

## 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! Contact Michele Maneri, Volunteer Coordinator to learn more today! 425.286.1054 or [michelem@seniorservices.org](mailto:michelem@seniorservices.org)

*Here's just a few of our current opportunities:*

### Bookie Office—Driver

If you can drive an RV, you can be a volunteer driver for the Bookies. No chauffeur license needed and you will have these bonuses: free passes for lunch and experience interesting sites. Contact the Bookie Office at NSC.

### Brain Fitness Program

This is a social day program for individuals experiencing early memory loss. Participants keep active with cognitive, physical and social exercise. Our volunteers assist with this program which requires a 4 hour time commitment either Tuesday or Friday, 10 am -2 pm. (ideally every week, but negotiable) This position is best suited for a person with patience and respect for people experiencing memory loss. Interacting within a small group setting allows for the volunteer to connect with the participants

### Wednesday Evenings—Lots to choose from!

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!

**Thank you** volunteers for organizing a great Plant Sale, Art Show and Craft Fair the first weekend in May. Lots of people came and without YOU the volunteers, these events wouldn't be possible.

## Giving Back to the Community

You can make a BIG difference in the life of a child. Becoming a Big Brother or Big Sister 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.

For more information please contact Big Brothers Big Sisters at 206.763.9060.

## Mission Moments

*Sharing inspirational stories about the Senior Center. Have a mission moment to share? Send it to Lee!*

One of our caregiver support social workers was speaking with the daughter of a new participant at the Northshore Adult Day Center a few weeks ago. The daughter complimented drivers Gracie and Ralph, from our Transportation program and said they were "just marvelous". The daughter cried as the bus pulled away because the drivers were so wonderful to her mom and it made the first day transition easy.

Not only were we able to support the adult daughter in our family caregiver support program, we provided a much needed service, adult day health, to her mom. And our transportation program made sure mom got to and from the program.

~ Lee Harper, NSC Director

Overlake High School seniors partnered with Senior Center and the Adult Day Center for a day of service in late March. Candice Whelen and Michele Maneri were amazing, kind and welcoming as they coordinated meaningful activities that allowed our students to connect and serve your participants. I listened to the students at the end of the day as they reflected on the experience. Let me just say that the stories brought many of us to tears as students recounted the very meaningful conversations and interactions with participants at your locations.

In short, it was life changing for some of the students - it was a day they will not soon (if ever) forget. Our hope is that the day was equally enriching for the Senior Center members and Adult Day Center participants and staffs as well.

~Chris Berry, Director of Service Learning

# Northshore Navigator

May 2009

A monthly publication of Northshore Senior Center  
10201 E. Riverside Dr, Bothell, WA 98011 425.487.2441 [www.northshoreseniorcenter.org](http://www.northshoreseniorcenter.org)

*Empowering Seniors. Enriching Out Community.*



## Events/Highlights

### Fundraiser for Mill Creek Senior Center—Spaghetti Luncheon

Join the Mill Creek seniors and the North Creek Retirement Center for a fundraising spaghetti luncheon, featuring three different sauces, Cesar salad, garlic bread and a variety of desserts. A USO theme afternoon with a live swing band and dancing too, if you are inspired.

**Friday May 15, noon—2:00 pm**  
**Suggested donation: up to \$20.** Must preregister, call 425-357-6002.  
Location: North Creek Retirement Center, 1907 201st Place SE, Bothell,

### Putting it All Together: Personal Safety Net Series

Strengthen your life and receive assistance in addressing your life changes, challenges and choices. The author, Judy Pigott will share with you the power of preparation, how to see choices in all situations and strategically choose the steps to create a more sane and connected life. All ages invited.  
**Wednesdays May 20, 27, and June 3**  
6 - 8 pm in the NSC dining room.

\$50 includes book and companion workbook. Scholarships available.

### Heritage Skills Workshop

Come have fun while learning the lost art of book binding. Limited enrollment, so sign up early. Children encouraged with a parent. Woodinville Senior Center event.

