



CRONE CONNECTION

Spring 2024, Issue No. 2

After the rains came,
there was a final battle.
The grey clouds rolled and thundered,
but the sun pierced through the darkness,
throwing its golden spears to Earth.
And when the war was won,
the bluest of blue and puffiest of white
were all that remained,
and across the Earth an explosion
of white petals left a confetti trail
to lead the way to spring.



*-by Jamie Beck
published in The Seattle Times*



FROM THE New Advisory BOARD

by Sonja Larson

Our March 16 Annual Membership Meeting saw our hard-working Board retiring after 4 years of service. They are Anne Boher, Bea Sweeney, and May Kay O'Shea, as well as Ellen Duernberger who resigned in Dec. Marcia Sill arranged for each to receive a card and a \$25 gift check in appreciation. Then the meeting addressed the bylaws changes you were sent in an email on March 1. All the changes were unanimously approved. A copy of the bylaws with the changes will be sent to all members.

The new Advisory Board, which replaces the former Board format, consists of eight members who have been Board members or are officers. They will meet a few times a year to oversee: The budget, printing of the Directory, collection of dues, supervision of committees, conduct of the Membership Meeting, and appointment of new chairs as needed. This Board will also be responsible for a summer picnic, and the Holiday party.

Monthly meetings for Jan. and Feb. will be on zoom, and those for April, Sept., Oct. and Nov. will be held at a Seattle library and be planned and conducted by the members who attend. They could be conversational, visit a cultural site, or have other content. The May meeting, and possibly the Nov. one, as in the past, will be organized by the Program Committee.

Emergency numbers

Some of us recently became concerned that a Crone might go to the hospital, move to an assisted living home, or even suddenly die and we wouldn't find out about it. Because of privacy laws, a hospital or assisted living facility can't give out that information. There are two options you have to let Croners know where you are, if you aren't able to.

One option is to give a relative, a neighbor, or a younger friend the phone and email numbers of two Croners with instructions to let at least one Crone know what has happened to you.

Option two: A good step for everyone, in addition to other emergency names and numbers, is to put several Crone names and phone numbers in your wallet with the notice, "also please contact one of these people if I'm unable to."



How to tell if your COMPUTER is on its last legs!

by Jason R. Rich, author of personal technology books for AARP and Eddie Matos, director of technical support for Dell
from AARP Bulletin, April 2023

Much like a car, computers can be "totaled" which means the cost of repair is greater than the worth of the machine. If your computer is five years old and you want it to run as good as new or close to it, based on prices, you're probably better off getting a new computer. Here's how you can tell when the end is near.

- 1. Booting up takes longer than normal. According to Dell, a computer with a solid-state hard drive (most but not all are installed within a computer) should boot up in less than 30 seconds, while a unit with a mechanical hard drive (commonly used by older computers) can take a few minutes.**
- 2. It struggles with software updates.**

3. No matter what you've tried, it runs slowly.
4. The hard drive seems to run constantly or makes unusual noise, even when the computer is inactive.
5. The computer's fan makes more noise than usual or runs constantly.
6. Unusual or persistent error messages appear.
7. The computer or applications crash frequently.

UPCOMING CRONE MEETINGS

APRIL 22 12:30-1:30 Visiting the Wallingford Community Senior Center to see a performance of our own Rolling Crones Singers.

MAY 18 PROGRAM AT A SEATTLE LIBRARY

Marcia Sill will be leading a discussion of the book - *The Gift of Aging - Growing Older with Purpose, Planning and Positivity*, by **Marcy Cottrell Houle, MS, and Elizabeth Eckstrom, MD, MPH, MACP.**

The book has stimulating stories of elders, and valuable advice.

FOR FUTURE MEETINGS:

The plan is to begin meeting in libraries for the months of April, Sept., Oct., and Nov. (possibly a program) and will be self-directed by members.

July picnic and Dec. holiday party will be put on by committees supervised by the Advisory Board with members doing small tasks.

January and February meetings will be on zoom.

The annual March Membership Meeting will be held at Wedgwood Presbyterian Church.

Spring Schedule for Rolling Crones Singers

Director, Marge Hampton, said, "*We love having Crones in our audience.*" The following are places that have room for guests:

April 18, Thursday. - Northaven Senior Living. (Northgate area). 1:30 - 2:30 Arrive early! On-street parking only or in shopping center across street. **DO NOT** park in PO lot...they tow.

April 22, Monday - Wallingford Community Senior Center. 12:30 - 1:30 Parking to left of building. Go to first floor down a ramp or a short flight of stairs, turn right and go to end of hall.

May 2. Thursday - Chateau Pacific, 148th St. SW Lynwood. 2:00 - 3:00

May 20 Monday - Edmonds Waterfront Center. 1:00 - 1:45. **THIS IS OPEN TO THE PUBLIC**



Writings by Cronos

In the Winter Connection we announced a contest for humorous writings. The following two submissions were received for which we are pleased to provide these prizes: \$20 for the "Grandchildren to the Rescue" and \$40 for the "Meet the Green Tortoise." They were judged, not on their length or the quality of writing, but on their humor.

