

# THE NAVIGATOR

## LIFE BEYOND COVID SECLUSION

### Message From The Director of Senior Centers

The COVID-19 pandemic has changed life as we know it. As the rate of infections begins to slow down in some hard-hit areas, early signs of recovery are appearing. Some towns, cities and counties are starting to slowly reopen businesses, public areas and more. What will “the new normal” mean for you?



Until the coronavirus vaccine is readily available for all, there will continue to be a risk of infection, even as people get back to work, school and a more normal life. The protective practices you learned and followed in the early parts of 2020 will continue to protect you and your family while slowing the spread of the coronavirus:

- Social and physical distancing. Staying at least 6 feet away from anyone not living in your household can help you prevent infection.
- Handwashing. Washing your hands for at least 20 seconds frequently throughout the day, or using hand sanitizer, is an effective way to avoid getting sick with the coronavirus or other germs.
- Wearing a face mask protects others from illness if you're carrying the virus and don't know it.
- Practice safe grocery shopping and food handling.
- Continue to practice mindfulness and stress relief, as you did during stay-at-home orders. Mental and emotional well-being is a key aspect of health.

If you are wondering when the coronavirus will end, you're not alone. As communities start to reopen, we will likely see future outbreaks and clusters of viral transmission, which could cause the number of COVID-19 cases to increase again.

That is why the Northshore Senior Center is being extra cautious when it comes to reopening our programs and services. We know how anxious you all are to step foot inside our buildings again, and take your favorite exercise or dance class, or even sit in our coffee bar eating a piece of pie. But please know we are doing everything we can to make sure that when we do reopen, we can do so safely for all. My wife always tells me that it important to be patient. Well this is me asking you all to be patient. Your patience will pay off when not just you are able to grace us with your presence, but all of your friends as well.



**COREY LOWELL**  
Director of Senior Centers

## SOCIAL SERVICES

**Our team is here, dedicated to help you however you need.**

Did you know that the Northshore Senior Center offers a team of social services professionals who support older adults and their families during these challenging times. Staff has expertise in social work, nursing, mental health and community resource. Services currently offered include one on one telephonic support, online and/or telephone support groups, and emergency financial assistance **(for Bothell & Kenmore Residents only)**. If you are struggling with loneliness, anxiety or other issues during this time, we encourage you to reach out to our team.



JANET ZIELASKO  
Social Services Manager

### CURRENT ONLINE & TELEPHONIC OPPORTUNITIES

For more info on how to attend one of these groups, please check out our program calendar at [www.northshoreseniorcenter.org/calendar/northshore-calendar](http://www.northshoreseniorcenter.org/calendar/northshore-calendar).

#### Conversation Café (Mondays - Thursdays)

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

#### Diabetes Support Group (2nd Wednesday of each month)

Have you had Diabetes for many years? Are you newly diagnosed with diabetes? Are you a spouse or caregiver for someone who lives with diabetes? If you answered yes, please join our supportive group to learn the latest on diabetes management and to share ideas and strategies for coping.

#### Sharing & Caring Support Group (Wednesdays)

Confiding in others and building social support are effective ways to promote our health. Join this open-ended support group to share and care.

#### Caregivers Support Group (Thursdays)

Are you a spouse, partner, son, daughter, relative or friend who cares for a loved one with dementia or other chronic illness or disability? Come join other unpaid family caregivers for mutual support and assistance.

**Masks are required while in all of our facilities. Do you need a mask?  
Are yours getting overly used and could use a fresh mask?  
Please call us at (425) 487-2441 to get yours today!**

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

## VOLUNTEERING FOR NORTHSHORE SENIOR CENTER

Looking for ways to be a part of something and give back?

We have had a large number of individuals reach out recently to us to see how



FORAM SHAH  
Volunteer Coordinator

they can help at our centers. We would not be able to make as much of an impact in the community without the dedicated volunteers who help in many areas of our programs and services. Below you will find our current volunteer openings. Thank you for all your support.

### CURRENT OPEN VOLUNTEER OPPORTUNITIES

- Volunteer Drivers
- Online Technology Support Volunteers
- Drivers For Bulk Donation Pick-Ups
- Volunteers For Our Weekly Food Pantry

Non-Profits, like ourselves rely on the support and from individuals like you to help our organization run smoothly.

