

Encore

News and Information from Redmond Senior Programs

May 2020



A Message from Mayor Angela Birney

I hope that you are safe and healthy during these unprecedented times. The COVID-19 pandemic has drastically changed our lives, and many of us are missing our connections with friends, family, and the community. I miss seeing you and look forward to the day we can connect and gather again safely.

As you practice social distancing and other safety guidelines from the CDC, Public Health- Seattle & King County, and Governor's Office, I want you to know that we are here for you. Our staff and volunteers are calling many of you at home, and we recently started offering online events, classes, and opportunities to connect with you through video. If you would like a phone call or have trouble accessing any of our online videos, our senior programs staff can assist you.

May marks the celebration of Older Americans Month. This occasion honors older Americans and celebrates their contributions to our communities and our nation. On May 5, 2020, I will ask the community to join me in honoring older Americans through a proclamation recognizing Older Americans Month in the City of Redmond. I will also honor two extraordinary individuals and an association who have made their marks on our community through their many contributions. *Stay healthy and stay safe!* - Mayor Angela Birney



We're Online! Here's What's Coming Up in May

Starting in May we will have regular opportunities to gather online together.

How to Register:

[Online](#)

Call: 425-556-2314

Email: rsc@redmond.gov

if you have any questions about registering or participating online.

After you sign up, we'll send an email with a link and step-by-step instructions to participate online.

MON MAY 4 - 10 a.m. New!

Marty's Mens' Meeting

Join Marty's meeting for some good conversation and camaraderie.

FRI MAY 8 - 10 a.m. New!

Chat with Mayor

Join Mayor Birney online in our first virtual Friday Chat.

TUE MAY 19 - 1 p.m. New!

Humanities Washington

Free online presentation: The Poet Apothecary (see last page for more details.)

THU MAY 28 - 10 a.m. New!

Online Drop In Social

Let's gather online for virtual drop in time!

It's Friday Chat Live!

With Mayor Angela Birney
Friday, May 8 - 10 a.m.

This event is online, and participants will be able to see, hear and interact with Mayor Birney.

How to Attend?

Email: rsc@redmond.gov and let us know you will be joining.

We will send you a link by email with step by step instructions for joining online. Phone options are available, too

Senior Advisory Committee

We hope you are all finding support and encouragement from your family and friends. We all miss our interactions with our senior center friends!

On April 16, Senior Advisory Committee members met in an online meeting for updates on the Center with Parks and Recreation Director Carrie Hite and Senior Center staff.

Hite reported that on April 7 the application for a proposal that would facilitate construction management choices for the new community center was delivered to Redmond City Council.



Hite emphasized the importance of seniors being a vital part of the discussions. More information will be coming as the process proceeds.

We encourage you to keep in touch with each other, either by phone, email, or old-fashioned snail mail during this uncertain time.

Remember that we are all in this together and need the support of each other. So, until we meet again, be safe and reach out to one another.

Deanna Francis and Sandy Marion

Ready for Something new?

In each upcoming issue of Encore, we will be posting trivia questions. The answers will only be found on our website, Redmond.gov/rsc. While you are on the website, be sure to take a look around at the latest info, updates and resources we've compiled especially for you!

Do you know the answers?

For what sport did Marty Boggs, Senior Program Administrator, travel twice to Honolulu to compete in?

How many miles of trails does the City of Redmond currently manage?

How many years has Karen Phillips worked for the City of Redmond?

To date, how many trips has Lola Stetson driven for Redmond Senior Programs?

Spring Activities and Summer Events

Out of an abundance of caution, the remainder of all spring activities and rentals are cancelled through June 20, 2020. This includes all recreation activities, fitness classes, drop-in programs and outdoor activities such as field use and picnic shelter reservations.

All City produced events are also cancelled through August 31, 2020. This includes Derby Days, the Rockin' on the River concert series, So Bazaar and Big Truck Day. The health and safety of everyone in our community, including the most vulnerable, is our top priority. The City follows the most current protocols made by the CDC, King County Public Health and the Governor's Office.

Physical distancing continues to be a recommended approach to slow the spread of COVID-19 and the guidance from local and state officials anticipate this to continue into the summer.

The City is preparing to offer recreational services this summer. Adjustments will be made in adherence to the Centers for Disease Control (CDC) guidelines, King County Public Health, the Governor's Office, and in collaboration with other community agencies.

Staff are committed to finding ways to serve our community during this time, and this summer will be no exception.

Staff News

Sara Bouwman has been promoted to Community Recreation Coordinator. She will start her new position on May 1.



