



North East Seattle Together  
**nest**

*Autumn Edition*

Many Neighbors,  
One Village

**September 2014**

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# Here comes fall!

The spider webs I keep running into and the dew on my car this morning remind me that fall is arriving soon. Are you feeling the season changing too? I imagine that some of you, like me, are ready for some relief from the sun. Others I know are soaking up every last drop of sun you can get!



One thing we can count on is that change arrives with each new season. While our summer vibe here at NEST is more relaxed, we kick into high gear each September.

A key announcement is introducing our new Americorps volunteer, Megan Lundquist. Megan will be our full time Member Services Coordinator beginning Tuesday, September 2nd. Yay! Our summer Member Service Volunteers, Marcy, Nancy, Sharon, Alyce, and Nancy R. have been big blessings and have kept things moving well all summer long! You can read more about Megan below.

On Friday, September 5th at our monthly potluck, NEST members can meet Megan, enjoy each other's company and celebrate Grandparents Day with our friends at Casa Latina. Our monthly potlucks are always sweet communion among friends.

Please mark Saturday, October 11th on your calendar. Why? On this day, we're showcasing some of our best preferred vendors! In partnership with ERA Living and Keybank Wedgwood, we are hosting our 1st Annual Resource Fair for seniors and their families! You may know that we keep our preferred vendor referall list, of over 60 businesses, for members only. This day will be our exception. Be sure to join us! Meet great people and receive excellent information on your health, finances, daily life and well-being.

Lastly, check out a recent story on NBC news (in Last Chirps) that reminds us what we already know - a strong community contributes to our health! Have you been considering volunteering or joining? Now is a great time to engage further with NEST. Reply to this email or give us a call at 206.525.6378 to explore these opportunities further.

In the spirit of community,  
Judy

### Our 2014 Sponsors



# Welcome, Megan!



This month NEST is welcoming Megan Lundquist, the new Member Services Coordinator. Megan is a Boise, Idaho native who originally came to Washington, she says, “to find a wetter and greener home.”

Megan recently moved to Seattle from Tacoma, where she studied English Literature and Gender Studies at the University of Puget Sound. As a believer in the power of neighborly acts of kindness and support, she is excited by the way NEST creates a safe and energizing community for the benefit of Seattle

residents, and cannot wait to get involved herself.

In her spare time, Megan enjoys eating tacos, watching Hitchcock movies, and listening to all-girl rock bands. She is looking forward to discovering the many unique bakeries and ice cream shops Seattle has to offer.

Megan will be in the office from 9 a.m. to 5 p.m. Monday through Friday, answering phones and connecting volunteers with members. Say hello to her at the upcoming potluck, and tell her “Welcome aboard!”

## 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  
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maintenance, daily life  
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Contact us: 206.525.6378 or [www.nestseattle.org](http://www.nestseattle.org)

# Autumn Calendar

## **Upcoming Events:**

### **Monthly Potluck Sept. 5**

The September Potluck will be from 4 to 6 p.m. Friday, September 5. It will be a cultural exchange potluck between NEST members and our friends at Casa Latina on the theme of grandparents. We will share stories about grandparents: "What have we learned by being or having grandparents?" The event will be at Faith Lutheran Church, 8208 18th Ave NE.

### **Spiritual Development, Psychological Development, Buddhist Insight Meditation: A Consideration and Conversation taught by Joe Pearl Ph.D., NEST Volunteer Tuesdays October 7th - December 9th (an 8-class series)**

Part information, part dialogue and part Buddhist meditation practice, this class will examine these 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 which is 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?"

Joseph Pearl, Ph.D. in Psychology and Education from the University of Michigan, was on the faculty of Oklahoma State University, where he taught courses in Educational Psychology, Human Development, and Transpersonal Psychology, before taking early retirement to follow his wife, Nancy, to Seattle,. He has practiced Buddhist Insight (Vipassana) Meditation since 1983.

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

## **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. 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 - Autumn Session**

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

Artist Open Studio (NEST Paints) 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, September 4th and 18th from 2 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. Join the group at NEST member Jeanne's home. Call the NEST office 206-525-6378 for more information. (NEST members only)

# Last Chirps

## Good neighbors mean good health

In case you weren't convinced that having good neighbors makes a difference in your life, a research study proves it. A recent NBC-TV story reported on a study published in the Journal of Epidemiology and Community Health showing that people who get along with their neighbors enjoy better health. Watch the story by [clicking here](#) or by copying and pasting this url:



<http://www.nbcnews.com/nightly-news/good-neighbors-are-good-your-health-n184521>

## Shop and Support NEST -

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



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

# Life Passages

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:

## *Birthdays:*

This month we are celebrating many NEST member birthdays! A very happy birthday to Bill, Debi, Edith, Estell, Gayle, Irving, Jane, Jean, Margaret, Rosemary, Seelye, Vicki and Zarina.

## *New Members:*

A big NEST welcome to Full Members Margaret, Miriam, Anne, Claire and Austin, along with NEST Builders Barbara, Bill and Marcia.

Contact us!  
206.525.6378  
[www.nestseattle.org](http://www.nestseattle.org)  
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5751 33rd Avenue NE

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