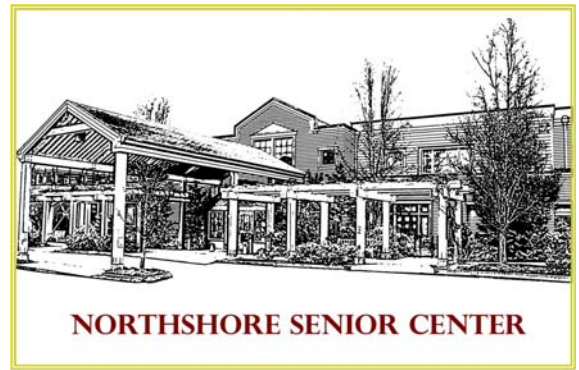


Northshore Navigator

June 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

Summer Jazz

with Coal Creek Jazz Band.

Dixieland Jazz at Northshore Senior Center. Dance to music of the '20s, '30s and early-'40s or just listen and relax . . . Multipurpose Room, Sunday, June 13, The band begins at 2pm.
Member \$3, nonmember \$6

Line Dance Hoedown Potluck

Dance and eat, dance some more . . . Multipurpose Room, Thursday, June 24, 10am-2:30pm. \$5 per person
Everyone welcome!

Community at work

Friday afternoon, May 14, about 30 people crowded Tony Lewendon's driveway and front door in the North Juanita neighborhood during a ceremony to say thank you. The group presented a new wheelchair ramp through the Master Builders Care Foundation Rampathon event for the wheelchair-bound veteran's house. Rampathon builds free wheelchair ramps for disabled low-income homeowners in King and Snohomish counties.

"Tony is one of those people that make Bothell a great place," Bothell Mayor Mark Lamb told the group. "He gives so much to our community it is nice to give a little back today. This is a way to make your life better as you have done for so many others."

(Visit WWW.KIRKLANDREPORTER.COM for complete story by *Matt Phelps*.)

Humor Corner

"The best liar is he who makes the smallest amount of lying go the longest way."

Samuel Butler

Director's Update

As I meet people and share about my new job as Director of Northshore Senior Center (NSC), I am often asked what NSC does. After reflecting on my experiences, my observations, and feedback from others—my answer has been that "we create community." The essence of community is relationships, connecting with one another. These relationships may be two or more friends in the coffee shop, sharing about life's challenges and adventures. These relationships may be a stranger to our area connecting with one of our receptionists, knowing that there is a place for them at NSC where they can come, and belong with others like them. Or, these relationships can extend beyond the walls of NSC to the Kiwanis Club helping NSC with our auction.

The Marketing Committee has coined the slogan, "Together, we can achieve extraordinary things!" The broader we define "together," the more community and possibilities we create. How much community can Northshore Senior Center create? Wouldn't it be fun, exciting, and rewarding to find out? What are your ideas to improve community at NSC, as well as into the greater community? Let me or the Outreach Committee know your ideas, your resources, and your commitment to make this happen.

Another aspect of community is depth, moving people from no community or shallow community to becoming core members. NSC would not exist and would not have the impact without its core members. And, we need *more* core members to achieve the goals of the coming years. Would you consider a volunteer role? If so, please see Michele, our Volunteer Coordinator, regarding the different opportunities here. Do you want to serve in a leadership role on one of the committees? If so, come to a committee meeting? We need you!

Finally, community relates to belonging. When you say "us" it is about *your* community. When you say "they" then *they* don't belong, they're outside your immediate community and, even though you may have common interests, there are some types of barriers. Hopefully we all belong to a community that cares about NSC and the greater community around us. If not—what are the barriers separating us? How can we remove them and increase community? Let me know.

Thank you for your efforts to build community at NSC!

Gary Kingsbury, NSC Director

Community at work: Rampathon Event, May 14, 2010

Jim Kirschner, owner of Redmond-based Bear Creek Residential Construction, built the custom ramp for Tony Lewendon. Jim donated his time. Tony is shown here with his wife, Milly.

Photo: Carrie Wood/ Kirkland Reporter



Volunteer Opportunities

Gift Shop Volunteers

Want to talk to the customers? Come be a volunteer at the gift shop and get the goods! Fabulous finds for all. Openings M-F both am and pm shifts

Coffee Bar

Join the friendly coffee bar crew. Flying solo? No problem...we can connect you with a team partner and you can share in the fun together.

Requirements:

You must enjoy talk and smelling great food!; be willing to supply an endless cup of java; Food Handler's permit.

Front Desk Receptionist Volunteer Opportunity- Wednesday AM/PM or Thursday PM

- * Answers the main phone line and directs calls.
- * Greet 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!

Contact Michele Maneri 425.286.1054

or email michelem@seniorservices.org

Under Construction— Automatic Sliding Doors!

We've received funding to proceed with much-needed upgrades: our front entrance doors are being replaced with an automatic sliding door system. The project is scheduled for this summer.

