Aging — It Beats the Alternative
by John Friedman & Katie Dudley

Life has never been this long. Literally and figuratively, life is now long, and we are just now realizing how much extra time we have and that we must learn to fill it in some way. We know that aging is a process that often significantly changes a person through physical infirmity and sometimes, mental infirmity. Most of us probably have strong opinions about how we'd like to spend this supposedly golden period of life, and where we'd like to spend it. Many of us prefer to spend our old age at home with our families; many of us like the thought of spending those years in independent apartments with senior assistance. Whatever we choose to do with the excess of time that modern life has afforded us, it’s preferable that we spend it well-informed and well-connected with the available resources we have either saved or that society grants us.

League members are the type of people who like to be informed, and who like to do research. To that end, we hope that you will attend our forum on aging, and we hope that you provide your input by elucidating upon your own experiences.

A generation ago, people in their 60s were thought to be near or at retirement. Not anymore! Just look at the demographics on aging. Between 2017 and 2050 the United States will experience considerable growth in our older population. In 2050, just 33 years from today, people aged 65 and over are projected to be at 83.7 million, almost double its estimated population of 43.1 million this year. And over the past five years the fastest growing population in the US is in the range of 80- to 84-year-olds.

These trends in longer lifespans are due to public health campaigns, behavioral changes, and medical advances, all delivering improvements. The projected growth of the older population in the United States will present challenges for policy makers and programs such as Social Security and Medicare. It will also affect families, businesses, and the health care system’s ability to provide quality care. Our older populations will be more racially and ethnically diverse, requiring a broader set of needs.

The rationale for the League of Women Voters in Washington State to study the impact of aging is that it will directly affect all of us. The practical benefits of learning more about the issue—the options for living arrangements and the problems the aging will face will improve many aspects of our lives. It will also help policy makers develop and modify policies with greater understanding. It is imperative that all of us engage in planning now rather than when in crisis, including effective financial planning, knowing options for access to care facilities, and having proactive conversations and communication by family including end of life planning.

John Friedman’s presentation will incorporate educational information on options for aging based on his 20 years of professional healthcare

Continued on page 6
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## Mission Statement

The League of Women Voters of Seattle-King County, a nonpartisan political organization, encourages informed and active participation in government, works to increase understanding of major public policy issues and influences public policy through education and advocacy.

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Connecting with the Leadership

“We will shout with outrage, and we will sing of hope. We may not be polite, but we will be civil and affirm that precise language matters because it is a little easier to love one another if we understand one another. Lastly, we will not be idle while others debase words and people for their selfish, egotistical and mercenary ends.”

—Tod Marshall, Washington poet laureate

“I just can’t talk to him anymore.” “Everyone who voted that way is stupid.” “They’re all a bunch of racists.” “How could anyone vote for that crooked politician?” Have you heard talk like this since the election? It seems to be everywhere, but except for feeling good after letting off steam or bonding with a like-minded thinker, what good does such talk do? And as Tod Marshall implies, words like “stupid,” “racist,” “crooked,” are simply insults hurled, not precise, and do not lead to understanding.

Interestingly, although I still hear plenty of negative talk, I’m hearing more and more lately that we have to be able to engage in civil discourse, even—maybe especially—with those we disagree with. In a recent op-ed in my local paper, the writer told of a near brawl in a gym locker room, with both parties leaving angry. But the next week, the two apologized to each other, admitting that they had said things they shouldn’t have. Not that either one changed his mind, but at least they could be civil to one another. And that, we hope, is the beginning of listening, which may help bring understanding.

Civil—and civic—discourse is on the minds of many these days. Not only must each of us be open to talking with those we disagree with and who disagree with us—these conversations should be a two-way street—but we need to engage in civic discourse with elected officials and others who serve the public. And this discourse too must be a two-way street. Often we may call or write a letter about an issue, but we may not know if it did any good, or what the outcome of the issue was. Two people have recently told me they’re frustrated with an elected official: it’s difficult to make an appointment to see him, or she doesn’t respond to a question.

We are exhorted these days to take part in democracy: not only must we vote, but we must also contact officials about our views, from our local City Council members to our Senators. But we should insist that they not just hear our comments at Town Hall meetings, but they should engage with us in conversation. The next time you hear that your legislators are holding a Town Hall meeting, say, ask them to not only tell us what’s happening in the legislature, and give us an opportunity to ask questions or make comments, but to actually sit at a table and have a real conversation. It may take a while before such requests are honored, but keep asking. And keep listening. There are some League members interested in working formally on a plan to have more dialogue with elected officials. If you are interested in joining this group, please let me know.

I’m writing this on Martin Luther King Day, and I was especially moved when I heard some words from his Nobel Peace Prize acceptance speech:

I accept this award today with an abiding faith in America and an audacious faith in the future of mankind. I refuse to accept despair as the final response to the ambiguities of history. . . I believe that unarmed truth and unconditional love will have the final word in reality.

I hear echoes of this speech in Tod Marshall’s words: Through understanding comes love. If may be hard to get to love, but at least if talking, and listening, lead to understanding, may understanding will at least lead to constructive change.

And be persistent, and strong . . .

