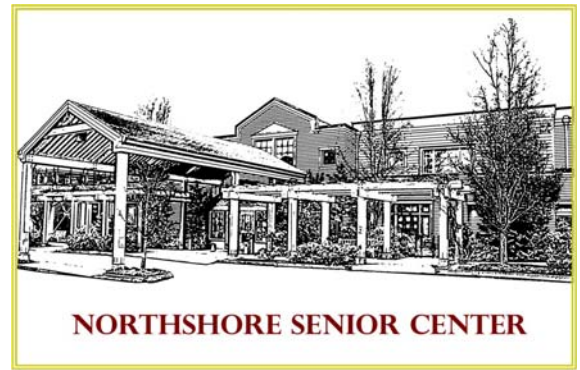


Northshore Navigator

December 2009

Promoting healthy aging and well-being in our community



A monthly publication of Northshore Senior Center
10201 E. Riverside Drive. Bothell, WA 98011 425-487-2441
www.northshoreseniorcenter.org

Events/Highlights

Happy Holidays!

Holiday Yums and Festive Funs

Shop early for great homemade and one-of-a-kind gifts.

Friday, Dec 4, 9:30 am - 5:00 pm

Saturday, Dec 5, 9:30 am - 5:00 pm

H&W Activity Room

Holiday Pops and Dessert

The 60-piece Boeing Employees Concert Band will play traditional and holiday music. Cookies, brownies, and coffee will be served.

Tuesday, Dec 8, 7:30 pm

Multipurpose Room

\$3 per person

Sign up by Dec 4

Line Dancers Christmas Celebration

Dance, eat, and dance some more. Bring your favorite holiday hot or cold dish, dessert or hors d'oeuvre to share.

Thursday, Dec 10, 10 am - 2 pm

Multipurpose Room

\$5 per person

Santa's Brunch

Bring the family to this community fundraiser.

Enjoy a tasty brunch buffet and have free family photos taken with Santa.

Saturday, Dec 12, 10 am - 2 pm

H&W Multipurpose Room

\$7 per child 12 and younger;

\$15 all others

Sign up by Dec 8

Humor Corner

"Maybe all one can do is hope to end up with the right regrets."



Director's Update

I want to let the membership know that I will be leaving Northshore on December 15th, after two and a half years here as the Director. I have the opportunity to lead the Phinney Neighborhood Association (PNA) in my neighborhood in Seattle. PNA's mission is to build community. Like Northshore, PNA has a great reputation as a model community center. I guess I am getting used to working at organizations that are considered leaders in the community—doing good work, serving a lot of people, being responsive to community needs, and always looking ahead to what's next on the horizon.

2009 has been a rollercoaster year for us, and I am happy to report that we will end the year with an excess, which will help carry us into 2010, another year of uncertainty.

Thanks to the Board's leadership, Northshore has stayed on top of the impending funding cuts from the State and from King County. The Board, working with staff, made tough decisions about services and staffing. New revenue streams were found, and creative programming implemented. We also moved into a five-month planning process, resulting in an 18-month strategic framework to guide the organization into the future. (Ask any staff or board member for a copy). Members stepped up and advocated on behalf of the Senior Center—whether it meant traveling to Olympia to speak up about the adult day health funding cuts, or trekking to Redmond to participate in a King County budget hearing. This Center now has a reputation of being one of the most active and vocal Senior Centers in this region!

I appreciate the opportunity to spend time working here with the Northshore Senior Center community. This is truly an amazing organization, and it has been a privilege working here. *Lee Harper, Director*

Thank You, Lee!

Lee Harper is leaving Northshore Senior Center after serving as our Director for the past three years. With the help of staff and volunteers, Lee brought NSC through some very challenging times, during which . . .

