

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

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!

Join the Program Committee

The Program Committee is just 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. The Program Committee volunteers are focused on evaluating current programming and working to bring in new programming each quarter—responding to the needs of our members. Committee meets the first Tuesday of every month from 9 - 10 am. For more information, call Bob Matthews at 425.485.2796 or just show up to the next meeting!

Receptionists and Social Services Desk

Do you like to meet new people? Bring your extroverted personality to the desk of your choice. Did you know it takes a minimum of 40 volunteers to keep both our desks running smoothly? Get connected with your center by choosing either an am or pm shift. Contact Michele Maneri to sign up!

National Volunteer Week is April 19—25th and on behalf of all of the staff at the Senior Center,

THANK YOU VOLUNTEERS!

You are the heart and soul of the Senior Center and thanks to you we have an amazing fabulous community. Thank you for everything that you do!!

46,289!

Number of volunteer hours contributed last year

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.

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

Mission Moments

A new column - sharing inspirational stories about the Senior Center. Have a mission moment to share? Send it to Lee!

Lo and behold, Gerry's Dumbbell class has gotten me started going to the Fitness Center on a regular basis which is a big accomplishment for me. I am very happy with Gerry as he understands senior capabilities and can sympathize when I am feeling like I just don't feel up to it. That means a lot to me because it keeps me motivated instead of feeling bad about myself. We are lucky to have him at NSC.

My daughter visits me on the weekends and we are thinking about doing something together that is fun like Bingo, Ping Pong, or learning Bridge together at the NSC. Little by little I am seeing where I fit in and hope to schedule some volunteer efforts in the future maybe at the computer center since I know both Mac and PC. Thanks for everything!

~ Carole Janis, member

Northshore Navigator

April 2009

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10201 E. Riverside Dr, Bothell, WA 98011 425.487.2441 www.northshoreseniorcenter.org

Empowering Seniors. Enriching Out Community.



Events/Highlights

Pancake Breakfast

A hearty breakfast of pancakes and eggs, ham or sausage, and coffee or tea. \$4 member & children under 12/\$5 nonmember. NSC Dining Room **First and third Saturdays, 8- 11 am.** Leader: Maggie Parker and her hardworking crew

Simple Truffle Demonstration

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

Senior Social And Resource Fair

Come and discover what the Mill Creek Center can do for you, and learn about our different activities including Fitness, Computers, Support Groups, as well as Day Trips. Also, learn of our efforts to have a new Senior Center in the Mill Creek Community. For more info and directions call 425.357.6002. WSU Extension's Cougar Auditorium, **Free Thursday, Apr 9, 10 - 11:30am**

Boeing Employees Concert Band

Come enjoy a night of wonderful music played by this 60 piece band. We will end this enjoyable evening with your cookies/brownies and coffee. \$3 per person and donation of cookies or brownies appreciated.

Tuesday, Apr 14, 7:30pm, Please sign up by April 11 NSC Multipurpose Room. Leader: Marlene Burdue

Funding at Risk—we need everyone's help!!

For the last three months, we have been working hard to maintain funding for adult day health and transportation throughout the state. Earlier this week (March 30 and 31) both the House and Senate both released their budgets.

The Senate budget Adult Day Health was drastically cut and transportation eliminated. The House budget eliminated Adult Day Health and transportation.

Timing is critical – we need your help TODAY. The House and Senate are coming to a compromise on their budgets and they need to hear from YOU. Take 5 minutes and call as many of the people listed below as you can. Don't forget to call the Legislative Hotline too.

Even if you have called before, CALL AGAIN! Your voice matters!

Messages to Share when you call

- Preserve Adult Day Health - it is a critical part of the community long term care network.
- Use **all** of the Medicaid dollars from the federal stimulus package on those who are most vulnerable, as intended by Medicaid. Do not divert the money.
- Please use the “Rainy Day Fund” to help fund critical services.