I’m not a movie critic, but I recently saw Hidden Figures, an excellent movie about the Af-
## February

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*Units meet during shaded period*

### FEBRUARY
- **Forum: Aging Issues**
  - Thursday, February 2
  - 7:00 p.m.
  - Seattle First Baptist Church
- **Board Meeting**
  - Saturday, February 4
  - 10:00 a.m.
  - League Office
- **The Voter Deadline**
  - Monday, February 6
- **International Relations Committee**
  - Monday, February 6
  - 12:45 p.m.
  - League Office
- **Transportation Committee**
  - Tuesday, February 14
  - 10:00 a.m.
  - League Office
- **Social Justice Committee**
  - Sunday, February 19
  - 3:00 p.m.
  - League Office
- **Econ. & Tax. Committee**
  - Saturday, February 25
  - 9:30 a.m.
  - 909 E. Newton #D-9, Seattle
- **Education Committee**
  - Tuesday, February 28
  - 11:00 a.m.
  - League Office

### MARCH
- **Forum: Women's Issues**
  - Thursday, March 2
  - 7:00 p.m.
  - Seattle First Baptist Church
- **Board Meeting**
  - Saturday, March 4
  - 10:00 a.m.
  - League Office
- **The Voter Deadline**
  - Monday, March 6
Forum Schedule

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<td>Jan 5</td>
<td>Program Planning</td>
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<td>Feb 2</td>
<td>Issues on Aging</td>
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<td>Mar 2</td>
<td>Women’s Issues</td>
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<td>Apr 6</td>
<td>Juvenile Justice</td>
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<td>May 4</td>
<td>Gun Control &amp; Mental Health</td>
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<td>Sept 7</td>
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<td>Oct 5</td>
<td>Ballot Issues</td>
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The League of Women Voters of Seattle-King County (LWVS-KC) presents a public forum most months between September and May, generally on the first Thursday of the month at 7:00 p.m. Most forums are held at the Seattle First Baptist Church, but occasionally they are scheduled at other locations and times. The tentative schedule of forums for 2017 appears at left; check the Voter each month or the LWVS-KC website, seattlelwv.org, for up-to-date information. Past forums are frequently televised and can be accessed from the resources page of the website.

Board Briefs by Becky Cox on behalf of Zara Kublin, Secretary

The League of Women Voters of Seattle-King County and Education Fund Boards met on Saturday, January 7, 2017. This is a summary of their work.

The Board met on a chilly Saturday to bring in the New Year. Welcome 2017 with all your possibilities and challenges!

LWVS-KC meeting:

Action Workshops appear to be a hot ticket across the state. All workshops have sold out, including the last one in January here in Seattle. Many attendees in Seattle are non-leaguers. This is good opportunity for membership recruitment.

A summary of the unit meetings that discussed affordable housing was reviewed. This was discussion only, not a consensus.

Program go-round is a vital part of League as we make suggestions for next year’s program at our January units. Abigail and Amanda will summarize the unit reports for the Board.

We have had a startling and pleasant increase in membership. A total, to date, of 73 new members have joined since November 1. Welcome, all! Our data entry person, Joan O’Reilly, has fingers flying to get our membership list entered into our database as well as the National database. Thanks, Joan!

Starbucks is interested in continuing Ballots and Baristas in the future! The effort will be in Seattle for now, but there is talk about expanding the event. Our social media exposure was discussed. Our Board experts will be consulted to develop a plan.

The Board agreed to add our name as sponsor to the “Kids for Peace” parade. The thrust is to urge people to stop denigrating Islam. This is in keeping with our social fairness positions.

Education Fund meeting:

Amanda informed us that we are behind in securing TRY sponsors. She will be calling previous sponsors. The 2017 TRY will go to the publisher soon. We have reduced the run this year so get your copies NOW!

Continued on next page
Board Briefs continued:

Abigail Doerr discussed our Spring event plans. She prepared an excellent review of 3 options that defined both cost and risk. For 2017, we will proceed with the lower cost and risk option. Abigail is now the designated Owner of this event, meaning she is the overseer. Stay tuned!

Cover article continued:

experience and his personal journey with his mother and siblings and extended family over the past few years. He hopes to share with you practical and useful information to educate and inform on the important topic of aging.

Ellen Berg will discuss the “village” concept and how it can provide community for seniors, enabling them to live independently for a longer time.

Cathy Knight will give an overview of available services in Washington State.

Leadership continued:

frican-American women mathematicians who served as “computers” at NASA in Langley, Virginia, in the early 1960s. These were smart—no, brilliant—women who worked in what looked like a secretarial pool, segregated from the rest of the NASA compound in one building, with the only “colored” women’s bathroom in the compound. Sometimes one would be reassigned to work in another unit, usually composed of all white men and a white secretary. The indignities and humiliations these women were subjected to are appalling, yet the three primary protagonists persisted in fighting for their goals, sometimes deviously, sometimes with outright anger, yet always with civility. And they wouldn’t give up.

How much we lose when we dismiss others because of the color of their skin, or their religion, or their sex, or some other perceived “otherness.” It’s difficult and frustrating to have to talk, and listen, and do it again and again, but persistence and strength will eventually prevail.

Amanda Clark
President
Committees

Economics and Taxation Committee
DATE: Saturday, February 25
TIME: 9:30 a.m.
PLACE: 909 E. Newton #D-9, Seattle

Education Committee
DATE: Tuesday, February 28
TIME: 11:00 a.m.
PLACE: League Office
Special Date! Speaker: Catherine Ahl

International Relations Committee
DATE: Monday, February 6
TIME: 12:45 – 2:45 p.m.
PLACE: League Office

Social Justice Committee
DATE: Sunday, February 19
TIME: 3:00 p.m. – 4:30 p.m.
PLACE: League Office

Transportation Committee
DATE: Tuesday, February 14
TIME: 10:00 a.m. – 12:00 p.m.
PLACE: League Office

If you are not a regular attendee of a committee (or on the email list for the group), please call the office before coming in to confirm the meeting.