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



**FAIRWINDS**  
BRITTANY PARK

A LEISURE CARE PREMIER COMMUNITY

*It's More Than Retirement. It's Five-Star Fun.*



## 50 years of safe, exceptional senior living.

At Fairwinds - Brittany Park, our safety protocols exceed the CDC's guidelines. But to us, safety means much more. It means focusing on our residents' mental and physical health too. And ensuring an active lifestyle in a comfortable, high quality, welcoming environment. Because behind our commitment to safety, there's nearly 50 years of experience providing peace of mind, and exceptional senior living.

*Find your peace of mind. Call (425) 318-1056 now.*

17143 - 133rd Ave NE | Woodinville, WA  
(425) 318-1056 | [FairwindsBrittanyPark.com](http://FairwindsBrittanyPark.com)

NEED A LITTLE EXTRA ASSISTANCE TO GET YOU THROUGH THE WEEK? WE ARE HERE TO HELP.

## TAX ASSISTANCE UPDATE

### United Way Tax Assistance Program

We are currently working with United Way and their tax support team to open an on-site tax assistance program with a NSC volunteer. Until the logistics are finalized, if you are computer savvy, United Way has advised us to let you all know to call #211 for guided tele-assistance through uploading your documents onto [www.getyourrefund.org](http://www.getyourrefund.org), or going directly to [www.freetaxhelp.org](http://www.freetaxhelp.org) to chat with a UWKC Vita certified volunteer. Again, we are working hard to help find support for the hundreds of seniors who need assistance with their taxes.



Please call our front desk at (425) 487-2441 to get your name on the waitlist.

# QUAIL PARK OF LYNNWOOD

Independent | Assisted Living | Enhanced Assisted Living | Memory Care

## Apartments & Cottages Available!

*Enjoy the carefree lifestyle you desire at Quail Park of Lynnwood.*

- Variety of care options
- Personalized dining options
- Multiple floor plans
- Resort-style amenities
- Caring staff

*Call to schedule a visit today.*

**425.640.8529**

[QuailParkofLynnwood.com](http://QuailParkofLynnwood.com)

Quail  
Park  
of Lynnwood



*Brilliant Senior Living*



Tour by  
April 15<sup>th</sup> and  
lock in your  
savings!

Interesting in advertising in our monthly newsletter? Contact us at [BrookeK@mynorthshore.org](mailto:BrookeK@mynorthshore.org)

WHAT ARE YOU DOING TO STAY ACTIVE & ENGAGED? CHECK OUT OUR VIRTUAL PROGRAMS.

## ONLINE CLASS OPPORTUNITIES

Have You Tried Out Any Of Our Virtual Classes?

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

We have multiple weekly Facebook LIVE class offerings throughout the week. Our goal is to make sure that you can start and finish your week of right by providing you with opportunities to meditate, stretch, and stay active. We will be continuing to add classes, so please stay tuned to our Facebook page for additional offerings and opportunities. **Please contact Kerri Schwindt at [KerriS@mynorthshore.org](mailto:KerriS@mynorthshore.org) if you have questions or need assistance.**



KERRI SCHWINDT  
Bothell Program Manager

## Current Facebook FREE LIVE Classes

Meditation,  
M 9:00am-9:15am



Gentle Yoga,  
M/F 10am-11am



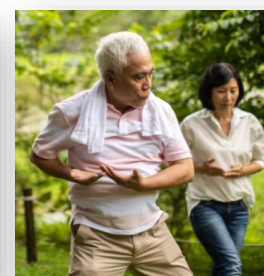
Balance & Strength,  
T/TH 10am-11am



Seated Chair Yoga,  
W 10am-11am



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



For the most up-to-date information on what virtual programming and in-person programming (when safe to do so) we are providing, please check our newly updated website [www.northshoreseniorcenter.com/programs-services](http://www.northshoreseniorcenter.com/programs-services). **You are also able to give our center staff a call at (425) 487-2441, so speak with a member service representative.**

## DONOR SPOTLIGHT

### Supporting Our Mission & Vision

Huge thank you to Cairn Brewing for supporting the Northshore Senior Center and our mission, by holding a fundraiser in support of the senior center this past month. They generously donated 10% of all sales from the 31st. The team at Cairn deeply believes in being a part of the community. They pride themselves on providing an advocacy platform for causes related to human and animal quality of life as well as outdoor recreation and the environment, and advocating for the interests of local business and craft beer. If you are in or around Kenmore, please consider stopping by this local (dog friendly) establishment. [www.cairnbrewing.com](http://www.cairnbrewing.com)



## KENMORE & MILL CREEK UPDATES

### Kenmore Senior Center

We are already in the third month of the new year! Spring is in the air and we are very busy preparing the Annex building at the Kenmore Senior Center for the opening of our Community Food Pantry. Please check the City of Kenmore website for updates on when the pantry will be officially open.

