

THE NAVIGATOR

LOOKING TOWARDS A NEW NORMAL

Message From The Director of Senior Centers

As we take a look back on the past 7 months, it is easy to forget what was once considered normal. This pandemic has hit our senior community extremely hard. The usual outlets for socialization and engagement have all but disappeared, and turned into a form of connection (virtual) that quite honestly, at times has not been easy to navigate. While we understand the struggles that many seniors are dealing with right now, our goal has been and always will be to meet the needs of our community. While it might look a little different, the Northshore Senior Center has doubled-down on our efforts to provide these necessary services and programs that many of you rely on.

Our facility might be closed to in-person programming, but we adapted quickly and found ways to continue to provide our essential programs. This has included the distribution of food (both through our food pantry and hot lunches), as well as being able to provide extremely important mental health and social services to those in need. We have continued to provide access to our classes virtually, in an effort to keep connections alive for our members. We are excited to be able to expand these offerings later this month as well. So stay tuned!

I am very proud of how our Northshore Team and our community has stepped up and supported during this pandemic. While we don't know yet when we will be able to offer in-person programming, please know that when we do, everyone will need to get used to what our community's "new normal" will be. Due to this, we ask for your patience as we navigate the State and Health Department's guidelines for reopening. When we do open our doors, we will be offering limited programming with prior registration requirements. This will be a phased approach, much like that of our State. Thank you for your understanding, and continued support of our center and our community. We can't wait to welcome you all back safely.



COREY LOWELL
Director of Senior Centers

FARM BOX FRIDAYS

Every Friday, 11:30am Until Boxes Are Gone

We have been very lucky the past few Fridays to be able to distribute over 200 fresh boxes of produce, dairy, and meat products to anyone in our community for FREE each week. We open for distribution at 11:30am, until all have been picked up. These boxes have been graciously supplied by the EastWest Food Rescue. Our hope is to continue to provide these boxes, as long as they are available. Please check our Facebook page for weekly updates on availability, as well as other ways to support or volunteer.



VOLUNTEER OPPORTUNITIES

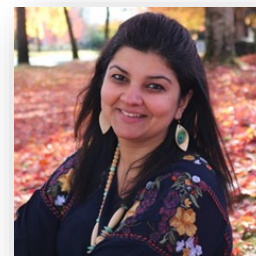
Get Involved & Make An Impact

CURRENT OPEN VOLUNTEER OPPORTUNITIES

- Meal Prep in Kitchen Helper (Tuesdays, Thursdays, and Fridays, 8am-1pm)
- Yard Work & Property Maintenance (Once per week Monday-Friday)
- Farm Box Friday (Fridays, 9:30am-1pm)

INTERESTED?

Email our Volunteer Coordinator (Foram Shah) at ForamS@mynorthshore.org.



FORAM SHAH
Volunteer Coordinator

FACEBOOK LIVE CLASSES THIS FALL

Tune In & Watch Us LIVE Each Week

www.facebook.com/MyNorthshoreSeniorCenter

We understand how hard it's been during the past several months to stay motivated, connected, and engaged. In an effort to make it easier for you to engage and stay active, we are excited to introduce a new way to connect with us at the center through Facebook LIVE starting this month! Many of you are already using Facebook to keep up with family and friends. With that in mind, we are hoping that this easy to use platform will jumpstart you getting back into your active/social lifestyle. All you need to do is log on to your Facebook account, click our page, and watch. It is that simple! We are working hard to schedule additional classes with instructors. So stay tuned.

Monday



YOGA

10:00-11:45am
w/ Terri

Wednesday Wednesday



QIGONG

3:00-3:45pm
w/ Nancy
& Mike



YOGA

10:00-11:45am
w/ Terri

Friday



YOGA

10:00-11:45am
w/ Terri



KERRI SCHWINDT
Bothell Program Manager

BOTHELL FLAG POLE PROJECT

Installation Scheduled For October

We had planned the installation to begin in March, but due to contractor restrictions related to COVID, the timeline was delayed. We finally can proceed with the installation of our flag pole in front of the Bothell facility during October. We will be planning a dedication ceremony some time in November. Thank you to all of our supporters for helping make this project a reality.



