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## End-of-Life Planning

by Polly Hopper

Many of us have serious doubts and fears about our abilities to navigate the complexity of American medicine, especially at end of life. I invite you to start formative, deeply felt heart conversations in a group offering at NEST. We'll be using the Heartwork curriculum developed by Trudy James, Interfaith chaplain, founder and CEO of Heartwork. I'll lead the group using years of tough conversations with patients and doctors as a guide. We'll fill out the Five Wishes Advanced Directive and a POLST form. We'll discuss what it means to be a Health Care Proxy. We'll create a booklet of articles and end of life resources. Together we'll tackle some of the questions that we've been reluctant to talk about in our death averse society. For example:

- I thought a lot about death when my spouse died. But now that I'm alone I don't know who will speak for me when my time comes.
- Is it possible to feel comfortable about death?
- How will we make the best personal decisions?
- I was raised to not question my doctor's judgment. I don't feel comfortable taking my doctor's time to discuss my feelings.
- What is palliative care? Doesn't it just mean you're going to die soon?

After 35+ years as a surgical nurse I retired a few years ago and am eagerly embracing a slower pace of life. As the tensions of everyday career commitments have faded I've had the luxury of time to consider what really matters in life moving forward. Giving some thought and shape to end of life while I am still enjoying hobbies and friends and good health adds peace and vibrancy to my life.

Most of the surgical patients I helped in my career left the hospital quickly with a hope for new or renewing health. Some of the patients ended up with more complicated scenarios and perhaps an admission to the ICU and needed more information and support for their health care decisions. When a serious illness or complications ensued post op putting some at severe risk of death or resulted in being placed, possibly permanently, on life support machines, frightened individuals and their surrogates often sought more and more medical options, sometimes disregarding their deeply felt inner spiritual wishes. And statistically we know that during times of acute or long term suffering it is problematic to have complex, values driven, deeply spiritual conversations about what care is wanted at what might be the end of life.

Having those complex, values driven, heart felt, deep conversations about end of life wishes before a medical crisis can bring deep meaning and peace to individuals, their families and friends. Having clarity about ones individual end of life wishes can provide opportunities and time for saying good bye, I'm sorry, and I love you, when the end comes.

**Please see the calendar on page 4 for class details.**

## Your Name Here

Do you have a beautiful poem you'd like to share with your neighbors? Have you written a story or article you'd love to see in print? Do you have a photo from a NEST event or an afternoon with fellow NEST members & volunteers? NEST welcomes your contributions! Please email submissions to [rachel@nestseattle.org](mailto:rachel@nestseattle.org).

## Seattle Villages Meet with Council Member Debora Juarez

by Marcy Maurer

Representatives of the three fully functioning Villages in Seattle – NEST, Wider Horizons (central Seattle), and PNA Village (Greenwood, Phinney, Ballard) had a productive meeting with Seattle City Council Member Debora Juarez at her District 5 office site at North Seattle College on June 23. Rosemary Blakemore and Marcy Maurer, both NEST board members, attended the meeting. Our collective goal was to connect with Councilmember Juarez on ways to increase the visibility of Villages in the community, among social service providers and in budget and policy discussions occurring in Seattle.

We came away from the discussion with several concrete ways to increase NEST's visibility:

- Staffing a table at the District 5 picnic celebration on July 22 (also Councilmember Juarez's birthday) at the park near the Northgate Target. More than 20 other non-profits and agencies were present.
- Participating in the second annual District 5 social services summit at North Seattle College this fall.
- Posting the Villages website addresses on the new Seattle provider website and on Councilmember Juarez's website resource pages.

Councilmember Juarez expressed fond memories of NEST and last year's City Council election forum, sponsored by NEST. She shared her keen interest in the progress of our organizations, noting that District 5 has the largest number of elderly Seattle residents. We look forward to continuing to work with her and other City Council Members to build awareness and support for the Village movement and, of course, for NEST.

## News from the Board: A Nest for NEST

I am so pleased to announce that we are able to extend our current lease with the Friends Church through December 31, 2018. This is an 8 month extension of our original terms. Our current home is wonderful in so many ways: accessible, ample parking, central location, light-filled rooms and lots of meeting space. Although we would love for this space to be our permanent, long-term home, this is not possible because University Prep across the street is acquiring the Friends Church in order to expand their school. In early 2018 we will begin our search for a permanent home, and the qualities of accessibility, parking, location, ambiance and space will be the top criteria that drive our search. In the meantime, let's continue to gather together and enjoy everything about our current office space.

