



North East Seattle Together  
**nest**

Many Neighbors,  
One Village

**January 2014**

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Happy new year! As I looked back over 2013, I can see that you have taught me two core "truths" this year. You will see these reflected in our Best of NEST 2013 list below and our NEST Hopes & Intentions for 2014.



First, I understand more each day that capital "L", **Life, resides and thrives in the little things.** I know that big and significant events move and mold us, but isn't the tapestry of a life lived well mostly comprised of the many smaller, easy to overlook moments? This truth definitely applies to NEST.

Second, I can see that **the connection between people is the single most essential spark** that makes growing older in NE Seattle easier and better.

Our job is to make it easy for you to *give, join, request*, SUGGEST or VOLUNTEER so that more meaningful, useful and natural connections happen. Each and every time you *gave, joined, requested*, SUGGESTED or VOLUNTEERED you made our job easier and better. STILL, there are a few moments that stand out.

Spoiler alert, the quote that best reflects 2013 comes from one of our newer members, who said,

***"I didn't realize I was going to meet such nice people."***

Be sure to take a look at our Best of NEST list on page 3.

In the spirit of community,

**Judy**



# Meeting Melba

Interview by: Alyssa Foland

Image Credit: <http://www.wallcg.com/orchid-white-flower-gallery-floral-desktop-135482/>

I recently had the honor of interviewing NEST member, Melba Glenn. We discussed growing older and the joys she has found in that.

**Alyssa F:**

You've been involved with NEST for a while. When did you join?

**Melba G:**

I joined NEST the first of November of 2012. When I learned about NEST and after my conversation with Judy in early November I realized that this organization really filled a niche for me. It offered social activities and it made volunteer services available to help with small chores that I could not handle or could no longer handle. Its purpose - to help me stay in my home.

**AF:**

I'm so happy to hear it has had such a positive affect on you. What do you think is one beneficial about growing older that you didn't expect when you were younger?

**MG: (continued)**

As a young woman I was so busy working my way through school, earning a living and raising a family, I didn't think about growing old. I didn't think about retirement or what I would need to save for retirement. In my mind, seventy years was old - and it was a long ways off. Now I've lived way past seventy years and I've been "retired" for twenty-three years. It happened so fast. I am surprised and very grateful to find at this age that I have a very good life.

**AF:**

It definitely shows! What are you enjoying about life right now?

**MG:**

I enjoy my home and hope to stay here. I have a great garden that I enjoy caring for; I just planted bulbs a few weeks ago and I can't wait for spring! I enjoy spending time with my family; my three kids, three grand-kids, and my friends. I read, take long walks, play bridge...But in spite of all the good things in my life, I do get lonely from time to time. I bought my house twenty-six years ago; I've been alone now

for ten years and aging means you've lost a lot of friends. It means your energy level is down and restricts activities. In general, it is difficult to meet people and to make new friends. When I learned about NEST I called the NEST office, met with Judy, and was a new member in a matter of days. It truly fills a niche for me.



In the one year of being a NEST member I have enjoyed so many social get-togethers and have met so many great people. I'll be joining new groups when new options become available. For me, it's working wonderfully well.

# Best of NEST 2013



**1. The dessert swap at the spring fundraiser featuring Nancy Pearl.** We dressed up and gathered together to hear Nancy's latest insights and to support NEST. But right after dinner we broke with formality, grabbed our dessert plates and sashayed about the room, laughing with mischief as we sampled any of the 12 desserts that caught our fancy.

**2. Gathering over tea/coffee each Friday morning before the Caregivers Group starts.** This is our proverbial "water cooler" where light, serious and sincere conversations happen naturally.

**3. Blocking off a block of 60th Street to host the Summer Ice Cream Social.** Sunshine, berries, chocolate, and ice cream always make connecting easy.



**4. Singing Christmas songs, lighting menorah candles and so much more at the December Year End party.** Someone said it perfectly, "We finally have the relationships with each other, so coming together to celebrate like this feels really, really good."



**5. The countless times you said, "I'll do that"** made it possible for all of us- 80 members, 110 volunteers, 50 vendors and 250 donors in our various and multiple roles to connect with each other more than 1,100 times throughout 2013!

