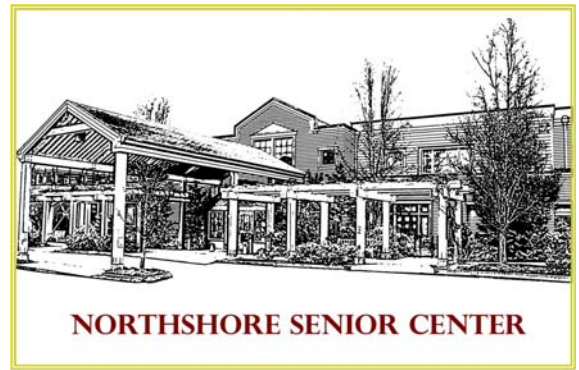


# Northshore Navigator

## May 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



### Events/Highlights

#### JA Jance: This Writer's Life.

Wednesday, May 5, 7pm-8:30pm  
\$8.00 member, \$16.00 nonmember  
Online registration available:  
www.northshoreseniorcenter.org

#### Seven Nuns in Las Vegas"

(Natalie E. White)  
Multipurpose Room  
Friday, May 7, 8pm  
Sundays, May 2, 9, 3pm  
\$10 member and student /\$11 public

#### Auction Volunteers Recap Meeting

NSC, Thursday, May 6, 3pm, Room 103

#### Rhododendron Walk and Potluck Picnic

Friday, May 7, 11:30am at Kenmore Senior Center. Bring food to share.

#### Poet Laureate, Samuel Green

Meet the poet in the Dining Room,  
Friday, May 7, 2pm. FREE

#### Bothell Neighborhood Resource

Counsel Forum, Thursday, May 13, 2pm,  
NSC. FREE.

#### Bronn Journey

Concert on Sunday, May 16, 2pm, NSC  
Members \$8.00, nonmembers \$16.00  
Online registration available:  
www.northshoreseniorcenter.org

#### Northshore Variety Band

NSC, Tuesday, May 18, 2pm, \$3.00

#### In observance of Memorial Day,

NSC will be closed on May 31

### Humor Corner

" . . . and I could see that if not actually disgruntled, he was far from being grunted." *P.G. Wodehouse*

### Director's Update

Are you listening?

Have you asked that question here at NSC? In the new Strategic Framework we have a goal to shore up our internal capacity to maximize our assets. We need your suggestions, feedback, and compliments to make this goal happen! You may even have an idea how to get more suggestions. Will you help us?

We are adding suggestion boxes around our facilities. We promise to check these boxes each week, review them, and forward the feedback to the appropriate staff or committee. I can not guarantee that we can act on all ideas. I CAN guarantee that we will read and consider everyone.

As an empowered member, you are one of our key assets at NSC because empowered members translate into a caring community. Isn't that one of the reasons that you are part of Northshore Senior Center? Empowerment and caring promotes healthy aging and well-being in our community. Don't you agree? Put a note in our suggestion box with your response!

*Gary Kingsbury, NSC Director*

### Do I hear \$48,000.00?

Not a record-breaker. But, all things considered,  
a good number just the same . . .

A heartfelt "Thank You!" to all who volunteered their time and talent toward a rewarding 2010 **Community Auction**. Appreciation goes as well to the roughly 200 participants crowding the auction floor with opened hearts, wallets, and purses. And—thank you, NSC Staff for your diligent direction. It has taken many hours of intense work to organize and manage the auction. We gratefully acknowledge the sponsors of this annual event, without whose participation there simply could be no auction anywhere near this kind. Thank you, ladies and gentlemen, for your fine effort!

Beneficiaries of the proceeds are Northshore Senior Center and the Kiwanis of Northshore Scholarship Fund.



## Volunteer Opportunities

**Health & Wellness Library Companion Tuesdays 10:30-12:30**  
Ride the van with a driver and help individuals from our Adult Day Center as they peruse the bookshelves.  
The volunteer would help assist people around the library and check out books.

**Computer CLC Volunteer-Tuesday and Thursday 10am-2pm**  
Projector screen filter cleaning  
Maintaining the mini lab  
Taking computers to recycle  
Keeping a tidy shop  
Check the projector bulb  
Monitor errors or other computer troubles  
Display kindness and generosity  
Contact Michele Maneri 425.286.1054 or email  
[michelem@seniorservices.org](mailto:michelem@seniorservices.org)

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

## Wish List

The Adult Day Health Center welcomes your gift of the following items:

½ inch PVC pipe and caps  
Glue sticks  
Fine-tip colored markers  
Cloth cover-ups  
Plate guards  
Coloring books  
Large-piece/wooden puzzles  
Juice  
Birthday napkins  
Birthday hats  
Seasonal dinner napkins  
Brown lunch bags  
Sunscreen ( 45 plus protection)  
Baseball caps  
Sunglasses

**Judi Pirone**

Northshore Adult Day Health Manager  
Health & Wellness Manager  
425-488-4821  
[JudiP@seniorservices.org](mailto:JudiP@seniorservices.org)

Editor-in-Chief and Layout  
Doug Dykstra

## On a Poetic Note . . .

### Seeing Flowers in Spring

Springtime and they appear to us as spring does  
Wonderful  
Warm, hot and cold  
The flowers that bring in the spring, la la  
Really beautiful  
I wish they were apples.

