Best of NEST 2018

by Jeanne Marie Thomas, NEST Executive Director

Greetings to all in the NEST Community,

Here is a list of my favorite things that characterize NEST in 2018. What tops your list?

• Our ever-growing list of groups at NEST, facilitated by our members (Science Club, Low Vision Support Group, Poetry Group, On Our Own Again, and Broadway Musicals, to mention a few)

• Generosity with no strings attached (NEST’s volunteers give 7,200 hours of their time each year)

• Our members, volunteers and interns creating a connected inter-generational community

Right: our youngest volunteer, Maddie, with NEST Member Jimmy

• We are looking forward to a beautiful new home for NEST (we will move to Wedgwood Presbyterian Church in March)

• NEST will be revealing a shiny new website very soon

• Our donors, sponsors, board members, staff, volunteers, community partners, grant funders, interns, and members and their families, who give NEST meaning and keep it moving forward

“We have come to depend upon NEST, not only for your ongoing help, but for the kindness of the new friends we have found there.”
— Lea Ann, NEST Member and Volunteer

We at NEST wish you happy holidays and we look forward to seeing you in 2019.
New Year, New Website!

Thanks to the generous support of the TEGNA Foundation and the tireless work of our Communications & Development Manager, Rachel Pendragon, the new NEST website is set to launch on Thursday, January 3! Thank you to all who have contributed to the redesign process. The new website will have improved functionality and design and is mobile-responsive. Our web address will remain https://www.nestseattle.org. You will not be able to access the website for a period of time on January 3 during the transition.

Connecting Our Community: Together We Thrive

Our Winter Giving Campaign Connecting Our Community: Together We Thrive raised $23,525! On behalf of our members, volunteers, and everyone who believes in building a community where no one has to grow older alone, thank you. If you didn’t get a chance to give during the campaign, you can give online any time, or by mailing your donation to PO Box 51009, Seattle, WA 98115. Your gift is fully tax-deductible.

NEST’s Inclement Weather Policy

Our priority at NEST is always the safety of our members and volunteers.

• When there is snow or ice on the ground, groups and events held at the NEST office or Fellowship Hall will be canceled.

• In the case of other harsh weather conditions, such as heavy rains or windstorms, groups and events held at the NEST office or Fellowship Hall may be canceled.

• In the event of a power outage, groups and events held at the NEST office or Fellowship Hall will be canceled.

• Events held at other venues may be canceled at the discretion of the hosts. If you do attend events such as the NESTCafé, First Wednesdays, or Ladies’ Lunch, take extra care when walking outside and driving.

• We will do our best to inform you beforehand when an event is canceled. If you are unsure as to whether an event is canceled, call the NEST office at 206-525-6378 before heading out.

• Volunteers may cancel due to unsafe weather conditions. We will inform you if this happens and offer other resources.

• For safety around your home, call us to request a volunteer to clear your walkways of ice, snow, and debris.
Low Vision Support Group - Thursday, January 3 from 1:00 pm to 2:30 pm  
**NEST Office, 7736 24th Avenue NE**  
Join us on the first Thursday of the month to discuss challenges and changes that accompany vision loss and share resources and coping strategies. This month we will be joined by guest speaker Camille Jassny. Camille and her guide dog, Egan, are an amazing team. Camille has had vision problems from the age of 3. She has received several cornea surgeries and is now almost completely blind. Camille does wonderful outreach through her work with Sight Connections and sponsoring tours for low vision and the blind with docents at the Seattle Art Museum. She also has a book club at the Central Library for low vision people, runs a low vision support group on Capitol Hill, and works with the UW Eye Institute. She was recently a speaker at a conference in San Francisco. She is still very focused on her work as an artist. You can see the lovely gifts she creates on her website [Button Buds](#). She also creates centerpieces and decorations from buttons and wire, all by feel, as she can’t see the product she’s working on. Co-led by NEST Members Lea Ann Morris and Esther Barclay.

Fireside Chat - Thursday, January 10 from 5:30 pm to 7:00 pm  
**NEST Office, 7736 24th Avenue NE**  
Join us and Seattle University graduate students for our first monthly “Fireside Chat” aimed at combating ageism and facilitating the transfer of wisdom between generations. This is a forum for NEST members and the intergenerational community to share reflections on life that can only be gained with the passage of time with engaged and interested people from the broader community. In our first forum we will discuss intergenerational communication.