COMMUNITY SOCIAL SERVICES

Emergency (COVID-19 Related) Financial Assistance Available

Have you suffered financial impact due to Covid-19? Are you behind on utility bills or rent? If so, you may be eligible for one-time emergency financial assistance. This program is for **Bothell Residents ONLY**.

Apply online at <https://tinyurl.com/bothellhelp> or call to request an application at (425) 286-1072. You can also stop by the Bothell Senior Center to grab a paper application.

Heartfulness Meditation (Thursday, October 22nd / 10:00-11:00am)

Come experience the benefits of Heartfulness meditation through a practical session where you will learn to relax the mind and feel the lightness and joy of your true nature. **Call Cindy Tang at (425) 286-1047 for more information.**

Medicare Open Enrollment

Medicare's annual open enrollment period begins October 15th and runs through December 7th. It is an opportunity to review and choose the plan that best suits your health care needs. Washington State's SHIBA (State Health Insurance Benefits Advisors) provides free, unbiased and confidential help to determine the best Medicare insurance option for you. **To schedule a free appointment with a SHIBA volunteer, call 1 (800) 562-6900.**

Conversation Café - Opportunity To Connect With Others

Monday, 1:30-2:30pm / Tuesday & Thursday, 11:00am-12:00pm

Join this **FREE** virtual café for weekly conversation, friendship and connection. Join in through Microsoft TEAMS video conference or simply by phone. **For more information go to <http://bit.ly/ConversationCafeInfo>.**



JANET ZIELASKO
Social Services Manager

TIME TO SAY GOODBYE

Wishing A Happy Retirement To - Susan Slate

After working for Northshore Senior Center for 2 years, our Development Director, Susan Slate, has decided it is time to retire. She is looking forward to the next chapter of her life which will include coming back to the senior center for art classes and other activities as soon as we've reopened.

Over the course of the past 2 years, Susan has helped to move our fundraising efforts forward, helping to ensure our agency's sustainability, especially during the pandemic. Susan helped lead our organization's efforts to secure funding for our buildings via last year's levy campaign, had critical roles in numerous events including the 4th of July Food Truck Family Festival, and helped to honor our organization's veterans by raising funds for a new flag pole. (More information on this one coming soon.) Until such time as we've had the opportunity to find a replacement for Susan's role, **all fundraising questions can be directed to Brooke Knight at brooke@mynorthshore.org or (425) 286-1023.**



SUSAN SLATE
Development Director

**Masks are now required while in all of our facilities. Are you still looking for a mask to wear?
Please call us at (425) 487-2441 to get yours today!**

A WORD FROM OUR BOARD PRESIDENT

Re-Opening Mid-September

COVID has tested the NSC board, staff, volunteers, members and our local governments. It reminded some of us of the polio pandemic in the late 40s and early 50s. The effects of COVID have been both beneficial and disheartening. NSC has increased our food bank and our hot meals, reaching out to more of our members and local community. But, like all of you, I miss seeing all the smiling faces, the social interaction and the positive impacts all our programs have on the community. We have started some programs in person at the Bothell location and have some activities online. As government guidance permits, we will continue to activate more activities and programs in a safe manor. We will continue to make minor changes to the Kenmore and Mill Creek facilities. The big change will be to the Health and Wellness Center and the Bothell facilities. With the passage of the levy, you can expect new siding, windows, heating and air conditioning, and many changes inside the building. Stay safe and if you need help or just someone to talk to, please call us, we are there for YOU!



JOHN DOLIN
Board President

STAFF SPOTLIGHT

Transportation Operations Manager - Cliff Perry

Cliff started with NSC as a driver in 2013. And joined our team as the Transportation Operations Manager in 2019. Along with Cliff's extensive history of managing and scheduling transportation programs, Cliff also has a passion for music (specifically Bluegrass). You can find him regularly performing at local music festivals or with his band "The Cliff Perry Band."

What is the one thing you cannot resist?

Chocolate of any kind

What is your greatest fear?

