



# CRONE CONNECTION

2021 No.2/Spring

## Inspiration based on an Aesop Fable

Giant Oak, in her strength and her scorn  
Of the winds, by the roots was upturn.  
But slim Reeds at her side,  
The fierce gale did outride,  
Since by bending the burden was borne.

passed on by Marcia from a Women's Retreat Theme: How to  
bend, not break in troubled times



**FROM THE BOARD**  
FROM ANNE B.

There is a new Crone opportunity to get two hours of free help with Zoom or other computer problems. Come to the next Crone Chat on April 17 at 1:00 to hear more details.

Ellen D. has stepped up to be our new Groups Coordinator. We're very glad for her assistance. For information about any small group, email or call Ellen. Remember, any Crone can start a new group of her choosing. Ellen can help with that as well.

The Board has decided to suspend dues for 2021 but encourages members to make donations to cover ongoing expenses. This Nov. we will collect \$45 in dues for 2022.

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# Writings by Crones

## *Family History 1996* by Jean C.

I sought a professional portrait to commemorate my parents' relocation to Seattle to live with me. They moved from New York City where they had lived for 50 years. We are sitting together in Parson's Garden, a city park on Queen Anne Hill on Mother's Day 1996. The image captures three distinct individuals, born in three Chinese cities, distant from each other and raised in different cultures.

My mother was a privileged woman from an old, well-to-do family in Beijing. The youngest of three sisters, she grew up horseback riding, ice skating, playing tennis and then attended a university which moved several times from 1935 to 1939 to evade the Japanese invasion of Manchuria and the occupation of Beijing, prior to WWII.

My father, the oldest of five brothers, left home as a young teen, never to return to Canton, his birthplace. His father, an American citizen, traveled frequently across the Pacific, between Canton and New York City and succeeded in bringing two more of his five sons to the USA to study.

In 1943, I was born in Chongxing China. The U.S. laws designated me an American citizen since my father was a second generation American. In 1946 as WWII ended, my family began a remarkable, long, and circuitous journey that brought us home to America. It began with a rough ride in a small airplane from China over the Himalayas to Calcutta, India. There we boarded a cargo ship hauling "wartime equipment" back to the United States via the Suez Canal and across the Atlantic Ocean. My father managed the loading and unloading of this ship and we were the only Chinese American family aboard.



Imagine how vastly differently I was raised, independent of relatives, and only by my parents. This is unlike most Chinese families where uncles, aunts, grandparents and godparents are active participants. The family and cultural ties with China for us and for millions of immigrants were cut-never to be fully reconnected.

(If you'd like to read more of Jean's history, click here to go to the Crone website page.)

<https://croneofpugetsound.org/wp-content/uploads/2021/04/Jeans-family-history-p.2.pdf>

## Mary C. sends her thanks

Thanks for the many Crones who called and sent get-well cards to cheer me as I recovered from hip replacement on Feb. 3. (Especially enjoyed the card with the cat jumping on the trampoline with the words, "Bounce Back.")

Thanks to Pamela W. who stepped up to be my Caregiver; who said “sure” when I asked her if she would pick me up at 5:00 a.m. and drive me to the surgery; who ferried me to physical therapy appointments and follow-up visits with medical staff, and stayed with me until we decided I could manage at home on my own.

I am grateful to friends and neighbors who shopped for groceries, brought special food, loaned me their books – and shoveled a path through the snow to my front door. And I’m very grateful to live in an area with excellent health care and facilities.

## DELIGHTS OF A DO-DO-DO PERSON

by Elizabeth D.

At age 90, I remind  
Myself it’s time to stop  
being just a non-stop  
do-do-do person.

What does this mean?  
What might I now become?

Let me think . . .  
humm

Of course.  
I will try something new,  
focus on my mini-joys.  
Humm

What are they?

Last night it was  
a long, slowly changing  
sunset. My mind and body  
relaxed.

Then came two hummingbirds,  
taking turns in the twilight,  
stocking up for the night,  
guzzling from tiny feeder.  
Last week  
I made my first return

to in-store shopping.  
Bartell’s drugstore.  
Stock up on this, that,  
walk away with sudden  
feeling of deep content.  
My old life is returning.

Today I finally went  
for a routine eye checkup,  
sat with physician assistant  
while waiting, trading light-  
hearted comments about  
nothing much. A delight,  
this casual interaction  
with a stranger.