We encourage participation in our committees by all interested members. It's a great opportunity to meet and talk to community leaders, stakeholder organizations, and experts where you can have direct input on local issues that affect you.

Don’t see a committee that covers your issue? Call the office and let us know. Sometimes people are working more informally without regularly scheduled meetings. If so, we may be able to help connect you with them or help you start your own.

Diversity Policy

The League of Women Voters of Seattle-King County (LWVS-KC), in both its values and practices, affirms its beliefs and commitment to diversity and pluralism, which means there shall be no barriers to participation in any activity of the League on the basis of gender, race, creed, age, sexual orientation, national origin or disability.

LWVS-KC recognizes that diverse perspectives are important and necessary for responsible and representative decision-making. LWVS-KC subscribes to the belief that diversity and pluralism are fundamental to the values it upholds and that this inclusiveness enhances the organization’s ability to respond more effectively to changing conditions and needs.

LWVS-KC affirms its commitment to reflecting the diversity of Americans in its membership, board, staff and programs.
Shop and help the League!

It may not seem like much when you shop at PCC and know that 5 percent of your purchases will come back to the League—but it does add up! Thanks to the members who shopped with their PCC Scrip cards, we recently received a check for over $400. And that’s just for six months! If you shop at PCC and haven’t joined the scrip program, you can get more information about it from Paneen Davidson, paneenie@gmail.com.

There are other programs, as well. If you shop at Amazon, sign up for Amazon Smile, which also returns a percentage of purchases to the charity of your choice. Use the website smile.amazon.com rather than just amazon.com (the same shopping opportunities are there); our name is League of Women Voters of Seattle-King County Education Fund.

And remember, every little bit helps.

A new evening unit is starting!

Do you work downtown? This may be just for you. Every third Thursday of the month the new Downtown/Pioneer Square unit will be meeting at the Flatstick Pub at 5:30 pm. Come join us for a drink and some lively discussion of the topic of the month.

Or, try one of the other fifteen units around King County. For dates, times, and locations see pages 21-22.
Updates from our State and National Leagues

All members of the LWV of Seattle-King County are also automatically members of the LWV of Washington and the LWV of the United States, whose work focuses on issues of state and national concern, respectively. Be sure to sign up for weekly email newsletters and/or visit their websites: www.lwvwa.org and www.lwv.org for the latest information.

Olympia and Our Washington

Our state lobby team is moving full speed ahead on our legislative priorities (see the list on the following page). Thanks to some very popular action workshops we now have an even bigger pool of volunteers ready to lobby their legislators!

A big event on the horizon is our biannual state convention in June where Leaguers meet to set the program agenda for the coming two years. We also elect officers, set a budget and do some other corporate tasks. As important as the business side is the opportunity to meet with other members from around the state, attend workshops to improve our skills, and hear from elected officials and community leaders about current issues.

This year’s convention will be held in Seattle and we will need a lot of volunteers both to help plan the workshops and other activities as well as be on site to manage the attendees during the four-day event. Please call or email the office if you would like to be involved - there are tasks both large and small and all are valuable and necessary!

National News

Happy Birthday to League! On February 14 we celebrate our 97th year. As ever, we continue the fight for suffrage. League is party to litigation about voter suppression in 26 states. The current national priorities are:

- Protecting Voters
- Educating and Engaging Voters
- Reforming Money in Politics
- Defending the Environment

After the fabulous turnout for the Women’s March, national put out the following list of what to do next:

1. Join the League of Women Voters!
2. Call Congress – and call them often!
3. Register to Vote - and help your friends get registered! Check out www.VOTE411.org for more information.
4. Make a Donation to Defend our Democracy!
5. Become an e-Activist!

If you’ve already done the first, you can encourage someone else or give a gift membership. You can read more about all of these issues and more on the national website.

We know your email inboxes are full of messages from all kinds of groups asking you to sign petitions, call your legislators, (and donate) in response to the many challenges to issues League has supported for years. From Women’s Health to Environmental Protection to Voting Rights, calls for action are coming in every day. We hope that you will make an effort to respond to the messages you see coming from our national and state offices. Not getting the weekly alerts? Let us know and we will make sure your email address is updated in the system. New members — it may take a few weeks after you sign up for the updates to make it all the way to the various levels! You can always go to the websites for the latest information.
2017 STATE LEGISLATIVE AGENDA
The League of Women Voters of Washington advocates on/lobbies on a number of important issues in Olympia.

DEMOCRACY: ELECTIONS, VOTING RIGHTS & CAMPAIGN FINANCE
Expand opportunities to participate in elections and government, minimize the influence of special interest money in politics, increase transparency, promote more representative election systems, encourage greater civic involvement and support disenfranchised communities.

EDUCATION
Adopt a plan to fully fund basic education including funding sources and the necessary appropriations in the 2017-19 biennium budget.

FAIR & ADEQUATE REVENUE
Adopt revenue policies that are stable and fair to adequately fund services and functions critical to the well-being of the people of our state.

SOCIAL POLICIES

ECONOMIC & SOCIAL JUSTICE Ensure equality of opportunity, prevent and reduce poverty and promote fair policies for all struggling to realize their human potential.

GUN SAFETY Limit accessibility of firearms, including assault-style weapons and high capacity clips. Enact safe storage requirements for guns.

