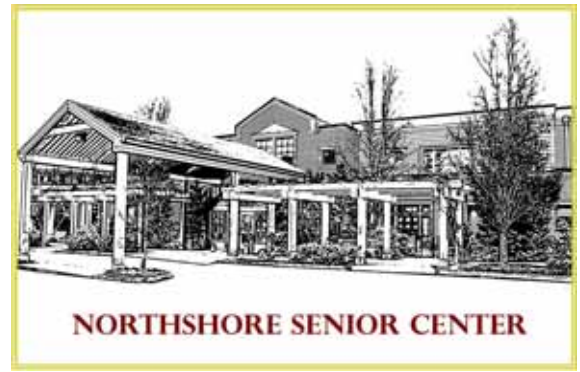


Northshore Navigator

November 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

Thanksgiving Dinner

Thursday, Nov 26

At nearby senior communities

\$6 per person

Sign up at the front desk by Nov 19.

Holiday Marketplace

Friday, Nov 20, 9 am - 4 pm

Saturday, Nov 21, 9 am to 3 pm

Multipurpose Room

Donations welcome. Check out quality artwork and crafts. Have your photo taken for custom-made greeting cards.

Purchase baked goods, enjoy soups, hot breads, coffee and tea.

Northshore Variety Band Concert

Tuesday, Nov 17, 2:30 pm to 4:00 pm

Dining Room, \$3 per person. All proceeds

go to the Center. Enjoy these talented musicians, dancers, and singers.

Reunited Play

Friday, Nov 6, 8 pm; Sunday, Nov 8, 3 pm. Multipurpose Room

\$9 seniors and students/\$11 general public. Join these five friends from the University of Nebraska as they get together for a week of fun and frolic. Directed by Jonathan Reis.

Microsoft Symphony Orchestra

Sunday, Nov 15, 2- 4 pm

\$5 suggested donation.

Everyone enjoyed this group last year, and we're happy they have agreed to come again. Light refreshments will be provided.

Humor Corner

"The world is full of willing people, some willing to work, the rest willing to let them."

Robert Frost

Director's Update

Strategies for the Future: We will be hosting a "Strategies for the Future" meeting on Thursday November 12, 1:00 - 2:30 pm in the dining room. I want to personally invite members to join the Board and the Strategy Team in an engaging discussion about "What's Next?"

Goal of the meeting: Brainstorm with members, volunteers, board members, and staff practical steps to reach our five goals in our 18-month strategic framework.

Status of the strategic framework: You can get a copy of the strategic framework at the front desk. As a recap, here are the five goals identified in the strategic framework:

- ◆ Keep the core of our programs, services and resources, while expanding or shifting programming to remain relevant to members now and down the road.
- ◆ Secure financial resources to ensure the stability and sustainability of NSC.
- ◆ Strengthen communication to educate the community, our own membership, volunteers, and staff about all NSC offers and how we do it.
- ◆ Shore up internal capacity to ensure that we are maximizing our assets, including staff, membership, volunteers, and board members.
- ◆ Contribute to and engage with the community, using the skills and strengths of seniors.

Can't make it to the meeting? We will also have large posters in the lobby next week, with the goals, and blank spaces (with pencils attached by strings so people can write down their ideas).

Why involve members? It's YOUR senior center; it's important to continue to buy in, offer ideas, and, hopefully, volunteer for some of the "new stuff" we may be doing! We can't do this without your support and engagement.

Questions? Contact me, at 425.286.1032, or any of the board members.

Lee Harper, NSC Director

Time to Sign-Up as Member of NSC



Northshore Senior Center is affiliated with Senior Services

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 to learn more. 425.286.1054 or michelem@seniorservices.org

Here are just a few of our current opportunities:

Gift Shop — Love to shop and help others discover special finds? The gift shop needs attendants on Wednesdays from 9 a.m. to 3:30 p.m.

Employment Office — If you have customer service, phone, and computer skills, the employment office needs you. See George Behrend for more information.

Other Opportunities

Bakers — who will make those special treats and gardeners to help keep NSC looking great.

Volunteer Drivers — you'll receive a small stipend toward meals, free tickets to shows, and meet some great people.

