



North East Seattle Together

nest

April 2020

Contents

- Poetry Corner - 1
- Mission and Vision - 2
- Welcome, Laura! - 2
- Support from NEST- 3
- From the Staff - 3
- Events - 4
- Volunteer Help - 6
- NEST Calendar - 7
- For the Times- 8
- Life Passages - 9
- Last Chirps - 9

Our Sponsors



A Health and Safety Springtime

by Mary Giles

Lo! Weedlets shoe-high are thriving and creeping.
 Hark! Birds overhead are hooting and beeping.
 Spring has sprunged in gold and green,
 But the season's all different with this quarantine.

Pandemic across our small world's borders;
 Many neighbors are ill and confined to quarters.
 We can't meet for tea, hugs, strolls, or long tramps.
 They can't take my mail because I licked the stamps.

Life's not the same for this lonely gal,
 Without the bright faces of our NESTster pals.
 But safety comes first while the crisis we weather
 NEST means even more as we all pull together.

At Safeway in Gardening, hardworking elves
 Had with bud bloom & blossom quite outdone themselves.
 And oh, how my loved ones would like a bright mellow
 bouquet of those tulips, in sauciest yellow.

Or sunflowers, comforting orange as embers.
 Wish I could bring some to all of you members!
 But with our Social Distancing, into your home
 I can bring just the photo with this newsletter poem.

Dear Readers, our housebound life feels full o' wist,
 But keep in mind, Friends: YOU are direly missed.
 Roses are still red, violets still blue.
 Every word here's a petal, devoted to you!

Mary is one of NEST's steadfast volunteers who has begun helping us find new ways to connect despite the need for social distancing. We will be announcing a 'radio hour' with Mary very soon where you will be able to hear stories and songs with the help of Zoom Video!

NEST's New Mission and Vision

Every three years the Board of Directors reviews and revises our strategic plan. We just completed that process and shared the 2020-2022 Strategic Plan with you in the March newsletter. An integral part of the plan review was to revisit our mission and vision statements, which were created nearly five years ago. Our goal was to ensure alignment between NEST's mission, vision and current strategic plan.

NEST has evolved in amazing ways, fulfilling the dreams of our visionary founders, and becoming one of the most successful villages in the national Village to Village Network. With this evolution of NEST in mind, the Board approved the following updated mission (the inspiration for who we are) and vision (the inspiration for what we are to become) statements:

Mission – NEST is a community connecting our members with each other and with resources to age successfully in the place they call home.

Vision – To build and sustain a northeast Seattle community where neighbors engage with and support one another through the transitions of aging.

Welcome, Laura!

Laura joins NEST as the new part-time Director of Development from a long career with nonprofit and public sector organizations. She loves helping organizations act as champions for their work, and sees NEST as a crucial community link for our growing older population. She is also a native of and long-time resident of NE Seattle, with deep ties to our community. One of the reasons that she is so excited about working with NEST is based on her understanding of the importance of social connectedness and healthy living for good long-term health and well-being. She is currently a long-distance caregiving support provider to her parents Pat and Jack, ages 85 and 91, who reside in Arizona and thus has personal experience supporting healthy aging.



A lawyer and systems thinker by training, Laura has worked for over 25 years with organizations to make them stronger and more sustainable in order to be able to achieve their visions and goals, including creative strategies to increase dependable revenues. She recently served as interim CEO of a statewide education advocacy organization where she raised grant, major donor and event revenues, and in the past led the WA State Public Health Association with membership and event-based revenues, and served as director of Public Policy & Community Relations at the United Way of King County where she advocated for human services. She also worked in local government at King County and City of Seattle in policy and program management roles for over 10 years. In her non-NEST time she also continues to consult with other nonprofits through Jan Glick & Associates. Outside of work, she loves music and is reviving her passion for piano playing and dabbling in musical theater roles, including an upcoming role as Aunt March in Little Women through Viva Vocalists. She enjoys the outdoors and being with her family, including her two college students and recently, a high school exchange student from Montenegro. She looks forward to working with the NEST Board, members, staff, and community.