HEALTH CARE & MENTAL HEALTH & REPRODUCTIVE RIGHTS Ensure access for all residents to comprehensive, uniform and affordable physical and mental health care services.

CLIMATE CHANGE, ENERGY & NATURAL RESOURCES

CLIMATE CHANGE Reduce carbon emissions by a carbon tax or other measures.

ENERGY Protect the Energy Independence Act, increase renewable power use, promote energy conservation in building and lifestyle practices.

SHORELINES, WETLANDS & LAND USE Protect our Shoreline Management, Growth Management & State Environmental Policy Acts from efforts to weaken them.

WATER & RIVERS Protect our water quantity and quality and in stream flows.

FORESTS & WILDFIRES Protect our forests impacted by drought and prepare for increasing wildfires. Oppose the transfer of federal lands.

Priority Issues
For more information on the current work of the lobby team on issues, including bills supported and opposed, actions you can take to impact policy, an analysis of the issue, and valuable resources, please visit these pages:

Democracy: Elections, Voting Rights and Campaign Finance
Climate Change, Energy, and Natural Resources
Economic Justice
Education
Fair and Adequate Revenue
Gun Safety
Health Care and Reproductive Rights
Transportation

Click for a downloadable copy of our 2017 Legislative Agenda & Issue Chairs

How You Can Get Involved
You can make a difference. Sign up for League’s Legislative Newsletter and Action Alerts to learn how YOU can advocate for these important issues. Please indicate the issue areas of greatest interest to you. Would you like to join our advocacy effort? Please contact our Advocacy Vice President, Kathy Sakahara at ksakahara@lwvwa.org

Note: the links referenced in this article can be accessed by going to the online version at http://lwvwa.org/positions.html.
THE NEW EDITION OF THE TRY (THEY REPRESENT YOU) DIRECTORY OF ELECTED OFFICIALS IS READY!

Members will be receiving a copy in the mail early February and copies will also be available at libraries, government offices, and other locations around King County. Stop by around the end of February and if you don’t see them at the city hall or library near you, please let us know.

A couple of coffee shops have requested copies to have on hand and encourage their patrons to be in touch with their legislators. Consider stopping by your neighborhood shop and see if they might be interested in doing the same!

ELECTION DAY - FEBRUARY 14TH...

For citizens in Maple Valley and the Shoreline School District. Ballots were mailed Jan. 27. There is still time to register in person until Feb. 6. More information about what’s on the ballot can be found online at kingcounty.gov/elections. Ballots can be mailed postage free for this election!

FOR SEATTLE RESIDENTS:

By now many of you have received your democracy vouchers in the mail. You may even have received a request for them from a candidate running for Seattle City Council or City Attorney.

This is part of Seattle’s new public financing of city elections and is open not just to registered voters but to all U.S. Citizens and Legal Permanent Residents who reside in Seattle. Each resident gets four $25 vouchers and may give them all to one or split them between eligible candidates. They can be “spent” now, or you can hold onto them until later in the election season. For more details on how they work, or how to get them if you haven’t yet, go to seattle.gov/democracyvoucher or call the elections office at 206-727-8855.
WELCOME TO NEW MEMBERS:

**Teegan McClung** grew up in Michigan and came to Seattle in 2000 to study oceanography at the University of Washington. She met her husband at UW, and after earning her BA, she consulted on environmental issues and did research in oceanography. Teegan and her husband later moved to Pittsburgh, where he pursued his medical studies and she earned a MA in Forest Ecology. Back in Seattle, Teegan’s husband is now working at Providence Hospital in Everett and Teegan is expecting their first child in March. With the thought of the kind of world this child will be born into, Teegan wanted to be involved in possibilities for change and decided to join the League of Women Voters. Teegan has volunteered with groups working on natural ecosystems and science education. A new area of special interest for Teegan is social causes.

**Sandy Bubalo Dickinson** grew up on Vancouver Island and graduated from the business program at the University of British Columbia in Vancouver. Work and school took Sandy to Montreal, Copenhagen, Charlotte, and Atlanta, where, while working for MacMillan Bloedel/Weyerhaeuser, she met her husband, a native of Seattle. They moved to Seattle from the south-east U.S. in 2000. Their three teen boys and a spunky rescue dog now keep them busy.

Sandy has participated in various political campaigns and volunteer activities over the last 10 years. She thinks it is important for everyone to be involved in the political process, to educate themselves on issues they are passionate about and to vote. Recently, she has been volunteering with the Brady Campaign to Prevent Gun Violence. She would like to be involved with League’s lobbying team, especially on HB101 regarding concealed weapons.

**Tara Alvergue** found, after graduating from the University of Oregon and working back home in San Francisco, that she had not gotten the Pacific Northwest out of her system. She moved to Seattle in 2015. Tara graduated with a B.Ed in Family and Human Services, a program she felt deeply about, as she wanted to work with at-risk families. Until she moved to Seattle, Tara worked with the Trust for Public Land, where she focused on fundraising events. She is currently working in another fundraising role at Davis Wright Tremaine, a law firm in Seattle, but feels disappointment that she hasn’t been able to work in human services as she had hoped.

That and her disappointment at the outcome of the November 8 election inspired Tara to join the League of Women Voters. She wants to be involved in local politics and to be surrounded by the strong, confident, and active women of the League.

The less serious side of Tara finds her enjoying her book club (currently reading *The Immortal Life of Henrietta Lacks*), at a festival, or concert, at the Sunday Farmer’s Market with her puppy and fiancé, or trying out new recipes.

