



North East Seattle Together
nest

May 2020

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Little Art Gallery Walk

Started by a group of friends (and artists) in Wedgwood, these yard art installations have been bringing joy to Northeast Seattle neighbors since April 12. Check out the map below for destinations you may want to hit on a walk around the neighborhood!

These kind and talented ladies have been working with NEST staff to support out fundraising efforts around the ALL IN FOR NEST campaign -- take a look at their posters as you walk past for information about our organization!

Check out the Little Art Galleries on [Facebook!](#)

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Share Care with Friends



Other Landmarks to Discover!

- A. Picardo P-patch - Ravenna Ave & NE 82nd St
- B. Free handmade masks - NE 87th St & 29th Ave NE
- C. Wedgwood Ducks - NE 89th St near 32nd Ave NE
- D. Cafe Javasti art show - 35th Ave NE & NE 84th St
- E. Joy Board - 30th Ave NE & NE 94th St
- F. Dahl Field - 25th Ave NE & NE 77th St

Not shown on Map

- Utopia Heights - 37th Ave NE & NE 62nd St
- Wedgwood Rock - 28th Ave NE near NE 72nd St

Little Art Galleries & Installations

1. Little Art Gallery - 39th Ave NE near NE 85th Street
2. Little Art Installation(s) - NE 87th Street near the 2900 block
3. Little Art Gallery - NE 92nd Street between 27th and 30th Ave NE
4. Little Art Gallery(s) - NE 92nd Street between 30th and 32nd Ave NE
5. Little Art Gallery - NE 92nd Street and 32nd Ave

*to get on the map, message us on:
<https://www.facebook.com/groups/littleartwalk/>

Serving Seniors During this Unprecedented Time

Each day, NEST offers connections and support to our members, ensuring they have what they need during this unprecedented global pandemic. On April 10, we launched the **ALL IN FOR NEST campaign so that all NEST supporters can help us to lay the financial foundation for our work in 2020**. Since late March, members and other NE Seattle residents are actively using ZOOM to stay connected to our classes and programs. Volunteers are calling each of our members to make sure people have a personal connection and an opportunity to let us know what they need. The NEST community is held together by the relationships that were fostered by the programs and events we offer, and by the spirit, courage, and talents of our wonderful members. Now, those connections are evident as people walk their neighborhoods together (socially distanced, of course), and exchange greetings and support by phone. We know that in contrast to the uncertainty brought about by COVID-19, NEST brings certainty. We build community every day and we will not let a pandemic stop our work.



One of the ways that you too can help to support NEST's programs and services is to participate today in our **2:1 Donor Challenge** during our **ALL IN FOR NEST campaign**. Each dollar that you contribute is matched by a fabulous group of 24 inaugural donors - long-time supporters, volunteers, and board members of NEST - gifts by May 5 can leverage this match. This means your investment has 3x the impact. We are only part of the way towards our goal and counting on your support to reach our target.

[DONATE](#)

Did you know that your gift supports NEST in multiple ways?

- **We have 180 members**, four times the number of original members in 2012. Membership dues cover only 40% of our budget, philanthropic giving through the ALL IN FOR NEST campaign and other donations cover the rest.
- **NEST provided 270 hours of public programming** in 2019, open to over 30,000 northeast Seattle residents over the age of 55. Your donation helps to assure that seniors across our 13 neighborhoods have the resources that they need, including classes, information, and social opportunities.
- **Last year, nearly 7,000 hour of volunteer service** to the community were provided by NEST volunteers. Your support helps assure that volunteers are efficiently and rapidly deployed to where they are most needed by our community.

One of NEST's inaugural donors notes that NEST is not just an organization that provides a service, but also facilitates the opportunity for community. Your generous contribution, with its 2:1 match, will continue that community.

If you would like to give via our Legacy Giving program or have questions about corporate (employer) matching, please contact us.

Recognizing Mental Health

This article is provided by our sponsor Kelley Smith of CarePartners

Staying mentally healthy during difficult times can be a challenge but is very doable. While everyone's schedules and lifestyles are adjusting, it is important to be aware of the signs of mental illness and wellness.

According to the National Alliance on Mental Illness (NAMI), one in five U.S. adults experience mental illness, and at least 8.4 million Americans provide care to a person with emotional or mental illness. Signs can include excessive worrying or fear, feeling excessively sad or low, confused thinking or problems concentrating and learning, difficulties understanding or relating to other people, inability to perceive changes in one's own feelings, behavior or personality. To adjust and adapt during abnormal circumstances is quite rational. In addition, there are many ways to foster and promote mental and emotional wellness.

