



North East Seattle Together  
**nest**

# March 2020

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## Our Sponsors



## New Year, New Strategic Goals!

NEST is pleased to announce our strategic plan for 2020-2022:

### 1. Ensure the financial sustainability of NEST.

Desired Outcome: Create retained earning of 3% per quarter by the year 2022.

### 2. Market NEST more effectively in our catchment areas.

Desired Outcome: Maintain and strengthen increased awareness of NEST as an organization.

As a member-led organization, we welcome your comments. Stay tuned over the next few months to learn more, as we will soon be open to ideas to help us achieve our goals.

## NEST is Hiring

We are still accepting applications for our new Development Director position.

We are seeking an energetic, engaging, and creative person to plan and achieve NEST's fundraising goals. Reporting directly to NEST's Board of Directors, the Development Director devises and executes a fundraising strategy.

This person will work from home and in our community. To learn more, [click here](#).

To apply, send your resume and cover letter to [hire@nestseattle.org](mailto:hire@nestseattle.org). We would be happy to answer any questions you might have or help you forward this information on to a friend who might be perfect for the role.

## Gathering Interest

Legacy letters are a meaningful journey across time- connecting past, present and future. They acknowledge past generations while passing on wisdom to future generations. Your legacy is your gift to yourself, your loved ones, and future generations - it is your ability to create a meaningful and lasting impact. It is an opportunity to frame your life in the context of the important people, meaningful events, and special connections around you.

Tatyana Kohnyakhina will be facilitating a series of workshops that will take you through a transformational exercise on writing your own legacy letter and will give you an opportunity to share it with others. The result will be a tangible letter for you to share with your loved ones and the community, to celebrate your life.

Tatyana was born and raised in Moscow, Russia and moved to US 18 years ago with her family. Growing up, she loved listening to her grandparents' stories and vividly remembers the positive impact they had on her upbringing. Tatyana joined NEST as a volunteer/partner during her time at Seattle University, while pursuing her MBA. You may have met her during one of the Fireside Chats that her Business Leadership team had the pleasure of hosting with NEST. The Legacy Letter project is a continuation of that partnership.

**When: Wednesdays, April 8, 15, 22, 29 5:30 PM**

**Where: NEST office-- downstairs choir room**

**PLEASE RSVP to the NEST Office. Free and open to the public.**

## NEST Recipe Book

We all have that one recipe from when we were young, the treat that reminds us of happy times with those we love. 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 each of us has just a few fond memories, can you imagine how many are spread across our fellow members of NEST?

During the first three weeks of March, NEST's intern, Zoe, will be collecting your favorite recipes to put into a communal recipe book, to be released to our members at the end of March. We encourage you to include a brief story (a page or less) about why this recipe holds a special place in your heart. Please send your submissions to [info@nestseattle.org](mailto:info@nestseattle.org) or bring them to the NEST office by **Friday, March 20**.

## Volunteer with NEST

### Home Maintenance

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



### Lawnmowing

Help keep a member's home looking spic and span by aiding with yard or garden maintenance.



### 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 fresh spring 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 7

## NEST Events Open to the Public

All events are free unless otherwise noted.

### **Fireside Chat - Tuesday, March 10 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.

### **Low Vision Support Group - Thursday, March 12 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: Medicare For All**

**Monday, March 16 from 2:00 pm to 3:30 pm**

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

It is our job as citizens to learn what our legislators are really talking about. We will learn the difference between proposals for health-care coverage --- universal, single-payer, public option, and Medicare for All. Presenter Ronnie Shure will review the current national and state legislation. We will share the best way to change our current health-care system.

Ronnie Shure is a pharmacist who worked in public health, mental health, and substance abuse programs with underserved populations. He has been involved in health-care reform for over 40 years.



### **High Tea: Your Medicare Coach**

**Thursday, March 19 from 2:00 pm to 3:30 pm**

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

Come get the information you need to make the best choice for your medical future! Pat will discuss open enrollment, trends in Medicare, and Medicare cost forecasts.

Pat Roley is a Medicare insurance specialist with over 20 years in the insurance industry. Pat helps people navigate the "Medicare Maze" by identifying, enrolling, and managing their Medicare insurance plans.



### **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, March 19 and 26 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 - Thursday March 12, 19, and 26 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, March 4 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 will be meeting at Wedgwood Ale House for some delicious pub food. We will be meeting in the back dining room, which can be accessed directly from the back parking lot via a set of steps, or if you wish to avoid the steps, you can walk through the front door on 35th Ave. Bring your appetite and a friend you'd like to introduce to NEST!