March is a very special time for my family. We celebrate the Persian holiday of Naw-Ruz (New Day) which happens at the spring equinox between March 20-21. As nature begins anew on the first day of Spring (March 21) so the new year

begins on the solar calendar. For Naw-Ruz, it is traditional to set up the “Haft Seen” (7 S’s) table. The table displays 7 things that start with the sound “s” in Persian, and each has a special meaning. Seeb=apple, for rosy cheeks and health; sumac=sumac, bitter herbs for the hardships of life; sekkeh=coins, for prosperity; seer=garlic for good health; senjed=lotus seeds, for love; sabzeh =

wheat grass, for renewal and new life; serkeh=vinegar, for wisdom; sonbol=hyacinth, for beauty and fragrance. It is a beautiful tradition that marks the end of winter’s darkness and moving into the light of spring. I wish you each and all, a very Happy Naw-Ruz! Sol-e-noh Moborak!



PASHA MOHAJERJASBI  
Kenmore Program  
Coordinator



### Mill Creek Senior Center

We would like to give a shout out to an amazing group of Mill Creek volunteers who have helped supporting the center (while we have been closed to in-person programming) since this past October. These committed volunteers have helped by following up with member’s voicemails/questions, referring others to crucial services within our organization, and have helped make sure that our members are cared for by making wellness calls.

**Thank you to the following outstanding volunteers!**

- Linda Simpson
- Marcella Smith
- Bonnie Bourdreau
- Carole Brannam



JAY CHO  
Mill Creek Program  
Coordinator

TIMES ARE TOUGH AS IT IS, WE ARE HERE FOR YOU TO MAKE YOUR LIFE A LITTLE EASIER.

## FREE COMMUNITY SHREDDING EVENT

### Have Important Documents To Get Rid Of? Saturday, April 24 from 1-4pm

Northshore Senior Center will be hosting an on-site shredding event. The shredding truck will completely shred your documents on site and recycle latter. The shredder can shred through pins, clips and all the file's related materials. No sorting is required. Just bring it to us, we'll do the rest. This is a FREE no-contact event, donations are appreciated. Limit of 2 box maximum per car. **For more information please contact Kerri Schwindt at [KerriS@mynorthshore.org](mailto:KerriS@mynorthshore.org).**



## VIRTUAL PROGRAM OPPORTUNITIES

### Join One Of Our Partner Organizations

#### Emergency Preparedness – Virtual Zoom Presentation

*Tuesday, March 16, 1pm-2pm*

**Pre-register by emailing Kerri Schwindt at [kerris@mynorthshore.org](mailto:kerris@mynorthshore.org)**

In times of disasters, you have the responsibility to safeguard you and your family. During the first few hours or days following a disaster, essential services may not be available and emergency workers may be in short supply.

Depending on the severity, you must be ready to act on your own. If you educate yourself about these potential hazards, learn how to recognize them and plan for them, you can go a long way toward safeguarding yourself and your family. This workshop is designed to improve the readiness of the average citizen by providing tips on emergency preparedness kits, water, food/cooking, and radio communications.

#### Laughter Yoga – Partnership with EvergreenHealth

*Thursday, Mar 18, 12:30pm-1:30pm*

**To register, please call (425) 899-3000**

This virtual session of - Laughter Yoga combines gentle movement, deep breathing and laughter exercises that when done together bring increased oxygen and happy endorphins to your brain and body. Proven benefits include decrease in stress, pain and blood pressure.



## BROWN BAG SUPPLY UPDATE

### Brown Paper Bags Coming Out Of Our Ears

We wanted to give a huge shout out to the community for the overwhelming generous support for our Food Pantry by donating brown paper bags over the past few months. Currently we are packing about 200-300 bags of food each week. As of now we have well over 7,500 bags in storage that we will use over the course of the next few months. At this point, we have hit our storage capacity. We are asking that you please continue to hold onto these, as we will be in need again. Thank you so much again for stepping up, and helping us continue to make an impact in this community.



