party **Saturday, November 14, 6:30pm – 8:30pm.**

This fabulous party will be hosted by professional Zoom maestro, Chris O'Mara of Silent Adventures, all the way from Edinburgh, Scotland. No bumbling and fumbling around on Zoom! We'll **DANCE** like everyone's watching, **SING** like Sinatra, **COMPETE** for trivia quiz champion, and have **FUN**, all on ZOOM from the safety of our own homes.

Go to www.vashoncenter.org/party to buy your ticket. Ticket prices range from \$10-\$100. The more you pay, the more party swag will be delivered right to your door. Everyone will get something, but if you spend more than \$10 on your ticket, you will receive more delectable items in your delivery – think fresh biscotti, hot chocolate, a hand-thrown mug from S. Marotta Pottery. Your entire household can join in for the price of one ticket, but if everyone wants their own swag and trivia competition scorecard, everyone should buy a ticket.

Live off-Island? Join in anyway. Alas, we can't deliver the swag, but the Zoom Party link and the score card can easily be emailed to you.

Proceeds from this event will support the Center, which has been delivering hot lunches to seniors since early March. Have some laughs and shake a little booty – all good for our collective health. Once you buy a ticket, all you have to do is join the party, and Chris will keep you moving and smiling.

PROGRAMS via ZOOM and other venues:

Visit the Senior Center website: www.vashoncenter.org/virtual-activities for a full schedule of event links for the month. The schedule is updated monthly.

MONDAYS

November 23, 1:30pm. The Book Group will discuss *How To Be An Anti-Racist* by Ibram X. Kendi. This work has been suggested due to the current issues facing the U.S. about racism. John McCoy will lead the discussion. This book is in audio format, kindle and hardcover.

<https://us02web.zoom.us/j/85262135458>.

TUESDAYS

Meals on Wheels (MOW)
9:15am – 10:45am

Bridge Club 6:30pm – 9:30pm
(via online bridge link)
www.bridgebase.com/v3/

Live: Smartphones with Rain, new day and time, weekly on Tuesdays by reservation only, 11am – 1pm. Bring your fully charged devices, any necessary passwords and one or two pressing questions. No matter how silly you think your question is, she will tackle it. Contact admin@vashoncenter.org to schedule your time. Limited to four people at a time at this trial on-site Center class. Socially distanced seating and masks are required to participate during this Covid restricted time.

WEDNESDAYS

Photography Club, weekly, 10am. You are invited to share your passion for photography via show and tell, discussions, trends, talks, resources, field trips, workshops, etc. Photographers of all skill levels using iPhones, point-and-shoot, compact, or DSLR are welcome. Beginners

and advanced photographers are fully supported in a no-stress idea exchange environment.

Visit photoclubvsc.blogspot.com for more information and to see some of the club's work. Zoom Meeting ID: 861 7062 9974 Passcode: 139689

Live: Outdoor Tai Chi at VCA outdoor walkway in person with Deena Eber, 1pm. Class will be five people max, with a 6-foot social distance, and wearing a mask.

THURSDAYS

Chair Yoga with Lynelle Sjoberg, weekly, 10am. Zoom Meeting ID: 997 4329 4632

Watercolor with Geri Peterson, November 12, 2pm – 4pm. Get your creative juices flowing with ongoing beginning Watercolor Creations via Zoom with Geri Peterson. Please check the Center's website for more information and to obtain a supply list. Zoom Meeting ID: 949 9796 7187

FRIDAYS

Mindfulness Café, weekly, 9:30am. You are invited to a time of quiet meditation and reflection. With guided and silent meditation, explore mindfulness-based stress reduction, conscious breathing, visualization, listen to the sound of silence, experience insight or simply do nothing. Zoom Meeting ID: 853 4800 4167 Passcode: 652191