If you have any questions or concerns, you can reach me at [marilynspotswood@hotmail.com](mailto:marilynspotswood@hotmail.com).

Thank you!

Marilyn Spotswood

President, NEST Board of Directors

# Upcoming Events

See these events on  
the calendar, page 8

## Community Events Open to the Public

### **High Tea: Living Well with Vision Loss - Thursday, August 17 at 2:00 pm**

**Friends Fellowship Hall, 7786 25th Avenue NE**

Participants are encouraged to ask questions and tell their own stories of overcoming vision loss or of caring for someone dear to them who suffers from vision loss. The role of the community support group will be discussed and inspirational stories told about making the personal adjustment to vision loss. Some visual aids for folks with low vision such as a magnifier, a white support cane or the talking book player for the blind will be demonstrated. All Sight Connection services, its store, its clinic and outreach services will be reviewed.

Jeffrey Gerhardstein first began at Sight Connection in 2007. He is a Masters-level social worker, practicing since 1984 with an independent WA license.

### **Moving with Greater Ease - Tuesdays from 11:00 am to noon**

**Friends Fellowship Hall, 7786 25th Avenue NE**

This class led by Gail Thompson will use the Feldenkrais Method of gentle movements to help students move with increased comfort, flexibility, and balance. Safe, relaxing, and varied movement lessons stimulate the brain's neuroplasticity to increase awareness and explore options for how we use our bodies in sitting, reaching, walking, and other activities. Movements may help improve balance, reduce pain, and decrease peripheral neuropathy. No experience needed; lessons take place on the floor or in chairs. Students should wear warm, comfortable clothing and bring a mat or blanket. Free for members, non-members \$5 per class.



### **End-of-Life Planning: A Gift for Yourself and Your Loved Ones**

**Wednesday, September 6 from 2:30 pm to 4:30 pm**

**Wednesday, September 13 from 2:30 pm to 4:00 pm**

**Wednesday, September 20 from 2:30 pm to 4:00 pm**

**Wednesday, September 27 from 2:30 pm to 4:00 pm**

**Friends Fellowship Hall, 7786 25th Avenue NE**

Join us for this four-week workshop and discussion series about end-of-life planning and resources, facilitated by NEST Member Polly Hopper. See page 1 for more information. \$25 for members, non-members \$100, materials included. Please contact the NEST office to register.

### **Connect with NEST!**

**Call or email (206) 525-6378 or [info@nestseattle.org](mailto:info@nestseattle.org)**

**On the web at [nestseattle.org](http://nestseattle.org)**

**Stop by 7736 24th Avenue NE**



## **Member-Only Groups and Activities**

**Open to NEST members & a guest. Please contact NEST to join.**

**Events take place at the NEST office, 7736 24th Avenue NE, unless otherwise noted.**

**First Wednesdays - Wednesday, August 2 from 5:30 pm to 7:00 pm**

**Mamma Melina, 5101 25th Avenue NE**

Join us on the First Wednesday of every month for lunch, dinner or happy hour at one of our favorite neighborhood spots. This month we're meeting at Mamma Melina. Bring your appetite and invite a friend you'd like to introduce to NEST. There is complimentary 3 hour parking in the adjacent garage under the Corydon Building. There is an entrance to the restaurant from the garage.

**Potluck - Sunday, August 20 from 5:00 pm to 7:00 pm**

**Ida Culver House Ravenna, 2315 NE 65th Street**

We're looking forward to lots of summer fun at our August Potluck! This month the expert chefs at Ida Culver are cooking up a backyard barbecue for us in their beautiful courtyard. Please bring potluck desserts and sides and join us at Ida Culver House in Ravenna. Bring a friend who's thinking about NEST!



**On Our Own Again Group - Tuesday, August 15 from 2:00 pm to 3:30 pm**

A group for NEST members who have recently lost their partners. Share conversation and companionship with people who are navigating the same challenges as you. This group meets on the third Tuesday of each month at the NEST office.