*We have so many new members in recent weeks that we can't keep up on drafting the bios. If you'd like to send us something short, we'll include it, but otherwise we'll just be listing the names starting next month.*

**IN MEMORIAM**

**Barbara Norby**, a long-time League member from Enumclaw, passed away in October at the age of 90. She was an active and feisty participant in the political process and in the League. She served on the Board of King County South in several capacities. There was an extensive news article in the Enumclaw paper in 1991 recounting Barbara’s taking the City Council to task for their land use planning and policies. She wasn’t afraid to champion issues she cared about.

She had a rather unusual degree for a woman of her time. She had a Master’s in Botany from WSU. After graduation, she and her husband went to Costa Rica and spent a year with Alexander Skutch, a famed ornithologist. Their research can be found on the Internet.
What You’re Thinking

Do you wonder what happens to the answers your unit gave to the questions about the forum? They do get reviewed by the organizers of the forums to help develop future programs, but we thought we’d summarize them for everyone to see.

SUMMARY OF NOVEMBER UNIT ANSWERS: AFFORDABLE HOUSING

Number of Units reporting: 11 out of 15
Number of members present: 76 in the units that reported
Number of guests: 10

The responses are listed in the order of frequency for each question, with the asterisk representing the top 4 or 5 items.

1. Who are the people who live in places like the “jungle” and why do they choose to live there?
   Who lives there:
   • *People with mental or drug problems
   • *The poor
   • *Those looking for safety and sense of community
   • *Those who choose to live there
   • *No place else to live
   • Runaways
   Why:
   • *Don’t like rules of any kind
   • *Afraid of crime in the shelters
   • *To keep family group together
   • *Want to keep pets
   • No or reduced services leaves no option
   • Job loss
   • Can’t manage life
   • Because they are a minority

2. Do rising prices of our homes raise our own standard of living?
   *No
   *Just to maintain standard of living, people need to move further out
   *Yes, long term, probably for children
   *Raising prices results in housing becoming income property, e.g. “flipping.”

3. Should the government provide low-income housing so that those who can’t compete in the market but need to work in the city have places to live?
   *Yes
   • *Government needs to support creative ideas; mother-in-law apartments, tiny houses, podments, more Section 8 housing.
   • *Need to take advantage of transit including subsidies to encourage ridership
   • *Need to partner with businesses
   • *Public employees need special consideration.
   • Housing should be provided regionally to disperse low-income housing.
   • Doing this reflects our values
   • More low-income services can be provided
   • Need a King County/regional plan for low income housing
   No

4. How can neighborhoods share in the reality for the need for below-market rate housing?
   • *Promote openness to low income neighbors and to diversity
   • *Support centralized housing so services can be provided
   • *Scatter the siting of low income housing
   • *Salvage old houses
• Churches need to do more
• Incentivize low income housing
• Land near rapid transit needs to be secured
• Use the property tax (a governmental issue)
• Talk to homeless to see what they want
• Use zoning (a governmental issue)

Note: One objection registered on the use of the word “reality.”

5. How should our business community share in that reality?
• *Provide housing for employees
• *Raise the minimum wage
• *Contribute to nonprofits that provide help
• *Support increased taxes to build affordable housing
• Use zoning to help add space (governmental issue)
• Promote development of low income housing around transit stations
• Apartment owners set aside a percentage of units for low income
• Subsidize transit passes
• Provide sick/family leave/day care
• Pay impact fees
• Share burden*An asterisk indicates top-ranked issues for the question.

6. How can the LWV of Seattle-King County help with the discussion?
• *Write letters
• *Look beyond Seattle to check progress
• *Lobby City of Seattle to restore general fund revenues to housing
• *Publicize our positions in the Voter
• Support Best Start Kids program in King County
• Check on National LWV priorities
• Share information about what works and what doesn’t work
• Create a picture of the cost and level of aid provided by all programs
• Stress issues of mental illness and substance abuse
• Work with other organizations, i.e. Faith Action Network, to develop more housing
• Provide oversight
Women’s March

Editor’s Note:
All – as this is going to print after the January 21 Women’s March in Seattle, I want to acknowledge the hard work of League members who worked as volunteers at the event, and kept us up-to-date with how our participation. I also want to thank all who were able to come to the sign-making party on January 19th.

There was amazing creativity in the signs people came up with at the march here and around the world. One we didn’t get a picture of but speaks to the League mission:

“Activism is the rent I pay for living on planet Earth.”

Exhausted but exhilarated.
BOOK REVIEW by Vicky Downs

THE HOUSEKEEPER AND THE PROFESSOR  By Yoko Ogawa

With the Professor’s address from the Housekeeping Agency in hand, a young woman rang the bell. An old man in crumpled jacket covered with post-its opened the door and looked at her.

She announced herself as the new housekeeper and waited for him to speak.

“What is your shoe size?” he asked.

“Twenty-four centimeters.”

“That’s a sturdy number, he said. It’s the factorial of four. He closed his eyes and was silent.”

“What’s a factorial? [She] asked at last.”

“The product of all the natural numbers from one to four is twenty-four, he said without opening his eyes. What’s your telephone number? [When she] gave it, he nodded, as if deeply impressed. That’s the total number of primes between one and one hundred million.”

This is a Japanese story of a young housekeeper who tells us about her work in the Professor’s home. We learn he taught mathematics until 1975 when he hit his head in an automobile accident. “Since then, he has been unable to remember anything new. He can remember a theorem he developed thirty years ago, but has no idea what he ate for dinner last night.” His short-term memory lasts “precisely eighty minutes.” If the housekeeper was late returning from the grocery, he would come to the door and ask her shoe size once again.

