



The Navigator

September 2019#



\$#monthly publication of Northshore Senior Center;
10201 E. Riverside Drive, Bothell, WA 98011; 425.487.2441
www.northshoreseniorcenter.org



Levy on the November Ballot to Support Our Senior Center

This November, there is a levy on the ballot that will directly impact the Northshore Senior Center and our Bothell facilities. The levy is for the Northshore Parks and Recreation Service Area (NPRSA), which was founded in 1988 for the construction of the Northshore Senior Center and the Northshore Health and Wellness Center. Northshore Senior Center leases the buildings, runs the programs, and pays for basic maintenance of the facilities, while NPRSA is the owner of the buildings and responsible for major repairs. Approaching 30 years old, a recent independent facilities assessment determined that there are approximately \$4.7M of repairs needed over the course of the next 10 years to keep the buildings safe and usable. These repairs include roof replacement, siding, windows, drainage and mechanical systems.

At 4¢ per thousand dollars of assessed value, this maintenance and operations levy would cost the owner of a \$500,000 home just \$20 per year. It's a modest investment in these important public assets to ensure they remain safe and well maintained for generations to come.

Please vote YES and encourage your neighbors and friends to vote YES to ensure these buildings are here for years to come. Printed materials that you can share with your neighbors about the impact of this levy will be available soon in our main administration office. For more information, please consider attending one of our upcoming information sessions in October.

NPRSA Levy - What it Means for the Senior Center

Join the CEO of the Northshore Senior Center for round table discussion of the Northshore Parks and Recreation Service Area (NPRSA) levy that will be on the ballot this November, how NPRSA is connected to the Senior Center, an update on the full needs of our facilities in Bothell, and information on how the levy will ensure the long-term viability of our Northshore Senior Center facilities. Light refreshments will be provided.

Bothell: Thu, Oct. 3rd, 10:30-11:30am, Rm202
Kenmore: Mon, Oct. 7th, 11am-12pm
Mill Creek: Tue, Oct. 8th, 12-1pm

Brooke Knight, CEO

Property Tax Relief for Seniors

Did you know that if you are a senior or disabled you can apply for property tax exemptions and deferrals? The income limits for this program are increasing in 2020, meaning even more people will soon be eligible. Currently, only 1 in 100 people eligible are enrolled in the program.

Northshore Senior Center's social services staff team can assist with the application process. Please check in at our Bothell Senior Center's Social Services desk for more support in accessing this and other benefits.

Brooke Knight, CEO



Thank you to everyone who gave to the Summer Appeal. Your gifts are appreciated and will be well used to help NSC members!

Thanks to all who participated.
You raised **\$42k** for our Inclusion Program through the Capes for Courage 5k race.

Vibrant Living!

A HEALTH AND WELLNESS
SYMPOSIUM FOR OLDER
ADULTS

Please join us for this special FREE event to explore, learn and enhance your life!

**Community Health Services * Health Screenings *
Retirement & Senior Housing Options * Unique
Educational Programs * Employment and Volunteer
Opportunities.**

Location: Bothell Senior Center

Date: Friday, September 27th from 10am-1pm

PANCAKE BREAKFAST!

Sponsor: Optimal Insurance Choice

Enjoy pancakes, eggs, and ham on 1st Saturday of each month & sausage on the 3rd Saturday of each month, plus coffee or tea, and orange juice.

\$5 per person | 8-11am in the dining room.



Volunteer Vibes

Thanks to the tireless work of so many volunteers, the recent Rummage Sale was a resounding success! A special thank you goes to Ms. Laura Steinbaugh, Rummage Sale Lead, who took on this momentous task with such good humor and courage. A nod to staff and facilities folks who provided so much behind the scenes support.

Here's the breakdown:

- ◆ Money raised: \$40,000 +
- ◆ Number of Volunteers: 244
- ◆ Volunteer Hours: 5700
- ◆ Volunteer lunches served during prep week: 294 (thanks Chef Daniel!)



We had lots of feedback from both shoppers and volunteers regarding the organization, cooperation and happy spirit that was present during this year's sale. People seemed to especially enjoy the simple color-dot pricing system. On clean-up day, we were able to get the center back in shape within 3 hours! Starting from the 2 months of collecting and sorting to the last moment of cleanup, our volunteers made all this possible.

Thanks to each and all.

Pasha Mohajerjasbi, Volunteer Coordinator
pasham@mynorthshore.org | 425.286.1032

REQUEST: We are in need of folks to deliver the Northshore Catalog to local libraries and senior apartment buildings around the area. If you live close to a library or senior living complex, please consider dropping these off **once a quarter for catalog, once a month for Navigator.** See Pasha.

Thank you to all the Rummage Sale Bake Sale Bakers. You are wonderful providing all those goodies! Each year I look forward to coordinating the Bake Sale and raising our contribution to NSC. This year we sold baked goods for only 2 days and earned \$730. Yippie!!! Congratulate yourselves and let look forward to baking for the Holiday Market happening Friday and Saturday, Nov 1&2, 2019.
Rosalie Lockhart (425-236-1426)

ADULT DAY HEALTH CENTER-BOTHELL

FRONT DESK RECEPTIONIST – answer phones; direct visitors. Available shifts: Mon/Tues/Thurs noon-4pm; Friday's 8am-noon. Can work any or all shifts. Contact Pasha.

