

The Navigator

November 2017



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



Events/Highlights



HOLIDAY CLOSURES

Friday, November 10—Veteran's Day
Thursday, November 23— Thanksgiving
Friday, November 24—Thanksgiving

Holiday Marketplace

Friday, Nov 3 from 9am-4pm
Saturday, Nov 4 from 9am-3pm.

We feature homemade arts and crafts, Granny's Kitchen will be open, Bake sale table will be available. Community Dining will also be open Friday, Nov 3. Pancake Breakfast will be Nov 4 from 8am-11am.

Entertainment Books

We are selling Entertainment Books at the Bothell location for \$25. Each book has thousands of dollars of coupons for local businesses, destinations, etc. A portion of all sales by Northshore Senior Center come back directly to us. Stop by the front desk and get one today before they're all sold out!

On the Ballot—King County Vets, Seniors and Human Services Levy

The Metropolitan King County Council has unanimously approved legislation putting the Veteran, Seniors and Human Services property tax proposal on the Nov. 7th, 2017 General Election ballot. If approved by voters, it would set the levy rate at 10 cents per \$1,000 of assessed value for six years. The proceeds would be divided into three shares and used for:

Veterans. To plan, provide, administer and evaluate a wide range of regional health and human services and capital facilities for veterans and military service members and their respective families.

Seniors and caregivers. To plan, provide, administer and evaluate a wide range of regional health and human services and capital facilities for seniors and their caregivers or to promote healthy aging in King County.

Vulnerable Populations. To plan, provide, administer and evaluate a wide range of regional health and human services and capital facilities for vulnerable populations.

King County currently offers property tax relief for people age 60 and older. For more information, please call 206-296-3920.

Volunteer Opportunities

We still need volunteers to serve weekly in these areas:

- ◆ Kitchen Helpers & Dishwashers – both Northshore and Adult Day Center
- ◆ Fitness Center volunteers
- ◆ Special Events Volunteers
- ◆ Bookie Office Receptionists
- ◆ Volunteer Drivers: Bothell & Mill Creek van for driving to special events
- ◆ Receptionists (NSC, Kenmore and ADC front desk)
- ◆ Coffee Bar Servers & Office Assistants
- ◆ Lawn Care/Gardening/Property Maintenance (on an as needed basis)
- ◆ Wranglers: volunteers for Weekly Programs

If interested in volunteering for any of the above, please contact Volunteer Coordinator, Rubbina Mamdani, 425-286-1032, rubbina@mynorthshore.org

If interested in volunteering for **Barnes & Noble Gift Wrapping from Dec 20 to Dec 24, 10am-6pm**, please leave a note for Rosalie Lockhart at the front desk or call her at 425-402-7976.



Donation Wish List

In addition to the cash donations we rely upon to do our work, we are always in need of donations of critical supplies. Some current needs include:

- ◆ Lightweight 6' folding tables (6 needed)
- ◆ Paint supplies (brushes, tape, rollers, pans)
- ◆ **For Adult Day Center**
 - ◆ Lots of picture frames- 8 ½ x 11 & smaller
 - ◆ Matte boards
 - ◆ Watercolor paper
 - ◆ Modge podge
- ◆ **For Transportation**
 - ◆ 36" LCD TV or larger



Mill Creek

Burn Fat Hormone Leptin-Cooking

\$10.00 per person minimum 5 students
Instructor: Janette Reyes-Heath Holistic Nutrition Science Coach at the Mill Creek Senior Center.

Nov. 6th 2017 at 10:30am-12pm

REGISTER 425-948-7170

Five Wishes Advanced Care Directives

FREE – Mill Creek Senior Center

Nov. 14th, 10am-11am

Call 425-899-3000 to register

String Players Music Group-Wanted

If you would be interested in picking up your old instrument again— violin, viola or cello— let us know.