November is National Family Caregivers Month

Did you know:

15% of adults in Washington State care for a family member or friend

25% of those caregivers provide 40 or more hours of care per week

\$7.1 billion is the estimated annual value of the work that Washington State family caregivers provide

26% of caregivers say they need more information about local programs

Family caregivers come in all shapes and sizes. As a caregiver, you may provide care for a relative or friend in your own home, their home, or in a long-term care setting. You may provide care by driving your loved one to doctor's appointments, assisting your loved one with bathing, dressing, or cooking, helping your loved one with finances or legal issues, or coordinating services for a loved one who lives in another state.

Whatever your care-giving situation looks like, Northshore Senior Center offers a rich variety of programs and services to support family caregivers and their care receivers. From support groups to respite care to health management programs, to individual consultation, we can help you in your care-giving journey. As a program site of the National Family Caregiver Support Program, most of our services are free of charge. **If you are a caregiver or know of a family caregiver, please contact our Social Services team.** No caregiver has ever complained of having too much support.

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Good reading tips for those long fall and winter evenings

Travels with Doris by Frank King. Local author King has written an enjoyable and witty story about his journeys to far away places with his intrepid partner Doris. Both were well into their senior years and their story is both fun and inspiring.

For statistics and information about family caregiving and aging in America another read is *When The Time Comes* by Paula Span. The book provides helpful ideas on the options available to families faced with senior care crises and transitions.

If you'd like to find some more good reading, check out the Friends of the Woodinville Library book sale on November 6 from 4–5:30 pm and November 7 from 10 am to 4 pm. There are sure to be some great finds.

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

So Nice To Have Known You

This last October, NSC lost Terry Fisher, one of its most active volunteers. Terry hailed originally from Hawaii, where he was born in March 1941, to parents Bernard and Viola Fisher. At his alma mater, the University of Hawaii, he majored in anthropology. Terry married Wendy Hills in October of 1975, and the couple had two sons--Troy and Shawn. During his business career, Terry was an insurance salesman and also a restaurateur.

There was never any doubt about Terry's special interest. He was a born volunteer! He became a lifetime senator in the Jaycees and was also active in the Lions Club. There's an old saying that among the service clubs the Lions had all the fun. Knowing Terry, that saying is easy to believe.

His life was full of volunteering and helping other people. When he was diagnosed with diabetes in his later years, he made NSC his second home. He met and grew to love the members here. Wherever he was at the Center, Terry would be at the center of the conversation, and he made the coffee shop a lively place to congregate. You could often see him at the Saturday pancake breakfasts manning the dishwasher and moving from table to table, enthusiastically welcoming his friends and visitors. His sudden death was a shock. We will miss him. Yes, Terry, it's so nice to have known you.

Getting To Know You

If you have been to the Center recently, you have undoubtedly been greeted by a courteous and friendly face--Tsega Tassew.

Tsega came to the US in 1995 from Ethiopia as a refugee. Because two of his five children were going to school in the Seattle area, he settled here. Though one of his children has remained in Ethiopia, the others all live in the United States. He shares his Seattle home with a daughter who is a computer programmer for Safeco.

In Ethiopia, Tsega worked for the government in the ministry of planning. Since coming to Seattle, he has held a variety of jobs--with the Employment Opportunity Center, as a machine operator with a Boeing contractor, as a welder, as a supervisor at a small local company, at the Post Office, as a security guard, and for AARP at Northshore. He's now officially retired, but isn't interested in sitting at home doing nothing.

He finds the people at Northshore generally friendly and is impressed with the professionalism of the staff. Always wanting to learn something new, Tsega is upgrading his computer skills so he can continue to be active in new ways. We're privileged to have him as a part of our community.

Center's Casino Night Paid Off

On Friday, October 23, the multipurpose room was transformed into a casino complete with card tables, uniformed dealers, and active players. We had 121 players, netting \$4,920 for the Center. It was a fun evening and profitable for NSC.

Bridge to Basics Program: Goods, Utilities, and Health Care

If you or someone in your family qualifies for food or utility assistance, free or low cost children's health insurance, help with childcare, or free job training, volunteers for the Bridge to Basics Program will be at NSC on Nov 7, 21, Dec 5, 8 - 11 am, or Nov 20, Dec 8, 12:30 - 2:30 pm.

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. Membership sign-up tables will be in the lobby starting on November 16.

