

NE Seattle Treasures!

Great Conversations. Delicious Dinner.

Remarkable People.

March 30, 2014



Featuring your favorite bibliophiles

Nancy Pearl and Steve Scher

February 2014

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Greetings!

It's true! We're celebrating NE Seattle Treasures on Sunday, March 30th. Nancy Pearl, literary rock star, AND Steve Scher, who frequently interviews Nancy on his nationally syndicated KUOW Weekday show, are our featured guests. We're promising *great conversations, delicious food, and remarkable people*; I highly recommend reserving your place soon!

Of course, we're not waiting until then to have a good time.

We celebrate love and NEST's second anniversary in February. We asked Founding Members Mary (also a founding NEST board member) and DeLoss Fry, "What is the best thing that love has taught you?" Read what they have to say on page 2. I really like how Mary and DeLoss track how long they have been together in DAYS, not years.

And you? What is the best thing that love has taught you? NEST members can explore this topic further together at our February 9th potluck held at Homestreet Bank and at the February 20th Congenial Conversations. You can find the details for these events on **page 7**.

On January 24th, NBC Nightly News anchor Brian Williams' reported on how an east coast virtual retirement village like NEST is helping his 83 and 91-year-old in-laws continue living in their longtime home. I shared this video on Facebook and a friend from Phoenix, AZ commented: "This piece does a great job showing how the value of staying in your home comes from the importance of being who you are. It's more than trying to stay independent. Organizations like NEST help seniors be at home and be who they are." [Click HERE to watch Brian's report.](#)

I want to thank all of you who attended our January NESTcafe, Safe and Sound in the Hospital presented [by Allied Health Advocates](#). After negotiating care for my 96 year old mom after she fell last month, I can attest to the importance of being/having an advocate for yourself or your loved ones while in the hospital, and fortunately NEST members can access several among our trusted vendors.

Before you dive into the various other goodies contained in this newsletter, including the recipe for Marilyn's Dried Fruit and Nut Loaf on **page 5**, I want to make sure you know about **our first NEST Builder Get Together on February 10th**. We plan to host quarterly gatherings for NEST Builders and potential NEST Builders as a way to create more room for folks joining NEST at this membership level.

In the Spirit of Community,
Judy



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With Love, Mary & DeLoss

Interview by: Alyssa Foland

photo credit: <http://ajjasmin.blogspot.com/>

February is the month of love. In celebration of that, I had the recent pleasure of interviewing Mary and DeLoss Fry about their “17,000” plus days together and how they continue to keep their love so strong. Here is what they had to say:

Alyssa:

What is the best thing love has taught you?

Mary:

When I think about what love has taught me, I think of being intimately connected to another—that is so critical to a healthy and wholesome life. DeLoss and I have been connected for 48 years. Love is an intertwined aspect of this connectedness. In the early days, it was the twitterpated giddiness of being “in love.” I am still not sure what that means or what it had to do with anything but to bring us



together and into marriage. From there it grew through all the shared experiences from awaking in the morning beside the other to giving birth to the children we created. Love lasts but it does need to be nourished as its own part of our lives. Love is what you have been through with somebody. Today, it is the big and little things we need to share with the other

because we know the other would like to know.

DeLoss:

“Love isn’t love unless you give it away.”

“Love isn’t love unless you give it away.” I pulled an old book, Love is..., off the shelf that I gave to Mary on her birthday in 1966. It

quoted Lucien Price, “The more you love, the more love you are given to love with.” Both of these statements sum it up for me.

I Corinthians 13 covers so many important aspects of love for me:

Alyssa:

How wonderful! If you were giving advice to couples what advice would you give?

Mary:

Talk and share all your feelings, hopes, dreams, frustrations, hurts and all that life is dealing you. The other cannot know what is in your heart and mind for sure unless you put it into words. Ask for what you need and want. Listen and hear when the other shares what is needed and wanted. Make this a planned activity to be sure it doesn't

“We say the words, I love you . . .”

get missed in the busyness of life. Make the time and space sacred for sharing, keeping out the distractors of TVs and phones and whatever else interrupts.

DeLoss:

On our honeymoon, I was feeling overwhelmed about how I was going to keep this new wife happy for the rest of our lives. I expressed my concerns to Mary as we were walking the beach. Mary said, “We only have to do it one day at a time.” That has been our mantra since then. Focus on the presence and be fully present each day. On Valentine’s day, February 14, 2014, we will have been married 17,692 days and looking forward to December 9, 2014, when it will be 18,000 days.

Alyssa:

What do you think is the single most important lesson you have learned to help keep your love alive?