Support from NEST

Dear NEST community,

During this challenging time, the NEST staff and board of directors want to assure you that NEST is stable, open and engaged, and that we are actively devising ways to best help our members during the COVID-19 pandemic. Our priorities are to keep members connected to each other and the community, and to provide services that our members need to the degree possible under current constraints and guidelines. There are many things we can do to achieve this. The Board, members, volunteers and staff have provided great ideas. We are working quickly to determine and implement the most effective of these. As this is going on, board members and staff are reaching out to members to provide support, maintain contact and answer questions. We are also providing updates and relevant information on our website. Rest assured that many people are actively engaged in supporting our members and adapting NEST to the current situation.

In order to implement some of our new strategies in response to the pandemic, we will be sharing opportunities for various ways to support NEST's programs in the near future. Because the population that we serve is the most at-risk from COVID-19, we hope that you will compassionately consider supporting NEST to strengthen our programming in response while allowing all of us to stay safe and healthy.

Thank you for your support of NEST. It is magical because of you.

Sincerely,

Don Desonier, President

NEST Board of Directors

NEST in the Time of COVID-19

With all the information going around about the Coronavirus pandemic, it can be tough to sort out what is true, what is relevant to you, and how to stay safe. The NEST Staff is here to help.

Our Communications and Development Manager, Jessica, has compiled a list of **resources** that can help you get meals and groceries delivered to your door, a quick reference for **social distancing** including what it is and why it's so important, and will continue to update the **NEST website** with more information about COVID-19 and how it will impact you and your community in the coming weeks. Make sure you're on our email list to stay current with changes to our schedule!

Our Director of Operations, Chris, has been hard at work calling members to make sure everyone knows that we're here to support them, creating new and exciting virtual programs to ensure that members will have access to the aspects of NEST they love without compromising their health, and working with current event organizers to find ways to digitize the programs and classes you already know and love. Stay tuned to our emails (especially the weekly members-only email) to learn about the exciting opportunities she has been working tirelessly to create.

NEST needs your financial and in-kind support now more than ever, as an organization that directly serves our local population that has been hardest hit by COVID-19 across the world. As part of our upcoming spring campaign drive, our new Development Director Laura Hitchcock is working with the Board to outline specific ways that you can support NEST to assure that the wide community of seniors that we serve in northeast Seattle is cared for during this challenging time. Laura is also working on an assessment of our development strategies in light of COVID, and to address the Board's strategic goals around revenue diversification and funding sustainability which remain critical to NEST's stability and growth.

The NEST Staff and Board are here to support you in any way that we can. We Do not hesitate to let us know how we can expand our services and offerings to better meet your needs. We are here for you.

Upcoming Events

See these events on
the calendar, page 7

All dates and times are subject to change as we learn more about the current COVID-19 epidemic. Most events, if not held in person, will be held online. Make sure you are on our mailing list or check the NEST website daily to get the most recent information about cancellations, any changes to our schedule, and a new line of all-virtual events you can attend safely from your home.

NEST Events Open to the Public

All events are free unless otherwise noted.

Fireside Chat - Tuesday, April 14 from 5:30 pm to 7:00 pm

NEST Office, 8008 35th Avenue NE, Library

Join us and Seattle University graduate students on the second Tuesday of the month for our Fireside Chat aimed at combating ageism and facilitating the transfer of wisdom between generations. This is a forum for NEST members and the intergenerational community to share reflections on life that can only be gained with the passage of time, with engaged and interested people from the broader community.

NESTcafé: Under-the-Radar Books of 2019 - Monday, April 20 from 2:00 pm to 3:30 pm

Magnuson Park Hangar 30, 6310 NE 74th Street

Rescheduled after a weather-related cancellation in January

So many books, never enough time to read them all, right? Learn about great books you might have missed and share your favorite books from last year! There will be a panel discussion of “under-the-radar” reads of 2019 and afterwards we’ll discuss our favorites of the past year. Please bring a list of your five favorite reads (fiction and non-fiction) of 2019. One thing is for certain: If you’re a book lover, this is a NESTcafé that you don’t want to miss!