Virtual Talk: November 6, Vashon Audubon Society, 1pm. Join us as we enjoy Jim Diers' video *Four Seasons at Fern Cove*, a half-hour viewing of many wonderful photos of birds, other wildlife, flora and sea creatures. Jim's entertaining narration and bird songs complement the images, and he will take your

questions before and after the showing. Zoom Meeting ID: 939 8947 9778

Virtual Talk: November 13, "Virtual Vashon", 1pm. Let Barbara Gustafson be your tour guide to the Island. She will show you historical trails, natural wonders, expansive views, public art and many uniquely Vashon sights. Zoom Meeting ID: 973 3420 7285

Virtual Talk: November 20, Co-sponsored by VCC, Planned Giving, 1pm. You are invited to a webinar by investment planners Ted Kutscher and Cam Barsness on how best to support the community organizations you love. Learn how to leverage your investments to create your legacy in the community. Ted and Cam will go over the new rules under the CARES Act and discuss a variety of charitable giving options. Kutscher Benner Barsness & Stevens, Inc. Visit www.vashoncommunitycare.org/plannedgivingwebinar.

SATURDAYS

Live: November 7, Wild Walkers, 10am. Stroll around the 1.7mile Burton Loop. If you are looking for a refreshing walk in the great outdoors while following social distancing guidelines and wearing a mask, this is the activity for you. Meet at the Senior Center at 10am and drive your own vehicle. If you prefer meeting at the Loop, please let Kathleen know.

November 14, 10:30am. Second Saturday Knitters continue fiber fun via Zoom on the second Saturday of each month. To receive an invitation to the meeting, please subscribe to the SSK email list at <https://rb.gy/w9ppyx>.

The Center is seeking a special someone to tend our gardens. If you are interested, please contact Pamela Wickard at coordinator@vashoncenter.org. Help us continue the beauty of each season.

Time to Get your Flu Shot. Flu shots are still available at the Pharmacy. Please call ahead to ensure an immunizing pharmacist is available to administer the shot, but no appointment is needed!
Call 206-463-9118



Time to change it up on the Center walls:
Welcome again to artist and Center member Odie Hendershot. "I'm so glad to be on this beautiful island and to be able to use the gift God has given me to share the wonders he has given to us." Please stop in on a Tuesday or in the afternoon to take a look at her new collection of mixed media artwork. Limited to five visitors at a time if from different households.

THANK YOU! Cindy T for delightful painted rocks for the lunch bags, Weslie R and Anne T for lovely and uplifting cards for the lunch bags, Amelia & Mariette, Barb & Anne G, Jacquie P, Shannon S-M, Karen B & friends for weekly yummy desserts, Cheryl S, Linda M, Harriet S, Pamela W, Randolph F, Kate S and Carolina N for garden fruit and vegetables, Marcia C for handmade masks, Beryl B for three beautiful handmade quilts, Richard & Marilyn F for treats and teas and everyone for paper bags (keep 'em coming).

A huge thank you goes out to Sally Kimmel for volunteering and sewing up some new brightly colored crossing flags.



Wow, the 2020 Annual Appeal Stuffing Party was successful in packing up 6,389 envelopes in record time! Well, ok, so it took two days, and we had to provide our own refreshments, but hey, you guys ROCKED! To Raynor Christianson and Mary Van Gemert, Jude and Jim Boardman, John Dunn, Mary Ann, Christopher, and Warren Beardsley, Rick and Deb Taylor, Tink Campbell and Nell Miller, Deb Wenneman, Ellen Trout, Janet Quimby and John Burggraff, Kristen Elliott and Steve Urban, Tom Land and Rick Edwards, Jim and Edna Dam, Gail Birkeland, Neil Jungemann and Sonya Huntington, Susie Kalhorn and Greg Burnham, Liz Illg and Janna Gingras. And an extra thank you to Liz and Susie for orchestrating everything and to Ellen Trout and John Dunn for helping Susie and Liz pack the final trays.

