



North East Seattle Together
nest
 Many Neighbors,
 One Village

November 2020

The State of the NEST

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Wondering how NEST is doing and how we fare as a member organization? Want to see friends AND add to your 2021 reading list at the same time? Want to learn about our NEST Membership Drive and how you can help?

Come Join Us!

When: November 17, 2020, 2:00 – 3:15 PM

How: Join us via video on Zoom or by phone*

Our program will feature a short presentation by the Board and staff on The State of the NEST – an update on NEST’s programs, budget and finances, a word from some of our organization sponsors, looking forward into 2021, and strategies to address each ongoing social distancing requirement in King County.

The State of the NEST is also our kick-off to our 2020 Membership Drive! Learn how you can help, and some special prizes and incentives for our members when you help build our community by introducing new people to NEST who will benefit from membership. (Learn more about the membership drive on pg. 6.)



We are delighted that our program will conclude with the famous Nancy Pearl. Nancy is an American librarian, best-selling author, literary critic, and the former Executive Director of the Washington Center for the Book at Seattle Public Library. She regularly speaks about the importance and pleasure of reading at libraries, literacy organizations, and community groups around the world. She can be found on NPR’s Morning Edition talking about her favorite books. Her monthly television show on the Seattle Channel, Book Lust with Nancy Pearl, features interviews with authors, poets, and other literary figures.

We can't wait to see you there!

*Tech support is available to help you join by Zoom on a computer or via the phone.

Our Sponsors



President's Corner

When we think “November” we think of Thanksgiving Day. Did you know the entire month of November is National Gratitude Month?

I came across the website [“National Day Calendar”](#). Here’s some of what they say about November as National Gratitude Month:

“Gratitude is more than simply saying ‘thank you’. Gratitude’s amazing powers have the ability to shift us from focusing on the negative to appreciating **what is positive** in our lives [emphasis added]. Practicing daily gratitude gives us a deeper connection to ourselves, the world around us . . . If everyone practiced daily gratitude, we could change ourselves **and** the planet for the better. Everyone would be much happier. Love would grow and hate would decrease. And the world would know true peace.”

Gratitude for Family and Friends - and that includes the 4-legged variety

More than at any other time in recent memory, the love and support of our immediate family, and our dear friends, is absolutely vital to our peace of mind and well-being. We have been for the most part cooped up, locked down, and otherwise isolated here in Washington state since March 23rd, the date of the initial stay-at-home order. This has resulted in a great majority of us having to forgo being able to visit, hug and embrace, our many friends and loved ones.

Yet, in the midst of all the COVID-19 uncertainties, we have still managed to stay connected and close to each other, our friends and family, via the blessings of technology. Zoom, FaceTime and Facebook visits - and a good old phone call, email or even a simple text - have become common place as ways for us to stay in touch and to engage with those who are meaningful to us. I am eternally grateful for those opportunities for connection.

How many times have I been in a Zoom meeting, and suddenly a cat walks in front of someone’s computer screen, or a dog is heard barking in someone’s home. Ya gotta love it! Our furry friends are an important source of comfort - especially when we live alone. When I am watching TV or reading a good book, my Sweet Ramona Border Collie/Lab mix is more likely than not snuggled up next to me! I enjoy her closeness and companionship. As I put the finishing touches to this piece, Ramona is stretched out next to me in my home office.

Gratitude for NEST

How lucky are we all that, in the midst of all the limitations and challenges that come with the pandemic, our NEST Staff, Volunteers, fellow members and Friendly Callers are constantly and continuously reaching out to our members - especially those who are alone and isolated. I am so grateful for this amazing organization, and its efforts to maintain engagement, connection and support, especially to the more vulnerable amongst us.

A Personal Note

Each evening, typically as I’m taking Ramona on her final walk before bedtime, I reflect on the blessings of the day just completed. Literally out loud, I express thanks for all that happened that day, for the interactions and connections I had with others, the joys and accomplishments that occurred. I then pray for the peace and serenity of a good night’s sleep, so that I can wake up fresh, grateful, and ready for a new 24 hours.

And finally . . .

I know I speak for the entire Board and Staff in saying we are all eternally grateful for the patience and “stick-to-it-ive-ness” of you - our members, volunteers, sponsors and donors - as NEST continues to strive in providing the best and most meaningful support to all of you in these most certainly unprecedented and challenging times.

I am thankful for all of you!
Namaste.



Don Desonier
President, NEST Board of Directors

Membership Drive

Do you love NEST? Do you want to connect your friends and family to a hyper-local community of older adults complete with personalized services and supports?

We are excited to announce that NEST's membership drive will kickoff on November 17 with The State of the NEST (for more information, see pg. 1).

