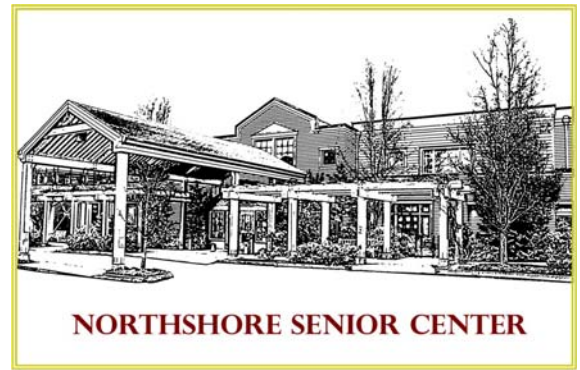


# Northshore Navigator

February 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

### Pancake Breakfast

Enjoy a hearty breakfast of pancakes and eggs, ham or sausage, and coffee or tea.  
Northshore Dining Room  
Feb 6 and 20  
\$4 members, \$5 nonmembers

### Chinese New Year

Come and enjoy the Year of the Tiger with us. The celebration will include entertainment and great Chinese food. Only 100 seats available, so sign up by Feb 2. Sunday, Feb 7, eating promptly at 2 p.m. \$6 members/\$12 nonmember  
Sponsored by Madison House

### Annual Meeting

Enjoy a delicious breakfast while listening to reports on the state of NSC's finances, membership, and programming. Monday, Mar 8, 9 - 10 am  
Dining Room, Free

### St. Patrick's Day Lunch

Enjoy a dinner of corned beef and cabbage with all of the trimmings. Don't forget to wear your green. Only 100 seats available  
Sunday, Mar 14, eating promptly at 2 pm  
Multipurpose Room  
\$6 member/\$12 nonmember, sign up by Mar 10.  
Sponsored by Chateau Retirement Communities

### Helen Thayer—Walking The Gobi: A 1600-mile Trek Across a Desert of Hope and Despair

Sunday, Mar 21, 2 pm  
Save the date for this special event  
Multipurpose Room

## NSC Update

I recently came across a document relating to the management values and practices of the Northshore Senior Center. This document complements the new Strategic Framework plan that was created to set out our goals, objectives, and mission. It states that "The Northshore Senior Center promotes healthy aging and wellbeing in our community through programs, services, resources, and civic engagement."

Usually, defining values comes before setting a vision or mission, so I wish to bring the two together.

I equate values in this context as "ETHOS" which is spelled out in Webster's Dictionary as:

*"The fundamental character or spirit of a culture, the underlying sentiment that informs the beliefs, customs, or practices of a group or society."*

So ethos defines our values, or how we go about our tasks, and the framework gives us goals and objectives for what we commit to do.

The values document I referred to above describes a high ethos of a community that is friendly, kind, and accepting of everyone who walks in the door or calls for information or assistance. This community makes an honest effort to learn what our visitors want and responds in a helpful manner, pointing to the many resources available. These resources include scores of partnerships, collaborations, and support groups—both volunteer- and staff-led.

A culture of respect and kindness prevails as members and the whole community adjust to changing situations and needs and share their expertise and gifts.

So, our ETHOS has been well defined and well executed. I believe we are to be commended for that. In fact, I see our values—our ethos—being lived out every day in the new faces at the Center on both sides of the sky bridge, and I rejoice in this.

Thank you to those who have helped define this community, and especially thank you to those who are giving of themselves to make it happen. Keep up the good work. It is a gift to the whole Northshore community.

Geoff Ethelston, Board President

## Humor Corner

"Education is what remains after one has forgotten everything one has learned in school."

*Albert Einstein*

## Adult Day Health on the Chopping Block (Again!)

Another budget from the governor, but unfortunately, it's the same bad news for Adult Day Health. Just like her original plan from December, Governor Gregoire's new-and-improved budget still eliminates Adult Day Health services for 600 seniors and for people with disabilities. She does this by capping Adult Day Health, and eliminating those slots as people leave the program. Now, the budget battle shifts to the legislature. In the coming weeks, legislators will be holding hearings and making decisions about what programs to cut. Even if new revenue is approved, cuts will be made.

Last year, Adult Day Health workers fought hard and eventually helped save the program (along with a favorable court ruling). This year, we'll need to step up and fight just as hard, if not harder. The fight starts now. Please call 1 (800) 562-6000 to be connected to the legislative hotline. Give the operator your name and address, and tell legislators to raise revenue and to protect Adult Day Health.

