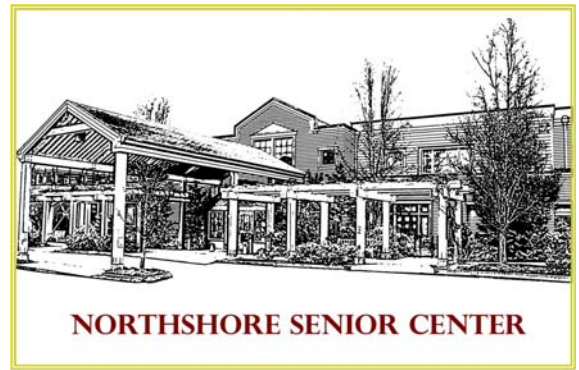


# Northshore Navigator

January 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

### Happy New Year!

#### Winter Potluck

Join us for a spectacular winter party! Admission is your favorite dish (hot or cold), and we will furnish garlic bread, dessert, and coffee. Sunday, Jan 24, eating promptly at 3 pm. Admission is one dish. Sign up by Jan 21.

#### Craft and Jewelry Sale

This is the sale you've all been waiting for! Our senior volunteers have created a wonderful assortment of jewelry and crafts for you to find just the right gift for yourself or for that someone special. Shop and help the Center at the same time. Friday, Feb 5, 9 am - 4 pm; Saturday, Feb 6, 8:30 am - noon.

#### Chinese New Year

Come celebrate the 2010 Chinese New Year, the Year of the Tiger, with us. This wonderful celebration will include entertainment and great Chinese food. Only 100 seats available, so sign up early. Sunday, Feb 7, eating promptly at 2 pm. Doors open at 1:30 pm. \$6 member/\$12 nonmember. Sign up by Feb 2. Sponsored by Madison House.

#### Helen Thayer

Register online at [www.northshoreseniorcenter.org](http://www.northshoreseniorcenter.org) for Helen Thayer's presentation. Sunday, March 21 at 2 pm.

## Humor Corner

"Be not simply good,  
be good for something."  
*Henry David Thoreau*

## NSC Update

As the newly-elected President of the Board for 2010, I would like to wish you a happy and prosperous new year.

How fortunate we are in the Northshore Community to have such a lively, welcoming, inspiring, supportive, and effective Senior Center. A center that provides a wide range of services and programs aimed at fulfilling our Mission of promoting the emotional, social, and physical wellbeing of older adults and their caregivers.

Our primary goals this year are to keep the core of the existing programs, classes, and resources and to contribute to and engage with the community using the strengths and skills of seniors.

The term "senior" or "Senior Citizen" now embraces those who were 18 or over during World War II and those born during World War II, most of whom I thankfully find, have retained a more youthful attitude than the (perhaps obsolete) term "senior" suggests.

Hopefully, this new decade will become one of peace, where we older adults (a term many of us prefer) find opportunities to be creative, innovative, adventurous, and fulfilled according to our abilities, as we "age in place."

Such a place is the Northshore Senior Center, with branches in Bothell, Kenmore, Woodinville, and Mill Creek and also services in Kirkland.

I know there is the will to continue to be successful and I urge you, as energetic older adults, to join us, put your shoulders to the wheel, and help us to not only survive, but thrive.

For the Center and its members, 2010 presents many challenges and opportunities. Government funding has been cut back at all levels and organizations and groups that have supported us in the past are finding themselves hard pressed. However, there are many opportunities for advocacy, a skill we as a not-for-profit agency honed and were successful at in 2009.

Our financial budget is good through June 2010. After that, we share the apprehensions of most not-for-profit agencies in the state in finding resources to survive. New members joining, more volunteers—for we are a volunteer run organization—and the creative juices and energy of all of us will have to be applied if we are to survive as we are now.

In conclusion, I wish to thank all those who worked hard in 2009. You enabled the Center to reach out to the community and created a Strategic Framework document to guide us. A special thank you to our talented, diligent, and patient staff, led by former Director Lee Harper and our able Assistant Director, Cheri Rondeau, now at the helm. I wish to thank all our volunteers, especially Ron Cuddy, President in 2009, Ash Singh, Vice President, and our active Board and committee members. The process for hiring a new director for the Center is underway. We expect to have a list of candidates by mid-February.