I found this a delightful book, in which I learned to see the world from the point of view of the Professor and his housekeeper. He meets her nine-year-old son and instantly calls him Root, “because, he said, the flat top of his head reminded him of the square root sign.”

“There’s a fine brain in there, he said as he tussled the boy’s hair. With this one little sign we can come to know the infinite range of numbers, even those we can’t see.”

The boy, the housekeeper, and the reader become fascinated by the old man. We learn about amicable numbers, the meaning of the square root, how the “very origins of the universe could be explained by the exact language of numbers,” and “the enormous prime numbers with more than a hundred thousand places.”

One day, Root finds out that the Professor was once fascinated by baseball, especially the Japanese team called the Hanshin Tigers. He recites details from many games played before 1975 and discussed them at length. However he had never been to the stadium to see a game in play.

Before long the housekeeper and Root plan to take the old man to a Hanshin game. Once at the stadium, the Professor reports, “The diamond is 27.43 meters on each side.” When he notes that his seat number is 714 and Root’s is 715 he happily recalls “The [home run] record Babe Ruth set in 1935 was 714 and later Hank Aaron broke that record by hitting his 715th!” Soon his commentary was noticed and appreciated by people sitting near by. One man said the Professor was much better than the commentator on the loud speaker.

After the baseball game, the three become something like a family in which “all three learn from each other.”

This book shows us that even with inevitable lapses as we grow older, there is much to live for.

I lived in Japan for forty years and read many Japanese books in translation. This book now takes pride of place in my heart.

Opinions in this review are personal and do not necessarily represent those of the League.
Aging Issues

This month’s materials and forum were prepared by League members Margaret Austin, Joan Brown, Martha Jordan, Judy Love, Doris Martin, Gaby Metzger, Cate Mueller, and Ruth Werntz.
UNIT MEETING AGENDA

- Welcome and Introductions
- Announcements/Volunteer Sign Ups
- Discussion Questions

1. What do you see as the most critical issues facing seniors?
   a. Financial security

   b. Staying in their own homes – taxes, home repair and modifications

   c. Access to transportation

   d. Abuse and neglect; loneliness and fear of falling or other home injuries

2. What are the legal documents we should have in place as we age?

3. How does a senior identify the resources available to help in planning for the future?

4. How does a senior plan for the cost of health care?

5. How does a senior know when it’s time to ask for help?
AGING IN PLACE
By Joan Brown

The concept of “aging in place” covers a wide variety of perceptions. More than just the ability to stay in one’s own home as we age, it also implies that we enjoy the health, financial security, and mental agility to navigate today’s modern world. Surveys show that seniors want to stay in their homes as long as possible, but many may not be able to achieve this goal. A 2007 statewide survey of residents (then) 50-65 found a total of 77 percent intended to stay in their home into retirement.

The ability to age in one's own home is to a certain degree governed by a multitude of issues. It's imperative that people understand the cost of growing older is a very real issue that must be planned for and will affect the viability of these goals, including financial, health care, availability of transportation, and community. Now consider this startling fact:

A demographic tidal wave is due to hit King County. The population of seniors is to double by 2025, becoming 23% of the population. This tidal wave includes current seniors as well as the baby boomer generation, which, despite higher incomes and educational levels, are less well-prepared for retirement than previous generations.

Some of our parents enjoyed lifetime pensions for their retirement income, something today’s employees may not have available to them. This new wave of retirees is living longer and may be retiring earlier but are depending on their IRAs and 401Ks or lump sum payouts to meet their retirement goals. Statistics show less than 25 percent of the “boomer” generation has saved more than $25,000 for their retirement. The economic security of older adults is a significant concern. Studies tell us that, unfortunately, many may lack the financial acumen to manage their assets if they do have them. Twenty percent of current seniors and 90 percent of boomers are at risk of outliving their assets primarily due to the change or shift from fixed pensions to variable incomes and (or) the lack of financial planning.

The rising costs of health care, food, and housing impact all of us but adversely affect seniors to a greater degree. If we look at health care we find that there are not enough trained doctors in geriatric medicine to meet the needs of the aging population, and the costs of long-term care are rising. The estimated average patient cost for the patient's lifetime enrollment is over $250,000. One serious health issue could wipe out a lifetime of savings.

Aging in place, then, while it's what most seniors desire, is a complicated subject, not easily accomplished simply by one's desire.

VILLAGES FOR A MODERN OLD AGE
By Ellen Ziskind Berg

Modern old age is something new under the sun – experts call it a new stage of life. Unprecedented longevity, thanks to modern medicine and nutrition, is one of two defining hallmarks of modern old age. Here’s just one statistic: the Census Bureau reports that in 1980 there were 15,000 centenarians in the U.S., and in 2014 there were 72,000. That’s more than triple the 1980 amount, and in only 34 years!

The second defining characteristic of modern old age is that thanks to the public (and private) pensions begun in response to the Great Depression, most people can afford to stop working at some point in later life. Financial security coupled with longevity means that for many of us, retirement can span years, or even decades.

There are many descriptions of modern old age; one I like comes from the psychologist Mary Carlsen, who describes modern old age in terms of “a set of wonderings.” I paraphrase:

We wonder about what comes next, about how long we will live; about whether we'll be vulnerable or strong when losses and changes come? We wonder about our lifestyle: should
we push the limits or relax? We wonder where we should live –

This last wondering comes up time and again: when we retire, are widowed, have a bout of illness, or become very, very old. Should I stay put or should I move? My arrangements work now, but will they in the future? One response to these vexing questions took place in Boston around the turn of the 21st century, and is spreading across the country: it is the elder village, also called the virtual village. There are now over 200 villages open across the country, with 150 more in development, according to the Village-to-Village Network (http://vtvnetwork.org/).