RESOURCES PROMOTING WELLNESS

ACCESS Bus Transportation.....	206-205-5000
Benefit Check up.....	1-888-435-3377
Bluebird Medical Transportation (suspended)	206-463-5173
Enhance Fitness by Ramon Ontiveros	206-259-0118
Meals on Wheels (MOW) Tuesdays at 9:15am	206-463-5173
Neighborhood Legal Clinic: First Thurs. of each month. Call T-Th 9am - 12pm for appt..	206-267-7070
Neighbor to Neighbor (suspended)	206-463-5173
OASIS.....	206-567-9794
Parkinson's Support Group: 1 pm, First Friday of the month, Lutheran Church.....	206-567-5976
Senior Information and Assistance	206-448-3110
Senior Rights Assistance	206-448-5720
Vashon Care Closet.....	206-473-8715
Veterans' Services.....	206-612-2816

November 2020



Vashon Senior Center
10004 SW Bank Road
Phone 206-463-5173

Office Hours: Monday, Tuesday, Wednesday & Friday: 9am - 3pm
Lunch: Monday, Wednesday & Friday: 12 noon-ish delivery
Menu subject to change with little or no notice



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Corn Chowder w/ Ham (V Option)	3	4 Chicken Satay	5 Closed	6 Beef w/ Syrian Rice	7
	9:15am MOW 11 am Smart Phones w/ Rain 6:30pm Vashon Bridge Club via bridge link	9:15am MOW 11 am Smart Phones w/ Rain 6:30pm Vashon Bridge Club via bridge link	9:30am Fun & Fund Committee via Zoom 10am Photography Club via ZOOM 1pm Tai Chi at VCA outdoor walkway	10am Chair Yoga via ZOOM	9:30am Mindfulness Café via ZOOM 1pm Virtual Talk w/ Vashon Audubon Society	10 am Wild Walkers!
8	9 Chef's Choice	10	11 Ham Bone Pea Soup	12 closed	13 Roasted Vegetables w/ Hummus & Pita	14
	9:15am MOW 11 am Smart Phones w/ Rain 6:30pm Vashon Bridge Club via bridge link	9:15am MOW 11 am Smart Phones w/ Rain 6:30pm Vashon Bridge Club via bridge link	10am Photography Club via ZOOM HAPPY VETERAN'S DAY TO OUR VETERANS! Vets, please have lunch on us today. 1pm Tai Chi at VCA outdoor walkway	10am Chair Yoga via ZOOM 2pm-4pm Beg, Watercolor Creations w/ Geri Peterson via ZOOM	9:30am Mindfulness Café via ZOOM 1pm Virtual Talk w/ Barb Gustafson	10:30am- 12:30pm Saturday Kniters via SSK ZOOM 6:30pm Zoom Dance Party
15	16 Frittata w/ Bacon (V Option)	17	18 Spaghetti w/ Meatballs	19 closed	20 Baked Chicken	21
	9:15am MOW 11 am Smart Phones w/ Rain 6:30pm Vashon Bridge Club via bridge link	9:15am MOW 11 am Smart Phones w/ Rain 6:30pm Vashon Bridge Club via bridge link	10am Photography Club via ZOOM 1pm Tai Chi at VCA outdoor walkway	10am Chair Yoga via ZOOM	9:30am Mindfulness Café via ZOOM 1pm Virtual Talk w/ VCC Planned Giving	
22	23 sub Chef's Choice	24	25 Beef Stroganoff	26 closed	27 closed	28
	1:30pm Book Group via ZOOM	9:15am MOW 11 am Smart Phones w/ Rain 6:30pm Vashon Bridge Club via bridge link	10am Photography Club via ZOOM 1pm Tai Chi at VCA outdoor walkway	Happy Thanksgiving!	9:30am Mindfulness Café via ZOOM	
29	30 Tuna Sandwich					

Experiencing memory loss?



Our program for people with memory loss both with and without care partners may help!

Receive up to \$125

For completing five phone interviews.

Safe Communication

Safe and easy video chatting.

Completely Free

Coaches provide virtual sessions designed to improve health and well being. Either the person with memory loss or their care partner must be LGBTQ.