Who to Call

Rep. Kelli Linville, Chair Ways & Means	(360) 786-7854
Rep. Mark Ericks Vice Chair Ways and Means	(360) 786-7900
Rep. Eric Pettigrew, Chair H & HS, Ways and Means	(360) 786-7838
Rep. Frank Chopp, Speaker of the House	(360) 786-7920
Rep. Lynn Kessler, Majority Leader	(360) 786-7904
Lisa Brown, Majority Leader	(360) 786-7604
Margarita Prentice, Chair Ways and Means	(360) 786-7616
Karen Keiser, Chair Health Care	(360) 786-7664

Call the Legislative Hotline!! 1 800 562 6000

It is very important that you call the legislative Hotline and leave a message for YOUR two Representatives, one Senator and the Governor and leave message "Do not destroy the Adult Day Health Program that is vital to 5,000 elderly and disabled people."

Thank you for your support!

Lee Harper, Director



Senior Services Northshore Senior Center is affiliated with Senior Services

NSC Writing and Poetry Classes

If you enjoy putting words on paper, whether it's poetry or prose, you'll love Northshore's writing classes. The Wednesday writing class is just the place to come and share your story. Here you will learn useful techniques by listening, reading, and writing. This is a friendly, non-critical group where you'll find ideas on how to make your unique story flow. The group meets every Wednesday from 10 to 11:30 a.m. in Room 202. Leader Jane Kaake gives the group helpful guidance and writing tips. The poetry group meets at the Health and Wellness building in the Conference Room on Fridays from 1 to 3 p.m. Come to either group and find a warm welcome.

Caregiver Corner

Powerful Tools for Caregivers is a six-week educational series designed to provide you, the caregiver, with tools needed to take care of yourself while caring for a loved one. You will learn how to: reduce stress, improve self-confidence, better communicate your feelings, balance your life, increase ability to make tough decisions, and locate helpful resources. Classes consist of interactive lessons, discussions, and brainstorming which will help you take the "tools" you choose and put them into action for your life.

Powerful Tools for Caregivers
Virginia Mason Lynnwood, 2nd Floor Conference Room
19116 – 33rd Ave West, Lynnwood, WA 98036-4706
Wednesdays, April 22 to May 27
1:00 pm to 3:00 pm
Registration required: 425.286.1045 (Greg Miller)
Facilitators: Stefanie Bonigut, MSW, and Greg Miller

NSC is offering a new **Adult Children Caregivers Support Group**. Are you an adult child caring for an aging relative with dementia or other chronic illness or disability? Come share ideas, exchange information, and receive support from other unpaid adult children caregivers.

Starting April 15 then every 3rd Wednesday, 6:30-8pm **FREE**
Room 205, NSC Leader: Stefanie Bonigut, MSW, 425.286.1047



Member Poetry

National Cowboy Week is April 19 - 25. Member Clark Crouch has won awards for his western and cowboy poetry. Here are a few of his poems.

A Visit to the Doc

I was feelin' rather poorly,
after a night in town,
and dropped in to see the doctor
'cause I was feelin' down.

"I really don't know what ails you,"
Doc scratched his head and spoke,
"Maybe it's from drinkin' too much,"
and gave my ribs a poke.

"I'm real sorry to hear that, Doc,"
I said as I stood up,
"I'll just come back another time
when you have sobered up."

Penguins

I wonder where the penguins go,
dressed in their formal gear,
down where Antarctic ice abounds
and winter lasts all year.

They surely wear no cowboy hats,
and boots would hardly fit
'cause penguins have such wee short legs,
that much we must admit.

But these penguins might be herders
on prairies 'neath the seas,
trailin' massive herds of sea cows
and hordes of manatees.

~ Clark Crouch

Getting To Know You

If you like to walk the trail along the Sammamish Slough, you may see Ed Schramko wheeling his way to Northshore Senior Center. Ed's recumbent tricycle has been his regular mode of transportation since he was injured in a bicycle crash. Having survived army service in Vietnam without a scratch, Ed suffered a severe spinal chord injury a few years ago. In good weather, he rides his special tricycle the 22-mile round trip from his Seattle home to NSC to participate in the therapy program at the Health and Wellness Fitness Center. On our frequent cold or rainy days, you might spot Ed waiting outside the NSC entrance for transportation back home. At one time, he was a van driver for the Center so he knows the system well.