These villages are not places you move to, but organizations you join; and their mission is to help people age in their own neighborhoods and homes. Membership assures you of services (offered by staff, volunteers, or members) which help you age in place – transportation and home upkeep top the list of requested services. Membership also offers you opportunities for being part of a community in which elders are not invisible or socially isolated. Community activities range from social events, cultural outings, and parties; to civic engagement; and, of course, to village governance responsibilities.

Villages are found in cities, suburbs, and rural areas across America – there are six open villages in Washington (three in Seattle, and one each in Bellingham, Twisp, and South Whidbey), and there are ten more in development, including one in Bellevue called Eastside Neighbors Network. The hard work of beginning a new village and of running it once it opens, is made inestimably easier by the sharing of experience through the Village-to-Village Network, online and at their annual gatherings for leaders.

I have attended one of these gatherings, where I encountered an exciting, uplifting spirit. These leaders (about half from open villages from Beacon Hill onwards, and half from villages in development) feel that they are creating a new institution – the elder village – which is needed, wanted, and proven to work. As for needed: Boomers are aging in astounding numbers, and there is no other feasible or cost effective way to provide the amount of short and long-term service they will need as they age (think millions of knee replacements, millions with dementia). As for wanted: survey research clearly shows that most older people prefer to stay in their own homes, rather than moving into age restricted retirement communities or nursing homes. As for proven effective: to their credit, the early village leaders welcomed academic research about their program; therefore, we now know that on multiple measures, villages increase quality of life in a cost-effective way.

But there is yet another aspect to the exciting, uplifting spirit which infuses the village movement. By creating an institution to meet their own needs, and to meet a societal need, village people are demonstrating to themselves and the world that modern old age is not only a time of longevity and retirement from work, it is also a creative, connected, contributing stage of life.
# Unit Meetings

(Unit times and locations subject to change; please verify with unit leader. Meetings are open to all.)

<table>
<thead>
<tr>
<th>Unit Leader email</th>
<th>Phone</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>Monday, February 6</td>
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<tr>
<td><strong>SOUTH SEATTLE</strong> - Marian Wolfe and Vivian Montoya</td>
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<tr>
<td><a href="mailto:hedgwolfc@aol.com">hedgwolfc@aol.com</a></td>
<td>206-763-9430</td>
<td>5:30 p.m.</td>
<td>Third Place Books - downstairs</td>
</tr>
<tr>
<td><a href="mailto:montoyaviv@gmail.com">montoyaviv@gmail.com</a></td>
<td>206-695-2620</td>
<td></td>
<td>5041 Wilson Ave. S, Seattle</td>
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<td>Wednesday, February 8</td>
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<td><strong>NORTHEAST SEATTLE</strong> - Gail Winberg</td>
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<td><a href="mailto:winbergeng@Q.com">winbergeng@Q.com</a></td>
<td>206-524-7801</td>
<td>12:45 p.m.</td>
<td>Brig Bldg. (6344) in Magnuson Park 7400 Sand Point Way NE, Seattle</td>
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<td><em>Directions:</em> Go into the Park through North entrance at 74th and drive EAST toward water. At the STOP sign, turn LEFT to park in front of the Brig, or RIGHT, for more parking.</td>
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<tr>
<td><strong>QUEEN ANNE/MAGNOLIA/BALLARD EVENING</strong> - Kathy Pugh and Marlis Worthington</td>
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<td></td>
<td></td>
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<tr>
<td><a href="mailto:ckp1966@comcast.net">ckp1966@comcast.net</a></td>
<td>503-580-1240</td>
<td>7:30 p.m.</td>
<td>Magnolia Church of Christ</td>
</tr>
<tr>
<td><a href="mailto:marliswrt@hotmail.com">marliswrt@hotmail.com</a></td>
<td>206-283-7147</td>
<td></td>
<td>3555 W McGraw St, Seattle</td>
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<td>Thursday, February 9</td>
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<td><strong>MERCER ISLAND</strong> - Paneen Davidson</td>
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<td><a href="mailto:paneenie@gmail.com">paneenie@gmail.com</a></td>
<td>206-466-2023</td>
<td>9:30 a.m.</td>
<td>Emmanuel Episcopal Church 4400 86th Ave SE, Mercer Island</td>
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<td><strong>ISSAQUAH</strong> - Margaret Austin</td>
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<td><a href="mailto:margaret.austin@comcast.net">margaret.austin@comcast.net</a></td>
<td>425-392-5760</td>
<td>10:00 a.m.</td>
<td>Echo Room, Issaquah City Hall 130 East Sunset Way, Issaquah</td>
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<td><strong>UNIVERSITY HOUSE/WALLINGFORD</strong></td>
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<td></td>
<td>206-329-4848</td>
<td>10:30 a.m.</td>
<td>University House, Auditorium 4400 Stone Way N, Seattle</td>
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<tr>
<td><strong>SOUTHEAST KING COUNTY/ENUMCLAW</strong> - Cathy Dormaier</td>
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<tr>
<td><a href="mailto:clcathy@skynetbb.com">clcathy@skynetbb.com</a></td>
<td>360-802-6799</td>
<td>11:45 a.m.</td>
<td>Contact unit leader for location.</td>
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<tr>
<td><strong>NORTH CENTRAL</strong> - Jan Orlando</td>
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<tr>
<td><a href="mailto:orlanre@aol.com">orlanre@aol.com</a></td>
<td>206-524-0936</td>
<td>1:00 p.m.</td>
<td>Hostess: contact unit leader</td>
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<tr>
<td>Day</td>
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<tr>
<td>Monday, February 13</td>
<td>CAPITOL HILL/MONTLAKE</td>
<td>7:15 p.m.</td>
<td>Hostess: Linnea Hirst</td>
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<tr>
<td>Tuesday, February 14</td>
<td>BELLEVUE/KIRKLAND/REDMOND</td>
<td>12:00 p.m.</td>
<td>Bellevue Library, Room 6</td>
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<tr>
<td>Thursday, February 16</td>
<td>SOUTHWEST KING COUNTY</td>
<td>7:00 p.m.</td>
<td>Foundation House</td>
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<tr>
<td>Saturday, February 18</td>
<td>BALLARD/MAGNOLIA/QUEEN ANNE DAY</td>
<td>10:00 a.m.</td>
<td>Hostess:</td>
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<tr>
<td>Monday, February 20</td>
<td>FIRST HILL</td>
<td>10:30 a.m.</td>
<td>Horizon House, Forum &amp; Social Room</td>
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<td></td>
<td>NORTH KING COUNTY</td>
<td>7:00 p.m.</td>
<td>Third Place Commons, Stadler Mtg Room</td>
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<tr>
<td>Tuesday, February 21</td>
<td>WEST SEATTLE</td>
<td>1:00 p.m.</td>
<td>Daystar Retirement Village</td>
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### Board & Committee Contacts