6. Finally, the **quote that captures NEST's essence** comes from a member who is far more familiar with helping than being helped and somewhat reluctantly joined NEST this fall:

*"I didn't realize I was going to meet such nice people."*





As we look forward and plan for 2014, our guiding intention will be to broaden and strengthen our connections so that we can continue to grow older together in NE Seattle with confidence, joy & peace of mind. We will do this by:

- continuing to do all the things that are working, especially connecting members with each other, volunteers and vendors.
- introducing people and ideas through more partnerships. In 2014 you will see us partnering with the Northwest Center for Creative Aging, Virginia Mason, Pacific Medical Centers, Keybank, Homestreet Bank, University Universalist Church, Full Life and more to expand what we can bring to you and your family.
- fostering more meaningful conversations among families, friends, and neighbors. Whether community-wide or around the table, we hope these conversations are courageous, useful, and evocative.
- In the spirit of the new year, 2014's theme is "**Living from our Strengths**". We sometimes overlook the things that make us strongest. Are you loving, fair, humble, brave, empathetic? Let's live from our strengths this year and embrace them for all that they are.



# Recipe of the Month

Winner: Allison Hill

Dish: Squash, Aduki Beans, and Kombu

Hello foodies! This is going to be a fun addition to our monthly newsletter. At the December Potluck, we began the tallies for the first ever NEST "recipe of the month". We will continue this tradition at our January potluck on 1/12/14 from 5 to 7 pm, and for all potlucks thereafter. Please join us! In the meantime, you can enjoy our first winner's recipe:

## ***Squash, Aduki Beans, and Kombu***

***Submitted by Allison Hill***

Allison Hill has been a dedicated and beloved volunteer for NEST member, Taeko. She visits regularly and loves doing it. Taeko's daughter said Allison chose this dish because she wanted to make a Japanese dish to share with Taeko. Allison said the dish is not her own recipe because it is a classic macrobiotic dish. So without further adieu, please enjoy!

## **Squash, Aduki Beans, and Kombu**

This is a traditional macrobiotic healing dish which works on the kidneys and adrenals. It is typically made with 60% hard, sweet winter squash, 30-35% aduki beans and 5-10% kombu. You can get the beans and kombu seaweed at PCC.

### Ingredients:

- 1 cup aduki beans, rinsed and soaked 3-5 hours
- 2 cups sweet, winter squash cut in 2-3" cubes (butternut or kabocha, etc.)
- 2-3 inch piece kombu, soaked and sliced into squares
- Tamari soy sauce

1. Place kombu at the bottom of a heavy pot.
2. Drain the beans, add them to pot, then add water to cover about an inch above the beans.
3. Bring to a boil. Then lower to a simmer. Cover with a lid.
4. You want to cook the beans until they are about 80% done. That may take 20-40 minutes. Check them to make sure there is still water in the pot. It is best to let the beans cook quietly, without stirring. Add a little water if needed.
5. Add squash to top of beans. Do not stir. Cover and let squash steam until soft, about 10 minutes. Check by piercing with a fork.
6. Add 1-2 teaspoons tamari soy sauce, cover and let cook in for 2-3 minutes.
7. Remove from flame and let sit several minutes before serving.

Feel free to halve the recipe, it makes a lot. Leftovers can be turned into a nice soup by adding some diced carrot, celery, onion, and leek sautéed in a little toasted sesame oil.



# Calendar of Events

## Community Events:

### **End-of-Life Planning: Your Legacy and Positive Ending**

**Tuesdays, January 21st and 28th, February 4th and 11th, from 1:30 to 3:00 pm:**

Who will speak for you if you cannot speak for yourself? Trudy James is leading another wonderful workshop in January. It is a 4 course series. This workshop helps you avoid leaving your friends and loved ones with complex and difficult tasks and shows you how to take more control in creating a positive ending and legacy for you and your loved ones. These four sessions will include stories, discussion, hand-outs, and more. They will take place at Sand Point Methodist Church (4710 NE 70th Street). \$100 per person, **\$80 for NEST members**. To sign up, call Trudy at 206-985-0400; or e-mail her at [tjheartwork3@gmail.com](mailto:tjheartwork3@gmail.com). (Open to All)

### **NESTcafé - Safe and Sound in the Hospital (Navigating Health Systems)**

**Monday, January 27th from 2:00 to 3:30 pm:**

This workshop provides trusted information anyone can use to help safeguard their hospital care. You will leave with new skills and new confidence to be an effective advocate for your loved ones in the hospital. This is a great workshop because even in the best hospitals, patients can be harmed by accident. Join us at Magnuson Park Brig, room 406 (**7400 Sand Point Way NE**).

### **Responding to Difficult Behaviors of Our Aging Parents - hosted by Jewish Family Services**

**Wednesday, January 29th from 7:00 to 9:00 pm:**

As parents age, they often go through major life changes. These changes can come with many emotions and can lead to depression, mental illness and more. It is important to learn how to recognize the different behaviors so you can help your parents and give them the support they need. If you would like to attend this event, please contact Leonid Orlov at (206) 861-8784 or email [familylifejfsseattle.org](mailto:familylifejfsseattle.org).

