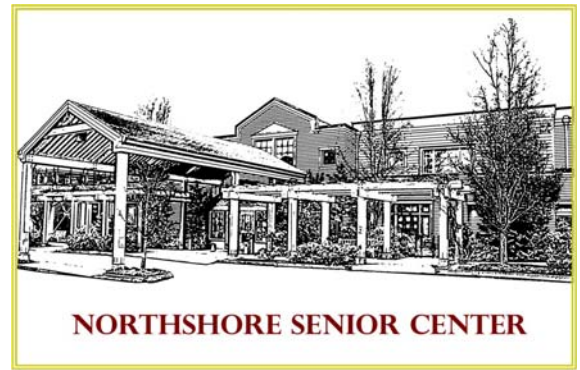


# Northshore Navigator

April 2010

*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

**Boeing Employee Concert Band**  
Multipurpose Room  
Tuesday, April 13, 7pm  
\$3 per person

**"Seven Nuns in Las Vegas"**  
(Natalie E. White)  
Multipurpose Room  
Fridays, April 16, May 7, 8pm  
Sundays, April 18, May 2, 9, 3pm  
\$10 member & student /\$11 public

**Community Auction!**  
Multipurpose Room  
Friday, April 23, 5:30pm  
\$75 per person, RSVP by April 9

**High School Jazz Concert**  
Multipurpose Room  
Tuesday, April 27, 7pm  
\$8 per person/\$25 family (up to 4)

**Craft and Jewelry Sale**  
Lobby. Fri, April 30, 9am-4pm  
Saturday, May 1, 8:30am-Noon

**Fine Arts Show**  
Multipurpose Room, Free  
Friday, April 30, 2pm-5:30pm  
Saturday, May 1, 9am-3:30pm  
Free; Artists pay \$2 per entered piece

Make a point of reading additional  
details printed in NSC Newsletter.

Spring has come when you can put  
your foot on 3 daisies.—Proverb

## Humor Corner

"The lack of volume, speaks volumes."

*Charles Payne, WStreet.com*

## Director's Update

Does your car have a GPS navigation system to help you with directions, find things, and just keep you from getting lost? The best systems have real-time traffic updates, connectivity to the Internet, easy-to-read screens, and more! Where do you find one for a new job? As the new Director, I would love to have one as I transition into Northshore Senior Center!

Fortunately, I think that I have two solutions for my job GPS Navigation System dilemma --- YOU and the new Strategic Framework! Will you help me when I get lost, need to understand an issue better, and feel connected at NSC? Any assistance would be greatly appreciated!

The new Strategic Framework is an awesome "compass" with an updated vision, mission, and goals for NSC! The framework was a major attraction for me to NSC, my new job, and the opportunities and challenges over the next 18 months. Do you have a copy? If not, the document is located on NSC's website and at the center.

I look forward to serving and working with you all, as we strengthen NSC as a cornerstone of our community, attract others into our gathering places, and meet the challenges of our times. Already, during the job search process and visits to NSC, I have received help from board members, staff, and NSC members. Your assistance has created momentum for me as I start on April 1<sup>st</sup> (please, no April fool's jokes, unless they're really good!). Thank you in advance for your support!  
Please stop and say hello.

*Gary Kingsbury, NSC Director*

## 2010 Auction—Once-a-year opportunity . . .

Be sure to save the date—April 23—for this year's Auction. We're still looking for skilled, talented volunteers who can offer their time, energy and creativity to help with this major event. If you would like to be involved, contact **Sharon McCain** by leaving a message at the front desk; you may also contact **Patricia Gustafson** at [patriciag@seniorservices.org](mailto:patriciag@seniorservices.org) or by calling her at 425.286.1072.

Friday, April 23, 2010 5:30 pm RSVP by April 9

## Thank You, Gloria Campbell

Because of pressing personal circumstances, Gloria has had to relinquish the editorship of the popular *Navigator*. Aided by her husband Larry's keen assistance, she did such an admirable, praise-worthy, exemplary, meritorious, and wonderfully splendid job—we owe her more than merely a few words of thanks . . .