**Thursday, May 28, 11 am - noon** at Carol Edwards, A-02

## Impact of the State Budget Cuts

The legislative session wrapped up on April 26th and the news isn't good for Northshore Senior Center. Despite a valiant effort by hundreds of participants, caregivers, staff, volunteers and the community, the State decided to significantly reduce Medicaid funding for adult day health. In addition, they eliminated funding for transportation related to adult day health.

This news is devastating to Northshore Senior Center. Adult day health and transportation are our two largest programs, and we stand to lose approximately \$470,000 in 2009 (July—December) and over \$900,000 in 2010. This is one-third of the budget for the entire organization.

These cuts affect every part of our organization. The adult day health and transportation programs are run efficiently and effectively and have expanded significantly in the last five years. This has allowed us to focus fundraising efforts on the Senior Center and other program areas. With this news, everything changes. The Board of Directors and staff are working hard to develop a short term plan to implement as of July 1st. As soon as we have some decisions I will communicate them to members and the community.

One of our biggest assets is that we aren't a traditional senior center; we are a multi-service center serving seniors and adults with disabilities. We have multiple senior centers, adult day health, transportation, caregiver support, a fitness center, social services, and much more! We have been presented with a crisis and its our job to take that crisis and turn it into an opportunity. An opportunity to revisit our mission and vision, and create strategic goals for the next year to 18 months.

I am so proud of everyone at Northshore - you are becoming quite the experts at advocating for seniors and adults with disabilities. Thank you for all of the calls, emails, treks to Olympia and the support! I look forward to working with all of you to get us through these challenging times and continue to be a vibrant community.

~ Lee Harper, Director

Northshore Senior Center would like to honor the life of Marguerite Miltzow, who, upon her passing in April, generously bequeathed approximately \$87,000 to Northshore Senior Center. Marguerite was a long time member who participated in several programs. In these tough economic times, we are so very grateful for generosity such as this.



Northshore Senior Center is affiliated with Senior Services

## Workshops and Support Groups

### Medicare Basics and Supplementing Medicare

Thursday, May 14, 10 to 11:30 am  
Greater Mill Creek Senior Center, Evergreen Room  
McCullum Park 600 128<sup>th</sup> St SE, Everett, WA 98208

This free community seminar by Senior Services of Snohomish County's Health Insurance Division will provide impartial health insurance information—an opportunity for consumers to be educated about health insurance options and health care access. Please call 425-357-6002 for more information and to register.

### Men's Aging Well Group

Friday, May 22, 10 to 11:30 am  
Greater Mill Creek Senior Center  
McCullum Park 600 128<sup>th</sup> St SE, Everett, WA 98208

Join other men in support and discussions you decide will be helpful. Aging is best achieved with other people. The course of one's aging is not written in stone or even in ancestry. Even if your present lifestyle isn't what it could be, it's never too late to grow. Make new connections and move to greater health and wellness. Free and small group based. For more information, please call 425-286-1045.

## Celebrate 25 years of Adult Day Health!

Join volunteers, staff, and the community at a party celebrating  
Adult Day Health's 25 years of service to the community

**Date:** Thursday May 28, 2009

**Time:** 5:00 - 7:00 pm

**Location:** Northshore Health & Wellness/Adult Day Center  
10212 E. Riverside Drive

We will be serving appetizers and wine. Buy a raffle ticket too.

We've come a long way and we are here to stay! Despite significant funding cuts to adult day health at the state level, we are committed to providing the same high quality programming to hundreds of seniors and adults with disabilities in the community each year. We are confident that the next 25 years will be as strong and vibrant as the first 25!

## Member Poetry

### FRIENDLINESS

“What's friendliness?” You wouldn't need  
to look far for a clue,  
It's when, though you're a stranger,  
you know folk will welcome you.  
Some people need activities,  
a class to feed the mind,  
but, more, a warm environment  
with people who are kind.

They need to have a venue  
where they have all this, and more,  
and the Northshore Senior Center  
should be just what fits the score.  
It's kind to bear in mind  
a concept that is very true:  
that many folk need friendliness  
from somebody like you.

Some person you have never met  
may come from miles away  
to join a group, perhaps have lunch,  
and spend a pleasant day,  
to even share their viewpoints  
to a sympathetic ear,  
and enjoy the sense that someone cares  
while they are present here.

