



North East Seattle Together  
**nest**

Many Neighbors,  
One Village

*Autumn Edition*

# Let's Celebrate!

**October 2014**

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Three years ago I became NEST's executive director;  
Five years ago NEST became an organization.



### Wow.

Take a moment and consider how you have helped NEST grow from a good idea to a fantastic reality in five fast years. We will be celebrating together over the next several months, beginning with a cute and informative story mailed to you later this month, and culminating with an end of year party in early December.

But first, can I tell you about my biggest wish for NEST's next five years?

My big wish is that we use NEST and our aging as catalysts to build a sense of community that supports and inspires us as we grow older.

One clue that we are fulfilling this wish is that, instead of hearing, "I LOVE what NEST is doing, but I'm just not \_\_\_\_\_ (fill in the blank with old, needy, infirm, helpless, feeble) enough yet to join." we will hear something more like, "I LOVE what NEST is doing, and I think I might like to join your efforts."

Let's make NEST a place where we can connect with others in the ways we enjoy - as members, as financial supporters, and as people talking with each other across the table and giving each other a hand.

And, there is no reason to delay.

Here are my top 5 ways to pioneer a sense of community with NEST this month.

1. Sign up to participate in a workshop/conversation: Joe Pearl's class on Meditation & Personal Development; Elsa Bowman's workshop on "A New Kind of Elder;" or Congenial Conversations on Friendships.
2. Become a NEST member.
3. Plan to support NEST financially this year.
4. Attend our end of year celebration on December 5th.
5. Volunteer with NEST & attend our volunteer Pizza Party on October 20th.

See you there!

## Our 2014 Sponsors



# Celebrating our Members

Interviews by Megan Lundquist

This month we are celebrating NEST Builder Jerald Forster, Professor Emeritus at University of Washington. Jerald shared some of the ways he continues his work after his official retirement.

“I started and continue to facilitate a group at a local church, which we call, Appreciating Elderhood. This group, open to those who are probably in the last third of their lives, is designed to encourage participants to talk about aspects of their lives that are especially satisfying. We focus on positive experiences rather than ‘organ recitals.’



I facilitate another workshop that is designed to help participants articulate self-identified strengths that help them describe their positive self-identities.”

# Celebrating our Volunteers



This month, volunteer Steve Camp shared with me a few reasons why he looks forward to the colder months of the year.

“I love sports. Having retired from the Seattle Mariners organization I was of course fervently wishing for them to make Fall as interesting as possible. And of course I love the Seahawks and the Huskies and all of those things. I think that’s what’s special about Fall: baseball season is coming to an end, hopefully with the playoffs, just as football season is taking off. It’s a great time of year for sports.

And of course, as a Seattle native I love the Fall weather. It’s always a renewal type of time. It’s refreshing.”

# Northeast Seattle Resource Fair

**October 11, 2014**  
**10:00 a.m. - 12:30 p.m.**  
**Aljoia Thornton Place**  
450 NE 100th St  
Seattle, WA 98125

Living  
Mortgaging  
Spiritual Counseling  
Wellness  
Home Health  
Care  
Coordination  
Home Maintenance  
Caregiving  
Wills  
In  
Reverse  
Trusts  
Aging  
Home Care  
Legal Help  
Seattle  
Resources

Meet some of NEST's  
exclusive preferred  
vendors in the areas of  
health, finances, home  
maintenance, daily life  
and well-being.

Hosted by:



North East Seattle Together  
**nest**

Many Neighbors,  
One Village



**KeyBank** Wedgwood

**Real information. Real People.  
Real Community.**

*Free and open to the public*  
Contact us: 206.525.6378 or [www.nestseattle.org](http://www.nestseattle.org)

## **Become a NEST volunteer today!**

**We are looking for enthusiastic neighbors to  
join our volunteer team. Call or email for more information  
(206) 525-6378 or [info@nestseattle.org](mailto:info@nestseattle.org)**



## **Become a NEST member!**

**New for Fall: 10% of all membership dues now support  
NEST memberships for those with limited income.  
\$200 of all memberships are tax deductible.  
Call or email for more information:  
(206) 525-6378 or [info@nestseattle.org](mailto:info@nestseattle.org)**

# Autumn Calendar

[http://38.media.tumblr.com/3f7fa50cac3fa682764c3f9443966a4e/tumblr\\_mthfjqOmK21rm6jd7o1\\_500.png](http://38.media.tumblr.com/3f7fa50cac3fa682764c3f9443966a4e/tumblr_mthfjqOmK21rm6jd7o1_500.png)



## **Best Of NEST:**

### **NEST's First Annual Resource Fair**

**Saturday October 11th, 10:00 a.m. to 12:30 p.m.**

NEST is showcasing some of our best preferred vendors at our First Annual Resource Fair for seniors and their families! Come meet vendors in the areas of health, finance, home maintenance, daily life, and wellbeing. This event will be held at Aljoya Thornton Place, 450 NE 100th Street. See you there!