Ed is particularly pleased with the new hours and upgraded machines at the Fitness Center. He highly recommends the helpful staff there. He also uses the computer lab and participates in the classical listening group, the lunch program, and other classes and drop-in sessions. One of his special interests is bringing people up to date on contemporary recorded music. He says that audio compact discs are becoming obsolete and being replaced by digitized music on computers and other digital devices. He teaches a class at NSC called Digital Music and Your Computer and recommends that music buffs become familiar with the new applications. Because his hands were compromised by his injury, he finds that the new digital modes of listening to music and recorded books are easier for him to access, and he recommends that the rest of us tune in to the digital world.

One of the few native West Coasters at the Center, Ed originally lived in San Francisco, though he has made Seattle his home in his retirement years. He was drawn here for the good public transit, kayaking, and our "good weather," although he admits that the California coast has a better overall climate.

After his debilitating injury, Ed realized that the most important and rewarding parts of his life were his volunteer activities. Consequently, NSC has become a second home to him where he can contribute actively and receive irreplaceable assistance from the fitness staff.

~Gloria and Larry Campbell

\$18,425

Amount earned in the Gift Shop in 2008! A big thank you to all of the fabulous volunteers and to everyone who donated items to the Gift Shop.

\$500

Anonymous donation received to help purchase supplies needed to serve soup and sandwiches in the Coffee Bar

News You Can Use

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.

Kenmore Senior Center Construction Notice!

Reminder: Kenmore Center is open during construction. Members can park at the mall and walk-in at the City Employee gate-follow the trail.

Taking Charge in Tough Times

Where can you turn for the resources you need and sound advice on how to protect you and your money? AARP has joined forces with some of the state's leading consumer advocates and experts to help you weather the financial storm.

Attend a free event and hear from the experts with AARP, the Attorney General's Office, Microsoft, the FINRA Investor Education Foundation, the Federal Trade Commission, the Department of Financial Institutions, KCTS 9, and the Washington State Crime Prevention Association. Participants will receive free educational materials on how to navigate today's tough economy.

Wednesday, April 22, 2009 9:30 a.m. to 2:00 p.m.

Red Lion Hotel Bellevue, 11211 Main Street
Lunch is provided. Register online at www.aarp.org/wa or call toll-free 1-877-926-8300. Space is limited and registration is required, so reserve your seat today.

Are You Entitled to VA Disability Pension?

Were you discharged from the military under other than dishonorable conditions?

Did you serve at least 90 days or more of active duty with at least 1 day during a period of war?

Are you permanently and totally disabled or are you age 65 or older?

Do you make less than \$11,830 per year or less than \$985 per month and/or have high monthly medical expenses?

Contact your Department of Veterans Affairs office to obtain an application for benefits or to find out if you may be entitled!

For more information, please call: **1-800-827-1000**
or access our website at www.va.gov

Join **Dennis Bounds**, King 5 News Anchor and Northshore Senior Center supporters in the

Art of Dining, a Fundraising Gala for Northshore Senior Center

Sunday April 26, 2009 5—7 pm

at the Foundation House in Bothell
17502 102nd Ave NE (up the hill from the Senior Center)

Cancelled

\$ 25 Donation - hors d'oeuvres and cocktails 5 - 6 pm
\$ 50 Donation - hors d'oeuvres, cocktails, and dinner 5 - 7 pm
\$100 Donation - hors d'oeuvres, cocktails, dinner, and a special social with Dennis Bounds

Seating Limited. Northwest Formal Attire Requested,
Valet Service Included and Silent Art Auction Available

Hosted by Foundation House at Bothell
Reserve Tickets by Friday April 17, 2009