For friendliness can have no room  
for self-important twaddle.  
You may be helping fragile folk  
to face some daily battle.  
We want folks to be happy,  
keep our gracious space afloat,  
and kindness will help all of us –  
we're all in the same boat!

~ Virginia B. Cook

## Speak Dragon

**Dragon Naturally Speaking-voice recognition training** at the Computer Learning Lab in our Health & Wellness building. Call for demonstration appointment at 425.286.1038

Now open Wednesday evenings till 9PM  
Call 425.487.2441 for Class Appointments

## Getting To Know You

One of Northshore's accomplished wordsmiths, Doug Dykstra, originally hails from Leeuwarden in the Netherlands. As a youngster, Doug was active in sports, appeared in school plays, was secretary of regional church youth groups, and sang in a church youth choir.

Several adults strongly influenced him during those years: Mr. D. Runia, a school principal and captivating storyteller, opened his eyes to the world around him. Another principal, Mr. Camping, lived and taught how to fight an honorable fight and overcome evil with good. And a high school teacher, Mr. De Jong, honed Doug's fondness for the Dutch language—a love that has clearly transferred to English.

As a youngster, Doug remembers watching the German soldiers retreat on liberation day when Canadian tanks rolled into his hometown. He remembers eating white bread and tasting chocolate for the first time when the Canadians arrived. There were difficult times during the war years. His family had to solicit farmers for food and milk. Both of his grandfathers died. His Dad worked late every evening to carve out a living. But all the difficulties instilled in him an appreciation for freedom and family togetherness, and strengthened his resilience and resourcefulness. Later, Doug earned a degree in agriculture and was certified to own a general commercial enterprise. In 1955 and 1956, he served in the Dutch Army's Special Services.

Doug met his wife, Elly, in church, and they were married for 43 years. She passed on in 1999. The secret to their long relationship was unconditional love. They reared two daughters, Dee Evans and Sue Whiting and a son, Landin. Doug has five grandsons—Brian, Landin, Matthew, Jonathan, and Christopher. For 38 years, Doug and his brother, Jerry, owned a commercial printing company, and for a year, Doug also worked at Shoreline Community College. He also served on the College's Advisory Committee to the Visual Communication Technology Program for over 30 years.

Doug attends the University Presbyterian Church in Seattle and credits his Protestant faith as a major life influence. For some time, he has worked with the church's ESL program to help families overcome their angst about the English Language.

Putting your oars in the water and giving your very best is Doug's credo. He believes in always coveting God's help—having faith, hope, love, integrity, and perseverance (bolstered by more faith). He says that his late wife, Elly, made a significant difference in his life. She showed him how to boil eggs the way he likes them and taught him patience. And she taught him a string of other things that he had failed to learn in kindergarten.

Asked what he would like people to know and remember about him, Doug says, “I desire that my words and deeds leave value, that they may be loving, helpful, honorable, steady, sometimes funny, sometimes definitely not, seldom failing to make a difference—often encouraging others.”

Doug has been a member of Northshore's Wednesday writing group for several years and has been a valuable contributor by sharing his knowledge and love for language and storytelling.

~ Larry and Gloria Campbell

### Senior Information and Assistance Hotline

Not sure where to start?  
Call Senior Information and Assistance

**King County:** 1-888-435-3377

**Snohomish County:** 425-513-1900

Senior Information and Assistance staff are the experts when it comes to linking you with appropriate support services.

- Do you need help finding the right social services for yourself?
- Are you looking for a senior housing community?
- Are you feeling overwhelmed or confused by the amount or types of services available?

## NEW Grant for Northshore!

We were chosen to receive a grant from United Way of King County and Executive Service Corps of Washington to assist us in preparing an in-depth emergency plan. They will provide up to **\$12,500** of in-kind support, helping volunteers and staff build upon our existing planning efforts.

Planning for future emergencies helps our organization realize its mission in the face of everyday challenges. Emergency planning builds resilience in the face of weather impacts, funding ups and downs, sudden staff changes, and everyday disruptions.

Board member Joan Appleby has stepped up to co-lead emergency planning with Bob Kilman, facilities manager, and Cheri Rondeau, Assistant Director.