Confinement/Claustrophobia

Where is your favorite place to be?

In the woods or on the ocean

What's the weirdest job you've ever had?

Making caviar from sturgeon eggs (working for Ivan Moreodov)

Tell us something that might surprise us about you.

**Original major at University was Mathematics
(Thankfully changed to Sociology!)**

If you won the lottery, what is the first thing you would do?

Make donations to favorite charities (FM Radio, Northshore Senior Center, etc.)

If you could meet anyone, living or dead, who would you meet?

Dalai Lama or Nelson Mandela

Why do you love to work at the Northshore Senior Center?

For the opportunity to join with others to make a difference in people's lives.



COFFEE BAR SNEAK PEEK

Re-Opening Mid-September

We are excited to share a quick sneak peek of what our newly designed coffee bar will look like. A BIG THANKS goes out to the Snoqualmie Tribe who has provided the available funds to renovate and bring up to code this amazing social space. Some of the updates will include (upgraded commercial appliances, paint throughout, tile, flooring, food display cases, etc.). We can't wait to see the end result and look forward to sharing with you the progress.



TRANSPORTATION NEEDS

Need A Ride Or Medication Delivered?

Are you in need of a ride to a medical appointment, a prescription picked up, or a ride to the grocery store? The Northshore transportation team is here and available to help get you where you need to go, or grab that item you need. All of our drivers are following very strict health and safety guidelines due to COVID. **If you are looking to schedule a ride, or just have questions, please call our dispatch at (425) 286-1026.** We have staff and additional resources available to help with your transportation needs.



KELLY HOSEA
Transportation
Program Supervisor

POP-UP FOOD PANTRY

Reminder Of New Days & Times

We realize that something as simple as the lack of food, can cause such stress in people's lives. That's why we are here to help anyone in our community! In September due to increased demand we decided to open up for a third day, as well as change some of our days and times to better serve those who are working. This will allow us to serve more individuals throughout the week. We also are on track to open our permanent inside food pantry in the beginning of November. Be on the look out for more information and updates on the progress. **Questions in regards to the food pantry? Contact our Food Pantry Lead at peggyb@mynorthshore.org.**



PEGGY BROWN
Food Pantry Lead

Tuesdays, 9:00am-12:00pm * Thursdays, 5:00pm-8:00pm * Saturdays, 9:00am-12:00pm

WEEKLY MEAL PROGRAM

Expanding Lunches for To-Go & Home Delivery

Our kitchen crew has been hard at work providing over 100 meals per day for seniors in our community. Our chef takes great pride in his dishes, and we are excited to be able to share his talent with so many. Tired of eating the same thing at home? Don't worry, we have you covered. **Call us at (425) 487-2441 and we will reserve a to-go meal for you (either for pick-up or delivery).** Enjoy a great lunch with a suggested donation of \$4. Lunches will be available 11:45am - 12:15pm.



DANIEL DAVIS
NSC Chef

KENMORE & MILL CREEK UPDATES

Kenmore Senior Center

Greetings from beautiful Rhodendron Park! The park is in another phase of beauty as we transition from Summer to Fall. The trees are showing off in all their autumn glory and the air is clean and crisp.

The City of Kenmore has provided the Senior Center with our own PPE package which includes directional signs, masks, sanitizers, etc. in preparation for when we open. We do not have a specific date as King County must be in Phase 3 of our Safe Start opening plan. Most likely, we will be hibernating through the winter and wait to see what spring brings. Wishing each and all health and happiness as we enter this Fall season. Stay safe and sanitized!

(Pasha Mohajerjasbi - Kenmore Program Coordinator)



PASHA MOHAJERJASBI
Kenmore Program
Coordinator

Mill Creek Senior Center

We have been busy behind the scenes checking in with and connecting with Mill Creek residents, We are providing information and referrals for our Northshore Senior Center programs and services. We are now staffing our front desk Monday-Friday to be able to answer any questions you have over the phone. **Please call (425) 948-7170** if you have questions for as at the Mill Creek facility. *(Jay Cho - Mill Creek Program Coordinator)*



JAY CHO
Mill Creek Program
Coordinator

INCLUSION PROGRAM - WRANGLERS

Promoting "Fun For All"

As we have learned more than we may have wanted about offering virtual and remote services we have certainly had some positive experiences.