Monday, January 14 from 2:00 pm to 3:30 pm  
**Magnuson Park Brig, 7344 NE 74th Street, Garden Room**  
So many books, never enough time to read them all, right? Learn about great books you might have missed and share about your favorite books of last year! There will be a panel discussion of "under-the-radar" reads of 2018 and afterwards we’ll discuss our favorites of the past year. Please bring a list of your five favorite reads (fiction and non-fiction) of last year. One thing is for certain: If you're a book lover, this is a NESTcafé that you don’t want to miss! RSVP’s are requested but not required.

Our panel: Michael Coy, Manager of Third Place Ravenna, bookseller extraordinaire of forty-five years. Mark Bonney, another bookseller extraordinaire at Third Place Ravenna since it opened in 2002. Welcome this year to Marilyn Dahl, legendary bookseller at University Book Store, Amazon and finally Shelf Awareness, where she was the editor of [Shelf Awareness for Readers](#), a newsletter/website with book reviews and author interviews.
High Tea: Ageless Grace: 21 Simple Tools for Lifelong Comfort and Ease  
Thursday, January 17 from 2:00 pm to 3:30 pm  
Friends Fellowship Hall, 7737 25th Avenue NE  

Ageless Grace is a cutting-edge brain fitness program based on neuroplasticity that activates all 5 functions of the brain: analytical, strategic, kinesthetic learning, memory/recall, and creativity and imagination, and simultaneously addresses all 21 physical skills needed for lifelong optimal function. The program consists of 21 simple exercises based on everyday movements and focuses on the healthy longevity of the body and mind. The movements can be performed seated or standing near a chair.

Diane Lasichak, MA, MSW, LICSW, BC-DMT, CMC, is the owner of Active Aging and Care Transitions. As a Certified Aging Life Care Manager, Diane engages with clients and their families developing short and long-range planning for medical, social, financial, psychological and housing options. Diane is certified by the American Council on Exercise as a Health Coach, Group Exercise instructor and is a Board-Certified Dance Therapist. Her offerings include classes in Strength and Balance, Moving for Better Balance, and neuroplasticity. RSVP’s are requested but not required.

Coffee Klatch - Wednesday, January 23 from 2:00 pm to 3:30 pm  
NEST Office, 7736 24th Avenue NE  
Join your neighbors for coffee and conversation in the NEST office on the fourth Wednesday of each month.

Moving with Greater Ease: Feldenkrais - Tuesdays from 11:00 am to noon  
NEST Office, 7736 24th Avenue NE  
This class led by Gail Thompson uses 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.

Morning Walking Group - Wednesdays from 10:00 am to 11:00 am  
Magnuson Park, 6505 NE 65th Street  
Take a walk with your neighbors. NEST Members Nancy Nordquist and Rosemary Blakemore lead this group on meditative, 45-minute walks through Magnuson Park. This group meets in parking lot E4 at the north end of Lake Shore Drive NE.

New! Chair Yoga - Wednesdays from 2:00 pm to 3:00 pm No class January 2  
Friends Fellowship Hall, 7737 25th Avenue NE  
Come enjoy simple, effective yoga practices to enhance wellness, reduce stress and boost resilience. Class will be done in a chair. Bring a yoga mat for the relaxation practice if you wish. Wear loose comfortable clothes and come with a light stomach. This class is accessible for all.

Chris Prenovitz, MSW, E-RYT-500 is a gracious and generous teacher who loves sharing the ancient practices of yoga and meditation in accessible ways. She is an advanced certified yoga teacher, longtime practitioner of Vipassana meditation and former social worker. She has specialized training and experience working with people with cardiac and other chronic health conditions. She has taught in hospitals, retirement communities and community settings.
Restorative Exercise: Intro to Biomechanics and Alignment for Better Balance with Erin Doty
Thursdays from 11:00 am to noon
NEST Office, 7736 24th Avenue NE
Come learn a series of simple concepts and practical corrective exercises you can do anywhere to improve biomechanical alignment. Experience targeted exercises that wake up and use the muscles we often neglect. Based on Katy Bowman’s Dynamic Aging book, this whole-body approach helps improve balance, prevent pain, and increase range of motion and energy! Chair or floor modifications adjust for desired level of difficulty. Please bring a rolled bath towel or yoga mat, and a tennis ball or medium sized stone/pebble. Most exercises are conducted barefoot for maximum benefit, and each class begins with foot mobility warm-ups.

