

March 2009

Northshore Navigator



A monthly publication of Northshore Senior Center

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Our Mission

Promoting the well-being of older adults.

Our Vision

A community where older adults and those who love them are empowered to choose and develop ever more joyful, healthful and meaningful lives.

Events/Highlights

St. Patrick's Day Dinner

Multipurpose room, Sunday, March 15th
Doors open at 1:00pm, \$6. Authentic Irish celebration with corned beef & cabbage.

Hilltop Heritage Dancers

Tuesday March 17, 11:15 am—noon
Join us as the Hilltop Heritage Dancers from Hilltop Elementary School perform international folk dances from around the world. Their charming smiles, costumes and synchronized steps will dance their way into your heart.
NSC, Multipurpose Room, FREE

Afternoon of Old Fashioned Gospel Music and Pie Social

Sunday, March 22, 2:00 pm - 3:30 pm
Listen to the Sojourners sing the old time favorites accompanied by the fantastic magic fingers of Dewey Forrester on the piano. Eat great pie too!
\$5 members / \$10 nonmembers
At Kenmore Community Club (7304 NE 175th Street, Kenmore)

Simple Truffle Demonstration

Wednesday evening April 8, 6:30 - 8 pm.
Learn the art & techniques of making chocolate truffles. Limit 25. NSC Dining Room \$20 members/\$25 non-members

Join the Board at the NSC Annual Meeting

Join your Board of Directors and Executive Director at the Annual Meeting and Brunch.

**Annual Meeting:
Monday March 9, 9 - 10 am
NSC Dining Room**

We will be looking 2008 in review and looking forward to opportunities and challenges. Questions - contact Cheri Rondeau at 425-286-1024

Like Kids? Want to Help?

You can make a BIG difference in the life of a child.

Becoming a Big Brother or Big Sister through GenerationBIG is a fun and easy way to benefit the Bothell community in a BIG way. All you have to do is spend time having fun with a local child from Frank Love Elementary School.

You will meet with your "Little" once a week at the school and talk, have fun and work on academics together. After meeting with your Little, you will get to meet with other members of your GenerationBIG group to share stories about your experience.

Come hear more about how to get involved at one of our two informational sessions at the Senior Center.

GenerationBIG Information Sessions:

**Friday March 6 at 10:00
Thursday March 12 at 11:00**

Open House Wed April 1 - No Fooling Around!

You may have heard—we will be open in the evenings starting Wed. April 1st—no April Fool's joke.

**Join us for an Open House:
Wed. April 1, 5:30—7:00 pm at the Senior Center**

Take a tour, sample food from the Coffee Bar, meet board members, learn about evening and weekend classes, explore volunteer opportunities and celebrate our extended hours.



Take TWO MINUTES and save adult day health

Adult day health has been eliminated in the governor's budget. Please help save this vital community resource.

**DO THIS NOW: Call Legislative Hotline by March 15, 2009
1-800-562-6000. It takes 2 minutes.**

Tell your legislators NOT to eliminate Adult Day Health funding. Adult Day Health is smart money invested in the future of aging and our communities.

You don't need to convince anyone on the phone, you can leave a brief message that will be passed along to the 3 legislators from your district. They will ask for your address to determine what legislative district you are from. If you have a connection with your legislator you can follow up and contact them directly. Go to www.leg.wa.gov to find the numbers.

Northshore's Adult Day Health Programs

NSC operates two Adult Day Centers. In 2008, the Northshore Adult Day Center (across the sky bridge) and the Lake Washington Adult Day Center (in Kirkland) served 261 people.

What is Adult Day Health?

- Adult day health is a supervised daytime program providing skilled nursing and rehabilitative therapy services in addition to personal care services provided in adult day care.
- **Family caregivers rely on Adult Day Health.** We serve people living at home with spouse, adult children, adult family home or parents. Institutional care is always their last choice.
- After one year enrolled in the Northshore Adult Day Health Center, participants saw a 70% reduction in hospitalization admit rates, an 86% reduction in nursing home admits and a 73% reduction in Emergency Room visits. The cost to the state will skyrocket if Adult Day Health is eliminated.
- With the state's 85+ population doubling by 2030, now is the time to reaffirm our investment in community-based affordable long-term care. This cut will NOT save our state money. It will dramatically increase the cost of caring for our most vulnerable residents to the state of Washington.

