

THE NAVIGATOR

GOODBYE 2020, SIGNS OF HOPE FOR 2021 Message From The Director of Senior Centers



Amid the challenges of 2020, there are reasons to be optimistic heading into the new year. To say that 2020 was stressful is an understatement, what with a pandemic that the world hasn't yet emerged from, a sharply divisive U.S. presidential election, social unrest over vast inequalities, etc.

But as this tumultuous year closes, let's take a glass-half-full view and focus on some promising developments heading into 2021.

- The vaccine rollout (The U.S. making vaccination of the high-risk populations with underlying conditions a priority)
- Global cooperation on a pandemic (Bill Gates writes, "There's no way we would be as far along as we are if governments, companies and scientists around the world weren't, more often than not, working closely together")
- A BIG win for the environment (Air pollution diminishing, water quality improving, and snow levels holding)
- The spirit of generosity is alive and well (Philanthropic efforts and support are at an all time high, with 25% of donors planning on increasing their gifts this year)

With the breakthroughs of the COVID-19 vaccines, 2021 should hopefully bring us more entertainment, more activities, and more normalcy.

- The Summer Olympics in Tokyo (Are now scheduled to run from July 23rd through August 8th)
- Tom Cruise in space (Scheduled to film his next blockbuster aboard the International Space Station in October)
- Royal birthday's (Queen Elizabeth turning 95 on April 21st, and Prince Philip celebrating his 100th on June 10th)
- The 50th anniversary of Walt Disney World (Kicking off on October 1st, with celebrations lasting into 2022)

Along with the above, here are some exciting positives to look forward to at the Northshore Senior Center.

- The restart of our medical loan equipment program (Free and available to anyone in the community)
- Opening of our newly built food pantry (Allowing us the ability to serve more people each week)
- Introduction of hybrid programming (Increased virtual programming offerings, while introducing limited in-person offerings when safe)
- Current and future facility upgrades (Renovated coffee bar, improved air filtration, roof and siding replacement, etc.)

Our mission has and always will be to promote healthy living and well-being in our community through programs, services, resources, and civil engagement. This will never be more true than in 2021. While we don't know quite yet what all 2021 will bring, there are signs of hope. And the Northshore Senior Center and our team will be here for you and the community no matter what this next year will throw at us.



COREY LOWELL
Director of Senior Centers

COMMUNITY RESOURCES & SOCIAL SERVICES

Conversation Café - Opportunity To Connect With Others

Grab yourself a cup of coffee and join others in this online weekly group. It's an opportunity to make social connections, and to have some fun and enjoyable conversation! 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/ProgramCalendarNSC>.**

Monday, 1:30-2:30pm (Lydia Barnsley & Pam Wyss)

Tuesdays, 11:00am-12:00pm (Cindy Tang & Barbara Anderson)

*Wednesdays, 11:00am-12:00pm (Bruce Garberding & John Dolin), * MEN'S GROUP*

Thursdays, 11:00am-12:00pm (Gul Subaykan & Peg English)



JANET ZIELASKO
Social Services Manager

Powerful Tools For Caregivers

Thursdays, 1:00-3:00pm (January 21st- February 25th)

A free, online 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. Classes are taught by trained and certified class leaders.

Facilitators: Janet Zielasko & Cindy Tang

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

Heartfulness Meditation

Every Friday, 11:00am-12:00pm (January 8th - February 19th)

Come experience the benefits of Heartfulness meditation through a series of online practical sessions where you will learn to relax the mind and feel the lightness and joy of your true nature. You don't need to know how to meditate and all sessions are FREE! Each session will begin with a brief introduction followed by a 5 minute relaxation routine and a half-hour meditation.