High Tea

Thursday, April 16 from 2:00 pm to 3:30 pm

NEST Office, 8008 35th Avenue NE, Fireside Room

High Teas offer monthly presentations on subjects ranging from disaster preparedness and home safety to theatre and culture, in partnership with our sponsor With A Little Help. April's topic to be announced. RSVP's are requested but not required.

Screening of *In Our Own Words* - Wednesday, April 29 at 2:00 pm

NEST Office, 8008 35th Ave NE, Fireside Room

Join us for this special event where we will be screening a new short documentary by and about members of the Greenwood Senior Center's memory loss community.

Facilitated discussion and refreshments following the screening. *RSVP to the NEST Office.*

Morning Walking Group - Wednesdays from 10:00 am to 11:00 am

Magnuson Park, 6505 NE 65th Street

Take a walk with your neighbors. NEST Members Nancy Nordquist and Rosemary Blakemore lead this group on meditative, 45-minute walks through Magnuson Park. All ability levels are welcome - there are two groups based on walking speed. This group meets in parking lot E4 at the north end of Lake Shore Drive NE.

Moving with Greater Ease: Feldenkrais - Tuesdays from 11:00 am to noon

NEST Office, 8008 35th Avenue NE, Fireside Room

More information about online sessions of this class coming soon.

This class led by Gail Thompson uses the Feldenkrais Method of gentle movements to help students move with increased comfort, flexibility, and balance. Safe, relaxing, and varied movement lessons stimulate the brain's neuroplasticity to increase awareness and explore options for how we use our bodies in sitting, reaching, walking, and other activities. Movements may help improve balance, reduce pain, and decrease peripheral neuropathy. No experience needed; lessons take place on the floor or in chairs. Students should wear warm, comfortable clothing and bring a mat or blanket.



Restorative Biomechanics + Alignment with Erin Doty

Thursdays from 11:00 am to noon

Virtual class, in your own home!

More information about online sessions of this class coming soon.

Fill in your weak spots, increase range of motion/strength, deepen awareness of how your body feels + moves day-to-day. Corrective exercises improve balance, prevent pain, release tension, and increase circulation and energy. Gentle yet challenging!

Virtual class materials: floor/wall space, armless chair/stool, rolled towel/yoga mat, tennis ball/medium round stone, block/book, belt/strap/scarf. If you can't find these materials, come join us anyway, we'll improvise!

Mind, Body, Spirit, Healing Community: Qigong - Thursdays from noon to 1:00 pm

Virtual class, in your own home!

More information about online sessions of this class coming soon.

Quiet the mind, experience a grounded and centered state using focused intent, breath, and body postures. Deeply relax and practice self-healing meditations in still (internal) and moving (external) forms.

Virtual Class materials: floor space, armless chair/stool, comfy place to sit, stand, + lie down for relaxation forms. If your internet signal stretches and you have safe access to the outdoors with social distance, consider practicing with us in nature!

Open to Members and Their Guests

Potluck - Tuesday, April 28 from 5:00 pm to 7:00 pm

NEST Office, 8008 35th Avenue NE, Fireside Room

Enjoy a warm meal with your friends at our monthly potluck on the fourth Tuesday of each month. Bring a potluck dish to share and a friend who's interested in NEST.

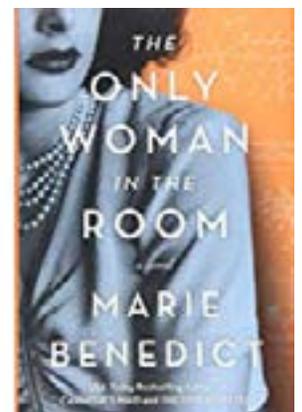
Member-Only Groups and Activities

Book Group - Friday, April 10 from 2:00 to 3:00 pm

More information about online sessions of this class coming soon.