Open to Members and Their Guests

First Wednesdays - Wednesday, January 2 at 12:00 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 in the U. District for some fine Italian fare. Bring your appetite and invite a friend you’d like to introduce to NEST.

Potluck - Sunday, January 20 from 5:00 pm to 7:00 pm
Friends Fellowship Hall, 7737 25th Avenue NE
Enjoy a warm meal with your friends at our monthly potluck. Bring a potluck dish to share and a friend who’s interested in NEST.

Member-Only Groups and Activities

Broadway Musicals Group - Friday, January 11 from 2:00 pm to 3:30 pm
Friends Fellowship Hall, 7737 25th Avenue NE
Based on the Edna Ferber novel, Show Boat was a musical play following the lives of people working on a river boat on the Mississippi around 1900, and covering subjects like racial prejudice and enduring love. Songs like “Old Man River”, “Can’t Help Lovin’ That Man of Mine”, and “Make Believe” were written by Jerome Kern and Oscar Hammerstein and the show produced by Florenz Ziegfield, and will inspire conversation that has many implications in modern times. Join us; we will see excerpts, read from the play and hear YouTube clips of well-known performers. Facilitated by NEST members Carol and Bob Robins. Refreshments will be served.

New! Watercolor Art Group - Tuesdays from 1:00 pm to 2:00 pm  First meeting January 15
Friends Fellowship Hall, 7737 25th Avenue NE
Join us for NEST’s first Watercolor Art Group! We will be joining weekly to collaborate and learn together new water color techniques and create pieces. There is no prior training or knowledge required to take the class; we welcome everyone between the beginner-level and experts. Each week we will focus on a different watercolor tutorial and create a small piece. Supplies will be provided by NEST. If you would like to gather in a creative and imaginative space with peers, please join us January 15th for our first session. Led by NEST Intern Lindsay Somberg. Please contact the NEST office to register.
On Our Own Again Group - Tuesday, January 15 from 1:00 pm to 2:30 pm  
NEST Office, 7736 24th Avenue NE  
On Our Own Again is open to those who wish to discuss any important losses in their lives, not only the loss of a spouse, with the focus on coping with daily life while living alone. 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’ Lunch  
Friday, January 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, January 22 from 2:00 pm to 3:30 pm  
NEST Office, 7736 24th Avenue NE  
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 Rosemary Blakemore and Debbie Anderson.

Science Club - Thursday, January 24 from 2:00 pm to 3:30 pm  
NEST Office, 7736 24th Avenue NE  
Calling all scientists and science enthusiasts! Join us on the fourth Thursday of each month for an afternoon of intellectual engagement. Whether it’s black holes or black bears, geology or genetics, you’re sure to learn something new. January’s topic is “Where and What in the World Are We? A kiwi reflects on a 500-million-year ride of a lifetime” facilitated by NEST Member Ola Edwards. Let’s tumble through time, and join in astonishment at how much we have learned about ourselves and our planet during our own sojourn on Earth.

Women’s Group - Fridays from 10:30 am to noon  
NEST Office, 7736 24th Avenue NE  
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  
NEST Office, 7736 24th Avenue NE  
The men of NEST get together at the NEST office for great conversation and coffee. This group is co-led by NEST Member Bob Bingham.

Recommended Community Events Open to the Public

ICHIS Information Session - Friday, January 4 from 10:00 am to 2:00 pm  
Shoreline Library, 345 NE 175th Street  
Stop by and visit with an International Community Health Services (ICHIS) Community Advocate for information on free/low-cost health services.
Seattle Opera Preview Lecture: Il Trovatore - Wednesday, January 9 from 6:00 pm to 7:30 pm
Northeast Branch Library, 6801 35th Avenue NE
Join Theodore Deacon for an entertaining preview lecture of Verdi’s hot-blooded melodrama thrills with swift action, intense pathos, and vocal fireworks galore. During a time of civil war, a mother’s love clashes with a dark secret from her past as two rival soldiers feud for the favor of an enigmatic noblewoman. The iconic score had audiences shouting “Viva Verdi!” after its premiere. Library events and programs are free and everyone is welcome. Registration is not required.

