HERE FOR YOU IN 2021

Message From The CEO

I know what it’s like to sit home looking out the window at the rain, wondering how my parents are doing in Wisconsin and concerned about my daughter’s future as she struggles to learn from home. I know how hard it is to not be able to see family and friends for the holidays. I also know the frustration of not being able to meet with the people that lean on me to keep our organization running. After closing our facilities and quickly shifting to bring services directly to people who needed them, our thoughts quickly turned to funding. Would our organization survive 2020 with no fundraisers and no program revenue? Thanks to you and some government grants, we made it. And thank goodness we did. Each week, more people come to us looking for help. Because of donors like you, we have been able to respond to those cries for help.

Nearly every day someone asks me when we will reopen our buildings. With every new wave of the pandemic and the correlating restrictions designed to keep people safe, the answer to that question becomes less clear. It often seems there are more questions about what 2021 will hold than answers. But I do have some guesses.

First the bad news. Nearly 10 months into this pandemic, I anticipate the need for services in 2021 will be even greater than it was in 2020. More people will be hungry, the anxiety and depression many of us are facing will be amplified, and there will be fewer resources available to provide help. Even after a vaccination is available, it will be a while before it is available to all who need it. I fear it will be another very difficult year.

Now for the good news. Northshore Senior Center has no plans of going anywhere. We are committed to meeting needs of people in our community despite everything. We’ll be quick and nimble in our response to the changing needs of our community’s most vulnerable members. We’ll continue to reach out to isolated seniors, ensure people can get adequate and healthy food, continue to provide critical transportation services, and keep providing support for people who are struggling with anxiety and depression. And we will still be here for you. We will still be here for the community.

I’m inviting you to consider making a gift today as an investment in our organization’s future, and an investment in our community. Your gift of $100 or more will ensure we can help our community overcome this pandemic, and return Northshore Senior Center to the vibrant and thriving community you know and love. Give today https://tinyurl.com/NSC2020YE.

Thank you for your support.

Brooke Knight, CEO
Kenmore Senior Center

Greetings to all! Although the location is still officially closed, the building and our wonderful house plants are getting lots of much needed attention. We are all spiffed up and ready to open when it’s safe to do so.

As we enter what is the traditional holiday season for many, please know that all of us here at Northshore wish you and yours health, peace and happiness now and in the coming year. (Pasha Mohajerjasbi - Kenmore Program Coordinator)

Mill Creek Senior Center

Happy December to all. We know how hard it is to stay engaged and active. While our Mill creek facility is still closed to in-person programming, our mission to provide essential an important services has never been stronger. Until we are able to reopen our facility, please make sure you take advantage of our virtual programs through Facebook, Zoom, and Microsoft TEAMS.

If you have any questions, please feel free to contact the Mill Creek phone number. We have staff and volunteers manning the phones and returning calls. Have a happy holiday season! (Jay Cho - Mill Creek Program Coordinator)

INCLEMENT WEATHER POLICY

In the event of snow or ice, the center may modify or cancel programs/services. This is for the safety of our members, volunteers and staff. We will update our voicemail, on our website and on Facebook page if a changes are necessary.

TRANSPORTATION NEEDS

Looking for a ride? Food 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? 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.

We also have Reduced Fair Transit Passes available for those interested or in need. These passes help individuals looking for transportation to food or health services using King County Metro buses. In order to qualify, you need to be at least 60 years of age, have an income at or below 138% of the Federal Poverty Level (for 1 person household - $17,609; 2 person household- $23,791) and for more information. Call Kelly Hosea at (425) 286-1059 for more information.
Membership & Program Assistant Lead – Tracy Ray

Tracy started with us in September of this year as our new Membership/Program Assistant Lead. Her main focus has been on anything and everything membership/customer experience related. She will be the consistent face at the front desk for when we start to welcome our members back into our facility. We are excited about having Tracy on our team and cannot wait for all of you to meet her in-person. Don’t be surprised if you start hearing from her in the coming weeks/months as she starts to connect with our members.

