



North East Seattle Together

nest

Many Neighbors,
One Village

April 2021

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Celebrating NEST's First Decade Building an Age Friendly Community

In the United States, our 65-and-older population has grown rapidly since 2010 when NEST opened its doors, driven by the aging of Baby Boomers born between 1946 and 1964. Did you know that according to the US Census Bureau in 2020 the 65-and-older population grew by over a third (34.2% or 13,787,044) during just the past decade, and by 3.2% (1,688,924) from 2018 to 2019?

At the same time, the global population is aging, too, with declines in both fertility and mortality rates. This simply means that more people are living longer, at the same time that fewer babies are being born. Locally, NE Seattle represents about one-third of our city's population 55 years old and over.

As our global population also urbanizes and faces new challenges, we are asking ourselves some interesting questions about how our cities and communities can be on the cutting edge of these age trends. This past year has shown a spotlight on these challenges, with the entire population experiencing what can be risks in our older years-- social isolation and physical inactivity.

The City of Seattle recently adopted the World Health Organization's age-friendly city framework. An age-friendly city is a community in which people can grow up and grow old with ease, and the city has adopted strategies towards this goal.

In honor of our 10th birthday, NEST reviewed this framework of environmental, economic and social factors to see how the focus of our first decade centered around this model. What we found is that as we celebrate being 10, NEST's work is directly implementing much of this global framework and hopefully is a model for sister communities around the region and country.

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The World Health Organization's framework is made up of the following 8 domains:

1. Transportation
2. Housing
3. Outdoor Spaces and Buildings
4. Social Participation
5. Respect and Social Inclusion
6. Civic Participation and Employment
7. Community and Health Services
8. Communication and Information

Here's how NEST is addressing these age-friendly community domains:

- **Transportation: Community Mobility.** NEST's ride program supports members who can get a ride with a trusted volunteer to the grocery store, medical appointments and more.
- **Housing: Aging in place in home and community in affordable, age-friendly housing.** Much of NEST's overall organizational focus is helping people to have the choice to live in their own home as long as they would like-- the focus of this domain-- through volunteer housework, yardwork, plus the many social, intellectual, cultural, and physical activities that keep us physically and mentally engaged and healthy. We also promote other organizations' events and opportunities for wider community engagement
- **Outdoor spaces and buildings: Public places to gather indoors and out.** NEST's public and member activities in NE Seattle serve as a virtual senior center open to up to 1/3 of the city's older adults, with classes and activities available and accessible both outdoors and indoors, inclusive of those with disabilities. We work with the City of Seattle Parks & Recreation community centers and others to offer a wide variety of events in different locations making sure older adults have access to good facilities. Come join our Pickleball Fridays group!
- **Social participation: Social participation and physical activity are essential for both quality of life and longevity.** The wide variety of NEST's programs are developed with, for and by older adults-- meaningful opportunities for social participation at events like NEST High Tea, walking groups, and our speaker series, that promote good health. With over 165 registered volunteers, social participation happens also with inter-generational activities, such as our new Trivia with Nathan Hale High School.
- **Respect and Social Inclusion: Everyone wants to feel valued.** NEST educates the community about inter-generational opportunities and how to be an elder-friendly community. This year, we will host several publicized member drives, discussions on age-friendly communities, and a Night Out for NEST at local restaurants in honor of the UN International Day of Older Persons.
- **Civic Participation and Employment: Working for pay or volunteering time and talent allows older adults to contribute to their communities.** As a volunteer-driven organization, older adults are key to NEST's success, with program planning and delivery, board service, and designing events like an upcoming candidate's civic forum on local city elections.

- **Community and Health Services: Access to affordable health care and community services that help older adults live comfortably and with dignity.** NEST has been rapidly responsive to COVID impacts, including helping people get access to vaccine appointments and navigate the challenges of social isolation and other issues with referrals to providers and other supports through our volunteer Connects Team. Our interns this year are focused on raising awareness about NEST with local health care providers, so that they can, in turn, refer individuals to NEST programs and membership as a benefit to health and well-being.
- **Communication and Information: Older adults receive information in a variety of ways, and no one way reaches every person.** NEST focuses on bringing members and the broader community timely information on key topics such as COVID, healthy aging, and elder law, in multiple ways, through speakers, experiences, written materials and our Large Print Library and Friendly Caller program to members. Our social media presence also helps reach the broader community.

NEST's focus on these eight age-friendly community domains certainly shows the vision that our founders had resonates today-- and that NEST's approach to an age-friendly community mirrors that of communities around the world, a testament to our first decade of community service and impact.

So, next time you talk about NEST or participate in one of our programs, volunteer, or recruit a new member, you are helping to build an age-friendly community, both for now, and for the future! Happy birthday to us!

