



# North East Seattle Together nest Summer Edition

Many Neighbors,  
One Village

**June 2014**

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Summer is here. Long days, sunshine and warmer weather frame Seattle's social season so beautifully.



Speaking of social, do you know how vital meaningful connections are to your well-being?

You probably know that tending to your home and body improves your outlook. Your relationships are just as essential. Penny Macelveen-Hoehn, one of NEST's founding members and a former board member, advocated that creating opportunities for people to connect naturally, as friends and neighbors, was one of NEST's key functions. Penny died this past month and I am still feeling the impact of her leaving this world.

## Our 2014 Sponsors



There are several other life transitions occurring within our community. I have been wondering, what is the best way that we, the NEST community, can honor people's legacy within our lives? I am interested in your thoughts and ideas. Please write or call me with your ideas. (judy@nestseattle.org or 206.525.6378)

For now, I am tapping into a tried and true practice. Ever since I was in my mid-twenties, I have honored people who have died by incorporating a quality I admired in them into my own life. For example, one easy way to keep Penny's legacy alive within NEST is to keep expanding the ways in which NEST members can connect in meaningful and natural ways with each other.

So go ahead, get out your calendars. This summer edition newsletter is filled with many enriching ways to connect with your neighbors. Let's grow older together, in great company!

In the spirit of community,  
Judy

# neighbors of nest

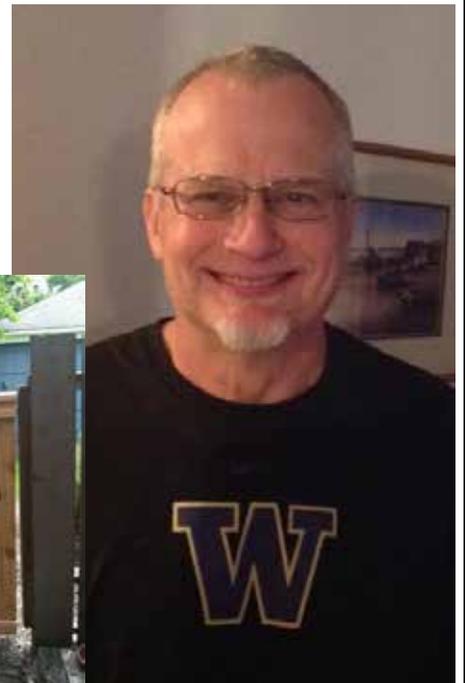


"At the moment, I am experiencing a major transition in my life with the very recent death of my husband, David. I have lots of support from my four stepchildren, grandchildren, and great grandchildren, most of whom live nearby. We plan to continue regular Sunday evening family dinners, which we started when David was ill, so I can keep up on their lives.

I also hope to return to doing some Scottish Country Dancing, to keep season tickets to the ACT, the REP, and the Intiman theatres, and to get more exercise at the University YMCA and walking with friends. When things calm down, I hope to find time to reflect on what the rest of my life will look like!" - Rosemary

"I receive great gratification out of helping in the daily lives of others. The members of NEST have been so grateful and such a pleasure to get to know and support that I am receiving a gift from them as well.

My hopes and dreams for my future are that I continue with good health and vitality to help my two children, and the people I am fortunate enough to assist, advance in their lives." - Nik



Nik recently fixed up an old gate (pictured right) for a member. Good as new!



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



## 3. Many thanks to our newest business sponsor Era Living for their generous support of \$2,500!



**Eight Volunteers WANTED!**



**Purpose:** Member Service Volunteers answer phones, connect volunteers, refer vendors, and other coordinating work in our office.

**Location and times:** Office support will happen at the NEST office. Volunteer times are Monday through Friday, either in the morning (9:30am-12:30pm) or afternoon (1pm-4pm).

**Click [HERE](#) for the full description**  
**Inquire by June 9th**  
**(206) 525-6378 or [info@nestseattle.org](mailto:info@nestseattle.org)**

# Summer Edition Calendar



## **NEW Groups:**

### **Walking Group**

**Thursday, June 5th from 8:30 to 10:00 am:**

To kick off this new group, master birder and author of *In My Nature - A Birders Year at the Fill*, Connie Sidles, has agreed to lead an easy, relaxing bird identifying walk through Montlake Fill. The group will meet at the Center for Urban Horticulture Kiosk at 8:30 am (3501 NE 41st St, Seattle, WA). Bring yourself and your binoculars for a lovely stroll with friends. If you have any questions, want to join the group, or want to lead the next walk, please call the NEST office at (206) 525-6378. (NEST members)

### **Speaking of Dying class with Trudy James -Co-sponsored by NEST**

**Thursdays, June 5th, 12th, 19th and 26th from 6:30 to 8:00 pm:**

Trudy James' last class was such a hit that she has agreed to hold another one. 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. The cost is \$100 per person or \$80 for NEST members. The class will take place at the NEST office (5751 33rd Ave NE). Please contact the NEST office at (206) 525-6378 or [info@nestseattle.org](mailto:info@nestseattle.org) to sign up. (Community)

## **List of Events:**

### **Downsize to the Right Size**

**Tuesday, June 3rd from 1:00 to 2:30 pm:**

Take the stress out of de-cluttering and join us for a complimentary seminar with downsizing expert and Aljoya's At Your Service Manager, Catherine Arendt. Location is Aljoya Thornton Place (450 NE 100th Street, Seattle, WA). Kindly RSVP at (206) 306-7920.