Mary and DeLoss:

We say the words, I love you, and we are free with hugs for each other. We intentionally plan time to do something together. We have our individual activities going in our daily lives but

we need to share some time and activity together. One of our favorite things is to go the Starbucks for a cup of coffee. That gets us away from the distractions of home as we talk on the 0.7 mile walk to and from the coffee shop. We talk or just sit with each other there. Sometimes we chat with strangers or acquaintances we meet there.

“May you experience each day as a sacred gift woven around the heart of wonder.”
~ John O’Donohue





Interview by: Alyssa Foland

Jeannie Ray jumps into NEST

<http://southernlagniappe.blogspot.com/2010/06/building-bird-nest-101.html>

Jeannie Ray has been a dedicated and thriving volunteer. Members of NEST who have worked with Jeannie have said they would love to visit with her again. I had the opportunity to interview Jeannie about her volunteerism and why serving speaks to her:

Alyssa: *You're such a great volunteer with NEST and seem to really enjoy it. Why did you want to start volunteering and when did you get started?*

Jeannie: Since I retired in 2009, I have been a volunteer at PAWS Cat City. I love the cats and thoroughly enjoy my time there - caring for the kitties and helping people find their perfect furry pet. Then, about 8 months ago I decided it was about time to start helping humans also! I had been exploring some options, then saw an info booth about NEST and I just knew that this would be a perfect place for me to be, and I was right!



Alyssa: *Well we are so happy you did! What has been the most memorable or most rewarding experience you've had while volunteering?*

Jeannie: I really cannot single out any one experience as I have loved it all! I look forward to my driving shifts and the NEST members have all been so friendly and appreciative. I also had a great time at the ice cream social and the Christmas party and can't wait to get to know many more of our members.

Alyssa: *Everyone seemed to really enjoy those events. I'm happy you could be a part of them. You're one of NEST's more active volunteers. What keeps you so involved?*

Jeannie: I have the time - I have the energy - and it's easy to be involved in something that you love doing! I really support the NEST vision and to hope to enjoy many more years of helping out our great Northeast elders!



<http://amsdaily.net/2012/01/05/the-legend-of-the-hummingbirds/>

Recipe of the Month

Dried Fruit and Nut Loaf From Marilyn Layton

This is the second month we have chosen a winner for NEST's newest addition, Recipe of the Month. During each monthly potluck we have those who attend vote on the best dish. This month's winner was Marilyn Layton's Dried Fruit and Nut Loaf. Yum!

Ingredients:

- 3/4 cup (95 grams) all purpose flour
- 1/4 teaspoon baking soda
- 1/4 teaspoon baking powder
- 1/2 teaspoon salt
- 3/4 cup (160 grams) firmly packed light brown sugar
- 3 cups (300 grams) coarsely chopped walnuts (can use pecans, hazelnuts, or almonds)
- 1/2 cup (65 grams) dried cherries and/or cranberries
- 2 cups dates and figs, pits removed and cut into quarters
- 1/2 cup (85 grams) dried apricots, cut into quarters
- 3 large eggs
- 1 teaspoon pure vanilla extract

Makes one - 9 x 5 inch (20 x 13 cm) loaf.

Preheat oven to 300 degrees F (150 degrees C) and place the rack in the center of the oven. Butter, or spray with a vegetable oil spray, a 9 x 5 inch (23 x 12 cm) (8 cup) loaf pan, and line the bottom of the pan with parchment paper.

In a large bowl, whisk together the flour, baking soda, baking powder and salt. Stir in the brown sugar, walnuts, and dried fruits. Use your fingers to make sure all the fruits and nuts have been coated with the flour mixture.

In a separate bowl, beat (with a wire whisk or an electric hand mixer) the eggs and vanilla until light colored and thick (this will take several minutes). Add the egg mixture to the fruit and nut mixture and mix until all the fruit and nut pieces are coated with the batter. Spread into the prepared pan, pressing to even it out.

Bake for about 60 to 75 minutes, or until the batter is golden brown and has pulled away from the sides of the pan. (If you find the loaf over browning, cover with aluminum foil.) Remove from oven and place on a wire rack to cool. When cool, lift the loaf from the pan. To store, cover with plastic wrap or aluminum foil. This loaf is best after being stored for a couple of days. Will keep for about 2 weeks at room temperature or for a couple of months in the refrigerator. Cut into small slices with a sharp knife.





North East Seattle Together

nest presents:

NE Seattle Treasures!



Featuring
our Favorite
Bibliophiles

Steve Scher & Nancy Pearl

Great Conversations.
Delicious Food. Remarkable People.



