



Mail: PMB 705, 15600 NE 8th, Suite B-1, Bellevue, WA 98008-3958 Voice Mail: 206-232-5892 Email: senior@seniornetps.org
Classroom Location: Phantom Lake Elementary School 1050 160th Avenue SE Bellevue, WA 98008

AUGUST MEMBERSHIP MEETING

August 19, 2008

NEW HOPE MINISTRIES CHURCH

15760 NE 4th STREET BELLEVUE

Meeting begins at 10:00 AM

PROGRAM

TIME TO PICK YOUR BRAIN

The last time we had a brain storming session to select goals and objectives was in the spring of 2006. Time once again to put on your thinking cap, jot down what you are thinking (so you won't have to remember it for three weeks) and bring to the meeting your written thoughts, ideas, suggestions, or anything else that would help to improve SeniorNet's operations. That is, any new courses you would like to propose, plus creative innovative ideas for: programming, public relations, instructing, assisting, online newsletter, recruiting volunteers and students, socials, fairs and events, etc. Now that you get the idea, add any other areas to the list and come up with your wildest hopes and dreams.

Yes, we have a smooth running operation but there is always room for growth and improvement. All of you can buy into a piece of the action.

At the September Meeting you will have the opportunity to select the top ideas proposed. These will then be reviewed by the Board and placed into action if feasible.

INSIDE THIS ISSUE

- . Membership Meeting
- . Registration
- . Personality Spotlight
- . Bits & Pieces
- . VIAL of L.I.F.E. Program
- . Brown Bag Event

Fall Registration

Louise Flora

On July 15, SeniorNet held another successful registration. It was a beautiful day and many people came away happy. The line began forming about 7:00 AM but the doors did not open until 9:15. By noon it was all complete.

Several classes filled that first day:
Introduction to Windows - Intro-1
Power Point
Vista-1 and Vista-2

“What's Inside the Computer”-2 class was cancelled; however, “What's Inside the Computer”-1 class is still open.

Mail-in registrations are coming in so don't delay sending yours or it may be too late!

Roger Dalton again wishes to thank all 56 SeniorNet members who helped make the process run so smoothly.

CORRECTION: The phone number listed on the last page of the handout provided at the June membership meeting was incorrect. The **correct number** to call to sign up for ElderMove Alliance's future seminars is 425-466-5345; their website is www.ElderMove.com

VIST OUR WEBSITE www.seniornetps.org



SNPS PERSONALITY SPOTLIGHT

**** Harry Shedd ****

Born and raised in Phoenix, Arizona, I managed to remain there until leaving for college...but I don't know why. I was allergic to dust and Bermuda grass, so you can imagine what it was like growing up. If I can avoid it, I purpose not to return to Arizona.



Congressman John Rhodes granted me a Principal Appointment to West Point, so I boarded an airplane (prop job at that) and headed for West Point, N.Y. (50 miles up the Hudson River from New York City). It proved to be the discipline and direction I needed in my life and I am forever grateful for the experience. Claradell and I just returned from West Point and the celebration of my 50th reunion. We were married the day after graduation so we also celebrated our 50th wedding anniversary while at West Point. In my day, the cadets graduated with an Engineering degree; today many different opportunities are available. I chose Artillery for my branch, and Air Defense Artillery specifically. Assignments took us all over the U.S. In those days there was little going on around the world and my biggest challenge was what color to paint the buildings and how high to cut the grass. Viet Nam was still some years away. I decided to resign my commission.

We resided in Orange County, CA; Anaheim, Orange and Tustin were our homes for the next five years. I had joined the Allstate Insurance Company and they later transferred me to Seattle. We loved it here and decided not to move again. I spent 38 years with the Company in the Life, Health, Property and Casualty areas. During that time I pursued and completed several insurance designations (FLMI, CLU, etc) and did my MBA studies at Seattle U in the evening program.

In the year 2000 I had an opportunity to sell my interest in my insurance agency and it was attractive enough to make an earlier-than-expected

retirement look good. I had never owned a computer, but Claradell did and was in the process of becoming a web designer with graphics emphasis. I found that more and more she was speaking in a language I did not understand. So, if I were to communicate with her, it was obvious I must learn something about the computer. I was not aware that SeniorNet existed, so I paid a year's tuition to a commercial Bellevue firm to learn the Office package. I spent about 20 hours each week in the classroom in the Beginning, Intermediate, and Advanced sections of the Office applications. With one instructor for 32 students and no overhead to view, there was little to no assistance. Many a time I walked out of the 8-hour class at the morning break (I was that lost!).

About a year after starting my studies, while surfing the net, I came across SeniorNet. I joined SNPS immediately and enrolled in some classes. Helen put me to work on some committees and I began to "feel out" the organization more in depth. I found that I enjoyed computing and volunteered to "assist" and eventually "instruct" in the classroom. It has been a constant learning experience, and I am so thankful for the ready sharing that those with expertise have openly offered. I was a Board member from 2006-2008. I still am active in the classroom and behind the scenes.

I played golf all of my life but became an avid flower gardener some years ago, and my golf has suffered. For the last 15 years, we have hosted garden tours and Christmas "miniature village" tours for the local community. My wife and I are both Ombudsmen for the State of Washington. We call on three Nursing homes, one Boarding home and five Adult Family Homes (over 500 people) to advocate for the residents. We believe that attitude more than age determines energy.

See you in the classroom, where I hope you are having fun.