What is the one thing you cannot resist?
Holding a newborn baby

What is your greatest fear?
Losing one of my children

Where is your favorite place to be?
Sitting around the kitchen table playing cards with my family and childhood friends

What’s the weirdest job you’ve ever had?
Cocktail waitress for Denny’s, who would’ve thought Denny’s had cocktail lounges?

Tell us something that might surprise us about you.
I worked as a flagger for a road construction crew (hardhat, yellow vest, stop sign and all)

If you won the lottery, what is the first thing you would do?
Pay off everyone in my family’s mortgage and then start a children’s foundation

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

Why do you love to work at the Northshore Senior Center?
So far, the wonderfully dedicated staff and volunteers I get to work with each day and the delightful members I chat with on the phone. Since I started in September during the shutdown and haven’t had a chance to see the Center in full swing, I am sure the list will grow!

TOOTSIE’S PARLOR UPDATES

Increased Appointment Availability - Schedule Today!

Thank you to all who utilized Tootsie’s Parlor this past month as we reopened for services. We learned a lot from being open and are excited to be able to expand the number of appointments throughout the week. Northshore Health & Wellness Center is offering basic foot care services provided by a registered nurse which include assessment of foot conditions, cutting of toenails and filing. We follow CDC guidelines for infection control practices. We do not do invasive procedures. Remember health feet are happy feet! This service and hair services is available to anyone and is by appointment only. Call (425) 488-4821 to schedule today.
Indoor Food Pantry Opening Update

Many of you have seen the progress over the past couple of months in regards to us opening our permanent indoor food pantry. We are putting the finishing touches on it as we speak and are starting to move our food items to our new location. This new indoor space will provide our community a dedicated area for us to continue to serve the over 600 individuals per week that are in need. We realize that during this pandemic, regular access to enough food can be a challenge. We want to make sure that those in our community who are struggling or are in need, have access to items for their next meal. Our FREE food pantry is open to anyone (seniors, family, individuals, etc.).

IMPORTANT UPDATE:
Please be aware that until the Governor updates the current guidelines in regards to indoor gatherings, we will still be holding the food pantry outside. Please dress accordingly. Upon opening we will be following all CDC and Washington Health Department guidelines.

WEEKLY MEAL PROGRAM

Have You Reserved Your Lunch Yet?

We have a great month of meals planned for December. Please take advantage of this opportunity. To reserve, call our front desk at (425) 487-2441. Our kitchen crew and chef are ready to make you delicious meals (Monday through Friday). For an updated meal calendar, go to https://bit.ly/DecMeals.
STAY CONNECTED AND ACTIVE THIS WINTER

Tune In & Watch Us LIVE Each Week
www.facebook.com/MyNorthshoreSeniorCenter

Social restrictions caused by COVID-19 continue to affect us all, and the senior community is no exception. With a higher risk for infection, our senior population is taking extra precautions to stay home, self isolate, and avoid exposure to the virus.

Keeping your mind and body active is so important while you’re staying home, and we’re here to help with these simple tips and exercises.

General tips for staying active:
- Get up and move at least once every 30 to 60 minutes. Set a timer if you need to!
- Drink plenty of water to stay well hydrated.
- Try to do a little exercise every day. A total of at least 30 minutes a day is a good goal.
- Stretching is just as important as strengthening. Do both!

In an effort to help, we are continuing our Facebook LIVE exercise classes, with the plan to add more in the new year. With many of you are already using Facebook to keep up with family and friends, our hope is that this can be an easy addition to your normal checking-in routine. All you need to do is log on to your Facebook account, click our page, and watch. It is that simple!

We have classes Monday-Friday! We are also in the process of adding addition exercise offerings as well. If you have any suggestions for future online LIVE classes, please email Kerri Schwindt at KerriS@mynorthshore.org. We want to continue to be able to adapt and provide meaningful options for you.

