



CRONE CONNECTION

2021 No.1/Winter



FROM THE BOARD

by Marcia

Dear Sister Crones,

Greetings from your new Board: Marcia, Lynn, Anne, Mary Kay and Moreah. You are not alone: you have Crone Power with you. We'll get through this together. As mature women, we have learned over decades how to be resilient; we've developed skills over our lifetimes to use to help maintain our well-being in the face of chronic illness and life transitions like retirement and widowhood. Did you know that social loneliness and isolation can have direct physical consequences on our bodies and can reduce our immune deficiency?

Stay connected to your families and friends. Ask for what you need. Ask others how you can help them. This is a time when community – large and small - can step up to help older adults who don't have family near. We know how to do this because we learned skills from caring for our own families that we used to keep our loved ones strong and healthy in the past.

Also helpful for older adults is to think about what they can do for other people – make a phone call, send an email, yell down the hall to a friend who is in self-quarantine. Be proactive – do what you can to reverse pessimism and hopelessness to stave off depression and anxiety. We are strong women who've had decades of living to give us a more philosophical perspective; take the opportunity to help younger people to think about the pandemic in the way we do.

Your new board is looking forward to the time when we can again share food at a potluck and convene friend-making meetings again. If we all do our part in what is recommended, we can outsmart this virus. This, too, shall pass. Don't forget how good hugs feel.



Writings by Cronos



Taking Down the Tree by Mel

Grieving, grieving
Seasons past,
End of Christmas joys.
Hallelujah, little tree,
Wailin' Jennys' noise.

My daughter made your star on top,
Remade it as she grew –
Her standards of perfection, too-
While mine are fading fast.
A burnt-out bulb
A last gold ball,
Reminders of a crash.

Grieving, grieving
Christmas magic,
Holly wreaths and snow.
So down you come,
You tinny tree,
Good-bye my long ago.

VALENTINE by Mel

We have soft voices,
You and I.
What once were whispered sharings
Go unheard.
Uncertain murmurs now,
Swift, anxious looks,
What did you say
And why?



Oh, hold my hand.
Whatever may occur
In future silences or dark,
We'll send, unceasing til
the end,
Across our bridge
Of palm to fingertip,
Sweet messages
Of love.

Prayers passed on from Mary Kay

“Blessings on this day, may I make it special in some way.
Blessings on my life, may I treat it with love and care.
Blessings on all people, may I see the goodness in everyone.
Blessings on nature, may I notice its beauty and wonder.
Blessings on the Truth and Compassion, may they be my constant companions.”

from Finding Joy by Charlotte Kasl

“May I be free from suffering and the cause of suffering.
May I experience what life has to offer with kindness.
May I be free from harming myself and others.
May I be happy, loving myself right here, right now.”

from Healing Rage: Women Making Inner Peace Possible 2007 by Ruth King, MA

Crone Information

Computer Assistance

Your board has been busy with plans to improve our Crone Community. We believe many of you are struggling with your computers, laptops or phone, trying to connect with our community via Zoom. In order to facilitate easier communication, we are considering hiring a computer consultant to address your technology challenges. This would be a **free service to our members.**

Here are some examples of issues you might have:

My computer is too slow or it just doesn't work.

I have new equipment and need help in setting it up.

I have trouble getting on Zoom.

My volume is too low.

I need help with email.

I can't put new contacts on my phone.

I don't know how to transfer photos from my phone to my computer.

Opening for Groups Coordinator

With many thanks to Shirley Nelsen for her efforts as Group Coordinator, we are now seeking someone to take over this chair.

The Groups Coordinator keeps track of any changes to existing small groups - their location, time, and date. And she helps any member who wants to start a new group. Past chair, Mel Mc, calls it, "The most interesting job in Crone. You meet many members and learn a lot about what is going on in the organization."

If you are intrigued by this position, please email Sonja, in her capacity as Volunteer Coordinator.

ELLEN FAWCETT
1923 - 2020

Longtime member of Crone, Ellen passed away on Nov. 21 at the age of 97. She was a member since 1998 and, in most recent years, faithfully traveled from Burien to monthly meetings, driving her blind friend, Gracia. She worked as an executive secretary and then, at 69 became a para-legal. She and her husband had five children. Besides Crone, she was a member of the ACLU and four other activist organizations.

NOTICES -

Current Affairs Group

A lively group that discusses the news of the day is open for new members. Each member brings an article to share. Meets once a month on a Thursday morning at 10:30 on Zoom, or outdoors as the weather gets better.

Crone Ad to be on Radio

Twenty spots advertising Crone are airing on the classical music station KING at 98.1 FM.

The spots began on Monday, Jan. 25 and run through Feb. 12.

All members have been sent a schedule so you can listen in. Members getting the schedule by snail mail will receive it by around Jan. 30th or the following week. Or call a member with a computer and ask for some times.



Monthly Meeting – PROGRAM ON BIRDS

On February 20, 2021, 1:00 p.m. Crone will have a presentation on Zoom by a speaker from the Audubon Society. The topic is “Enjoying and Identifying Birds in our Backyards.” For photos and more information, go to the flyer on the Home page of our website, croneofpugetsound.org.

Humor Corner



Marriage Blues

Therapist: Your wife says you never buy her flowers. Is that true?

Him: To be honest, I never knew she sold flowers.

She asked me to take her to one of those restaurants where they make the food right in front of you. So I took her to Subway. That's how the fight started.

THE SENILITY PRAYER: Grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones I do, and the eyesight to tell the difference.

Here are some mighty punny words:

England has no kidney bank, but it does have a Liverpool .

This girl today said she recognized me from the Vegetarians Club, but I swear I've never met herbivore.

I know a guy who's addicted to drinking brake fluid, but he says he can stop any time.

A thief who stole a calendar got twelve months.

When the smog lifts in Los Angeles, U.C.L.A.

I got some batteries that were given out free of charge.

A will is a dead giveaway.

Go to this YouTube link for humor on growing older. <https://youtu.be/vPFCn3itBFE>

It starts out slowly but don't give up.

(All of these humor items were passed on from Fran. Thanks, Fran, for keeping us laughing!)

Sounds of Forests



The website [Tree.fm](https://www.tree.fm) states, “People around the world recorded the sounds of their forests, so you can escape into nature, while in lockdown or unable to travel.”

Each panel has a photo of a forest. From places all over the world, these pictures are accompanied by calls of birds, water rushing, animal cries, or just silence. The location of each forest comes up near the bottom of the photo and you can then click on the button for the “Next Forest.”

VACCINE NEWS

Some Cronos have been lucky enough to have already received at least their first dose of the virus vaccine. For the rest of us, vaccinations have had some pauses.

You can at least **get the documentation of your eligibility**. All you need is to be over 65. Your driver's license has your birthdate. Or you can go to the state website, **FindYourPhaseWA.org. (capitals needed)**. The first day this website opened - Jan. 18 - it crashed, but the next day your editor got into it with ease.

It will ask for your age and zip code and then take you through pages listing qualifying health problems but you can just click on the box at the top of each page that says something like, "I don't have any of these."

Eventually a colorful panel comes up that says, "**Thank you (your name). You are eligible to get the COVID-19 vaccine now.**" Printing it out only produced that line in small print. But it can be documented by taking a picture with your phone or a screen shot.

Now comes the hard part – getting an appointment. Supplies have slowed down in parts of the state so we're being told to be patient. It may take several weeks -or longer- to get the appointment. Go to the link below and find your county. Then select the location you want. And keep going back until you're successful!

<https://www.doh.wa.gov/YouandYourFamily/Immunization/VaccineLocations>

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