

The Navigator

July 2017



A monthly publication of Northshore Senior Center
10201 E. Riverside Drive, Bothell, WA 98011; 425.487.2441
www.northshoreseniorcenter.org

Enriching Your Quality of Life

This Navigator is dedicated in memory of Doug Dykstra, a dedicated long-time volunteer/editor of the Navigator.

Doug Dykstra's Biography

by Jean White

Doug was born in Leeuwarden, Netherlands, August 19, 1936—one of eight children. He was in military service in the Netherlands from 1956 to 1957. Some in his family had already settled in the United States, when he, his wife and small daughter immigrated in 1958. He spoke no English, but soon learned and became a citizen in 1963. He owned Continental Printing in Seattle from 1964 to 2000 and was president and CEO. Hobbies were writing, reading, photography and videography.

He was a long-standing member of Northshore Senior Center—approximately sixteen years, enjoying the “Wanna Be Writer” creative writing class for many years. He was also editor of Northshore's Navigator for the past seven or eight years.

Doug's dry humor was contagious and his kind, quiet manner created friendships with all who were fortunate enough to meet him. He passed away June 19, 2017 and will be greatly missed.

Doug and The Navigator

by Gloria Campbell

My husband, Larry, and I first met Doug Dykstra several years ago in NSC's Wednesday writing group. At the time, I had recently helped our then director, Lee Harper, start The Navigator, the Center's first newsletter and became the editor and publisher with help from Larry. As a recently retired printer, Doug was interested in expanding his writing and editing skills, so he offered his assistance in producing the newsletter which he did this for several years. When Larry passed away in 2012, I began redirecting my interests and, eventually, turned the writing and editing responsibilities of The Navigator over to Doug. So for the past several years, until his recent illness, the newsletter was Doug's product—and I'm sure we all appreciate his work.

I also joined with Doug on some other writing and editing projects—mostly books. I think he enjoyed doing this, and I know he greatly expanded his skills and knowledge about writing and helping others to do the same. Doug was a great asset to the Center and will be deeply missed.

Events/Highlights

United We Stand

Bothell 4th of July Parade. Come see us at the parade—float, walkers, NSC van. If you would like to participate, call Mary Evans, 425-398-8416. Van will leave NSC at **9am on July 4** to decorate vehicles and line up for the parade. Parade kicks off at noon. Vehicles need to be in place at 11am on UW/Cascadia campus. Walkers need to be in parade location downtown Bothell by 11:30 am. New parade route this year.

90's Birthday Party.

If you are 90 or older, you are invited to our 90's Birthday Party on **July 18, 2-3pm**. Enjoy live music, ice cream and cake. Call the front desk at NSC to make your reservation, 425-487-2441.



Pancake Breakfast. A hearty breakfast of pancakes, eggs, ham on first Saturday and sausage on third Saturday, coffee or tea, orange juice. \$5 per person. First and third Saturdays, 8am-11am. **July 1 and 15, Aug 5 and 19.** Sponsored by Care Partners.



Annual Cross Country Ski Trip to Methow Valley, February 5-11, 2018

It's time to make your reservation for a 7-day cross-country ski trip with a great group in one of the best places in the state (Methow Valley). We stay at River Run Inn Guest House in Winthrop, WA. Cost for the trip averages about \$40/night/person for 13 persons. Everyone, with their roommate, is responsible to help with 1 dinner for all. A meeting will be held in early January to meet each other, discuss business, car-pooling, and collect the balance of the cost. **Please send a nonrefundable deposit of \$75 to reserve your space for this popular ski trip before July 14, 2017 to John K. Booth, 2512 204th Street SE, Bothell, WA 98012.** This trip can fill up quickly so send your money in as early as you can.

For questions or comments, call or email: Barbara Van Droof, 206-363-3606, bvandroof@comcast.net; John Booth, 425-488-7673, j.k.booth@comcast.net.

Living Well with Diabetes (Mondays: July 12 - Aug 16 @ 1:00 - 3:30 pm)

Living with diabetes can mean a constant struggle to lose weight, count carbs, control blood sugar, and avoid problems. It can leave you feeling tired, down, or unable to do the things you want to do. The Diabetes Self-Management Program is a FREE 6-week workshop developed by Stanford University. By participating, you can take the steps to make sure YOU are in charge and not your diabetes: - Gain new skills to better manage glucose monitoring, medications, and symptoms of diabetes; - Develop strategies for dealing with difficult emotions like stress, anger and guilt; - Improve communication with family, friends and your medical team; - Benefit from the support of others who share what you're going through; - Practice creating and accomplishing weekly action plans.

