



North East Seattle Together
nest
 Many Neighbors
 One Village

January 2021

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Our Sponsors



Thank You!

From all of us here at NEST, we want to thank you, our community, for making 2020 the best it could be. We were all thrown a lot of challenges and curve balls that forced each of us to shift our plans and priorities time and time again, but we came through together.

As we look ahead at all that 2021 will bring, with feelings of being energized and hopeful, here are just a few highlights from the past year:



(Left) In Early 2020, the first NEST Cooking Class learned how to make healthy, delicious meals with NEST member, volunteer, and instructor Debi Quirk.



(Right) In October, these ladies gathered safely for a Lunch, Learn, and Connect event at the NEST office, created by Debi Quirk.



(Above) The NEST Pickleball league is going strong! Come join us for a game every Friday at 1:00 pm. All are welcome!

President's Corner

The theme of this, my last President's Corner, is "Blessings, Gratitude, Hope and Welcoming"

As the clock struck midnight last December 31, and we ushered in the year 2020, who could have imagined what lay ahead? If you're like me, you most likely made various and sundry New Year's resolutions. I sincerely doubt that one of them was: "By golly, this is the year I'll finally learn how to use that Zoom thingee as my primary manner of interpersonal connection!" ☺.

There is one thing for which we are all in agreement - 2020 has been a challenging year, to say the least. I, for one, am looking forward to good news and the promises and hope that are around the corner in 2021.

Blessings and Gratitude:

Through all the turmoil, anxiety, and forced isolation, NEST has managed to stay in front of it all. Early on, it's dedicated staff began offering alternatives to programming, along with outreach and volunteer connections, so as to ensure our members were well supported and engaged, all the while continuing to focus on the safety and health of all.

The NEST staff continues to innovate with new and exciting ways to continue engagement as we adapt to existing restrictions . Pickle Ball anyone?!

Hope: With the emergence of new vaccines, we are now able to see the light at the end of the tunnel. The day will soon come when we can all gather again in person, and give each other well deserved hugs.

Welcoming: My tenure as President of the NEST Board of Directors will come to an end, fittingly, on January 20th, 2021. Elise Ernst, currently board Vice President and President Elect, will become President on that day. My role will revert to Vice President, a position I will hold into the early spring.

So let us all welcome Elise!

With her background as a clinical social worker and healthcare administrator, coupled with her knowledge of senior healthcare needs, Elise Ernst is well suited to move us forward as our new board President as we head into the excitement and promise of 2021 and beyond.

Gratitude, Part Deux:

I have been honored to be your Board President over the last couple of years. My decision to move to north east Seattle in the summer of 2016 was motivated in large measure by the existence of NEST. I wanted to live in a vibrant community supported by an organization whose focus was to empower the engagement and independence of older adults. I am deeply grateful for the opportunity to have served NEST and the board in this time.

And finally – I have been so thrilled to have been able to connect with all of you in this small way through the President's Corner. For that I am eternally thankful.

As always and forever more . . .

Namaste.



Don Desonier
President, NEST Board of Directors

Should I Get Help with My Move?

This article is provided by our sponsor Stephanie Swenson of ERA Living

The Benefits of Working with a Senior Move Manager when Moving into a Retirement Community

Moving to a senior living retirement community is the start of an exciting adventure for many older adults. But the older we get and the more belongings we accumulate, the more complicated the actual moving process becomes. This is where a senior move manager can step in to help provide support.

Why work with a senior move manager?

A senior move manager specializes in assisting older adults in a move. They work side-by-side with you to coordinate each step of the process, from choosing which furniture to bring to deciding how best to live in the new space. Senior move managers keep the schedule on track and can help to prevent you from getting overwhelmed and frustrated.

In addition to coordinating the move, a good senior move manager will also provide steadiness for you and your family. Moving can be a very emotional time, and not everyone is fully ready for the transition. And even when a move is going well, unanticipated stressors and family difficulties can come up when emotions may already be running high. For everyone involved, it can make a difference just to have someone neutral to talk to.

