

January 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

### Winter Potluck

Sunday, January 18th, 3pm  
Multipurpose room  
Admission is one dish. Coordinator  
Marlene Burdue.

### Chinese New Year

Sunday, January 25th, MPR  
Doors open at 1:30 eating promptly at  
2pm. Sponsored by Madison House. \$6  
per person—a great fundraiser for the  
Senior Center!

### Aromatherapy Workshops

Learn to use Essential Oils to heal the  
body, mind & emotions by  
distinguishing different qualities of oils.  
**\$5 member/ \$7 nonmember, per  
workshop**

Woodinville Senior Center, Carol  
Edwards Center, A-02

### Getting Essential Oils Right I

Tuesday, Jan 20, 2pm - 3pm

### Getting Essential Oils Right II

Tuesday, Jan 27, 2pm - 3pm  
Facilitator: Katherine Glenn, PhD,  
Natural Health Nutritionist

### Holiday Closures

Martin Luther King Day  
Monday, January 19, 2009

## From the Director

I hope you are staying warm and dry during all of this unpredictable weather we have been having. As I think about this past year, I am once again reminded of the positive impact we had on over 7,400 seniors, their families and adults with disabilities in our community last year.

To ensure our continued success, I am asking for your help with the Annual Appeal. We have raised **\$17,000** already - it is inspiring to open the mail and see the generous outpouring from our members and the community at large.

If you have already contributed, thank you! If you haven't yet given, please consider a gift today so that our programs remain strong. Stop by any of the branches, or send in a contribution today.

We depend on your generosity even more to keep our programs vibrant. Your financial support enables us to promote the well-being of older adults and their families in our community. Thank you, and I look forward to our continued partnership in 2009 and beyond.

Several NSC board members retired at the end of 2008 after years of dedication and hard work. **THANK YOU** Barry Holt, Bob Spurlock, Emily Fleming, Malka Fricks and Carolyn Boucher.

~ Lee Harper, Director

## Poetry By Our Members

### A Veggie-tarian

I think I shall never see  
A veggie quite like broccoli  
Whn e'er I see some on my plate  
I can hardly wait to masticate.

And those sweet tomatoes on the vine  
Oh, for the juiciest ones I pine.  
I hope this year has a record crop.  
Let those good tomatoes never stop.

And don't you enjoy asparagus spears?  
I love them all, the little dears.  
Every bite is so delicious,  
So delicious and so nutritious!

Oh veggie season, I'm so glad you're  
here. Let sweet corn, and peas, and  
beans appear. Onions, zucchini, radishes,  
and such, The bounty of the earth is just  
too much!

Yes, "poems are made by fools like me,"  
But only God makes broccoli.  
So to my garden I now repair  
With a nest of caterpillars in my hair.

~ Lawrence T. Campbell July 2006

## Dinner and a DVD

Remember Vittles and VCR? It's back, with an updated name. Come and enjoy this informal home cooked meal and an after dinner movie. Limit 60, **\$4 member/\$6 nonmember (movie only is free)** NSC Dining Room, Sunday, Feb 8 Dinner at 3pm, movie to follow

### Movie: Young at Heart

Stephen Walker's humane and heart-warming documentary, which premiered at Sundance in 2008, follows the elderly ensemble as they prepare their new show.

*Looking for volunteers for this event!*

**56** Number of pages in the Winter Newsletter! 8 additional pages of activities and fabulous resources for you to peruse.



## What's in a name?

For most of us, the term “Senior” has fairly positive reverberations. It sounds solid, responsible, denoting earned respect, at least to those of us who were awarded this title when we became eligible for Social Security. Some of us probably remember that the word was adopted to replace “elderly” or “old.”

Now a new generation has reached the age for early Social Security and for them the word “Senior” does not go down well. Just run the word by any Baby Boomer, and you'll get a wince or a curled lip. The Boomer generation has decided that it will not get old, and no matter how the label is used, it does not apply to them. And because of their numbers, they are again changing how society uses language.

Here at Northshore, as well as at other centers throughout the country, we are challenged with the question of whether the word “Senior” will attract or repel these new retirees. Some have suggested that the word “Community” be substituted for “Senior” in our title. Others are not comfortable with such a name change, perhaps feeling that this is a sellout to younger potential members. What we may be overlooking is that language connotations change frequently. Could it be time to think more inclusively—maybe we can see ourselves as part of a larger community—of retirees, near-retirees, and those recently laid off who want a place to use their talents and follow their interests.

~ Gloria Campbell, volunteer

## A New Partnership!

Northshore Senior Center has a new partnership with our neighbors at Cascadia Community College. These Lifelong Learning classes are especially designed with the mature adult in mind, giving those 55 or older access to a range of absorbing topics. If you are interested in attending any of these classes, check out page 27 of the newsletter. This quarter's classes include:

- New Foreign Policy Challenges for a New Administration
- Folk Guitar
- Islam and Our Contemporary World
- Yoga
- Basics of Estate Planning
- Mastering Probate

Please note that you must register directly with Cascadia and there is a registration form on page 28. Questions? Call Kerri Schwindt, Program Coordinator at 425-286-1030 or [kerris@seniorservices.org](mailto:kerris@seniorservices.org).

## Bank of America Contributions

Did you know that if you were (are) an employee at Bank of America they will donate to Northshore Senior Center if you volunteer here?

For example: 50 hours of volunteer time=\$250  
100 hours of volunteering=\$500. What an easy way to help the Senior Center out! Please keep turning in your time-sheets. What a great way to support the center ...thank you volunteers and Bank of America. If you made a contribution, BOA will also match your contribution as a retiree too.

If you would like more information on this program talk to Suzanne Lippmann in the Bookie Office.

## 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 just saw two parking spaces too narrow to be usable.

### Our Response:

Yes, this does happen on occasion. We are working on painting the lines in the parking lot, unfortunately we can't do this in the winter. The snow has certainly made it a challenge to park! A gentle reminder to double check if you have parked between the lines before you turn your car off. Thank you for your patience.

### Feedback:

When I first came to the Senior Center I attended a few events and didn't feel welcome here—no one really talked with me or welcomed me in.

### Our Response:

We know it can be hard being brand new at the Senior Center and sometimes the “old timers” forget what it is like to be new and not have a built in community. We are forming a new membership committee and one of the areas they will look into is how to make folks feel more welcome. A reminder to all members—be welcoming to newcomers, maybe invite them to your table for lunch or have them join you and your friends for your coffee break.

## 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