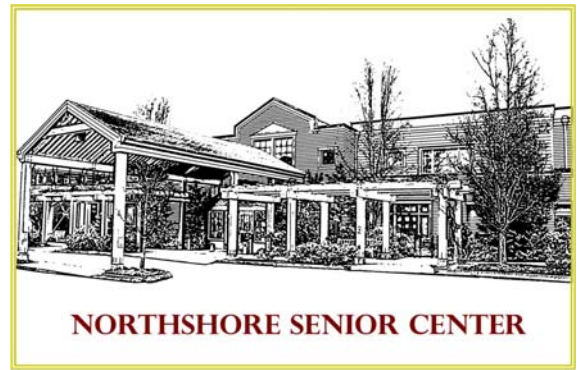


Northshore Navigator

July 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

Happy Independence Day!

NSC closed Monday, July 5th.

Pancake Breakfast: First and third Saturdays in July (3th and 17th); in August (7th and 21st); and September (4th and 18th), 8am-11am, NSC Dining Room. \$4 members and children, \$5 for non-members.

Weekly Friday Shopping Trips

Phone for a shopping trip from Kenmore, Bothell or Woodinville to local stores or the Alderwood Mall. Requested donation: \$1 each way. Reservations and questions 425-286-1026

Community at Work

"Senior Day in Bothell"

Sponsored by Greater Bothell Chamber of Commerce

Tuesday, September 14th
HOLD THIS DATE!

Fun, prizes, entertainment, and more!
DETAILS IN THE SEPTEMBER NAVIGATOR

Smokey Point Fundraiser Big Success

The Northshore Senior Men hosted the Smokey Point Southbound Rest Area on May 31, June 1 and 2. Volunteers contributed delicious cookies and their time to help drivers stay alert, showering them with kindness.

Thanks to everyone for helping us raise \$516 for our Center!

Humor Corner

Sometimes what you think it oughta be, it ain't, 'n that's the way it is.

Author not known

Director's Update

Can we talk?

What are you doing July 20, 21, or 22 around 11 AM? How about joining me in our coffee shop—sharing your perspectives, issues, and ideas regarding Northshore Senior Center? I would love to talk with you, especially after three hectic months as your director. I have been meeting many members, the staff, and our community; learning about the programs, events, and classes here; and working on funding opportunities on various fronts. If you aren't sure about what topics—here are some discussion starters:

- What are the top one, two, or three things you like about the senior center?
- What are one, two, or three new things that you would like to see the senior center do?
- What is an unmet need in our local community for seniors?
- What are the things that the senior center does well?
- Is there an unintended problem or issue you want me to be aware of?
- How can the senior center benefit our local community?

One possible way we can benefit our local community is helping needy young families with the start of the new school year this fall. The Northshore School District is looking for new backpacks for kids (PK through Grade 12) filled with school supplies (crayons, pencils, paper, etc.) Would you consider donating one or more filled backpacks? You may remember the days that you were a young parent, dealing with this challenge. Now add our current economic situation to that challenge! Wow! If you are interested, I will have a drop box in my office. Just bring your filled backpack in; listing which grade it is for. Your benevolence to the children of our community will be greatly appreciated.

Finally, are you ready for the "Ransacked Attic Sale?" I am looking forward to my first experience, after hearing stories of past sales. How about you?

Gary Kingsbury, NSC Director

It's pretty-near that time:

Annual Ransacked Attic Sale

is slated for Thu and Fri, August 12, 13, 8am-6pm and Sat, Aug 14, 8am-Noon at the Center. If you're a bargain hunter, set aside the time to browse this unique collection of valuables.

It's not too late to volunteer for this fun-filled event.



Volunteer Opportunities

Rummage Recruits

Calling all hands, legs, feet, elbows, knees and fingers...NSC's Annual Rummage Sale preparation is in full swing! The race is on and we would love to have you on our team. Contact the front desk for more information, or see Sharon McCain.

Social Services Receptionist

We're looking for a friendly face for Friday afternoons 12:15-4:30pm. Contact Michele Maneri 425.286.1054 or email michelem@seniorservices.org

Employment Connections

Our major service is to help people who can no longer do jobs around the house, drive to doctors' appointments, or need temporary help. We offer job placement services of older adults to individuals and businesses seeking a qualified and reliable workforce. (All workers are interviewed, and checked-out by the Washington State Patrol.) Are you over 55 and looking for your next job? Are you interested in full-time, part-time, temporary, or volunteer work? Stop by or call to learn more about the program.

