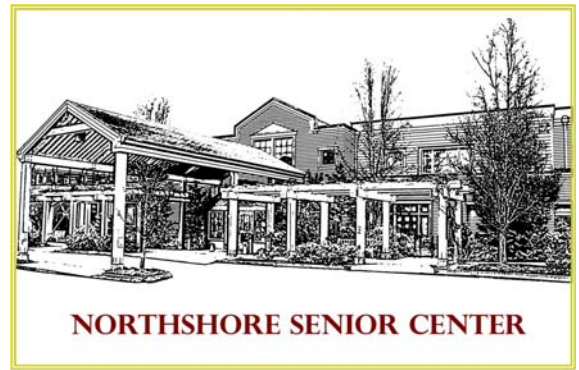


Northshore Navigator

August 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

BrainFit for Life Lecture

By Simon Evans, PhD

Wed, Aug 12, 7:00 - 8:00pm FREE

Brain Fitness is a mix of emotional, physical and cognitive intelligence that controls your mood, memory and metabolism. Dr. Simon Evans will discuss how factors like nutrition, physical activity, mental activity and optimal sleep all interact to keep your brain fit. Come learn how to use these factors to your advantage to maintain a sharp mind throughout life. A book signing, featuring Dr. Evans new book, BrainFit for Life, will follow this event.

Potluck

Sunday, Aug 23, 3:00pm

Admission: A salad, sign up by Aug 17
NSC's Multipurpose Room

Join us for a spectacular summer party. Admission is your favorite salad (hot or cold) and we will furnish garlic bread, dessert and coffee.

Courtyard Concert

"Tea and Cakes"

Saturday, Aug 29, 2 - 3 pm

Sponsored by: Riverside East
\$5 member/ \$10 nonmember

The "Tea & Cakes" repertoire ranges through the upbeat classic Jazz of the 20's, 40's rock & Roll, blues, folk music all the way to the hot Latin jazz of the 70's. Tom is a former Warner Brother's recording artist, Barbara has played in groups such as Seattle big band Tuxedo Junction and has a B.S. degree in Music Education. Root Beer Floats provided.

Director's Update

July was a whirlwind of a month! As I write this, dozens of volunteers are setting up for the annual Ransacked Attic Rummage Sale coming up Thursday Aug 6 - Saturday Aug 8. THANK YOU to everyone who donated an item, volunteered some time, and of course to all of you that will come and buy up all of this stuff!

The brand new *Mill Creek Senior Center* has opened it's doors. Stop by and see the Senior Center, located next to the Mill Creek City Hall, in their Annex building, just south of Town Center in the heart of Mill Creek. 15720 Main Street, Mill Creek 98012. (425) 948-7170. There will be an Open House on September 30th, more details to come.

July was an *abundant month for grants* for Northshore Senior Center!

- \$60,000 from Community Development Block Grant (CDBG) We initially received \$80,000 from CDBG and these additional stimulus funds are now coming to us to do more of our proposed project. We are working with the architect now to redesign the entry way, making it more accessible, and will also look at other areas of the lobby that could be enhanced.
- \$15,000 from Seattle Foundation. This grant, *Seniors Pulling Together* will bring together seniors who have been laid off or are having to re-enter the workforce after retirement, in a familiar community based setting, the Senior Center.
- \$3,000 from Deacon Charitable Foundation for Adult Day Health.
- \$12,000 more for the National Council on Aging Project (we initially received \$30,000 and now they have increased the amount)
- \$30,000 from King County for Adult Day Health and the Senior Center. This is additional "life boat" funding—thanks to everyone who went to the King County Council meeting to testify on behalf of seniors in King County. It worked!

We continue to move forward *designing a strategy* for our organization for the next 18 months. An impressive 472 people completed the Community Survey and the Strategy Team is busy pouring over the results. Staff and volunteers are contacting an additional 60 or more community stakeholders (funders, leaders, electeds, business owners) to get their views. And we are hosting a Community Meeting on August 6th and have invited the broader Northshore community—people who don't use our services but care about seniors.

