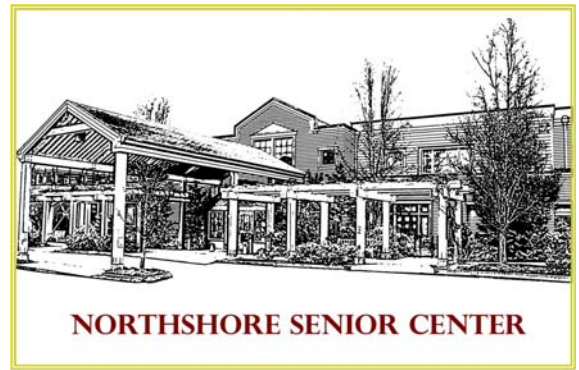


# Northshore Navigator

September 2009

*Empowering Seniors. Enriching Our Community.*



*A monthly publication of Northshore Senior Center  
10201 E. Riverside Drive, Bothell, WA 98011, 425-487-2441*

## Events/Highlights

### Courtyard Concert

"The Sojourners"

Sunday, Sep 13, 1 - 3 p.m.

Multipurpose Room

\$5 member/ \$10 non member

An afternoon of old fashioned Gospel music with wonderful appetizers provided by Fairwinds Brittany Park. Listen to the Sojourners sing the old time favorites accompanied by the fantastic magic fingers of Dewey Forrester on the piano.

### Fall Prevention Day

Thursday, Sep 17, 11:30 a.m. - 1:30 p.m.

Sponsored by UW School of Physical Therapy and Occupational Therapy

Students from the UW will offer brochures and handouts about fall prevention. They will discuss factors that increase fall risk, and demonstrate exercises that can help reduce your risk. They will also do free screening tests to determine your risk for falling.

### Potato Bake

Sunday, Sep 20, 3:30 p.m. - 5:00 p.m.

Sponsored by NSC Men's Club

Multipurpose Room

\$6 per person, register and pay at front desk before Sep 14

The Annual Potato Bake was so successful last year that the Men's Club is doing it again. Come and enjoy the baked potato bar with all the fixings, plus salad, dessert, and a beverage included. If you missed the last Potato Bake, you won't want to miss this one.

## Director's Update

### Save the Date:

Join me at our first ever *Casino Night Fundraiser on Friday Oct 23, 6 - 9 pm* in the NSC Multipurpose Room. For just \$25, you will receive \$30,000 in casino chips and can enjoy 11 different fun gaming tables including Black Jack, Poker, Craps and Roulette. There will be a no host bar and free appetizers. Stick around for the drawing at the end of the evening for a three day, two night trip to one of six different resorts in Nevada. Don't know how to play cards? It doesn't matter; you will have fun with friends! Fundraisers like the Casino Night are absolutely critical to Northshore Senior Center, especially now, in times of increasingly diminished government funds. We need member support now more than ever. Not only do we need folks to attend the event, but we are looking for some volunteers to help plan the event and work that night. Your engagement is critical to a successful evening!

### Designing a Strategy for our future

The NSC Strategy Team continues to move forward in designing a strategy for our future. We completed a SWOT analysis (Strengths, Weaknesses, Opportunities and Threats) and began to analyze stakeholder input received from over 550 members, community leaders, business owners, neighbors and supporters. Emerging themes were identified and provided background for a robust discussion in late August with the Board and staff about the organization's mission and vision. The Strategy Team will be taking the information and finalizing a mission and vision that the NSC Board will approve at their September meeting.

### Budget Process

It's that time again—budget season, looking ahead to next year and developing a budget for the organization. This year is especially challenging given the funding cuts, but I am confident that the strategic framework that we are working on will provide a solid guide for the next 18 months, allowing us to build a budget that is responsive to community need, but fiscally responsible. If you have ideas about how we might increase our revenue next year, please stop by and visit.

### Hiring New Staff

We have several positions open right now at NSC, including a part-time social worker for the Mill Creek branch, a full time program manager/social worker for the Bothell location and a part-time Community Dining Coordinator. This person will also act as the liaison to the Coffee Bar and Café and oversee food purchasing for our many programs. If you know anyone who could be a good fit, send them my way!

Lee Harper, NSC Director



Northshore Senior Center is affiliated with Senior Services

## Volunteer Opportunities

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.

*Here are just a few of our current opportunities:*

### Coffee Bar

Like to meet interesting people? Help out at NSC's Wednesday night Coffee Bar.

### Gift Shop

Love to shop and help others discover special finds? The gift shop needs attendants on Wednesdays from 9 a.m. to 3:30 p.m.

### Other Opportunities

## Volunteer Procurers Needed

We are looking for 6 - 8 Procurement Team members to connect with our community, securing donations for the auction to be held in April 2010. Your favorite restaurant might offer a \$25 gift certificate or a travel group might provide a \$3,000 trip to Hawaii. No experience needed, just enthusiasm!

