

SKSR Bulletin

A message from President Jim Sisel



September 2011



Welcome to what I hope will be a great year for the Sno-King Retired Educators unit. The Executive Board met early in August and discussed the plan for 2011/2012 that we hope you will enjoy. We are financially secure for carrying out our Active Member Grants program and our scholarship program for high

school students entering the education field in college.

We will no longer be participating in the Governor's Health Challenge as it starts to close to the beginning of our year. SKSR has substituted a Healthy Walks Series (see separate article). In addition the WSSRA Health Committee is instituting a Healthy Living program. You will be seeing information about this in our November Bulletin and the WSSRA Journal.

Everyone seemed to enjoy the visit to the Brightwater facility last February. So we are looking to find an interesting "field trip" to take next February.

We are looking forward to the September luncheon at Shawn O'Donnell's. The information about the luncheon can be found in a separate article. I hope to see you there.

Jim Sisel-President
 Roberta Hawkins, Vice President
 Cheryl Bauer, Secretary/Schl Fin
 Donna Murrish, Treasurer/Entertain- Books
 Vacant, Membership
 Rita Requa, WSSRA Legislative
 Betty Odle, Historian/Luncheons/Picnic
 Rachel Lake, Past President
 Erma Snook, Membership Records/Past Pres.
 Ellie Bonanno, Schl Fin
 Bob Nordeen, Schl Fin
 Bob Jones, RetirPlan/Web Page/Outreach
 Alice Bingaman, Schl Fin/RetirPln
 Gordon Bowers, Health
 Keith Lindaas, Linda Fitzgerald, Scholarship
 Joan Hertrich, Telephone
 Marlene Johnson, Marilyn Alaniz, Hospitality
 Virg Rayton, Grants
 Evelyn Nordeen, Sunshine
 Marilyn Dauer, Telephone/Bulletin Folding
 Dick Stucky, Don Denton, Schl Fin
 Bruce Caldwell, Directory
 Barbara Berg, Scrapbook
 Dave Johnson, *Bulletin* Editor/Schl Fin

A Note To Snow Birds

When you head south in the next few weeks, please remember to let me know when to use your winter mailing address and when you expect to return. Thanks, Erma Snook.

egsnook@comcast.net.

YOU'LL FIND INSIDE

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SKSR Board Meetings

- 1:00 PM
 Edmonds SD ESC
 20420 68th Ave W
 Lynnwood
 Everyone welcome!
 September 8
 October 13
 November 10
 January 12
 February 9
 March 8
 April 12
 May 10
 July 12

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MARK YOUR DATEBOOK

- Sept. 15 Luncheon Social
 Nov. 17 Scholarship Luncheon
 Dec. 8 Cookie Fest & Holiday Music

MARK SEPTEMBER 15TH ON YOUR CALENDAR

On September 15th, we will hold our first meeting of the year, a Kick Off Social Event! We will meet at Shawn O'Donnell's Restaurant and Irish Pub, 122-128th St. S. E., Everett, WA 98208. Phone number is 425-338-5700. We will dine on Pub Fare in the Banquet Room on the lower level. The cost will be \$12 including beverage and tax and gratuity. The menu choices are: Fish and Chips, Reuben or Corned Beef Sandwich, Cheddar Burger, or Chicken Caesar Salad. **RSVP to Jim Siscel, 425-778-7202 or asjs68@earthlink.net by Sunday, September 11th. Plan to arrive between 12 noon and 12:15 p.m. to pay.** Jean Mathisen from WA AARP will tell us how to "Protect Your Money from Schemes and Scams". She will begin at 12:30 pm. Lunch will be served about 1 pm.

We look forward to seeing you there and hope to have lots of new faces join the rest of us! The prime purpose is to socialize, reconnect, and hear an interesting presentation as we kick off our new year! You can purchase your new Entertainment Book for \$25 (see article elsewhere in this issue). We are signing up people who are willing to help fold bulletins for any or all of the six issues per year. You will hear about the other programs planned for 2011-2012. **See you there!**

*****Directions:** Driving north on I-5, take Exit 186 (128th Street). At end of ramp turn right, heading east. Go about 450 feet and turn right (south side of the 128th St) into O'Donnell's. Drive around to the back and lower level where the Banquet Room is located with a level entry.

