



North East Seattle Together
nest
 Many Neighbors
 One Village

December 2020

Contents

- Giving Tuesday - 1
- President's Corner - 2
- Welcome Interns - 3
- The State of the NEST - 4
- Events - 5
- Calendar - 8
- Sponsor Spotlight - 9
- Celebrations - 10
- Last Chirps - 10

Global Generosity Movement Dec. 1

Be a Part of NEST's Campaign (and Unlock \$8,000)

GivingTuesday is a global day of generosity that will take place on December 1, 2020. NEST gratefully joins nonprofits across the globe for GivingTuesday this year, with two great opportunities to participate. We encourage you to celebrate the good things in our world - including our community - by joining us on December 1 with your support of NEST.

As a nonprofit organization, we stand behind GivingTuesday's purpose - a day that encourages people to do good. GivingTuesday was founded in 2012 and over the past nine years, this idea has grown into a global movement that inspires hundreds of millions of people to give, collaborate and celebrate generosity. We are so fortunate to count on our many volunteers and financial investors who continue to provide support and services to the older adults who are part of our community.

NEST's GivingTuesday donor campaign this year leverages a \$8,000 match gift from our Board of Directors - for every dollar donated (up to \$8,000), the Board will match that gift! This allows you to easily double your impact, simply by choosing December 1 as your end-of-year giving day for NEST, supporting the impact that NEST has in our community. Mark your calendar today and look for more announcements about GivingTuesday. GivingTuesday is a key way that you can not only support NEST, but leverage your gift to stretch it further!

And, NEST continues to have safely social distant volunteer opportunities - haven't had a chance to sign up yet? Email the office on Dec. 1 and sign up for 2021 as part of your GivingTuesday pledge.

Now more than ever, generosity gives everyone the power to make a positive change in the lives of others and is a fundamental value on which anyone can act. NEST continues to rely on your generous support to meet our annual funding targets and to create the volunteer foundation that is so important to our community. Won't you join us on December 1? Celebrate community with people around the world as we stand together in unity - and use our individual power of generosity to remain connected - every act of generosity counts!

Our Sponsors



President's Corner

In this President's Corner, we are honoring two NEST board members whose tenures conclude at the end of this year - Marilyn Spotswood and Rosemary Blakemore.

Active in NEST since its founding, Rosemary Blakemore joined the NEST Board of Directors in January 2014 with a background as a medical social worker, community home health coordinator, and caseworker for Washington State. A former NEST Board Vice-President, she currently serves on the Community Outreach Committee. Rosemary's deep passion for NEST's mission, and her kind and generous support of its members and volunteers, is truly inspirational.

"Rosemary's reputation precedes her, in a good way! Judy Kinney, former ED of NEST, would always mention 'Rosemary', the model NEST member. When I finally met Rosemary, I realized that not only is she the model NEST member, but Rosemary is the model of so much more! She's active, engaged, friendly, kind, thoughtful and always helping others. I served with Rosemary on the NEST Executive Committee (EC) for several years when she was Vice President and I was President. At EC meetings, as well as Board meetings, she never hesitated to speak up and ask questions, and always in that lovely Rosemary way. Never threatening or judgmental, just stating the facts and waiting for answers. And when I would see Rosemary at NEST events, she was always there, not alone, but with the person she gave a ride to. That's Rosemary, always helping others.

"It's been a real pleasure getting to know Rosemary and having the opportunity to serve with her on the Executive Committee and NEST Board. Rosemary, you've set the bar very high for us all! Thank You!"
-Marilyn Spotswood, current NEST Board Secretary

"Rosemary is a dynamo with ceaseless energy, a true believer in NEST and she does know how to say no to taking on additional work. She earnestly and ceaselessly has represented the voice of members to the board. Her relationships are responsible for bringing many new members to NEST. She's a wonder!"
-Marcy Mauer, former NEST board member

"Rosemary warmly took my hand when she welcomed me to NEST five years ago and has continued to extend her hand in friendship, guidance, and leadership ever since. Every moment of her busy schedule is filled with supporting others and creating joyful activities. Rosemary is truly a model of weaving NEST connections and encouraging others. Her bright smile and positive attitude continue to light the way for us all!"