*Geoff Ethelston, Board President, 2010*

# Volunteer Opportunities 2010

NSC runs because of hundreds of volunteers who contribute over 40,000 volunteer hours every year. Be a part of the 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.

## Footcare Receptionists

Monday am shift; Tuesday am/pm shift; Friday am 1<sup>st</sup> and 3<sup>rd</sup> of the month.

## Pancake Breakfast Cook 1<sup>st</sup> and 3<sup>rd</sup> Saturday

Do you like taking care of things in the kitchen? Come and cook up something special like pancakes and sausage at our pancake breakfast.

## Front Desk Receptionist

Our gatekeepers welcome newcomers and take care of business seven days a week. Both am and pm shifts available.

## Employment Office

If you have customer service, phone, and computer skills, the employment office might be a good fit for you. Contact George Behrend in the Employment Office. Current openings are Tuesday pm, Wednesday pm, Thursday am.

## EnhanceWellness Program

Would you like to improve your overall health, either physical or emotional?

Have you been diagnosed with any chronic physical conditions, or mental health issues such as depression or anxiety?

Is your current health or another life situation keeping you from being physically active or socially engaged?

If you answered yes to any of the above questions, then EnhanceWellness may be the answer for you!

Funded by Evergreen Hospital, EnhanceWellness is a free, award-winning, health management program, designed to use you as the expert on changes you choose to make in your life. While working with a registered nurse or social worker, you will learn strategies for making positive choices to improve your physical and/or emotional wellbeing.

To get started in the program or for more information, contact one of the EnhanceWellness nurses listed below.

Northshore Senior Center: Jeannie DeSmet, 425.286.1029; Kenmore: Mary Ann Draye, 425.806.0796; Kirkland, Kenmore, Mill Creek: Lee Gresko, 206.268.6740

## *On a Poetic Note . . .*

### Let's Begin in 2010

The New Year's here with celebration  
and people greet with great elation.

The Northshore Center we do attend,  
whether slow or active they call us friend.

Join us here in 2010.  
You'll notice the friendly volunteers  
and wish the best and a Happy New Year.

*Caroline Ganje*

### Snowtime Sonnet

Midwinter's hard upon us with its chill  
and houses have become a fairy sight  
where frost has etched both windowpane and sill  
and chimneys breathe white streams into the night.

Midsummer flocks of birds have long since flown  
and flowers of the fall are now a dream,  
while round the eaves cold gusts make rafters groan  
and frozen puddles on the roadside gleam.

Though in these ice-bound months we bide within  
while short-lived sunbeams graze the frozen earth,  
we warm ourselves with cheer from friends and kin  
as Nature sleeps and dreams of her rebirth.

And thus the shortened days become less drear  
as we with loved ones plan for the New Year.

*Virginia B. Cook*

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 Ken Moriyama

The beautiful city of Honolulu, Hawaii, is the birthplace of this month's profile subject, Ken Moriyama. Born in 1939, Ken was the second of Tamotsu and Fumiko Moriyama's three sons.

During Ken's childhood, World War II was rapidly heating up. Because of his Japanese ancestry, his grade school years were touchy at times when bullies from a housing project picked fights with him, viewing Ken as "the enemy." Aside from these scraps, growing up in Hawaii was great for Ken. It felt safe and friendly, and his family never locked its doors. Beach camping and fishing were at hand, and he loved hiking. And the friendly GIs stationed at military installations near his home were generous with candy rations. Ken was an active youngster. He earned First Class in Boy Scouts, spurred on by a great Scout leader; served in the Civil Air Patrol; and continued to sandwich in as much camping, fishing, and sports as he could.

He completed his early education in Hawaii, then enrolled at the University of Hawaii. He didn't dodge tough courses, finishing up with a BS and an MS in Electrical Engineering. And, best of all, he met a young lady there named Jean who was getting a degree in Library Science.

Following graduation, Ken worked as an electrical engineer for North American Aviation in California. He became Chief Engineer for Cahn Instruments, and later moved to Washington state as System Engineering Manager and Business Unit VP for Teltone, a telecommunications equipment development company. He followed this by working for Leviton Manufacturing Company in Bothell to start up the Telcom Division as Director of Product Development Engineering. His last Leviton assignment was VP of Strategic Technology Development. Ken is a member of the Engineering Honor Society, the Physics Honor Society, and is a Board member of CABA-Continental Automated Business Association.