KITCHEN HELPER – simple meal prep and serving from cafeteria window. Some lifting. 10am-2pm. Contact Pasha for available days.

BRAIN FITNESS PROGRAM – need volunteers to interact with clients during supervised Brain Fitness activities. Thursdays 10am-noon **and/or** noon-2pm.; need a 2nd volunteer to help walk clients across sky bridge over to the senior center and stay through lunch every **Thursday, 11:30-12:30.**

Volunteer Needs

Volunteers are an essential part of the dynamic life of the Northshore Senior Center! Please consider becoming a part of our volunteer team.



Training is provided. Contact Pasha Mohajerjasbi at 425.286.1032 or volunteer@mynorthshore.org for details on all job postings.

BOTHELL SENIOR CENTER

FRONT DESK RECEPTIONIST - action-packed public relations, member services, phones, etc. Available shifts: **2-3 Wednesdays/month 4:30-8:30pm; Saturdays (occasional) 9am-3:30pm.** Also need substitutes and floaters during the week.

BAKERS – learn the secrets of our famous pies and quiches! Bakers needed Mondays 1-4pm (pies) Wednesdays 7:30-10am (cakes/brownies) and Thursdays 7:30-10am (quiches)

BOOKIES – research, plan and lead day trips for seniors. Detailed training provided. Computer skills required.

COMMUNITY DINING (Kitchen) - Our reputation for delicious lunches is growing! We need help in the kitchen to serve more patrons. Please consider volunteering for one of the following jobs:

- **DISHWASHER NEEDED 11am-1pm Tues or Wed or Thurs** (training provided and it's fun! Complimentary lunch)
- **Dining room help: setting/bussing tables, helping with patrons, etc. Mon or Tues. or Thurs. or Fri. 10:00 am-1pm.** (complimentary lunch provided)
- **SUBSTITUE DISHWASHER NEEDED FOR ALL MONDAYS IN SEPTEMBER 11-1PM** (closed Labor Day)

DAY TRIP DRIVERS - drivers needed to transport seniors on day trips in a 14-passenger van. Driver receives stipend and participates in trip.

EMPLOYMENT OFFICE – screen potential service providers and clients to make the match for those in need of household help, running errands, handyman services, yard care, etc. **Shift is Fridays from 9am-noon.** Also need a sub/floater. Basic computer skills required. Contact Janet Zielasko, Social Services Manager at JanetZ@mynorthshore.org or 425.286.1035.

SOCIAL SERVICES RECEPTIONIST - answer phones; check-out/check-in medical equipment donations; light filing; general customer service. Available shifts: Mondays and/or Thursdays noon-4pm; Tuesdays and/or Wednesdays, 8-noon.

Pasha Mohajerjasbi, Volunteer Coordinator

Bothell Senior Center

OUTLOOK & OPPORTUNITIES SEMINAR

The program explores today's stock market and the importance of opportunities in the current environment.

FREE TO MEMBERS / \$5 NONMEMBER

Location: Bothell, Room 203

Presenter: Randy Busch

September 17 | Tue | 1:00 - 2:00 pm

HEALTHY HOMESTYLE INDIAN COOKING

Join volunteers from Sukarya USA for a hands-on cooking course and enjoy the fruits of your labor at the end of class. Limited space available.

\$10/per person

Location: Bothell Kitchen

Sep 21 | Sat | Noon-2:00 pm

EATING RIGHT WITH FOOD ALLERGIES - Evergreen

Discover ways to create healthy meals/snacks while avoiding common food allergy culprits such as dairy, shellfish, wheat.

Location: Bothell, Room 203

Sep |10 | Tue | 1:00 - 2:30 pm

Call EvergreenHealth to register: 425-899-3000

MANAGING CHRONIC PAIN - FREE

6-week workshop that teaches practical skills to help with day-to-day management of chronic pain.

Location: Bothell, Room 203

Sep 13 - Oct 25 | Thu | 1:00 - 3:30 pm

Pre-registration required, call 425-286-1035 or email

janetz@mynorthshore.org

NATURAL APPROACH TO MEMORY & CONCENTRATION

Explore brain exercises, food allergies, underlying illnesses and supplements to prevent or address memory problems..

Location: Bothell Room 203

Sep 24 | Tue | 1:00 - 2:30 pm

Call EvergreenHealth to register: 425-899-3000

UNDERSTANDING DEMENTIA RELATED BEHAVIOR - FREE

Join us to learn to decode behavioral messages, identify common behavior triggers and learn strategies to help intervene with common behavioral challenges of Alzheimer's disease. Two locations:

- Location: PeterKirk Community Center

Sep 23 | Mon | 1:00 - 2:30 pm

Pre-registration required. Call 425-587-3360

- Location: Bothell, Room 202

Sep 30 | Mon | 1:00 - 2:30 pm

Pre-registration required. Call 425-286-1035 or email

janetz@mynorthshore.org

Bothell Senior Center

DAY TRIPS: FIRST-DAY SIGN UPS / Bothell-Kenmore

September 16 | 9:00 am

PROBATE, WHAT IS IT AND DO I NEED TO AVOID IT?