Second Floor, Mon-Fri, 9am-4pm. George Behrend, Coordinator, 425-486-4564

Wish List

Thank you for your donation . . .

Top of this month's list: **BASKETBALLS**. Also: Plastic wading pools, Coloring books/Jumbo crayons, Beads w/large openings/string, Bubbles/wands Basketball/pump, Punch balloons Otterpops/gogurts, Juice, Any Holiday napkins, Paper plates, Cloth adult bibs, Poise panty liners (incontinence only), any size.

Judi Pirone

Northshore Adult Day Health Manager
Health & Wellness Manager
425-488-4821

JudiP@seniorservices.org

Box 'm in . . .

Don't let your good ideas get away from you—box them in!

Please use the Suggestion Box in the lobby of the Center for getting your opinions across to be promptly acted upon.



Editor-in-Chief and Layout
Doug Dykstra

On a Poetic Note . . .

Easier

When friends face sorrow, I find it easier now to cry;
my fount of thoughtfulness more fully filled
is prompted to unrestricted care;
my grasp of grief has remarkably grown—
moved as though the hurt is a pain my own.

An engaging friendship offers laughter as well;
I seize the joy within such easy reach.
Affection plays an ardent role, I might tell,
spawning cherished oneness—gregariously grown—
heaping happiness unshakably my own.

DDD 2010

Lake Crescent

Some ducks float by our cabin, respecting the "silent zone" that a Force has proclaimed. We breathe in and out a sigh for all humanity, unloading all our troubles here and find contentment in the cool, fresh mountain air.

The well-received sun warms us to our core until it silently abandons us behind the encircling hills. At dusk we go inside and find there is no TV! Now we worry that too much silence could be a bore, but we are ready to be free of all the cares of the world.

The sunset does not disappoint us with its mellow pinks and oranges.

The darkness comes late on this summer night. We go inside and stare into the candlelight, listening to the absolute silence. Now the cool air makes us hold each other tight.

Mary Pinckert, 2010

Well-nigh too good to be true . . .

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!

Computer Learning Lab, H&W Building
For more information call 425-286-1038.
(Gary Ancelet)

Members \$10/hr. Others \$20/hr.

Have something to share with your fellow members? Put it in the Navigator! Send contributions to the editor by the 20th of the month—doug@ddykstra.com or 425-487-8750

Getting To Know You – Gloria Campbell

You may have seen her in the reception area reading a manuscript, or in the upstairs coffee room conferring with another writer, or have served with her on a NSC committee, particularly the Outreach Committee which she originated. Gloria Campbell is a tall, vital person, exuding energy and competence, who has been active at our Senior Center for a number of years. Gloria is a native-born Seattleite, brought up near Green Lake, where she swam, biked, and played basketball at the local field house. Growing up during the Great Depression, she took piano lessons and became an insatiable reader. She was very close to her parents and perhaps especially to her maternal grandmother, who taught her responsibility, resourcefulness and an interest in crafts and gardening.

Gloria graduated from Roosevelt High School, the University of Washington, and Seattle University, obtaining BA and MA Degrees in English as well as completing post MA work and numerous professional courses. As an inspiration to women who seek continuing education, Gloria says that, although she started college at the age of 18, she was not able to continue until she was 43, but then completed her BA and MA qualifications in three years. The explanation for the delay must lie in the fact that she met and married her husband of 61 years, Larry Campbell, in 1948 and raised two daughters and one son, all of whom live in Washington. Gloria and Larry now have four grandchildren and will have three great-grandchildren by October.

Awards and gifts on a more scholastic level include Honors Society in high school, Phi Beta Kappa and cum laude at UW, among special recognition from various groups. She is listed in *Who's Who Among Women* and *Who's Who in the West*. Gloria has held many career positions in secretarial and administrative work, as well as in teaching and training, in local businesses and institutes of higher learning in this area, including the University of Washington where she acted as secretary to the famous poet Theodore Roethke.

She still is active as a teacher, coach, program manager, counselor, editor, writer, publisher, and business owner. Here at the Northshore Senior Center she has been on several committees; she currently is vice president of the Board of Directors and is involved in the Outreach Committee, which she formed. Gloria has been a very focused achiever. Her life philosophy, besides being true to oneself, is to try to help others if they want it, work through tough times, and to follow the Golden Rule as much as one can. What would she like to have people remember about her? That she added something to their lives and to the world. She certainly has already done that, by her example.

Virginia B. Cook

Taking Care of YOU!