March 30, 2014 · 5pm–8pm

Cost: \$75 per person

Faith Lutheran Church

8208 18th Avenue NE, Seattle, WA 98115

Tickets

Visit www.nestseattle.org or call 206-525-6378



All proceeds benefit NEST, a local non-profit organization offering neighborly support, enriching programs & trusted resources so that NE Seattle residents can grow older together in the homes and neighborhoods they love, with confidence, joy & peace of mind.

www.nestseattle.org

Calendar of Events

Community Events:

NESTcafé - Go Fish: A Memoir Writing Workshop

Monday, February 24th from 2:00 to 3:30 pm:

Author and NEST member, Marilyn Layton will be focusing on and immersing participants in the same format she has used to launch her students into their writing. She'll describe some dynamics to use and others to avoid, along with a number of suggestions about subjects to explore. Join us at Magnuson Park Brig, room 406 (**7400 Sand Point Way NE**). (Open to all)

NEST Events and Groups:

Member Potluck

Sunday, February 9th, from 5:00 to 7:00 pm:

Bring your favorite dish and enjoy the company of your neighbors! It's time to get together again for good conversation and good food. Join us at HomeStreet Bank (8200 35th Ave NE). We hope to see you there! (NEST members)

NEST Builder Get Together

Monday, February 10th, 5:00 to 6:30 pm:

NEST Builders first get together is here! It will take place at Sandpoint Methodist Church in the Fire side room (4710 NE 70th St) where you can enjoy wine and cheese. Let's enjoy getting to know each other and see how we are inspired to be apart of NEST. (NEST Builders and potential NEST Builders)

February's Play: Venus in Fur

Saturday, February 15th, 2:00 pm

Venus in Fur, playing at Seattle Repertory Theatre (155 Mercer Street, Seattle), quickly becomes a cheeky and somewhat erotic performance that keeps you on the edge of your seat. To reserve your seat call 206-443-2222. The play is wheelchair and walker accessible. Cost \$35, \$25 with a senior discount. Please let the NEST office know when you buy your ticket so that you can go to the theater with other members!

Ongoing Member Groups:

Caregivers Support Group

Fridays, 10:30 am-12:00 pm:

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. If you are interested in joining, please contact the NEST office at 206-525-6378 or info@nestseattle.org. (Members Only)

Painting Group

Tuesdays in February, 10 am to 12 pm:

Artist Open Studio is in a warm, cozy, inviting spot for indoor painting through the winter. Location is the office of NEST at the corner of 60th St. NE & 32nd Ave NE on the 2nd floor of the red brick Methodist/Catholic Church. Bring your own subject material and supplies. This group is regularly hosted by Donna Kostka. If you have any questions, please feel free to call or email the NEST office. (NEST Builders and members)

Book Group

Thursday, February 6 from 2 to 4 pm:

This group meets the 1st and 3rd Thursday each month for good conversation about books that raise current issues that may help us understand our changing lives and culture. The group opens up to new members every time they begin a new book. At this meeting they will be starting "The Invention of Wings" by Sue Monk Kidd. If you are interested in joining, please call NEST member Penny, at 206-524-7093. (Volunteers, NEST Builders and members.)



Congenial Conversation

Thursday, February 20th, from 10am to 11:30 am:

The Congenial Conversation group is looking for a home to meet for their Thursday, February 20th meeting, from 10:00am-11:30am. The small gathering of 6-8 people plan to discuss February's topic, "What is the best thing that love has taught you?" We make hosting Congenial Conversation super easy. Call the NEST office by February 10th to explore hosting this month's conversation. New friends are just a Congenial Conversation away! (Volunteers, NEST Builders and members)

Plan ahead!

Better with Age: Living a Full Life in NE Seattle. Saturday, March 8th 2:00-4:00 pm

Community Open House featuring NEST, Full Life, Northwest Center for Creative Aging, and Seattle Parks and Recreation. North Seattle Adult Day Center 6555 Ravenna Avenue NE. Everyone welcome!

Buddhist Insight Meditation and the Psychology of Spiritual Development

Tuesdays, March 11th to April 15th, 2:00 pm to 4:00 pm:

Following up on September's engaging NESTcafe and exploring the question, "What is the meaning of Life?", Joe Pearl will teach a 6 week class at the NEST office. \$50 for public, \$30 for NEST members. Register now, 206.525.6378.

Last Chirps



January 24th report on how an east coast virtual retirement village like NEST is helping his 83 and 91 year old in-laws to continue living in their longtime home. Please watch this amazing video [HERE](#)



Image courtesy of @ronjymar

Contact us!

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