Strong When We Band Together

Amid much uncertainty and commotion caused by our economic downturn, the financial heat has been cranked up; sorely-needed public funding for essential NSC programs is in jeopardy. More than ever, the continuation of these programs, even in a skeleton format, is in OUR hands. If you haven't already signed-up as a Center member, you're urged to do so now.

This much *is* certain: There is great strength in numbers . . .
Doug Dykstra

UnSung Heroes

Many thanks to Virginia Cook and Peg Jones who have taken over the lending library on the second floor. The new shelves and arrangements make the books easier to find. We appreciate their efforts!

Mission Moments

Share inspirational stories about the Senior Center. Have a mission moment to relate? Send it to the editors.

Bits and Pieces

King County Hearings

This past October several volunteers and staff spoke to encourage continued support for our programs at three budget hearings held by the King County Council. NSC representatives included Jim Seeks, Geoff Ethelston, Gloria Campbell, Garreth Jeffers, and Sharon McCain. And we even made it on TV. Let's hope the Council members will respond favorably to our testimonies. Thank you to everyone who went to the hearings or contacted the Council.

Shape Up Bowling Tournament

Northshore Senior Center was proudly represented at the first annual Shape Up Wii Bowling Tournament at the Bellevue Community Center on October 12th. Competing bowlers were Marlene Burdue, Hugh McArthur, Gloria Campbell, Suzanne and Dan Rian, Patricia Wilson, and Tony Lambert. While our team did not take first place, we did bring home some trophies and honor to our Center!

Colored Pencil Drawing

For anyone who wants to learn how to draw but still wants to make colorful pictures we've added a new art class. It's held on Thursdays from 11 am to 2:30 pm in Room 104. The charge is \$5 per class and the instructor is Judy Moritz. Drop by and try out your drawing skills.

Elderhostel Presentations

On Tuesday, November 24, at 2:30 pm, Elderhostel Ambassador John Hall will present a free program on Botswana and Victoria Falls in southern Africa. The show will be in Room 202. He will also offer a special Holiday Show in time for the Christmas season on Sunday, December 22.

Bookie Plans

If you've ever thought about visiting lovely Bavaria in Germany, be sure to attend a special presentation offered by the Bookie Office on Wednesday, December 9, from 10:00 to 11:30 a.m. in Room 202. Two different itineraries are planned to attend the Oberrammergau Passion Play 2010. You'll also learn about the cruises planned for next spring and fall. For more information, call the Bookie Office at 425.487.2441.

2010 Auction Meeting

It's time to plan for the next auction. Anyone interested in helping, please come to the planning meeting on November 9, at 1 pm, in Room 203. We need you!

Cribbage Perfection

On October 2, NSC member Lois Thompson had a perfect cribbage hand. Way to go! We don't know whether this will make the Guinness Book of Records, but a perfect hand is mighty hard to do.

Café Announcement

As of November 4 the Café will no longer be open on Wednesday evenings. Join us for lunch on Wednesdays and Thursdays.

2010 Census

(Continued from the September Navigator)

Although Census is still a few months away, it is not too early to get out the word. Here are four ways.

Spark conversations. People now are spending more time outdoors. Take this opportunity to talk to those you meet about the importance of the Census and its benefits to your community. For example, your neighbors may have recently seen Census workers in the area. Explain that they likely witnessed address canvassing, an operation in which Census workers walk through neighborhoods gathering information to update maps and address lists. Tell them this recent activity, completed in record time, will help ensure the accuracy of the 2010 Census when it is conducted next spring.

Host a census picnic or barbecue. Start or continue grassroots outreach by hosting a census-themed event, such as a picnic or barbecue for members, employees or other constituents. Talk with attendees about the census and its impact on the community. Provide Census promotional information.

Participate in Census outreach efforts. Census staff in our state have been at dozens of fairs and festivals. Good weather in the Pacific Northwest is always accompanied by lots of neighborhood events—block parties, cookouts, parades, neighborhood walks, safety fairs, contests, rallies and more. Connect with the organizers in your area and incorporate census information when you can. For example, consider making 2010 Census signs or visit www.2010census.gov/partners to download literature.

Start or join a Complete Count Committee (CCC). CCCs operate year-round and are always eager to involve new members and inspire new thinking to drive participation.

For more information, view www.census.gov

Joining Northshore Senior Center is Oh So Good for You!
Sign-up now! Participate! A masterly move. A win-win . . .