

The Navigator

APRIL 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



Here comes the Band! Come and enjoy music by the **Boeing Employees Concert Band**. End the evening with dessert and coffee. \$5 per person.
Tues, April 11, 7:30pm-9:30pm

Pancake Breakfast. A hearty breakfast of pancakes, eggs, ham on first Saturday and sausage on third Saturday, coffee or tea, orange juice. \$5 per person. 8am-11am.
April 1 and 15, May 6 and 20.
All ages welcome.

BrainDance: Movement Matters

Learn the background of BrainDance, build movement confidence and integrate body and mind. Wear comfortable clothing and come prepared to have fun. This is brought to you via the King County Library System. Free but pre-registration is needed.

Wed, April 12, 1pm-2:15pm. Call Bothell Public Library to register at 425-486-7811. Our presenter will be Terry Goetz, Director of the Creative Dance Center. No movement experience necessary.

Paper Shredding Event.

On April 29, bring your papers and have them shredded on site in the Health & Wellness Parking Lot.
Free on Sat, April 29, 9am-noon.
Sponsored by Windermere.



Ransacked Attic/Rummage Sale Kickoff. Kick-off is **April 20 from 1:30-2:30pm** in the Dining Room. This meeting is for anyone planning to help us out for our Big Fundraiser. We need your help and support. Information will be available on all areas involved in making this a success. Please call Mary Evans, 425-398-8416 for information.

Rescheduled Downtown Redevelopment Presentation

Come with questions and get an update on downtown Bothell construction from Peter Troedsson, Assistant City Manager and Erin Leonhart, Public Works Director.

Let the City know what you would like to hear next by emailing Barbara Ramey at Barbara.Ramey@Bothellwa.gov. Free, everyone is welcome.

Tues, April 11, 10am-11am at Northshore Senior Center.

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

World Dance Party. World Dance Party will be held on **May 19, from 6pm-9pm**, at NSC. This is a potluck and family and community are invited. If you would like to help with the event preparation, please call Mary Evans, 425-398-8416. This event is co-sponsored by the Outreach Committee.

Love Classical Music?

Join us for the Series 2017-2018 Friday noon at the Symphony.

Dates: Fridays, 10/27, 12/1, 2/2, 3/9, 3/30/2018.

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

Volunteer Opportunities

To All NSC Volunteers:



Spring is here & and with it comes National Volunteer Week (April 23rd - April 29th). I would like to take this opportunity to thank all our very hard working, dedicated and committed volunteers. We are blessed with volunteers who give of themselves so selflessly and help Northshore Senior Center accomplish its mission of promoting “healthy aging and well-being in our community through programs, services, resources and civic engagement”.

Volunteers, please be on the lookout in the mail for your invitations to our annual appreciation luncheon to be held this month (**Wednesday, April 26th, 2017!**) and remember to **RSVP by April 12th**. Looking forward to seeing you all at the luncheon!

We have on-going volunteer needs weekly in the following areas:

- Kitchen Helpers & Dishwashers at the Senior Center & the Adult Day Center
- Receptionists at the Adult Day Center, the Kenmore & Mill Creek Senior Center
- Computer Lab
- Tuesday Pie Bakers (as substitutes)
- Coffee Bar Servers (Thursday mornings)
- Bookie Office Receptionists - Day trips
- Lawn Care
- Volunteer Drivers at the Mill Creek Senior Center for driving to special events.
- 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 at: 425-286-1032 or by email: rubbinaam@mynorthshore.org.

Volunteer Drivers for Bookie Office

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. Health works and Northshore will cover the cost of this. If you are interested in helping in this program, please contact the Bookie Office at: 425-286-1025.

Spring is in the air!

As the weather warms up & plants start to reawaken, the NSC needs volunteers to help maintain our beautiful grounds. Activities range from planting and pruning to a variety of activities for all who enjoy keeping our property looking great.

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



In order to be considered a current volunteer, we ask that you report your monthly hours by turning in your timesheets at the end of each month.
These hours are very important towards funding that we receive on behalf of our organization.

Donations Needed

Material Donations Requested to complete Apron Project. Needed in 44-45 inch material size—cotton/polyester fabric, 6 yards of light blue/turquoise and 5 yards of yellow.

Before donating or purchasing, please call Mary Evans at 425-398-8416 for information.



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.

