



North East Seattle Together  
**nest**

# February 2020

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## Thank You Horizons!

The Horizons Foundation has awarded NEST a generous grant that will help sustain our operational costs as we gear up to make 2020 the best year yet!

We rely heavily on support from the community and especially organizations like The Horizons Foundation to support our members and volunteers as we strive to create a community where no one has to grow older alone.

## Our Sponsors



# Gathering Interest

We are gathering interest for two new opportunities in March, and beyond! Both opportunities will be open to members only.

Call the NEST office at (206) 525-6378, email [info@nestseattle.org](mailto:info@nestseattle.org), or stop by our office to let us know you're interested or if you have any questions!

## NEST Recipe Book

**WHERE:** NEST Office (8008 35th Ave NE)

**WHEN:** March 3 and 10 from 2:00 pm to 3:00 pm



We all have that one recipe from when we were young, the treat that reminds us of happy times with those we love and gives us pride in our background. Whether it was passed down through our family for generations or a new tradition started by someone close to us, recipes from our past can bring up stories that mean a lot to us.

If we have so many of these fond memories of our own, can you imagine how many are spread across our fellow members of NEST? What if we had a way to learn about each other through tangible recipes we can make ourselves, and in turn always be in each other's thoughts?

We are gathering interest for this two week workshop, where we will gather these recipes that bring up our best memories, and put together a recipe book to share with our fellow members of NEST. With each recipe will also be included a personalized story of what this recipe means to you, so we can all learn from each other's experiences and respectfully recreate these dishes that mean so much to us.

## NEST Excursions

### **Interested in touring the greenest commercial building in the world?**

Join your fellow members for a private tour of the Bullitt Center, located on Capitol Hill right here in Seattle. The Bullitt Center is a certified "living building" that has met the toughest set of environmental building standards in the world. Tours focus on the building's unique integrated design and resource conservation systems, providing participants a view into the future of urban sustainability.

**Our target tour date is Wednesday, March 12th in the afternoon. Space is limited, please contact the office to reserve your spot and/or if you need transportation.**



# Upcoming Events

See these events on  
the calendar, page 8

## NEST Events Open to the Public

All events are free unless otherwise noted.



### **NESTcafé: The Five Pillars of Brain Health**

**Monday, February 10 from 2:00 pm to 3:30 pm**

**Magnuson Park Hangar 30, 6310 NE 74th Street**

It's never too late to take charge of your brain health! Join AARP presenter John Barnett in this hour long interactive session where you will discover how living an active life-- by learning more, being social, staying fit, eating right, and managing stress--- can support brain health. Share your brain-boosting tips and be inspired by others.

Kirkland resident, John Barnett, has an extensive 30-year volunteer career on the city, county, state, and national levels. He was twice a delegate to the most recent White House Conferences on Aging. Governor Christine Gregoire appointed him to the Washington State Commission for National and Community Service (AmeriCorps). He is in his 18th year of service to AARP Washington State having been, for six years, the State president. John volunteered with the Washington State Department of Health and DSHS, serving on the Boarding Home (assisted living) Advisory Council. On the county level John served on the Seattle/King County Aging & Disability Services (AAA) Advisory Council, and since 1999 has visited over 150 facilities as a Long-term Care Ombudsman, previously chairing the King County Advisory Council. He served as chair of the Kirkland Senior Council and has authored the book, *How to Feel Good; a Voice of Experience*, 346pp., VanderWyk & Burnham.

*RSVP's are requested but not required.*

### **Fireside Chat - Tuesday, February 11 from 5:30 pm to 7:00 pm**

**NEST Office, 8008 35th Avenue NE, Library**

Join us and Seattle University graduate students on the second Tuesday of the month for our 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. *Please note the change in time this month.*

### **Low Vision Support Group - Thursday, February 13 from 2:00 pm to 3:30 pm**

**NEST Office, 8008 35th Avenue NE, Fireside Room**

Join us on the second Thursday of the month to discuss challenges and changes that accompany vision loss and share resources and coping strategies. Co-led by NEST Members Lea Ann Morris and Janet Wright.

**High Tea: Safe & Sound in the Hospital - Thursday, February 20 from 2:00 pm to 3:30 pm**

**NEST Office**, 8008 35th Avenue NE, Fireside Room

*Rescheduled after weather-related cancellation in January.*

Hospital Errors are the Third Leading Cause of Death in America. This workshop provides trusted information anyone can use to help safeguard their hospital care. You will leave with new skills and confidence to be an effective advocate for yourself and loved ones in the hospital. This content was developed and is used with permission of Campaign Zero, a non-profit organization dedicated to zeroing out preventable medical errors. For more information, [click here](#).