Attend this question and answer session to learn how the process works in Washington, the average fees involved, what assets are automatically "non-probate" assets, and other options available to you.

FREE TO MEMBERS / \$5 NONMEMBER / PER MONTH

Location: Bothell, Room 205

Presenter: Keith Wells, Estate Planning Attorney

Sep 12 | Thu | 1:00 - 2:00 pm

ANNUAL CROSS COUNTRY SKI TRIP—Methow Valley

Dates: February 2-8, 2020

Location: River Run Inn Guest House in Winthrop, WA.

Cost of the trip averages about \$36/night/person for 13 persons. Everyone with their roommate is responsible to help with 1 dinner for all. A meeting will be held in early January to collect the balance of the cost and discuss other important trip details. *Please send a nonrefundable deposit of \$75 to reserve your space before September 16, 2019, to John K. Booth, 2512 204th Street SE, Bothell, WA 98012.* Call Barbara Van Droof, 206-363-3606, bvandroo@comcast.net or John Booth, 425-488-7673, j.k.booth@comcast.net.

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 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.

Location: Bothell, H & W 2nd Floor Conference Room

Oct. 1-Nov. 4 | Tuesdays | 1-3pm,

Facilitators: Janet Zielasko, Social Services Manager, Shelly Libman, Adult Day Health Social Service Coordinator
Free, pre-registration required.

To register, call 425-286-1035 or email

janetz@mynorthshore.org

Kenmore Senior Center

BLUEGRASS FUNDRAISING CONCERT

5th annual Bluegrass Concert featuring the Cliff Perry Band, a Pacific NW favorite. Come join us for a toe-tappin', knee-slappin' good time with light refreshments.

\$10 ADMISSION

Location: Bothell Multipurpose Room

Oct 6 | Sun | 2:00 pm

GAY MEN'S COFFEE HOUR

1st & 3rd Wednesdays | 1-3 pm

Bits and Pieces



Free Lending Library

I am sorry to report that 80 large print books have not been returned to the library shelves in Bothell during the past year. They were carefully covered and clearly labeled as property of NSC.

The large print collection at Kenmore Senior Center is in good standing and available at the Kenmore center for borrowing.

PLEASE remember to return any of our Large Print books when you are done for others to use.

Bothell Wish list



- New coffee percolator 40 cups or larger
- Aprons
- Bingo prizes for men & women
- Adult type picture books (men & women)
- Colored t-shirts any size
- Simple tool box

Please bring your donations to the Health & Wellness reception desk. If you have any questions, please call. 425-488-4821.

Vendors Wanted...

Holiday Marketplace

The Holiday Marketplace will be held **Friday and Saturday, November 1st and 2nd, 2019**. We are looking for quality vendors with handcrafted products to sell. Table prices are \$60 for a 6-ft table or \$75 for an 8-ft table. Please leave a message for **Suzanne Lippmann at 425-488-1599** and she will call you with more information.



JUR Z #JUHQ #JUR X P!#

Join us on Monday, 9/16 at 1 to 2:30 p.m., room 203, to learn how we share our world with nature. The class will run for eight weeks and covers key topics about the world we live in. FREE to members.

UHF \FOIQ J #W#D SC#

NSC is a model for recycling. The baskets in the classrooms and meeting rooms are marked to show which to use. The blue is for recyclables and the grey is for waste.

LIVING SUSTAINABLY IN CHANGING ENVIRONMENT

This FREE group meets 2nd and 4th Thursdays from 10:15 to 11:30 am in Room 203.

September 12, Film:

"Return the River"-Elwah dams come down

Sep 26, Speaker:

"Urban Green Infrastructure"-Local focus

Just a thought...

As we get older, our interests, focus, and ideas naturally change—at least a little. With so much noise and distraction these days—locally, nationally, and worldwide—it's hard to decide what matters to each of us now. Family situations, health, and willingness to adjust to new situations can be challenging, too. So knowing what can be beneficial and truly add to our happiness may be hard to figure out.

One suggestion we hear frequently is to be with other people as much as you can and share ideas and experiences. That, of course, is what Northshore is about, at least partly. I spend a lot of time here, as some of you know, and appreciate the feeling of community. Exchanging ideas and knowledge can be helpful and lead to new possibilities. Maybe someone has dealt with the same things you are and can offer an insight or new approach. Who knows? It's worth a try.

—Gloria Campbell



Mah Jongg at Riverside Landing
Wednesday, 9:30am to noon.

Contact Marcia Goldstein at 805-358-9918

Regular exercise is a proven way to relieve stress, sleep better, & increase strength & energy.



Shape Up is a wonderful program sponsored by King County Emergency Medical Services (EMS) to encourage older adults to exercise.

Enroll in any of our Shape Up fitness programs and if you are a new participant, a returning participant, or would like to try a new exercise class, you will receive \$10 off when signing up for your next class.



We ♥ our sponsors