Carried over from March.

Join us to discuss a new book each month, chosen by members. This month's selection is *The Only Woman in the Room* by Marie Benedict. This masterpiece is a novel based on the remarkable story of Hedy Lamar - stunningly beautiful movie star and brilliant scientist. Facilitated by NEST Member Leah Vetter.



Ladies' Lunch - Friday, April 17 from 11:30 am to 1:00 pm

Ida Culver House Ravenna, 2315 NE 65th Street

The expert chefs at Ida Culver House Ravenna cook up a free lunch for the ladies of NEST on the third Friday of every month. Join in at the Ida Culver dining room. Lunch is limited to 10 people.

Rides provided. [Call NEST to register.](#)

On Our Own Again - Tuesday, April 21 from 1:00 pm to 2:30 pm

NEST Office, 8008 35th Avenue NE, Library

On Our Own Again is open to those who wish to discuss any important losses in their lives, not only the loss of a spouse, with the focus on coping with daily life while living alone. Share conversation and companionship with people who are navigating the same challenges as you. This group meets on the third Tuesday of each month.

Science Club - Thursday, March 23 from 2:00 pm to 3:30 pm

NEST Office, 8008 35th Avenue NE, Library

Calling all scientists and science enthusiasts! Join us on the fourth Thursday of each month for an afternoon of intellectual engagement. Whether it's black holes or black bears, geology or genetics, you're sure to learn something new.

Poetry Reading Group - Tuesday, April 28 from 2:00 pm to 3:30 pm

NEST Office, 8008 35th Avenue NE, Fireside Room

Join your NEST friends for reading, sharing, and appreciating great poems and poets. Please bring one or two of your favorite poems (can include poems you have written) to read aloud with the group. This group meets on the fourth Tuesday of each month at the NEST office and is facilitated by NEST Members Rosemary Blakemore and Debbie Anderson.

Women's Caregiver Support Group - Fridays from 10:30 am to noon

Contact the NEST Office to get more information about attending this class via phone or computer.

Volunteer 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.

Men's Conversation Group - Fridays from 10:30 am to noon

Contact the NEST Office to get more information about attending this class via phone or computer.

The men of NEST get together at the NEST office for great conversation and coffee. This group is co-
led by NEST Member Bob Bingham.

NEST Loves Our Volunteers!

Throughout this uncertain time, NEST's fantastic corps of volunteers has stepped up to every challenge we've thrown at them. Though giving members rides to appointments, the grocery store, NEST events and other social outings, and anywhere else they want to go is usually a big part of our volunteers' time, they were ready to shift gears as soon as Social Distancing was announced as the most effective way to stop the spread of this dangerous virus.

We cannot thank each and every volunteer enough for the time they've spent delivering groceries safely, coming up with distance-friendly social engagements, and aiding the NEST staff. With their help, we are ready to launch several online and over-the-phone programs including Qigong, Feldenkrais, Restorative Exercise, and the Women's Care Support Group -- with more soon to follow -- to keep our members engaged and active as long as the Stay-at-home order is in effect. Our group of volunteer check-in callers has been working hard to make sure every member has what they need, feels safe, and has someone to talk to. NEST's volunteers perfectly embody the concept of NEST (neighbors helping neighbors) and we couldn't be more grateful. Thank you.

