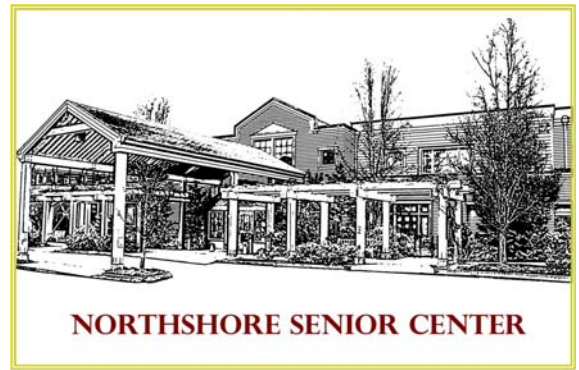


# Northshore Navigator

March 2010

*Promoting healthy aging and well-being in our community*



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

## Events/Highlights

### Annual Meeting

Enjoy a delicious continental breakfast while you listen to reports on the state of the Center's finances, membership, and programming.

Dining Room, Free

Monday, Mar 8, 9 - 10 am

### St. Patrick's Day Lunch

Enjoy a dinner of corned beef and cabbage with all of the trimmings.

Don't forget to wear your green.

Only 100 seats available.

Sunday, Mar 14, eating promptly at 2 pm

Multipurpose Room

\$6 member/\$12 nonmember

Sign up by Mar 10.

Sponsored by Chateau Retirement Communities

### Helen Thayer—Walking The Gobi: A 1600-mile Trek Across a Desert of Hope and Despair

This is a story of courage, perseverance, and the ability to rise above adversity. It tells about the Thayers' close interaction with the Gobe Desert nomads who still live the centuries-old lifestyle of their ancestors.

Sunday, Mar 21, 2 pm

Multipurpose Room

\$8 member/\$16 nonmember

Online credit card registration available at [www.northshoreseniorcenter.org](http://www.northshoreseniorcenter.org)

### Red Cross Disaster Preparedness

The American Red Cross will show you how to create a disaster preparedness plan.

Monday, Apr 5, Room 202, 11 am - noon

Room 203, 1 - 2 pm

## Humor Corner

A verbal contract isn't worth the paper it's written on.

-Samuel Goldwyn

## NSC Update

### Looking Ahead

Borrowing from the vice president's message in Northshore Senior Center's spring newsletter about the pedestrian bridge between our two buildings being a unifying factor in the success of our combined campus, there is another bridge we need to cross.

That is the bridge between the current senior generation at NSC (sometimes called "the Experienced Generation") and the next one sometimes called "baby boomers," but now are sometimes described as "the Fortunate Generation."

I don't know how this label fits, but it seems to me that they are fortunate in having the Senior Center as a place to go to. Many are in our midst now and active, and we didn't need to put a label on them to draw them in. Others are more chary about accepting the title "Senior."

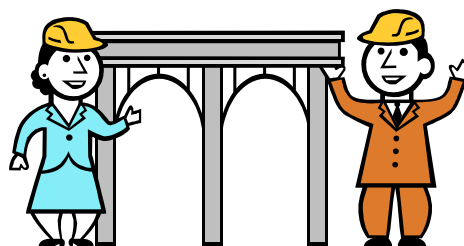
We will have to create a bridge to attract more of these new "seniors" in the months ahead through designing events that appeal to them (the Helen Thayer presentation is a good example) and better access to evening and weekend classes and programs which are already increasing.

We will need to appeal to the leadership qualities of the new generation and to their innovative and creative minds as well as their organizational and technical skills so they will feel empowered to be a new force at NSC.

I am greatly encouraged by all of the innovation, creativity, and hands on follow up that I see in the work of various committees at the Center and look forward to the new programs coming out of their activities.

Let's hope that these new ventures and energies will enhance our image across the generational bridge and attract the more diverse membership which the Center needs to move successfully into an exciting future.

*Geoff Ethelson, Board President*



## 2010 Auction

Be sure to save the date—April 23—for this year’s Auction. We’re still looking for skilled, talented volunteers who can offer their time, energy, and creativity to help with this major event. If you would like to be involved, contact Sharon McCain by leaving a message at the front desk; you may also contact Patricia Gustafson at [patriciag@seniorservices.org](mailto:patriciag@seniorservices.org) or by calling her at 425.286.1072.

## Keeping Your Brain Healthy

Can we talk?

Emily Dickinson wrote “it’s wider than the sky and deeper than the sea.” It weighs three pounds, yet it’s made up of 80% water. With 100 billion neurons that pass signals at 220 miles an hour, it’s as much as 100 million times as energy-efficient as a modern computer. That’s right, it’s your BRAIN.

Would you like to improve your brain’s volume and efficiency and also increase attention and memory by 15% in just six months? You can by simply walking three times a week.