But, she'll understand: *Thank you, Gloria!*

## Volunteer Opportunities

### Front Desk Receptionist - Monday AM or Friday PM

Answers the main phone line and directs calls.

Greets guests and directs them to other offices or locations.

Answers questions about the agency and provides forms when necessary.

Records activities that take place that day at the agency's offices and satellite locations.

Opens the mail and distributes it.

Records donations.

Smiles and welcomes everyone, providing the best customer service around!

### Dishwasher Tuesdays only, 9:30 am to 1:30 Pm

Show up at the kitchen ready to scrub dishes

Think of one joke to share with all the kitchen staff!

Enjoy a yummy lunch while you put lotion on your dishpan hands.

## On a Poetic Note . . .

### SUNRISE SONNET

The glow of fading moonlight long has died,  
the mantle of the night is set aside  
for embers in the east which soon make way  
to bring to us the dawning of the day.  
Now gleams new flames of orange and of red  
which glaze the gray horizon's sullen bed  
of sodden clouds that now are turned to fire  
as morning birds retune to Nature's lyre.  
One's mind may tell one this is just reaction  
to scattering of light rays by refraction,  
and yet this sunrise easily exceeds  
what human explanation can conceive.  
and with a morning window, facing east  
the rapture of each sunrise need not cease.

Virginia B. Cook, Bothell, WA

### April — Poetry Month

Submit *your* poem for possible publication

Editor-in-Chief and Layout  
Doug Dykstra

## Additional Volunteer Opportunities

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

### *Volunteers are needed for the following opportunities:*

- ◆ Drivers
- ◆ Receptionists
- ◆ Bakers
- ◆ Gardeners
- ◆ Coffee Shop servers for Sundays from 2pm - 4 pm

## Social Services Resource Fair

Come and learn about the variety of Social Services and Wellness Programs available through Northshore, Mill Creek, Kenmore, and Kirkland. In addition, many local community agencies such as the Alzheimer's Association, Evergreen Hospital, Senior Information and Assistance Services, Lifeline, and numerous other valuable resources will also be part of this special event. *Don't Miss It!*

Wednesday, April 28, 3pm-7pm  
Northshore Dining Room and Lobby

Have something to share with your fellow members? Put it in the Navigator! Send contributions to the editor by the 20<sup>th</sup> of the month—[doug@ddykstra.com](mailto:doug@ddykstra.com) or 425-487-8750

## Let's Hear It For The Auction!!



The auction item above, *Motorcycle Madness*, measures approximately three feet in length and two feet in height. It depicts "Mad Dog Bill" riding his machine without wearing a helmet, his ears flying . . . The piece is valued at \$400.00

This year's auction is a "Community Auction" benefitting Northshore Senior Center and the Kiwanis of Northshore Scholarship Fund. Information, online event registration, and sneak previews of auction items are available at [www.northshoreseniorcenter.org](http://www.northshoreseniorcenter.org)

\$75 per person. Online credit card registration is available at [www.northshoreseniorcenter.org](http://www.northshoreseniorcenter.org) Friday, April 23, 5:30pm, Multipurpose Room. Please RSVP by April 9.

## Early-Stage Memory Loss – 8 Week Seminar

Monday, April 19-June 14, 1:30-3pm  
Riverside Landing, Bothell – FREE!

The Alzheimer's Association, in collaboration with Northshore Senior Center, is pleased to announce the upcoming **Early-Stage Memory Loss, 8-week seminar**. This program is designed specifically for individuals who are experiencing memory loss that is affecting their daily life and/or are in the early stages of dementia. The ESML program aims to provide education and group discussion on topics such as medical causes and treatments, future planning and communication strategies. This seminar will be held eight consecutive Monday afternoons beginning April 19, 1:30pm-3pm. A pre-registration process that includes a short phone interview is required before attending the seminar. **Space is limited.**

For more information, please call **Samantha Woodward** at 1-800-848-7097 ext. 229.

*Would you like to improve your brain's volume and efficiency and also increase attention and memory by 15% in just six months? You can by simply walking three times a week.*

## The Right Stuff for Director Job

Gary Kingsbury has been hired as the new director for the Northshore Senior Center.