Taking Care of You: Powerful Tools for Caregivers

Do you-as a spouse, adult child, relative or friend-provide care for an adult loved one with chronic illness or disability? A six week educational series designed to provide you, the caregivers, 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.

Mondays, April 10-May 15 at 1-3pm
PeterKirk Community Center
352 Kirkland Avenue, Kirkland, WA
Facilitated by J. Zielasko, MS, LSW. Space is limited—Reservations Required.
To register, please call the PeterKirk Community Center.

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.

Mill Creek

Financial Literacy Workshop

How do I plan for retirement? I'm retired, what's next? In this workshop, professional financial advisors cover the basics of saving for retirement, living on a fixed income, social security/Medicare, and estate planning. All ages and levels of knowledge welcome. FREE at Mill Creek Senior Center
Wednesday, *April 12th, 10:00am-11:00am*



Seasonal Affective Disorder - Are You Feeling Sad?

Discover why the lack of sunlight can cause some to experience fatigue, weight gain and altered sleeping habits, and how you can improve your mood.

April 18, 1-2pm

Call 425.899.3000 to register

Reverse Mortgages: The Cinderella of Retirement Planning?

Financial advisors have long looked at Reverse Mortgages as the "Loan of Last Resort"-- the ugly stepsister of the retirement planning story. This workshop will create a major paradigm shift in your thinking. The instructor explains how recent program changes and groundbreaking research by the financial planning industry and noted academics have overwhelmingly proven the necessity of using reverse mortgages at the age of 62, not 82.

With 10,000 Baby Boomers turning 62 daily and over \$6 trillion in Home Equity amongst your senior clients, reverse mortgages just may be the late coming Cinderella to the retirement ball that fixes the retirement crisis we are facing.

Free to Members Only

Presenter - Carl Self (NMLS#1061345) Senior Mortgage Advisor
April 19th - 4:00pm to 5:00pm

Just a Thought . . .



Have you ever had anyone—friend or foe—tell you to “Get your act together”? Probably we’ve all heard or said that. But what does it really mean? Are our lives just a performance or show? Probably not, though sometimes we might be guilty of a little bit of “show business” for our personal public.

Anyway, the question caused me to think about how I’m going about my daily activities and my life. At times, I do feel scattered, unfocused, confused, or disturbed, and my actions probably reflect that. I suspect most of us feel these emotions at times. So how do we bring our ideas, activities, and intentions together so they are more focused and meaningful? One pretty good strategy is to ask ourselves the hard questions: What really matters to me? Why? (Suggestion: make a list or talk to somebody about this.) What do I need to eliminate or add to be more focused or feel that my life matters? Why don’t I do these things?

I know. These are big questions, but they are important, especially as we move into the third or fourth stages of life.
Just a thought.

Gloria Campbell

It’s reading glasses time again!

Mark Davey is returning to Sakila, Tanzania in August—hopefully to finish the wiring on the medical dispensary. He plans to collect reading glasses, new or gently used, 150 strength and up. Men’s or women’s is fine (they love the fancy ones!) Please, no prescription lenses, just the Over-the-Counter reading glasses.

Deadline for donation is **July 31**.



April Outreach Meeting. Meeting will be **April 27 from noon-1:30pm** in the H & W Conference Room. We are continuing plans for 2017. Lend your ideas and participate to share the message on our centers.

Bits and Pieces

Upcoming Fine Art Show and Jewelry and Craft Show.

Come and enjoy work done by our seniors in classes. Find jewelry and homemade crafts for your special treat or do your gift shopping. Fine Art Show is Friday, **May 5, 1pm-4pm** and Saturday, **May 6, 9am-3pm**. Jewelry and Craft Show is Friday, **May 5, 9am-4pm** and Saturday, **May 6, 8:30am-noon**.

FOOD, WATER AND ENERGY CONNECTIONS

The balance among the three has been disrupted. We'll explore these and illustrate how even small changes can add up to make a big difference toward restoring that balance and sustaining the health of our planet. We are fortunate to have Melissa Sokolowsky from 21 Acres in Woodinville as our guest presenter.

Event is FREE

DATE: **Thursday, May 11**

TIME: 10:00 am - 11:30 am

PLACE: Room 203, Northshore Senior Center

Contact for information:

Patricia Wangen, 425-487-3458, Your NSC Environmental Group

\$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.