Cut and paste this URL into your browser and watch an amazing video about this mysterious organ that makes you who you are—<http://www.youtube.com/user/a204801> . . . and, if you want to learn more about how you can begin protecting your brain’s power as you age, check out this site: [www.positscience.com/](http://www.positscience.com/) . . . or call us at the Health & Wellness center 425.286.1038, and let us get you started toward a healthy brain.

### *On a Poetic Note . . .*

#### *Poem of Life*

Endless is the sky  
And endless seems this road of life.  
Weary am I  
Of politics full of strife.  
Endless are the hills  
And valleys and streams.  
Endless are the bills  
And questions of what all this means.  
Endless are the pleas  
From my offspring for money.  
Endless are the fees  
For college, which aren’t funny.  
Endless are the mountaintops  
And summits and peaks.  
When my life does stop,  
Does my spirit still seek?

*Mary Pinckert*

#### Why My Heart Loves Hersheys

There is sweetness in her smile  
Hershey chocolate on her face  
Melted warmth all the while  
Chocolate brownie, full of grace.  
*Mary Pinckert*

## Volunteer Opportunities

NSC runs because of hundreds of volunteers who contribute over 40,000 volunteer hours every year. Be a part of the Northshore Senior Center success—volunteer today! Contact Volunteer Coordinator Michele Maneri at 425.286.1054 or [michelem@seniorservices.org](mailto:michelem@seniorservices.org) to learn more.

#### *Volunteers are needed for the following opportunities:*

- ◆ Drivers
- ◆ Receptionists
- ◆ Bakers
- ◆ Gardeners
- ◆ Coffee Shop servers for Sundays from 2 - 4 p.m.

## Newcomer Reception

The next newcomer reception will be on March 17 at 6 p.m. This is a great way for both new and old members to get acquainted with the Center and all of its activities.

*Gloria Campbell, Editor-in-Chief  
Doug Dykstra, Layout and Co-Editor  
Larry Campbell, Co-Editor*

Have something to share with your fellow members? Put it in the Navigator! Send contributions to Gloria Campbell by the 20<sup>th</sup> of the month—425.821.2411 or [gcampb2965@aol.com](mailto:gcampb2965@aol.com)

## Getting To Know You, Sharon McCain

Sharon McCain is one of our most active volunteers. She is presently a member of Northshore Senior Center's Board of Directors and chairman of the Program and Fund Raising Committee—two demanding responsibilities. And you'll often see her behind the counter at the front desk, or collecting money for the Pancake Breakfasts or generally helping out wherever she is needed.

Sharon was born in her aunt's home in Tumwater, Washington, on June 25, 1933. Her first three years of grade school were spent in Index, Washington, where she lived with her mother and stepdad—Jane and Russell Pearson. She remembers with a laugh that she played the part of a holly berry in the Christmas play, all dressed up in red crepe paper. Later, she lived on a farm for a while with her grandparents in Olympia, at Sneider's Prairie, continuing her education at Mountain View Grade School. She attended Highline High School where she especially enjoyed drama and appeared in some of the school plays. Her favorite subjects were debate and journalism—interests that have probably come in handy at NSC. Sharon also edited the high school newspaper. She characterized herself as a good but immature high school student.

Post school years found Sharon sharpening her abilities by taking business classes at Edmonds Community College. The classes were manufacturing-focused and later a training program "Just in Time" —developed in response to Japanese competition. John Fluke Manufacturing Company hired her after college, and she stayed with them for fifteen years.

Later, she became a scheduler and computer operator (not her favorite job), and remained in the field of electronics for twenty-six years. She also did a stint of work at the Bon Marche where she decorated the Christmas trees and worked at the Seattle Gift Center. She retired in 1996.

Sharon and her husband Gene met on a blind date set up by her best girl friend. They have been married for fifty-nine years and have four children—Kevin, who lives in Alabama; Linda and Gene, who live in California; and Kathy, who is a Washingtonian. Sharon believes that the secret of a lasting marriage is to allow each other a lot of give and take, let each do his or her own thing, and keep a strong family life.

Gene and Sharon are blessed with five granddaughters—Stacy, Kelsey, Marya, Marley, and Sophie who was adopted from China.

Sharon was invited to become a volunteer at the Center and joined in 2000. Because she had no prior knowledge of the Health and Wellness programs and no understanding of their importance, she was amazed at what is offered at NSC. She strongly feels that both NSC members and the larger community need to understand the value of these programs. "Purpose is the whole thing," she says.