Meditation.

Health benefits according to PositivePsychology.com are enhanced empathy, improved cognition and stress stabilization. Studies have shown that meditation improves self-image and self-worth. When we meditate, we are able to clear our mind and become more aware of the thoughts that drive our emotions and actions.

Help others.

We all desire to connect when things are tough. More times than not, the one providing the help would say they are on the receiving end.

Establish routine.

While routines in general can assist with efficiency it can also be very normalizing. Knowing the plan for your day can be a sense of relief and therefore decreases stress and provides us with much needed structure.

Think Positive.

A study from the University of Kansas found that smiling—even fake smiling—reduces heart rate and blood pressure during stressful situations. Spend a few minutes on YouTube for some humor therapy. The Mayo Clinic has published several articles listing numerous health benefits of positive thinking from decreased depression to increased lifespan. In short, keep smiling!



CarePartners is a locally owned and operated management company that was established in 1998. We proudly serve western Washington with 11 communities from Lacey to Marysville and our newly added Spokane Community. Locally owned and operated means we can connect with our residents

and families in a way that is unique and friendly to provide the best Memory Care and Assisted Living experience possible. Renton is now open! Puyallup will be open in May 2020 and Covington coming in 2021! Reserve your spot today!

For more information contact: kelly@carepartnersliving.com or call 425.931.2951

President's Corner

Dear NEST community:

I hope this message finds you safe, healthy, and enjoying the onset of our beautiful and sunny Pacific Northwest spring!

With this May NEST Newsletter, let me welcome you to the inaugural launch of the "President's Corner!" In this section of the Newsletter, I look forward to providing information on behalf of the NEST Board of Directors that is of particular interest to our NEST community of members, volunteers, and sponsors.



A major step the NEST Board and Staff have taken in the last month, is to create a COVID-19 Action Plan. This plan is intended to guide the NEST staff and board in working together as a team to coordinate NEST's response to the COVID-19 pandemic. Our biggest priority is ensuring that our members are still able to connect with each other and receive all the support and services that are possible, given our current constraints and guidelines.

So - when is the last time you browsed the NEST website? If it's been awhile, take a pause in your reading now, and **check it out!** Jessica, our Communications and Development Manager, has done an incredible job to make the site more user friendly and informative. Go to the "News & Events" tab, and you'll see "Virtual Events" in the drop-down menu. Since we can't hold events in person, many traditional activities - and new ones - can now be "attended" via Zoom. This is ever evolving as staff comes up with new and exciting ways for us all to be connected and engaged with each other.

In the "COVID-19" tab, you'll find useful information to keep you current on how NEST can help you. The "Resources" tab let's you browse all the ways to make it easier for grocery and food delivery. It also provides a broad range of city, state and national resources covering a variety of concerns and interests.

"Staying at Home" can be a lonely and isolating experience. Through the Friendly Caller Program, many board members have joined volunteers and staff in frequently reaching out to members and seeing how they are doing, and what they may need.

And, lastly - but certainly not leastly - NEST has launched its Spring fundraising drive: All In For NEST. Jessica, Chris and Laura, along with several key board members, have worked tirelessly to put together a fabulous campaign. We are sure this will be a hugely successful endeavor, as we strive to ensure NEST's financial sustainability.

We are all in this together.

Thank you, and: Namaste

Sincerely,

A handwritten signature in black ink that reads "Don Desonier". The signature is written in a cursive, flowing style.

Don Desonier, President
NEST Board of Directors

Upcoming Events

See these events on
the calendar, page 8

All dates and times are subject to change as we learn more about the current COVID-19 epidemic. Most events, if not held in person, will be held online. Make sure you are on our mailing list or check the NEST website daily to get the most recent information about cancellations, any changes to our schedule, and a new line of all-virtual events you can attend safely from your home.

NEST Events Open to the Public

All events are free unless otherwise noted.

Zoom Legacy Letter Project

Friday, May 1, 8, 15, 22, and 29 at 10:00 am

Virtual class, [click here](#) to join Zoom Meeting with video or call 253-215-8782 with your phone

Meeting ID: 820 4205 5895 Password: 017918

Legacy letter is a meaningful journey across time- connecting past, present and future. Legacy writing is to discover, communicate, and preserve your values, stories, wisdom, and blessings for future generations. Legacy is your gift to yourself, your loved ones and posterity - 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.