### **Potluck - Tuesday, March 24 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, March 2 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, March 5, 12, 19, and 26 from 11:00 am to 1 pm**

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



*Back by popular demand.*

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 \$40 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).

### **NEST Excursions - Thursday, March 12 at 2:00 pm**

**Bullitt Center, 1501 E Madison St**

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.

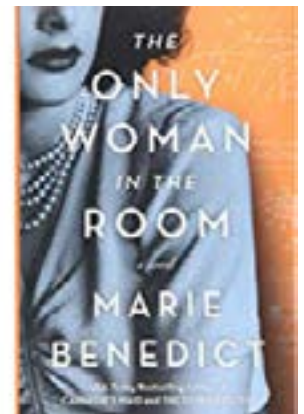
RSVP to the NEST office by March 10 to reserve your spot. Space is limited and rides can be arranged.

### **Book Group - Friday, March 13 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 Only Woman in the Room* by Marie Benedict. This masterpiece is a novel based on the remarkable story of Hedy Lamar - stunningly beautiful movie star and brilliant scientist. 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, March 17 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.



**Spring Luncheon - Wednesday, March 18 from 12:30 pm to 2:00 pm**

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

Our sponsor, Ingrid Falip, is back with her famous corned beef and a fiery Irish spirit. There will be good food, good company, quality entertainment, and even a raffle! Wear plenty of green and get ready to celebrate St. Patrick's Day. RSVP to the NEST office by March 11.

**Ladies' Lunch - Friday, March 20 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, March 24 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.

**Science Club - Thursday, March 26 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**

**Seattle Asian Art Museum Trip- Tuesday, March 31 from 10:00 am to 2:00 pm**

**Greenwood Senior Center, 525 N 85th Street**

Join the PNA village on a visit to the newly remodeled and reopened Asian Art Museum! We'll take the bus to Volunteer Park, and see re-imagined and new collections featuring both the ancient and contemporary art of Asia. Lunch in the neighborhood to follow. To register, call 206.297.0875. Learn more [here](#). \$13.

**Downsizing Tips for Seniors - Thursday, March 12 at 10:30 am**

**University House Wallingford, 4400 Stone Way N**

Take the stress out of de-cluttering and learn practical advice on how to downsize!  
*Kindly RSVP to (206) 545-8400 by **March 10.***

**Re-Imagining our Approach to Brain Health - Wednesday, March 25th at 2:30 pm**

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

What does healthy brain aging mean, and how can we help our brains age well? Join us for a seminar on memory and brain health with neurologist Dr. Thomas Grabowski.  
*Kindly RSVP to (206) 523-7315 by **Thursday, March 19.***

# March 2020 Calendar

Find the details for these events on pages 3 - 7

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

# Sponsor Spotlight

*Ingrid Falip is a Financial Advisor with Edward Jones and has been a NEST sponsor since 2017.*

"One of my favorite memories is of my grandmother, Anna Olsen. She had an industrial-sized coffee pot in the dining room, and it was always percolating. When people would stop by, which was often, they would be invited in and would immediately say, "Coffee smells good." To which she would always answer, "It is. Would you like to sit down and have a cup?"



Ingrid (center) with Nancy N. (left) and Marilyn S. (right) at the Valentine's Day Luncheon Ingrid hosted with NEST in 2018.

"We would then sit around the dining room table. She would serve coffee in traditional Norwegian floral coffee cups, or in utilitarian coffee mugs (depending on who it was) and bring out the Brach's chocolates. This happened throughout the day, everyone sharing their news and taking a break to talk about what was important to them at that time."

It was during these times with her family that Ingrid developed one of her most important strengths as a financial advisor: translating life events into actionable financial strategies for her clients.

Ingrid graduated from Ingraham High School in Seattle (Go Rams!) and has three boys that play multiple sports. She has worn many hats in her life, including time spent as a Co-op Mom, a Den Leader, an Assistant Scoutmaster, a volleyball coach, and a teacher of French and knitting. Two of her boys are Eagle Scouts and one has joined the Army. Her father, brother, and great uncle were also proud to serve. Her family enjoys walking their black lab, Cody, traveling, good food, and exercise.

Ingrid will be hosting our Spring Luncheon event on **Wednesday, March 18 at 12:30 pm** in the Fireside Room at Wedgwood Presbyterian Church. Come join us there for a chance to meet Ingrid, try her famous corned beef, enjoy the company of the NEST community, enter a raffle to win some fun prizes, and so much more.