And finally, it's time to say goodbye to two of our staff. After 22 years, Susy Favaro, social worker extraordinaire is moving to Arizona to a great new job working with Banner Alzheimer's Institute in Arizona. Come say goodbye to Susy as she holds court in the coffee bar on Thursday Aug 13, 1 - 3 pm. And Greg Miller, Caregiver Specialist, will be leaving Northshore to work at Multifaith Works in Seattle We will miss you both!

~ Lee Harper, Director



Northshore Senior Center is affiliated with Senior Services

Property Tax Deferral Program

Do you know a homeowner on a limited income struggling to make ends meet? The Department of Revenue's [Property Tax Deferral Program for Homeowners with Limited Income](#) pays 50 percent of property taxes and/or special assessments (second half installment due on October 31) on behalf of the owner. The taxes are postponed and must be paid when the homeowner no longer owns and uses the property as their primary home.

The requirements to participate are:

- Annual household income of \$57,000 or less (from previous year)
- Home used as primary residence
- Home owned for five years
- Sufficient equity in home

The application period is through August for the current year's taxes. For more information, visit dor.wa.gov, or call 360 570-5900 or the local county assessor's office.

Member Writings

Let It Go

What blessings there would
be for all,
the wise men do relate,
if we would leave the past behind
and cease to ruminate.

Let no more worn scenarios
or memories allow
the misdemeanors of the past
to spoil the ever-present now.

For the now is truly all we have,
let's wipe the mirror clean.
The now is what we must improve,
the past is but a dream.

~ Larry Campbell

Powerful Tools for Caregivers Class

Are you responsible for someone's care?

Are you a caregiver?

Are you a caregiver who works during the day?

Sign up now for our Fall **Powerful Tools for Caregivers Class** (FREE)

6 session workshop, Wednesday nights, Sept 9-Oct 14, 6-8 pm

Northshore Health and Wellness Center, 2nd floor Conference Room

Registration required: Please contact Stefanie Bonigut 425 286-1047 stefanieb@seniorservices.org

Powerful Tools for Caregivers is a six-week educational series designed to provide you, the caregiver, with the 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 in your life.

14 and 94

The ages of our two reception volunteers one afternoon a week. Taylor, a 14 year old high school student is spending two days a week at NSC this summer and is working with Maggie at the reception. Now that's intergenerational!!

NEW! Dental Hygiene Program

In July, registered Dental Hygienist Patty Funk began to provide dental hygiene services to adults 60 and older on site at tootsie's Parlor one day each month.

How To Register: Call the Dental Program at 425 286-1034 and leave a message to schedule an appointment.

Services include hygiene assessment, (\$31) cleanings, (\$85) deep cleanings, (\$99), periodontal maintenance, (\$99) and fluoride treatments (\$19).

Getting To Know You

Ten years before wrapping up his 40-year dentistry practice, John Gray figured that he should have a second career up his sleeve. And because he wanted to work with his hands, he learned the wire jewelry business from a friend. That foresight turned out to be good news for Northshore Senior Center and four other senior centers in this area where John now shows others how to make beautiful jewelry pieces.

John originally hails from Birmingham, Alabama, where he was born on May 28, 1924. His mother, Clairbell George, was from Tusculumbia, Alabama, and his dad, Riola Fletcher Gray, came from St. Louis, Missouri. John went to grammar and high school in Birmingham. In his high school years, he played trumpet in the bands and worked on the school newspaper. To bring in twenty five dollars a month (good money for a high schooler in the 30s), John delivered newspapers.

He finished three years of pre-dental study at Birmingham Southern College and the final four years of his DMD degree at the University of Alabama Dental School. During World War II, John served in the Corps of Engineers from March 1943 to May 1945.

John and his first wife were married in 1949. The marriage lasted twenty years. He married his present wife in 1979. He has two sons and one daughter and has been blessed with four grandchildren and four great grandchildren.

When his wife began having trouble with Alabama's hot weather, the couple decided to move. After visiting forty eight of the fifty states, they decided Washington would be their new home. It was love at first sight. They moved to the Northwest and currently live in Kenmore across from the rhododendron park. They both feel the move has been very good for them.