CALL US NOW **1-888-655-6646**

ageIDEA@uw.edu
ageidea.org

Aging with Pride: IDEA
IDEA = Innovations in Dementia Empowerment and Action



VASHON VILLAGES NEWS

Hello?

This month, the Community Assessment Team volunteers for our new Vashon Villages program will be calling seniors in the three pilot Villages: Gold Beach, Spring Beach and Town. The aim of these phone-based conversations is to assess the needs and assets that contribute to maintaining a safe, healthy and independent life and is meant to inform the focus and priorities of each village. We hope you'll answer the phone when they call!

NOVEMBER BIRTHDAYS

Odie Hendershot 1
 Deb Wenneman 1
 Myrla Dean 2
 Carolina Henley 2
 Peter Rubin 4
 Jeanne Shull 4
 Patricia Caughell 5
 Marziah Johns 6
 Caran-Marie Weston Dunbar 8
 Richard Janke 9
 Connie Curham 10
 Vicky de Monterey Richoux 11
 Molly Malone 12
 Susan Murphy 12
 Virginia Young 12
 Helen Luce 13
 Yoshiko Morris 13
 Patricia Gates 14
 Joan Miller 14
 Mary Van Gemert 14
 Jean Aspinall 15
 John Overton 15
 Laura Weston 15
 Margot Loeb 17
 Carol Stewart 18
 Anne Bieker 19
 Linda Fox 19
 Jim Fuller 19
 Katie Bunnell 21
 Robert Teagardin 21
 Wade Yip 21
 Melvin Mackey 23
 Liz Pitroff 24
 Rolf Myhrman 25
 Judie Rady 25
 Fern Davis 26
 Robert Litman 28
 Emily Carlisle 29
 Julia Bick 30
 Arlene Schade 30
 Jackie Van Gilder 30
 Richard Nagler

Masks for Vashon: Masks are made by sewists across Vashon Island using a variety of patterns and are comprised of a minimum of two layers of 100% cotton. Masks have elastic or fabric ties. Vashon residents may request their free masks at www.masksforvashon.org/request-masks.html. *There is no financial requirement to receive face masks for you, your family or business, although a donation to support the continued effort is appreciated.*

Binoc Borrow

The Vashon Audubon Society lends binoculars to their members. Depending on demand, you may borrow for a two-week period and then renew. After you submit a request form, a volunteer will contact you with more information. The binoculars will be sanitized before they are given to you.

The binoculars are meant to be used on Vashon only, and they are counting on Islanders to use them carefully and return them promptly. You must be an Audubon member to participate, but it is easy and affordable to join. <https://vashonaudubon.org/>.



CENTS: INVESTMENT FRAUD, by Tony Leahy, www.SeniorMoneyProject.org

There are several questions to ask before you hand over your money or sign an investment agreement. Is the person selling the investment product licensed? A legitimate investment professional must be properly licensed, and the firm must be registered with the Financial Industry Regulatory Authority (FINRA), the Securities and Exchange Commission (SEC), or a state securities regulator such as the WA State Department of Financial Institutions (DFI). Request a copy of the license number.

Is the investment product registered with the SEC or

the state securities regulator? Companies must register their securities with the SEC before they can sell shares to the public. Be wary of investment products that are not registered with the SEC such as low-price penny stocks and promissory notes.

Do not just take the investment professional's word. Verify responses by checking the seller's background. Visit SaveAndInvest.org or call 888-295-7422. A con artist will claim to be registered and then give you a fake registration number. If you find a licensed professional and product, your investment

is not guaranteed to be fraud free; the chances of fraud are simply reduced.

Check the criminal or disciplinary record of the investment professional you are working with. Be cautious of unsolicited "investment opportunities" that come by phone, mail or online.

Speak to someone first and if the salesperson tries to get you to keep it a secret, that's a bad sign. A free gift or meal is likely not worth it. Lastly, don't just rely on the advice of friends and family. Do your homework and/or talk with a licensed and properly credentialed financial professional.