**Ladies' Lunches - Friday, August 18 from 11:30 am to 1:00 pm**

**Ida Culver House Ravenna, 2315 NE 65th Street**

The expert chefs at Ida Culver House Ravenna cook up a free lunch for the ladies of NEST on the third Friday of every month. Join in at the Ida Culver dining room. Lunch is limited to 10 people. Rides provided. Call NEST to register.

**Poetry Reading Group - Tuesday, August 22 from 2:00 pm to 3:30 pm**

Join your NEST friends for reading, sharing, and appreciating great poems and poets. Please bring one or two of your favorite poems (can include poems you have written) to read aloud with the group. This group meets on the fourth Tuesday of each month at the NEST office and is facilitated by NEST Members Pete and Joeve Wilkinson.

**Morning Walking Group**

**Wednesdays from 10:00 am to 11:00 am**

Take a walk with your neighbors. NEST Volunteer Kerry Rye leads this group on meditative, 45-minute walks through Magnuson Park. This group meets in the parking lot at the end of Lake Shore Drive NE.

**Women's Group - Fridays from 10:30 am to noon**

Volunteer Julia Devin leads this group at the NEST office. Come enjoy a great space to connect with other members who are supporting a loved one who needs care.

**Men's Group - Fridays from 10:30 am to noon**

The men of NEST get together at the NEST office for great conversation and coffee. This group is co-led by member and volunteer Bob Bingham.

## **Recommended Community Resources**

### **Meet Me at the Movies - Saturday, August 5 from 11:30 am to 1:00pm**

**Frye Art Museum, 704 Terry Avenue**

Meet Me at the Movies is a unique film experience. Theme-based clips from classic and contemporary films are shown, followed by audience discussion guided by a moderator. Designed for people with memory loss and their care partners, this program can be enjoyed by all adults. For August's program, clips about children and young adults will be shown, including *Babies* (2010), a fascinating documentary about the life of four babies around the world, *Romeo and Juliet* (1968), and other films that celebrate the joys and challenges of growing up. Doors open at 11:00 am.

### **Wisdom Café: Rise and Shine - Sunday, August 6 from 2:00 pm to 3:30 pm**

**Shoreline Library, 345 NE 175th Street, Shoreline**

Looking forward to each day relates to living fully. What gets you up every day? What would get you up with enthusiasm and a sense of purpose? We'll discuss how to infuse our days with the elements that rouse us. Wisdom Cafés invite groups of older adults to engage in intentional dialogues led by trained facilitators. Participants engage with others, are motivated to try new things, and are inspired by sharing life experiences. Please [register online](#) or call 206-362-7550 to RSVP.



### **Introduction to Android Smartphones - Wednesday, August 9**

**Beginner: 2:00 pm to 3:30 pm**

**Intermediate: 4:30 pm to 5:30 pm**

**Shoreline Library, 345 NE 175th Street, Shoreline**

Are you new to mobile technology and ready to discover the power of apps? Beginner's workshop covers smartphone skills from touchscreen basics, texting, taking & sharing photos, downloading apps, and more. The intermediate level workshop covers tips and tricks like how to share your location with friends, control your smartphone with your voice, edit photos, and more! If you do not have your own smartphone, devices will be provided at the classes. Please [register online](#) or call 1-866-740-6947.

### **Kent Morgan: The Founding of Seattle - Friday, August 11 at 10:30 am**

**Ida Culver House Broadview, 12505 Greenwood Avenue N**

Learn about how Luther Collins, Henry Van Asselt, and the Maple family founded a farming settlement on what is currently the Seattle neighborhood of Georgetown on September 27, 1851. Please call 206-361-1989 to RSVP.

### **North City Jazz Walk - Tuesday, August 15 from 6:00 pm to 10:00pm**

**15th Avenue NE & NE 17th Street, Shoreline**

Seattle Parks & Recreation's Lifelong Recreation organizes field trips for adults age 50+ to movies, hikes, concerts and more! City of Shoreline brings live jazz to the small bustling berg of North City in this evening event. The main thoroughfare of 15th Avenue NE will become pedestrian only, featuring concerts and Jazz Bites from various food venues along the way. Your ticket allows you admission to various indoor venues featuring professional jazz groups. Tickets are \$20. Go to the [Parks & Recreation website](#) and search for barcode 165279 to register online. Shuttles are available from Magnuson Park Brig, Meadowbrook Community Center, and Northgate Park & Ride - contact Robin at 206-386-9106 to request your pickup location.