Did you know that 40% of NEST's annual operating budget comes from membership dues? Not only are our members at the core of our organization, they are also the people who ensure that NEST will be around to help local NE Seattle seniors remain independent, connected, and engaged for years to come. Referring a potential NEST member not only connects that person to an indispensable network of support and community, it is also one of the best ways you can support NEST.

"NEST has given me a new purpose and meaning in my life – a family."

-Rosemary, NE Seattle Resident and NEST Member

If you refer a new member during the drive, you will be eligible to have your name entered into a raffle to win one of three fantastic prizes!

Anyone who signs up for a new membership between November 17 and December 18 will receive a discounted rate (equivalent of two months free) for their first year of membership!

During the month of the drive, members will be showcasing their talents with virtual presentations as well as a virtual NEST open house for anyone interested in membership.

Wondering if a NEST membership is right for you, your friends, a neighbor, or a loved one? Some of our benefits include:

- Exclusive access to member-only events, classes, and groups as well as NEST's wider calendar of events each month. We have been creating new programs with our members during the pandemic to ensure that even without face-to-face contact, our members never feel alone.
- Access to volunteer services like grocery shopping, rides to medical appointments, and so much more.
- Access to a list of trusted vendors, vetted by NEST, for help with everything from gutter cleaning to installing ramps.

...And more! For a full list of member benefits, [visit our membership page](#).

NEST members are best able to help shape our community's present and future. Let's get ready for NEST's official Membership Drive of 2020!

Tips for Getting Back Into Exercise for Seniors

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

If you're new to exercise (or it's just been awhile), you might need some extra motivation to get started. But exercise doesn't have to be complicated, nor does it need to be exclusive to age or certain health conditions. Exercise can be a simple few minutes of movement that are a part of your daily life. Julia Goldie, Life Enrichment Director at Era Living's Aljoya Thornton Place and Certified Personal Trainer, offers these tips to build up your routine—and your health.

Talk with your doctor about your safest options

There are many gentle exercises most people can start right away, but certain health conditions and medications can both determine and affect levels of physical activity. Set up a short appointment with your doctor to go over what exercises are safe and recommended for you.

Keep it simple: just move every day

“The most important thing is movement every day,” says Julia. “Whether it's walking instead of driving or chasing after your grandkids, you can get exercise from regular movement in life.”

Find an exercise or movement you love

Building new habits is enough of a challenge; trying to stick with something you dread is adding an unnecessary hurdle to exercise. When it's movement that makes you feel good, it's much easier to make it a part of your life.

Pick your most energetic time of the day

This might be first thing in the morning, right before lunch, or mid-afternoon. Exercising while tired can increase your risk of injuring yourself, and it's much harder to approach the idea of exercise if you feel sleepy or tired. Being able to approach exercise with energy sets you up for success—and being able to build the habit can raise your baseline energy levels as well.

Have music ready to help you move

Some people exercise without listening to anything (like in tai chi), but sometimes even they need an energy boost. Have a few mood-boosting songs or music collections ready to turn on to help you get in the mindset and get on your feet.

Take advantage of your devices

If you enjoy using fitness apps or websites, there's a whole world of online classes and guided workouts to do on your own or with others. Silver Sneakers offers online classes and workshops (free through select Medicare plans), and many personal trainers are providing virtual sessions and classes. And membership apps like Down Dog customizes your yoga session, while Pilates Anytime offers Pilates instruction and education videos for all levels.

It's never too late to start getting into exercise! If you're interested in learning more about how to stay fit and healthy as an older adult, or about how Era Living helps keep our residents active, please contact us at www.eraliving.com today.



*Premier Residential
Retirement Since 1987*

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**.

Upcoming Events

See these events on the calendar, page 8

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

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

NEST Events Open to the Public

All events are free unless otherwise noted.

Cooking with Debi (Thanksgiving Edition) - Tuesday, November 24 at 2:00 pm

Virtual event, [click here](#) to join. Meeting ID: 506 878 3176 Password: 5256378

Thanksgiving will look a little different this year. Most of us will be at home having a smaller version of the holiday fixings. As part of the Membership Drive we are showcasing some of our member's talents. Member Debi Quirk, with her flair and talent for cooking, will be donning her home chef hat with an online cooking presentation on preparing a small dish for Thanksgiving.

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

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

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

Moving with Greater Ease: Feldenkrais

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

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

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. The Wednesday Feldenkrais Class will be taught using a chair and other modifications while the Tuesday class will be taught on the ground using more traditional methods.

