



North East Seattle Together

# nest

# January 2020

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## You Light Up Our Community!

Our winter giving campaign, *Light Up Our Community*, has raised \$17,725 and counting! Member dues cover **less than 40%** of our total operating costs, and it is only because of the kindness and generosity of friends like you that NEST can continue to give our neighbors opportunities for staying active, independent, and connected.

*“NEST brings us together, but together, we become friends.”*

– Martha Jean, NEST Member

Didn't get a chance to give during the campaign? It's never too late to help NEST remain a thriving and vital part of our community!

**Click here** to donate or mail your donation to P.O. Box 51009, Seattle, WA 98115.

## Our Sponsors



## Thank You, Tulalip Tribes

We would like to extend a huge thank you to the **Tulalip Tribes** for the generous grant they awarded us. These funds will go towards renting the space we need to offer all of our events and programs moving forward into 2020.

With the continued support of organizations like the Tulalip Tribes, NEST has room to grow! If you are interested in starting a new group or organizing an event, please contact Chris Alin, Director of Programs & Membership, at 206-525-6378 or [chris@nestseattle.org](mailto:chris@nestseattle.org).



# Volunteer Spotlight

By Zoe Cornell, NEST intern



Dua Abudiab is a successful lawyer from Texas with a kind heart and numerous service duties. While she started her career by getting an undergraduate degree in biochemistry from Texas A&M, she ended up getting her J.D. from South Texas College and becoming a public defender at the King County Department of Public Defense.

When talking with Dua, it is hard not to notice the impact she has on her community and her love for others.

She started volunteering for NEST recently when she was looking for resources for her aging parents. When she saw the bounty of assistance NEST offers older adults wishing to age in place, she wanted to get involved.

She has been volunteering mostly with tech assistance and says that often when she goes to someone's home to help with their technology, she gets so much more out of the meetings through the conversations and hospitality that she has been offered by members.

Dua volunteers frequently at Seattle Children's Hospital, where she was once a heart patient. There she holds babies in the NICCU, and says this is one of her favorite parts of the day, as the babies offer her just as much comfort and warmth as she is offering them.

Though she always seems to be busy helping others, in her free time she likes to travel, snowboard, and explore. Recently she took a biking trip with some friends all over Canada!

If you happen to meet Dua, know that you will be in good conversation with a strong woman who cares for others as much (if not more so) than herself.

## Volunteer with NEST

### Home Maintenance

Help keep our members safe by performing minor home repairs such as changing lightbulbs and fixing door hinges.



### 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!



### Transportation

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



### Exercise

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



# Upcoming Events

See these events on  
the calendar, page 8

**The NEST Office will be closed Wednesday, January 1**

## **NEST Events Open to the Public**

*All events are free unless otherwise noted.*

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

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

Join us on the first 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.

### **NESTcafé: Under-the-Radar Books of 2019 - Monday, January 13 from 2:00 pm to 3:30 pm**

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

So many books, never enough time to read them all, right? Learn about great books you might have missed and share your favorite books from last year! There will be a panel discussion of “under-the-radar” reads of 2019 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 2019. 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. Please note the change in location this month.*

### **Fireside Chat - Tuesday, January 14 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.*

### **High Tea: Safe & Sound in the Hospital - Thursday, January 16 from 2:00 pm to 3:30 pm**

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

Hospital Errors are the Third Leading Cause of Death in America. The 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 Thursdays from 11:00 am to noon**

**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 - Thursdays from noon to 1:00 pm**

**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, January 8 at noon**

**Bryant Cafe**, 3118 NE 65th Street

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 Bryant Cafe for some delicious American food. Bring your appetite and invite a friend you'd like to introduce to NEST. *Please note the change in date.*

**Potluck - Tuesday, January 28 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, January 6 from 1:00 pm to 3:00 pm**

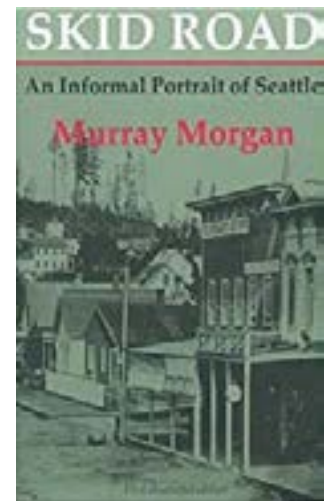
**This group meets in a member's home.** Please contact the NEST Office for the address.

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.