Judi Pirone

## A request from the Property Management Team:

Dear Northshore Senior Center and Health and Wellness building users:

Our small group of maintenance volunteers, coordinated by staff person Bob Kilman, works diligently to keep our building clean and safe. We have a regular schedule of cleaning, repairing, and maintaining chores. Your assistance is needed in filling out a Repair Request Ticket, available from any receptionist, whenever you see a safety, health, or repair need. These Tickets help our maintenance people to know how and when to proceed. Please date and sign with your phone number so we can find you for additional information or report that a job was completed. We need all the eyes we can; but please don't stop work in progress by talking to workers about more chores. The Repair Tickets assure almost everything will get done in a timely manner. Thank you for your cooperation.

The Property Management Committee.

## Skyward

The Driftwood Sculpture classes at Northshore all cooperated in working on a driftwood sculpture piece they called "Skyward" and decided to offer it for sale to aid Northshore Senior Center funds. The group diligently scraped, shaped, sanded, burnished, polished, and mounted Skyward for optimum appeal. Everyone in the two driftwood classes shared in making this the most beautiful sculpture it could possibly be.

The sculpture was on show at the Center for about three weeks and the students were beginning to get disheartened. Then, a week before Christmas, Maria Hall saw the piece and fell in love with it! She donated \$50 to the Center and said that she loved wood and felt the sculpture spoke to her soul! The two classes were elated and proud that they were part of the creative process, and Maria Hall appreciates all the fine work that made Skyward such a treasured art piece!

## 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](mailto:michelem@seniorservices.org) to learn more.

## On a Poetic Note . . .

### My New Year's Resolutions

For my sins, to make ablutions,  
It's time for New Year's Resolutions.

One: I'll attempt to stay on diet.  
Pie? Well, just a smidge to "try" it.

Two: To keep myself a bit more fit,  
I'll exercise . . . a little bit.

Three: I won't lie about my age,  
Because I'm way beyond that stage.  
Just think of all I've seen and done.  
The many battles lost or won.  
Took sixty years to do all that.  
So, I've had more lives than any cat.  
Many years have been as good as gold  
And I've earned the right to be this old.  
*Patricia Thorpe, January 2010*

*Gloria Campbell, Editor-in-Chief  
Doug Dykstra, Layout and Co-Editor  
Larry Campbell, Co-Editor*

Have something to share with your fellow members? Put it in the Navigator! Send contributions to Gloria Campbell by the 20<sup>th</sup> of the month—425.821.2411 or [gcampb2965@aol.com](mailto:gcampb2965@aol.com)

## Getting To Know You, Ed Hunt

One of those rare locals, Ed (Edwin) Hunt was born in Seattle on August 24, 1933. He grew up in Lake City and attended St. Catherine's Grade School. His mother, Elizabeth Hinchy, hailed from Minneapolis and his dad, Edwin T. Hunt, from Seattle. For Ed, life in Lake City was great! Every summer there was swimming in Lake Washington, trips with his family, and plenty of friends to hang out with at the movies.

By 1951, Ed was enrolled at Seattle Prep, an all boys' school, which he didn't enjoy very much. He progressed from Seattle Prep to Seattle University in 1955, where he earned a B.A. in Sociology, minors in Military Science Tactics and Philosophy, and met his future wife, Maryanne.

After college, Ed spent two years in the military where he did well. He became a first lieutenant, was an Ordnance Officer in the Second Infantry Division, was promoted to platoon leader, then battalion adjutant, and, finally, at the comparatively early age of 23, he became company commander.

Following his military service, Ed went into the real estate business in Seattle at Terrace Realty where he became corporation president and FHA management broker. He remained with this firm for 25 years. During his real estate career, Ed was a Real Estate Board President, Snohomish County Cancer Crusade Chair, Realtor of the Year, and Multiple Listing Association President.

Ed married his college sweetheart, Maryanne McLaughlin, in Ogden, Utah, in 1956. They've been married for 53 years (and still counting). Their secret to a happy marriage is love, commitment, family, and good sense of humor.

Ed and Maryanne have five children. Steve, a systems librarian at Santa Monica College; Kathleen Beach, a Leasing Manager in the Department of Natural Resources; Maureen Madison, an Administration Assistant at Children's Ministry; Patricia Lindberg, a retired Microsoft Corporate Account Manager; and Carol Gauthier, a Pharmaceutical Sales Representative. Ed and Maryanne are also blessed with ten grandchildren.

Ed is active in St. Brendan's Catholic Church in Bothell, serving on the Parish Council and the Stewardship Council. He claims his wife, his faith, and his education as the strongest influences in his life. His philosophy is "One day at a time."

Because of an early alcoholic problem, Ed started a Ballard Hospital Care Unit and was Marketing Director for Dr. James Milam Treatment Center for ten years. He has been sober for 30 years and continues to work with AA.

Ed and Maryanne first came to Northshore Senior Center in 1998 to exercise. They joined and became active volunteers. Because of Ed's previous work with alcoholics, Ed and Maryanne were asked to become health mentors at NSC. You'll often see Ed's friendly face in the coffee shop where he is playing cards and chatting with NSC regulars. He feels that the Center is a blessing for retirees—a place to meet people and have physical and intellectual stimulation.

