**Maybelle's Community Voice**

Join us virtually every Thursday at 3:30pm. Login information at maybellecenter.org/members

**Too Blessed to be Stressed**

**Women’s Spirituality Group**

Meets virtually starting Friday, Feb 19th from 1-2PM

Join Jackie for a weekly spiritual and social support group where women and feminine non-binary people can gather to build our connection, share stories and enjoy each other’s company.

Each week we will spend time talking about a topic that helps us reflect on our life journey and our connection to each other, and our own inner wisdom. All faith traditions welcome.

Join via the web on your computer or phone: https://us02web.zoom.us/j/85410916628

Dial in by phone (no internet required): 253-215-8782 (Meeting ID 854 1091 6628)

**Did you know?**

February is Black American month

In 1926 a group co-founded by historian Carter G. Woodson declared the second week of February “Negro History Week”.

In 1976, U.S. President Gerald Ford extended the event to “Black History Month” to “honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history.”

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*Dr. Martin Luther King Jr.*

"We need leaders not in love with money but in love with justice, not in love with publicity but in love with humanity.

National Geographic online"
An invitation to join our Tech Task Force

Do friends come to you for advice when their computer, tablet, or phone doesn’t work? Have you helped friends get connected to Zoom, helped create a new email address, or get high-speed internet?

Share your knowledge with Maybelle members and volunteers by joining our Tech Task Force. You’ll be an advocate for other members by providing “how-to” technology support – so all of us can access the technology we need to stay connected.

These are just some of the technology-related questions you might encounter:

• Downloading and joining a Zoom meeting for the first time
• Assistance with activating a device
• Troubleshooting email or internet access
• Navigating through Xfinity/Comcast customer support or phone providers

Worried you’ll get stumped by a question? None of us are experts in every area, and we encourage you to collaborate with other Maybelle Tech Task Force members. Plus, your team will put together a list of community resources where you can refer members for additional support.

How do you know if you’d be a good fit? You are patient, respectful, honor confidentiality, and can communicate with people with a wide range of technology skills. The Maybelle Tech Task Force wants to be a source of learning, so you’ll do your best to guide other members towards a solution rather than just doing the work for them.

Other requirements: You’ll attend basic volunteer orientation (virtually), be available 2-4 hours a month, and plan to help for at least 6 months. For more info, contact Cecily (971-202-7461 or cpeterson@maybellecenter.org).

Valentine’s Day Jokes

1. What did one sheep say to the other on February 14?
   “I love ewe.”

2. What did one cat say to the other cat on Valentine’s Day?
   “You’re purr-fect for me.”

3. What did one watermelon say to the other?
   “You’re one in a melon!”

Friendship is unnecessary, like philosophy, like art.
It has no survival value; rather it is one of those things which give value to survival.

C.S. Lewis
A final goodbye to our friends Nelson & Jerry

One way we can honor our friendships is by sharing a memory on our memorial page: maybellecenter.org/remember. If you want to share a memory verbally or need someone to talk to, please call our Spiritual Support Coordinator, Birdie, at 971-202-7456.

Together, we’re honoring the lives of all of our members – even amid the pandemic. If you want to request a memorial page for someone who has died, please reach out to Birdie.

Nelson Sears
Jun 16, 1967-Sept 24, 2020

Nelson was well-known for his bright and joyful presence in our Community Room. His passing will be keenly felt by all who knew him.

Nelson was also a resident at Macdonald West.

“Jerry” Gerald Klatt
Sept 3, 1964-Jan 11, 2021

A resident at Macdonald Residence, Jerry generally kept to himself but had a quiet sense of humor.

Paul (Mac Res staff) fondly recalls a joke that developed between them about how Jerry resembled one of Paul’s carved gnomes.

Got a question for our Tech Task Force?

Are technology challenges keeping you from staying connected with friends or family? Have you gotten fed up when trying to join Zoom for a Maybelle virtual gathering?

You can get answers to your technology questions from the Maybelle Tech Task Force – a resource just for Maybelle members and volunteers.

The Tech Task Force can help troubleshoot problems you’re having with computers, tablets, phones, and internet access. They can also guide you in navigating Zoom, email, or even our website, and help connect you with resources.

The Tech Task Force is staffed by Maybelle staff and volunteers. If we can’t answer your question, we’ll find the right person to help you! To get started, call 503-267-7367 or email tech@maybellecenter.org.
Signs of Spring: A virtual celebration

We invite you to contribute to Maybelle Center’s Signs of Spring, a series of videos that remind us to hope and connect this spring.

In the dark and cold winter months, it can be challenging to remember that the light is returning, days are getting longer, and spring will come again, bringing renewed life and warmth. This year, in particular, we need to know that we are not alone, and there is reason to hope that better days are coming.

There are many ways to participate:

1. Watch: Watch videos and a slideshow including photos, music, poetry, quotes, prayers. We’ll upload them as they are submitted, so check back often: maybellecenter.org/signsofspring.

2. Springtime Selfies: Send a selfie or simple video to Birdie of the first signs of spring you see or notice. Maybe those first crocus flowers under the trees in the park blocks? The returning birds chirping and singing? Take a photo or short video of yourself interacting or noticing the sign of spring to help others see it too. The video doesn’t need to be long or fancy. What’s important is that it shows your face.

3. Contribute to the Celebration: Share a video of yourself doing something you feel connects to our themes of finding hope, renewal, joy, or connecting. You can share an audio file if you cannot submit a video or if you’re uncomfortable being on video.
   - Sing a song about spring, hope, connection, or anything that reminds you that the spring is on its way. (FYI - Birdie will be putting together a group song video similar to our Silent Night video from last season. It will most likely be “Rainbow Connection.” Check the Signs of Spring web page for links to a practice video and instructions on singing along!)
   - Read a poem, inspirational quote, prayer, or blessing.

How to submit: Send video and audio files to Birdie via WhatsApp at 971-325-3766 OR submit via google drive to maybelle.spiritual@gmail.com. Please include your name so that we can give you credit! There are instruction videos on how to record yourself as well as how to download and send videos via WhatsApp here: maybellecenter.org/choir/resources/

Please note that videos need to be less than 3 minutes long and consistent with our shared Maybelle Community agreements. If you have any questions about the Signs of Spring seasonal celebration, please contact Birdie at 971-325-3766 or bmarmaduke@maybellecenter.org.