How a Senior Move Manager Can Support the Downsizing Process

In most senior moves, seniors are trading a larger space for a smaller one that's easier to navigate and care for. This almost always calls for downsizing of belongings, and it's an important part of moving where a senior move manager can be incredibly helpful.

Move managers often face their biggest challenge when a person hasn't downsized enough. People often form an emotional attachment to belongings, which can lead them to take too much when they move. And too many belongings in any size of home can create a hazardous situation, especially for seniors who have a higher fall risk.

This is where a move manager can step in to help what could be an overwhelming experience feel more organized. They work with you to measure what will fit in your new space, and help you let go of what could cause clutter.

Finding a Senior Move Manager to Start the Moving Process

Those who join Era Living's Aljoya communities can take advantage of the moving services of Catherine Arendt, the dedicated senior move manager for Aljoya Thornton Place and Aljoya Mercer Island. And at the remaining six communities, Era Living refers seniors to the move managers at Seattle-based HB Move Management.

If you are interested in learning more about working with a senior move manager at Era Living, please contact us today at eraliving.com/contact.



Since 1987, Era Living has been dedicated to fostering a healthy and engaging environment of whole body wellness, culture, warmth, and social fulfillment – providing premier healthcare services and enriching activities at all eight of its communities. Era Living communities are Aljoya Mercer Island, Aljoya Thornton Place, Ida Culver House Broadview, Ida Culver House Ravenna, The Gardens at Town Square, The Lakeshore, University House Issaquah, and University House Wallingford. For more, please visit www.eraliving.com or call 206-829-4940.

Get the Most From Your Mask

This article is provided by Leslie Phillips, NEST Board Member and Epidemiologist*

As the pandemic continues to change the way we interact with the outside world, it is important to leverage what we know about safety. Wearing masks is one of the simplest and most effective ways we have to stop the spread of COVID-19. Almost a year into the pandemic, there is an abundance of information about what kind of mask is the most effective, when and where masks should be worn, and how to tell if your mask is doing its job well.



Cloth masks were originally intended as source control to reduce an infectious person from spreading respiratory droplets into the air. However, the CDC has now found that "studies demonstrate that cloth mask materials can also reduce wearers' exposure to infectious droplets through filtration, including filtration of fine droplets and particles less than 10 microns. The relative filtration effectiveness of various masks has varied widely across studies." While we now know that everyone should be wearing a mask, it is important to note that all masks are not created equally.

Leslie's personal guidelines for mask wearing:

- Always wear a mask indoors when interacting with people from outside your household whether you are in your own home or not and whether you are closer than six feet or not.
- Find a good cloth mask with many layers and tight weave or dense material or a surgical mask (make sure it is a true surgical mask not a "lookalike"). Every mask should have a nose piece for adjustable fit.
- Try out the mask for fit before wearing it in public.
 - Put the mask on and adjust it, then breathe out and move your hand around several inches in front of, below, above, and to the side of the mask. If you can feel air movement, the mask does not fit properly and you should swap it out for a different one.

The CDC also recommends that you avoid using masks that have exhalation valves as well as N95s and other respirators that are in short supply. It is critical that we reserve those supplies for medical professionals. The CDC has found that the most effective cloth masks are made from tightly woven fabrics (like cotton and cotton blends), are breathable, and have two or three layers.

The CDC is currently studying the effectiveness of various cloth mask materials. We will update this guidance as we learn more.

If you would like more information on how to ensure that your mask fits you properly and is made of the most effective materials, you can visit the [CDC](#) or [WHO](#) for specific, technical guidelines.

*Leslie is offering her opinions as an individual. This is not official government, agency, or medical advice.

Upcoming Events

See these events on the calendar, page 8

The NEST Office will be closed from noon on December 24, 2020 - January 1, 2021

****To join any Zoom meeting by phone, call 253-215-8782****

NEST Events Open to the Public

All events are free unless otherwise noted.

Making Healthy Meals In Your Kitchen - January 21, 2021 at 2:00 pm

Virtual demo, [click here](#) to join. Meeting ID: 899 7073 9983 Passcode: 875898



If you are craving a little more guidance about healthy eating and want to learn to cook meals that don't take much effort, this class is for you! Once a month via Zoom, Debi Quirk, RN and NEST member and volunteer will guide you through a recipe and demonstrate how to put the meal together. You may watch, or you may cook along with her, and enjoy something delicious at the end of the class. An ingredient list, the recipe, and the nutritional facts will be sent out monthly to those that register in advance. The recipes can be adjusted for those who prefer vegetarian or vegan meals.