- ◆ We never experienced a Budget DEFICIT!
- ◆ Our ADVOCACY campaigns prevented funding cuts from crippling ADH.
- ◆ We successfully competed for a number of new GRANTS.
- ◆ We clarified our MISSION and created a STRATEGIC FRAMEWORK for our future.
- ◆ We improved our visibility in the community.

I've been extremely impressed by what she has faced and has accomplished in her short time at NSC. She became our face with community leaders and with Senior Services. She led us through a financially troubling time and helped formulate a strategic plan. I am grateful for the energy, vision, and commitment Lee brought to our community. She will be missed. It's been a privilege working with Lee! *Ron Cuddy, President, NSC Board of Directors*

Volunteer Opportunities

NSC runs because of hundreds of volunteers who contribute over 40,000 volunteer hours every year. Be a part of the Senior Center success—volunteer today! Contact Volunteer Coordinator Michele Maneri at 425.286.1054 or michelem@seniorservices.org to learn more.

Here are just a few of our current opportunities:

*Coffee Shop for Sunday coffee and conversation 2 - 4 pm
Monday 12-4, Friday 8-12 and 12-4*

Bakers—need to have a food handler's permit

Gardeners—cleanup and landscaping at NSC

Drivers

Front Desk Receptionist—both am and pm shifts.

Social Services Receptionists—need to be able to multitask and offer efficient and friendly service

Mill Creek Senior Center

Join other seniors for coffee, tea, and goodies on Wednesday, December 9, 10:00 am - 11:30 am at the Mill Creek Senior Center located at 15720 Main Street, Mill Creek, next to City Hall. Learn about our different activities including Fitness, Computer Classes, Health/Support Classes, and Day Trips. There will also be booths where you can collect information from a vast array of local senior services. If you have questions, please call the Senior Center Office at 425.948.7170!

New Social Worker/Caregiver Specialist

Georgia Rigler is the Mill Creek Senior Center's new social worker/caregiver specialist. She is at the Center on Mondays, Tuesdays, and Fridays and can be reached at 425-948-7138 or georgiar@seniorservices.org.

Ongoing Programs at Mill Creek:

Men's Coffee Hour. Join other men to discuss healthy aging. Age is a matter of feeling, not of years, and healthy aging is best achieved with the help of other people. Free. Tuesday, Dec 22, 10-11 am. Meetings are normally on the 4th Friday, but will meet Tuesday in December because of the holiday.

Early Stage Memory Loss Support Group. Individuals with early stage memory loss and related changes in thinking and behavior share social and emotional support, offer coping strategies and information, and explore community resources. Participants are in the early stages of memory loss, aware of it, and willing to talk about it with others. For caregivers, this group provides respite. Free. Tuesday, Dec 8, 1-2:00 pm. We meet regularly on the 2nd Tuesday.

Women's Coffee Hour. Join other women to discuss healthy aging. Make new connections and move to greater health and wellness. Free. Tuesdays, Dec 1 and 15, 10-11 am. We meet regularly on the 1st and 3rd Tuesdays.

This Christmas...

Seek out a forgotten friend

Share some treasure

Give a soft answer

Encourage youth

Keep a promise

Find the time

Listen

Apologize if you were wrong

Be gentle

Laugh a little

Laugh a little more

Express your gratitude

Welcome a stranger

Gladden the heart of a child

Take pleasure in beauty

and wonder of the earth

Speak your love

Speak it again

Speak it still once again

And let your heart be filled with joy.

Anonymous

What Should We Do?

There are no prescriptions....do whatever your ingenuity and your heart suggest. There is little or no hope of any recovery in memory. But a person does not consist of memory alone. A person has feeling, will, sensibilities, moral being....it is here that you may find ways to touch this person. In the realm of the individual there may be much we can do." From Dr. A.R. E Luria

Tell Your Stories

Write novels, short stories, memoirs, essays, sketches, or ramblings. Follow your joy. Join Jane Kaake's Creative Writing group for the members' helpful hints and compassionate critiques of your literary efforts. Bring *your* ideas about writing. We are a friendly, constructive group of nonprofessional, yet sensitive listeners who join to share our thoughts about good writing.