If you want to help out in a different way, think about what you might be able to donate—maybe a weekend cabin, frequent flyer miles, or some special talent. Contact Patricia Gustafson at 425-286-1072 or [patriciag@seniorservices.org](mailto:patriciag@seniorservices.org) for more information.

## Special Programs for Caregivers

**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 discussions and brainstorming to help you take the "tools" you choose and put them into action. Classes are free and taught by trained and certified class leaders. Six Wednesday evenings, Sep 9 to Oct 14 from 6 to 8 p.m. at the Northshore Health & Wellness Center. Reservations required—call 425-286-1047 or email [stefanieb@seniorservices.org](mailto:stefanieb@seniorservices.org).

**Caregiver Support Group**—If you are a spouse, partner, son, daughter, relative, or friend who cares for a loved one with dementia or other chronic illness or disability, you will find mutual support and assistance here. We meet at Northshore Senior Center on the 2<sup>nd</sup> and 4<sup>th</sup> Mondays from 10 to 11:30 a.m.

**Caresharing: Rethinking Caregiving and Care Receiving**—Instead of considering caregiving as a one-way relationship, caresharing embraces a mutual relationship of shared care celebrating each person's strengths. Learn how to learn and grow from serving each other. Exercises will help participants get in touch with caresharing in their everyday relationships. Date—Sep 23, 9 a.m. to noon at Senior Services, 2208 2<sup>nd</sup> Ave., Seattle. \$30 for Northwest Center for Creative Aging Members, \$40 general public. Register online at [www.seniorservices.org/caresharing.aspx](http://www.seniorservices.org/caresharing.aspx) or call 206-382-3789.

## Employment Opportunities

If you are interested in offering your special skills in carpentry, electrical work, plumbing, yard work, housework, or would be willing to drive a client to an appointment, get in touch with NSC's Employment Office Referral Program. For over twenty years, we've been bringing together people who need help with those who are retired and available to fill those needs.

If you would like to volunteer to work in our office, we'll be happy to get you up-to-date on our computer and share with you the good feeling you get from helping your fellow seniors. Call us at 425-486-4564.

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)

## Ransacked Attic Rummage Sale

The Annual Ransacked Attic Rummage Sale, which ran from Thursday, August 6, to noon on Saturday, August 8, did well this year in spite of concerns about the current economic recession.

Sharon and Gene McCain led their enthusiastic army of volunteers from the set-up operations the previous Sunday afternoon through unpacking and displaying the items generously donated by community members, until the final hour of the sale. The net result was \$22,000, up from last year's total of \$20,000!

This project always represents hours of hard work by scores of volunteers who dedicate their time and effort toward helping NSC maintain its excellent programs, classes, and opportunities for the entire community.

Though the rummage sale represents much work, the members build a valuable spirit of cooperation. People from all over the area come to search for treasures that they can buy for a reasonable price, and many take home a positive view of our Senior Center and its members. Some may even join us in future activities.

Do you want to be part of a really worthwhile effort, working with like-minded people? Join us next year when we hold another Ransacked Attic Rummage Sale.

Virginia Cook

## Getting To Know You

If you've ever chatted with Geoff Ethelston, you've noticed more than a slight British accent. That's because Geoff hails from England where he has born in 1927 in Wallasey, Cheshire County. The older of two boys, Geoff was an active youngster who loved to play in the city park across from his house.

Wallasey was located near the seaport, very middle class, and cosmopolitan, and, even better, accessible by ferry to Liverpool. Consequently, Geoff had a great area to explore and grow up in.

He attended high school near London, making his mark as an athlete in track and field and swimming. Academics came easily, and he was also active in drama, art, and the choir.

During WW II, Geoff served as a corporal in the Army Cadet Corps which was attached to the London Rifle Brigade where he provided musketry instruction. While the Ethelstons were still in Wallasey, the area was bombed out by the Germans, so the family moved to North Wales.

Geoff had been interested in airplanes from an early age, so after high school, he became an indentured apprentice in the aircraft and automotive industries. Eventually, he became a production engineer. At one point, he moved to Luton in Bedfordshire to work in a truck plant where he qualified as a metallurgist and managed the heat treatment department.

Several years later, Geoff moved to London where he met his wife, Jean, at a ping-pong game. Apparently they both won because they became engaged and were married in 1957 at St. Mary's Church in Acton, West London. The couple moved to Midlands where Geoff ran a treatment plant in the outskirts of Birmingham.

In 1967, America beckoned Geoff when he moved to Seattle to work at Boeing where he was a research engineer for four and a half years. This job was followed by a crash course in aerospace at Berkley, California. By the early 1970s, Geoff had tired of engineering and went into city management. In 1974, he became the first city manager of Bothell. Later he worked for the City of Bellevue until his retirement in 1992.