### **Community Connections: What Can We Do For You? - hosted by The Seattle Public Library**

**Saturday, February 8th from 11:30 am to 12:45 pm**

This is your chance to talk with your City Librarian at Northeast Branch Library (6801 35th Ave NE). Share your creative ideas for how things can be done in order to better help you and your neighbors.

## NEST Events and Groups:

### **Member Potluck**

**Sunday, January 12th, from 5:00 to 7:00 pm:**

Are you hungry? 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)

### **Mr. Pim Passes By**

**Wednesday, January 29th from 7:30 to 9:30 pm:**

This is a recently discovered comedy by A.A. Milne with plenty of droll humor. If you would like to attend, please call Taproot Theatre box office at (206) 529-3666. Let them know you are with NEST and that the reservation is under the name Alyssa Foland. The cost is \$20. There are currently 7 tickets on hold for NEST members. If you would like a ride or if you can give a ride, please call or email the NEST office at (206) 525-6378 or [info@nestseattle.org](mailto:info@nestseattle.org).

### **NE Seattle LGBT Happy Hour**

**Tuesday, February 4th from 5:30 to 7:00 PM**



A chance for lesbian, gay, bisexual, transgender people living or working in NE Seattle to meet each other and explore opportunities to connect further with NEST. If you have any questions please contact the NEST office at [info@nestseattle.org](mailto:info@nestseattle.org) or (206) 525-6378.

## **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](mailto:info@nestseattle.org). (Members Only)

### **Painting Group**

**Tuesdays in January, 10 am to 12 pm:**

Do you have an artistic side? Have you wanted to begin painting or possibly hone your skills? Here's your chance! On Tuesdays, thanks to NEST member, Donna, a painting group gathers at the NEST office to enjoy each other's company and art. Please contact the NEST office if you're interested. (NEST builders and Members)

### **Book Group**

**Thursdays, January 2nd and 16th from 2 to 4 pm:**

This group focuses on books that raise current issues that may help us understand our changing lives and culture. The group meets at a book member's house every 1st & 3rd Thursday. It is too late to join for this book but the group opens up to new members every time they begin a new book. If you are interested in joining for future book discussions, please call the NEST office and we will share more information with you. (Volunteers, NEST Builders and members)

### **Men's Group**

**Fridays in January, 10:30 am to 12 pm:**

NEST's Social Work intern, David, is facilitating a men's group at the NEST office on Fridays. The men of NEST go on walks, converse together, drink coffee and enjoy each others' company. This group is off to a great start and is very welcoming of more participants! Call or email the NEST office at 206-525-6378 OR [info@nestseattle.org](mailto:info@nestseattle.org) if you would like more info and/or to join! (NEST Builders and members)

### **Congenial Conversation**

**Thursday, January 16th, from 10am to 11:30 am:**

So far, these conversations have centered on aging gracefully, how to make friends, and what happens to friendships when we lose or change our formal roles as co-workers or spouses or due to a change in our health. As stated in the book, "Kitchen Table Wisdom: Stories that Heal" by Rachel Naomi Remen, M.D.: "Life is known only by those who have found a way to be comfortable with change and the unknown. Given the nature of life, there may be no security, but only adventure." Why not consider a new adventure of conversation in 2014 by hosting a "Congenial Conversation" around your kitchen table? NEST will be happy to provide simple guidelines for setting up the date, time and arrange for transportation for those needing a ride to your home. New friends are just a phone call away.

Please contact the NEST office as soon as you can to sign up and join this upcoming conversation! Also, if you are interested in hosting or facilitating this upcoming conversation, please let the NEST office know by January 6th and we can help you get started! (Volunteers, NEST Builders and members)

# Last Chirps

The truth about Alzheimers disease can be alarming. Check out this enlightening article about the escalation of early onset Alzheimers [HERE](#).

Watch this video put together by Donna Manders. It features Judy Kinney and several NEST members [HERE!](#)

The following article is a letter written to Amazon's Jeff Bezos in regards to his in-house memo where he writes "Young is cool". This letter argues, "Old is cool, too". See it [HERE](#).

After 60 years dedicated to one another, Eric Marcoux (83) and Eugene Woodworth (85) join hands in marriage. See there beautiful story [HERE](#).

Nearly 70 years after their service, women pilots of WWII were finally be recognized during the 125th Rose Parade. You can watch the video and read the article by clicking [HERE!](#)



Image courtesy of @ronjymar

## Contact us!

206.525.6378

[www.nestseattle.org](http://www.nestseattle.org)

[info@nestseattle.org](mailto:info@nestseattle.org)

5751 33rd Avenue NE

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