The series of workshops 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 one and the community to celebrate your life.

Facilitator, Tatyana Konyakhina, 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 a positive impact it had on her upbringing. Tatyana volunteered with NEST during her time at Seattle University and while pursuing MBA program. You may have met her during one of the Fireside Chats that her Seattle University Executive leadership program team had a pleasure hosting with NEST. The Legacy Letter project is a continuation of our partnership.

NEST Inspiration "Radio"

Wednesdays, May 6, 13, 20, 27 from 4:00 pm to 4:30 pm

Virtual event, [click here](#) to join the Zoom meeting on your computer or call 253-215-8782

Meeting ID: 506 878 3176 Password: 5256378

In this 30 minute old-time talk radio show on newfangled gadgetry, NEST members and community virtual attendees/callers are invited to share special memories about inspiration. Log or call in and share the wealth, or sit back and enjoy the insights of your fellow neighbors. Hosted by Neighbor Mary, NEST volunteer.

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

NEST Office, 8008 35th Avenue NE, Fireside Room

Virtual class, [click here](#) for information on how to join.

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.

Restorative Biomechanics + Alignment with Erin Doty

Thursdays from 11:00 am to noon

Virtual class, [click here](#) for information on how to join.

Fill in your weak spots, increase range of motion/strength, deepen awareness of how your body feels + moves day-to-day. Corrective exercises improve balance, prevent pain, release tension, and increase circulation and energy. Gentle yet challenging!

Virtual class materials: floor/wall space, armless chair/stool, rolled towel/yoga mat, tennis ball/medium round stone, block/book, belt/strap/scarf. If you can't find these materials, come join us anyway, we'll improvise!

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

Virtual class, [click here](#) for information on how to join.

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!

Member-Only Groups and Activities

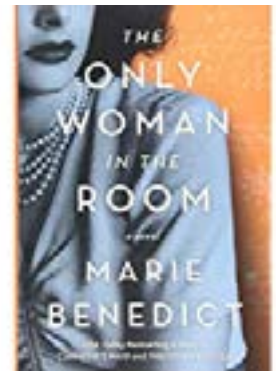
Book Group - Friday, May 8 from 2:00 to 3:00 pm

Virtual class, [click here](#) to join on Zoom with video or call 253-215-8782

Meeting ID: 880 3865 0925 **Password:** 023441

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.

Participants are encouraged to also watch the documentary based on Lamar's life, "Bombshell: The Hedy Lamarr Story" before the meeting.



Zoom in to New Zealand

Monday, May 11 (North Island) and 18 (South Island) from 10:30 am to 11:30 am

Virtual meeting, [click here](#) to join on Zoom with video or call 253-215-8782 with your phone

Meeting ID: 897 9660 9946 **Password:** 029184

Join me as I share with you my husband and I's recent six week car camping and tramping exploration of wild New Zealand. Sail and kayak to pristine beaches, tramp through ancient forests, learn about Maori culture and New Zealand history. View snow-capped peaks, unique birdlife, rushing rivers and rugged coastlines. Presented by Debbie Anderson, NEST Member.

Poetry Reading Group - Wednesday, May 27 from 2:00 pm to 3:30 pm

Virtual meeting, [click here](#) to join Zoom Meeting with video or call 253-215-8782 with your phone

Meeting ID: 870 7336 3862 **Password:** 030009 *Note the change in day this month*

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.

Science Club - Thursday, May 28 from 2:00 pm to 3:30 pm

Virtual class, [click here](#) to join the Zoom Meeting with video or call 253-215-8782 with your phone

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. 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

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.

Group Spotlight

While the stay at home guidelines are in effect and we can't meet in person, it is truly wonderful to see the changes and innovations our members are making to stay connected - like our Poetry Group (pictured right)! Nothing can stop these dedicated individuals from sharing their love of poetry!



NEST is on Amazon Smile!

What is Amazon Smile? It's Amazon's charity donation program. With every purchase made through www.smile.amazon.com or with a selected charity in the Amazon app on your phone, you can choose to donate to a nonprofit - at no extra cost to you!

While we are all stuck at home, Amazon is a tremendous resource. They help us follow social distancing protocols while still getting the things we need. If you have been shopping on Amazon, this is a great time to start using Amazon Smile.

If you haven't used Amazon Smile before, visit www.smile.amazon.com, log in, and you will be prompted to search for a charity. Simply type North East Seattle Together in the box, select us from the list, and you're all set!