### Smelling Fresh Dirt in the Spring

I don't have any at home to dig  
Just clean it up  
It's time for new soil and peat moss so the flowers  
grow better.  
The smell of birth and life  
Exciting  
It smells oh so very good.

### Hearing Frogs in the Spring

It reminds me of a pond  
It's mating time  
Kind of cute  
When I step out of the house, early in the morning,  
I hear them.  
They are necessary  
A chorus in the marsh  
Kermit the Frog...Rabbit!

*Poems collectively written  
by the Friday Brain Fitness Group  
4/9/10*



Please have a grateful  
Memorial Day . . .

Have something to share with your fellow members? Put it in the Navigator! Send contributions to the editor by the 20<sup>th</sup> of the month—[doug@ddykstra.com](mailto:doug@ddykstra.com) or 425-487-8750

## Getting To Know You – Bernice McDonnell

Into each life many surprises can come, but Bernice McDonnell's mother had a major one when she went to Kimberly, B.C. to visit her sister. That is where, by her own admission, Bernice decided to be born! Although she was a small baby, this show of independence was to remain part of her personality lifelong, and was basic to many of her later accomplishments.

Bernice lived in Spokane until she was seven, and then moved to Canada where her father had a business for two years. He then decided to return with his family to the US, to the small town of Coulee City, Washington, to work for the government on Coulee Dam. Her grandfather was in the first group of workers in 1933 hired for the construction of the Dam. Her brother also worked on the project. Years later, after having graduated from high school, Bernice worked in Coulee Dam as a telephone operator.

While she was a little girl, Bernice danced and performed vaudeville on the stage of a Spokane theater. For her 9<sup>th</sup> birthday her grandfather gave her a tiny Cocker Spaniel puppy she named "Teddy." This little dog played a major part in her life. Sometimes Teddy was tied-up outside. One day she found a boy about her age playing with her puppy. Somewhat irate at his nerve, she rushed out to tell him off. However, he was a cute fellow with a big smile. He told her his name was Don. His mother then came outside and so did *her* mother. All of a sudden the mothers were hugging each other. Turned out they had been friends 15 years earlier in Alaska.

Fast-forward to July 22, 1950: Bernice and Don McDonnell were married. They have two daughters, two grandsons and a white poodle. The reason that their 60-year marriage is so happy, she says, is that they never try to change each other. Don is quiet, where Bernice is active and vivacious. And he is always very supportive of her.

Bernice was instrumental in starting the Kenmore Senior Center. She formed a committee of five or six people and, then, with encouragement from then NSC director Marianne LoGerfo, tackled the Kenmore City Council for start-up funds. The Council granted \$5000 and, after several years of Bernice speaking at council meetings, gave the new Kenmore Senior Center permission to use the former caretaker house in Rhododendron Park.

Bernice is also a published author: her first book, *Anee*, a 16<sup>th</sup> Century adventure story based in Scotland and Barbados, was published in 2008.

Her second book, *Trail of Return*, set 20 years after the time of the Oregon Trail, will be ready for a book-signing in June.

Bernice has done other writing, including many humor articles. She has a certificate in writing from the U of W and has taken classes from Peggy King Anderson and from Frances Dayee, the writing instructor at Kenmore Senior Center. Bernice's tips for aspiring writers: use your imagination and be willing to be critiqued. Continue taking lessons and establish a consistent time to write.

Bernice says she has been at NSC's front desk since 1993 and going strong. She also was President of the Board of Directors at NSC for two terms. She is active in many other places as well.

*Virginia B. Cook*

### Seniors helping Seniors—Overlake Students' Annual Visit

On March 25, Seniors from Overlake participated in a variety of activities: line dancing, serving lunch; they talked about computers/programs with our volunteer instructors, shared narratives with our members, and assisted at ADC. Students and staff were busy all day!

Michele Maneri, Volunteer Coordinator Northshore Senior Center



We proudly feature the familiar "faces" of our sponsors of this year's super-successful *Community Auction*.