Driving north on HWY 99, turn right (east) onto 128th St (Airport Road) and continue east on 128th crossing over the I-5 Freeway. Proceed another 450 feet to O'Donnell's on the right (south side of the street). Follow driveway around to the back and lower lot where the Banquet Room is located with a level entry.

Membership Committee Chair and Members Needed

The 2011-2012 Executive Board is set, except for a Membership Committee Chair. We hope you will consider serving.

There is a significant number of non-member retired educators in Shoreline, Northshore and Edmonds School Districts who are benefitting from our advocacy for their pension stability. Our lobbying effort is positively intensified by increasing our number of members. About 25% of our membership are currently active educators who believe in us and invest in us as members.

We need a responsible person/persons to take charge of this committee. In addition to membership recruitment, the chairperson will train committee members, greet new members at events, attend and arrange for manpower at the Benefit Fairs in September and report to the Executive Board on committee activities.

For a complete list for Membership Expansion Chairperson duties go to www.sksr.org, then click on Bulletins and Applications and find Bylaw Appendix A

If you are interested in this position or in serving on this committee, please contact President, Jim Siscel, asjs68@earthlink.net,

In Memoriam

Garrison, Earl, 6/30/11 (Edmonds.)
 Pascoe, Pauline, 7/11, former member (Shoreline)
 Thomas, Larry, 7/11

Time In The Garden

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E-Newsletters Save Us \$\$\$\$

So far 250 of our over 1200 members have opted to receive our "6-times-a-year" Newsletter via e-mail. They are treated to an "in-color" issue 10 days before regular mail members! It's easy to sign up! Just e-mail the information to Erma Snook, egsnook@comcast.net

Each copy of the Newsletter costs the membership \$0.48 to print and \$0.13 to mail, \$0.61 total. So----in the July Issue alone, we saved \$152.50--that's \$915.00 over a year. We can do better and have more money for our priorities like scholarships and educator grants if more sign up!

Do it today, won't you?

**How I want my e-mail address used!
 contact Erma Snook egsnook@comcast.net**

Check the appropriate boxes below to indicate your preferred use(s) of your e-mail address. Use my e-mail address:

<input type="checkbox"/>	1	To send me the <i>Bulletin</i> .
<input type="checkbox"/>	2	To inform me about issues of concern

EXECUTIVE BOARD GATHERS FOR ANNUAL AUGUST PLANNING RETREAT

Though the morning began with overcast skies, nothing clouded the vision of the Executive Board as they met and began planning for the 2011-2012 year. After enjoying a continental breakfast of fruit, pastries, juice and coffee provided by The Bothell Foundation House, our meeting site, Erma Snook conducted the installation of the year's four officers. Joining them were twelve more members of the board. Newly installed president, Jim Siscel launched into a review of the Board's well-organized documents, including the current tentative calendar, rosters, and By-Laws, assembled with the assistance of past co-president Erma Snook.

Guiding the group swiftly through the Board's organizational and information documents, President Siscel paused on issues that required further discussion and decision. The group affirmed the recommendation to include the monthly group "Healthy Walks" at either the Edmonds Pier or Alderwood Mall in support of the general "Healthy Living Targets" presented by WSSRA. Look for the dates on the calendar on the Website: www.sksr.org

The budget review and proposal presented by Donna Murrish led to questions regarding the need for, or ways to reduce various expenditures such as funds for memorials and bulletin publication. It should be noted that we have saved money by now having more than 250 members request the bulletin via email. After further discussion the board approved the proposed budget.

Jim Siscel reviewed the current WSSRA Unit of Distinction criteria and after a brief discussion regarding expected changes he requested that Rita Requa contact the state and get an update of the WSSRA position on these criteria for 2011-2012. With the same desire for clarification the Scholarship and the Grants committees presented procedural policy statements for approval. These will help them clarify the actions needed to complete their work during the year.

