

February 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

### Dinner and a DVD

Back by popular demand! Come and enjoy this informal home cooked meal and an after dinner movie Young@Heart. Sunday February 8, Dinner at 3, movie to follow. \$4/member, \$6/nonmember. Movie only is free.

### Helen Thayer

We are pleased to bring back Helen Thayer for a second visit, this time talking about her life living with wolves in the Arctic Circle. Sunday February 15, 2 pm at NSC Tickets \$8/member, \$12/nonmember

### Holiday Closures

Presidents Day—Monday February 16

## EXTENDED HOURS IN APRIL!

Spring quarter will bring extended hours to NSC—starting April 1st, NSC will be open on Wednesdays until 9 pm.

Come check out the evening classes, visit with friends in the coffee bar, shoot a game of pool, work out in the fitness center and MORE!

Want to volunteer? Contact Michele Maneri at 425.286.1054

## Save Lives. Save Money. 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  
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](http://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.
- Adult day health services are appropriate for adults with medical or disabling conditions that require the intervention or services of a registered nurse (RN) or licensed rehabilitative therapist acting under the supervision of the client's physician.
- **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.



## Introducing: The Bookie Office

In case you hadn't noticed, NSC has its own travel office. Appropriately called the "Bookies," these volunteers can help you arrange a one-day event or a two-week adventure. Actually, the Bookie office has been a part of the Center since its early days at Bothell Landing. At that time, the travel office doubled as a gift store and counseling center. Marianne LoGerfo, Bonnie Dewey, Betty Purdy, and Helme Dahl were the first Bookies. Their original purpose was to "educate and stimulate," and that is certainly what they have done for many years.

The early "Bookies" wore pink sweatshirts with the logo "Seniors on the Go." Among the adventures offered were attendance at Seattle Opera, PNW Ballet, and Village Theater. The first big trip was to Mexico.

Over the years, many new NSC members have joined the Bookie staff. The office is totally volunteer run. Bookies take no salary, pay for their own trips, and meet quarterly deadlines. Various travel agents propose trips, and the staff decides which ones to accept. Currently, Joan Appleby is the Chief Bookie.

Day trips offered in 2009 will include: Legislature and Lunch in Olympia, Feeding the Elk at Oak Creek, a cruise to Sucia Island, and a visit to Ohme Gardens in Wenatchee. Cruises are planned for the Mexican Riviera, Australia and New Zealand, Alaska, and Scandinavia and St. Petersburg. So if you just want a short adventure or a cruise to far away places, drop by the Bookie office to make your dreams a reality.

~ Gloria Campbell

## Beating The Scammers

These difficult days tend to encourage an increase in illegal and fraudulent money-making schemes. While we do want to help others in difficulty, it's always a good idea to check things out. Are you clear who will receive the money? Can you verify that your contribution will be used as understood? A heart-rending story can move us to want to help and scammers know this. Be especially careful of strangers who ask for money door to door.

In a recent possible scam, a woman, who claimed to be raising money for a girl who had been injured in an automobile accident, was selling teddy bears for \$10. Police records could not verify the accident and advised people to be careful of such solicitations. It is always best to ask for identification or a phone number and address for the donation.

~ Gloria Campbell

## Volunteering

### Seeking value in volunteering?

- Learn new skills
- Extend your social network
- Satisfaction from helping others
- Engage yourself
- An opportunity for the whole family

Civic Engagement/Volunteering is a process of exchange that provides positive results for both NSC and YOU (the volunteer). We can find a good match for you. Come invest in your community and see the return, the benefits volunteering provides. Contact Michele Maneri 425-286-1054 or [michelem@seniorservices.org](mailto:michelem@seniorservices.org)

Openings in the following areas:

- Front Desk Receptionist
- Kitchen/Cooks/Dishwashers/Substitutes
- Fitness Center
- Computer/Health & Wellness AND MORE!

## OFF—Open Feedback Forum

A forum to respond to member's questions, suggestions and concerns. Thank you to everyone who is utilizing our new and improved suggestion box at the front desk at the Bothell site, or email it to [senior@seniorservices.org](mailto:senior@seniorservices.org)

**Feedback:** I heard a rumor that the Woodinville Branch isn't going to offer classes or programs in 2009. Is this true?

**Our Response:** We will continue to offer lots of programming in Woodinville this year—check out the newsletter for all of the opportunities. The change is that the Woodinville Branch will no longer be a "drop-in" senior center. It is important that we continue to have a presence in Woodinville, serving seniors and their families. However, after discussions with the Woodinville Parks & Recreation staff, the NSC Board, the Woodinville Senior Center Advisory Steering Committee and community representatives to determine the most effective allocation of staff and space during these challenging economic times, NSC has decided to reduce the Woodinville Senior Center presence at the Carol Edwards Center in 2009. We want to maximize our efficiency, providing as much programming as possible with the funding we receive from the City of Woodinville. Questions, ask Garreth Jeffers, the new Woodinville Branch Coordinator, 425-489-0707 or [garrethj@seniorservices.org](mailto:garrethj@seniorservices.org)

## From the Editors

If you have ideas or suggestions or want to write an article for the *Northshore Navigator*, please contact Lee Harper: 425.286.1032, [leeh@seniorservices.org](mailto:leeh@seniorservices.org) or Larry & Gloria Campbell: 425.821.2411