Travel in Time Series: The Silk Road
Thursdays, January 10, 17, and 24 from 1:00 pm to 2:00 pm
Magnuson Park Brig, 7344 NE 74th Street, Garden Room
Interested in history? Join Jeff Jordan in this 3-session class as he takes you back in time using music, food and more to introduce you to the Silk Road. Starting 8000 years ago, follow how a trade route for jade turned into a massive Eurasian highway for religion, disease, spices, metals, slaves, invasions, and ideas. Presented by Seattle Parks and Recreation Lifelong Recreation. $10. Register online, reference # 11781.

Get Your Ducks in a Row - Monday, January 14 at 3:00 pm
Ida Culver House Broadview, 12505 Greenwood Avenue N
What are the essential legal documents that I need to have in place in case I become incapacitated? What legal documents can I use to make sure my wishes are carried out after my death? This seminar will help you answer these questions and more. RSVP at 206-361-1989 by January 11.

Downsize to the Right Size for Seniors - Wednesday, January 23 at 2:30 pm
Ida Culver House Ravenna, 2315 NE 65th Street
Take the stress out of de-cluttering. Learn practical information and get advice on how to keep what you love, get rid of the “stuff,” handle the items that have value but you don’t want to keep, and move forward in your life. Call 206-523-7315 to RSVP by January 19.

Help for Seniors and Their Family Members - What Do You Need to Know?
Wednesday, January 23 from 6:30 pm to 8:00 pm
Shoreline Library, 345 NE 175th Street
We would all like to live a very long, healthy life being independent until the end of our days. What if that doesn’t happen for us or for someone we love? Hear from an elder law attorney to ensure that you have taken all of your legal steps to preserve your independence for as long as possible; a home care advisor to learn how to help people stay in their homes with assistance for as long as possible; a senior housing referral specialist to understand what options are out there for assisted living and what the costs of those may be; and a seniors real estate specialist and licensed broker who will outline the steps to downsizing, marketing and selling seniors’ homes.

The Eyewitness: “What Do We Remember When We Remember the Holocaust?”
Wednesdays beginning January 7 from 1:00 pm to 2:30 pm
Lifetime Learning Center, 3841 NE 123rd Street, Room B2
There are crimes so heinous in scope and range that earthly courts are reduced to mere rituals of judgment rather than justice. The Holocaust was such a crime. There occurred a shift in the courtroom from the accused to the eyewitness of atrocity as the story of the witness had its day in court. During these eight weeks of winter we will examine eyewitness accounts in what are now “classics” of Holocaust literature. This class is taught by NEST Member Hamida Bosmajian. Visit the LLC website for more information including a reading list. Enrollment fee at the Lifetime Learning Center is $15 per quarter, plus a $35 course fee. Please register online or in person at the LLC office.
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*Open to the public

January 2019 Calendar

Find the details for these events on pages 3 – 6
Our members and volunteers had a wonderful time ringing in the season at our December potluck! Many thanks to HomeStreet Bank in Wedgwood and Gina Iandola for hosting us.

Special thanks to NEST Member Mary Fry for donating the proceeds from the sale of her beautiful hand-knit hats to NEST!
Life Passages
A place to honor anniversaries, birthdays, and major life changes. Here’s who we’re honoring this month:

**January Member Birthdays:** Emily B., Margaret B., Danna D., John D., Kathleen D., Walker D., Eva H., Polly H., Larry M., Clare O., Adele P., Leslie P., Betty T., Joeve W., and Janet W.!

Volunteer with NEST

**Home Maintenance**
Help keep our members’ homes in top shape by performing minor home repairs such as changing lightbulbs and fixing door hinges.

**Transportation**
Our volunteer drivers get members where they need to go - be it a doctor’s appointment, yoga class, community group, or the grocery store.

**Yardwork**
Help keep our members safe by helping take care of their homes! Assist with shoveling snow, raking leaves, mowing lawns, weeding, and more!

**Light Housework**
Whether it’s laundry, vacuuming, or cleaning and organizing, our members appreciate having a helping hand around the house.

Last Chirps

Are you interested in submitting poems, stories, articles, or pictures to the NEST newsletter? Please email submissions to rachel@nestseattle.org.

Connect with NEST!
Call or email (206) 525-6378 or info@nestseattle.org
On the web at nestseattle.org
Stop by 7736 24th Avenue NE
Monday-Thursday 9am-5pm, Friday 9am-4pm