Some of the benefits of Heartfulness meditation include:

- A significant increase in joy, calmness, harmony, tolerance, confidence, sleep quality and other positive attributes
- A significant decrease in anger, stress, anxiety, cynicism, fear, and other negative attributes

Presenter: Kaushik Muralidhar, Heartfulness Trainer

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

AARP Tax Help Update

AARP Foundation Tax-Aide will be providing free tax preparation services for the upcoming Tax Year 2020 season. Due to COVID-19, and Tax-Aide's efforts to protect the health and safety of both taxpayers and volunteers, there will be changes in the way we offer our services. Information on how to get free, safe, and secure help filing your 2020 taxes will be coming in late January 2021. **Please visit aarpfoundation.org/taxhelp for the most up-to-date information.**

VOLUNTEER OPPORTUNITIES

Giving Back Feeds So Much More Than Just Your Soul

On behalf of the staff at Northshore Senior Center, we would like to extend my gratitude to all our dedicated volunteers for donating your precious time and energy throughout 2020. Your efforts have an oversized impact on the community and continues to make a considerable difference in so many lives and we are thankful for it. A constant in our lives will always be the need for helping hands, and these uncertain times reiterate the need to reach out, to help and to serve those impacted adversely by the current pandemic.

With the center being closed currently, in-person volunteering opportunities are minimal, that said, we are open to your ideas for volunteering opportunities that are virtual and/or can be done from home. Any suggestions can be emailed directly to Volunteer@mynorthshore.org.

As we wade through these challenging times, I'm confident that we are heading towards a time where we all can meet and work together under one roof, sharing stories, meals and anecdotes. Here's to looking forward to a fantastic and extremely social 2021.



FORAM SHAH
Volunteer Coordinator

CURRENT OPEN VOLUNTEER OPPORTUNITIES

- Volunteer Drivers
- Volunteers for Yardwork and Property Maintenance

If you have suggestions for opportunities, or would like to volunteer for one of our openings above, please email Volunteer@mynorthshore.org.

PUBLIC HEALTH UPDATES

Important Information From Washington State Department Of Health

While we wait for the vaccine to be widely available to the most vulnerable populations, and the rest of the State, we continue to encourage the people of Washington to practice the good public health behaviors that have helped us in fighting the current surge of COVID-19 in the state.

- Wearing a mask, even with people you see regularly and in your smallest social circles;
- Keeping gatherings outside whenever possible;
- Avoiding any social gatherings indoors, but if participating, wearing a mask and ensuring windows and doors are open to maximize ventilation;
- Wearing a mask while in the car with other people, including with family who do not live in your household;
- Washing hands often, not touching your face, and carrying hand sanitizer for use when water and soap are not available;
- Staying home if you are sick or if you have been exposed to COVID-19; and,
- Getting tested for COVID-19 if you have symptoms or were exposed to someone who tested positive.

INCLEMET 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.



DON'T WORRY ABOUT WHERE YOUR NEXT MEAL WILL COME FROM, WE HAVE YOU COVERED.

COMMUNITY DINING MEALS

Have You Reserved Your Lunches For January?

We have a great month of meals planned for January. Our Chef and team takes great pride in providing healthy, nutritious lunches that will definitely fill you up. Please take advantage of this opportunity. **To reserve, call our front desk at (425) 487-2441.** Lunches are available Monday through Friday. We suggest ordering a week in advance to ensure your reservation, due to making over 100+ per day. For an updated meal calendar, go to <http://bit.ly/JanMeals>.



DANIEL DAVIS
NSC Chef

COMMUNITY FOOD PANTRY AT BOTHELL

FREE & Open To Anyone In Our Community

A BIG THANK YOU to everyone who has donated food, money, time, and paper bags to our Community Food Pantry this past month. It has been so great to see a community come together to help those in need. We have seen a steady increase of individuals and families (over 600+ per week) needing support, and without your generous contributions, we would not be able to make the impact we are on a daily basis.

