

# The Navigator

## October 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

Our new CEO, Brooke Knight, will be hosting a series of **Community Conversations** to meet our members. This will be an opportunity to meet Brooke and to share your hopes and dreams for the Northshore Senior Center. Brooke has promised to bring some cookies or cupcakes for everyone to enjoy.

**Mill Creek: October 3<sup>rd</sup> from 10-11am**  
**Bothell: October 5<sup>th</sup> at the Coffee Bar from 1-2pm**  
**Kenmore: October 11<sup>th</sup>, from 2-3pm**

#### *Letter from the CEO, Brooke Knight*

I am so excited to finally be here at the Northshore Senior Center, and am grateful to have received such a warm welcome already by the NSC community. By all accounts the Northshore Senior Center is an amazing place and organization, and I feel so fortunate to have the chance to work with such a dedicated team of volunteers and staff.

I hope to see you at the series of Community Conversations scheduled for October, (see dates above) but I also welcome you to stop in and say hi anytime. (FYI—I always try to have chocolate in my office.) I'm eager to get to know you, and to hear your thoughts about how our senior centers, our transportation program and our adult day health program can be even better. Your feedback is always appreciated and will help to shape my work over the coming months and years.



Until we get a chance to meet in person, here's a bit more about me:

- ◆ I have a six year old daughter (Zoey) and three older step-kids (Skyler, 14; Jacob, 17; Virginia, 18) who you'll see around from time to time. My husband (Dusty) works in Mill Creek.
- ◆ I grew up in Wisconsin, and am a Green Bay Packers fan. I do like the Seahawks too (unless they're playing the Packers).
- ◆ I live between Marysville and Arlington on 5 acres of land. Besides 3 dogs, a cat and 3 fish, we also have five hens and are planning to get a small herd of goats soon.
- ◆ I spent 3 years in the Peace Corps in Ghana, West Africa. I'd love to rejoin the Peace Corps after I retire (but I'll have to convince my husband first).

Thank you again for making me feel so at home. I look forward to meeting you!

# Volunteer Opportunities

Thank you to all the volunteers from Microsoft and from The LDS Church who participated in the United Way of King County Days of Caring at our center on September 15th & 16th respectively!

Volunteers are a huge support in our daily operation and make a tremendous difference in our daily work! Thank you for all you do on behalf of Northshore Senior Center.



## Holiday Marketplace



Helpers are needed for setup, clean up, Granny's Kitchen, decorating, runners and varied other jobs for the Holiday Marketplace which takes place at the Northshore Senior Center **Fri, Nov 3 from 9am-4pm and Sat, 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. Plan your eating and shopping experience with us.

If you would like to help, please call Mary Evans, 425-398-8416 for information. Volunteer applications need to be on file or can be submitted to Rubbina Mamdani, Volunteer Coordinator, 425-286-1032, [Email: rubbinam@mynorthshore.org](mailto:rubbinam@mynorthshore.org)

## Calling all Bakers

I'd love to receive your "goodie creations" for the November Holiday Marketplace. Please call Rosalie at 425-402-7976.



Reminder to all our Food Service volunteers with a Food Handler's Permit to check the expiration dates on their Washington State Food Worker Card and be sure to **renew** their cards before they expire, in order to continue volunteering in Food Services. Thank you!

## We still need volunteers to serve weekly in these areas:

- ◆ Kitchen Helpers & Dishwashers – Thursdays & Fridays at Adult Day Center
- ◆ Special Events Volunteers
- ◆ Bookie Office Receptionists
- ◆ Volunteer Drivers: the Mill Creek Senior Center van for driving to special events
- ◆ Receptionists (especially at our Social Service Front Desks)
- ◆ Coffee Bar Service – Thursday mornings & Sunday afternoons
- ◆ General Office Assistants
- ◆ Lawn Care/Gardening
- ◆ Wranglers: Volunteers for Weekly Programs

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

## The Bookie Office needs Volunteer Drivers:

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.

## Mill Creek

### Embrace Your Space

The program is designed for those considering how they want to manage their 55+ housing and those who have decided their housing plan but aren't sure how to begin preparation and/or updating of their space.

**October 4, 1 - 4 pm.** FREE Call 425.899.3000 to register.

### NEW - Death and Dying: Is there more you'd like to know?

Swami Jamuna Snitkin is a minister and artist, who serves at the Ananda Meditation Temple in Bothell.