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

Virtual class, [click here](#) to join. Meeting ID: 936 5963 6795 Password: 015290

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!

Moving with Greater Ease: Feldenkrais

Tuesdays (chair) and Wednesdays (floor) from 11:00 am to noon

Virtual class, [click here](#) to join. Meeting ID: 785 8420 3476

These classes, led by Gail Thompson and Deonne Poston, use the Feldenkrais Method (both teachers) and Bones for Life (Deonne) of gentle movements to help students function 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 can be done in chairs (Tuesday) or floor (Tuesdays and Wednesdays). Students should wear warm, comfortable clothing and use a flat-bottomed chair or a mat/blanket on the floor. Gail and Deonne send students weekly emails with Zoom links.

***NEW!* Pickle Ball at NEST - Fridays from 1:00 pm to 3:00 pm**

Wedgwood Presbyterian pickle ball court, 8008 35th Ave NE (parking lot). Weather dependent.

Seattle Parks and Recreation has a mobile recreation program called Rec'N the Streets. This is an opportunity for the city to bring to you a FREE, safe, socially distanced recreation opportunity, activity and programs.

We are all experiencing stressful times. One way to alleviate the stress is to engage in safe social interactions and to "Get Movin". Physical activity not only assists the body with staying healthy but also provides mental stimulation and an emotional outlet. In partnership with Seattle Parks and Recreation, we bring you Pickle Ball! Come join us for some FUN movement and enjoy the afternoon together playing fun, easy, low impact games of pickleball. Participant numbers will be limited for safety. So rounds of games will be played so everyone has an opportunity to participate.

Member-Only Groups and Activities

On Our Own Again - Wednesday, January 6, 2021 at 1:00 pm

Virtual Meeting, [click here](#) to join on Zoom. Meeting ID: 871 3996 8668 Passcode: 845032

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 first Wednesday of each month online via Zoom.

Low Vision Support Group - Thursday, January 14, 2021 at 2:00 pm

Virtual meeting, [click here](#) to join. Meeting ID: 832 7713 6000 Passcode: 390606

Join us on the second Thursday of the month to discuss challenges and changes that accompany any vision loss and share resources and coping strategies. Facilitated by NEST Member Janet Wright.

NEST Zoom Gathering - Tuesday, January 19 from 4:00 pm to 5:00 pm

Virtual event, [click here](#) to join. Meeting ID: 874 2557 5881 Password: 723182

In lieu of NEST potlucks for now, we bring you a virtual NEST gathering on the third Tuesday of the month, where we can still be social and connected with each other while social distancing! Let's have a fun and friendly conversation about hobbies or interests, sports, food, movies --- you name it, let's talk about it. Moderated by NEST members Marilyn Layton and Nancy Nordquist.

Poetry Reading Group - Wednesday, January 27 from 2:00 pm to 3:30 pm

Virtual group, [click here](#) to join. Meeting ID: 870 7336 3862 Password: 030009

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 Wednesday of each month at the NEST office and is facilitated by NEST Members Rosemary Blakemore and Debbie Anderson.

Science Club - Thursday, January 28 from 2:00 pm to 3:30 pm

Virtual group, [click here](#) to join. Meeting ID: 857 2117 5104 Password: 009510

Calling all scientists and science enthusiasts! Join us on the fourth Thursday of each month for an afternoon of intellectual engagement. Bring an article that you found fascinating on anything - black holes or black bears, geology or genetics - and we will discuss it as a group. All scientific interests are welcomed here!

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.

Recommended Community Events Open to the Public

Evaluating Retirement Living Options - Thursday, January 7 at 2:00 pm

Online event hosted by The Lakeshore. RSVP to (206) 922-8070 by Wednesday, January 6.