2009 Meals on
Wheels
Volunteers
THANK
YOU FOR
ALL YOU
DO!!



Computer Literacy

If you haven't yet crossed over the bridge to visit the Computer Learning Lab (CLL) at Health and Wellness, you have a surprise in store. The inviting and spacious CLL has a wealth of learning possibilities. Originally opened in 2007, this facility now has 10 volunteers who are ready and willing to work with a wide variety of computer-based learning needs. In addition to the usual Microsoft Office software, the CLL has several programs to help people with special needs. For those with reading disabilities there is a program called Kurzweil 3000; for the blind there is ZoomText and JAWS; and Ainsworth Typing Tutor for job training.

In addition, the CLC has specialized hardware including HiViz keyboards, Rollarball mice, and a new color CCTB video magnifier to help those with macular degeneration. The workstations are portable and can be adjusted to the needs of the student. The Center is also looking into new software developed by Posit Sciences that is designed to enhance and expand brain functions. Its possibilities are exciting!

Gary Ancelet, who started at the Center as a volunteer, is now the Disabilities Access Program Coordinator. He is dedicated to helping seniors and other members of the community enrich their lives through new technologies. Through using these programs, many people have gained newfound freedom from limiting disabilities. One of these is Lil Buck whose vision problems could have ended her musical activities. Joe Meyer, a quadriplegic, has used Dragon to upgrade his work skills.

Because every situation is different, the Center finds the best software and volunteer to work with each learner. Drop by the second floor lab at Health and Wellness for a tour of what is happening in the world of technology and how it might open horizons for you or your loved ones.

~Gloria Campbell

7,364 Number of meals served by
NSC Meals on Wheels volunteers in 2008

Getting To Know You

Our long time member, George Behrend, was born in Redfield, South Dakota, in 1920 to parents Lula and Ed. When George was three, his family moved to Bloomington, Illinois, where young George went to a one-room school. Since it was over three miles from George's home, the school had a pony shed for those who rode horses for transportation. George played basketball and pitched on the baseball team, and though his teams didn't win many games, he had a lot of fun.

During the Depression, George's family lived on a dairy farm with 30 head of cows. George and his two sisters helped with the milking and sold fruit and eggs to grocery stores to help meet expenses. The kids went to a three-year high school in Shirley, Illinois, then finished their last year in Normal Community High School.

In June 1942, George enlisted in the Navy, the same year his Dad invested in a milking machine. Originally, George thought he wanted to be a machinist, but because the Navy already had too many candidates, he opted for radio school, going to Memphis, Tennessee, for training. Because radar was just getting underway, George was sent to a squadron of PB4Y aircraft at Sand Point Naval Station in Seattle. In November, George's squadron shipped out to the Aleutian Islands. Weather conditions were severe in the Aleutians, and George's outfit often landed in the snow without ever seeing the runway.

When he returned to Seattle, George and some buddies became instructors in mechanics, radio, and radar at Navy Air Stations throughout the country. He stayed in the reserves and was reassigned to active naval duty in the Korean War, remaining in the reserves for another twenty years.

He married his wife, Mary, in 1944 in St. Louis where she was living. They were together until Mary passed away in 1997. The couple had two sons and a daughter four grandchildren.

George has been a member of Northshore Senior Center for many years. He is active in numerous groups and committees and has managed the Senior Center Employment Office for several years. Pop in and say "Hello" when you are on the 2nd floor. His advice for all of us is, "We don't quit playing because we grow old, we grow old because we quit playing."

~Gloria and Larry Campbell

News You Can Use

Membership Alert

Support the center and get your discounts by joining or renewing your membership! Also, consider joining the newly-formed Membership Committee, or just helping with various tasks like assembling new member packets.

Membership Committee Mission: 1) To help retain and expand current membership, 2) To find out the needs and interests of members and keep them informed about Center activities, and 3) To find ways of reaching out to the larger community. If interested, leave a message at the Front Reception Desk for Gloria Campbell.

Amazing Artwork

Check out the magnificent Art by students from NSC in the hallway and dining room. Some artists will donate 25% of their earnings to the center to help with fund-raising.