-Nancy Nordquist, current NEST board member

Marilyn Spotswood joined the NEST Board in June 2015, becoming Board President the following January. Marilyn was a steady and sure hand on the wheel guiding NEST through 2 leadership changes, a temporary move to Friends Church, and then to our final destination home at Wedgwood Presbyterian. Her dedication, organizational skills, and passion were always in evidence as NEST's stature and recognition grew quickly in the community during her leadership.

"I joined the NEST Board in January 2018. When I succeeded Marilyn as the Board President in January 2019, I was still relatively new to the Board, and to be honest, quite uncertain of the machinations of NEST operations, board governance, and leadership. No worries! Marilyn willingly and selflessly became my guide, mentor and friend. Back in the "olden days" pre-COVID-19, we had many a chat at Seattle Sunshine Coffee to review meeting agendas, address issues and challenges, and to otherwise help me steer straight and true. Marilyn, I am forever grateful for your friendship and guidance ☺"

-Don Desonier, current NEST Board President

Contd. on page 3

In vino veritas:

My most enduring (and endearing) memories of Marilyn involve working with her on the Executive Board. Our monthly meetings brought us face to face with the looming lacunas between our aspirations and actuality. It took some of Safeway's finest screw cap vino (we were never assured of a cork screw) to provide perspective, and Marilyn's unflinching search for veritas and her joyful laugh, to get us to strategize, prioritize and action-list our way to a solution. She has the persistence of a project manager, the empathy of a social worker, and patience that can only be gained by rearing teenagers. It was a pleasure working with her. Cheers!"

-Max Wells, former NEST Board member/past Secretary

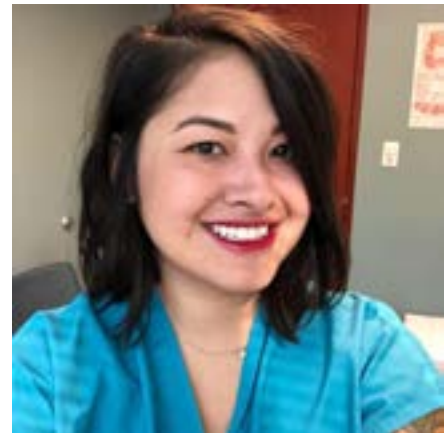
Marilyn and Rosemary, we will miss your vibrant presence! Here's to your success and happiness in all future endeavors.

Namaste.



Welcome NEST Nursing Interns!

"Hi everyone! My name is Ashlee Viosca and I'm super excited to be working with NEST this year. I'm a nursing student at Seattle University and a current practicing licensed practical nurse. When I'm not working or studying, I enjoy camping with my husband and our 2 dogs, snowboarding, and more recently, scuba diving!"



"Hello Everyone! My name is Megan and I'm a senior nursing student at Seattle University. I'm so excited to be working with NEST this year! When I'm not preoccupied with school I love to hang out with my pets, kayak, hike, and camp. I'm looking forward to meeting all of you!"

Recap: The State of the NEST

The State of the NEST was a fun virtual gathering held on November 17 for the entire NEST community. We enjoyed a demonstration from our Qigong instructor and presentations by a number of our board members, staff, and a very special appearance by local celebrity librarian Nancy Pearl. If you missed the event, you can contact Chris at 206.525.6378 or chris@nestseattle.org to request a recording of the event.

Program Agenda

The National Village Movement: Don, NEST's Board President, gave us an update about how vital and critical the national village movement and our local Seattle/King County villages are in supporting and serving our older adult population in this most challenging year.