Rita Requa's Legislative update provided critical information about the importance of our being politically informed. She requested the board members' help in completing a survey regarding general political involvement and in

updating the telephone-tree. She also asked for anyone interested to join her as she continued conducting meetings with legislators prior to the coming session. Requa has scheduled a meeting with Rep. Marko Liias (D) for Monday, Aug. 15 at the Edmonds' Tullys. These sessions are of great importance in the current political and economic climate. Only with vigilance, focus and concrete statements can we hope to make legislators understand the needs of our members - one of our organization's goals.

To further another of our goals - providing informative and community-related programs, Siscel presented some program ideas for the September, November, February and April general meetings. An active discussion of possible options for our February general meeting, usually a "field trip," led to several additions to the list. We will review all ideas at our next board meeting and make decisions at that time.

From programs to politics and more, the year promises to be filled with interest!



SKSR President Jim Siscel presents his ideas to the Executive Board

SCHOLARSHIP NEWS

An Update On Our 2011 Winnie Smith Memorial Scholarship Winners

Milan Beard, University of Washington from Edmonds-Woodway HS

Nicole Richards, Western Washington University from Shorecrest HS

Margaret Shipe, Whitworth University from Inglemoor HS

These students have received the SKSR Scholarship in 2009 and the Winnie Smith Scholarships in 2010 and 2011.

Milan has made the Deans list for the last four quarters. This past spring he completed a term as an ASUW senator. The ASUW is responsible for student government at the university. He also participated in fund raising for The Boys and Girls Club through his fraternity. Milan states that he is on track to complete his general distribution requirements and obtain his bachelors degree in four years. He finishes by saying, "Thank you for this scholarship".

Nicole writes that her sophomore year has been incredible and full of amazing experiences. She was accepted into the Woodring College of Education in the fall and has finished her first year in the elementary education program. Nicole concludes by stating, "My passion for teaching grows stronger everyday and I am so excited for the day when I will have my own classroom of learners to inspire. I am so grateful for the support you have given me to pursue my dream".

Margaret says that she is on track to graduate with a major in elementary education and with a double minor in mathematics and reading instruction. This past year she was involved in planning the Relay for Life, one of the schools biggest events. Margaret states, "I love the community here, the activities and the education program. Thank you again for your support and help in providing the finances necessary for me to receive such a wonderful education".

Scholarship Finance Committee

On June 22, 2011, the following people met at Tullys in Edmonds to go over the information concerning the Winnie Smith Fund: Don Denton, Bob Nordeen, Donna Murrish, Dave Johnson, Ellie Bonanno and Cheryl Bauer.

Donna had printed a report of who was getting the scholarships, and the amount paid so far. At this date, we have spent \$13,200. At the time of our meeting, the account had \$171,321.52 in it. Actually, as I write this, it has taken a loss and is valued at \$166,060.84. Oh dear! This is still up over last year at this time when we had \$157,617.32.

We basically had few concerns as the account continues to grow even though we have been taking money out of it. Donna and I are meeting with Mark on July 7 and will ask him his thoughts at that time. We did have a question about his fee, and we will ask that then as well. I'll send out another brief report after that meeting. We will also ask him to send out multiple reports the month before we meet again. That would probably be in May of 2012.

It was suggested that a history of Winnie be written and given to each of the recipients so they had some knowledge of where the money comes from. Ellie has the information and will try to write something.

PAINTING PAIN?—I can help you

Since retirement almost four years ago and for 25 years before that, we have had the privilege of helping members with their painting needs. References are available from many of them. I would also be happy to help you with your needs. Help is also available to fix some of those small household repairs that need to be done. We serve the east side and north end of Lake Washington. For information call

G.F. Moore Painting (Warren) 425-466-2729 or 425-485-4570

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Thank you so much for remembering our members & friends with a gift to the Scholarship Fund:

Marilyn Beem, Ellie Bonanno, Phil & Georgia Elvrum in memory of Earl Garrison; Dave & Marlene Johnson in memory of Estelle Rayton; Donna Murrish in memory of Estelle Rayton and Evelyn Rodrique;

Sno-King School Retirees contributes in memory of Earl Garrison, Barbara Guilfoil, Dorothy H Johnson, Jeannie Matthews, Estelle Rayton, Ruth Wilson.