Powerful Tools for Caregivers

Do you as a spouse, adult child, relative or friend provide care for an adult loved one with a chronic condition or disability? "Powerful Tools for Caregivers" is a free 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.

The next program begins Tuesday, July 6, 2010, from 3-5pm. It will be held in the Health & Wellness Conference Room. To register, call Janet Zielasko, MS, LSW at 425-286-1035 or email janetz@seniorservices.org.

THE BOOK

If you are interested in "what goes on" in Board meetings, there is a Board Book in the Cafe at NSC. It is a three-ring binder, and it stays on the podium that also holds the Rose Garden Memorial Book.

Each month, after the minutes are approved in the Board meeting, a copy of the Board Informational Packet that goes to each Board member is placed in the binder in the cafe for anyone who wants to review it. Also in the binder is a copy of the most current Board Members listing, and other information you might be interested in.

If you peruse the Cafe book, please do not remove it from the Cafe; return it to the podium so the next person can find it.

Thank you.

Kathleen Manley, NSC Board Secretary

Just a Thought

Recently, a co-worker at the college where I work part-time paid me a very warm and sincere compliment. She added, "But, of course, you knew everyone thinks this." I answered, "No, I didn't."

This brief interchange got me to thinking: How often do we bother to let others know that we appreciate them and their efforts? Or, do we take their contributions for granted? Or, worse yet, do we criticize, silently or audibly, what others say or do?

I know. We all do this sometimes, but my co-worker's comment made me reconsider what it means to respect each other. Remember Rodney Dangerfield who said, "I don't get no respect"? Though he was using the line as part of his comedy routine, I suspect most of us feel that way at times. As youngsters, we were told to respect our elders. Now we are the elders. I wonder if we are as considerate, appreciative, and respectful of each other as we could be.

My friend's thoughtfulness alerted me to the importance of treating others with respect, even if we don't agree about everything. That's one way to build a lasting and powerful community.

Just a thought.

Gloria Campbell

Bastyr University Student Resigns

Volunteer chef saddened to leave NSC.

Following are excerpts of her last blog:

Well, it's the end of the quarter and the end of my days as a master in nutrition student. I graduate on Monday. You are reading my last blog and my last class assignment. It is has been a bittersweet experience this last week. I have been saying goodbye a lot. Because I am graduating and moving on to my dietetic internship this summer I resigned my position as a volunteer chef at the Northshore Senior Center in Bothell . . . I love all the people I work with and will miss them terribly. Sharon McCain and her husband Gene at Northshore are wonderful people and if anyone would be interested in volunteering a few hours each week to make soups and/or serve soups and sandwiches in the coffee shop contact the volunteer coordinator at Northshore Senior Center at www.northshoreseniorcenter.org. You won't regret it. I looked forward to it each week and I will miss it this summer. (Kelly Cantrell)

Kelly, you'll be missed by many at NSC; our thanks and best wishes go to you and all Bastyr students who volunteered so graciously.



Northshore Senior Center is affiliated
with Senior Services

Bits and Pieces

Shop Hop

On Saturday, May 22, 2010 Carol, Linda and Nancy from the Knit-Wits attended Local Yarn shops (LYS) Shop Hop.

"We met at the Northshore Senior Center at 9:30 in the morning. We got into Linda's Volvo and rode with (Toni) Linda's GPS system. We then headed to Issaquah, Kent, Auburn and West Seattle. Stopping for lunch in West Seattle, we then went to six more yarn shops. We arrived back at the Northshore Senior Center at 5:30 P.M. Each shop has a free pattern using one skein of yarn. Patterns for making items like socks, hats, scarves, bottle cozies and fingerless gloves were some examples. Exhausted when we arrived back at the senior center, we were able to drive ourselves home. We have enough ideas to knit up a storm until next year, when we will go on the Shop Hop again."

By Carol Kay Green

Mill Creek Senior Center Breakfast

The Mill Creek Senior Center is having a Waffle Breakfast to raise funds for their new center location, Thursday, July 8, anytime between 8:30 am and 11:00 am, at the Merrill Gardens Retirement Community. There will be real waffles, scrambled eggs, bacon, sausage, coffee, tea, and juice. The suggested donation is \$10. Merrill Gardens is located off the Bothell Everett Highway just north of the Mill Creek Library, at 14905 Bothell/Everett Highway in Mill Creek. For further info, call the Senior Office at 425 948-7170.

Members' Corner

Had you sent in a newsy item or an article of interest to the readers of the *Navigator*, it just might have filled this space . . .

Your comments, suggestions, and contributions are welcome anytime.

The Editor