Two classes **October 5 and October 12 from 1:45pm to 2:45pm** after the Meditation class on those days

\$5.00 per class. Please register at 425.948.7170

### Investment Basics: Finding your inner investor.

INSTRUCTOR: Miles Goodwin, Author of Wall Street Smarts: A Guide to Finding your inner Investor.

**Tuesdays – 10am to 12:00pm, October 3, 10, 17, 24, 31 and November 7**

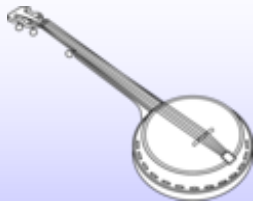
\$90 dollars for non-members \$45.00 for members

## Kenmore

### Third annual **Blue Grass Concert** **Sunday, Oct 15, 2 – 4 pm**

Featuring the Cliff Perry Band, a long time Pacific Northwest favorite. *This is a fundraiser for the Kenmore Senior Center.* You will hear some outstanding blue grass musicians. Come and join us for great music and enjoy light refreshments after the concert.

\$10 Admission; Multipurpose Room at NSC in Bothell.



## More Classes

### Chicken Soup for the Brain Mondays, Nov 13-Dec 11, 1-3 pm

\$3 fee for class materials.

To pre-register please call 425-286-1029. For information, contact Glen Felias-Christensen, RN, MPH at 425-286-1029



### GREEN CLEANING

Make Your Own ~ Take it Home  
**Thursday, October 12,**  
**10:15 am - 11:30 am, Room 203**

FREE. Leave a message with Patricia Wangen at 425-487-3458 or [shareyourmedicine@yahoo.com](mailto:shareyourmedicine@yahoo.com)  
Your NSC Living Sustainably Group

### DISCOVER YOUR WISDOM WORKSHOP

**Fridays, 10/6, 10/13, 10/20 and 10/27,**  
**1:30 -3:30 pm in Room 104.**

Your special knowledge, gained from a lifetime, is important. Do you wish your parents had shared their life experiences? Make sure your family knows what you have learned and can share with them in this workshop. Together we'll find those nuggets of wisdom.

Fee non-members \$80, members \$40.  
Group leaders, Gloria Campbell and Alan MacLachlan.

## Bits and Pieces

### Sweater Sale in Gift Shop:

Our sweater sale begins **October 9** in the Gift Shop. Gift Shop is open Mon-Fri, 9am-3pm. Thank you for your support that contributes to services at Northshore Senior Center.



## Bits and Pieces (cont.)

### A HEARTY BREAKFAST...



Pancakes, eggs, and ham on  
**Saturday, October 7, 8 -11am**

Pancakes, eggs, and sausage on  
**Saturday, October 21, 8 -11am**

Plus coffee or tea and orange juice. For only \$5 per person.

### DECEMBER: GIFT WRAPPING AT BARNES & NOBLE

The Northshore Senior Center will proudly wrap your Barnes & Noble purchase for the holidays. If interested in volunteering, please leave a note for Rosalie Lockhart at the front desk or call her at 425-402-7976.

Location: Woodinville Barnes & Noble Bookstore  
**Dec 20 through Dec 24, 10am-6pm**

**Seniors Helping Seniors.** Our volunteer run Employment Office is in need of people willing to help seniors who need some type of assistance at home. Here is how it works: A senior contacts us for help. We find one of our senior employees who is a good match for the client. We call you to see if you are interested. If you are, you call the client, discuss the job, negotiate a fee. Background checks are done and paperwork needs to be completed for the client and the employee. If you are seeking employment you are entitled to specify your own needs and abilities. We welcome feedback from all parties in order to improve our services. The Employment Office is open Mon-Fri from 9am-noon. Stop in to see us or call 425-286-1028 for information.

## Just a Thought . . .



October 2017

Recently I heard a Ted Talk on happiness. The speaker said there are four doors to happiness: (1) connecting with other people, (2) having a purpose, (3) feeling moments of transcendence, and (4) telling a story. In general, I suspect she's right, at least about the first three, but I've had to think about the fourth one. Since I'm a writer by hobby and profession, it might seem odd that I question storytelling as a route to happiness. After some thought, I agree with the speaker. The point of a good story is that it has a beginning, a middle, and an end, so if you are looking at your life as a complete story you can better see its meaning and achievements.

We all like to hear stories. Perhaps it is helpful to think of our lives as a story we can share with other.

Gloria Campbell

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](mailto:kellyp@mynorthshore.org)