AARP's Driver Safety Program (55 Alive)



AARP's *Driver Safety Program (formerly 55 Alive) Mature Driving Class* is a refresher course teaching preventive measures that save lives when driving. Pay \$12 (AARP members, \$14 non-members) materials fee to AARP instructor at class time. Participants register through Edmonds Parks and Recreation, 425-771-0230. Graduates may have a possible discount on auto insurance. Classes meet 9 AM to 1:00 PM at the Anderson Center, 700 Main Street, Edmonds. For alternate dates and locations, contact Bob Jones at 425-438-2727 or bobpatjones@frontier.com Note that the class is a "two-consecutive-days class," which can be selected during the month of your choice.

2011 dates
Sept. Mon/Tues 9/12-9/13
Oct. Tues/Wed 10/11-10/12
Nov. Wed/Thurs 11/16-11/17

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SNO-KING SUMMER PICNIC

A hearty group of picnickers gathered at Edmonds Park in July to celebrate the end of another successful year and to meet old and new friends. It was less than stellar weather, but as we huddled under cover, we enjoyed a delightful lunch (Betty's meatballs never disappoint!!) We were privileged to be entertained with special comments from visiting WSSRA President, Don Rifenberg. He and his wife, Rosalie were a delight! Also in the wake of Plan 1 COLA elimination in the last legislature, former WSSRA President, Rita Requa, now turned Sno-King legislative representative and our representative to the WSSRA



Sno-King members enjoy a picnic lunch



WSSRA President Don Rifenberg talks to SKSR members

Legislative Committee, told us of her work this summer to meet with every Representative and Senator from the Edmonds, Northshore and Shoreline legislative districts on our behalf. We also raffled a basket of "Sweets" donated by Rachel Lake and of "Mariner Collectibles and Tickets" donated by Ellie Bonanno and Jim Siscel that raised a total of \$95 to WSSR-PAC. It was a very informative and enjoyable day! Special thanks to Betty Odle whose behind the scenes preparation organizes our picnic event so it runs as precise as a tightly wound clock.

HEALTH SERVICES

by Gordon Bowers

STROKE! WE NEED TO KNOW THE WARNING SIGNS: Though we think we know, recognize the symptoms, the best defense is to know what types of strokes there are. The most common is ischemic which is the result of a blocked blood vessel that supplies blood to the brain. This is caused by plaque in the narrowing of any artery. This causes approximately 87 percent of all strokes. When the brain can not get the blood and oxygen it needs, the brain begins to die.

Hemorrhagic strokes account for 13 percent of strokes. These occur when a weakened blood vessel in the brain leaks, and the blood surrounds the brain and brings pressure on brain tissue.

Transient ischemic (TIA) is a temporary warning sign of a stroke. It has the same symptoms as a regular stroke, but come quickly and last a short time. This can cause much confusion, but getting to a hospital ASAP is essential, especially within the first three hours. Only five percent of stroke patients arrive at a hospital in time. Neither the patient nor others nearby know it is a stroke. Even in doubt, get help. Fast is the action on these symptoms: Facial Droop, arm or leg weakness, slurred speech, CALL 911!!!

Quick action could save the patient from debilitation or death. Other risk factors for stroke are: high blood pressure, high cholesterol fibrillation, obesity, heavy alcohol use, family history of stroke and previous stroke.¹

MORE ON OUR BRAINS PLAYING TRICKS:

Brian Wansink, Cornell University, is a professor on foods and author of *Mindless Eating* and many other publications. He directs studies on human behavior relating to food consumption, health, obesity, etc. The question for this study was - Do intelligent people always rationalize to eat more? This is called

See **Health Services** on page 9

Application Period Now Open for SKSR Active Member Grants

If you are an active (working) SKSR member of any employee group that interfaces with students, you qualify to make application for an SKSR grant of up to \$200 for use in facilitating your work with those students. Inventive members have used these funds in the past for a myriad of activities such as field trips, art materials, books, computer programs, PE equipment, educational games, visiting experts, etc.

