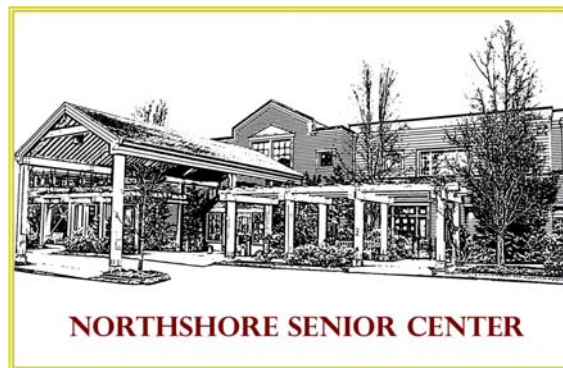


Northshore Navigator

June 2009

Empowering Seniors. Enriching Our Community.

A monthly publication of Northshore Senior Center
10201 E. Riverside Dr, Bothell, WA 98011 425.487.2441
www.northshoreseniorcenter.org



Events/Highlights

Heritage Skills Workshop—Soap Making!

Come have fun while learning a lost art. Limited enrollment, so sign up early. Children encouraged, but must be assisted by a parent.

Thursday, June 25, 11:00 am - noon
FREE

Woodinville - Carole Edwards Center, A-02

Line Dance Hoedown Potluck

Calling all line dancers, or line dancing wannabees. You're sure to have a "good old time" at this event. We'll dance, we'll eat and we'll dance some more. Everyone is welcome!

Thursday, June 25, 10:00 - 2:30 pm
\$5 per person, NSC Multipurpose Room

Horseshoes

All are encouraged to come. Anyone and everyone can play - beginners are welcome. Weather permitting.

Thursdays, 11 am - noon.

Leader—Fran Gaiser, 425-481-5138

Softball

Softball players are needed for the NSC Men's Softball Team for 2009. If you have ever played on a team, please try out. League games began in May, but still looking for players.

Mondays and Wednesdays, 11 am - 12:30 pm FREE

Big Finn Park, NE 138th and Juanita Drive NE

Leaders, Joseph Boyer, 425-485-1179

Fred Byoce, 425-820-0520

Director's Update

The last several months have been a roller coaster ride for all of us here at Northshore. Although we did not fare well in the state budget cuts, we are moving forward, and will continue to provide quality programming in adult day health and transportation. We have had some pretty impressive funding successes in the last month and I want to share them with you.

- **\$30,000** per year for two years from National Council on Aging's Civic Initiative. This grant will allow us to enhance our work with unpaid family caregivers while wrapping in one of our greatest assets - our volunteers! Volunteers and staff will be working together as a team to develop, implement and evaluate the expanded programming.
- **\$37,500** per year for two years from Washington State Department of Transportation (WSDOT) to help us provide transportation for seniors and adults with disabilities who live in more rural areas and aren't covered by any other funding source.
- **\$1,700** from the Snohomish County Dental Foundation to help cover the costs of two dental clinics at NSC.
- **\$1,650** raised from the Adult Day Health 25th Celebration—thank you members!!
- Over **\$1,000** raised or pledged to date towards "A Grand-Child's Challenge" (see page 4 for how you can make a pledge for a fun and empowering intergenerational fundraising effort!)
- **\$1,665** raised at the Mill Creek Senior Center's Spaghetti Luncheon, sponsored by North Creek Retirement Community and everyone who came.
- **Thousands of dollars** contributed by members in May, including **\$30,000** from long time member Malka Fricks to help cover the costs of strategic planning and to help with operations expenses this year.

NSC and Strategic Planning

We had our first Strategic Planning Team meeting this morning. Over the next three to four months we will be working on creating a strategic framework for Northshore Senior Center. **What is a strategic plan?** A guide of how NSC will achieve its mission over the next 18 months. **Why plan now?** Our organization is at a crossroads - facing incredible challenges with funding, anticipating a 33% overall funding cut at a minimum over the next 6 to 18 months. Without an understanding of where we are going and why, there won't be a strategy for making decisions about our future. **Who's on the Strategic Planning Team?** Board members, staff and volunteers will work with a consultant who will facilitate the process. There will be many opportunities for members and all of our stakeholders to get involved along the way. The Board will be discussing next steps at the June board meeting.