John taught his first class in jewelry making in 2003. On the third Saturday of each month, he teaches a wire jewelry making class at Northshore and on the first Tuesday, he has a class at Kenmore. He feels beautiful, creative jewelry is a wonderful way for people to be involved in the Center and invites anyone who is interested to drop by his classes to see what the students are creating.

John encourages each of us to do the best we can in our lives and to be sympathetic with people. And he likes it here, rain and all!!

~ 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:

Weeding 101

Like to play in the dirt, then get connected with the weeds. It's time to get to the root of the problem. You choose the time and day that works best...flexible volunteering.

Receptionists

Share your knowledge of NSC by welcoming everyone who walks through the front door. Set the standard of excellence by volunteering at the front desk reception area.

Northshore Café

Enjoy being part of the action? Reward yourself by preparing the scrumptious soups, sandwiches, and desserts being offered in the Café-volunteers welcome.

Employment Office

Do you have a knack for the business world? Attention to detail and interpersonal skills are the specialty of this volunteer group.

Writer or Editor

Do you have skills in Publisher? We are looking for someone to take on some or all of producing the monthly Northshore Navigator. Are you a writer? Want to contribute a column to the Navigator?

Mission Moments

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

Funding for our Adult Day Health and Transportation programs was significantly cut at the end of June, resulting in many of our adult day health participants no longer being eligible for our services. June was an incredibly challenging month for participants, their families, staff and volunteers. I want to commend Adult Day Health and Transportation staff and volunteers for their compassion and dedication to their work. June was filled with barbecues, celebrations and wrenching good byes to dozens of long-time participants. And, with no transition time, both programs had to adjust to a new reality, reductions in hours for many staff, new routes for drivers, and an unexpected increase in the number of participants we thought we would have. Through it all, staff and volunteers continued to provide excellent service with a smile on their faces. I am grateful to be surrounded by people who care so much about their work and the people we serve.

Very Valuable Volunteer Award

Without our volunteers the Northshore Senior Center would not be the friendly accepting place it is. So, if you see or personally experience one of our volunteers doing something that shows extra concern, caring, expertise, time or thoughtfulness, why not give that person a figurative “hug of thanks?” The Very Valuable Volunteer program lets you do just that!

Awards may be made by anyone for any deed you think deserves recognition.

To recognize a volunteer just fill out a Very Valuable Volunteer form located at the NSC front desk. You can sign your name or make the recognition anonymously.

Each Very Valuable Volunteer will be given the original pat on the back note and be recognized in the Navigator.

Without our volunteers, we would be a ship without a rudder, so help us let them know how much we appreciate their caring.

Thanks to the Redmond Senior Center for the basic idea for this program.

Have something to share with
your fellow members?

Put it in the Navigator!

Send contributions to Lee Harper
by the 20th of each month.

425 286-1032 or leeh@seniorservices.org

Fresh Ideas Needed

Join us in a Brainstorming Meeting for the 2010 Auction.

Monday August 17 at 1:30pm in the NSC Dining Room

Challenging economic times can bring new perspective, energy and attention to the great work being done at NSC. Be part of the forward thinkers and join us!

Need more information? Contact Patricia 425 286.1072
patriciag@seniorservices.org

Inspiring Mayor!

Hazel McCallion is a wonderful example of leadership for many reasons: she has been the mayor of Mississauga, Ontario for 30+ years, re-elected 10 times, and is responsible for a debt-free district while creating a vibrant downtown. She's done all this with great energy and enthusiasm while approaching 90 years old!

15,000

We were just awarded a grant for \$15,000 from Seattle Foundation. This grant, ***Seniors Pulling Together*** will bring together seniors who have been laid off or are having to re-enter the workforce after retirement, in a familiar community based setting, the Senior Center. It's an exciting opportunity to respond to a community need and have it funded! Stay tuned for more details as we determine how to move forward. Interested in joining the project team? Contact Lee Harper.