April 2020 Calendar

Find the details for these events on pages 4 - 6

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
			1 10:00 am Walking Group*	2 11:00 am Restorative Exercise* 12:00 pm Qigong*	3 10:30 am Women's Group 10:30 am Men's Group	4
5	6	7 11:00 am Feldenkrais*	8 10:00 am Walking Group*	9 11:00 am Restorative Exercise* 12:00 pm Qigong*	10 10:30 am Women's Group 10:30 am Men's Group 2:00 pm Book Group	11
12	13	14 11:00 am Feldenkrais* 5:30 pm Fireside Chat*	15 10:00 am Walking Group*	16 11:00 am Restorative Exercise* 12:00 pm Qigong* 2:00 pm High Tea*	17 10:30 am Women's Group 10:30 am Men's Group 11:30 am Ladies' Lunch	18
19	20 2:00 pm NESTcafé*	21 11:00 am Feldenkrais* 1:00 pm On Our Own Again	22 10:00 am Walking Group*	23 11:00 am Restorative Exercise* 12:00 pm Qigong*	24 10:30 am Women's Group 10:30 am Men's Group	25
26	27	28 11:00 am Feldenkrais* 2:00 pm Poetry Group 5:00 pm Potluck	29 10:00 am Walking Group*	30 11:00 am Restorative Exercise* 12:00 pm Qigong* 2:00 pm Science Club		

A Message for the Times

No, no, there is no going back.
Less and less you are
that possibility you were.
More and more you have become
those lives and deaths
that have belonged to you.
You have become a sort of grave
containing much that was
and is no more in time, beloved
then, now, and always.
And so you have become a sort of tree
standing over a grave.
Now more than ever you can be
generous toward each day
that comes, young, to disappear
forever, and yet remain
unaging in the mind.
Every day you have less reason
not to give yourself away.

~ Wendell Berry ~



I Am Not Old

I am not old...she said
I am rare.
I am the standing ovation
At the end of the play.
I am the retrospective
Of my life as art
I am the hours
Connected like dots
Into good sense

I am the fullness
Of existing.
You think I am waiting to
die...
But I am waiting to be found
I am a treasure.
I am a map.
And these wrinkles are
Imprints of my journey
Ask me anything.
~ Samantha Reynolds

These poems were selected by NEST Vendor Trudy James.

*Trudy has been a trusted NEST Vendor for 7 years. She offers one-on-one phone and Skype sessions (as well as in-person) at a discount for those who might want support in dealing with health and illness challenges, grief and loss, or end of life questions and planning. Any NEST member who would like more information should contact the NEST Office. You are also welcome to reach out to **Chris** or **Jessica** directly.*

Property Tax Exemptions

Did you know that property tax exemptions are on the rise for seniors in Washington State?

This year, the King County threshold for the exemption was raised to \$58,423 and this number will be indexed every five years to meet the median income for our county as a way to keep up with cost of living increases.

If you have any questions about these changes and what they could mean for you, don't hesitate to reach out to the NEST Staff at info@nestseattle.org or (206)525-6378 or [click here](#) to read more about this from King County directly.

Life Passages

A place to honor anniversaries, birthdays, and major life changes. Here's who we're honoring this month:

New Members: NEST welcomes new member Susan C.!

April Member Birthdays: A very happy birthday to NEST Members Allan D., Sandy D., Ola E., Joan F., Mary F., Howard H., Chris H., Sa H., Mary Ann J., Carolyn L., Nedra P., Laurie R., Charlie S., Mike S., and Linda T.!

Volunteer with NEST

Grocery Shopping

Help keep our members safe amid the COVID-19 outbreak by delivering groceries to their doorstep from your local store.



Lawnmowing

Help keep a member's home looking spic and span by aiding with yard or garden maintenance.



Friendly Visitor Calls

Help make sure that NEST members are safe and well through weekly check-in calls. Who knows? You might make a new friend!



Exercise

Enjoy the fresh spring air and help our members stay active by accompanying them on a walk around the neighborhood.



Last Chirps

Are you interested in submitting poems, stories, flash fiction, articles, or pictures to the NEST newsletter? Please email submissions to jessica@nestseattle.org.

If you have any tips or sites that have been particularly helpful to you while navigating the time of COVID-19, send them over to jessica@nestseattle.org and she will look them over and integrate them into an email or the NEST website. Sharing information is one of the best ways we can all cope with this stressful time as a community!

Connect with NEST!

Call or email (206) 525-6378 or info@nestseattle.org

On the web at nestseattle.org

Stop by 8008 35th Avenue NE

Monday-Thursday 9am-5pm, Friday 9am-4pm

