

# The Navigator

## MARCH 2017

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



Enriching Your Quality of Life

### Events/Highlights

**Pancake Breakfast.** A cooked-to-order breakfast of pancakes, eggs, and ham on first Saturday and sausage on third Saturday, coffee, tea, and orange juice. \$5 person, 8am-11am, **March 4 and 18. April 1 and 15.** All ages welcome!

**World Dance Party** is set to take place on **May 19.** Help is needed in setting up the room and cleaning up, signing people in, setting up the food (potluck). Entertainment has been planned and a DJ will also be available. Lots of fun. Learn new dances. Meet new people. This event is planned for the entire family to enjoy and takes place between 6pm-9pm. Call Mary Evans, 425-398-8416 for information.

**Outreach Committee** will meet on **March 23** from noon-1:30pm in the Health & Wellness Conference Room. We are working on activities for 2017 and need your help. There is a variety of activities available, varied days and times. Outreach activities support Northshore Senior Center, Health & Wellness Center, Kenmore Senior, and Mill Creek Senior Center. If you would like to be involved in our activities or would like more information, please call Mary Evans at 425-398-8416 or leave message at front desk.

Here it comes for 2017 **Ransacked Attic/Rummage Sale.** Preparations are underway. There are dates, times, positions available. We need your help to make this fundraiser a success. Dates for 2017 begin with the collection of items June 1-July 28. Setup begins Aug 5 after the pancake breakfast and continues thru Aug 9. Presale is Aug 9. Sale times are Aug 10 and 11 from 8am-6pm and Aug 12 from 8am-noon. Breakdown occurs from noon-4:30pm. Contact Mary Evans at 425-398-8416 for more information or Rubbina Mamdani, Volunteer Coordinator. Remember if you want to volunteer, you must have a volunteer application on file.

### EMERGENCY PREPAREDNESS

Did you know that there is a 84 percent chance of 6.5 or greater quake in the next 50 years and 77 percent of Seattleites are not currently prepared to be self-sufficient? If you are one of the 77 percent, it is not too late now to prepare. The Department of Homeland Security ([www.ready.gov](http://www.ready.gov)) recommended the following items in a basic emergency supply kit:

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food, manual can opener for food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit, whistle to signal for help
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Cell phone with chargers, inverter or solar charger, local maps

At NSC, the emergency supplies are located in the Director's office and several other locations around the center. Make "Preparedness" your new priority!

**Great Blue Heron.** The Audubon Society will be giving us a close up view of the Great Blue Herons and their nesting rookery located in the NE corner of the Kenmore Park & Ride (NE Bothell Way and 73rd Ave NE. Spotting scopes will be set up. At noon come to the new Kenmore Fire Station meeting room for a slide show presentation about these birds. Free Event. **Friday, Mar 3, 11am-1pm.** Co-sponsored by Kenmore Library and Kenmore Fire Dept.

### Seattle "Sunday Pops at 2 PM"

2017 Season Tickets available

**Dates: Mar 5, Apr 9, May 21, 2017**

Newly-expanded concerts, Cirque goes to the Cinema

See the Bookies for more information.  
425-286-1025

What do you get when you cross poison ivy with a four-leaf clover? A rash of good luck!



### NSC AUCTION DONATIONS NEEDED:

Do you, your friends or business owners you know have ideas for experiences and items we could offer for our live auction? Here are some examples:

Couples or family getaway at your condo or timeshare;  
Hosted fishing or outdoor adventure trip;  
Sports team tickets;  
Guys' or gals' night out, e.g. dinner and sports, catered tea, etc.;  
Family experiences such as Great Wolf Lodge, Disney;  
Hosted dinner at your house; Dinner by a local chef;  
Gift cards; Items for men's gift baskets, e.g. fishing, tools, etc.

Contact:  
Lori Simmons: las04@comcast.net or (509) 899-1703 or  
Sharon McCain: mccain2967 (425)778-2967

Join the club—**COIN CLUB** that is!

If you like to check into joining the club, please contact Sudhir Agarwal at agarwalosk@gmail.com (Also, Sudhir volunteers Tuesday and Thursday mornings in the Coffee Bar.)

**Movies In The Afternoons:** Are you interested in old movies? Would you be interested in organizing movie watching in the afternoons here at Northshore Senior Center? We are wanting to start a movie and popcorn afternoon here at the center and we are looking for a movie enthusiast to help. All you would need to do is pick out movies to watch, greet members who come to watch the movie, and pop some popcorn. If interested, please contact Kerri Schwindt at 425-286-1030 or [kerris@mynorthshore.org](mailto:kerris@mynorthshore.org).