Contributed by Adolph Whiting

Have something to share with your fellow members? Put it in the Navigator! Send contributions to Gloria Campbell by the 20th of the month—425-821-2411 or gcampb2965@aol.com

Getting To Know You

After serving a total of twelve years on NSC's Board of Directors, Ron Cuddy, our soon-to-retire chairman will finally get a chance to ease back. Originally from the Spokane area, Ron is one of the few native Washingtonians in our membership. Growing up in rural eastern Washington, Ron says the backyard of his family home was an alfalfa field—an ideal place to burrow tunnels for playing hide and seek. This skill that may have served him well as he has shepherded our organization over hills and through valleys.

Ron's dad ran a Mobile Oil gas station with the famous flying red horse symbol. Every year the company loaned his dad a token-operated horse to help attract family business. Because Ron knew where the token box was, he had a lot of free rides. "I really loved riding that flying red horse," Ron says.

In junior and senior high school, Ron participated in football, baseball, and wrestling. On the academic side, he especially liked math, thanks to a fine teacher. After earning a National Merit Scholarship, Ron attended Gonzaga University for a year and later earned a two-year Associate in Science Degree in Data Processing at Spokane Community College.

In 1970, shortly after graduating from high school, Ron married his wife, Jacqueline, whom he met on a blind date for a Sadie Hawkins Dance. The couple have three children and six grandchildren. Seven year old granddaughter, Autumn, recently helped Grampa with a fundraising activity for NSC. She read 25 books in two weeks, earning a dollar for each one she read. Then she challenged seniors and community leaders in Mill Creek to match the funds. Her "Granddaughter Challenge" brought in over \$1500 to the Center.

Before retiring because of multiple sclerosis, Ron worked for several companies as a mainframe computer programmer. His illness forced him to slow down, but after two years of inactivity, he decided that he "needed to be needed" and became a regular at NSC.

When asked what he would like people to remember about him, he said, "That I loved my family very much." Being needed brought him to the Center, but Ron feels that it really is our staff and volunteers who make the place run. Helping each other is our entire reason for being, and Ron is a perfect example of someone who has done just that.

Gloria and Larry Campbell

Caregiver Support Programs at NSC

Northshore Senior Center and its affiliate sites offer many FREE resources to help unpaid family caregivers in King and Snohomish counties.

Powerful Tools for Caregivers. Beginning on Friday, January 15, 2010, we'll offer a free, 6-week series for unpaid family caregivers that provides tools for self care and builds confidence in handling difficult situations, emotions, and decisions. Phone Stefanie Bonigut at 425.286.1047 or Janet Zielasko at 425.286.1035 to register.

Caregivers Support Group. If you are you a spouse, partner, son, daughter, relative or friend who cares for a loved one with dementia or other chronic illness or disability, come join other unpaid caregivers for mutual support and assistance. Free.

Northshore Senior Center - 2nd and 4th Mondays, 10 - 11:30 am

Peter Kirk Community Center - 2nd Mondays, 1:30 - 3 pm

Kenmore Senior Center - 4th Wednesdays, 10:30 am - noon

Mill Creek Senior Center - 1st and 3rd Fridays, 10 - 11:30 am

Adult Child Caregivers Support Group. If you are an adult child caring for an aging relative with dementia or other chronic illness or disability, come share ideas, exchange information, and receive support from other unpaid adult child caregivers. Free. Co-sponsored by the Alzheimer's Association.

Northshore Health & Wellness Center

2nd Floor Conference Room

3rd Wednesdays, 6:30 - 8 pm

Evergreen Enhance Wellness. Take control of your life and improve your health in spite of your chronic condition. This program has proven results and includes a health and functional assessment, and a health action plan that you set up with a nurse and social worker. Free.