Grandchildren to the Rescue

by Geri Kennedy

My sewing machine was acting up so I complained to folks in the chat group of the Seattle Quilt Guild. They recommended City Sewing and Vacuum in Shoreline. Since repairs made at the local shop in Renton weren't successful, I thought I'd give them a try, even though Shoreline is quite a trek for me. They were quick and the machine was ready in just a few days. I drove the 45 minutes and realized when pulling into the parking lot that I did not have the small case that holds my credit cards with me. (Found it in a coat pocket at home later.)



I had \$60 in cash for the \$100 bill. My granddaughter was with me and said - "Just use your phone like Daddy does." I had never used the Apple Pay function before so wasn't sure how it worked. I went in and told the clerk that I only had \$60 and could I still pick up the machine and send a check for the difference. He was ok with that, but my granddaughter (10 years old) said, "Just try your phone." Well, I held the phone by the store's machine with the app open - it needed my fingerprint - and voila! The balance was paid. Just shows that the 10-year-olds of today are way more up on modern methods than their grandmas!





Meet the Green Tortoise

by Bea Sweeney

Imagine 38 of the most diverse people you can think of in 1990—crowd them into an old, very old, green bus that touted a flexible schedule, and head it vaguely toward California. Assume it gets past Cow Creek, Oregon, where everyone tumbled out of the bus into a “simulated resort,” cooked tofu stir-fry to the rhythm of drums, sat naked in a sauna, leaped into a freezing creek, and piled back into the bus where we slept like a pile of puppies as the bus rocked down I-5 toward San Fran.

There was a burly, curly-red-bearded giant with a ring in his nose, a black leather jacket hung with glass beads, a 5-inch-long earring dangling from one ear, and a multi-embroidered hat with horns, which, with his curly red hair, made him look like a Norse God.

And an elderly black man with a moon on his red felt hat who crocheted to save the world.

And a man draped in velour with a Walkman plugged into his head who said NOT ONE WORD! the entire trip. Not wanting to be rude, I spoke to him. No answer. Since I was sitting closer to him than anyone else – every time I shifted position, I sort of slipped into his lap saying “excuse me” profusely every time. Not a word.

How about the women? The first woman who comes to mind is Carol Mae, the Director of Ah-wa-push-shuk Te-chum-na. That’s in Cowiche, Washington, in case you are ever in need of breath therapy. She passed pictures around of her stone school in the mountains. I can show you her bright gold business card. Sri Ram – Je Ram – Je Je Ram Om!

And there was a primarily red-headed teeny bopper, punk rocker who wore an army jacket with SEX SEX SEX written all over it. Actually, she was a sweetie, but you wouldn’t dare tell her so.

And my new friend, JoEllen, was going to meet a new grandchild like I was. At night they reconfigured the bus and JoEllen and I slept on the lunch table, having to hang on to each other so we wouldn't slide off when the bus went around a curve. The next day when one of the alternate drivers, Jesus II, had a sore neck, JoEllen slapped him down on the table for a full body massage, which must have been successful because he whistled as he drove.

I won't even tell you about the music. Passengers brought their own tapes, which were played for the benefit of all. I do think everyone should take a vacation on the Green Tortoise!

Dementia

An article in the AARP Bulletin of March 2024, "The Future of Alzheimer's," gives a comprehensive over-view of what's in the pipeline for new medications for Alzheimer's and other dementias. The article also states that rates have fallen 13% per decade from 1994 to 2019 in North America and Europe. "Since about 75% of people with Alzheimer's also have problems with blood vessels in their brains" said Albert Hofman, MD., chair of the Dept. of Epidemiology at the Harvard T.H. Chan School of Health, he suspects "all the things we've done in the last 50 years to prevent heart disease and stroke may be related to lower risk for dementia."

In addition to not smoking, these include:

Keeping blood pressure and blood sugar levels healthy

Getting regular exercise

Eating more fruits and vegetables

Using a multivitamin

Taking care of your ears and eyes - hearing and/or vision loss increased risk for cognitive problems by 20 to 50% in a 2022 U. of Toronto study of 5.4 million older Americans

Getting help for chronic stress, depression, anxiety, and loneliness which all boost risk for cognitive decline

Having a regular sleep schedule - difficulty sleeping interferes with the flow of fluid and wastes out of the brain.

Passed on by Fran Campbell -

To everyone that
received a book from
me for christmas,
they're due back at
the library next friday.

Thank you.

Change in Months of Connection Publication

Instead of issues coming out in Jan, April, July, and Oct., Connections will arrive on Feb. 15, May 15, Aug. 15, and Nov.15.

Connection Staff: Sonja Larson, Moreah Vestan

Next issue published Aug. 15, 2024

Submission deadline Aug. 1, 2024