Bits and Pieces

Dust Off Deaths

Many of our readers likely use cans of Dust Off for cleaning computers. If you also have grandchildren that visit and may want to use your computers, please read the article on Dust-Off Deaths which appears in Snopes. It can be found under Dust-Off Deaths, or Dusting. After reading, you may well want to hide that can until after the kids leave. www.snopes.com

Free Slide Projector

Gerry Williams has a slide projector and viewing screen that she no longer needs and would like to donate it to someone who might be interested. It is not a carousel projector - just has a two-part sliding carriage that the slide fits into.

gerrywilliams@comcast.net 425-821-1632

Interesting Web Site

We have not been overwhelmed with your sending us your favorite web sites but before this idea is eliminated, I'll get one of my own in. My husband, George, was a POW during WW2 in the camp that was made famous by the movie, *The Great Escape*. (You can put that one on your Netflix Queue as a "must-see" once again).

A friend sent him this web site which brought back memories. Although George was not an active participant in the digging, he, like everyone else, was aware of what was going on as he learned to sleep with fewer and fewer slates in his bunk and walked the grounds with his trouser cuffs full of dirt for distribution.

<http://www.kerman94.com/tunnelharry.html>

BROWN BAG EVENT

August 21, 2008

11:00 AM - 3:00 PM

Phantom Lake School Gym

We invite you to visit with our skilled Instructors and Class Room Assistants and meet with other members and SeniorNet volunteers. There will be 3 seminars, computer demonstrations, question and answer sessions, an overview of the Fall courses, a SeniorNet history display, door prizes and lots of fun.

This event is your opportunity to learn more about the services we provide and enjoy each other's company in a relaxed atmosphere outside the class room.

The seminars will start at **1:00 PM and 2:00 PM**. You will have the opportunity of attending two of the three seminars offered.

Ken Crandall - Google Maps *Review of capabilities including calculating distance of a walk you might want to take*

Joe Hesketh – Travel Planning *An overview and review of what the Travel class covers*

Bob Balsley – Office 2007 *A look at the New Ribbons in Word and Excel*

We encourage you to bring your friends who may be interested in SeniorNet classes. Bring a brown bag lunch for you and your guests; also bring your favorite non-refrigerated dessert to share with others. The dessert table is always fabulous! **Soft drinks and water will be provided.**

VIAL OF L.I.F.E. Program Launched on the Eastside

The Bellevue Network on Aging and the Kirkland Council on Aging are helping the Medic One Foundation and Bartell Drugs publicize the Vial of L.I.F.E. program and distribute the vials to Bellevue and Kirkland seniors.

The Vial of L.I.F.E. project, sponsored by the Medic One Foundation and Bartell Drugs, is designed to save lives in emergency situations. The acronym L.I.F.E. stands for "Lifesaving Information for Emergencies". In a medical emergency, knowledge of medical history may enable first responders to respond quicker and more appropriately. The Vial of L.I.F.E. program includes a form which supplies a simple way for pertinent medical and personal information to be readily available to emergency personnel. The Vial of L.I.F.E. will be particularly useful for seniors, disabled individuals and persons who live alone.

The key components of the program are a plastic vial, 5 inches in height, and an information form, to be placed within the vial. The vial is placed on the top shelf on the inside of your refrigerator door. The form requests data, which is vitally helpful to first responders in an emergency. For example, the form requests the name of your physician, the name and address of an emergency contact, your medical conditions, your allergies and your current medications including dosage. Copies of a durable power of attorney for health care or "do not resuscitate" form can also be placed within the vial. The Vial of L.I.F.E. form is easy to read and fill out, but should be kept up to date. Additional forms can be downloaded from

the Medic One Foundation website: www.mediconefoundation.org. Copies of the form could be kept in one's wallet and/or car.

In addition to the vial and form, Vial of L.I.F.E. participants are given an instruction sheet, a sticker to place on the outside of the front door or on a window adjacent to the door and a magnet to put on the refrigerator. The bright red and white sticker and magnet will alert emergency personnel that a Vial of Life participant lives within the residence.

Programs similar to the VIAL OF L.I.F.E. are in existence in communities throughout the nation. For instance, Mercer Island and Boston participate in the "File of Life" program, whereas many California communities utilize the "Vial of Life Project". Fire departments are generally integrated into all programs.

At present all fire stations in Bellevue, as well as the North Bellevue Community Center, 4063 148th NE Bellevue, have Vial of L.I.F.E. kits available for free to interested Bellevue seniors. In addition, the pharmacy department in Bartell Drug Stores have kits available for \$1.00. (At least one half of this fee is donated to Medic One.)

Further information about the Vial of L.I.F.E. program can be obtained from Cathy VonWald, Bellevue Aging Services at 425-452-7681 or Diana F. Thompson at dianaft21@yahoo.com

If you have changed your address, phone number or email address, please notify us of these changes. Please call the voice mail 206-232-5892 or email Senior@seniornetps.org and bring us up to date.

To receive this free monthly newsletter, update your email address or unsubscribe, please send your full name, phone number and mail address to pugetsnet6@qwest.net

If you wish to contribute articles, news items or comments to the newsletter, please contact Nancy Harsh at nbharsh@comcast.net.

If you have friends who are online and who may be interested in taking classes to expand their skills, please forward this newsletter to them. To do so: click Forward when the email message with the newsletter is displayed; enter the email address of the person to whom you are sending it in the To box and click Send.

President: Ken Crandall; Vice Pres: Merrilee George; Treasurer: Joe Hesketh; Secretary: Martha Simon; Registrar: Louise Flora; Curriculum Coordinator: Bob Balsley; Facilities Coordinator: Gordon Young; Public Relations Coordinator: Helen Hesketh; Immediate Past President: Lois Farris; Member-at-Large: Marge Kruger; Grants Coordinator: Nancy Harsh; Online Newsletter Circulation: Chuck Hurter