Every effort will be made to allow easy entry during construction, but please be patient! As always, you can enter from the south side, however, that door is not automatic. If you are wheelchair-bound, ask at the front door for assistance and someone will be called to assist you. Replacement of our sad-looking parking lot curbs is also part of this plan, to be scheduled later this summer.

UMBRELLA AMNESTY!

The umbrellas at the entrances to the sky bridge lead a fickle life . . . not unlike our weather. June will be "clemency-month." A "Won't ask—Won't tell" period. Return wayward umbrellas or donate a spare, if you please.

Thank you—thank you very much!

Editor-in-Chief and Layout
Doug Dykstra

On a Poetic Note . . .

HIPPOPOTAMUS OR BUTTERFLY?

A young African hippopotamus, as hefty as a ten-ton bus,
Sat in the Congo and would cry, for she longed to be a butterfly.

To flit about was her desire, with wings of iridescent fire;

To own a body sleek and svelte and soar above the grassland veldt.

But, instead, she was so earthly bound she scarce could lift off from the ground.

"Surely, butterflies are lucky, not caked with mud and wet and mucky.

They live on nectar, greatly savored. Surely, they are God's most-favored."

The hippo moaned, "I'm nothing! What am I? An ugly hippopotami!"

A wise old lion heard her plaint. No use lamenting what you ain't," the lion roared. "It's plain as day that we each have a role to play.

It's true, a butterfly is pretty and brings grace to the Serengeti, but a butterfly lives for but a year and has many predators to fear,

While you can laze here by the hour, secure in size and muscle power.

She must fly onward in her quest for food. There's never any rest.

There is value in each life that's led. Both joy and sorrow before we're dead.

Now, please, stop all these awful fusses. God also made hippopotamuses!"

Patricia Thorpe

Wish List

Thank you for your donation . . .

Plastic wading pools, Coloring books/Jumbo crayons, Beads w/large openings/string, Bubbles/wands Basketball/pump, Punch balloons Otterpops/Go-gurts, Juice, Any Holiday napkins, Paper plates, Cloth adult bibs, Poise panty liners (incontinence only), any size.

Judi Pirone

Northshore Adult Day Health Manager
Health & Wellness Manager

425-488-4821

JudiP@seniorservices.org

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 425-487-8750

Getting To Know You – Kathleen Manley

Members and visitors to the Northshore Senior Center who frequently see Kathleen Manley in her volunteer role as receptionist upstairs at the Social Services desk are charmed by her vivacious personality and friendly smile, but—most likely—few know how versatile she is.

Kathleen was born in Springfield, Ohio and, for the most part, grew up in that pioneer country, 40 miles west of Columbus. Because her father was a tool and die designer, whose job demanded many changes of location, the family moved several times during her childhood. She lived in Saginaw, Michigan when she was in sixth and seventh grades, but spent eighth grade in Mattoon, Illinois, 120 miles south of Chicago. Ninth grade was spent back in Ohio and tenth grade in Milford, Connecticut. After junior and senior grades, she graduated from Tecumseh High School, in New Carlisle, Ohio, a small school that was brand new at that time. Of these many changes during her schooldays, Kathleen says that she was always either behind or ahead of the other pupils in her classes, but that these experiences taught her to “stay positive and keep a happy light in her eyes”.

After high school, Kathleen worked for six years, first for the Clark County (Springfield, Ohio) Auditor’s Office, in the property tax and dog tag division, and then four years for the Springfield Regional Office of Olan Mills, as executive secretary. After this, she then went into nursing, at Springfield City Hospital, a three-year diploma program. She practiced nursing for about 23 years.

In the course of this work, she met the mother of her future husband. Kathleen was married for 25 years and had two children: a daughter, named Robin, who now lives in Monroe, and a son, Rob, who lives in Texas. Kathleen and the family moved to Seattle area in 1973. Kathleen met her present spouse, Doug, at a country western line-dancing class 21 years ago, and they have been together ever since.

They are members of the Eagles Lodge but spend much time with the nine grandchildren they have between them. For the past three years, Rhyder, a massive black Lab dog, has shared their home. Kathleen and Doug like to go for rides on his motorcycle (Kathleen as passenger) and have traveled across the country in their motor home. They also have traveled to Europe twice and Australia once, working with the USA Enduro Team for Six-Day races, which Doug’s son rode cycle for.

Kathleen’s career at Northshore Center began in 2003, when Emily Fleming snagged her for a rummage sale, and she has been a volunteer ever since, manning the Social Services desk twice a week, as well as serving on the Board. She also produces flyers for Northshore, Kenmore, Mill Creek, and Woodinville Senior Centers. Kathleen says that here, at the Senior Center, she puts to use many skills learned during her varied career—nursing, office management, and word processing.

A junior high school English teacher had a huge influence in her life—as a result she is a published poet of haikus and free verse. She also has written articles as an advocate for wheelchair bound people.

Kathleen likes to be active and creative. Her mantra is: “This is going to be a good day!” She believes that people matter, and that talking things through with them is very important. Above all, if she ever has a bad day, her faith in God gives her the confidence to believe that “This too will pass away.” Her motto for happiness, she says: “Keep busy”.