We would like to start a new music group to play simple music together. We have beginning to intermediate level music—it's what we'd be interested in learning— classical... popular... ? This would be just come and play when you can. Just for fun! no performances. If you are interested! call Larry at 425-330-4614 or Terry at 425-948-7170

Kenmore

WRITE YOUR HEART OUT

We will create a safe place to write and explore:

Prose/Poetry/Haiku; Inspiration from Nature; Stream of consciousness
Angel Messages



Wed, Nov. 8 - Dec. 6 (no class Nov. 22)

1-3pm Kenmore Sr. Center Annex;

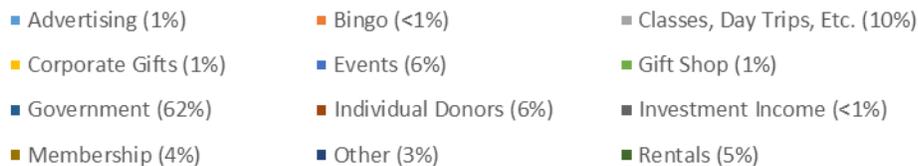
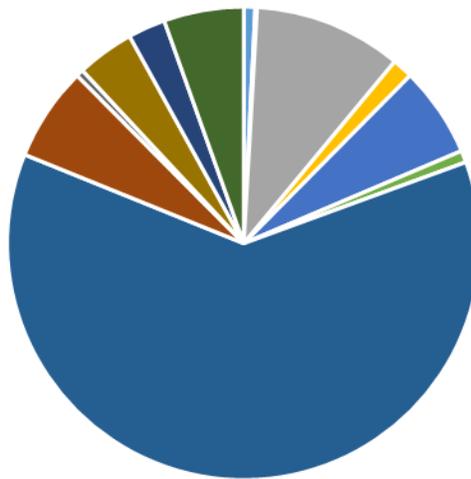
Cost: \$60 non-members/

\$30 members, 4 weeks

How We Are Funded

Each year, NSC pieces together a complicated patchwork of funding allowing us to do all the work we do. The chart below shows our 2017 revenue sources as a percentage of our total budget. Our largest source of funding is the government, which supports about 62% of our total costs. Government funders include: Bothell, Evergreen Hospital Levy District, Kenmore, Kirkland, Mill Creek, Woodinville, Seattle, Snohomish County, the State of Washington, Medicaid and VA funds. Our 2017 total budget is \$3,080,888. We are so grateful to our community partners, members and friends for all they do to make our work possible.

Northshore Senior Center
Revenue Sources 2017



New Opportunities at NSC

NSC is seeking part-time and full-time Drivers to operate a paratransit van safely and efficiently to transport adults with special transportation needs, including individuals whom due to age, disability, or income, are unable to provide their own transportation to the senior center adult day center programs, medical appointments, and other destinations.

If interested, apply now at:

<https://hris.rminc.com/CareersJobDetail.aspx?JobId=41537>

THE NSC BOARD IS RECRUITING

The NSC Board of Directors is recruiting new members. Members meet monthly and help to ensure the overall financial stability of the organization, including taking an active role in fundraising. All interested applicants should contact Peg English at pegeng@comcast.net. We are especially in need of members with fundraising experience as well as members who represent the broad diversity of our local community.

Bits and Pieces

A HEARTY BREAKFAST...

Pancakes, eggs, and ham on first Saturday and sausage on third Saturday, coffee or tea, and orange juice. \$5 per person. First and third Saturdays. 8am-11am.

Nov 4 and 18, Dec 2 and 16.



Just a Thought



November 2017

Lately the topic of compassion has hit the news—mostly about the lack of it. Probably we all have a different idea of what that word means. The dictionary on my Fire says that compassion is “a feeling of deep sympathy and sorrow for another who is stricken by misfortune, accompanied by a strong desire to alleviate the suffering.” That’s a pretty strong demand. It’s not very hard to sympathize with others who are going through tough times, but being willing to “alleviate” the pain is pretty demanding. It means we have to make some effort to help or support others in their grief or pain.

Many, maybe most of us, have had very difficult life experiences—loss of loved ones, jobs, homes, you name it. We do appreciate it if others offer understanding and support when we are in the pits of pain and despair. Things can be a little more bearable if others care. In order to truly feel that deep compassion, we really do need to get outside of ourselves and identify with another person. Maybe it’s a good thing we are having such a national discussion. We could all use a little more compassion.

Just a thought.

Gloria Campbell

STRATEGIES TO COPE WITH STRESS



Monday, Nov. 27th 1pm-2:30pm
PeterKirk Community Center

Presenter: Janet Zielasko, MS, LSW
FREE. To register, please call 425-587-3360

Regular exercise is a proven way to relieve stress, sleep better, and increase strength and 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.*



If you have any questions about the Navigator, please contact Kelly Pham at kellyp@mynorthshore.org

