



North East Seattle Together **nest** Summer Edition

Many Neighbors,
One Village

July 2014

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Before I go much further, let me wish you a safe and happy Independence Day!

Maintaining a personal sense of independence is easier and much more enjoyable when neighbors are sharing their talents, time and wisdom with each other. We really are better together, aren't we?!

To honor this holiday, we're devoting this newsletter to our volunteers. As we enter the next stage of growth, more and more people are owning NEST in various ways.

Please check out this newsletter completely. Discover more about our 5 fabulous new Member Services Volunteers, our 4 incredible Volunteer Health Advocates and our 3 new board directors. You know that we can only get better with 12 smart and generous people taking on more leadership with NEST

If you've got an itch to jump on the proverbial bandwagon, here are five fun ways to do so:

- We currently have 60 drivers providing more than 50 rides each month. AND, we still need a few more drivers.
- Join us for our Summer Cookout on Friday, July 11th from 5:30-7:30 pm, in front of the NEST office. We do need grills and grillers.
- If you're a regular PCC shopper, stop by the office and pick up a PCC Script card for \$25 so that 5% of all your purchases are donated to NEST.
- Join us Tuesday, July 15th for an informative evening. We're co-hosting Myths and Facts: What it Takes to Navigate Your Health in 2014 with our Silver Sponsor Virginia Mason at their new University Village location.
- Tuesday, August 5th is National Night Out, a great time for neighbors to get outside and connect with each other. If you live in NE Seattle, let us know if you plan to participate in your block's party that night. We want to get the word out about NEST that night.

Contact our office (206.525.6378 or info@nestseattle.org) or check out the Summer Events page for more information.

**Many thanks to all of you. Every day you make us better,
Judy**

Our 2014 Sponsors



Volunteering is a work of heart!

A big *Thank You* goes out to Windermere Real Estate Company for supplying us (NEST) with such wonderful volunteers on June 20th. Several teams went out to different NEST member homes to wash windows and work some magic in the garden. It feels good to volunteer and it is apparent in the photos below that both members and volunteers had a great time. It is the giving of your time that makes everything we do possible.



Easy as 1, 2, 3!

1. Shop and Support NEST -

[Click here to find out how to make a portion of your shopping proceeds directly support and benefit NEST services.](#)



2. Your business HERE! Contact NEST at (206) 525-6378 to learn how to become a business sponsor!

3. Great news for NEST Passport holders: Grateful Bread is now offering a 25% discount to all NEST members.



Say Hello To the Member Services Volunteers!

NEST Member Service Volunteers (MSVs) are in the office one morning a week, answering phones and connecting members with volunteers and vendors.



Nancy Wick, a theater and film nut who frequently goes to the local theater, says she is volunteering because as a retiree she has some time to give and she would like to stay involved.



Marcy Maurer, NEST board member and recently retired healthcare administrator, moved to Seattle in 1976 to find a bit of heaven. She is thoroughly enjoying getting to know NEST members as she volunteers.



Alyce Gatlin, life-long learner and crafter, is currently participating in a 30 Days of Art challenge. She volunteers with NEST because of her passion to keep community generations connected, young to old.



Nancy Robertson, I have found Nest to be a great way to connect and help lend a hand at meeting the needs of our senior community. It will be fun to learn more by working with the people who make it all happen!



Beryl Schulman, who enjoys being with friends and family and being physically active, says working with NEST is a great opportunity for her to support neighbors helping neighbors and building community.



Welcome NEST's three new members on the Board of Directors!

Our new Board of Directors will join existing board members in being active NEST ambassadors and governing our organization wisely.

Steve Meyer is Founder and CEO of Fedelta Care Solutions. Steve was introduced to NEST in its formative stages by NEST President and co-founder Debbie Anderson. Steve is committed professionally and personally to helping others care for aging friends and loved ones, stating, "The ability to age in place, in a familiar environment, with the support of our neighbors, is something we all want for ourselves. This is our collective investment into our future."