Programs and Membership: we heard from long-time NEST board member Nancy Nordquist about the evolution of NEST's programming since the start of the pandemic and how our offerings have been changing. She also spoke to what makes NEST such a valuable resource for older adults in NE Seattle and what she enjoys most about her membership. Chris Alin, our Director of Operations, told us more about how membership has changed since March and how our current numbers compare to a more "traditional" year. She introduced us to some of NEST's new online and hybrid programming and told us about some exciting events that will be coming up before the end of the year.

Finances: NEST's Board Treasurer, Michael Schaedig, gave an account of NEST's financial standing and how our community has come together to support NEST through this troubling time. We heard about the board's strategic goals around finances and what we can expect around finances and expenditures next year. Then NEST board member and Development Committee member Steve Camp gave us an update on upcoming fundraising events and what our grant application timeline will look like next year.

Membership Drive: Chris introduced us to the exciting events and prizes that are part of NEST's Membership Drive which is happening through December 18! [Click here](#) for more information.

Sponsor Updates: We heard from three of our highest-level sponsors: Tina Hall from ERA Living, April Berube from CarePartners, and Mary Anderson, a Managing Broker with Windermere. Each gave us an update on their industry and business.

Stretch Break!: We were excited to experience Qigong with NEST instructor Lucy Baker.

2021: NEST's Development Director, Laura Hitchcock, told us more about NEST's specific plans for 2021, including some exciting new grant-funded opportunities and new ideas for programs and events. Then Don closed the event with a look at the Membership Drive events coming up in the next month and some closing remarks about our community.

Recommendations from Nancy Pearl

[Nancy Pearl](#), local author, librarian, frequent NPR guest, and host of "Book Lust with Nancy Pearl" on the Seattle Channel spoke to the importance of reading and gave us some recommendations for books that have served as an escape for her this year.

The Cold Cold Ground by Adrian McKinty (the first in a series)

The Quiet Americans by Scott Anderson

The Autobiography of Alice B. Toklas by Gertrude Stein



Upcoming Events

See these events on the calendar, page 8

The NEST office will be closed November 26 and 27 for Thanksgiving.

****To join any Zoom meeting by phone, call 253-215-8782 and enter the Meeting ID and Password when prompted****

NEST Events Open to the Public

All events are free unless otherwise noted.

NEST Virtual Open House - Wednesday, December 2 at 2:00 pm

Virtual event, [click here](#) to join. Meeting ID: 868 8578 4542 Passcode: 757909

Connect with NEST and learn about the organization, from volunteers to membership, committees, programs and activities! You'll meet the staff and a few board members as well as hearing from members and how they are engaged with NEST. Join us!

Epi-what? - Thursday, December 3 at 1:00 pm

Virtual gathering, [click here](#) to join. Meeting ID: 985 888 4051

A Lunch and Learn on Public Health and Practical Considerations Regarding Protecting Yourself from COVID-19: An Informal Chat with a Scientist and a Lawyer

To travel or not to travel. To ride in the car or not ride in the car. To eat outdoors with a friend or not. These are the questions.

Did you know that NEST is fortunate to have not one, but two public health experts in our midst? Set aside Dec 3, 1:00 pm for a lunch date on Zoom and bring your public health questions to NEST. Learn what epidemiology is, how it is helping us right now, and a bit about how our public health system works. And get some (we cannot guarantee all) of your questions answered about practical ways to stay safe from COVID-19 at this challenging time, while also going on about life.

Brought to you by Leslie Phillips, epidemiologist and NEST Board member and Laura Hitchcock, NEST Development director, and former Executive Director of the WA State Public Health Association and long-time public health policy analyst. **Submit questions in advance to: info@nestseattle.org.**

Memories Create Stories That Sometimes Need to Be Told - Wednesday, December 9 at 2:00 pm

Virtual event, [click here](#) to join. Meeting ID: 885 1398 1173 Passcode: 940158

We all have stories to tell as we draw from our memories in the past. Join NEST member and local author Dorothy Van Soest, as she leads us through a discussion on **a significant** period of our lives **and of history** that inspire us to share fascinating stories that can be learned from and treasured through generations.