Virginia B. Cook and Jane Boren Kaake

COMMUNITY AT WORK— 2010 Rampathon

Tony Lewendon is a former master sergeant, having served 20 years in the British military. He has a degenerative condition called Ataxia (loss of the ability to coordinate muscular movement), which has confined him to a wheel chair.

Tony is a volunteer instructor at the Health & Wellness Fitness Center. He comes to the center several times a week riding one of our vans. With his enthusiasm, and loaded with energy he has helped organize our Wii bowling league where he coaches and mentors other bowlers. He gives others something to aim for by having bowled at least 14 perfect games himself.

Through the Master Builders Care Foundation Rampathon event Tony’s home was chosen to receive a new wheelchair ramp to make his home more accessible. His coming and going is now a lot safer.

Jim Kirschner, who owns Bear Creek Residential Construction donated his time to build the custom ramp at the family home. Jim’s family (wife and kids) were all involved one way or another in the construction of the ramp. A wonderful community project—rewarding Tony Lewendon, who gives generously of himself—bringing so much joy into the lives of others.

Community at Large

Smokey Point—the place to go. To the Rest Stop, that is. Thanks to all who’ve donated cookies to the Smokey Point Rest Stop Event (May 31-June 2). Lots of cookies—lots of thanks!

NAMI 5K WALK



On Saturday, May 15, Northshore Senior Center sponsored a team of 16 walkers (and 2 dogs) for the NAMI 5K walk at Magnusson Park in Seattle. To date, Northshore's Gray Matters team has collected over \$1000 dollars for NAMI Eastside, with a major contribution from the Lake Forest Park Curves fitness center. Gray Matters team T-shirt, designed and produced by Gray Matters team captain Carol Green and her son Dustin, won an honorable mention in the T-shirt contest.

NAMI (National Alliance on Mental Illness) is a grass-roots organization dedicated to improving the lives of individuals and families affected by mental illness. NAMI Eastside offers support groups and educational programs, advocates for the rights of persons with mental illness, and supports Hero House - a day-program clubhouse for individuals recovering from mental illness.

Donations to the Gray Matters team can be made on the Gray Matters team webpage until July 14, 2010.

www.nami.org/walkTemplate.cfm?section=NAMIWALKS&template=/customsource/namiwalks/teampage.cfm&teamID=19916

Many thanks to those who walked or supported the Gray Matters team, and a special thank you to Carol Green and Janet Zielasko for organizing the team!

Article and photo contributed by Stefanie Bonigut, MSW, Social Worker and Family Caregiver Specialist

From left, John Zambrano, Commander Martin Spani, Bill Miller, Northshore Senior Center Director Gary Kingsbury, and Vice Commander Frank Martinez.

Photo: HeraldNet



Bits and Pieces

See you in the Coffee Bar!

Meet old friends and make new ones. Bring your laptop and have fun with the wireless access for your laptop. The Café will be suspended June 15—want to volunteer and keep it going for the summer? Call Michele at 425.286.1054

Northwest Writers Visit NSC

May was a great month at NSC for writers and readers. We hosted two prominent local authors—Samuel Green, Washington state's first Poet Laureate, and J.A. Jance, well-known mystery writer. Both were highly entertaining as they shared stories and insights on their creative processes.

With such a wealth of talented and nationally-recognized writers in the Northwest, we hope to mine these resources for more great programs. If you have any favorite Northwest authors, let me know. Perhaps we can entice them to share their pearls of wisdom with us. You can reach me at gcampb2965@aol.com or 425-301-1408. *Gloria Campbell*

Poetry Comes Alive at NSC

On Friday, May 7th, the Center had the honor of a visit from the first-ever designated Poet Laureate of Washington State, Samuel Green who, after leading the regularly scheduled Poetry Class gave a public reading and discussion of his work.

It was exciting and inspirational to hear Sam Green share his ideas about poetry and why (and how) it is written. He said that he "writes about what will not go away"; that is, about feelings and ideas which are very strong and important at a given time. He goes to great lengths to find the right words to express tone and feeling, for in his view "logic and sermons never convince."

Like paintings in an art exhibition, where each onlooker may have a different feeling about what the artist was saying, poets don't necessarily agree about how to paint a word picture. They do agree that telling a story is not the same thing as finding the poem. And it may take many lists of ideas and pages of drafts to find one that really speaks to the heart and spirit as well as the mind.

Virginia B. Cook

VFW presents flag set to NSC

The Veterans of Foreign Wars, Post 1040 Lynnwood, recently presented a United States flag set to Northshore Senior Center in Bothell. The VFW Post gave the Center the set after learning that they only had a small flag that was used at their functions. VFW Post 1040 member, Bill Miller, shown center, instrumental in NSC being awarded this flag set, volunteers each month at NSC.

HeraldNet



Northshore Senior Center is affiliated with Senior Services