Join us for an online discussion on the differences in various senior housing financial and service models. This online presentation will highlight the top 10 most overlooked considerations when choosing your next home. We'll also take a close look at the pros and cons of retirement living, assisted living, continuing care retirement communities, and more. Learn how to choose the best fit for your situation, as well as how to understand when it may be the right time to move.

Resident Panel on Retirement Living - Thursday, January 14 at 2:00 pm

Online event, RSVP to (425) 406-7844 by **January 12** to register and for information on how to join. Ever wonder what it's really like to live at a retirement community? Here's your chance to hear directly from our residents! During this online panel discussion, residents will answer some of the most frequently asked questions we receive on senior living. Our panelists will also answer questions on what their experience has been during the COVID-19 pandemic. Don't miss this important event! Hosted by The Gardens at Town Square.

Healthy Eating Strategies for the New Year - Wednesday, January 20 at 2:30 pm

Online event, RSVP: (206) 538-6150 by **January 19** to register and for information on how to join. Is one of your goals to eat healthier this year? A well-balanced, nutritious diet can improve energy, immunity, strength, digestive health, and mood! Join Era Living's Nutritional Services Director, Courtney Riffe, to learn the many benefits of a healthy diet and how you can apply sustainable changes into your daily routine. She will also review strategies to help you stay on track with your healthy eating goals, and provide an overview on additional important wellness tools, such as mindfulness, exercise, and stress management to support overall health. Hosted by Ida Culver House Ravenna.

Moving from Isolation to Connection – Thursday, January 21 at 2:00 pm

Online event, RSVP to (206) 922-8070 by **January 20** for registration and information on how to join. Humans are social creatures and engaging in meaningful, productive activities with others has been shown to improve mood, life expectancy, cognitive function, sense of purpose and overall well-being. Join Carolyn Robinson, Social Worker and Counselor at the Lakeshore, for a Zoom panel discussion covering the following topics:

- The differing needs among those who identify as introverted vs. extroverted
- Tips on re-introducing yourself to social activities after a period of isolation
- Coping tools to stay emotionally healthy during this time

Poetry Corner

This poem was written by NEST member and volunteer Stephen DeMont

Lest We Forget the Children

My parents brought us here for a better life.
We were so excited when we finally arrived.

Last night the guard touched me.

No blanket to pull over my shoulders.
It's so cold. Nowhere to hide.
My body frozen tight.

Song and dance give me warmth.

But the darkness.

The darkness.

--Stephen R. DeMont (Seattle, November 2020)

Para que no olvidemos a los niños

Mis padres quisieron darme una vida mejor.

Anoche, el guardia me ha tocado.

No hay una manta para cubrir mis hombros.
Hace tanto frío. No hay donde esconderse.

Mi cuerpo está tieso de frío.

Las canciones y el baile me confortan.

Pero la oscuridad.

La oscuridad.

--Translation into Spanish by Maya Iriondo
(Honolulu, November 2020)

January 2021 Calendar

Find the details for these events on pages 5 - 7

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10:30 am Women's Group NEST OFFICE CLOSED	2
3	4	5 11:00 am Feldenkrais*	6 11:00 am Feldenkrais* 1:00 pm On Our Own Again	7 12:00 pm Qigong*	8 10:30 am Women's Group 1:00 pm PickleBall*	9
10	11	12 11:00 am Feldenkrais*	13 11:00 am Feldenkrais*	14 12:00 pm Qigong* 2:00 pm Low Vision Group	15 10:30 am Women's Group 1:00 pm PickleBall*	16
17	18	19 11:00 am Feldenkrais* 4:00 pm NEST Zoom Gathering	20 11:00 am Feldenkrais*	21 12:00 pm Qigong* 2:00 pm Making Healthy Meals*	22 10:30 am Women's Group 1:00 pm PickleBall*	23
24	25	26 11:00 am Feldenkrais*	27 11:00 am Feldenkrais*	28 12:00 pm Qigong*	29 10:30 am Women's Group	30
31			2:00 pm Poetry Group	2:00 pm Science Club	1:00 pm PickleBall*	

Virtual meeting *Open to the public

Do You Ever Wonder What Makes NEST Tick?