## COMMUNITY DINING TO-GO LUNCHES

### Have You Reserved Lunch For March?

Chef Daniel and our dedicated kitchen team has been hard at work providing over 120 meals per day for seniors in our community. These meals are available for anyone, regardless of age, need, etc. Give it a try today!!! **Reserve your hot meal by calling (425) 487-2441.** We suggest ordering a week in advance to ensure your reservation, due to making sure number. For an updated meal calendar, go to <http://bit.ly/MarMeals>. Suggested donation of \$5 accepted.



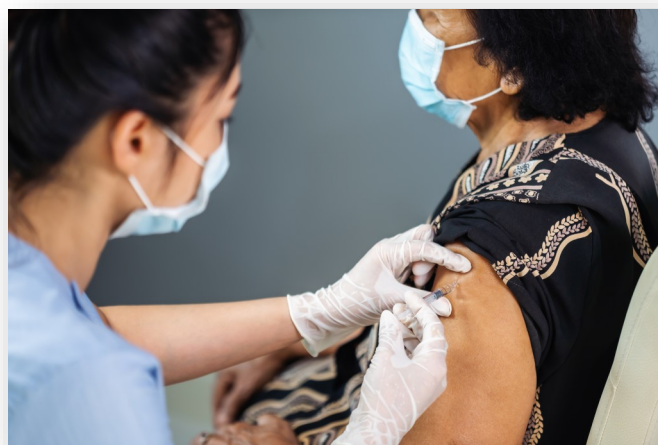
DANIEL DAVIS  
NSC Chef

## VACCINATION INFORMATION

### Struggling To Schedule An Appointment?

We know how hard it has been to schedule either your first or second dose of the vaccine. Trust us when we say, **IT IS NOT JUST YOU!** In late February, we began having our two certified nurses help those seniors who are not tech-savvy, try to schedule appointments. You can also try scheduling yourself at [www.covidwa.com](http://www.covidwa.com).

**If this is you, please call the front desk at (425) 487-2441 to get in contact with one of our nurses for help.**





## SCAM ALERT

### IMPORTANT THINGS TO KNOW ABOUT AVOIDING SCAMS

- The PUD will never call you to threaten disconnection of your power if you don't send immediate payment. This is an energy bill scam. They are attempting to steal your personal and banking information. **If you are in doubt of the validity of any phone call or person claiming to represent the PUD, please call the PUD at (425) 783-1000 and one of our helpful representatives will assist you.**
- The PUD does not ask for or accept gift cards and we never require customers to buy pre-paid debit cards like Green Dot or MoneyPak as payment.
- Scammers know how to "spoof" caller ID to make it read whatever they want. If you think you have been the victim of a spoofing scam you can file a complaint with the Federal Communications Commission (FCC).
- All PUD employees will carry physical identification when on-site.



## COMMUNITY FOOD PANTRY AT BOTHELL

### Help Spread The Word!!!

Please help us by sharing with friends, family, neighbors, strangers, etc., that we are here for those who need a little extra support. With your help, we can be the go to food pantry in our community.

As soon as the pandemic hit last year, we immediately jumped into action to fill a void/need. Food access should not be something that individuals or families should have to worry about from week to week. **Our FREE Community Food Pantry is available and open to anyone in our community, regardless of age, income level, need, etc.**

The food pantry relies in large part on donations of shelf-stable food from local community members. Donations may be dropped off at our Bothell Senior Center anytime. A large green, metal box has been installed in front of the building to accept donations. Anything you are able to donate is greatly appreciated. We are grateful to the countless individuals, families, community organizations/restaurants, City and County officials for supporting us during these uncertain times.



PEGGY BROWN  
Food Pantry Lead

WE HAVE NOW OPENED A FEW PROGRAMS & SERVICES. RESERVE YOUR SPOT TODAY!

## NORTHSHORE HEALTH & WELLNESS

### Programs & Services Available

#### Beauty Shop & Foot Care are OPEN & Available for Appointments

Beauty Shop is open Monday-Thursday, and our Foot Care is open by Appointment ONLY.

Call (425) 488-4821 ext. 105 for appointment availability and information. We follow CDC guidelines for infection control practices. We do not do invasive procedures.

#### Virtual Classes Available

We are offering some exciting new classes. Registration now open. Classes are open to anyone unless indicated otherwise. **If you are new to our virtual classes please contact JudiP@mynorthshore.org or TracyR@mynorthshore.org for assistance.** Check out our Virtual Catalog on our website at [www.northshoreseniorcenter.org/calendar/northshore-calendar](http://www.northshoreseniorcenter.org/calendar/northshore-calendar) for more information and details.