Robin Shapiro is a co-founder and Chair of the Washington State Health Advocacy Association (WASHAA), a non-profit organization focused on raising awareness about health advocacy, teaching health advocacy skills and connecting patients to local health advocacy resources. Robin believes that health care advocacy in the near future will be a common skill that people have or seek to ensure that they understand their health care choices. Robin is also a public speaker and published author.



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

**NEST Office**, 8008 35th Avenue NE, Fireside Room

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. All ability levels are welcome - there are two groups based on walking speed. This group meets in parking lot E4 at the north end of Lake Shore Drive NE.

**Restorative Exercise: Intro to Biomechanics and Alignment for Better Balance with Erin Doty**  
**Thursday, February 13, 20, and 27 from 11:00 am to noon**      **Please note the change in dates**

**NEST Office**, 8008 35th Avenue NE, Choir Room

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 book *Dynamic Aging*, 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. *The Choir Room is located on the lower level of Wedgwood Presbyterian Church - please contact the NEST office for accessibility information.*

**Qigong with Erin Doty - Thursday, February 6 from 12:30 pm - 1:30 pm**

**Thursday, February 13, 20, and 27 from noon to 1:00 pm**

**Please note the change in time**

**NEST Office, 8008 35th Avenue NE, Choir Room**

In qigong practice, an individual quiets the mind, experiences a grounded and centered state while using focused intent, breath, and body posture to lead chi or vital life-force energy within one's being. Internal practices involve a still body, sitting, standing, or lying. External practices add the movement of limbs while still gathering or directing chi throughout the body with the mind. The goal for this class is to provide a group experience for regular practice of qigong, and to provide an introduction to different basic concepts and practices for those new to qigong. Classes are organized into series that build on one another, but are also suitable for one-time curious drop-in participants. *The Choir Room is located on the lower level of Wedgwood Presbyterian Church - please contact the NEST office for accessibility information.*

## **Open to Members and Their Guests**



**First Wednesdays - Wednesday, February 5 at noon**

**Wedgwood Ale House, 8515 35th Ave 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 the Wedgwood Ale House for some delicious pub food. Bring your appetite and invite a friend you'd like to introduce to NEST.

**Potluck - Tuesday, February 25 from 5:00 pm to 7:00 pm**

**NEST Office, 8008 35th Avenue NE, Fireside Room**

Enjoy a warm meal with your friends at our monthly potluck on the fourth Tuesday of each month. Bring a potluck dish to share and a friend who's interested in NEST.

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

**Crafting Friendships - Monday, February 3 from 1:00 pm to 3:00 pm**

**This group meets in a member's home.** Please contact the NEST Office for the address.

Do you enjoy knitting, crocheting, embroidery, or other needlework crafts? Bring what you're currently working on, or come talk about what you would like to learn or what new project you would like to start, all while building friendships with your neighbors. We welcome everyone from beginners to advanced crafters. Co-led by NEST Members Mary Fry and Nancy Nordquist.

**NEST Cooking Class - Thursday, February 6, 13, 20, and 27 from 11:00 am to 1 pm**

**NEST Office, 8008 35th Avenue NE, Kitchen**

Do you want to live to 100? There are certain areas of the world where people live long, healthy lives. There are some foods they rely on most. In this four-week class led by NEST Member Debi Quirk, we will discover those foods, learn how to keep our heart healthy through "heart-healthy" eating, learn how to decrease cholesterol by using "good" fats in our food intake, keep our blood sugar in control, AND find and stay at your ideal weight. We will also learn to prepare the right foods, in the right way, and learn ways to do it economically with little effort.

This will be a demonstration class, and a delicious lunch will be served immediately following. A \$30 fee per person will cover the cost of the meal ingredients.

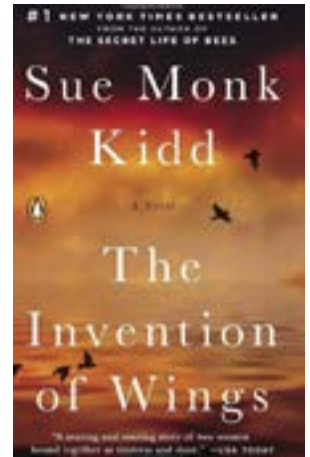
**If you are interested,** please contact the NEST office at 206-525-6378 or [info@nestseattle.org](mailto:info@nestseattle.org).