**Western Heritage Museum - Thursday, August 17 from 9:00 am to 2:30 pm**  
**Evergreen State Fairgrounds, 611 US-2, Monroe**

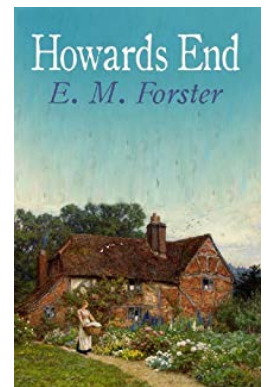


Seattle Parks & Recreation's Lifelong Recreation organizes field trips for adults age 50+ to movies, hikes, concerts and more! The museum is one of the most comprehensive interactive museums of mining, logging, agriculture and early life in the Pacific Northwest. After touring the museum we can walk over to the Equestrian center and view the Extreme Mustang Make-Over competition. Lunch on own. Tickets are \$15. Go to the [Parks & Recreation website](#) and search for barcode 165282 to register online. Shuttles are available from Magnuson Park Brig, Meadowbrook Community Center, and

Northgate Park & Ride - contact Robin at 206-386-9106 to request your pickup location.

**Book Group for Seniors - Friday, August 18 from 10:00 am to 11:00 am**  
**Northeast Branch Library, 6801 35th Avenue NE**

This group meets the third Friday of every month. This month's title is *Howard's End* by E.M. Forster: "A meticulously-observed drama of class warfare, E.M. Forster's *Howards End* explores the conflict inherent within English society, unveiling the character of a nation as never before." Next month's title is *Just Kids* by Patti Smith.



**Summer Shorts for Seniors - Friday, August 18 from 1:00 pm to 2:00 pm**

**Shoreline-Lake Forest Park Senior Center, 18560 1st Avenue NE, Shoreline**  
Come to the Shoreline-Lake Forest Park Senior Center this summer on the third

Friday of the month, and settle in to listen to short stories, essays, and poetry read by librarians from the Richmond Beach and Shoreline Libraries. We'll select some of our favorites to read to you and then open the microphone to anyone who has a tale of their own to tell.

**La Casita Musical Performance - Saturday, August 19 at 3:00 pm**  
**Aljoja Thornton Place, 450 NE 100th Street**

La Casita is a Latin Jazz Quintet inspired after a trip to Cuba and a life long musical relationship with the passion and dance of music of the Afro Caribbean tradition. Comprised of bass, piano and percussion, plus trumpet and saxophone, La Casita brings a melodic drive to its performance fueled by the instrumental jazz tradition. Please call 206-306-7920 to RSVP.

**Spotlight on Ida Culver House Broadview - Tuesday, August 22 at 7:30 pm**  
**Ida Culver House Broadview, 12505 Greenwood Avenue N**

Please join us for dessert and wine and an opportunity to learn more about Ida Culver House Broadview's Enhanced Services. Please call 206-361-1989 to RSVP.

**Discover Aljoja Thornton Place - Wednesday, August 23 from 3:00 pm to 5:00 pm**  
**Aljoja Thornton Place, 450 NE 100th Street**

Explore our community and vast array of amenities. Learn about our vibrant programming and healthy lifestyle. Followed by a reception with Aljoja staff and residents. Please enjoy! Please call 206-306-7920 to

**Preventing Flu, Shingles, Pneumonia and More - Monday, August 28 at 3:00 pm**

**Aljoja Thornton Place, 450 NE 100th Street**

With many different illnesses preventable by vaccines, learning about our vaccines can help our immune system prevent us from having the flu, shingles, whooping cough or some pneumonias. Come learn from your University of Washington Pharmacy colleagues as they give us an update. Bring your curiosity and some great questions. Please call 206-306-7920 to RSVP.

**Tai Ji Quan - Tuesdays from 9:00 am to 10:00 am**

**UHeights, 5031 University Way NE**

Tai Ji Quan is an evidence-based fall prevention program to help you improve your balance, muscle strength, flexibility, and mobility through a practice of warm-up movements, integration of forms and mini-therapeutic movements, and breathing cool-down exercises. No experience necessary! All abilities welcome. Meet outside UHeights, on the South side of the building. Class will occur in the park, with chairs setup for assistance.

