



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

ANNUAL MEMBERSHIP MEETING
March 16, 2010

NEW HOPE MINISTRIES CHURCH
15760 NE 4th STREET BELLEVUE

Continental Breakfast 9:15 AM
Business Meeting begins at 10:00 AM

In This Issue

- Annual Membership Meeting
- Available Classes
- Staying Safe on the Web
- Birthdays
- SNPS Honored
- Brain Boosters
- Words of Wisdom



Available Classes during March

Scanning Fri March 12 - March 19 1:15 - 3:15
Cost \$25.

If your scanner sits idle because you are not sure how to use it - this class is for you.

Backup Fri March 19 & March 26 10:00 - 12:00
Cost \$25

Does the thought of your computer crashing and losing everything bother you! Then you should enroll in Bob Balsley's Backup Class.

Connect with Families and Friends

Mon March 29 1:15 - 3:15 Cost \$15

We have cameras attached to the computers in the classroom. You will learn how to have live conversations with your families. Membership in national SeniorNet is not required for this class.

MS Digital Photo-2

Wed March 31 10:00 - 12:00 Cost \$15

A basic photo editing class using a Microsoft "free" program. Membership in national SeniorNet is not required for this class.

Staying Safe on the Web

From Joel Elias, Coordinator, Rochester Senior-Net Learning Center, www.RNYseniornet.org

After speaking with a SeniorNet student who had fallen victim to a "Popup Virus Scam", Joel found the following link in his e-mail. Click on the link to find some good advice for staying safe on the Internet.

[The Complete Guide to Avoiding Online Scams \(for Your Less Savvy Friends and Relatives\)](#)

The article expands on the following tips::

- **Never, Ever Click a Link to Your Bank or Financial Institution From an Email**
- **Never Give Out Your Email Password**
- **Use Strong Passwords (and Secret Questions)**
- **Do Not Buy Anything from an Email You Didn't Ask For**
- **Watch Out for Job Postings That Look Too Good**
- **Do Not Give Out Your Personal Info or Social Security Number**
- **Learn to Use a Modern Browser's Security Features**
- **Ignore Web Site Popups Saying You Have a Virus**

MARCH BIRTHDAYS

Laura Chacon	Robert Evans
Louise Flora	Anna Littlewood
Ron Hookland	Jo Hugh
Griff Jones	Bitty Rauch
Eunice Shupp	Marge White

Honor to Puget Sound Center from National SeniorNet

We are pleased to announce the **2009 Chairman Award Winners** to our thousands of members, students, volunteers, sponsors, partners and stakeholders.

Competition was fierce; however, these centers rose to the top of the list...

"The best of the best for 2009."

These centers excelled in:

- * promoting and advertising classes
- * increasing our brand image in their communities and nationally
- * maintaining a thriving volunteer staff
- * growing membership and their student base
- * implementing succession planning and skills transfer in their center
- * demonstrating and sharing best practices
- * and hosting vibrant websites

1st Place Winner: \$1,500 -- Longmont, CO -- Sarah Jane Snyder

2nd Place Winner: \$1,000 -- Huntington, NY -- Slava Vero, Moss Rawn

3rd Place Winner: \$ 750 -- Brockton, MA -- Kathleen Reid

Special Kudos to the Leadership at these centers who provided a positive, innovative, and creative environment for members, students and staff.

We would also like to recognize two additional centers whose staff / volunteers have shown **Exemplary Performance:**

Greenwich, CT
Puget Sound, WA

All centers will receive an award plaque and will be featured on our website.

Congratulations and Thank You -- to all of the **2009 Winners.**

We appreciate the support, dedication and energy you contribute to SeniorNet's mission.

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

7 Brain Boosters to Prevent Memory Loss

Experts share tips to help ward off age-related memory loss By Virginia Anderson

To read the article in its entirety, go to the following site on **WebMD**
<http://www.webmd.com/healthy-aging/features/7-brain-boosters-to-prevent-memory-loss?>

Anderson writes "To thwart age-related memory loss, many people have turned to brain exercises and brain games ..., reading aloud, chess and computer games like MindFit and Posit Science that promise mental sharpness if you practice enough. But do those activities really work?" WebMD asked several experts who study aging and brain activity. They came up with these 7 ways that help prevent memory loss.

No. 1: Exercise

Aerobic is best but even moderate walkers out-perform couch potatoes. Exercise seems to relieve stress and helps one sleep better.

No. 2: Eating a Rainbow of Fruits and Vegetables

Antioxidants found in fruit and vegetables help to curb free-radical damage to cells. So far no one has come up with one "brain food".

No. 3: Mental Workouts

To keep your brain sharp, challenge it regularly. Computer games might help but don't rely on any of them for your "challenge".

No. 4: Sleep

This is essential to lower levels of stress hormones. You need at least seven hours. Beware of sleep medications as many may impair memory.

Check with your doctor.

No. 5: Red Wine

Red wine seems to be good for the heart (contains the antioxidant resveratrol) and has shown in studies to slow the progress of dementia.

No. 6: No More Multitasking

One needs to pay better attention. The brain needs more time to file away a memory and if you do more than one thing at a time, memories are not encoded and thus lost and you cannot recall it even after only five minutes.