Mark your calendars and register now. Call 425-286-1029. Facilitator: Glen Felias-Christensen RN, MPH.

RAS/RUMMAGE UPDATE

Beginning at noon Aug 5, after the Pancake Breakfast is finished, the Senior Center will be closed for any activities and classes through Aug 12 at 4:30pm. Community Dining will not be held Monday through Friday, Aug 7-11. Granny's Kitchen is available on Aug 10, 11, 12 for food purchases. The Front Desk will be open during this period. The Coffee Bar will be used by volunteers during Aug 5-Aug 12 and will not be open for additional business.

Preparations for our sale begin Aug 5 at noon till 4:30pm. Preparations continue Aug 6, 7, 8, 9 from 8am-4pm. Sale to public takes place Aug 10, 11 from 8am-6pm and Aug 12 from 8am-noon. Clean up begins Aug 12 from noon to 4:30pm.

Please call Mary Evans, 425-398-8416, with any questions regarding the RAS/Rummage sale.

Note: Health & Wellness, Kenmore and Mill Creek are open and have regular classes and activities during Aug 5-Aug 12.



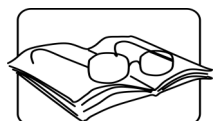
Helpers needed for jobs from room & outside setup, clean up, set up of sale items, help during sale hours—different jobs, different days, different times. Your help is needed. Work hours and shifts that you can in order to make our fund raising a success. Volunteer applications must be submitted in order to work with any area.

Submit applications to Rubbina Mamdani, Volunteer Coordinator. Call Mary Evans, 425-398-8416 for information.

Mill Creek Festival, Street Fair and Pancake Breakfast. Entertainment plus all you can eat Pancake Breakfast. Proceeds from breakfast benefit Mill Creek Senior Center. Breakfast will be held Sat, **July 8, 8:30am - 11:30 am** at Brookdale Mill Creek 14905 Bothell-Everett Hwy. Family \$20, Adults \$10, Children \$5.

It's reading glasses time again!

Mark Davey is returning to Sakila, Tanzania in August—hopefully to finish the wiring on the medical dispensary. He plans to collect reading glasses, new or gently used, 150 strength and up. Men's or women's is fine (they love the fancy ones!) Please, no prescription lenses, just the Over-the-Counter reading glasses.



Volunteer Opportunities



REMINDER TO VOLUNTEERS:

Many of you already know that we have a sign-in sheet for all volunteers to put down their names and the shift or the time of day they are physically in the center to volunteer. Please be sure to continue to use the sign-in sheet when you are in the center to volunteer, so that staff know how to reach you in case of any emergencies. Please, please note that this is in addition to, and not in place of your regular monthly timesheets where you report your monthly hours. Thank you for your understanding in this matter. For questions please ask Volunteer Coordinator, Rubbina, at X232.

We still have needs for volunteers to serve weekly in these areas:

- ◆ Receptionists at the Adult Day Center in the Health & Wellness building & the NSC main building
- ◆ Kitchen Helpers & Dishwashers for NSC & Adult Day Center
- ◆ Bookie Office Receptionists
- ◆ Computer Lab
- ◆ Coffee Bar Servers (Friday afternoons)
- ◆ Rummage/Ransack Attic Sale volunteers (general set-up/moving, monitoring, pricing, and many other opportunities)
- ◆ Special Events (Health Fair in September, Holiday Marketplace in November)
- ◆ Lawn Care/Gardening
- ◆ Volunteers for the Wrangler's Ongoing Weekly Programs
- ◆ Property Maintenance volunteers (on an as needed basis)
- ◆ Volunteer Drivers at the Mill Creek Senior Center for driving to special events

If interested in volunteering for any of the above, please contact Rubbina Mamdani, Volunteer Coordinator, Phone: 425-286-1032 Email: rubbinam@mynorthshore.org,

David Bothell (Rummage Sorting Master Emeritus & Coffee Shop Computer Whiz) is undergoing chemotherapy. If you would like to say "Hi!" here is his email address: bothell01@sprynet.com.

Mill Creek

LEPTIN 3 WEEKS on Mondays, July 24 to Aug 7, 10:30AM to 12:00PM

NUTRITION CONSULTANT - Janette Reyes - Heath PhD - Naturalgen LLC

You will learn how to regulate your daily energy balance by inhibiting hunger. Leptin is one of the hormones directly connected to body fat and obesity. Studies have shown that an absence of leptin in the body can lead to uncontrolled weight gain. Leptin is so powerful and that's why I call it the King of Hormones.