## Try it, you'll like it!

The Northshore Poetry Group invites you to join. The class is open to anyone interested in poetic expression. It offers an opportunity for reading and writing of your poetry; you'll benefit from lively discussions and helpful critiques. Meetings are scheduled from 1:00pm to 3:00pm each Friday in Room 205. Dues, payable at each meeting, are \$1.00 for NSC members and \$1.50 for others.

## Men Get Depression

Depression is a serious but treatable health condition that affects more than 6 million American men. Do you or a man you care about seem depressed? Come to this seminar to learn about the symptoms of depression, treatment options and where to get help. We will also view the 30 minute *Men Get Depression* program shown on PBS. Northshore Senior Center, Room 202.

**Monday, May 24, 10am-Noon.** Please pre-register with: Stefanie Bonigut, MSW at 425-286-1047; [stefanieb@seniorservices.org](mailto:stefanieb@seniorservices.org)

## Listening More Carefully and Expressing More Clearly

We talk and interact with people each and every day. Communication is essential to our health and well being. Often the words we choose to say...or not say... can have a major impact on our relationships. Learn new tips and strategies to improve communication skills and further enhance your listening abilities.

Northshore Senior Center. Date, time and room? (Possibly a Thursday in May, 1½ hours)

Please pre-register with:

Janet Zielasko, MS, LSW at 425-286-1035; [janetz@seniorservices.org](mailto:janetz@seniorservices.org)

## Talking with your Medical Provider

Are you well-prepared for your brief medical appointments? Do you get the results you want? Learn how at Mill Creek Senior Center, Thursday, May 20, 1pm-2pm.

Presenter: Lee Gresko, RN

206-268-6740 [leeg@seniorservices.org](mailto:leeg@seniorservices.org)

Please register by calling 425-948-7170

## Opportunity Knocks

### One-on-One Computer Instruction

Our instructions will get you over the hump to becoming a wiser, faster, and more efficient computer user: We'll get you up to speed using popular software programs: Word, Excel, and others; you'll also be browsing the Internet and send and receive e-mail messages like a pro! You'll learn to deal with security issues, work with foreign languages, enlarge the size of print for easier legibility; have messages read back to you, or create text just using your voice.

**Computer Learning Lab, H&W Building**

For more information call 425-286-1038. (Gary Ancelet) Members \$10.00/hr. Others \$20.00/hr.



Northshore Senior Center is affiliated with Senior Services

## Bits and Pieces

### Favorite Gathering Place - the Coffee Shop!

Cafe lunch of soup and sandwich is served on Wednesdays, 11:30am - 1:30pm.

### "Powerful Tools for Caregivers"

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.

Classes consist of interactive sessions; discussions and brainstorming to help you take the "tools" you choose and put them into action in your life.

Classes are free and taught by trained and certified class leaders, beginning Wednesday, May 5, 2010.

Northshore Senior Center, Room 203, 5:30pm—7:30pm

To register, contact Janet Zielasko at 425-286-1035; [janetz@seniorservices.org](mailto:janetz@seniorservices.org)

## HEALTH PROGRAMS

### Living Well with Chronic Conditions

Do you have an ongoing health condition, such as diabetes, arthritis, chronic pain, heart disease, multiple sclerosis, or breathing problems? Feel limited in your day-to-day activities, feel tired, alone, frustrated or fearful? Want to learn new ways to manage your symptoms and live more fully? If you answered "yes" to any of these questions, sign up for this workshop. This workshop will introduce you to tools that can help you eat well, manage fatigue, breathe more easily, manage your medications, relax and manage stress, deal with anger, fear, and frustration.

H&W Conference Room, 2nd Floor, Free

Wednesdays, May 12 - Jun 16, 1pm - 3pm

Pre-registration required: Call 425-487-2441

Facilitators: Jeannie DeSmet, RN,

425-286-1029; [jeannied@seniorservices.org](mailto:jeannied@seniorservices.org)

Stefanie Bonigut, MSW, 425-286-1047;

[stefanieb@seniorservices.org](mailto:stefanieb@seniorservices.org)

## A Good Read

If you like to read, do I have a recommendation for you! K. Eileen Allen's book, *I Like Being Old*, should be high on your list. At 90+, Allen has figured out how to grow old and appreciate yourself and the life you have lived. She also has great insights on how to continue living a full life in spite of limited abilities and options. You can get the book at Amazon.com. I recommend it for all seniors.

*Gloria Campbell*

## Poetry-Admirers' Alert . . .

Poet Laureate at NSC. Don't miss out! Be in the Dining Room at 2pm sharp, Friday, May 7. Samuel Green, State of Washington Poet Laureate will be key-presenter at the Poetry Group. All are welcome!