He married Jean in 1964 in Brea, California. They have a married daughter, Kim, who lives in Durango, Colorado, and owns a Pilates studio. Their son Geoffrey lives in Winchester, California, where he is Sprint's Customer Care Manager for Los Angeles and Orange Counties.

Ken's special love is fly fishing which he says is almost spiritual. It's not about catching the biggest fish; it's reading the water and being on a beautiful trout stream. He ties his own flies and also teaches fly tying.

Ken's spiritual interest is in the Buddhist tradition which gives him guidance in living his life. Ken says that his life philosophy is to have gratitude for all around him. He came to Northshore Senior Center for the Health and Fitness program, but at this time of change and growth, he is happy to add his knowledge of strategic planning. He feels that his business experience and philosophy might be useful to others. It is a pleasure to have Ken as a member of NSC and to share his bright outlook on life and lively sense of humor.

*Gloria and Larry Campbell*

### Thank you, Emily Fleming

On December 15, Northshore Senior Center lost one of its most faithful and inspiring members. Emily Fleming joined NSC in 1986 when a neighbor thought she might find something interesting to do to fill her time. And did she! Emily was a powerhouse around the Center. When a volunteer coordinator left, Emily stepped into the job and continued helping people find the holes that needed filling. She loved bringing volunteers and projects together and seeing the Center grow. Emily's compassion for each and every person always impressed those who knew her.

Even when a stroke slowed her down, Emily continued serving NSC. Her warm smile was still evident behind the counter at the front desk, and she maintained her strong support of Center activities.

On December 20, Emily's family held a memorial in the multiservice room. The crowd of family and friends who attended gained an appreciation for how Emily had lived her humble, yet great, life by serving others. She will be deeply missed.

## NSC's Computer Learning Center

The Computer Learning Center is celebrating eighteen years (1992 - 2010) of continuing computer classes and support groups. Some of the original volunteer instructors are still sharing their computer knowledge and helping seniors to feel comfortable with their computers. These generous volunteers, along with new ones added along the way, now total twenty instructors. Some of the subjects they offer are

Introduction to the PC  
Introduction to the Internet  
Windows Vista and XP  
Computer Basics  
E-mail Basics  
MS Word  
Excel Spreadsheets  
Windows Explorer  
Adobe Photoshop  
Family History with legacy

Not only do we have computer classes, but we also offer

In-Home Help  
One-on-one Tutoring  
PC Users Group  
Macintosh Users Group

Across the street on the second floor of the Health & Wellness Center is a Computer Lab where people can get help using their computers. There are also special programs for the disabled and those who need special software instruction. The volunteer instructors will also repair and fix computer problems and answer computer questions. Call 425.286.1038 for more information about the Computer Lab.

Check out the quarterly newsletter and sign up at the Front Desk at NSC for computer classes or call 425.487.2441 for more information.

Shirley Mehlenbacher, Coordinator



Northshore Senior Center is affiliated with Senior Services

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

## Bits and Pieces

### Easter Dinner?

Voice your opinion about having Easter Dinner at the Center. Fill out the form at the NSC reception desk by Monday, January 25.

### Holiday Closures

Just a reminder that NSC will be closed on the following holidays:

Martin Luther King Day—Monday, January 18, 2010

President's Day—Monday, February 15, 2010

### Wednesday Evenings

Did you know that we are open on Wednesday evenings? All the great things you enjoy during the day you can now enjoy in the evening at the Center. If you would like to volunteer to work on Wednesday evenings, please call Michele Maneri, our Volunteer Coordinator, at 425.286.1054 or email [MicheleM@seniorservices.org](mailto:MicheleM@seniorservices.org).

## Friday Shopping Trips for January

Northshore Senior Center Transportation will be going to the following locations in January:

1/8 - Canyon Park stores, including Fred Meyer's  
1/15 - Woodinville stores, including Molbak's and Costco  
1/22 - Kenmore stores and Lake Forest Park Towne Ctr.  
1/29 - Alderwood Mall

All Northshore buses are lift-equipped. Suggested donation is \$1 each way.

Please call the Transportation Office at 425.286.1026 for more information or to make a reservation.



## Change in Membership Dues

Beginning in January 2010, NSC offers a 12-month "rolling" membership. Whether you join in January, March, or October, you will have a full year before renewing your membership. Annual dues will be \$30 for single members and \$50 for couples. A membership sign-up table is in the lobby.

Happy New Year to one and all . . .