Lynn Terpstra brings to NEST a rich background in marketing. She first heard about NEST through neighbors and NEST members Joeve and Pete. Over time, Lynn gradually became "absorbed" in NEST events. Lynn is committed to NEST for a variety of reasons, not the least of which is its importance as "a grass-roots effort responding to real needs and real desire to connect".

Max Wells is a successful entrepreneur with a background in technology and product development. Max also heard about NEST through a neighbor and former board member, Sarah Osmer. Max tells it like it is, so when asked what advice he would give those considering being a volunteer or donor to NEST, he offered this: "Do it; it's a rewarding and affirming experience." And on donating, "Do it; we need it." We welcome these outstanding additions to the NEST board. Max is also one of NEST's Health Advocates (see below).



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Please also welcome our NEST Health Advocates

Volunteer Health Advocates will help NEST members be fully prepared for their medical appointments. They can meet with members before their appointment, attend the appointment to take notes and be an ally, and help the member implement any recommendations once they are back at home.



Kate Storms - I'm enjoying learning about retirement now after 30 years working in the health field. I love my P Patch community and I value the time I can be with friends and family, both far and near. Becoming a health advocate enriches my role as a volunteer personally, as it feels like an extension of what I did for many years as an R.N. in many clinical settings. If I can support and empower members to navigate the health care arena today, I'm happy to be a part of this experience.

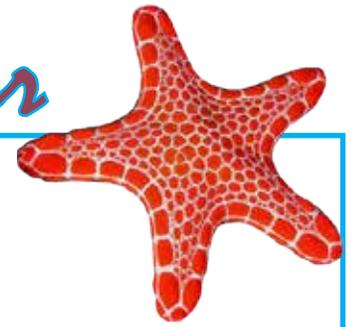


Polly Hopper - Hello! I'm a retired surgical nurse, avid gardener, and grandmother to four lively pre-schoolers. I've been married 42 years and love to cook. Becoming a health advocate makes sense to me as I loved my years as a nurse and feel I can assist other folks in making sense of the sometimes intimidating health care system.



Sarah Frey - I most enjoy engaging people at the intersection of health and mental health, because so much change can happen there to influence a person's connection with community and capacity for well being. In my role as health advocate, I hope to be of service to members of NEST as well as others with whom I interact who may be in need of such assistance. I am also working alongside my 79-year-old parents as they navigate health challenges, which brings the role of health advocacy even closer to home.

Summer Edition Calendar



NEST Recommends:

Mark your calendar - NEST Neighborhood Cook-out!

Friday, July 11th from 5:30 to 7:30 pm:

NEST is moving outside! Enjoy some delicious hotdogs, burgers and bring your own side dishes or dessert to share! This is a fun way to celebrate together, get outside and meet your neighbors! The cook out will take place on the street in front of the Ravenna United Methodist Church and NEST office (5751 33rd Ave NE). **Grills and Grillers WANTED!** Call the NEST office (206) 525-6378 for more info or to donate your time and show off your grilling expertise. (Open to all)

Myths and Facts: What it Takes to Navigate Your Health in 2014

Tuesday, July 15th from 5:30 to 6:30 pm:

This event will take place at University Village Virginia Mason. It Includes a focus on Health Care System and Your Own Health Practices. Contact the NEST office at (206) 525-6378 or info@nestseattle.org for more information. (Open to all)

List of Events:

PEMCO Movies at Magnuson Park - presented by Seattle Children's Hospital

Thursdays, July 10 – August 28 at 7:00 pm:

Come to Magnuson Park (7400 Sand Point Way NE) on Thursday evenings to watch big screen flicks, movie trivia and Seattle's best food trucks. Free movie seating is available following the entertainment and prize giveaways at dusk. Parking is free in the park. [To see a list of movies click HERE!](#) (Open to all)

Wedgwood Art Festival

Saturday and Sunday, July 12-13 from 10:00 am to 5:00 pm:

The 9th Annual Wedgwood Art Festival features local artists, music, puppets, food and much more! Enjoy fun with your neighbors and friends at Our Lady of the Lake Parish and School at the corner of 35th Ave NE & NE 89th St Seattle, WA 98115. [For more information on the festival, click HERE!](#) (Open to all)