Our new indoor food pantry is finally complete, however until the Governor updates the current guidelines in regards to indoor gatherings, we will still be holding the food pantry outside. Please dress accordingly. You may start to see some new policies/procedures as we get closer to opening. These updates will allow us to continue to receive crucial funding and provide this service for our community. Upon opening we will be following all CDC and Washington Health Department guidelines. **Our FREE food pantry is open to anyone (seniors, family, individuals, etc.).**



Tuesdays, 9:00am-12:00pm * Thursdays, 3:00pm-6:00pm * Saturdays, 9:00am-12:00pm

FARM BOX FRIDAYS

FREE Produce, Dairy & Meat Boxes to Give-Away

We have been very lucky to partner with EastWest Food Rescue on Fridays to be able to distribute over 150 fresh boxes of produce, dairy, and meat products to anyone in our community for FREE each week. We are hopeful that we will be able to continue in the new year, based on federal funding. **Please check our Facebook page weekly updates on availability, as well as other ways to support or volunteer.**

STAY CONNECTED AND ACTIVE THIS WINTER

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

We have seen a huge increase in viewership of our Facebook LIVE exercise classes! We are so glad that many of you are taking advantage of this FREE option to stay active. We have classes Monday-Friday! We are also in the process of adding additional exercise classes this new year as well. **Please contact Kerri Schwindt at KerriS@mynorthshore.org if you have questions or need assistance.**



KERRI SCHWINDT

Current Facebook FREE LIVE Classes

Gentle Yoga,
M/F 10am-11am



Balance & Strength,
T/TH 10am-11am



Seated Chair Yoga,
W 10am-11am



Tai Chi QiGong,
W 3:00m-3:30pm



Our programs focus on helping our community with issues that affect everyday life.

SOCIAL ISOLATION

- 1 in 4 seniors have no one to help them if they become ill
- Social isolation and loneliness is associated with an increased risk of mortality, decreased physical health and decreased mental health.

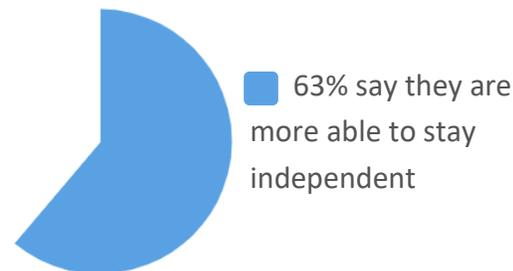
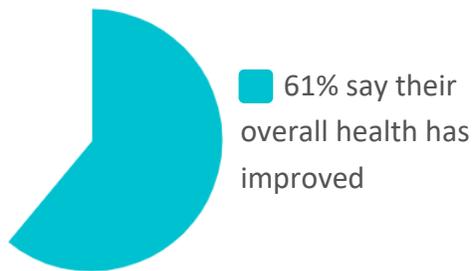
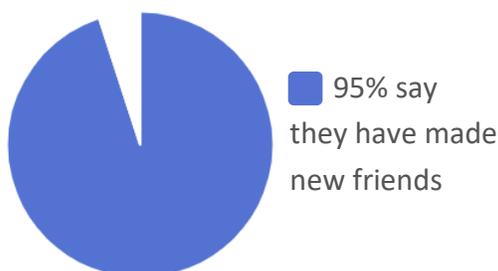
DECLINING PHYSICAL, MENTAL & COGNITIVE HEALTH

- Suicide rates amongst men over the age of 85 are more than 4 x's the general population
- There are 110,000 individuals currently diagnosed with Alzheimer's in WA State and a projected 181% increase in Alzheimer's over the next 30 years. decreased mental health.

ECONOMIC INSECURITY

- 63% of people served by NSC are low income or extremely low income
- 59% of seniors in King County have a high rent burden (paying more than 30% of income towards rent)

As a result of participating in our programs....



KENMORE & MILL CREEK UPDATES

Kenmore Senior Center

I hope you had a peaceful and healthy holiday season and can greet the new year with hope and anticipation. For me personally, this past year has brought many challenges and opportunities to exercise flexibility and to accept the unknown. Although my formal job title is "Program Coordinator" for the Kenmore location of the Northshore Senior Center, due to the pandemic, that location has been closed since March 2020. Because of that, I was able to participate in a number of other activities that have expanded my understanding of the services and impact of this fantastic organization. Helping in the kitchen with the Community Dining program, distributing food at the Food Pantry and our Farm Box program, working with the Emergency Financial Aid program as well as taking care of the cottage at Kenmore have all been wonderful learning opportunities. Our big news for Kenmore is that we have secured CARES Act funding from the City of Kenmore to set up a food pantry in the Annex building in Rhododendron Park! We are very excited to be offering this essential service to the Kenmore community. Keep checking the Northshore Senior Center website, our Facebook page and local social media for our opening day. Sending best wishes to all for health and happiness in the new year.