Gary has an MBA and has done post graduate work in strategic planning and management change. The first part of Gary's career was spent in the for-profit sector, mostly in CFO roles. He also helped start a consulting company with a focus on financial management, strategic planning, customer service, project management, and taught classes on these topics at the University of Phoenix. In 1996, he transitioned to the non-profit sector and has never looked back.

He has been involved with various non-profits and church organizations and most recently managed theatre companies in Costa Mesa, CA and in Seattle (Taproot). In addition to his paid work, Gary has volunteered his time generously, serving on the Veterans and Human Services Levy Oversight Board (Bob Ferguson's rep), NUHSA (North Urban Human Services Association), board of Vision House (provides transitional housing) and the City of Shoreline Human Services Task Force. Gary's first day will be April 1.

## JA Jance: This Writer's Life

Seattle's own J.A. Jance will provide insight on being a writer, a traveler, and other fascinating topics such as how she gets from Place A (Seattle) to Place B (Tucson, AZ). Jance is the top 10 New York Times bestselling author of the J.P. Beaumont and other series. More than 10 million copies of her books are in print.

Read what she's up to right now by going to her blog at [www.jajance.com](http://www.jajance.com), and then hear her in person.

Wednesday, May 5, 7 p.m. to 8:30 p.m.  
\$8 member/\$16 nonmember. Online credit card registration available at [www.northshoreseniorcenter.org](http://www.northshoreseniorcenter.org).

## Senior Social and Resource Fair

Join other seniors at Mill Creek for refreshments and conversation at our new temporary center. Discover what we can do for you and learn about our different activities, including:

Fitness, Computers and Support Classes, as well as Day Trips. Also, learn of our efforts for a new Senior Center in the Mill Creek Community.

For more information, call the center at 425-948-7170.  
Mill Creek Senior Center, Free  
Friday, Apr 9, 10am - 11:30am

## Bits and Pieces

### Northshore's Gathering Place - the Coffee Shop!

Have you checked out the coffee shop at the center, with a view of the patio and rose gardens? People come to this bright and airy spot to share a cup of coffee or tea and to visit before or after an activity, or for no reason at all! The friendly volunteers stay busy serving cookies, cakes, and cinnamon rolls, all home made. Tuesday is home-made pie day--get in line! The volunteers work hard to make your visit pleasant, at the bar or tables. They get to know you, and if you don't come for a while they will ask you where you've been. There's Internet access too, so you can bring your laptop and check your email or do other computer tasks while you're there.

Cafe lunch of soup and sandwich is served on Wednesdays

### Kenmore Spring Tea Party

#### *Celebrate Spring*

#### at the Kenmore Senior Center's Tea Party

Come enjoy a cup of tea, socialize, and meet the Kenmore Senior Center's Wellness Team at our Spring Tea. Refreshments will be served, the Rhododendrons will be in bloom, and door prizes will be given away.

This event is free. Wear your favorite Spring hat!  
Wednesday, April 14, 2010, 2:00pm - 3:30pm

RSVP appreciated:  
Kenmore Senior Center 425-489-0707

### NSC Seeks Public Input on New Bus Service

As a result of a Washington State DOT Rural Mobility Grant, Northshore Senior Center will increase its dial-a-ride service for the general public and persons with special needs. Our target service area includes the rural and suburban area of SE Snohomish and NE King Counties.

Your input is needed on where potential riders need to go and how to best provide this service. Please come to one of the public meetings, learn more about our service, and share your ideas.

Tuesday, April 6, 6 - 7p.m., Northshore Health & Wellness Center

Thursday, April 8, 1 - 2p.m., at Mill Creek Senior Center

Thursday, April 8, 7 - 8p.m., at Horseshoe Grange, 16428 Broadway, Snohomish (in the Cathcart/Clearview area)

For more information, please contact Jim Seeks, Northshore Senior Center Transportation, at 425-286-1026, or [jims@seniorservices.org](mailto:jims@seniorservices.org).



Northshore Senior Center is affiliated with Senior Services