**Book Group - Friday, February 14 from 2:00 to 3:00 pm**

**NEST Office**, 8008 35th Avenue NE, Youth Room

Join us to discuss a new book each month, chosen by members. This month's selection is *The Invention of Wings* by Sue Monk Kidd. Hetty "Handful" Grimke, an urban slave in early nineteenth century Charleston, yearns for life beyond the suffocating walls that enclose her within the wealthy Grimke household. The Grimke's daughter, Sarah, has known from an early age she is meant to do something large in the world, but she is hemmed in by the limits imposed on women.

Facilitated by NEST Member Leah Vetter. The Youth Room is located on the *lower level of Wedgwood Presbyterian Church - please contact the NEST office for accessibility information.*



**On Our Own Again - Tuesday, February 18 from 1:00 pm to 2:30 pm**

**NEST Office**, 8008 35th Avenue NE, Library

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.

**Ladies' Lunch - Friday, February 21 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, February 25 from 2:00 pm to 3:30 pm**

**NEST Office**, 8008 35th Avenue NE, Fireside Room

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. *Please note the change in day this month.*

**Science Club - Thursday, February 27 from 2:00 pm to 3:30 pm**

**NEST Office**, 8008 35th Avenue NE, Library

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.

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

**NEST Office**, 8008 35th Avenue NE, Library

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 Conversation Group - Fridays from 10:30 am to noon**

**NEST Office**, 8008 35th Avenue NE, Fireside Room

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**

### **Piano Lessons - Wednesdays through March 25th between 2:30 pm and 7:30 pm**

**Magnuson Park Brig, 6344 NE 74th St**

It's never too early (or late!) to develop your musical talent! Book one-on-one or small group piano lessons with a seasoned musician. Participants will receive more detailed information about lesson materials on their first day.

[Click here](#) and enter code 27220 to register. \$25

### **Stop the Bleed - Wednesday, February 5 from 6:30 pm to 8:30 pm**

**Lake City Community Center, 12531 28th Avenue NE**

"Stop The Bleed" is a national campaign with the goal of teaching bystanders to recognize, and stop, life-threatening bleeding giving the injured person more time to get to the hospital for definitive care.

This class is very well-received and, most say, easier to learn than CPR.

[Click here](#) and enter code 27201 to register. Free.

### **The Power of Planning - Tuesday, February 11 at 2:00 pm**

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

Join us for a free financial seminar to learn more about how to better prepare for your future.

Kindly RSVP at (206) 306-7920 by Saturday, February 8. Free.

### **Downsizing Tips for Seniors - Wednesday, February 12 at 2:30 pm**

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

Take the stress out of de-cluttering and learn practical advice on how to downsize!

Kindly RSVP at (206) 523-7315 by Friday, February 7. Free.

### **Older Adults Book Group - Friday, 21 from 10:00 am to 11:00 am**

**Seattle Public Library Northeast Branch, 6801 35th Avenue N.E.**

Join us for a book group at the Northeast Branch. Everyone is welcome. This month's title is "Ayesha at Last" by Uzma Jalaluddin. In this adult novel, a contemporary spin on Pride and Prejudice, Ayesha and Khalid's mutual attraction wins out over their initial misconceptions of each other. They can't help falling in love, even though Khalid is expected to follow through with the marriage that his mother is arranging for him-to Ayesha's cousin. Jalaluddin's debut is a Muslim love story that expertly navigates the intersections of identity, religion, culture, tradition, familial expectations, and personal dreams.

Free.



### **Chicken Parade**

**Sunday, February 23 from 12:00 pm to 1:00 pm**

**Edison, WA**

Nestled between the North Cascades and the Salish Sea, the Skagit Valley has long been a haven for birds. Come join the residents of this small town as they celebrate their love of all things fowl at this special part of the annual Edison Bird Festival. The parade runs two blocks and lasts about 12 minutes. Afterwards there is plenty of food and fun things to explore! [Click here](#) to learn more. Free.

