

Northshore Navigator

November 2012



Enhancing Your Quality of Life

A monthly publication of Northshore Senior Center
10201 E. Riverside Drive, Bothell, WA 98011 425.487.2441
www.northshoreseniorcenter.org

Events/Highlights

Happy Thanksgiving!

PANCAKE BREAKFAST

A hearty breakfast of pancakes and eggs, ham or sausage, and coffee or tea. \$4 member and children; \$5 nonmember Dining Room, first and third Saturdays, 8am-11am, Nov 3 and 17; Dec 1 and 15

Holiday Marketplace

Enjoy the festive atmosphere of this indoor market! Visit the booths—great Christmas gift ideas. Good food, coffee and tea. Multipurpose Room. Fri, Nov 2, 9am-4pm and Sat, Nov 3, 9am-3pm. Sharon McCain, Leader.

Veteran's Day Concert

Honor our veterans by attending this event. Multipurpose Room, Sun, Nov 11, 3pm-4pm. *Donations welcome.*

Northshore Variety Show Concert

Vintage talent: music, dancing and vocalists. Dining Room, Tue, Nov 27, 2pm-4pm \$3/ person. All proceeds go to the Center.

Taste of Retirement and Health Fair

Gather pertinent senior-oriented info while having fun, food and entertainment, no cost to you! *Mill Creek Senior Center*, at North Creek Presbyterian Church, Thu, Nov 29, 11am-1pm.

Pages 9, and 10 of the Fall Catalog offer more detail and list additional events. If you're not on the mailing list, obtain your free copy at the front-desk or from NSC's web site.

Humor Corner

Automation is a technological process that does all the work while you just sit there. When you were younger this was called "Mother". *That and This . . .*

Hello Friends,

I WANT TO introduce you to Danette Klemens, who started yesterday (October 15) as our new Director of Operations. (Like a COO at a corporation.) Danette is from our area, spent considerable time in Florida working with seniors, and, happily, is back here to round out her career. She's very nice and looks forward to getting acquainted with you. We are so lucky to have her here and I hope you will join me in wishing her well.

In the past couple of months, I've been busy working on our budget for 2013, meeting with community partners and otherwise keeping busy. For fun, I've visited Riverfest and Bothell Senior day; attended a Caregiver Support Group and a Brain Fitness class and watched in awe as wonderful corporate volunteers spent time here on the United Way Day of Caring.

November is National Family Caregiver Month. We are proud to celebrate, support, and provide services to family caregivers. Look for the special programs available in November in this publication.

Don't forget the fabulous Holiday Marketplace on November 2 and 3 in the Multipurpose Room

As you probably know, we always need volunteers. If you have time to do some weeding or help in other ways, be sure to contact Jean Jespersen at 425-286-1054.

Thanks for being members and for all the work and fun you provide.

As always, I'm here for you.

Onward and Upward!

Cindy Burdell, Director, NSC



Enhancing Your Quality of Life

Did you notice the new logo for this issue of *The Navigator*? NSC's Outreach Committee has been working hard to find a design and message that clearly define the Center and its purpose. The result is simple and clear—telling who we are and what we do.

Many of us have found that the Center's activities and services have truly enhanced the quality of our lives. Classes, programs, and activities that explore new interests or expand old ones; social support for our challenges; new friends; great, inexpensive lunches; and special events definitely enhance life's quality. And the great thing about NSC is that we're always willing to look at new ideas or upgrade old ones that make life better for everyone.

On a Poetic Note

Those Moments

Senior Moments are common at much more-youthful age. That loss of short-term memory befalling old folk at some stage is haplessly overstated, yet serious just the same; *recall* is unfairly made the scapegoat when *not-listening* truly is to blame.



Douglas D Dykstra

NSC 2013 BOARD ELECTION RESULTS

Congratulations to new NSC Board Member Paul Stern and to Jane Rocha on her re-election to the Board for another term. We appreciate your willingness to serve on the Board!

November = NATIONAL FAMILY CAREGIVER MONTH

November is National Family Caregiver Month. Family caregivers come in all shapes and sizes. Family caregivers provide support and care to relatives, partners, friends and neighbors in their home, in the recipients' homes or in a long-term care setting. Family caregivers may be the primary or secondary caregiver and may provide care full- or part-time. No matter what type of family caregiver you are, Northshore Senior Center is proud to celebrate, support, and provide services to family caregivers. In honor of National Family Caregiver Month, we have arranged for a number of programs and events helpful to family caregivers.