Geoff's third professional life began officially in 1973 when he was ordained as a deacon in the Episcopal Church and as a priest in 1980. He was the founding vicar of Grace Episcopal Church in Duvall and is currently associate rector for outreach at the Church of the Redeemer in Kenmore.

The Ethelstons have four children—Mark, Sally, and twin daughters, Caroline and Ruth, who both live in Bothell. Mark works and lives in England, and Sally is Director of Communications and Advocacy for Malaria Vaccine Initiative (MVI) based in Washington, D.C.

Geoff joined NSC in 1993 and became active in the cross country skiing group, even driving the ski bus for a couple of seasons. He joined an exercise class, took French classes for several years, and served on the rose club. He is currently serving his first term on NSC's Board of Directors and is a member of the Strategic Planning and Outreach Committees.

One of his proudest achievements is having a hand in creating the Park at Bothell Landing when he worked with the City of Bothell. This action created a greater sense of community by connecting the river as part of the town. Geoff feels that in light of current demographic and financial challenges, NSC needs to reach out to the community in practical ways, and he's willing to be an active part of that.

Not surprisingly, Geoff's primal philosophy is "Do unto others. . . ." Clearly, this guidance has motivated him in his life decisions, and we are fortunate to have his vision and willingness to serve at NSC.

Gloria and Larry Campbell

## Check Out Our New Website

It's up and running and easy to use. Our redesigned website is packed full of information about the Senior Center and will help us improve our communication and outreach to our many stakeholders. Take a look at [www.northshoreseniorcenter.org](http://www.northshoreseniorcenter.org)

## Mill Creek S.C. Opens Its Doors

Mill Creek seniors now have a new place to call home. The Mill Creek Senior Center, a branch of Northshore Senior Center, opened the doors to its new location—15720 Main Street, Mill Creek—in August. You are invited to attend the Open house which will be held on September 30 from 1 p.m. to 3 p.m.

**Special Introduction to Seated Yoga Class:** There will be a free instructional class on Thursday, Sep 24, at 1 p.m. in Room 205 for you to learn everything you would like to know about this Seated Yoga class.



As we get older, regular strength, balance and flexibility exercises protect our health and independence. Regular exercise is a proven way to relieve stress, improve sleep, and increase strength and energy. *Shape Up* is a wonderful program, sponsored by King County Emergency Medical Services (EMS), encouraging older adults to exercise. If you are a new participant, a returning participant, or a participant in one of our exercise classes, and would like to try a new exercise class, this exciting program is for you. Bring in the *\$10 off Shape Up* flyer or ad and sign up for an exercise class beginning September 1. Limit 200.

## Unsung Heroes

You may not have noticed, but some of NSC's stalwart workers have been hard at it these past few weeks. During the recent hot spell, volunteers Barry Holt, Gene McCain, and facilities manager Bob Kilman were busy seal-coating the roof of the main building and preparing the multi-purpose room floor for another season of dancing and exercise. They did all of this in addition to conducting monthly fire extinguisher tests, working on our Emergency Preparedness Plan, keeping first aid kits filled, removing pigeons from the H & W building roofs, and directing work parties on grounds maintenance. It's all too easy to take these efforts for granted, but it's workers like Barry, Gene, and Bob who make the Center the great place it is.

## 2010 Census

Summer and fall are ideal times to spread the word about the upcoming Census. Take advantage of the good weather to talk to neighbors and friends, and tell them: *Census Day is April 1, 2010. The Constitution requires that a Census be taken every 10 years - and that everyone be counted. Census is easy, safe, and important!*

Counting everyone is no small task, and that's why we're starting early. The 2010 Census operation will be the nation's largest peacetime mobilization. To get the word out, the Census relies on thousands of workers and volunteers.

Census is vital to our community. By law, \$435 billion in federal funding must be distributed according to Census counts. That's \$1,400 per person, per year! That means if a person doesn't get counted, our community loses \$14,000 (per person) or for the next decade. That could easily add up! For 100 local people missed, we lose \$1.4 million! Census numbers determine how many representatives our state gets—as well as Congressional, state, and school district boundaries. Some Pacific Northwest states could gain or lose a representative. We need to ensure everyone is counted!

This year's Census form is easy—10 questions, 10 minutes. Not since the first Census in 1790, have so few questions been asked. Questions basically ask for name, gender, address, age, date of birth, race, ethnicity and whether the home is owned or rented.

All answers are kept private. The Census Bureau does not share information with anyone else—even federal agencies. Not even the President can get information about an individual home. All Census employees take a lifetime oath to safeguard information - punishable by \$250,000 and/or five years in prison. Info is kept private for 72 years.

***Stay tuned! More on 2010 Census in The Navigator's October issue.***

***In response to Director Lee Harper's presentation at Northshore's Rotary, the club donated 300 pounds of food to Rotary First Harvest. The Bothell community is definitely feeling NSC's impact.***