PASHA MOHAJERJASBI
Kenmore Program
Coordinator

Mill Creek Senior Center

I hope you and your family had a wonderful holiday season! We are happy to share that we received CARES Act funding from the City of Mill Creek that will allow us to introduce a Technology Lending Library. The logistics of this new program are in the works, but this will allow us to provide access to the internet and devices to help us curb isolation, by allowing our members to stay connected with the center, family, and friends. So stay tuned!

While we still cannot have members inside our Mill Creek senior center, we are here to help with any questions you might have. 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

TRANSPORTATION NEEDS

Looking for a ride? Food or medication delivered?

If you are in need of assistance in navigating the different transportation options, let us help you find your "Right Ride." We have resources to help you find the right transportation option for you. Whether you are in need of short term, long term or other special areas of transportation, we can help. With the use of volunteer drivers, our lift-equipped mini buses, public transportation, Uber or Lyft or one of the many other resources available to us, we want to help you get where you need to go. We also are offering delivery of food items from our pantry as well as hot meals from our community dining program. If you need prescriptions to be picked up we can help with that as well. Please call or email our dispatch and we will assist you with your transportation needs. **We can be reached at (425) 286-1026 or nscdispatch@mynorthshore.org.**



KELLY HOSEA
Transportation
Program Supervisor

STAFF SPOTLIGHT

Director Of Senior Centers - Corey Lowell

It is crazy to think that Corey started with us just one short year ago. Corey came from the Northshore YMCA in Bothell, with a ton of experience in programming. He came to us on a mission to help enhance our current program offerings at all three of our senior centers, as well as bring new and exciting opportunities to our members. Corey and his wife have two children (Olivia, 10 and Brooks, 7). We are thankful to have Corey on our team, and are looking forward to what creative ideas he will be bringing to our members in 2021.

What is the one thing you cannot resist?

Peanut butter cookies

What is your greatest fear?

Snakes

Where is your favorite place to be?

On the baseball field

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

Worked for a floor refinishing company during one summer

Tell us something that might surprise us about you.

I worked for the Seattle Mariners in the Front Office and had the opportunity to press the button to select that years draft pick

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

Set up a fund for my two kid's college tuition, then buy a golf cart :-)

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

Mickey Mantle

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

I love being a part of an organization that is all about making an impact in the lives of those in their community. I feed off of giving back, and seeing that we are making a difference on a daily basis in people's lives. The Northshore Senior Center is doing just that. We are so much more than a place for people to congregate and hang out, we create opportunities to inspire, grow, and of course....have fun!



ADULT HEALTH & WELLNESS

Tootsie's Parlor is OPEN & Available For Appointments

Thank you to all who have 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.



JUDI PIRONE
Director of Adult Day
Health & Inclusion

MEMBER SHOUTOUT

Happy 100th Birthday - Lloyd Ness

Everyone at the Northshore Senior Center would like to take a moment to wish Lloyd Ness a happy 100th birthday on January 2nd!

In honor of Lloyd Ness' 100th birthday, we are excited to announce that we will be dedicating the Northshore Senior Center coffee bar in Lloyd's name. The new Lloyd Ness coffee bar (with improvements) will be unveiled and dedicated at a ceremony later in the year when it is safe to do so. Lloyd has been a very long time member of the senior center and when we're open can be found telling stories and jokes at the counter. Please join us in wishing Lloyd a very happy 100th birthday!

PICTURED TO THE RIGHT

Lloyd Ness (100 years old) & Maggie Parker (who turned 106 on 12/30)
If you are interested in sending birthday well-wishes to Lloyd and/or Maggie, please mail them directly to the Northshore Senior Center, and we will hand deliver. (10201 E. Riverside Dr., Bothell, WA 98011)

HAPPY BIRTHDAY!!