Global Population Trends and Policy Supporting Older Adults:

For some interesting reports and data on trends in aging around the world, and some interesting observations on public policy, take a look at the HYPERLINK: "<https://www.nia.nih.gov/research/dbsr/global-aging>" [US National Institute on Aging's webpage](#), with links to multiple reports and datasets.

President's Corner

Greetings NEST Community,

Happy Spring? Well, almost! Now we just have to wait for the actual Spring weather to show up. I hope this column finds all of you well and close to being fully vaccinated. We are so fortunate to have this vaccine, and it feels monumental at this time.

With a sense of joy and relief that the vaccinations are moving swiftly in our community and the nation, we are feeling the excitement and are gearing up for a well-deserved celebration at NEST. Did you know that NEST is now 10 years old? During the next few months, we are planning several events leading up to our grand re-opening and 10-year anniversary celebration in August! We'll be kicking-off the events starting with our "Into the Spring Sun" Fund Drive beginning Monday, April 19, 2021. Mark your calendars for this first event of our community's 10th anniversary celebration!

When I think about all the reasons I give financially to NEST, what comes to mind first and foremost is the strong social connections that our members, volunteers and staff facilitate. Your gift helps ensure these connections and better health and well-being. How? By funding meeting and classroom spaces and by bringing targeted classes and activities of interest to older adults. Two great examples include this year's presentation on COVID-19 vaccine safety and an upcoming local elections' candidates' forum. And, by supporting NEST's ability to provide rapid response to community needs, such as helping older adults get their vaccine appointments, providing space heaters for outdoor meetings, and our large print library, to name a few. I know that when I invest in NEST, I am investing in our age-friendly community, and building the community that I want for the future.

Please plan to join me and our NEST Board of Directors in giving 'big' this year, in honor of our 10th birthday! Look for more information in the mail and via email soon for ways you can contribute and stay tuned for more events and happenings at NEST as we are near the anniversary celebration!

See you soon!

Elise Ernst

Elise Ernst
President, NEST Board of Directors

THE NEST BOARD OF DIRECTORS WANTS YOU!

Are you looking for a unique leadership opportunity with a fun and welcoming organization? NEST is currently seeking candidates for the Board of Directors who are strategic thinkers and community minded individuals with a strong commitment to NEST's vision and mission.

If you are interested in being considered for our board, you can fill out a board recruitment form here: <https://bit.ly/3cnmpnu>. Or, please feel free to reach out to either Elise Ernst or Don Desonier at (206) 525.6378 or info@nestseattle.org

Upcoming Events

See these events on
the calendar, page 8

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

NEST Events Open to the Public

All events are free unless otherwise noted.

Low Vision Support Group - Thursday,

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.

Trivia Time - Monday, April 26, 2021 from 2:00 pm to 3:00 pm Virtual

Gathering, [click here to join.](#)

Meeting ID: 506 878 3176

Password: 5256378

Calling all intrepid quiz masters, know-it-alls, and possessors of random knowledge! In partnership with Nathan Hale National Honor Society Club, we bring you TRIVIA TIME! Come test your knowledge for some good fun and oh yes, there will be prizes!!

Moving with Greater Ease: Feldenkrais

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

Virtual class, Tuesday class: [click here to join.](#) Meeting ID: 821 8241 6671

Virtual class, Wednesday class: [click here to join.](#) Meeting ID: 810 4153 0654

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.

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, or 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!

Pickleball at NEST - Fridays from 1:00 pm to 3:00 pm

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

In partnership with Seattle Parks and Recreation, we bring you Pickleball! 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. 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 and rounds of games will be played so everyone has an opportunity to participate.

Member-Only Groups and Activities

On Our Own Again - Wednesday, April 7, 2021 at 1:00 pm

Virtual meeting, [click here to join](#). Meeting ID: 871 3996 8668 Password: 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.

NEST Zoom Gathering - Tuesday, April 20, 2021 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.

Science Club - Thursday, April 22 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!

Ladies' Lunch - Friday, April 23, 2021 from 11:30 am to 1:00 pm, Sponsored by Ida Culver House Ravenna, Online Lunch Gathering

The Ladies Lunch is back! The expert chefs at Ida Culver House Ravenna will be preparing free box lunches for the ladies of NEST, and will be delivered to the houses of registered participants the fourth Friday of each month. Join Ida Culver's Executive Director/Community Relations Director, for some fun and interesting topical discussions while lunching in the comfort of your own home. Lunch is limited to 10 people. Call NEST to register and to receive the link or call-in number.

Poetry Reading Group - Wednesday, April 28, 2021 from 2:00 pm to 3:30 pm

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

Join your NESsharing, and appreciating great poems and poets. Please bring one or two of your favorite poems (include poems you have written) to read aloud with the group. This group meets on the fourth Wednesday of each month online 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 currently online. Come enjoy a great space to connect with other members who are supporting a loved one who needs care.