**Special Events:** Would you like to see more Special Events here at Northshore Senior Center? Would you be interested in planning Dinners, Dances, Social Events in the late afternoons and evenings? Do you have great ideas and would love to be a part of these events? If you are interested in helping organize and assist with monthly or quarterly special events, please contact Kerri Schwindt at 425-286-1030 or [kerris@mynorthshore.org](mailto:kerris@mynorthshore.org).

## Volunteer Opportunities

**We still have needs for volunteers to serve weekly in these areas:**

Kitchen Helpers & Dishwashers (for Adult Day Center & Northshore Senior Center)  
Receptionists at Northshore Senior Center, the Adult Day Center in the Health & Wellness building, Mill Creek & Kenmore Senior Center (Friday afternoon)  
In the Computer Lab  
Coffee Bar Servers (Monday afternoon & Thursday morning)  
General Office Assistant  
Lawn Care  
Bookie Office  
Ransack Attic Sale Volunteers for August 2017  
Property Maintenance Volunteers (on an as needed basis)

If interested in volunteering for any of the above, please contact Rubbina Mamdani, Volunteer Coordinator  
[Email: rubbinam@mynorthshore.org](mailto:rubbinam@mynorthshore.org)  
Phone: 425-286-1032

### Our Mill Creek location needs Volunteer Drivers:

Do you enjoy driving & meeting delightful new people as well as discovering the beauty of the Puget Sound area? If so, this is the volunteer job for you! What's more, your entrance fee to the various locations is covered by the organization.

Volunteer drivers are needed for day trips in the area. This volunteer position requires that you have a two-year clean driving record. Our staff will conduct a simple safe-driving test with you, and once you have been approved for this position, we list you on the organization's liability insurance which provides the proper coverage during these trips. You are required to have a medical exam certificate from U.S. Healthworks and Northshore will cover the cost of this.

If you are interested in helping in this program, please contact Rubbina Mamdani, Volunteer Coordinator, at 425-286-1032.

### ANNUAL APPRECIATION LUNCHEON

Volunteers, please save the date for our Annual Appreciation Luncheon to be held on **Wednesday, April 26th, 2017 from 11:30AM–1PM**. This is our time to recognize all the wonderful and dedicated work and the long hours that our volunteers put in to keep the center running.

Looking forward to seeing you all at the luncheon!

**Rubbina—Volunteer Coordinator**



## MONEY MATTERS

Events through the end of January:

Appeal donations	\$8,000
Plant sale	\$240.00
Misc sales	\$571.00 (plants, bikes)
Gift Shop	\$1,800

## MEALS ON WHEELS

Many thanks to those who made donations to the Meals On Wheels program. Our funding is looking reasonable for the current year. We are able to add new clients immediately.

Last year we were able to assist 48 clients with a total of 8,284 meals in the Bothell, Kenmore and Woodinville area. Our 14 volunteers are the backbone of this endeavor.

**Corrie Kirsis—Northshore MOW coordinator**

### Needing more 'Seniors Helping Seniors'

Do you have a pre-retirement career or 'honey do' skills that are getting a little rusty from disuse in your retirement years? Maybe you're looking for something else to do to keep busy? How about signing up with our NSC Employment program and becoming one of our 'Seniors helping Seniors'. It's truly a win/win situation. You get to use your life skills helping seniors that need assistance, while earning some extra money for yourself. It's easy. Our volunteer NSC Employment office gets calls daily, asking for help. We find one of our senior employees who's a good match for what the "client" is needing assistance with, then give you a call to see if you're interested. If you are, you then call the client, discuss the job, negotiate a fee, and "voila"! Another happy client and another happy senior employee feeling good about being able to help someone else out.

We are looking for more senior employees in the following categories:

Handymen (yes, you can say "no ladders or roof work please!"); Yardwork; Housework; Home care (personal care assistance, companionship and/or meal prep, etc.) Driving; Other (could be sewing/tailoring, in-home care, computer assistance, etc.)

Our NSC Employment volunteers are here Monday through Friday, 9am-noon. We'd love to have you stop in or call us at 425-286-1028.

## Kenmore

**Kenmore Living Room.** Join us at the Kenmore Senior Center for coffee and cookies, work on a jigsaw puzzle, select a book or movie. Enjoy a walk in the Rhododendron Park. Relax in our Living Room.

Free Wii Bowling at Kenmore Senior Center  
Kenmore has Wii Bowling and Sports Games in the Annex. Call to check for availability 425-489-0707.