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

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

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

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

Member-Only Groups and Activities

NEST Zoom Gathering - Tuesday, November 24 from 4:00 pm to 5:00 pm

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

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

Science Club - Thursday, November 19 from 2:00 pm to 3:30 pm

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



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

Poetry Reading Group - Wednesday, November 25 from 2:00 pm to 3:30 pm

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

Join your NEST friends for reading, sharing, and appreciating great poems and poets. Please bring one or two of your favorite poems (can include poems you have written) to read aloud with the group. This group meets on the fourth Wednesday of each month at the NEST office and is facilitated by NEST Members Rosemary Blakemore and Debbie Anderson.

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

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

Volunteer Julia Devin leads this group at the NEST office. Come enjoy a great space to connect with other members who are supporting a loved one who needs care.

Recommended Community Events Open to the Public

The Future of Aging - November 10-19, 2020

Virtual series, [click here](#) for more information. Registration closes November 18 at 11:00 am

The aging baby boomer generation is often described as a 'tsunami,' with accompanying alarms about the capacity of Medicare and Social Security to contain the flood. But what about the strengths and potential contributions baby boomers bring into retirement? Join us for a series of lectures and conversations centered on how this newest generation of older adults is forever altering the aging experience.

The symposium is produced by the University of Washington Retirement Association in partnership with the University of Washington Alumni Association and the Center for Studies in Demography and Ecology. This event is free for UWRA and UWAA members and UW students. General public admission is \$7. If the admission fee presents a barrier to your access to this event, please email retiremt@uw.edu.

Ducks in a Row Estate Planning - Tuesday, November 17 from 4:00 pm to 5:30 pm

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

Many people think estate planning is only for the wealthy. Regardless of what we own, we all need an estate plan to determine who will pay bills, what will be done with personal belongings and who will be the heirs of property at the end of life. Attorney and estate planning specialist Elizabeth Jennings will cover probate and estate planning documents such as Durable Power of Attorney, Will and Revocable Living Trust. Brought to you by the Kingsgate Library and People's Memorial Association.

Earshot Jazz Festival - Multiple dates

Virtual events, [click here](#) to view the full schedule. Cost varies

The Earshot Jazz Festival returns this year in an all-digital format! The 2020 festival will be streamed straight to you, with a mix of online concert performances, panel discussions, and an emphasis on racial, social, and gender justice. Jazz teaches us to listen, learn, and improvise. With our typical programming model upended, we're taking this opportunity to reenvision what a creative, community-focused jazz festival can look like. [Click here to learn more.](#)

Excerpts from "Fun Days on Whidbey Island"

This section is reproduced from the memoirs of NEST member and long-time NE Seattle resident Janet W. She chronicles growing up during the Great Depression and spending summers with her grandparents on Whidbey Island, away from her home in NE Seattle.

"The town of Langley was about 1.5 miles from Grandpa's house, along our main street of Edgecliff Drive, then right by the high school, winding down Cascade onto First Avenue, Star Store sold groceries as well as other items. On the same side of the street was a wonderful bakery. It often had huge maple bars on a conveyor belt. They were the greatest! Next door was the Clyde Theatre with large four-color posters of scenes from coming attractions.

"When my folks weren't around, I could ride my bicycle to town to pick up needed items. One summer I decided to paint my bicycle which had become a bit rusty. It was a used one, even in the beginning, as it was the Great Depression when I grew up. I took my money to the Star Store, wanting to find a red paint for the job. I ended up buying "Chinese Red," but I should have asked the clerk, as I was disappointed when I started the paint job to find it was orange instead of red. There were other small shops, churches, and back roads and alleys to explore downtown, and a steep hill on the corner going up from the theatre. The Langley dock was below the town. My mother told me that before she was married, she had traveled from Seattle to Langley to attend the Saturday night dance at the Fairgrounds. Her father met her at the docks. It was a dark, stormy night and they had to walk a mile to the Fairgrounds. She fell into the mud, nearly spoiling her outfit. But she still made it to the dance.

"One summer, a new family moved into a brand new beautiful two-story home right across Edgecliff Drive from the bottom of our long driveway. They had a daughter just my age, and we spent hours playing Monopoly at her house. We could keep the game open, and just play on for many hours whenever I was invited there. We had other interesting neighbors on Edgecliff Drive - several families went to our Christian Science society where Grandpa and my mom were charter members. It was a beautiful wood structure with angled walls, now used for a clothing store, I believe. In early fall, we would be invited to join for a day of cider-making at the Scheyers' [up the street]. They had a yard full of apple trees and all the equipment to make cider. I mostly remember the delicious taste of the final product, but it looked like heavy duty grinding and pouring, and it took all day as they wanted to process all the apples that were ripe and ready before winter set in. I still remember that delicious taste and never found the same in purchasing