Schedule for November National Family Caregiver Month:

Self Compassion: Monday, November 5th, 10am-11:30am, Room 202

Long Term Care Ombudsman: Tuesday, November 6th, 1pm-3pm, Room 202

Creative Writing for Caregivers: Wednesday, November 7th, 10am-11:30am, H&W Conference Room

End-of-Life Issues, Multi-Organizational Panel: Tuesday, November 13th, 1pm-3PM, Room 202 (tentative).

Memory Loss presentation by Alzheimer's Association: Friday, November 30th, 9am-10:30am, Room 203

Volunteer Opportunities

WE NEED YOU!!!

There are high needs for people to serve weekly in these areas:

Bookies

Computer lab

Employment office

Food service (our lunch program)

Receptionists

THANKS for considering joining one of these teams.

Please contact Jean Jespersen at

jeanj@seniorservices.org or 425-286-1054

Painting in Acrylics—A Whole New Skill

I've been good at drawing ever since I was a young boy and my art teacher encouraged me to make art a hobby. It has given me great pleasure and sometimes a relief from the stresses of life, since one can get quite caught up in it.

When I retired from professional life I took art lessons from a number of skilled painters and turned out a number of oil paintings, some of which I sold to cover expenses.

Time to follow this hobby ran out when my wife became sick and I spent a lot of time caring for her and downsizing our possessions and preparing our house for sale.

When my wife died I needed something to keep me positively occupied, and I turned to painting. This time in acrylic paints because it is a more manageable medium in my one-bedroom apartment.

This has meant learning a whole new skill, and I have been going to classes at Northshore Senior Center because it is convenient, inexpensive, and the instructors are good.

The main difference from painting in oils is that acrylics dry very quickly; so quickly, that the paint, loaded on a brush from a tube or pot, is often dry before an area of the canvas or paper can be covered unless one uses a "retarder." This characteristic presents a challenge when mixing colors to get the final blend or tint you want. Luckily, acrylics are water-soluble, so messes of paint mixtures can be readily cleaned up and one can sneak in a dab of water to help things flow. Also, corrections can be made by painting over, after the canvass dries.

I still find it difficult, but satisfying, and I am learning a lot by trial-and-error-painting—especially the mixing part.

Why not join me at the "Everyone Can Paint" class at NSC on Tuesdays. There is great camaraderie and humor to be had. And we are all learning while having fun. Spread the word . . .

Geoff Ethelston

Have something to share with your fellow members? Put it in the Navigator! Send contributions to the editor by the 20th of the month—doug@ddykstra.com or 206-498-5795

Getting to Know Betty Purvis



Northshore Senior Center member, Betty Purvis, is the drummer with Bob's Swing Music Band that performs at NSC. They play on the first and third Wednesdays for the weekly Ballroom Dance, from 1pm to 3pm, in the multipurpose room. Betty was born in Montana, 91 years ago. Then her family moved to Clarkston, Washington, and later to Walla Walla. As a child of 10, she sang on the radio station, KUJ, with her sister, age 13.

Betty went to Business College in Spokane; she learned tap dancing, and tap-danced in shows at a nightclub. She also *taught* tap dancing.

After she took up playing the drums, she performed with Harry Lindbecks Band. (Lindbeck was a well-known accordion player, and cousin of musician Stan Boreson.)

For 25 years Betty worked at the Seattle Police Department—first taking 911 calls and later as head payroll-clerk.

Before Betty met and married Keith Purvis, her last name was Crocker. That's right, Betty Crocker! Keith owned a drum shop in Burien for 45 years. He encouraged Betty to keep practicing and improving her skill as a drummer. She's played professionally in many shows.

She even had an article written about her in the Everett Herald. Recently she was on King 5 TV's New Day program.

Besides playing drums at NSC, she plays drums at Everett's Normana Hall on Mondays and Thursdays. Keeping active must be how she stays young!

Betty is one of many interesting people you can meet during the friendly *Sunday Coffee and Conversation* time in NSC's coffee bar from 2pm-4pm. All are welcome. It's very informal—please join us!

Submitted by *Carol Ganje*

In the Spotlight—NSC's Bocce Team



Bocce at the Northshore Senior Center was started in the summer of 1996. The plan to start bocce was originally coordinated with Executive Director Marianne LoGerfo and Program Manager Monica Dodds. (Both are retired from those positions now). Both thought it was a great idea and encouraged us to start bocce at the Senior Center. In the 16 years of its existence at the Northshore Senior Center, bocce has grown in size from a mere 4 to 8 players a week (in the first year), to the current 12 to 16 players a week. It is so rewarding to see first-time players improve their game during their first year and in subsequent years. The camaraderie our bocce players have demonstrated throughout the 16 years is rewarding and amazing.