### **Member Potluck**

**Sunday, June 8th, 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! (Current and potential NEST members)

### **Whole Cloth: Soft Sculptures**

**Tuesday, June 10th from 4:00 to 6:00 pm:**

Come see the new art! View an exhibition of works in soft materials with distinctive content and methodologies featuring work by Larry Calkins and Cameron Mason. Location is Aljoya Thornton Place (450 NE 100th Street, Seattle, WA). Kindly RSVP at (206) 306-7920.

### **Spring Concert**

**Wednesday, June 11th at 7:30 pm:**

Teresa Metzger Howe will be conducting the Rain City Symphony Spring Concert at the University Christian Church (4731 15th Ave. NE). It promises to be a lively and entertaining evening. The concert features Jo-Ann Christen performing Rimsky-Korsakov's Concerto for Trombone and Military Band. Please join us for an enjoyable evening of music. Bring family & friends. No cost for admission. If you have any questions, please contact Patricia Shannon-Garvey at (206) 568-8382. Let the NEST office know if you would like a ride. (Community)

### **Day of Learning**

**Wednesday, June 18th from 8:45 am to 2:15 pm:**

Enjoy all the excitement of being in class without the tests! Choose one class to take from a list of classes and



enjoy a day of learning. This is the 4th year of collaboration between NWCCA, Horizon House and Seattle University. Registration is open; there has already been a great response. Cost for class and lunch \$45 per person. Register through Northwest Center for Creative Aging Online: [www.nwcreativeaging.org](http://www.nwcreativeaging.org) or by phone: 206.382.3789. (Community)

### **It's Your Life: The Family Love Letter**

**Wednesday, June 18th from 10:30 am to 12:00 pm:**

This is a practical, sensitive workshop that helps you face the difficult process of centralizing financial, legal, and personal information so family and friends can take care of you and you can take care of them. All attendees will receive a copy of The Family Love Letter. Kathleen Steele will be presenting at Ida Culver House Ravenna (2315 NE 65th St). Kindly RSVP at (206) 523-7315.

### **Neighborhood Resource Fair for Older Adults & Their Families**

**Saturday, June 28th from 12:00 to 2:00 pm:**

Mark your calendar to attend this free event at Wedgwood Key Bank (7307 35th Ave NE). (Community)

### **Classical Music Series**

**Saturday, June 28th from 2:00 to 4:00 pm:**

The Cameo Trio will perform various classical works from the baroque, classical and romantic periods. Also featuring celtic and more contemporary selections that audiences love! Apartment tours will be available after the concert. Location is Ida Culver House Ravenna(2315 NE 65th St). Kindly RSVP at (206) 523-7315.

### **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 feature 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!](#) (Community)

### **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!](#) (Community)

### **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](mailto:info@nestseattle.org) for more information. (NEST members only)

### **Mark your calendar - NEST Neighborhood Cook-out!**

**Tuesday, July 15th from 5:30 to 7:30 pm:**

NEST is moving outside! Enjoy some delicious hotdogs, burgers and BYOD (bring your own 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. (Community)

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

**July 30:**

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. Location and time to be determined. (Community)

## **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! (Community)



## **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](mailto: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 in. We'd love to see you! (NEST members only)

### **NEST Paints - Summer Session**

**Tuesdays, 10:00 am to 12 pm:**

Starting Tuesday May 27, Artist Open Studio (NEST Paints) will 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](mailto:info@nestseattle.org) for more details or to join the group! (NEST members only)

### **Book Group**

**Thursday, June 5th and 19th 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! Call NEST member Donna Kostka at 206-283-7805 for more information. (NEST members only)

### **Congenial Conversation**

**Thursday, June 19th, from 10am to 11:30 am:**

This is the last Congenial Conversation before next fall. Do you have a Congenial Conversation you'd like to jumpstart? The NEST office will be happy to guide you in planning our next conversation. Call the NEST office by June 10th to join in this month's conversation. Call 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:

## *Movers:*

NEST member Shirley Guterson is moving to Pittsburg. We wish her luck and happiness on her new adventure!

## *Birthdays:*

A big Happy Birthday to NEST members Esther Barclay and June Lincoln!

## *Passings:*

NEST member, David Blakemore passed away on April 18th in his home, surrounded by family. David had a passion for sailing and raced three boats of his own. His wife, Rosemary, is a member and was by his side every step of the way.

Founding member and former board member Penny MacElveen-Hoehn, passed on to the sweet beyond on May 22nd. Penny lived a full and vibrant life. She died surrounded by love. You can stay in touch, read her obituary, and get details for her memorial via Caring Bridge, <http://www.caringbridge.org/visit/pennymacelveen-hoehn>.

## *New Members:*

Welcome new NEST members, Virginia Rice and Danna D’asaro! They are both rays of sunshine and we are so happy to have them with us.

### Contact us!

206.525.6378

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

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

5751 33rd Avenue NE

Get social with  
us!