Applications are due by **Thursday, November 17th. The process is simple!**

Just submit the following:

1. A sentence or two explaining how grant money will be used.
2. How much money is being requested?
3. Give applicant name, school address, and phone number.
4. Give applicant's district school, principal's/supervisor's name and the school phone number.

Grant Recipients will be notified by Thanksgiving. Applications should be e-mailed to Virg Raton, virg@raytonfamily.com, Phone: 425-774-9414. An alternate e-mail contact is Rita Requa, rrequa@comcast.net.

Join Us For Healthy Walk Series

September 12th at 9 a.m. kicks off our first in a series of scheduled Healthy Walks Program. We will meet at Edmonds Waterfront, parking near Arnie's Restaurant. We will walk along the waterfront to Marina Beach and back. From there we will continue on to the SCCC (Senior Center) for coffee and visiting. The past two years we have had scheduled walks that were lightly attended, but very much enjoyed; enough so, that we want to expand the offering. We are hoping for more participation in these gentle, nearly flat terrain walks. Each person walks the nearly one mile path at his/her own pace and it usually takes 20-30 minutes.

This year there are six scheduled walks. Cut out the schedule printed here and put the dates on your calendar. There are two Edmonds waterfront walks while the weather is mild and four at the Alderwood Mall.

The Alderwood Mall walks begin at the Food Court near the fireplace (south end of the mall) and we walk indoors around the outer perimeter. It is just slightly longer than the Edmonds walk, but still just under a mile. We will meet again at the Food Court. Auntie Anne's serves coffee to walkers for \$.50 until 10 a.m.

If you have questions, contact Erma Snook, (425) 776-2067. Join us for any or all of them!!!!

Healthy Walk Schedule		
Monday	September 12	Edmonds Waterfront
Wednesday	October 19	Edmonds Waterfront
Monday	November 14	Alderwood Mall
Wednesday	January 18	Alderwood Mall
Monday	February 13	Alderwood Mall
Wednesday	March 14	Alderwood Mall

Health Services *Continued from page 8*

“the intelligence trap.” the professor gave a 90 minute lecture to 60 graduate students, teaching how to avoid overeating. One of the lessons was they would eat more if the food bowl was large, less if the bowl was small. The same group came another time, said they remembered what they should do to avoid overeating. One half were taken to separate rooms, one group with hugh bowls of identical food, the other group had small bowels. The group serving themselves with large bowels ate 53 percent more than the group with small bowels. The study was written up in the *Journal of The American Medical Association*. According to Professor Wansink, the study indicated that education or “Mindless Eating” is not the way to go.

Suggestions? Use smaller plates, package food in smaller packs, try 100 calorie packages. Other studies from Professor Wansink: “Guys eat fast, gals eat slower, so guys often go for seconds or thirds. If someone was paired with one eating faster, the slower person will eat more than if he were eating alone and when eating alone or with a slower eater, will eat fewer calories. if you give people food they think is low fat, they eat 21 to 46 percent more. Even bright people are tricked by the “Health Halo” and ads like Good Karma Organic are the same foods as at Jim’s Diner”. Try some of his suggestions in *Overeating and Obesity Go Hand in Hand and All Over the Body*.²

SOME THINGS MAYBE WE SHOULD KNOW: While reading health articles, an item in Massachusetts General Hospital publication called Mind, Mood and Memory; attention was called to maintaining mental fitness at middle age and beyond. The information revolved around a little cellular powerhouse called mitochondria. These are specialized parts of a cell that produce energy by combining oxygen and nutrients. In the brain, deterioration of these cells in older people can cause an energy and mental decline even in healthy people, resulting

in brain malfunctioning in mental acuity, depression even to Alzheimer’s Disease.

To protect your mitochondria from effects of aging, Dr. Iosifescu MD, Director of Mood and Anxiety Disorders at Mt. Sinai School of Medicine and Massachusetts General gives advice, “If the cell can’t get energy in the most efficient way, it resorts to ineffective methods that produce metabolites that are damaging to the cell”.