Leaving the doctor’s office,  
I strolled in the warm sun  
To Trader Joe’s, bought  
ready-made chicken salad  
and a bag of candied pecans.

Foods I had missed since  
the pandemic began.  
Yum, yum. Great meal,  
As my life slowly,  
inch-by-inch  
opens.

Sept. 6, 2020

A thought that came to mind –

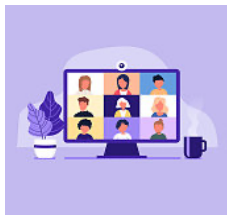
It used to be that the rush of one day to the next made me ask, “What’s the hurry?” But in our hope of being released from these present restrictions, I’m glad that time is galloping forward, that one week races into the next. I want to get past this virus to make the most of the time I have, with plenty of hugs and smiles.

Sonja L.

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## Coming Monthly Meetings

- Sat. April 17 1:00 Technology Chat, on zoom
- Sat. May 15 1:00 Program, “Secrets of Seattle’s Botanical Past,” on zoom
- Sat. June 19 1:00 Possible picnic or zoom discussion of activities of small groups
- Sat. July 17 1:00 Possible picnic



### Report on the March 20th Zoom Monthly Meeting by Anne B.

Lynn S. started the March Chat with a fascinating summary of a study of the brain benefits of exercising. This was a small study of seniors’ brains before and after doing aerobic dancing 2x a week for 20 weeks. After 20 weeks, brain scans of exercisers showed more synchronized activity in the medial lobe sections of their brains. Those sections would light up and then realign and light up other sections of the brain. This activity indicates a kind of youthful behavior in the brain.

The sedentary control group showed no such gain. The exercisers performed better on tests of their ability to learn and retain information and to apply it logically to new situations. Agile thinking like this tends to diminish with age.

The rest of the meeting was spent discussing various ways the Cronos were managing their exercise needs during this pandemic time, such as exercising to TV or video programs, and walking around town. We discussed what we missed most and the consensus was - walks in nature. There was much interest in starting a walk / hike group that would go to parks and outdoor areas. (see next page)

## Announcing a New Group – *Walking/Hiking*



This just-formed group will meet twice a month, on the first and third Wednesday at 1:00. The first walks will be easy ones taking place in local parks and open spaces, with benches available.

The walk for April 21 will be at the Kubota Gardens. They'll meet in the parking lot.

If you are interested in joining this group please send your name to the Contact person, Bea S.

### Crone Scholarship

The Scholarship will be awarded for Fall qtr. and the request for donations will go out in a few months. If you'd like to volunteer for this committee, contact the new chair, Anne B.

### MORE VACCINE NEWS

If you're still immersed in "vaccine envy" searching, searching, searching for an appointment, there is a new WA state website to help you find a shot. This website will centralize all available appointments in a certain area.

Click on this link: <https://vaccinelocator.doh.wa.gov>

Another, similar website run by volunteers is at [covidwa.com](https://covidwa.com)

State health officials stopped the **YourPhaseFinder** website on March 31. This was where you got proof of your eligibility for the vaccine. With every adult being eligible now, that isn't needed. But what is needed is working hard to get an appointment because of the additional millions in the state eligible for the vaccine.

If you need a ride to get to a vaccination appointment, call Marcia Sill at (206)683-7228. She will try to find you a Crone in your area who can drive you.

For those **without access to the internet**, Amazon is partnering with the state Dept. of Health to increase phone capacity for the **state's hotline at 800-525-0127**. Please don't call if you have internet access. This will leave the line open for those who need it. (sources: Seattle Times and the Everett Herald)

## HUMOR CORNER



### ELDER HUMOR

My memory's not as sharp as it used to be. Also, my memory's not as sharp as it used to be.

Know how to prevent sagging? Just eat till the wrinkles fill out.

It's scary when you start making the same noises as your coffeemaker.

These days about half the stuff in my shopping cart says, "For fast relief."

Don't let aging get you down. It's too hard to get back up.

*from University House newsletter, passed on by Fran C.*

**Be yourself, everybody else is taken.**

We are valuable as seniors.  
We have silver in our hair,  
gold in our teeth,  
lead in our feet,  
and we're loaded with natural gas.

**Connection Staff:** Sonja L, Moreah V.

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