**Thursdays at 10 - Thursdays at 10:00 am**

**UHeights, 5031 University Way NE**

Spend your Thursday mornings with us! Each Thursday of the month, we are gathering together for books, movies, knitting, and great conversation. Stop by and bring a friend. Information about each week's focus can be found on the [UHeights website](#).



***Save the Date!* 15 Years of the Village Movement**

**Monday, September 25 at 2:00 pm**

**Friends Fellowship Hall, 7786 25th Avenue NE**

To celebrate its 15th anniversary and the Village movement it inspired, Beacon Hill Village is delighted to invite Villages to participate “virtually” in an event featuring renowned surgeon, public health researcher and writer Dr. Atul Gawande, MD, MPH, author of the seminal book *Being Mortal*. The event will be held on September 25 in Boston and will be live-streamed to Villages across the United States, at which Dr. Gawande will speak about the value of community and opportunities as we grow older and answer questions from Villages around the country.

## Thank You to Our Sponsors



*Premier Residential  
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Since 1987, Era Living has been dedicated to fostering a healthy and engaging environment of whole body wellness, culture, warmth, and social fulfillment – providing premier healthcare services and enriching activities at all eight of its communities. Era Living communities are Aljoja Mercer Island, Aljoja Thornton Place, Ida Culver House Broadview, Ida Culver House Ravenna, The Gardens at Town Square, The Lakeshore, University House Issaquah, and University House Wallingford. For more, please visit [www.eraliving.com](http://www.eraliving.com) or call (206) 829-4940.

# August 2017 Calendar

Find the details for these Events on pages 3 - 7

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> <b>11:00 am</b> Movement Group	<b>2</b> <b>10:00 am</b> Walking Group  <b>5:30 pm</b> First Wednesdays @ Mamma Melina	<b>3</b>	<b>4</b> <b>10:30 am</b> Women's Group  <b>10:30am</b> Men's Group	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b> <b>11:00 am</b> Movement Group	<b>9</b> <b>10:00 am</b> Walking Group	<b>10</b>	<b>11</b> <b>10:30 am</b> Women's Group  <b>10:30am</b> Men's Group	<b>12</b>
<b>13</b>	<b>14</b>	<b>15</b> <b>11:00 am</b> Movement Group  <b>2:00 pm</b> On Our Own Again	<b>16</b> <b>10:00 am</b> Walking Group	<b>17</b> <b>2:00 pm</b> High Tea	<b>18</b> <b>10:30 am</b> Women's Group  <b>10:30am</b> Men's Group  <b>11:30 am</b> Ladies' Lunch	<b>19</b>
<b>20</b> <b>5:00 pm</b> Member Potluck	<b>21</b>	<b>22</b> <b>11:00 am</b> Movement Group  <b>2:00 pm</b> Poetry Group	<b>23</b> <b>10:00 am</b> Walking Group	<b>24</b>	<b>25</b> <b>10:30 am</b> Women's Group  <b>10:30am</b> Men's Group	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b> <b>11:00 am</b> Movement Group	<b>30</b> <b>10:00 am</b> Walking Group	<b>31</b>		



# Life Passages

A place to honor anniversaries, birthdays, and major life changes. Here's who we're honoring this month:

**New Members:** NEST welcomes new members Margaret Holton and Monica Miller!

**August Member Birthdays:** A very happy birthday to NEST members Gretchen A., Mary B., Charlotte B., Helen C., Emmett E., Marlene H., Margaret H., Frieda J., James L., Diane M., Bob N., Linda P., Bob R., Margie S., Kathryn S., and Lone T.!

# Volunteer with NEST!



**Drivers** get members where they need to go - be it a doctor's appointment, yoga class, community group, or the grocery store.



**Visitors** spend quality time with members in their homes for conversation, board games, tea, or other activities.

# Last Chirps

We are in need of folding card tables. Please contact the NEST office if you have one you can donate.



NEST volunteer Sue A. was kind enough to share these pies she baked using apples from her garden with some lucky NEST Members. Thank you!

Do you shop on Amazon? You can support NEST by using Amazon Smile. Amazon will donate a portion of your purchase price when you shop at [smile.amazon.com](https://smile.amazon.com) at no extra cost to you. Go to [smile.amazon.com](https://smile.amazon.com) and search for North East Seattle Together to sign up.