#### In-Person Occupational Therapy Services

Our OT can Offer individual exercise program for strengthening, balance, fine motor and coordination and may assist in selecting appropriate equipment for use in the fitness center.

#### Fall Prevention

- *Do you have a fear of falling? What would you do if you did fall? The fear is your first warning sign that you need to take action.*

#### Do a Self-Check

- *Are you wearing supportive shoes with even tread, non-skid sole, and secure around the heel? It may be time to update the daily shoes you have had for many years.*
- *Do you wear glasses? Changes in vision need to be discussed with a medical professional. You may need an updated eye prescription. Talk to someone if what you see in front of you is not clear.*
- *Have your medications changed? Be aware of the side effects of each medication (light headed, nausea, changes in behavior, confusion/memory to name a few).*
- *Has your balance changed with walking, turning to the right/left, stepping over or around objects? Or do you reach out for support from a wall, furniture, or family member for balance? May be time to consider a leg and core exercise program or a walking device (walking stick, cane, walker)*
- *Do friends/family annoy you by criticizing your walking? (Offering to assist you to sit/stand, walk on uneven ground, manage going up/down steps)*
- *Has walking from point A to point B become harder, taking more thought?*

Did you answer yes to some of the above questions? Then it is time to take action. Prevent the preventable fall. Call Health & Wellness to schedule a meeting with the Occupational Therapist to check your balance, and receive instruction on exercises and activities specific to you to improve your balance to decrease your fall risk. Some falls you can prevent!

WE ARE A COMMUNITY ORGANIZATION, WITH A MISSION OF MAKING AN IMPACT ALL AROUND.

## NORTHSHORE HEALTH& WELLNESS CONTINUED

### Medical Equipment Donor Closet REOPENED at our Health & Wellness Center

We are equipped with brand new medical sterilizing equipment. Hours to drop of equipment will be Monday and Wednesday 12:30-3:30pm by appointment. Additional times can also be arranged. **To inquire about availability of equipment or pick up equipment please schedule an appointment through our front desk (425) 488-4821.**



JUDI PIRONE  
Director of Adult Day  
Health & Inclusion

## STAFF SPOTLIGHT

### Information & Technology (IT) Manager - Tim Czapiewski

Tim Czapiewski came to work as our IT Manager at the Northshore Senior Center just over a year ago. He came to us with over 20 years of IT experience, and an extensive background in analysis, information technology and project management support. Tim is passionate about new technology and has already used his skills to help improve our processes, and set us up for future technology needs. On a personal side, Tim enjoys to travel and loves to take care of his many animals in Lake Stevens. We are so lucky to have Tim as part of our Northshore Team!

What is the one thing you cannot resist?

**Researching and implementing new technology**

What is your greatest fear?

**That I would not learn from my mistakes**

Where is your favorite place to be?

**In a hot spring pool**

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

**Shoe repairman**

Tell us something that might surprise us about you.

**I am 90% color blind**

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

**Buy a larger piece of property and become more self-sustaining**

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

**Moses the Man of God**

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

**I enjoy applying my skills to make tasks easier for the organization**





10201 E, Riverside Drive  
Bothell, WA 98011  
(425) 487-2441  
[www.northshoreseniorcenter.org](http://www.northshoreseniorcenter.org)

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

## MAKING AN IMPACT

Our mission is to help our community



**NORTHSHORE SENIOR CENTER**

**(425) 487-2441**

**[information@mynorthshore.org](mailto:information@mynorthshore.org)**

**10201 E. Riverside Drive, Bothell, WA 98011**

**[www.northshoreseniorcenter.org](http://www.northshoreseniorcenter.org)**

**[www.facebook.com/mynorthshoreseniorcenter](https://www.facebook.com/mynorthshoreseniorcenter)**

## UPDATES



### EMERGENCY FUNDS AVAILABLE

Are you struggling due to COVID to pay your mortgage, rent or other bills? Contact our staff for possible assistance. (425) 286-1054

### MEMBER INFO NEEDED

To provide you with the most up-to-date info on our facility, programs, and services, please make sure that the information we have in our system is correct. Please call today to verify. (425) 487-2441

### TECH DEVICE LENDING LIBRARY

No access to technology devices or the internet? We will be piloting a program in March, where we will be lending devices. More info to come this month.