Current Facebook LIVE Classes:
- Gentle Yoga, M/W/F 10am-11am
- Balance & Strength, T/TH 10am-11am
- QiGong, W 10am-11am

GROUPS MEETING OUTSIDE OUR CENTERS

Staying Safe While Connecting With Others

While we know that many of our members are friends and have continued to meet outside of the senior center, we do not encourage or support in-person meetings of 5 or more people, in alignment with guidance that has been issued for our community be the State of Washington. Groups that continue to meet in person are doing so outside of the bounds of Northshore Senior Center. Groups who would like access to a virtual platform (Zoom, Microsoft Teams, etc.) to facilitate their meetings in a safe manner should let us know. We’d be happy to facilitate access and to promote their group.
WHAT ARE YOU DOING TO STAY ACTIVE & ENGAGED? CHECK OUT OUR VIRTUAL PROGRAMS.

COMMUNITY SOCIAL SERVICES

Men’s Conversation Café (NEW)

*Every Wednesday, 11:00am-12:00pm (Starting November 15th)*

A **FREE** opportunity for men to touch base, connect and socialize safely online during the pandemic. Grab yourself a cup of coffee and join other men in this new weekly group! It’s an opportunity to make social connection, and to have some fun and enjoyable conversation.

Find out more information by going to our website, www.northshoreseniorcenter.org.

General 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.

Veteran’s Benefits Specialist

A veteran’s benefits specialist with the Washington State Department of Veterans Affairs is available for individual appointments for Veterans who reside in King county. The specialist will be available to advise Veterans & their dependents applying for VA benefits. They will also help you navigate the VA system & be able to counsel you on Veteran’s benefits & claim procedures. Online & phone appointments available. Please contact Stacy Kern at Stacy.Kern@dva.wa.gov or call (206) 454-2798 for assistance.

Heartfulness Meditation

*Monday, December 7, 1:00-2:30pm*

Through mindfulness practice we cultivate awareness of the moment-by-moment arising and passing of our experience, starting with attention to our breath. As we become more mindful of external experiences like sounds, and our own internal experiences including thoughts and emotions, gradually their grip on us lessens and we’re able to stay more balanced and present with whatever arises. Please join us for a free, online presentation with a mindfulness teacher and practitioner who will discuss about how mindfulness practice can bring some equanimity, and some peace, even in the middle of the difficult emotions of a trying period.

**Presenter:** Steve Wilhelm, Mindfulness Teacher & Practitioner

Pre-registration is REQUIRED. Call Cindy Tang at (425) 286-1047 or email CindyT@mynorthshore.org to register or for more information.

Resources Available Due TO COVID-19

Help may be available to you in the form of:

- Utility Discounts
- Unemployment Benefits
- Senior Property Tax Relief
- SNAP (food stamps) Benefits
- Small Business Loans/Grants

Gul Subaykan, (Community Resource Specialist) can advise you on what resources are available, eligibility requirements, and how to apply. Please contact Gul at (425) 286-1072 or at GulS@mynorthshore.org.
We Miss You As Much As You Miss Us!

Thank you to all of the amazing who came to our Drive-Thru Volunteer Appreciation event in November. It was great to see so many of you. We hope you enjoyed the food and smiles from staff!

CURRENT OPEN VOLUNTEER OPPORTUNITIES

- No current openings. If you are interested in volunteering or would like to help in some way, please connect with our Volunteer Coordinator (Foram Shah) at ForamS@mynorthshore.org to talk about future opportunities.

BIG THANK YOU TO OUR GENEROUS SPONSORS

Without your support we would not be able to continue making the impact that we are today!
MASK UP WASHINGTON
Keep others safe, while keeping yourself safe

NORTHSHORE SENIOR CENTER
(425) 487-2441
information@mynorthshore.org
10201 E. Riverside Drive, Bothell, WA 98011

UPDATES
WATCH
CLASSES LIVE ON
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A Great Way To Stay
Engage & Active!
Watch today at
www.facebook.com/
MyNorthshoreSeniorCenter

HELP US HELP
YOU IN 2021
Consider making a gift
today, so we can be here to
help you tomorrow. Give
today https://tinyurl.com/
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