There are many things that make a nonprofit organization tick. Foremost is the community passion and commitment about its mission – and NEST is no exception. Our members who volunteer to lead programs and events on hot topics and issues for older adults, our community members who volunteer, either one-on-one or to lead classes, our sponsors and others who provide informational resources and lead events, each of these provide a strong back-bone to NEST.

As a nonprofit organization, we also rely on our supportive donors and investors in our mission. In 2020, with the COVID epidemic, NEST was faced with a deep challenge as many of our philanthropic foundation and institutional investors saw unprecedented need for support to the community. We know that many of our individual donors also truly gave from the heart and stretched their own giving to support the deep community needs that we have seen in our region and country. And, of course, NEST could not host in-person fundraising events.

Fortunately, with two board strategic goals related to development, of 1) revenue diversification, and 2) hiring a new Development Director (who started the day of Washington's first stay-home orders!), NEST has received strong support in 2020. These include:

- A new grant to focus on expanding relationships with the medical community and referrals to NEST (Glaser Foundation)
- Strong support from the Horizons Foundation (two grants totaling \$28,000) for general support
- A grant from Whole Foods Community Fund
- A first-ever online community auction, grossing over \$17,000
- Two successful individual donor campaigns (ALL IN for NEST and GivingTuesday), grossing over \$50,000, with many donors giving over \$1000. (Spoiler alert: In early 2021, we will be launching a new 'virtual' donor recognition wall.)
- Strengthened business community engagement with donations to our auction, and ongoing sponsorships of ERA Living, CarePartners, Family Resource Homecare, Seattle Parks and Recreation, Mary Anderson - Managing Broker with Windermere Real Estate, Fedelta Home Care,

NEST also received a Payroll Protection Loan under the federal stimulus relief package in May and has negotiated a rent abatement for 8 months, in light of our more limited space use. Each of these and other measures are keeping NEST's costs under control.

NEST will continue to offer online and some socially-distant outdoor programming in early 2021, which will allow NEST to increase membership, another important revenue stream. NEST continues to rely on philanthropic and community support to keep our membership affordable and to assure scholarships for those who need them. We are deeply grateful to everyone who has contributed financially to NEST in 2020, and those of you who are participating in our new legacy giving Future State program. Your generous support is allowing NEST to weather 2020, a year that none of us could have been anticipated. You are our community, and you are our foundation. Thank you.

Thank You to Whole Foods, Horizons Foundation, and Glaser Foundation!

THE *Glaser* FOUNDATION

Horizons Foundation



NEST would like to extend a special thank you to these organizations for awarding us grants that will allow us to continue serving our community in 2021.

Celebrations

Honoring events, anniversaries, and major life changes in the NEST community.

NEST welcomes new members Carolyn & Daniel B., Terry B., and Nancy C

January Member Birthdays: A very happy birthday to NEST Members Emily B., Kathleen D., Martha Jean F., Polly H., Larry M., Clare O., MJ S., Betty T., and Janet W.!

Last Chirps

Why We Rock

Do you love rocking chairs? It turns out there's a good reason why!

"The benefits of rocking chairs are not just for lulling infants to sleep or helping the elderly gently relax. All people benefit from rocking. Research shows that the rocking motion engages the parasympathetic nervous system and releases endorphins to self-regulate the brain state. Physiological benefits include improved concentration, enhanced ability to problem-solve, and enriched overall cognitive processing. Emotionally, rocking has a calming effect, reducing stress and anxiety. Some studies indicate an increase in creativity for children and adults while rocking."

- [The Oak Grove School](#)



We want to hear from you!

Are you interested in submitting a poem, story, article, or piece of art to the newsletter? Contact our Communications and Development Manager Jessica at jessica@nestseattle.org.

Volunteer with NEST

Grocery Shopping

Help keep our members safe amid the COVID-19 outbreak by delivering groceries to their home.



Friendly Visitor Calls

Help make sure that NEST members are safe and well through weekly check-in calls.



Clear Walkways

Help members stay safe by clearing ice and snow from their driveway or sidewalk.



Exercise

Enjoy the crisp winter air and help our members stay active by accompanying them on a walk in their neighborhood.



Connect with NEST!

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

On the web at nestseattle.org

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

