

# SOCIAL SERVICES

## COUNSELING

### Personal Consultation and Counseling

Explore concerns, problems and options in individual or group sessions. Issues may include depression, anxiety, grief and loss, life transitions or other family or personal issues.

**N** Social Services, 2nd Floor  
Stefanie Bonigut, MSW  
425-286-1047; [stefanieb@seniorservices.org](mailto:stefanieb@seniorservices.org)  
Janet Zielasko, MS, LSW  
425-286-1035; [janetz@seniorservices.org](mailto:janetz@seniorservices.org)  
Andrea Parker, MSW, LSW  
425-488-4821; [andrap@seniorservices.org](mailto:andrap@seniorservices.org)

**K** Senior Center  
Thursdays, 9am - 3pm, by appointment  
Stefanie Bonigut, MSW  
425-286-1047; [stefanieb@seniorservices.org](mailto:stefanieb@seniorservices.org)

**M** Senior Center, 2nd Floor  
Monday, Tuesday and Friday  
Georgia Rigler, MSW  
425-948-7183; [georgiar@seniorservices.org](mailto:georgiar@seniorservices.org)

### Program Encouraging Active Rewarding Lives For Seniors (PEARLS)

Do you feel sad, down or hopeless? Are you having little interest or pleasure in doing things? If you answer yes to either of these questions PEARLS might be the program for you. PEARLS is an evidence-based program for individuals with mild depression. It incorporates three components: Problem Solving Treatment, Social/Physical Activity, and Pleasant Activity. The work is done in four sessions. There is no cost for the program. If you would like more information regarding the PEARLS program, contact: Janet Zielasko, MS, LSW at 425-286-1035 or Stefanie Bonigut, MSW at 425-286-1047, Jeannie DeSmet, RN at 425-286-1029 or Georgia Rigler, MSW at Mill Creek Senior Center at 425-948-7183.

## EARLY STAGE

### MEMORY LOSS

#### Brain Fitness Club

A social day program for individuals experiencing early memory loss. Become involved in cognitive, physical and social enriching activities including educational discussions, modified enhanced fitness exercises, lunch and social engaging activities. This program allows for participation at both our senior center and adult day center. Brief respite option for caregiver. *Pre-screening and registration required.*

**\$45 each session (lunch included)**

**H&W** Conference Room 2nd Floor  
Tuesdays or Fridays, 10am - 2pm  
Information and enrollment call Candice Whelen at 425-488-4821

#### Early Stage Memory Loss Support Group

A monthly support group for individuals who have been diagnosed with early stage memory loss. For more information, [see page 50](#).

## EVERGREEN ENHANCE

### WELLNESS

#### Evergreen Enhance Wellness

Take control of your life and improve your health in spite of your chronic conditions. This program has proven results and includes a health and functional assessment, and a health action plan that you set up with the nurse and social worker.

**N** Jeannie DeSmet, RN, 425-286-1029;  
[jeannied@seniorservices.org](mailto:jeannied@seniorservices.org)

**K** Mary Ann Draye, RN, ARNP (Mondays)  
425-489-0707  
Lee Gresko, RN, (Wednesdays)  
206-268-6740; [leeg@seniorservices.org](mailto:leeg@seniorservices.org)

**M** Lee Gresko RN, (Thursdays)  
206-268-6740; [leeg@seniorservices.org](mailto:leeg@seniorservices.org)

**N**=Northshore, **H&W**=Health and Wellness,  
**K**=Kenmore, **M**=Mill Creek, **W**=Woodinville

# **FAMILY CAREGIVER**

## **PROGRAM**

Do you assist a spouse, family member, or loved one 60+ years old with bathing, dressing, taking medications, transportation or financial/legal issues? If so, you fit the description of a caregiver. Northshore Senior Center and its affiliate sites offer many FREE resources available to help unpaid family caregivers. We serve unpaid family caregivers in King and Snohomish counties.

### **Caregiver Counseling/Consultation**

Caregivers provide a wide range of unpaid services to their loved ones. You may care for a loved one at home or provide long distance support. The Caregiver Specialist is available to you, the caregiver, to manage and improve your own health. Services include consultation, connecting with community resources, coping with stress, and enhancing your own health and wellness. Please call for an individual appointment.

**N** Social Services, 2nd Floor  
Stefanie Bonigut, MSW, 425-286-1047  
[stefanieb@seniorservices.org](mailto:stefanieb@seniorservices.org)  
Janet Zielasko, MS, LSW, 425-286-1035  
[janetz@seniorservices.org](mailto:janetz@seniorservices.org)

**H&W** First Floor, by appointment  
Andrea Parker, MSW, LSW, 425-488-4821;  
[andreap@seniorservices.org](mailto:andreap@seniorservices.org)

**M** Senior Center, 2nd Floor  
Georgia Rigler, MSW, 425-948-7183;  
[georgiar@seniorservices.org](mailto:georgiar@seniorservices.org)

**K** Senior Center  
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Stefanie Bonigut, MSW, 425-286-1047;  
[stefanieb@seniorservices.org](mailto:stefanieb@seniorservices.org)

### **Caregiver Resource Centers**

Materials of interest to caregivers (videos, books, pamphlets) are available to check out at:

**N** Social Services Suite, 2nd Floor

**M** Senior Center, 2nd Floor

### **Powerful Tools for Caregivers**

A six-week series for unpaid family caregivers that provides tools for self-care and builds confidence in handling difficult situations, emotions and decisions.

**H&W** Conference Room, **Free**

Mondays, Aug 9 - Sep 20, (*no class Sep 6*)

1pm - 3pm

To register, please phone:

Andrea Parker, MSW, LSW

425-488-4821; [andreap@seniorservices.org](mailto:andreap@seniorservices.org)

Georgia Rigler, MSW

425-948-7183;



Keep active, stay connected.

Just a short walk from the Northshore Senior Center, Vineyard Park at Bothell Landing is a warm and friendly community responsive to all your needs.

- Independent and Assisted Living
- Exquisite dining available all day
- 24 hour caregiving staff
- Beautifully appointed building
- In-house Rehabilitation and Wellness Services

**Current Special**  
No Move In Fee  
&  
We Pay For  
Your Move  
\* Up to \$1500 towards moving fee

VINEYARD  
*Park*  
AT BOTHELL LANDING

[www.vineyardpark.net](http://www.vineyardpark.net)

10519 East Riverside Dr., Bothell, WA 98011 (425) 354-3914

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