Dorothy will share a significant time of her life that inspired her to write her third Sylvia Jensen mystery, Nuclear Option.

Dorothy Van Soest, MSW, PhD, is Professor Emeritus and former dean of the School of Social Work at the University of Washington, Seattle. A writer, social worker and activist, she has published ten books including her debut novel Just Mercy (2014), and more than 50 journal articles, essays and book chapters that tackle complex issues related to violence, oppression, and injustice. For more information visit

www.dorothyvansoest.com.

Friday Fun Day: We Love Prizes! - December 18, Friday, 2:00 PM

Virtual Event, contact the NEST office for information on how to join.

Who doesn't love prizes?! It's the day final day of the Membership Drive and it's time to announce the winners of our raffle! Drum roll please.....

Mind, Body, Spirit, Healing Community: Qigong - Thursdays from noon to 1:00 pm

Virtual class, [click here](#) to join. Meeting ID: 936 5963 6795 Password: 015290

Quiet the mind, experience a grounded and centered state using focused intent, breath, and body postures. Deeply relax and practice self-healing meditations in still (internal) and moving (external) forms. Virtual Class materials: floor space, armless chair/stool, comfy place to sit, stand, + lie down for relaxation forms. If your internet signal stretches and you have safe access to the outdoors with social distance, consider practicing with us in nature!

Moving with Greater Ease: Feldenkrais

Tuesdays (chair) and Wednesdays (floor) from 11:00 am to noon

Virtual class, [click here](#) to join. Meeting ID: 785 8420 3476

These classes, led by Gail Thompson and Deonne Poston, use the Feldenkrais Method (both teachers) and Bones for Life (Deonne) of gentle movements to help students function 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 can be done in chairs (Tuesday) or floor (Tuesdays and Wednesdays). Students should wear warm, comfortable clothing and use a flat-bottomed chair or a mat/blanket on the floor. Gail and Deonne send students weekly emails with Zoom links.

***NEW!* Pickle Ball at NEST - Fridays from 1:00 pm to 3:00 pm**

Wedgwood Presbyterian pickle ball court, 8008 35th Ave NE (parking lot). Weather dependent.

Seattle Parks and Recreation has a mobile recreation program called Rec'N the Streets. This is an opportunity for the city to bring to you a FREE, safe, socially distanced recreation opportunity, activity and programs.

We are all experiencing stressful times. One way to alleviate the stress is to engage in safe social interactions and to "Get Movin". Physical activity not only assists the body with staying healthy but also provides mental stimulation and an emotional outlet. In partnership with Seattle Parks and Recreation, we bring you Pickle Ball! Come join us for some FUN movement and enjoy the afternoon together playing fun, easy, low impact games of pickleball. Participant numbers will be limited for safety. So rounds of games will be played so everyone has an opportunity to participate.

Member-Only Groups and Activities

NEST Zoom Gathering - Tuesday, December 15 from 4:00 pm to 5:00 pm

Virtual event, [click here](#) to join. Meeting ID: 874 2557 5881 Password: 723182

In lieu of NEST potlucks for now, we bring you a virtual NEST gathering on the third Tuesday of the month, where we can still be social and connected with each other while social distancing! Let's have a fun and friendly conversation about hobbies or interests, sports, food, movies --- you name it, let's talk about it. Moderated by NEST members Marilyn Layton and Nancy Nordquist.

Science Club - Thursday, December 24 from 2:00 pm to 3:30 pm

Virtual group, [click here](#) to join. Meeting ID: 857 2117 5104 Password: 009510

Calling all scientists and science enthusiasts! Join us on the fourth Thursday of each month for an afternoon of intellectual engagement. Bring an article that you found fascinating on anything - black holes or black bears, geology or genetics - and we will discuss it as a group. All scientific interests are welcomed here!