~ Lee Harper, Director



Northshore Senior Center is affiliated with Senior Services

Almost Home Workshop

“Almost Home”: Changing Aging in America Special Film Screening Event and Workshop

Saturday, June 27, 9 am to 1 pm

NSC Multipurpose Room

For information, please call 425-286-1045

\$10 per person (includes film, lunch, and discussion).

Three options for payment. Register in person at NSC, pay with credit card at www.NorthshoreSeniorCenter.org or by mail. Exact cash and checks will also be accepted at the door.

Are you an elder, a family caregiver, a spouse/partner of a person with memory loss, daughter or son of an aging parent? “Almost Home,” a 90-minute film by Brad Lichtenstein and Lisa Gildehaus, shown on PBS Independent Lens, is a documentary profiling the real stories of lives touched by aging: couples both bonded and divided by disability, children torn between caring for their parents and caring for their children, and healthy elders fearful of moving to the “dreaded” nursing home. Come experience a half-day of hope, energy, and optimism! Meet and greet the filmmaker, Brad Lichtenstein, view the film, and learn about ways to “age better,” caregiving, long-term care facilities, and local resources. Respite and transportation available on a limited basis.

Thank You Supporters and Donors!

Over 200 community adult day health supporters came together on May 28th to celebrate Adult Day Health’s 25 years of service to the community.

Aegis Living

Al Cox Signs

Alexa’s Café

Café Veloce at Totem Lake

Chateau at Bothell

Enterprise Car Rental

FrameWright

Jerry & Lynn Edmonds

Kenmore Air

Madison House

Morton Gallery Photography

Precept Brand Wines

Ranch Drive-In

Salty’s on Alki

Sharon McCain

1,250,350

Number of weeds that need to be pulled on our grounds. Ok, maybe not that many, but we are looking for volunteers to weed our gardens and take care of the landscaping or mow the lawn. We can only manage our beautiful site with your help. Call Michele, Volunteer Coordinator to help.

Member Writings

Friendliness

“Friendliness,” as spelled out in dictionaries, comes in many forms. You may find the few I picked from an array of possibilities somewhat interesting. Believe me, there’s plenty of great stuff to ponder.

Let’s start at the beginning: Friendliness is an attitude befitting a friend—being favorably disposed, not being antagonistic; friendliness is warm, comforting (user-friendly). Friendliness is akin to likability, amicability, goodwill; it is no stranger to affability and geniality; it’s right there with approachability, good neighborliness, hospitality, and helpfulness. There you have it! Well and good . . .

Nonetheless, all angles considered, there’s nothing even close to experiencing friendliness first hand.

When walking the grounds of the Northshore Senior Center, I perceive friendliness as a spirit (not just a noun, or verb or any of those textbook things I learned), this is a friendliness that affects me, I sense it, I can pretty-near *touch* it. I can’t help but feel the warmth of sincere friendliness happily floating through the halls—greeting me with anticipation.

Anticipation, yes! There’s expectation in the air: my involvement is kindly suggested; I must not merely absorb the friendliness so freely offered, I have the pleasurable task to reciprocate, to infect others. When they’re down, I have the opportunity to cheer them on, lift them up. (It can’t hurt terribly much, can it, going out on a limb to commit a random act of kindness . . .)

“Do unto others as you’d have them do unto you!” Wow! That admonition packs plenty power. Be prepared for the inevitable:

You, too, will feel kindled, once you put that friendliness-concept into practice, once you become more than a spellbound spectator.

~ Douglas D. Dykstra
April 2009
doug@ddykstra.com

Getting To Know You

Jacque Wallace is a believer in change. She says that “Change is inevitable, so just relax and enjoy it.” As a new member of Northshore’s Board of Directors, Jacque is actively involved in helping to guide the Center as it tackles its current challenges.

Jacque is a native Northwesterner and was born in Tacoma on March 5, 1925, to parents Lenore and James Murray. Her older sister and only sibling, Jeanne, was eleven years older. The family lived in Tacoma and then moved to Portland, Oregon, where Jacque went to school at St. Mary’s Cathedral and St. Mary’s Academy. Besides the usual studies, Jacque liked to sing in the school chorus and band.

When she finished high school, she wanted to get away from home, so she joined the Waves reaching the rank of Yeoman Second Class. While she was in the Navy, the word got around that Jacque had some singing ability, and she was hired to be a soloist with the Navy dance band, giving her the opportunity to travel around the country. This was the in early 1940s and the era of Glen Miller and swing. In 1945, Jacque and the bandmaster, Kenneth Henderson, became a team and were married in San Francisco. The marriage lasted 13 years and produced four children—James, Leslie, Leigh, and Joanne. Several years later, Jacque married logger Tom Wallace. Because of Tom’s business, the Wallaces spent most of their life together in Sitka and other parts of Alaska. Tom passed away in 1982.