The 5k run which was in its 5th year became our first ever virtual run and brought in \$55,000! We created an event to remember thanks to the Yetman family, King County Youth and Amateur Sports Grants. Office of King County Councilman Rod Dembowski, Kaiser Permanente, many other sponsors along with our friends and volunteers. The race ran the weekend of August 1st and because it was virtual you could participate from anywhere. An awards ceremony was virtual too and gave out awards to seven different age groups. Since its inception over \$200,000 has been raised by the race to support our Inclusion program.

We continue to offer virtual/remote programming via zoom. The variety of classes are offered by our staff and volunteer instructors. And thanks to a special collaboration with the Seattle Theater Group and our new partnership with Outdoors for All Foundation we can continue to provide and offer some of our other well-loved options.

Our King County Special Olympics is also creating virtual programming for sports as they have developed a 5 phased approach for returning to in person programming. We will be looking for upcoming opportunities for our Northshore Inclusion Wrangler Team to participate, so stay tuned.



JUDI PIRONE
Director of Adult Day
Health & Inclusion

FLU SHOT OR NOT

Message From Our CEO

Each autumn, older adults are encouraged to get a flu shot to protect them from influenza. Because they are more likely to suffer complications from influenza, seniors are one of several populations for which an annual flu shot is strongly encouraged.

However, this is absolutely not a regular autumn or a regular year. We've all been mostly isolated at home, wearing masks when we do go out, washing our hands and sanitizing our spaces regularly. These precautions we've all been taking to prevent spread of COVID-19 of course also help to prevent the spread of other airborne illnesses, such as the cold and the flu, so one might wonder whether flu shots are even needed this year. On top of that, many older adults might wonder whether the risk of going out in public to get a shot is worse than the risk of getting the flu itself.

With all these questions, it makes sense to look to the experts for their guidance. The Centers for Disease Control (CDC) is still highly recommending flu shots for older adults this year, and in fact is saying that they may be more important than ever. There are, however, some suggested modifications for how to receive them. For example, there are several drive-through flu vaccination clinics being offered throughout the region in an attempt to mitigate the risk of exposure to COVID-19.

While the precautions we are all taking in our daily lives might make it less likely to contract influenza, the common cold and/or other respiratory illnesses, the flu itself can be deadly to older adults. In fact, each year it is estimated that nearly 60,000 Americans die from the flu. Another factor to consider when contemplating your flu shot this year, is that flu and COVID-19 have many similar symptoms, and that you can have both the flu and COVID-19 at the same time, which would presumably make symptoms that much worse. Finally, we've all seen hospitals throughout the country become overwhelmed with demand due to COVID-19. The more we can keep people healthy, the better equipped our healthcare system will be to address the emergent needs caused by COVID-19.

For more information on where to find a flu shot this autumn, visit www.snohd.org/525/Immunization-Resources. Stay healthy out there!



BROOKE KNIGHT
Chief Executive Officer

BIG THANK YOU TO OUR GENEROUS SPONSORS

Without your support we would not be able to continue making the impact that we are today!



IF YOU EVER HAVE QUESTIONS, PLEASE DO NOT HESITATE TO CONTACT US! (425) 487-2441

A SIMPLE ASK: WEAR A MASK

My mask protects you, and your mask protects me



NORTHSHORE SENIOR CENTER

(425) 487-2441

information@mynorthshore.org

10201 E. Riverside Drive, Bothell, WA 98011

UPDATES



JOIN US ON FACEBOOK LIVE FOR NEW CLASSES

**A Great Way To Stay
Engage & Active!**

Starting in October

www.facebook.com/

MyNorthshoreSeniorCenter

TOOTSIE'S PARLOR IS OPEN

Now OPEN by appointment

ONLY. Call (425) 487-2411

**to schedule your hair or
foot care service today**



Northshore
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