Dr. Iosifescu offers suggestion to protect your mitochondria; healthy lifestyle, low fat diet of whole grains. fruit and vegetables daily, vitamins, at least seven hours of sleep, stress reduction, care for psychiatric and medical diseases, and regular exercise. *Gordon’s note: This should take care of everything.* See your doctor about supplements: N-acetylcysteine. Acetyl-carnitine. Lipoic acid or Coenzyme Q10.³

PILL FOR PROSTATE CANCER: taking a tylenol tablet daily reduces the risk of developing cancer, according to the American Cancer Society. Epidethiologist Eric Jacobs and colleagues used data for a study of 78,485 men in this report. Jacobs advises caution on overdose of tylenol as it could cause kidney problems. Ask your doctor.⁴

OBESITY IS MAKING HEADLINES: Even the Everett Editorial Board points out that Washington State ranks 28th in child obesity, and if it continues American Health care will collapse under America’s own weight.⁵

Thanks to Evie Nordeen for sending health articles.

HEALTH TIP:

Doctor: “The best thing you could do is to give up drinking and smoking, get up early every morning, take lots of exercise, and go to bed early every night.”

Patient: “What’s the second best?”⁶

¹*University of Washington Medical Bulletin*, June 2011 p7

²Wansink, Brian, *Nutrition Magazine* May 2011, Vol. 38 #4 p3 -7

³Massachusetts General Hospital, “Mind,Mood and Memory” July 2011 vol. 7 p1&7

⁴Maugh, Thomas, *Seattle Times*, May 24, 2011 pA7

⁵*Everett Herald*, July 10, 2011 Opinion p B2

⁶Gordon’s Files

Looking Forward to the 2012 Legislative Session

by Rita Requa

One of my duties this summer has been to meet individually with legislators from the 1st, 21st, and 32nd Districts to acquaint them with three legislative issues which are important to WSSRA retirees. I have done that with help from Ellie Bonanno, Evie and Bob Nordeen, Rachel Lake, Erma Snook, Barbara Berg and Dave Johnson.

The Three Issues

First: We are angry about the loss of the COLA for Plan 1 and “want it back as soon as possible.” It is important for legislators to hear personal stories regarding the financial impact of that action. Pointing out the rising costs of energy, food, and health care and how they impact the income of retirees was conveyed in our personal stories.

Second: No more “take-aways” with our health benefits! The new 2012 rate for the explicit subsidy will be reduced from the present \$182 to \$150 per month, which means an automatic \$32 monthly raise in health insurance costs. The additional raise in premiums for health insurance, the potential raise of co-pays and deductibles for the year 2012 is uncertain at this time and supports our position. When we receive our packet of health insurance choices for 2012 in October and November, we will have exact figures on our increased health insurance costs. So now you have the loss of the COLA and increased health insurance costs. Enough is enough!

Third: We want the legislature to take positive steps to stabilize TRS and PERS Plan 1 systems whose unfunded liability is over \$6.9 billion. We have paid our 6% all along and worked for 25-30 years to earn a modest pension. If the state does not come up with a stabilizing plan, there may come a time when pensions will be paid out of the General Fund. The legislature needs to take a look at Treasurer McIntire’s Constitutional Amendment proposal.

All these meetings have been cordial. Legislators have been appreciative that we outlined our issues before the Legislature convenes in January, when the agenda has already been set. They have taken notes, but promised nothing and listened attentively. The next legislative session promises to be brutal again.

You can help get our message across. Email is an effective method of communicating with legislators. SKSR is updating our Legislative “telephone/email” tree. If you have not participated in the past, it’s time to tell your personal story. Email me (rrequa@comcast.net) to be included in legislative issues and calls for action.

Welcome New Members:

Hill, Judith, 4122 42nd Ave NE, Seattle 98105

Hill, Michael, 4122 42nd Ave NE, Seattle 98105

Johnson, Ronald, 24231 107th Pl W, Edmonds 98020

Penhollow, MaryLee, 16224 Larch Way, Lynnwood 98087

Scholl, Donald, 8629 Bowdoin Way, Edmonds 98026

Scholl, Sandi, 8629 Bowdoin Way, Edmonds 98026

Slaker, Sandra, 8930 NE 192nd Pl, Bothell 98011

Do You Know What "AAA" is?