In addition to her family, Jacque feels that her greatest achievement and honor has been to maintain sobriety from alcohol for the past thirty years. She is very proud of and thankful for her recovery and has devoted many years to working with dependency programs. In the beginning of her recovery, she worked in Kirkland for Residence 12, a halfway house for women. For three years, she was director of Oregon’s Council on Alcoholism and Substance Abuse, and she has continued her interest in helping others maintaining their freedom from drugs and alcohol.

Eventually, Jacque moved to Camano Island. In 2003, James, a writer and entrepreneur, and Leigh, who owns Alexa’s Cafe in downtown Bothell, enticed their mom to move to Bothell. Jacque’s first introduction to NSC was less than welcoming, and she didn’t renew her interest until this past year. Her energy and desire to see the Center grow and continue to be a vital part of the community are exactly what is needed at this time.

She believes that her children and her trust in a “higher power” have been the major influences in her life and that we must be brave and trust this power.

~ Larry and Gloria Campbell

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:

Gardening

We are blessed with over 4 acres of beautiful property. Guess what that means? A lot of weeds in the spring and summer! We are looking for members with energy and time to help out our current volunteer gardeners. No experience needed—just a willingness to fight the battle against weeds.

Wednesday Evening Volunteers

We are looking for people to volunteer for our Wed. evening hours. 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!

Caregivers’ Support Group

Are you a spouse, partner, son, daughter, relative or friend who cares for a loved one with dementia or other chronic illness or disability? The Caregivers’ Support Group offers unpaid caregivers help through support and practical education. Caregivers are able to identify problems and needs, explore care options, and assist one another. Co-sponsored by the Alzheimer’s Association. **FREE**

Mill Creek Senior Center—1st and 3rd Fridays, 10 to 11:30 am (in June: 5 and 12)

Northshore Senior Center—2nd and 4th Mondays, 10 to 11:30 am (in June: 8 and 22)

Kenmore Senior Center—4th Wednesdays, 10:30 to Noon (in June: 24)

Mission Moments

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



A GRAND-CHILD'S CHALLENGE

Hi! Ron Cuddy here. Some of you may know, or have seen my grand-daughter, Autum, at the Senior Center. Autum has helped me, her Grandpa, teach some computer classes, started a “graduation pot-luck” tradition, and loves seeing seniors blossom/smile once they become classmates and do things together. She enjoys helping me help others. She sees the senior community as a lot of people helping each other.

Due to funding cutbacks, the Senior Center needs money to operate. Autum overheard Bill Durham and I discussing fund-raising ideas and **she wants to help!** She is now 7 years old and in 1st grade. She recently learned to read, so we decided to use that as a way for her to earn money. I picked out 25 books (16 Disney classics and 9 Scooby-Doo scholastic reader books) that would challenge her reading skills. She talked her mom into giving her \$1.00 for each book she reads in a 2 week period. **Autum agreed to donate the \$25 to the Mill Creek Senior Program.** Then she looked at me and asked, “What are you going to donate, Grandpa?”

I agreed to PLEDGE \$5.00 for each \$1.00 Autum gave to her “**Grand-Child’s Challenge**”. Over \$1,000 has been pledged or given to date by many supporters!!

Could you help too? If so, call your PLEDGE into the Senior office at (425) 357-6002 and say: **I pledge \$_____ to the “Grand-Child’s Challenge”** to help Autum help the Senior Center. Please tell a friend or neighbor about the “Grand-Child’s Challenge” too.

Thank you for supporting the Mill Creek Senior Center, and thank you for helping Autum to support it too! Donations are tax deductible, and you will receive a personalized “Thank You” receipt from Autum.

Proceeds from “A Grand-Daughter’s Challenge” will help Northshore’s Mill Creek Branch to continue to offer **well-seasoned adults** educational activities and classes related to health, nutrition, care-giving, fitness, and a variety of support groups. Some of our most popular programs are computer classes, Enhance Fitness, Tai Chi, Walking groups and day trips.

~ Ron Cuddy, Northshore Senior Center Board of Directors President, Mill Creek Senior Center member