She will work closely with the senior programs team and other departments in Parks and Recreation to create and support multigenerational programs and activities.

Congratulations, Sara!

Older Americans Month and Honorees



The City celebrates Older Americans Month each year by honoring two senior volunteers and an organization or business that support seniors in our communities. The honorees selected for this year's celebration have certainly made their mark by providing outstanding service to seniors.

The Outstanding Senior Volunteers for 2020 are Kermit Eng and Bob Selby.

Kermit Eng has been active at the Redmond Senior Center for many years and has volunteered since 2007. He arrives for each volunteer shift with a smile and a friendly hello for everyone he meets.

Kermit is in his early 90s and is a veteran of WWII. He was recently honored for his service at the opening ceremony of 2019 Redmond Lights. He has been involved in many areas of senior center life, but especially with the senior nutrition program. In recent years, he has become known as one half of the Dynamic Duo that greets participants and sells lunch tickets each Thursday.

Bob Selby, is also in his early 90s and a WWII Veteran. He has been volunteering since 2000 and has been an integral part of the life at Redmond Senior Center.



Bob & Kermit - The "Dynamic Duo"

In the early days Bob was known as the Gray Gourmet as he offered monthly cooking demonstrations in the lobby. During the Redmond Senior Follies, he was often seen on stage as the Master of Ceremonies. Now, along with Kermit, he is known as one half of the Dynamic Duo as they work together to support the lunch program. Bob always serves with enthusiasm, a smile and maybe even a good story or two!

The 2020 Organization honoree is the India Association of Western Washington (IAWW).

The India Association of Western Washington is an organization that is very deserving of this recognition. It has made multiple contributions to seniors in the Redmond community. The monthly lunch program provides more than a delicious catered meal. It provides opportunity for friendships to develop and celebrates traditional Indian culture through music and dance.



Many resources are shared with the community to help navigate services for assistance and referrals for seniors from India. Many volunteers have helped maintain this program over the years. Pran Wahi has been one of the key leaders and visionaries of this program.

Congratulations to all! We are proud of you and celebrate your ability to "Make Your Mark".



Dr. Pran Wahi
IAWW Senior Programs



Keep in Touch!

We are here for you and we'd love to hear from you! If you have any questions need assistance or you just want to have a friendly hello, we can be reached by phone, email or through our website!

Call:
425-556-2314

Monday - Friday 9 a.m. - 4 p.m.

Email:
rsc@redmond.gov

Online:
Redmond.gov/rsc



Redmond Senior Programs
15670 NE 85th Street
Redmond, WA 98052

Spread Positivity!

Take a photo or video of a positive word or phrase you'd like to share with the community!
Email to rsc@redmond.gov



Jody Martin
Senior Fitness Instructor

Message from Jody

Hi Everyone!
I hope all of you are staying safe and healthy during our Stay Home Stay Safe quarantine. I am missing you all SO MUCH and can hardly wait to see your smiling faces once again!

Until then, here a few tips to keep on track with your fitness!
- Jody xoxo

1. KEEP MOVING!

If you can safely go outside, take a walk. Get some fresh air, soak up some Vitamin D and work your heart and lungs all at the same time. If going outside is not an option, try marching in place during TV commercials or put on your favorite music and dance! Bottom line is get up and get moving!

2. STAY STRONG!

To improve leg strength, practice getting up and down out of your chair. Work up to doing 10 repetitions at least 3 times per week. Or do some squats. Stand in front of a chair - bend your knees keeping weight back on heels. Only bend to what feels comfortable on your knees. Work up to doing 10 repetitions.

3. STRETCH!

Keeping your muscles flexible will help decrease pain, increase circulation and help maintain your posture and balance. Most important muscles to stretch are calves, hamstrings (back of thighs), quadriceps (front of thighs) and your back.



Join **Judith Adams** for a free online workshop, **The Poet Apothecary: Poems for Healing and Comfort**. Judith will share her love of poetry and its comforting and healing qualities. She encourages others to share poems that have deeply touched their lives, as well.

Tuesday, May 19 - 1 p.m.
Online presentation

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Share Your Favorite Recipe

What's your favorite dish to make or bake? We are compiling a cookbook and would love for you to share your favorite recipe for breakfast, lunch or dinner, and of course, dessert!

We will gather all your entries and post it on our website as a printable **Redmond Senior Cookbook!** If you would like to participate, please email your recipe (and if you make it, take a pic and send that, too!) to rsc@redmond.gov and we'll start working on the best cookbook ever!