Poetry Reading Group - Wednesday, December 23 from 2:00 pm to 3:30 pm

Virtual group, [click here](#) to join. Meeting ID: 870 7336 3862 Password: 030009

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 Wednesday of each month at the NEST office and is facilitated by NEST Members Rosemary Blakemore and Debbie Anderson.

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

Contact the NEST Office to get more information about attending this class via phone or computer.

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.

Recommended Community Events Open to the Public

Journey - Friday, December 4 from 1:30 pm to 2:30 pm

Virtual event, [click here](#) for more information and to complete registration.

A widely used form for storytelling, the Hero's Journey is highly adaptable and makes a useful structure to keep dramatic tension alive. We'll look at some ways to structure your fiction so that everyone is the hero of their own story. If you have characters in mind, bring them to the workshop. This event is hosted by SilverKite Community Arts and the Seattle Public Library.

Washington's Undiscovered Feminists With Mayumi Tsutakawa

Saturday, December 3 from 11:00 am to noon

Virtual event, [click here](#) for more information and to complete registration.

Writer Mayumi Tsutakawa presents five "woman warriors" in the arts and journalism from the past century whose stories inspire. Meet the pioneering photographer Imogen Cunningham, Black American jazz musician Ruby Bishop, Chinese American artist Priscilla Chong Jue, Leftist journalist Anna Louise Strong, and Native American linguist Vi Hilbert. Drawing on her own experience as an activist and writer, she explores how these women inspired others and changed our state and our society.

About the speaker:

Mayumi Tsutakawa is an independent writer and curator who has focused on Asian/Pacific American history and arts. Tsutakawa received her MA in Communications and her BA in East Asian Studies at the University of Washington. She co-edited *The Forbidden Stitch: Asian American Women's Literary Anthology* which received the Before Columbus Foundation's American Book Award. Tsutakawa lives in Seattle. This event is hosted by the Seattle Public Library.

Virtual Arts for 50+ Memoir Writing - Monday, December 21 from 1:30pm to 2:30 pm

Virtual event, [click here](#) for more information and to register

During this interactive, nonfiction writing workshop, we'll engage in reminiscence activities and life story based writing exercises together. We'll learn basic strategies to capture your life stories to share with friends and family. And you can always submit what you write to the NEST newsletter! This event is hosted by SilverKite Community Arts and the Seattle Public Library.

December 2020 Calendar

Find the details for these events on pages 5 - 7

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 11:00 am Feldenkrais*	2 11:00 am Feldenkrais* 2:00 pm Open House*	3 12:00 pm Qigong* 1:00 pm Epi-what?*	4 10:30 am Women's Group 1:00 pm PickleBall*	5
6	7	8 11:00 am Feldenkrais*	9 11:00 am Feldenkrais* 2:00 pm Memories and Stories*	10 12:00 pm Qigong*	11 10:30 am Women's Group 1:00 pm PickleBall*	12
13	14	15 11:00 am Feldenkrais* 4:00 pm NEST Zoom Gathering	16 11:00 am Feldenkrais*	17 12:00 pm Qigong*	18 10:30 am Women's Group 1:00 pm PickleBall* 2:00 pm Friday Fun Day!*	19
20	21	22 11:00 am Feldenkrais*	23 11:00 am Feldenkrais* 2:00 pm Poetry Group	24 12:00 pm Qigong* 2:00 pm Science Club	25 10:30 am Women's Group NEST OFFICE CLOSED	26
27	28	29 11:00 am Feldenkrais*	30 11:00 am Feldenkrais*	31 12:00 pm Qigong*		

Sponsor Spotlight

NEST is excited to re-introduce our sponsor Pam Stone of Family Resource Homecare as our new partner for NEST's High Tea event.

Hello!