MEDICAL EQUIPMENT LOAN PROGRAM AT BOTHELL

Medical Equipment Loans Coming Back!

In March, we made the difficult decision to suspend our medical equipment loan program because we did not have a way to adequately sterilize all of the equipment and supplies to meet the standards required as a result of COVID. We're thrilled to report that, thanks to some CARES Act funds provided by King County, we have been able to purchase a medical equipment sterilizing machine that will be able to safely clean wheelchairs, commodes, walkers and other equipment so that we can resume the program. Final details on when the program will be resumed are still being worked out. Stay tuned!

HUGE THANK YOU TO OUR SUPPORTING PARTNERS

Thanksgiving Thank You to Local Restaurants & Supporters

Thanks to the generosity of local restaurants Beardslee Public House and Alexa's Café, as well as Team Breda Realty, hundreds of Northshore Senior Center members were able to receive a free delicious meal this Thanksgiving. We are so grateful for the support that all of these local businesses have provided to us over the course of the past several years. If you're looking for a great place to get a to-go meal in the coming months, please consider patronizing these local establishments as a way to say thank you and to help ensure their own ability to weather the pandemic.



FACILITY INFORMATION & UPDATES

We Miss You As Much As You Miss Us!

Although we are closed, there is a lot going on with facilities!

- We have a new flagpole that is bigger, better, and more visible than the previous one thanks to all of our amazing donors who helped support this project. It was a much more complicated project than we had anticipated! Who knew that it would involve so many permits, inspections and even the work of an engineer but it is now complete and well worth the effort.
- Our new staff Custodian, Justin Gaceta, has been hard at work keeping our facilities clean, sanitized, and safe for all who come in the buildings.
- Harry, our Facilities Coordinator, has been taking care of the usual building maintenance, as well as repairs and upgrades so that our buildings are ready for when we are able to have everyone back. In fact, as this is typed, he is up on the roof in the pouring rain repairing a leak. His hard work and dedication, day after day, is greatly appreciated and we are lucky to have him helping us keep our buildings in the best shape they can be.
- We would also like to thank our amazing volunteer, Mark Davies, who has provided (and continues to provide) so much of his time to support NSC and the never-ending work that needs to be done on our facilities.
- A lot of work was completed last year, and we anticipate even more getting done this year with the help of the NPRSA (Northshore Parks and Recreation Service Area). As many of you know, the NPRSA owns the Bothell Senior Center and the Health & Wellness Building. Their board and staff have been busy in the background getting procedures in place so that we can move forward with many of the projects that need to be completed. The next couple years look to be busy ones with many planned projects (one being replacing the roof on the senior center so poor Harry does not have to worry about leaks)! We look forward to our continued partnership with the NPRSA and appreciate their support for all the work that we do.

We also look forward to a time when we can have all of you back in the buildings! We hope everyone is staying safe and healthy and the next time you are out and about, drive by the center and take a look at the new flagpole! You can't miss it!

BIG THANK YOU TO OUR GENEROUS SPONSORS

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



For a Healthy Independent Lifestyle

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

NEW YEAR, NEW EXPERIENCES

Looking forward to a great year with great moments



NORTHSHORE SENIOR CENTER

(425) 487-2441

information@mynorthshore.org

10201 E. Riverside Drive, Bothell, WA 98011

UPDATES



STAY ACTIVE, STAY CONNECTED

Facebook LIVE Classes

Watch today at

[www.facebook.com/](http://www.facebook.com/MyNorthshoreSeniorCenter)

[MyNorthshoreSeniorCenter](http://www.facebook.com/MyNorthshoreSeniorCenter)

MEMBER INFO VERIFICATION

We will be reaching out in the coming months to check-in with you, as well as to verify that we have the most up-to-date information in our system.



10201 E, Riverside Drive

Bothell, WA 98011

(425) 487-2441

www.northshoreseniorcenter.org

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