Northshore Senior Center - Jeannie DeSmet, RN: 425.286.1029

Kenmore - Mary Ann Dray, Nurse Practitioner: 425.806.0796

Kirkland, Woodinville, Mill Creek - Lee Gresko, RN: 206.268.6740

PEARLS (Program to Encourage Active Rewarding Lives for Seniors)

In the past two weeks, have you had little interest or pleasure in doing things? Have you been feeling down, sad, or hopeless? If you answered yes to one of the above questions, then PEARLS may be a program for you.

PEARLS is an evidenced-based depression management program for mild depression or dysthymia (chronic depression). This free program combines problem solving treatment, social and physical activity, and pleasant activity scheduling to manage symptoms of depression. All this is done with a trained PEARLS counselor. Contact Janet Zielasko at 425.286.1035.

Shopping Help

Need to complete your Holiday shopping? Northshore Senior Center provides shopping rides to seniors and persons with disabilities on Fridays.

December destinations:

- 12/4 - Canyon Park area, including Fred Meyer
- 12/11 - Woodinville stores, including Molbak's and Costco
- 12/18 - Alderwood Mall

Northshore buses are lift-equipped, and customers with Metro Access or Community Transit DART eligibility have first priority.

Please call the Northshore Senior Center Transportation Office at 425.286.1026 for more information or to make a reservation.

"A special thanks to the many cooks who provided the wonderful goodies for the Holiday Marketplace. Your treats were a great success!"

HOLIDAY GREETING

The risk of offending a few forced on the citizenry something new: It's considered indecorous to use the stock-old Christmas wish; depending with whom you connect It is deemed proper and more correct to offer a polite hello and "happy holidays."

Believing there is God, as most will tell, I quite know what I'll do: Happy Holidays—yes—but surely, A Merry Christmas as well!

Douglas Dykstra



Bits and Pieces

Community Holiday Meals

On November 20th, 82 people enjoyed fine dining and conversation at NSC's early Thanksgiving meal. The next holiday meal will be on December 15 from 11:45 am - 12:15 pm, and it will be very special. Reservations are already being taken, so please call ahead at 425.487.2441.

Brain Training Software

Posit Brain Science is coming soon to Northshore Senior Center. Exercising your brain is critical to senior cognitive health. We will be using software from Posit Scientific of San Francisco, the national leader in developing brain science. We will soon be organizing for our first Brain Fitness Classes. Contact Gary Ancelet in the Health & Wellness Computer Learning Lab at 425.286.1038 or clchw@seniorservices.org for more information. Watch our website, www.northshoreseniorcenter.org, and our several PowerPoint displays for information on the upcoming POSIT program here at NSC

Found: Hidden Talent in Room 104

Every Monday morning a talented artist can be found in room 104. Jean Sindmark creates made-to-order collage tags. These unique designs take time to create, so orders are limited. Prices range from \$4 to \$10. Each design is hand cut and decorated with feathers, fingernail stickers, and stamps. She also uses organic paper and an oatmeal base and coconut paper. Drop by the classroom to see Jean's designs. You just may find that special Christmas design.

Change in Membership Dues

Beginning in January 2010, NSC will offer a 12-month "rolling" membership. Whether you join in January, March, or October, you will have a full year before renewing your membership. Annual dues will be \$30 for single members and \$50 for couples. A membership sign-up table is in the lobby.

Prevent falls . . .

If you find yourself walking too fast or running in order to be on time . . . try planning ahead so there's no need to hurry. Slowing down will help you maintain an upright posture. *From the Falls Prevention Coalition of Snohomish County*

Presidential Award

One of our longtime volunteers, Nina Sidorova, has just received The President's Volunteer Service Award from President Obama for her many years of service to the Center. She has served on the lunch staff, taught Russian classes, and, in addition, has added her voice to the Songsters! Congratulations, Nina!



Northshore Senior Center is affiliated with Senior Services

Happy Holidays to you and yours . . .