*Gloria and Larry Campbell*

## Benefits of Volunteering at NSC

Just ask Hugh McArthur if volunteering at the Center has any value. Hugh has dealt with Parkinson's disease and open heart surgery and when he met with his physicians recently, they noted a dramatic change for the better in his health. The reason—his active work at NSC. Hugh is a very visible and vital member of the Outreach Committee and credits this work with the positive results. In fact, his heart physician said "I don't want to see you for another year." What better testimonial for the benefits of being active!

## Thank you, Barry Holt

A special thank you to Barry Holt, chair of the Property Management Committee. Barry and wife Shirley have been long time, contributing worker bee members of NSC. Barry has served many times on the Board and is a dedicated volunteer repair and safety officer of the Center. He checks the fire extinguishers every month, changes light bulbs each Thursday, heads the volunteer crew of painters and lawn maintenance folks, and really supports Shirley's dedication to arts and crafts activities.

## Newcomers

### Date Correction

The next Newcomer's reception will be on Wednesday, March 17, at 6 p.m. If you are a new member at NSC or know any new members, be sure to invite them to attend and get familiar with all of the great activities at the Center.

## Singles-Only

Would you like to meet and have an opportunity to chat and socialize with other singles at the Center? If so, contact Sunni Saunders at 425.481.0450. She's interested in starting a singles-only group and would love to hear from you.

## Emergency Tips

From time to time we will feature some Emergency Tips to help you be prepared for unexpected events.

### Your Personal Go-Kit Top Eleven!

Keep a "Go-Kit" in your home, work and car—if an emergency strikes, you just pick up the kit and GO! Here is a list of the top eleven items that should be in your bag:

- Food
- Water
- Clothes
- Flashlight
- Whistle
- Duct Tape
- Garbage Bags
- Radio
- First Aid Kit
- Identification Papers
- Personal Support Items (e.g., medication, eyeglasses, hearing aid)

### Five Easy Things You Can Do to Be Prepared:

CARRY a keychain flashlight and whistle with you everywhere.

Remember the code: 1= Yes, 2 = No, 3 = HELP!

- NOTE important information—contacts and resources—and keep it safe.
- ASK about preparedness—at your children's school, your work, or your neighborhood group.
- TELL people what they need to know—how to contact you, how to evacuate, how to prepare.
- PACK a go-kit that you can carry with you to leave safely in a hurry.

### Friday Afternoon SingAlongs

Beginning in February, you will have an opportunity to join with your friends singing some of your favorites. The SingAlongs will be held in NSC's lunchroom at 12:30 p.m. every other Friday. Edith Salter, a wonderful professional pianist, will help keep us in harmony. So enjoy your lunch and stick around for some fun.

### Mingling with 5<sup>th</sup> Graders

On January 21<sup>st</sup> twenty four Northshore members returned to grammar school. We were interviewed by two-person teams of fifth graders at Crystal Springs Elementary School. The students asked about our family, our lives, and our inspirations. It's hard to tell who learned the most, but the gathering was a great way for the generations to learn from each other.

## Seated Yoga for Individuals with Limitations

This class introduces yoga to those whose physical limitations prevent them from participating in mat-based yoga. We focus on pranayama (breathing practice as a conscious, integral therapy) and explore some of the subtle techniques of meditation. Asana is adapted from classical poses to accommodate a range of joint and muscle limitations. The class is also designed to reinforce brain/hand neural connections and to practice basic balance for standing up and sitting down.

Our goal: gently develop strength, coordination, serenity

Previous yoga experience is not needed

Movements will be modified for individuals

A physician release form may be requested

*Instructor: John Stern*

John is a graduate of Laura Yon-Brooks two-year therapeutic yoga teacher-training program and continues yoga studies at her studio in Fremont. His classes are modified for people who might have difficulty taking a mat-based yoga class. With few exceptions, his current students are seniors.

Despite what you may see in the popular press, yoga and the ancient yoga philosophy on which it is based, is not centered on contorting the body. At its heart, yoga is a way of healing through body, breath, and mind. The chair-based seated-yoga that John teaches is adapted from the therapeutic HathaYoga teachings and practices of T.K. Desikachar. He asks students to develop self-monitoring skills as they adapt seated movements and poses (asana) within sensible limits for individual body types and physical conditions. The course also focuses on conscious healthy breathing (pranayama) and beginning exercises for meditation and mindfulness.

## Bits and Pieces

## Free Tax Preparation

Tax time is just around the corner. Are you aware that AARP offers free tax preparation help? Trained tax preparers will be available on Thursdays, Fridays, and Saturdays at the Bothell Library from February 4 to April 15. You will need to make an appointment at NSC's second floor Social Services Desk. Don't wait too long or all of the time slots will be filled.