## *Congratulations, Chris!*

I am very pleased to announce that Chris Alin has been promoted to the position of NEST Operations Director! Chris has previously served as NEST's Director of Programs and Membership.

Everyone who has had contact with Chris knows her passion, dedication, and commitment to NEST and its members, volunteers, and staff. In her new role as Operations Director, Chris will ensure that member services, groups, events, programs, and administrative functions work smoothly and well, and meet NEST's goals and standards.

Chris, you are a treasure to NEST!

Don Desonier  
President of the Board



# Sit More Comfortably

*This article is provided by NEST instructor Gail Thompson*

## **How Our Back Curves Get Compromised**

We have all heard the prohibitions against sitting too much, but a certain amount is needed in daily life. Over the decades, most of our activities involve much more bending forward than moving left, right, and backward. This means that our spinal curves can be weakened or lost, such that the discs, ligaments, and muscles attached to our spine can get overworked, risking back pain, injury, and stooped posture.

## **Try Some Movements That Help Spine Flexibility**

For the following movements, it's important that you sit comfortably on a firm-surface chair with your feet flat on the floor, and try using a back support. Make each movement easy, slow, relaxed, and rest briefly after each. Do not move in a way that is painful- simply imagine the movement instead.



1. First sit a few moments and notice how your back feels now. Your eyes may be closed or open. Tilt your pelvis slowly forward slightly several times, returning to your initial position each time. Notice that your back may arch a little, with your chin and head tilting slightly up. Notice where your eyes “look.” Rest briefly.
2. Tilt your pelvis slowly backward a bit several times, returning to your initial sitting position each time. Notice that your back may round a little, with your chin and head tilting toward your chest. Notice where your eyes “look.” Rest briefly.
3. Tilt your pelvis forward and then backward slowly a few times, noticing when you go through neutral and what happens with your chin, eyes, and head. Rest briefly.
4. Find your sitting bones – you may feel one of them pressing into the seat of the chair on the left and right sides of the bottom of your pelvis. Tilt your weight slightly and slowly toward the right sitting bone several times, returning to your initial sitting position after each tilt. Notice if your torso makes a “C” shape, with the right side of your ribcage getting longer and the left side getting shorter. Rest briefly.
5. Repeat step 4 with your left sitting bone. Rest briefly.
6. Tilt your weight slightly and slowly to the right, then back to the middle, and then to the left, several times. Notice what bending and flexibility you may feel in your side as you go. Rest briefly.
7. Just sit a few moments and notice how your back feels after these movements.

## **Try a Back Support While Sitting**

Placing a sausage-shaped pillow between the back of your waist and a chair can help maintain the important curve there while sitting. Experiment with the size, shape, and firmness of such a pillow—some are available for purchase in stores and online.

## **NEST Movement Class**

For many, varied lessons to help us move more comfortably, please check out our (Feldenkrais Method) Movement Class on Tuesdays, 11-noon, in the Fireside Room at the Wedgwood Presbyterian Church!

# 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 Sharon C., and George G., !

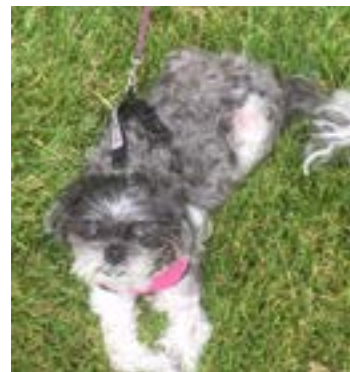
**March Member Birthdays:** A very happy birthday to NEST Members Ken A., Debbie A., Barbara B., Jack C., Edith D., Barbara D., Brigita E., Carol L., Jean M., Marlene S., and Jacque Y.!!

## Passings:

### Memories of a life well-lived and a good friend

Susanne Keller unexpectedly passed away on January 12th, 2020. Susanne was an early, consistent, and beloved member of our Women's Care Support Group at NEST and she is so very missed! Each week, Susanne brought a special warmth and light to our group. In her quiet and thoughtful way she gently asked questions, suggested resources, and offered much-needed support – and humor – to each of us.

Susanne's pioneer roots were in Mink Creek, Idaho, where she often visited and spent time with family and friends. She was married for over 40 years to Allan Williams, who passed away from cancer almost two years ago. Susanne supported and cared for Allan, and their senior dog, Bella, (pictured right) and often shared the lessons, fears and ups and downs of caring for a loved one while preparing for the many unknowns that her future would hold. It was clear how much love she and Allan shared and the rich and fulfilling life they had together. It's impossible to adequately describe all that Susanne gave to our group and to so many family and friends; she will be forever missed.



# 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).

## 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