We All Need This For a Chuckle! What are the positive benefits to wearing a mask, we asked? Here are some great retorts. "No one can tell if I have food stuck in my teeth, I'm not wearing makeup, I'm mouth breathing, I haven't plucked my chin hair, I have bad breath, and I don't have to buy lipstick any more". Here are the two best so far. "The heat in my mask is keeping my skin so moist and young looking!" And, "I can pretend I don't recognize someone I want to avoid!"

Let us know your best excuse and we will share with members for a much needed chortle.



VASHON PHARMACY

206-463-9118

TYLER AND AMY YOUNG

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Michael O'Donnell
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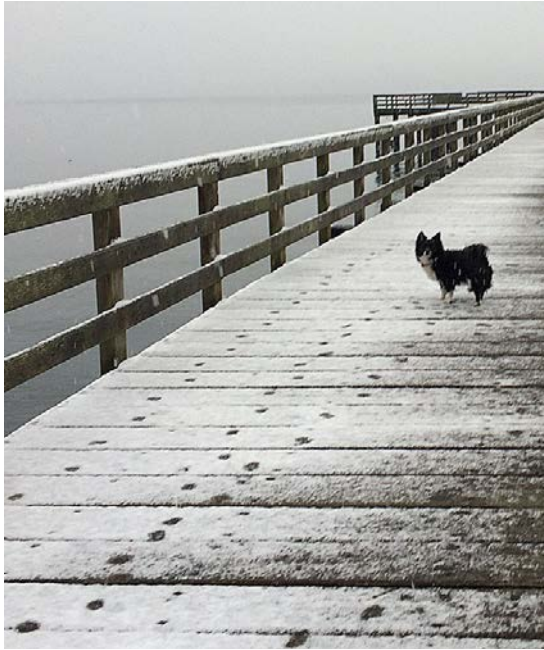
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Are You Coming?—Karlستا Rickerson

Photo Club

Season's Group Show



Pt Robinson Lens—Dennis Hess



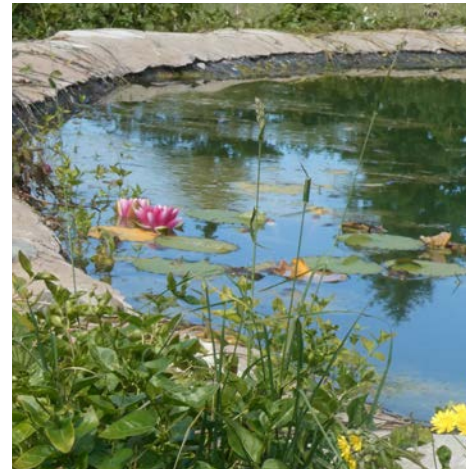
Kat is My Co-Pilot—Keith Prior



The Duplex—Peter Milovsoroff



Kidga—Lorra Hoffman



The Pond—Rhoda Karusaitis




Vashon 2.0—Wade Yip



Bumbershoot—Jeanne Reynen

For more photos and info: <https://photoclubvsc.blogspot.com>

 We're online!
Find us on Facebook.
Check out our website, too!
www.vashonseniorcenter.org

Catherine Swearingen, Executive Director
Mary Ormstead, Business Manager
Kathleen Hendrickson, Operations Manager
Evy Horton, Virtual Villages Program Manager
Joe Meier, Care A Van and Bluebird Driver
Karen Biondo, Chef
Jamila Al Dahir, Friday Chef
Pamela Wickard, Volunteer and Program Coordinator
Kate Smith, Bluebird Coordinator

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Susie Kallhorn, Vice President
John Dunn, Secretary
Zoe Bennington, Treasurer
Mary Ann Beardsley
Linda Fox
Mary Anne Nagler
Jacq Skeffington
Deb Taylor
Mary Van Gemert
Wade Yip

2020 Board of Directors



Happy Thanksgiving

THURSDAY
NOVEMBER
26

Contact Us: Phone: 206-463-5173 | www.vashonseniorcenter.org



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