**Book Group - Friday, January 10 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 *Skid Road: An Informal Portrait of Seattle*, by Murray Morgan. First copyrighted in 1951, the text was updated in 1960, 1972, 1978, and 1982 by Mr. Morgan before being reprinted in 2018 by the University of Washington Press. This book has maintained its tremendous popularity over the intervening decades as Mr. Morgan describes the ups and downs, experiences, and interactions of the characters who helped build Seattle, including those often overlooked by the common narrative. His writing style is delightful and often humorous. 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.*



**Ladies' Lunch - Friday, January 17 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.](#)

**On Our Own Again - Tuesday, January 21 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.

**Science Club - Thursday, January 23 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.

**Poetry Reading Group - Tuesday, January 28 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.*

**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.

*Coming soon!* **NEST Cooking Class**

**Thursday, February 6, 13, 20, and 27 from 11:00 am to 1:00 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.



It 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).

**Recommended Community Events Open to the Public**

**Guided Cannabis Shopping for Seniors - Wednesday, January 8 at 9:00 am**

**Hashtag Cannabis**, 3534 Stone Way N

Curious about cannabis, marijuana and CBD? Join the team for free Wednesday events, 9:00 am coffee & conversation followed by in-store shopping at 10:00 am at the Fremont store in Seattle, must RSVP over the phone at 206-946-8157, with an email to [Service@SeattleHashtag.com](mailto:Service@SeattleHashtag.com), or [here](#) online. Free.

**Seattle Opera Preview Lecture: Eugene Onegin - Tuesday, January 7 from 6:00 pm to 7:30 pm**

**Seattle Public Library Northeast Branch**, 6801 35th Avenue NE

Join Theodore Deacon for a preview lecture of Verdi's Tchaikovsky's *Eugene Onegin*. Based on Alexander Pushkin's verse novel, the poignant opera chronicles a young woman's infatuation with a dashing but restless nobleman. Alas, their emotions are out of sync. His lack of empathy sets in motion a series of regrettable events, culminating in remorse, loneliness, and love unfulfilled. Free.

**Evaluating Retirement Living Options - Wednesday, January 15 at 2:30 pm**

**Ida Culver House Ravenna, 2315 NE 65th St.**

Join us as we discuss the differences in various senior housing and care models. You'll learn how to choose the best fit for your situation, as well as how to understand when it is the right time to move.

**RSVP by January 10** at (206) 523-7315. Free.

**History Café: Legacy of Exclusion in the Northwest  
Wednesday, January 15 from 6:30 pm - 8:00 pm**

**MOHAI, 860 Terry Avenue N**

Despite its progressive reputation, the Northwest has a long history of discrimination and inequity. Join historian, writer, and educator David J. Jepsen as he wrestles with this legacy in his book *Contested Boundaries: A New Pacific Northwest History*.

Through dramatic, humorous, and sometimes tragic stories, hear how people of color, the working poor, immigrants, and women throughout the Pacific Northwest struggled to hurdle over one boundary after another. Free.



**Stroke Awareness/ Hands-Only CPR - Saturday, January 25 from 12:15 pm to 1:15 pm**

**Ravenna-Eckstein Community Center, 6535 Ravenna Avenue NE**

Learn about hands-only CPR and how to recognize the signs of stroke. You will come away with the ability to recognize serious medical emergencies, and to communicate and collaborate with 9-1-1 dispatchers. This is a general education course for seniors and is not a certification class. Brought to you by King County EMS. Visit [www.seattle.gov/parks](http://www.seattle.gov/parks) and enter code 26889 to register. Free.

**Resident Panel on Retirement Living - Wednesday, January 29 at 2:30 pm**

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

Join residents of Ida Culver House Ravenna in a panel discussion where you will learn important tips and “must ask” questions from those who have been in your shoes.