Exciting New Programming At NSC

- Going Green Event
- Early Stage Memory Loss Seminar
- Truffle Demonstration
- Putting It All Together: Personal Safety Net Series
- Driftwood
- Elderhostel
- Computer Classes
- E-bay Buying & Selling
- SKYPE
- Medicare Sign Ups-now on the Web
- Caregiver Informational Session
- Long-distance Caregiving Seminar
- Caregiver Support Group
- Cascadia Community College Classes

Join us at the Open House on Wed. April 1, 5:30 - 7:00 pm to learn more!

Member Survey - We Need YOUR Feedback

If you are a current member, you will receive a member survey in the Spring Quarter newsletter. Please take a few minutes and complete the survey and return it to any of our locations. Your input provides valuable information to the staff—allowing us to better respond to your needs and wishes. If you aren't a member, surveys will be located at all locations, we want your input too! If you receive the NSC E-News each month, there will be an on-line version of the survey you can use if that is easier.

\$12,025

Amount earned at the Northshore Computer Learning Center in 2008! A big thank you to Shirley Mehlenbacher, Computer Learning Center Coordinator.

7,470

Number of people that used the Senior Center last year

Volunteer Opportunities

NSC runs because of hundreds of volunteers contributing over 40,000 volunteer hours every year. Be a part of the Senior Center success—volunteer today! Call Michele Maneri, Volunteer Coordinator to learn more today! 425-286-1054

Here's just a few of our current opportunities:

Wednesday Evening Volunteers

We are looking for people to volunteer for our Wed. evening hours—starting April 1st. Positions include receptionist, coffee bar volunteers, social services desk and more! Don't want to volunteer every week? No problem—we are flexible with scheduling. Shifts range from 2 –4 hours. Be part of this exciting expansion – serving the Bothell community in the evenings too!

Join a Board Committee

Join one of the many board committees that keep NSC going! This is a good opportunity to roll up your sleeves and get engaged at the Center in a meaningful way. Committees include Program, Marketing, Ways and Means (Fundraising), Finance, Property Management, Visioning, Operations Levy and more! Contact Ron Cuddy, Board of Directors President to learn more how to get involved. 425-672-7359

Receptionists and Social Services Desk Volunteers

Are you a helpful type? Organized? Like to smile? We need YOU at our NSC reception desk greeting visitors, answering phones, signing people up for classes and more! Or would you prefer the social services desk upstairs—you will have the opportunity to help seniors with everything from Meals on Wheels to loaning out wheelchairs, to referring folks to social workers and nurses. Shifts vary, mornings, afternoons and now Wednesday evenings are available and you don't have to work every week.

Community Volunteering

The Hope We Need: Help Bothell/Kenmore Seniors Get to Their Medical Appointments!

Become a volunteer driver with Senior Services Transportation Program, and you're not just giving a senior a ride, but a helping hand and moral support. Our program is FLEXIBLE – you drive your own vehicle and choose the weekdays, times and areas in which you'd like to drive! We offer mileage reimbursement and supplemental liability insurance. What better way to change 2009 than to give a ride and a smile?

For more information, please call (206) 748-7588 or 1-800-282-5815, email melissat@seniorservices.org, or apply online at www.seniorservices.org/vts/vts.htm

Poetry By Our Members

Good Old Coffee Shop

If you're feeling sad, I'll tell you of a place
Where you can lose your troubles
Even find a fond embrace
Just drop into the coffee shop.

You'll find some cheerful people there
They'll give you a hug and a smile
You'll get such a lift, my friend.
You can walk an extra mile.

They're not just selling coffee there
But friendship, fun, and care
Just drop your troubles by the door
This place you can't compare.

Just drop into the coffee shop
And have a cup or two
And while you're there make some friends
They're waiting there for you.

~ Larry Campbell
January 2009

“Senior?” You Bet!

I am proud to be a “senior!”
I have turned many a page
Of the long, adventurous book of Life
To have reached my lofty age.

It was fun to be a child
And play at sidewalk games,
But soon I was a teenager
With other dreams and aims.

I loved to be in college,
An exciting time for me,
Gathering in all kinds of knowledge
(and an MRS degree!)

And after marriage, children
Came to test maternal powers,
No time to doubt my destiny
In all those busy hours.

Then they all moved out and married.
Many years passed in a wink.
I have time for what I like now,
Even just to sit and think!

I am proud to be a “senior,”
(though the “Boomers” seem to spurn it!)
But if “senior” means “ahead on life”
I'm sure I've really earned it!

~Virginia B. Cook
January, 2009