<table>
<thead>
<tr>
<th>Term</th>
<th>Executive Committee</th>
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<tr>
<td>2015-17</td>
<td>President</td>
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<td>Amanda Clark</td>
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<td>2016-18</td>
<td>1st VP</td>
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<td>Pat Griffith</td>
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<td>2015-17</td>
<td>2nd VP</td>
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<td>Janet Winans</td>
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<td>2016-17</td>
<td>Secretary</td>
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<td>Zara Kublin</td>
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<td>2016-17</td>
<td>Treasurer</td>
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<td>Linda Snider</td>
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<td><strong>Directors</strong></td>
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<td>2016-18</td>
<td>Action</td>
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<td>Robin Brown</td>
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<td>2016-18</td>
<td>Public Relations</td>
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<td>Stephanie Cirkovich</td>
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<td>2016-18</td>
<td>Membership</td>
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<td>Becky Cox</td>
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<td>2016-18</td>
<td>Program</td>
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<td>Abigail Doerr</td>
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<td>2015-17</td>
<td>Voter Editor</td>
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<td>Katie Dudley</td>
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<td>2016-17</td>
<td>Development</td>
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<td></td>
<td>Kiku Hayashi</td>
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<tr>
<td>2016-18</td>
<td>Asst. Treasurer</td>
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<td>Gaby Metzger</td>
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Note: All board members listed above are also members of the Education Fund Board.

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<tr>
<th>Term</th>
<th>Education Fund Officers</th>
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<tr>
<td>2015-17</td>
<td>President</td>
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<td>Amanda Clark</td>
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<td>Treasurer</td>
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<td>Joanna Cullen</td>
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Nominating Committee

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<thead>
<tr>
<th>Term</th>
<th>Chair</th>
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<tbody>
<tr>
<td>2016-17</td>
<td>Nancy Eitreim</td>
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<tr>
<td>2016-17</td>
<td>Paneen Davidson</td>
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<tr>
<td>2016-17</td>
<td>Judy Love</td>
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Boardmembers Joanna Cullen and Abigail Doerr (listed above) have been appointed to the nominating committee.

<table>
<thead>
<tr>
<th>Term</th>
<th>Off Board Positions</th>
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<tr>
<td></td>
<td>CIS Coordinator</td>
</tr>
<tr>
<td></td>
<td>Cynthia Howe</td>
</tr>
</tbody>
</table>

Committees

- **Economics & Taxation**
  - Nora Leech
  - nleech2002@yahoo.com
- **Education**
  - Joanna Cullen
  - 206-329-8514
  - jfoxcullen@gmail.com
- **International Relations**
  - Carol Goldenberg
  - carolsamgo1@gmail.com
- **Transportation**
  - Abigail Doerr
  - abigail.doerr@gmail.com
- **Social Justice**
  - Nikki Hurley
  - nhurley1009@gmail.com
- **Social Justice**
  - Melissa Taylor
  - mewingard@yahoo.com
- **Waterfront**
  - Nancy & Charles Bagley
  - 206-282-1578
  - candnbagley@comcast.net
LWV SEATTLE-KING COUNTY:
Issues and Answers for an Aging Population

Thursday, February 2
6:30 p.m. - Doors open
(no discussion leader briefing)
7:00 p.m. - Forum begins

Seattle First Baptist Church
1111 Harvard Ave (at Seneca)
Seattle, WA
Accessible entrance on Harvard

This forum is free and open to the public.

Panelists:
➢ Cathy Knight, Director, Washington Association of Area Agencies on Aging
➢ Ellen Berg, Professor, Telos Program
➢ John Friedman, Area Vice President, Kindred Health Care

Moving? Prefer the online edition? Let us know!
Call the League office at (206) 329-4848 or email info@seattlelwv.org