# February 2020 Calendar

Find the details for these events on pages 3 - 7

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2</b>	<b>3</b> 1:00 pm Craft Group	<b>4</b> 11:00 am Feldenkrais*	<b>5</b> 10:00 am Walking Group*  12:00 pm First Wednesdays	<b>6</b> 11:00 am Cooking Class  12:30 pm Qigong*	<b>7</b> 10:30 am Women's Group  10:30 am Men's Group	<b>1</b>   <b>8</b>
<b>9</b>	<b>10</b> 2:00 pm NESTcafé*	<b>11</b> 11:00 am Feldenkrais*  5:30 pm Fireside Chat*	<b>12</b> 10:00 am Walking Group*	<b>13</b> 11:00 am Restorative Exercise*  11:00 am Cooking Class  12:00 pm Qigong*  2:00 pm Low Vision Support Group	<b>14</b> 10:30 am Women's Group  10:30 am Men's Group  2:00 pm Book Group	<b>15</b>
<b>16</b>	<b>17</b> <b>NEST Office closed</b>	<b>18</b> 11:00 am Feldenkrais*  1:00 pm On Our Own Again	<b>19</b> 10:00 am Walking Group*	<b>20</b> 11:00 am Restorative Exercise*  11:00 am Cooking Class  12:00 pm Qigong*  2:00 pm High Tea*	<b>21</b> 10:30 am Women's Group  10:30 am Men's Group  11:30 am Ladies' Lunch	<b>22</b>
<b>23</b>	<b>24</b>	<b>25</b> 11:00 am Feldenkrais*  2:00 pm Poetry Group  5:00 pm Potluck	<b>26</b> 10:00 am Walking Group*	<b>27</b> 11:00 am Restorative Exercise*  11:00 am Cooking Class  12:00 pm Qigong*  2:00 pm Science Club	<b>28</b> 10:30 am Women's Group  10:30 am Men's Group	<b>29</b>



# Our Nutritional Needs Change as We Age

*This article is provided by our sponsor Stephanie Swenson of Era Living*

As our bodies age, our health shifts. Whether it's nutrient absorption, muscle strength, or bone and organ health, there are many important changes to be aware of when getting older. Here's how to support them with nutrition to feel your best.

## **Bone loss**

We all know calcium is important for strong bones—and it's becoming more known that vitamin D is as well. Vitamin D is produced by the body and supports calcium absorption and muscle strength. Unfortunately though, that production lowers as our skin thins with age. Since we also lose calcium absorption as we age, those changes doubly impact loss of bone density, risk of osteoporosis, and risk of fractures from falls. To keep your bones as healthy as possible, a higher intake of calcium- and vitamin D-rich foods becomes more critical.

Many dairy products have calcium, of course. Dark, leafy greens like collard greens and kale and fish like sardines and salmon also contain calcium.

Vitamin D isn't as common in nature, but it does occur in fatty fish like salmon, tuna, and mackerel. In most other sources of vitamin D, like dairy products, it's been added through a fortifying process.

## **Muscle weakness and anemia**

As we age, our bodies are more likely to develop stomach and digestive tract conditions that make it more difficult to absorb vitamin B12. Vitamin B12 is essential for producing red blood cells and DNA in new cells. It also helps maintain healthy brain and nerve function.

B12 is naturally abundant in animal protein like eggs, fish, meat, and dairy. Vegetarians and vegans can eat more foods fortified with B12, which can range from non-dairy milk to nutritional yeast.

## **Loss of lean muscle mass**

Starting at age 30, the average adult loses 3% to 8% muscle mass and strength each decade. Weakening muscles threaten our balance, our ability to move safely and prevent injury, and our overall health and well-being.

While resistance training is a proven way to combat this, studies have shown that increasing intake of lean protein, like skinless, white-meat chicken and turkey, egg whites, fish, and low-fat dairy will also help slow the loss of muscle mass.

## **Keeping up with your nutritional needs**

As you're staying aware of your changing needs and on top of your nutrition, you could help yourself stay motivated by asking friends and family to join in. Plan group dinners, make hydration a friendly competition, and strengthen your support network by checking in with each other about how you're feeling. Feeding yourself what your body needs helps you stay healthy, active, and vibrant.



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 Aljoya Mercer Island, Aljoya 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.

# 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 Jack C., Charles & Josephine H., and Caroline & Mike U.!

**February Member Birthdays:** A very happy birthday to NEST Members Cappy C., Ron H., Sharon, G., and Beryl S.!!

# Last Chirps

Are you interested in submitting poems, stories, flash fiction, articles, or pictures to the NEST newsletter? Please email submissions to [jessica@nestseattle.org](mailto:jessica@nestseattle.org).

Do you have a great idea for a new group, class, or event but aren't sure where to start? Contact Chris at (206) 525-6378 or [chris@nestseattle.org](mailto:chris@nestseattle.org) to let us know what you want to see added to our calendar.

# Volunteer with NEST

## Home Maintenance

Help keep our members safe 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, community group, or the grocery store.



## Snow/Ice Clearing

As the weather gets colder, help members stay safe on the snow and ice by clearing their walkways and driveways so they can stay active all winter long!



## Exercise

Enjoy the crisp winter air and help our members stay active by accompanying them on a walk around the neighborhood.



## 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 8008 35th Avenue NE

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