My name is Pam Stone, and I was born and raised in NE Seattle. My youthful years were spent in Madison Park. Our family then moved to Wedgwood (the suburbs at that time) and I started 2nd grade. I have one sister and two brothers. We attended Wedgwood Elementary, Eckstein and three of us graduated from Roosevelt. My eldest brother petitioned to attend Nathan Hale. (had to be different). We spent our summers at Wedgwood Pool, members of the swim team and enjoyed our long days there with friends never wanting to go home.

I studied at the University of Puget Sound and the University of Washington, but my life took me in another direction. I was drawn to the skies and spent 27 years as a Flight Attendant for Northwest Airlines (now Delta). It opened my eyes to many different cultures, peoples, and traditions and I would not have traded that for anything! Also, it gave me a crash course in managing people in stressful conditions, something that has stood me in good stead in my corporate and my family life.

After getting married and moving houses three or four times, all within a one-square-mile-ish area, I still live in Wedgwood. Go figure!

I have been married to my wonderful husband for 37 years and we have two grown daughters, one living in Sweden with my two grandchildren and the other a newlywed also living in Wedgwood!

For the last 13 years I have worked for Family Resource Home Care as the Regional Manager of Business Development. I am passionate about our mission supporting families, community, and each other by providing home care services that increase the quality of life for our clients.

You will find that I am a collector and connector of friends. I love building strong relationships and community; introducing people to others who might dovetail with them. Connection is so important, especially in this time of pandemic and the isolation that comes with it.

Engaging through Zoom is going to be the new normal seemingly for quite some time. I know that with this new role, I am stepping into some very big shoes. Shawn D'Ameilo is a colleague and good friend. She speaks so highly of NEST -maybe she will make a surprise appearance!

“If music be the fruit of love, play on, play on”

This line is familiar because it is the first line of the play **"Twelfth Night"** by William Shakespeare. The character is asking for music because he is frustrated in love; he wants an overabundance of love so that he may lose his appetite for it.

Likewise, we are now frustrated with an overabundance of isolation, missing our routines and our families and friends. Missing seeing people who keep us grounded. So, let us ground this group.

For our first meeting we are going to be given the gift of song. A walk-through memory lane from a very talented Steve Morris a motivational singer and marketing manager at Emerald City Assisted Living. He will engage us with songs that will invoke memories and improve our overall well-being. I hope you join us, and I look forward to meeting all of you!



Celebrations

Honoring events, anniversaries, and major life changes in the NEST community.

December Member Birthdays: A very happy birthday to NEST Members Patty B., Ruth B., Mifa B., Julie C., Jennifer D., Jerald F., DeLoss F., Em H., Betsy J., Gail K., Kerry L., Jimmy L., Mike M., Lucille M., John P., Susan R., and Leah V.!

Last Chirps

Fall Is Here, Leaves are Falling.

Boy Scout Troop 166 is volunteering to rake leaves for NEST members on December 5 and 6. Boy Scout Troop 166 is a group of 10-17 year old boys and girls based out of Wedgwood. As part of an Eagle Scout Project, Troop 166 is volunteering to have a few scouts come into your yard and rake leaves upon request. This will help keep the drains around your house unclogged. Scouts will be wearing masks and will be socially distanced. Contact Chris Alin for more info or to request scouts to rake leaves in your yard this fall. Space is limited. [Click here](#) for more information on Troop 166.

We want to hear from you!

Are you interested in submitting a poem, story, article, or piece of art to the newsletter? Contact our Communications and Development Manager Jessica at jessica@nestseattle.org.

Volunteer with NEST

Grocery Shopping

Help keep our members safe amid the COVID-19 outbreak by delivering groceries to their home.



Friendly Visitor Calls

Help make sure that NEST members are safe and well through weekly check-in calls.



Raking Leaves

Help members keep their lawns clean and pretty this Fall by raking leaves.



Exercise

Enjoy the fresh spring air and help our members stay active by accompanying them on a walk in their neighborhood.



Connect with NEST!

Call or email (206) 525-6378 or info@nestseattle.org

On the web at nestseattle.org

Hours Monday-Thursday 9am-5pm, Friday 9am-4pm