**Free and open to the Public**

### **Spiritual Development, Psychological Development, Buddhist Insight Meditation:**

#### **A Consideration and Conversation taught by Joe Pearl Ph.D., NEST Volunteer**

**Tuesdays October 7th - December 9th, 2:00 p.m. to 4:00 p.m. (an 8-class series)**

What is the nature of spiritual development? What is the nature of psychological development? How are they related? How can they both be facilitated by Buddhist Meditation? Part information, part dialogue and part Buddhist meditation practice, this class will examine tough questions through the lens of the Eastern psychology/philosophy of Buddhism along with the Western psychologies/philosophies of psychoanalysis, existentialism, and constructivism. You will learn Buddhist Insight Meditation (also known as Mindfulness, or Vipassana), a style of meditation that is now widely practiced in the West, and becoming increasingly influential in Western Psychology and psychotherapy. Lurking in the background of everything else we talk about will be the fundamental question: "What is the ultimate purpose of life?" Please call or email the NEST office to sign up for this class (206) 525-6378 or [info@nestseattle.org](mailto:info@nestseattle.org). Space is limited. Classes will be held at the NEST office 5751 33rd Avenue NE.

**Open to the Public. Cost: \$50 for nonmembers and \$30 for NEST members**

### **A New Kind of Elder facilitated by Elsa Bowman**

**Mondays October 20th - November 10th, 1:00 p.m. to 3:00 p.m. (a 4-class series)**

Elsa Bowman is completing her new book, *A New Kind of Elder*. In it, she considers how we might use our additional years as pioneers in exploring the emerging phenomenon of longer life. Four big questions form the nucleus of this book: **1. What is the purpose of longer life?** Are we to continue, at a slightly slower pace, what we have been doing most of our lives or is there a different drummer we may be able to hear? **2. What are our responsibilities to future generations?** How might we develop a renewed commitment to political and social activism on behalf of our children and grandchildren, even unto the 7th generation as indigenous people envision? **3. How can we nurture the gifts of the inner life?** Why does attention to our inner life grow more important as we age? Is there a new role for elders as wise men and women so valued in former times? **4. How do decisions in choosing how to complete our lives create a legacy for others?** How might an exploration of death enable us to live more fully in the present?



Each class session will be devoted to exploring one of these questions. Please call or email the NEST office to sign up for this class (206) 525-6378 [info@nestseattle.org](mailto:info@nestseattle.org). Space is limited! Classes will be held at the NEST office, 5751 33rd Avenue NE.

**Open to the Public. Cost \$40 for nonmembers and \$20 for members**

### **Volunteer Pizza Party**

**Monday, October 20th, 5:30 p.m. to 7:30 p.m.**

Come celebrate your accomplishments and meet other NEST volunteers! We will talk about what is working for you and hear your suggestions about NEST's volunteer program. Join us for pizza and beer at Faith Lutheran Church, 8208 18th Avenue NE.

## October's NESTcafé: *Warm Cup of Wisdom: Inspirational Insights on Relationships and Life.*

**Monday, October 20th, 2:00 p.m. to 3:30 p.m.**

On her own search for wisdom, local author Dori Jones Yang interviewed nine women she considers wise - all in their 70s and 80s. She asked them each twenty personal questions about topics we all care about - pursuing happiness, sustaining through tough times, preventing regrets, finding inspiration, making a difference. The women responded with humility, honesty, and humor, giving specific, practical advice, and inspired her with their approach to the second half of life. At October's NESTcafé we will explore the stories of wisdom in Yang's book, and share our own ideas about wisdom and age. Coffee provided. Join us at Magnuson Park Brig, 6344 NE 74th Street.

**Free and open to the public**

## Upcoming Community Events

### **League of Women Voters Ballot Measures Forum**

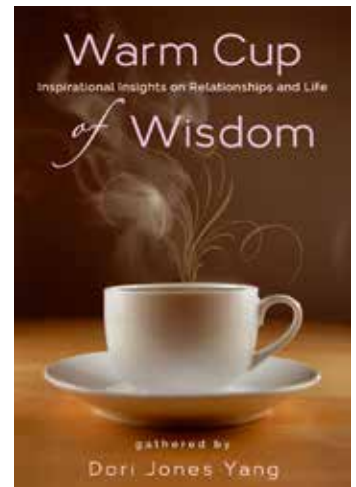
**Thursday, October 2nd, 7:00 p.m. to 9:00 p.m.**

We were very lucky to have Julie Anne Kempf from the League of Women Voters speak at our September NESTcafé. This is an opportunity to continue your political education with the League's Forum on Ballot Measures. There will be pro and con speakers discussing the following measures: State initiative 1351, Seattle Prop 1a and 1b, Seattle Transportation District Prop 1, and Seattle Monorail District Prop 1. This event will be held at Seattle First Baptist Church, 1111 Harvard Avenue. (Community Event)