Maple Leaf Ice Cream Summer Social - sponsored by Maple Leaf Community Council

Wednesday, July 30 from 7:00 pm to 9:00 pm:

In addition to free ice cream and live music, Maple Leaf businesses share food samples, service demonstrations, coupons, and information. A variety of city and county agencies also are on hand to talk with community members. This is a great opportunity to learn more about the city and the neighborhood, talk with your neighbors, and have fun. The event will take place on the Family Terrace next to the playground equipment in the Maple Leaf Reservoir Park, Roosevelt Way Northeast and Northeast 85th Street. (Open to all)

Mark your calendar - National Night Out

Tuesday, August 5th from :

Seattle is celebrating the 30th Annual Night Out Against Crime. You've let us know this would be a great night to reach out to people in the NE neighborhoods, so on August 5th we are doing just that. [Call the NEST office at \(206\) 525-6378 to let us know if you're up for sharing NEST materials with your neighbors on this night!](#) (Open to all)



Mark your calendar - NEST's Picnic Potluck

Sunday, August 10th from 4:30 to 6:30 pm:

Join us in the sunshine for our August Potluck. Bring a delicious dish or dessert to share with your fellow NEST members. Location to be determined. Call the NEST office at (206) 525-6378 if you'd like a ride or can give one! (NEST members only)

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. (NEST members only)

Men's Drop-In Coffee & Chat

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

The men of NEST get together for great conversation and coffee! It is a good way to get to know a new friend or neighbor you didn't know you had. If you're a male NEST member and want to get connected, please drop on in. We'd love to see you! (NEST members only)

NEST Paints - Summer Session

Tuesdays, 10:00 am to 12 pm:

Artist Open Studio (NEST Paints) has become Plein Air Painting for the summer. Let us know if you'd like to join and we will give you updates on where the group will be meeting. Please bring your own materials. You'll need a lightweight folding chair or stool, a sun hat and sunblock (thinking optimistically), shirt and/or jacket, and a supply of water for both drinking and painting. In addition, you'll need your usual art supplies. Call the NEST office at (206) 525-6378 or email us at info@nestseattle.org for more details or to join the group! (NEST members only)

Book Group

Thursday, July 3rd and 17th from 2 to 4 pm:

This group meets for good conversation about books that raise current issues and may help us understand our changing lives and culture. There are eight members and more are welcome! Join the group at NEST member Donna Kostka's home. Call NEST member Donna Kostka at 206-283-7805 for more information. (NEST members only)

Congenial Conversation

Congenial Conversations have concluded for the summer and will pick back up in September. If you are interested in joining, there's plenty of time! The NEST office will be happy to guide you in planning a conversation for the Fall. **Call the NEST office anytime to explore hosting future conversations.** New friends are just a congenial conversation away! (NEST members only)



Life Passages



Image courtesy of @ronjymar

Welcome to “Life Passages” - a place to honor anniversaries, birthdays, and major life changes. Let us know what you would like to share with your neighbors!

Here’s who we are honoring this month:



Off on another adventure . . .

It’s hard to believe my Americorps term with NEST is coming to a close, but my Americorps chapter has not yet concluded. I’m off to Chicago to assist the Spanish Coalition for Better Housing as a graphic designer. This year has been one I will treasure and it has made my next move possible. If you’re interested in keeping contact, I will be sure to let the NEST office know where I end up. Thank you all for the memories, laughs and amazing food (for those who attended the potlucks)!

*All good things,
Alyssa*

Birthdays:

This month we are celebrating many NEST member birthdays! A very happy birthday to Stephen DeMont, David Teller, Donna Kostka, Virginia Rice, Evelyn Schellenberg, William Davis, Carol Wales, Dori Wright, Bob Brooks, and Dan McGrew!

New Members:

A big NEST welcome to Adele, Edith, Virginia, Vicki, Roger and Jeri. They are the our newest members and we couldn’t be happier to have them!

Contact us!
206.525.6378
www.nestseattle.org
info@nestseattle.org
5751 33rd Avenue NE

Get social with us!