*Gloria and Larry Campbell*

### This Week: Spring Cleaning

The month of March ushers in spring and the Vernal Equinox. That means it's a perfect time for a vitally important (but often dismissed) aspect of preparedness and safety: cleaning! Make the following part of your 2010 spring cleaning:

- Ensure emergency exits are clear and that paths leading to them are unobstructed.
- Get rid of dangerous items you don't need, e.g., old paint or chemicals, expired food, hazardous materials no longer needed.
- Store combustible and/or flammable items in a safe manner—away from sources of heat, flame, sparks, etc.

Clear safe spaces under desks, tables and counters, where people will go to Drop, Cover, and Hold On in earthquakes and other emergencies.

Tip: [Recycle](#) or dispose of all hazardous materials properly! Being green and environmentally conscious is itself a preparedness action!

*Joan Appleby*

### A Special Opportunity

We have a great opportunity at NSC to show that we life-experienced adults can handle change smoothly and cooperatively. The challenges we face are many—financial, changing demographics, lowering membership numbers, and hiring a new director. Yet each of these challenges is also an opportunity to come together and find the best solutions we can. A cooperative approach that finds all of us as one community will certainly ease our path. Individually and collectively we've seen a lot of difficult times throughout our lives, and the lessons learned will be invaluable as we work to keep our Center the "best place to be."

*The Editors*

## Emergency Tips

Here are a some good gift ideas for your loved ones:

- Whistles
- First Aid Kit
- (Starter) Disaster Kit
- Smoke Detectors
- Fire Extinguisher
- Battery-powered Radio
- Fire Escape Ladder
- "Rescue My Pet" Signs
- Pocketknife/Toolset
- Flashlights of All Sizes
- Lightsticks/Glowsticks
- Gift Certificate for First Aid Training
- Camping Gear

Another good idea is to attend the Red Cross Disaster Preparedness class on Monday, April 5, 11 am -12 and 1—2, Room 203, where the American Red Cross will show you how to create your own disaster preparedness plan.

### News from Kenmore

On February 17, Stephanie Cosgrove won Kenmore's money tree raffle and generously gave the tree back. The 5<sup>th</sup> birthday party drew a good crowd. Because of the early spring, the rhododendrons and azaleas are starting to bloom, so reservations for the picnic area are already coming in.

The US Census will be using Kenmore's annex during March and April as an outreach location for people who are having trouble filling out the Census information.

## Bits and Pieces

Kenmore is looking for a cabinet for their bathroom. The dimensions should be approximately 30" high x 45" wide. The cabinet should have double doors and a couple of drawers. A donation would be nice, but payment could be arranged. Contact Garreth Jeffers at [garrethj@seniorservices.org](mailto:garrethj@seniorservices.org) if you can help.

### Balance Exercise Class

We all need a little more balance in our lives. This is an easy way to get it. The class will be held from March 9 through April 1, from 1 - 2 pm on Tuesdays and 1:30—2:30 pm on Thursdays. The class is free.

### JA Jance: This Writer's Life

Seattle's own J.A. Jance will provide insight on being a writer, a traveler, and other fascinating topics like how she gets from Place A (Seattle) to Place B (Tucson, AZ). Jance is the top 10 New York Times best-selling author of the J.P. Beaumont series, the Joanna Brady series, the Ali Reynolds series, three inter-related thrillers featuring the Walker family, and a book of poetry. More than 10 million copies of her books are in print.

Read what she's up to right now by going to her blog at [www.jajance.com](http://www.jajance.com), and then hear her in person in our multipurpose room on Wednesday, May 5, 7 p.m. to 8:30 p.m. \$8 member/\$16 nonmember. Online credit card registration available at [www.northshoreseniorcenter.org](http://www.northshoreseniorcenter.org).

## Generation BIG!

Generation BIG expands on the School-Based Mentoring Program of Big Brothers Big Sisters of Puget Sound by partnering with Senior Services to match schoolchildren with adults 55 and older. The mentors and children meet one hour a week during the school year to go over the students' schoolwork and ensure that they have caring adults in their lives. Representatives will be available at NSC to provide more information about this program on March 6 from 10 to 11 a.m. and March 12 from 11 a.m. to noon.

### Join the Writers Group in their new environment—Room 205

Write novels, short stories, memoirs, essays, sketches or ramblings. Follow your joy. Join Jane Kaake's Creative Writing Group for the members' helpful hints and compassionate critiques of your literary efforts. Bring *your* ideas about writing. We are a friendly, constructive group of nonprofessional, yet sensitive listeners who join to share our thoughts about good writing.

*Adolph Whiting*

## Free Tax Preparation

Tax time is here! Are you aware that AARP offers free tax preparation help? Trained tax preparers will be available on Thursdays, Fridays, and Saturdays at the Bothell Library from February 4 to April 15. You will need to make an appointment at NSC's second floor Social Services Desk. Don't wait too long or all of the time slots will be filled.