- What is Leptin?
- Is leptin a Hormone? Thyroid & Weight.
- Leptin's Role regulating Energy Balance.
- What's the connection of Leptin Hormone and the brain-Hypothalamus?
- Immunity and Brain Function.

Instructor: Janette Reyes-Heath PhD. Holistic Nutrition Science Coach at the Mill Creek Senior Center.

FREE CLASSES, register at 425-948-7170.

DO YOU HAVE YOUR AFFAIRS IN ORDER?

Who is your Power of Attorney? Is your Will or Trust set up to reflect your needs and wishes? What documents are important to create legal solutions that will bring peace of mind? Nikki Leith, Elder Law Attorney, will discuss Estate Planning. Bring your questions and learn from this interactive discussion.

All ages and levels of knowledge welcome. FREE - Please register at 425.948.7170.

When: Wednesday, **July 19th** at 10:00am to 11:30am

Where: Mill Creek Senior Center.



EvergreenHealth

OPIOID AWARENESS

What are opioids? Are they helpful or harmful? Learn more about opioids and how they can affect your health and wellness. Presented by the Evergreen Health at Mill Creek Senior Center, also a listing of Prescription drug collection sites will be made available at training events and in the lobby of the Mill Creek Senior Centers.

Tuesday, **July 18th**, 10 - 11am.
Call 425.899.3000 to register.



I was sitting on the balcony above the entry way at NSC reading a book when I heard my name called. The voice came front the front desk downstairs. Someone had left a message for me. It was from the son of a Center regular who is now housebound because of a fall, and his son wanted me to ask people here to get in touch with him (his name is Jim Ozanich) because he needs some companionship. If you know Jim, please contact or visit him.

The call spurred me to think about an issue a lot of us face—loneliness. I've written about this before, but it is a topic that doesn't go away and, unaddressed, can become a real problem. Those of us who have lost a mate know what this is about. Even though it's been over four years since my dear husband passed, I still have moments of deep loss. It's impossible to describe those feelings. Losing special relationships is challenging no matter what the reason. The Center is a great place to practice building connections. Caring and reaching out to others is important—for us and for our world.

Just a thought.

Gloria Campbell

Outreach Meeting

July Outreach Meeting will be held **July 27** from noon-1:30pm in the Health & Wellness Conference Room. Come share your ideas.

A Film About Plastic BAG IT

Is Your Life Too Plastic? Bag all the useless, toxic, and ugly plastic cluttering up your life. What starts as a film about plastic bags evolves into a wholesale investigation into plastic and its effect on our waterways, oceans, and even our own bodies; & what we can do about it. "Touching and often flat-out-funny."

Thursday, July 27, 2017, 10:00 - 11:30 am
FREE, Room 203

For information contact: Patricia Wangen,
425-487-3458, Northshore Senior Center
Environmental Group

Special Discounts for Senior Citizens

The "Gold Card", a senior information and discount card issued through the City of Seattle, is available to Seattle and King County residents age 60 and older. These free cards are now available at the Northshore Senior Center 2nd floor Reception Desk, the Mill Creek Senior Center and the Kenmore Senior Center. *You must show ID proof that you are over 60 to receive a card.* The Gold Card provides information & assistance contact numbers as well as eligibility for discounts from many of the businesses, restaurants, theaters, professional & public services organizations. Valuable discounts available to Gold Card holders include free entrance to the Seattle Aquarium, reduced admission to Woodland Park Zoo and a variety of other vendor discounts.

Vendors Wanted for Holiday Marketplace November 2017

The Holiday Marketplace will be held Friday and Saturday, **November 3rd and 4th, 2017.** We are looking for quality vendors with Handcrafted products to sell. Table prices are \$60.00 for a 6-foot table or \$75.00 for an 8 foot table. Please leave a message for Suzanne Lippmann at the Northshore Senior Center 425-487-2441 or call her at 425-488-1599 and she will call you with more information.

\$10 Shape Up Campaign



Regular exercise is a proven way to relieve stress, sleep better, and increase strength and energy. *Shape Up* is a wonderful program sponsored by King County Emergency Medical Services (EMS) to encourage older adults to exercise. If you are a new participant, a returning participant, or a participant in one of our exercise classes who would like to try a new exercise class, this exciting program is for you. You will receive **\$10 off** when signing up for your next exercise class.



If you have any questions about the Navigator, please contact Kelly Pham at kellyp@mynorthshore.org