If you would like to change your current charity to NEST, visit www.smile.amazon.com and underneath the search bar at the top, select 'Currently Supporting'. You will then have the option to search for and select North East Seattle Together as your new charity.

Thank you for your support! As a small local nonprofit, these donations help us tremendously.

May 2020 Calendar

Find the details for these events on pages 5 - 7

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
					1 10:00 am Legacy Letters* 10:30 am Women's Group	2
3	4	5 11:00 am Feldenkrais*	6	7 11:00 am Restorative Exercise* 12:00 pm Qigong*	8 10:00 am Legacy Letters* 10:30 am Women's Group 2:00 pm Book Group	9
10	11 10:30 am Zoom into New Zealand pt. 1	12 11:00 am Feldenkrais*	13	14 11:00 am Restorative Exercise* 12:00 pm Qigong*	15 10:00 am Legacy Letters* 10:30 am Women's Group	16
17	18 10:30 am Zoom into New Zealand pt. 2	19 11:00 am Feldenkrais*	20	21 11:00 am Restorative Exercise* 12:00 pm Qigong*	22 10:00 am Legacy Letters* 10:30 am Women's Group	23
24	25	26 11:00 am Feldenkrais*	27 2:00 pm Poetry Group	28 11:00 am Restorative Exercise* 12:00 pm Qigong* 2:00 pm Science Club	29 10:00 am Legacy Letters* 10:30 am Women's Group	30
31						

Six Fun Ways to Connect with Your Grandkids

This article is provided by our sponsor Stephanie Swenson of ERA Living

During this time of staying at home, the phone is becoming even more important to keeping kids and grandparents connected. But between apps, texting, and online games, most kids aren't using conversation skills. Talking on the phone may seem intimidating and awkward, because they might not know what to say or how to start.

There are ways to make a phone conversation easy, fun, and something to look forward to. Try some of these icebreakers and conversation starters with your grandkids (or great-grandkids) —and see if they get chattier than you expected!

Video Chat “I Spy”

Whether it's FaceTime, Skype, Google Duo, or Facebook Messenger, there are multiple options for a video chat and ways to see each other. Take it one step further with a game of “I Spy”—by each person showing the room they're in (reversing the camera) and having the other person guess the thing they're focused on.

Sing-along

Are your grandkids learning instruments, or do they just love to sing? It may be fun to set up a video chat or phone call so that they can play for you. You could also take turns teaching each other a song you each like. Whether it's James Taylor or Taylor Swift, you may be surprised at who teaches who!

Three Things

Asking someone to name the best part of their day is a good conversation starter. Take it one step further by asking your grandchild about the three best parts of their day or week, and you can share your highlights in return. It's a way to learn about each other, and as a bonus, is a subtle way to practice gratitude.

Whimsical Questions

From “What superpower would you choose and why?” to “What do you think animals would say if they could talk,” whimsical questions can give you and your grandkids fun ideas to imagine together. Here are more ideas for creative questions that spark the imagination.

Dream and Plan Together

Staying home and quarantining has been difficult for people of all ages, but especially for seniors and children. While it's uncertain when social bans will be lifted, it's important to our mental health to stay hopeful and plan (even if tentatively) for the future. Write down ideas for what you and your grandkids will do together given the first chance—whether it's going out for ice cream or traveling to a national monument—and keep those dreams close by for the day they can come true.



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 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:

May Member Birthdays: A very happy birthday to NEST Members Steve C., Patricia J., Joan K., Jeraldine L., Bill L., Donald M., Dennis M., Tom P., and Sudha S.!

Passings: Ralph Turman

Volunteer with NEST

Grocery Shopping

Help keep our members safe amid the COVID-19 outbreak by delivering groceries to their doorstep from your local store.



Friendly Visitor Calls

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



Lawnmowing

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



Exercise

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



Last Chirps

Submitted by NEST Member MJ -

There was a long line at 7:45 am at the grocery store that opened at 8 for seniors only. A young man came from the parking lot and tried to cut in at the front of the line, but an old lady beat him back into the parking lot with her cane.

He returned and tried to cut in again but an old man punched him in the gut, then kicked him back.

As he approached the line for the 3rd time he said, "If you don't let me unlock the door, you'll never get in there."

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

If you have any tips or sites that have been particularly helpful to you while navigating the time of COVID-19, send them over to jessica@nestseattle.org and she will look them over and integrate them into an email or the NEST website. Sharing information is one of the best ways we can all cope with this stressful time as a community!

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