November 2020 Calendar

Find the details for these events on pages 5 - 7

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 11:00 am Feldenkrais*	4 11:00 am Feldenkrais*	5 12:00 pm Qigong*	6 10:30 am Women's Group 1:00 pm PickleBall*	7
8	9	10 11:00 am Feldenkrais*	11 11:00 am Feldenkrais*	12 12:00 pm Qigong*	13 10:30 am Women's Group 1:00 pm PickleBall*	14
15	16	17 11:00 am Feldenkrais* 2:00 pm The State of The NEST	18 11:00 am Feldenkrais*	19 12:00 pm Qigong* 2:00 pm Science Club	20 10:30 am Women's Group 1:00 pm PickleBall*	21
22	23	24 11:00 am Feldenkrais* 2:00 pm Cooking With Debi* 4:00 pm NEST Zoom Gathering	25 11:00 am Feldenkrais* 2:00 pm Poetry Group	26 12:00 pm Qigong* NEST OFFICE CLOSED	27 10:30 am Women's Group NEST OFFICE CLOSED	28
29	30					

Virtual meeting *Open to the public

Should I Downsize?

This article is provided by our sponsor **Mary Anderson of Windermere Realty**

As we move into November the fall real estate market is continuing to be brisk for well-priced properties and homes which have been made "Market Ready". Though we are in a pandemic the market has been strong all year. There have been seasonal adjustments but overall, there has been a steady increase in values.

Is now a good time to downsize? Several of my clients have done just that this year. **The key to a safe move and sale is to follow the CDC's guidelines.** Work with a team of vendors who follow the guidelines. **And most importantly move before you sell.** These three steps will limit your exposure to others and possible exposure to the virus.

Your real estate Broker should be able to help you identify work that may need to be done before you list your home. And they should also have a list of trusted vendors they work with and can recommend. A Broker who works with seniors should also be willing to get cost information for you and help to coordinate a schedule.

I suggest moving before you sell as it again limits possible exposure to the virus. Keep the number of people you are in contact with to a minimum and wear a mask when interacting with your Broker or a vendor. Living in your home while work is being done or when your home is on the market will present possible virus exposure but also challenging logistics. Avoid the added risk and logistic challenges by moving before your home goes on the market.

October sales data will not be available until early November, but anecdotal evidence indicates multiple offers are occurring with regularity for single family homes. September sales data for northeast Seattle shows that **48% of single-family properties sold above list price.** This is a 28% increase since September 2019.

Another equally telling statistic is the percentage of homes which sold for less than list price. That number was 36%. However, in September 2019, 62% of all sales were below list price. The 2020 number reflects 41% fewer homes sold for less than list price.

What are the driving forces behind these numbers? A lack of inventory, interest rates at 3% or below and a sophisticated Buyers pool. Once again, Seattle has had fewer homes on the market this year than compared to previous years. We are down. Interest rates at 3% or below are increasing a Buyer's purchasing power.

And in tech savvy Seattle Buyers use every on-line tool available to educate themselves about home values. Most of today's Buyers know when a house was last sold, what it sold for and how to find comparable sales. They seem to have a 6th sense to identify over-priced homes.

These Buyers are also willing to stretch their buying power when a house pulls at their heart strings, for e.g. Mid-Century Modern homes or Split-Level homes from the 1970's and '80's. And if a property feels move-in-ready, buyers are prepared to act quickly.



Mary Anderson is a local real estate agent serving Seattle and specializing in helping seniors and their families who are making a late life move. Learn more at www.marypanderson.com.

Move-in-ready does not mean everything has been updated but it does mean a house feels clean, fresh and something a Buyer can live with until they can afford the remodel they are imaging. The one thing you can do as a Seller to ensure your home meets the fresh and clean test is a fresh paint job throughout.

Celebrations

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

November Member Birthdays: A very happy birthday to NEST Members Bob B., Jeanne C., Deborah D., Melba G., Marilyn L., Bob M., Jay S., Dorothy V., and Nancy W.!

Last Chirps

Want to support NEST? There are many ways to do so:

- Give annually and at our special drives - be sure to check your last donation date.
- Participate in NEST fundraising events, like our recent auction!
- Add NEST to your legacy giving plans - help sustain NEST far into the future.
- Double or triple your impact - research and unlock your company's corporate giving (even applies after retirement).
- AmazonSmile: Shopping on Amazon? Unlock Amazon's gift to NEST through AmazonSmile.
- Support NEST through a business sponsorship - with visibility for your company.

[Learn more here](#) about these and other ways to give.

We want to hear from you!

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

Volunteer with NEST

Grocery Shopping

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



Friendly Visitor Calls

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



Raking Leaves

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



Exercise

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



Connect with NEST!

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

On the web at nestseattle.org

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