## Mill Creek

*Learn, ask questions and sign up*

**Wed. March 20th  
11:30am (Lunch served)  
Mill Creek Senior Center  
Please RSVP - 425.948.7170**

Instructors will show case their classes and Programs such as:

Osher Life Time learning;  
Health Classes Evergreen Hospital Classes;  
AARP; Memoir Writing; Book Club; SHIBA;  
State Wide Insurance Benefits Advisors'  
Gayla Rich - Trip coordinator for Mill Creek;  
Computer classes - Facebook, Word, Excel, Windows, Internet, Smart phone, Digital Camera, Cortana and Creative Photo Books,  
Meditation Practice, Pain Free Posture Alignment Therapy, Line Dancing, Tai Chi, YOGA, Spanish Conversation, Genealogy and Family History, Knitting, Quilting, Music for Fun, Bridge, Canasta, Pinochle, Bingo and Bunco.

*Sign-up! Or you may miss a class or a Day Trip!*

### Mood Food: Why Women Eat Chocolate

Discover why women crave chocolate and why some chocolates are better for you than others; examine the relationship that carbohydrates and sugar have with chocolate. **March 14, 10-11a.m.** Call 425.899.3000 to register.

### THE VETERINARIAN IS IN...

#### Topics to be covered:

Foods you should never feed your pet.  
Is your pet the correct weight?  
Not sure if you should call your vet.  
How to tell if your pets is in pain?  
Non-medicine treatments for pets.



**Kathy Okawa DVM, March 10th, 10:00am to 12:00pm. FREE**





As I write this, outside my window a hint of sun is peaking through the gray overcast—spring is just around the corner! Those of us who grew up in the Northwest know that we have plenty of gray days that contrast with the beautiful sunny ones. It’s kind of easy to let our moods follow the same pattern. People from other parts of the country tell us natives that we are a little different from where they came from—friendly but a bit aloof. The newcomers eventually adjust and love it here or don’t. The beauty of our scenery and opportunities for self and artistic expression often outweigh the negatives. Gratitude for all the good we have helps a lot.

So as spring begins to appear let’s find the brightness and joy in our hearts and extend that to those around us. That certainly helps everyone.

Just a thought.

Gloria Campbell

## Living Well with Chronic Conditions

Self-management Program from Stanford University  
 A Free 6- Week Workshop at the Peter Kirk Community Center, 352 Kirkland, Kirkland, WA, Fridays, Feb 24-March 31, 1pm-3:30pm.  
 Preregistration required. Call: 425-587-3360.  
 Max 14 participants.

The **EastSide Parliamentary Law Unit** meets at the Northshore Senior Center in Room 202 on the **second Wednesday from 7:00 to 8:45 p.m.** Please feel free to visit. There is no pressure to join. No experience or knowledge is required.

Each meeting follows the standard order of business in **Robert’s Rules of Order Newly Revised (RONR)** for unit business, and includes an educational program from RONR. This format provides each member with the opportunity to learn, share experiences, and practice parliamentary procedure. Have a parliamentary problem or question? Please contact us at [eastsideplu@gmail.com](mailto:eastsideplu@gmail.com) or call 425-823-6239 or visit [www.eastsideplu.org](http://www.eastsideplu.org).

## Gift Shop

Visit our shop between 9am-3pm, Mon-Fri. The Gift Shop sells a variety of wares including items for daily use, purchases that would make nice gifts; clothing to complement your wardrobe and fill a need, household items and much more. We welcome donations of new or gently-used items. Sorry, some items cannot be accepted. Information on donations can be obtained at the Gift Shop or call NSC at 425-487-2441. All proceeds benefit the senior center. Visit us and see what treasures you can find.

## WASTE NOT—WANT NOT

When you’re finished using a room, please turn off the lights; during days of A/C keep windows shut— please go easy on valuable energy while respecting NSC’s expense account. Thank you!

*Reminder to our Food Service volunteers with a Food Handler’s Permit: check the expiration date on your Washington State Food Worker Card and be sure to renew your card before it expires, Thank you!*

The Board of Directors’ meetings are held at 5pm at the Northshore Senior Center. The Board meets the third Tuesday of each month. Members may attend the meeting and are given an opportunity to speak to the Board at the beginning of each meeting.

## \$10 Shape Up Campaign



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. If you are a new participant, a returning participant, or a participant in one of our exercise classes who would like to try a new exercise class, this exciting program is for you. You will receive **\$10 off** when signing up for your next exercise class.