No. 7: Learning New Memory Tricks

Check your library, Senior Center, hospital, etc. for classes for new memory tricks. But remember that age-related memory loss does not mean you are losing control of your brain. Worrying that your memory is not what it was in your youth only produces stress!

Words of Wisdom from Coach Paul "Bear" Bryant

At a Touchdown Club meeting many years before his death, Coach Paul "Bear" Bryant told the following story:

I had just been named the new head coach at Alabama and was off in my old car down in South Alabama recruiting a prospect who was supposed to have been a pretty good player and I was having' trouble finding the place.

Getting hungry I spied an old cinder block building with a small sign out front that simply said "Restaurant." I pull up, go in and every head in the place turns to stare at me. Seems I'm the only white fella in the place. But the food smelled good so I skip a table and go up to a cement bar and sit. A big ole man in a tee shirt and cap comes over and says, "What do you need?" I told him I needed lunch and what did they have today?

He says, "You probably won't like it here, today we're having chitlins, collared greens and black eyed peas with cornbread. I'll bet you don't even know what chitlins are, do you?" (small intestines of hogs prepared as food in the deep South)

I looked him square in the eye and said, "I'm from Arkansas, I've probably eaten a mile of them. Sounds like I'm in the right place."

"Bear" Bryant (Continued on page 4)

VIST OUR WEBSITE
www.seniornetps.org

Get information on our all-volunteer SeniorNet Computer Learning Center of Puget Sound

(Continued from page 3) "Bear" Bryant

They all smiled as he left to serve me up a big plate. When he comes back he says, "You ain't from around here then?"

I explain I'm the new football coach up in Tuscaloosa at the University and I'm here to find whatever that boy's name was, and he says, "Yeah I've heard of him, he's supposed to be pretty good." And he gives me directions to the school so I can meet him and his coach.

As I'm paying up to leave, I remember my manners and leave a tip, not too big to be flashy, but a good one and he told me lunch was on him, but I told him for a lunch that good, I felt I should pay. The big man asked me if I had a photograph or something he could hang up to show I'd been there. I was so new that I didn't have any yet. It really wasn't that big a thing back then to be asked for, but I took a napkin and wrote his name and address on it and told him I'd get him one. I met the kid I was looking for later that afternoon and I don't remember his name, but do remember I didn't think much of him when I met him.

I had wasted a day, or so I thought. When I got back to Tuscaloosa late that night, I took that napkin from my shirt pocket and put it under my keys so I wouldn't forget it. Back then I was excited that anybody would want a picture of me. The next day we found a picture and I wrote on it, "Thanks for the best lunch I've ever had."

Now let's go a whole bunch a years down the road. Now we have black players at Alabama and I'm back down in that part of the country scouting an offensive lineman we sure needed. Y'all remember (and I forget the name, but it's not important to the story). Well anyway, he's got two friends going to Auburn and he tells me he's got his heart set on Auburn too, so I leave empty handed and go on to see some others while I'm down there. Two days later, I'm in my office in Tuscaloosa and the phone rings and it's this kid who just turned me down, and he says, "Coach, do you still want me at Alabama?"

And I said, "Yes I sure do." And he says OK, he'll come. And I say, "Well son, what changed your mind?"

And he said, "When my grandpa found out that I had a chance to play for you and said no, he pitched a fit and told me I wasn't going nowhere but Alabama and wasn't playing for nobody but you. He thinks a lot of you and has ever since y'all met."

Well, I didn't know his granddad from Adam's housecat so I asked him who his granddaddy was and he said, "You probably don't remember him, but you ate in his restaurant your first year at Alabama and you sent him a picture that he's had hung in that place ever since. That picture's his pride and joy and he still tells everybody about the day that Bear Bryant came in and had chitlins with him. My grandpa said that when you left there, he never expected you to remember him or to send him that picture, but you kept your word to him and to Grandpa, that's everything. He said you could teach me more than football and I had to play for a man like you, so I guess I'm going to."

I was floored. But I learned that the lessons my mama taught me were always right. It don't cost nuthin' to be nice. It don't cost nuthin' to do the right thing most of the time and it costs a lot to lose your good name by breaking your word to someone.

When I went back to sign that boy, I looked up his Grandpa and he's still running that place, but it looks a lot better now; and he didn't have chitlins that day, but he had some ribs that would make Dreamland proud and I made sure I posed for a lot of pictures; and don't think I didn't leave some new ones for him, too, along with a signed football. I made it clear to all my assistants to keep this story and these lessons in mind when they're out on the road. If you remember anything else from me, remember this. It really doesn't cost anything to be nice and the rewards can be unimaginable. Coach Paul "Bear" Bryant

Editor's Note: Coach Bryant was in the presence of these few gentlemen for only minutes and he defined himself for life. Regardless of our profession, we do define ourselves by how we treat others, and how we behave in the presence of others and most of the time we have only minutes or seconds to leave a lasting impression. We can be rude, crude, arrogant, cantankerous, or we can be nice. Nice is always a better choice.

"I expect to pass through the world but once. Any good, therefore, that I can do, or any kindness I can show to any creature, let me do it now. Let me not defer it, for I shall not pass this way again." (Proverbial saying)