### **Monthly Potluck, NEST Klatsch**

**Monday, October 13th, 5:00 p.m. to 7:00 p.m.**

This past week, NEST member Matha Jean introduced us to one of our new favorite words, **Klatsch**, meaning "A casual gathering of people especially for refreshment and informal conversation." We think this perfectly describes what our monthly potlucks are all about, so we are shaking things up! Now, the Monthly Potluck will be known as the **NEST Klatsch**. Thanks, Martha Jean for suggesting this fun change! This event will be held at HomeStreet Bank, 8200 35th Avenue NE. (NEST members only)



### **Come See NEST at the U District Farmers Market!**

**Saturday, October 4th, 9 a.m. to 2 p.m.**

Come see some of your NEST pals as we table at the U District Farmers Market. Pop by our NEST information table and say hi, then pick up some delicious local produce, drinks, and baked goods while you're at it! The U-District farmers market takes place on University Way NE between 50th and 5nd Street. (Community Event)

### **Northwest Center for Creative Aging - Celebrate Life: Say it with Music**

**Thursday, November 13th, 5:00 p.m. to 8:00 p.m.**

Join Gloria Burgess for an evening of celebrating life through music and song. Singing expresses the sheer joy of being alive. When we sing we create community, enhancing our spiritual, emotional, and physical wellbeing. This event will take place at Trinity Parish Hall, 609 8th Avenue. (Community Event)

**\$30 per individual. Please register for this event at [nwcreativeaging.org](http://nwcreativeaging.org) or by calling 206.382.3789**

### **Fall Seattle Parks and Recreation 50+ Fitness Classes**

Parks and Recreation and Naomi Scher are offering Gentle Nia class sessions this Fall. These classes are designed for those who are looking for a more gentle movement class and those with special physical considerations. Class sessions are four weeks long, and take place at various times and places in Northeast Seattle. Please call (206) 386-9106 for more information on class sessions or to register for classes. (Community Event)**Class sessions are \$32 per individual**

## **Ongoing Member Groups:**

### **Caregivers Support Group**

**Fridays, 10:30 a.m. to noon:**

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 a.m. to noon:**

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. We are currently looking for a male facilitator to join this group. If you or someone you know are interested in guiding these conversations and introducing new topics, please contact the office at (206) 525-6378 or [info@nestseattle.org](mailto:info@nestseattle.org). (NEST members only)

### **NEST Paints - Autumn Session**

**Tuesdays, 10 a.m. to noon:**

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. 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)

### **Congenial Conversations**

**Thursday, October 19th, 10:00 a.m. to 11:30 a.m.**

Congenial Conversations will reconvene at Shirley's home. The first six NEST members to call the NEST office for a place at her dining room table will talk about making new friends, and will look back on who or what influenced your becoming who you are today. Call or email the NEST office for more information (206) 525-6378. (NEST members only)

### **Book Group**

**Thursday, October 2nd and 16th, 2p.m. to 4 p.m.:**

This group meets for good conversation about books that raise current issues and may help us understand our changing lives and culture. The next book has not been chosen yet. Call the NEST office 206-525-6378 for more information. (NEST members only)



***“I was always like a bear  
in a honey tree, just trying  
to get something without  
getting stung to death.”***

***- Leonard Cohen  
at 80 on making art and  
making music***

# Life Passages

“Life Passages” - a place to honor anniversaries, birthdays, and major life changes. Let us know about life events you want to share with your neighbors! Here’s who we’re honoring this month:

## **Birthdays:**

A very happy birthday to NEST members Rebecca, Evalyn, Tom, Georgene, Mary Ellen, and Pete!

## **New Members:**

NEST welcomes full members Mattie, Austin, Claire, Peggy, and Marv, and NEST builders Robert and Carol



# Last Chirps

## **Happy Birthday, Mary Oliver!**

### **Wild Geese**

You do not have to be good.  
You do not have to walk on your knees  
for a hundred miles through the desert repenting.  
You only have to let the soft animal of your body  
love what it loves.  
Tell me about despair, yours, and I will tell you mine.  
Meanwhile the world goes on.  
Meanwhile the sun and the clear pebbles of the rain  
are moving across the landscapes,  
over the prairies and the deep trees,  
the mountains and the rivers.  
Meanwhile the wild geese, high in the clean blue air,  
are heading home again.  
Whoever you are, no matter how lonely,  
the world offers itself to your imagination,  
calls to you like the wild geese, harsh and exciting  
over and over announcing your place  
in the family of things.

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© Mary Oliver

## **Paul Smith’s Typewriter Art**



Paul Smith was born in September 1921 with severe cerebral palsy, which impeded both his mobility and speech, and prevented him from attending school. However even without a formal education, Smith

was able to teach himself to be a master artist. Smith used a typewriter to create detailed landscapes, portraits, and a variety of other subjects. You can find out more about Smith and his remarkable life by following this link, or copying and pasting this URL:

<http://web.archive.org/web/20110628004158/http://paulsmithfoundation.org/index.html>

<http://www.oddtocentral.com/pics/artist/suffering-from-severe-cerebral-palsy-creates-awe-inspiring-typewriter-art.html>

### **Contact us!**

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