This year at convention, there was a very informative vendor table. It was "AAA!" Not the travel agency! It is the Area Agency on Aging (AAA). You'll find their services listed online at: www.ada.dshs.wa.gov. It is a senior (60+) service agency established under the Federal Older American Act in 1973 to help older adults remain in their homes. They are nationwide and located in every county in Washington State.

AAA helps older adults plan and find additional care, services or programs. Help can range from getting services for a frail adult so he/she can remain at home to providing access to activities and socialization through programs like senior centers. They also provide support to the family or friend helping to care for the older adults.

Why would I contact them?

AAA is a great resource and one of the best places to start for any adult over 60 who needs or wants additional services. They know what support is available where you live. They can assess situations and plan what is needed for safe living in your own home. They are located:

Snohomish County Residents

Senior Information and Assistance
Snohomish County
8224 - 44th Avenue W. Suite O
Mukilteo, WA 98275
425-513-1900

www.sssc.org

Seattle/King County Residents

Senior Services of Seattle and King
Lillian Rice Bldg. Suite 100
2208 - 2nd Ave.
Seattle, WA 98121
206-448-3110

www.seniorservices.org

The AAA is one of an array of resources for King and Snohomish Counties. The others are equally as useful as the need arises. They are: Senior Information and Assistance (another great place to start!), Home and Community Services, Family Care Giver Support Programs, Area Agency on Aging, Long Term Care Ombudsman and Adult Protective Services. At www.ada.dshs.wa.gov click on "Find A Local Office" at the top right of the page to start your resource quest!

IT'S TIME TO UPDATE YOUR ENTERTAINMENT BOOK!

The 2012 Entertainment books have arrived and are ready for distribution! Once again, Sno-King will offer the books for sale at \$25 each. Last year your purchases allowed us to add more than \$1,000 to the Scholarship Fund. Here is your opportunity to add to this year's fund!

The book sales will go from August to the first week in December. They make good gifts too, and remember, you can order books for other states. Besides some good places to eat, there are coupons for theaters, sports events, the Victoria Clipper, Argosy cruises, skating rinks, bowling alleys, hotels, etc.

The contact person for ordering your new book is Donna Murrish and she can be reached at 206-363-5753 or donnamurrish@comcast.net.



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HELP US WITH INFORMATION TO PUT IN THE BULLETIN

The deadline for the next newsletter is 8:00 AM, **Friday October 21**

Send news and other materials to

Dave Johnson 814 6th Ave. So. Edmonds, WA 98020, damajo3@comcast.net, or
425-776-7298.

Address, phone or e-mail changes should be sent to **Erma Snook** egsnook@comcast.net or
425-776-2067.

If you know of illness, please call Sunshine Chair, **Evelyn Nordeen** evie.nordeen@frontier.com or
425-775-1127

To help with mailing our next Bulletin on Tuesday, **October 31** call
Marilyn Dauer 425-774-7445, **Betty Odle** 206-525-8276 or **Joan Hertrich** 425-778-9572

Address/Email Changes:

Barlow, Marilyn, 2615 SW Barton St Apt 2-220, Seattle 98126

Blain, Kenneth A, 67800 Medano Rd, Cathedral City, CA 92234

Chapman, Mildred, 4116 226th Pl NE, Arlington 98223

Kasperson, Susan, 15916 East Shore Drive, Lynnwood 98087

LaForest, Sheila, 8620 53rd Ave W #304, Mukilteo 98278

Lohman, Jennifer, 422 N 63rd St, Seattle 98103

Miller, Kathleen, P O Box 2768, Chelan 98816

Morgan, Christina, P O Box 13905, Mill Creek, 98082

Nelson, Catherine, 17432 Bothell Way NE Apt B308, Bothell 98011

Newell, Margaret E, 3805 Meridian Ave N, Seattle 98103

Oman, Gary, 6535 Seaview Ave NW Apt 406B, Seattle 98117

Rayton, Virg virg@raytonfamily.com

Sawyer, Judith, 16723 Ashworth Ave N,
Shoreline 98133

Shanahan, Paul, P O Box 7340, Eureka, CA
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