We all have fun while trying to play our best and get off some good shots. Players even cheer when a player (even an opposing team player) gets off a good shot. I like to tease our new senior players when they first join. I tell them that the hardest part about playing bocce is bending over to pick up the bocce ball.

We continue to have an annual bocce luncheon at a local restaurant during the holiday season. In past years, we have even ordered bocce shirts (with a bocce logo) for the players. There have also been bocce tournaments in past years.

It is the players that make this activity a success. And we appreciate the Northshore Senior Center for allowing our seniors to use the lawn to play one of the fastest growing games in the country.

Bocce is played throughout the world, especially in European countries and in the United States. Bocce is played by people of all cultures and of all ages.

Vic Palazzo, Bocce Leader

Official Holiday Closures:

Veteran's Day

Monday, November 12, 2012



Thanksgiving

Thu, Nov 22, 2012
and Fri, Nov 23, 2012



Veteran's Day Concert

This day is set aside to remember the sacrifices of all those who fought so gallantly in various American wars. Please join us in honoring this day with music by the Veteran's Day Band.

Donations welcome.

Multipurpose Room, Sunday, Nov 11, 3pm-4pm

Weather Closures will be posted on the NSC answering machine (425.487.2441), on Facebook, and on the NSC webpage by 7am on the day of closure (assuming electricity and Internet connections are available!).

Just a Thought . . .



LATER THIS MONTH we'll be celebrating another Thanksgiving. For most of us this will probably mean a turkey-and-dressing meal enjoyed with family and friends. For others, the day may be a quiet time with or without the traditional dinner. However we celebrate, perhaps it would be good to remember the purpose of this special holiday.

The first Thanksgiving in 1621 was dedicated to the colonist's survival of a harsh winter and included as guests Indians from the Wampanoog tribe. George Washington made the holiday official in 1789, and in 1941, FDR set the fourth Thursday in November as the annual date. Ever since then, Americans have continued the celebration according to those decisions. I wonder, though, how much thought goes beyond having a delicious meal and a mostly friendly gathering. The two words—*thanks* and *giving*—are powerful and may need a little attention.

Being *thankful* is not always easy in today's hyper-active world. Things move quickly and we often don't stop to appreciate the good already in our lives. So, taking a moment—or a day—to say "Thank you," silently or verbally, is wise. Some people even create gratitude lists and review them regularly. Not a bad idea. The "Giving" part requires a little more effort. It can take so many forms. Sometimes a thoughtful word or act can do the job. At other times, we may need to make some real effort to be a genuine "giver" who expects nothing in return, finding joy in the act itself.

So, when Thanksgiving 2012 comes around, I hope we all follow the example of our forefathers and have a day of *thankfulness* for the good we have and a willingness to share that good with others.

Just a thought.

Gloria Campbell

Upcoming Events:

Holiday Pops and Dessert, Dec 11

Line Dancers Holiday Celebration, Dec 13

All We Want for Christmas Concert, Dec 23

Find the more colorful Navigator online:

<http://www.northshoreseniorcenter.org/newsevents/northshorenavigator.aspx>



Northshore Senior Center is affiliated with Senior Services

Bits and Pieces

The deadline to choose your 2013 Medicare coverage is December 7, 2012.

SCRABBLE ANYONE?

If there's enough interest, we'll start a team or two, come January 2013.

Give Vanessa a call at 425-485-7825.



NEW PROGRAM!

Recycling & Re-Energizing

Free Recycling of your CFL and Incandescent light bulbs. Recycling container located in the entry of the Northshore Senior Center.

Recycling station is also available in the Dawson Building, 9654 NE 182nd Street, City of Bothell's Community Development Department.

Program courtesy of PSE (Puget Sound Energy) and City of Bothell.

We'd love to hear from you and publish your thoughts so others can read them. If you are hesitant or feel your writing skills are a bit rusty or need a tune-up, we'll be happy to help you.

The Navigator Editorial Team—

Doug Dykstra and Gloria Campbell

Notice in health food shop window:
CLOSED DUE TO ILLNESS

\$10 Shape Up Campaign



Regular exercise is a proven way to relieve stress, sleep better, and increase strength and energy. *Shape Up* is a wonderful program sponsored by King County Emergency Medical Services (EMS) to encourage older adults to exercise. If you are a new participant, a returning participant, or a participant in one of our exercise classes who would like to try a new exercise class, this exciting program is for you. You will receive **\$10 off** when signing up for your next exercise class. All you need to do is mention it to the front desk when signing up and they will do the rest.

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