**RSVP by January 24** at (206) 523-7315. Free.

# January 2020 Calendar

Find the details for these events on pages 3 - 7

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
			<b>1</b>  <b>NEST OFFICE CLOSED</b>  10:00 am Walking Group*	<b>2</b> 11:00 am Restorative Exercise*  12:00 pm Qigong*  2:00 pm Low Vision Group*	<b>3</b> 10:30 am Women's Group  10:30am Men's Group	<b>4</b>
<b>5</b>	<b>6</b> 1:00 pm Craft Group	<b>7</b> 11:00 am Feldenkrais*	<b>8</b> 10:00 am Walking Group*  12:00 pm First Wednesdays	<b>9</b> 11:00 am Restorative Exercise*  12:00 pm Qigong*	<b>10</b> 10:30 am Women's Group  10:30am Men's Group  2:00 pm Book Group	<b>11</b>
<b>12</b>	<b>13</b> 2:00 pm NESTcafé*	<b>14</b> 11:00 am Feldenkrais*  5:30 pm Fireside Chat*	<b>15</b> 10:00 am Walking Group*	<b>16</b> 11:00 am Restorative Exercise*  12:00 pm Qigong*  2:00 pm High Tea*	<b>17</b> 10:30 am Women's Group  10:30am Men's Group  11:30 am Ladies' Lunch	<b>18</b>
<b>19</b>	<b>20</b>	<b>21</b> 11:00 am Feldenkrais*  1:00 pm On Our Own Again	<b>22</b> 10:00 am Walking Group*	<b>23</b> 11:00 am Restorative Exercise*  12:00 pm Qigong*  2:00 pm Science Club	<b>24</b> 10:30 am Women's Group  10:30am Men's Group	<b>25</b>
<b>26</b>	<b>27</b>	<b>28</b> 11:00 am Feldenkrais* 2:00 pm Poetry Group 5:00 pm Potluck	<b>29</b> 10:00 am Walking Group*	<b>30</b> 11:00 am Restorative Exercise*  12:00 pm Qigong*	<b>31</b> 10:30 am Women's Group  10:30am Men's Group	



# Planning For Your Own Aging

*This article is provided by our sponsor Janet Smith of Northwest Elder Law*

As elder law attorneys, we meet with clients who are proactively planning for their own aging. They often express these concerns:

I want to make sure my wishes are carried out; I don't want my family members fighting over my stuff or contesting my Will after my death; If I become incapacitated, I don't want my family members fighting over how and where I should receive care.

Here are some tips to make sure your wishes get carried out and minimize conflict:

**Execute your documents carefully.** Challenges to wills or durable powers of attorney are difficult if the documents are properly executed, and the client had the capacity to execute the documents. An elder law attorney can help you make sure you have documents that clearly express your wishes and can stand up to a challenge. To find an elder law attorney in another area, [click here](#).

**Choose the right fiduciary.** A Fiduciary is a Personal Representative, Trustee, or Agent under a Durable Power of Attorney. A Fiduciary has a duty to act only in the Principal's best interests, avoid self-dealing, and exercise the utmost loyalty and good faith. A fiduciary must also have the right skills to handle the job. We advise clients to pick the right person for the job without worrying about birth order, geographical location, or hurting someone's feelings.

**Consider a non-family member as your Personal Representative or Trustee.** If you don't have family members with the right skills, or if your family members don't get along, a neutral family friend or Professional Fiduciary might be the best choice to administer your estate or serve as your Agent under a Durable Power of Attorney.

**Have a family discussion about long term care.** The time to discuss plans for long-term care is before a crisis occurs. Have a family discussion about your goals and values and do research on what options for long term care are available, and how you plan to pay for care in the future. An Aging Life Care Professional, also known as a geriatric care manager, is a great resource. [Click here](#) to learn more.

**Set up guidelines for information sharing.** In most cases, transparency and information sharing helps avoid conflict. A plan for information sharing is a good topic to discuss with your elder law attorney or Aging Life Care Professional.

**Don't try to handle everything alone.** Having the right team is important. Your team might include an elder law attorney, Aging Life Care Professional, spiritual advisor, financial advisor, realtor, accountant, and trusted friends.

**NORTHWEST ELDER LAW  
GROUP**

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*NORTHWEST ELDER LAW GROUP PLLC, located in the Northgate neighborhood, provides services in elder law, estate planning, estate administration, guardianship, TEDRA disputes and elder mediation. Attorney Janet L. Smith is happy to answer your questions about long-term care insurance.*

# Highlights: 2019 Holiday Potluck

*NEST members and volunteers had a great time celebrating the season at the holiday potluck!*



*Thank you to the Ukeladies and one Ukelad for providing sing-along entertainment, and to Mary Fry for kindly donating the proceeds from her hat sales to NEST!*



## 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 Ruth & Howard H.!

**January Member Birthdays:** A very happy birthday to NEST Members Emily B., Jeanette C., Danna D., Kathleen D., Terry F., Martha Jean F., Polly H., Bruce J., MJ S., Betty T., Joeve W., and Janet W.!

**Passings:** NEST Member Peggy Anderson

The wit and youthful nature of this 100-year-old beauty will be greatly missed.

## Last Chirps

Would you like the chance to have **an accessible ramp installed in your house for free?** The Master Builder's Association is ramping up for their 2020 Rampathon! [Click here](#) for more information.

**Did you know??** Due to funds from a recent levy, the Seattle Public Library System will no longer be issuing fines for overdue books as of January 2, 2020! If you have trouble getting to the library as often as you'd like, you might be eligible to receive books by mail. You are allowed 15 items per month to be delivered and returned through the mail system. [Click here](#) for more information.

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

### 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