MARK YOUR CALENDARS AND SAVE THE DATE

Sunday, May 5, 2021 2:00 PM

(Open to Members and Volunteers)



**EIGHT BELLS
WINERY**

It's a NEST wine tasting outing! Spend a fun afternoon with your NEST friends and enjoy some wine at your local urban winery, Eight Bells Winery, on Roosevelt. Eight Bells Winery will do a short presentation and lead you in a sampling of their wines. Please RSVP at (206) 525.6378 or info@nestseattle.org. Space is limited to 12. Safety protocols and proper PPE will be enforced.

Recommended Community Events Open to the Public

**University of Washington School of Social Work Leading Lights Speaker Series
Science to Impact: Linking Lives to Disrupt the Cycle of Social Isolation in the Midst of
COVID-19, Livestream Lecture, Thursday, April 1 at 3:30 - 4:30 P.M. PST**

[Click here to register](#)

Please join us for the third in our nine-part lecture series with a presentation by Professor Karen Fredriksen Goldsen, an internationally recognized scholar addressing issues of health equity and aging. Dr. Fredriksen Goldsen is director of the Goldsen Institute; Center for Aging; Health, Sexual and Gender Research Center; and AgePRIDE Center at the University of Washington. She is the principal investigator of many landmark studies, including Aging with Pride: National Health, Aging, and Sexuality/Gender Study (NHAS). Based on the findings of her research, she is developing and testing innovative solutions to complex social problems, including social isolation.

**Mind Body Solutions for Pain Management – Wednesday, April 14 at 10:30 am – online event
hosted by University House Issaquah**

Everyone experiences pain differently. But if pain is individualized, how do we treat it effectively and consistently? How can we conquer pain and focus on healing? In this online presentation, Dr. Lichtenstein will focus on defining the many aspects of pain and how to heal using a mind-body approach. RSVP at (425) 557-4200 by Monday, April 12

**Nutrition for Longevity – Wednesday, April 14 at 2 pm – online event hosted by the Lakeshore
Retirement Community**

Join us for our upcoming webinar on nutrition! Era Living's Nutritional Services Director, Courtney Riffe, will provide an overview on the following topics: The benefits of nutrition for older adults; Common age-related changes and their impact on nutritional status; Recommendations to maintain health; How to apply easy changes to improve health at home. RSVP at (206) 772-1200 by Tuesday, April 13

**Gardening with Ciscoe – Wednesday, April 28th at 2:30 pm – online event hosted by Ida
Culver House Ravenna**

Join us in welcoming spring with this fun, informative, and complimentary online workshop! During this online event, you'll have the opportunity to: Learn tips on container gardening, planting, pruning, and fertilizing; Discover Ciscoe's favorite early spring plants; Ask questions to help get you ready for gardening season. Plus! One lucky winner will be chosen and sent a signed copy of Ciscoe's book, Oh La La! RSVP at (206) 523-7315 by Tuesday, April 27

April 2021 Calendar

Find the details for these events on pages 5 - 6

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 12:00 pm Qigong	2 10:30 am Women's Group 1:00 pm PickleBall	3
4	5	6 11:00 am Feldenkrais	7 11:00 am Feldenkrais 1:00 pm On Our Own Again	8 12:00 pm Qigong 2:00 pm Low Vision Group	9 10:30 am Women's Group 1:00 pm PickleBall	10
11	12	13 11:00 am Feldenkrais	14 11:00 am Feldenkrais	15 12:00 pm Qigong	16 10:30 am Women's Group 1:00 pm PickleBall	17
18	19 NEST "Into the Spring Sun" Fund Drive Kick-off (thru 5/5)	20 11:00 am Feldenkrais 4:00 pm NEST Zoom Gathering	21 11:00 am Feldenkrais Spring Fund Drive	22 12:00 pm Qigong	23 10:30 am Women's Group 12:00 pm Ladies Lunch 1:00 pm PickleBall	24
25	26 2:00 pm TriviaTime	27 11:00 am Feldenkrais	28 11:00 am Feldenkrais 2:00 pm Poetry Group Spring Fund Drive	29 12:00 pm Qigong 2:00 pm Science Group	30 11:00 am Women's Group 1:00 pm PickleBall	31

Boredom and Awe

By NEST Member, Marilyn Layton

When I was young, I yearned to be shy and retiring what we might today call an introvert. Each morning I would promise myself to sit on my hands during class. I did not succeed in this quest.

Now the challenge continues but in a different direction. Now the necessity again rarely realized is to remain silent. I have complained that my internal censor has atrophied and it's harder than ever not to give voice to the feelings and thoughts tumbling around in my head, seeking an outlet.

I now understand with some clarity what makes a grumpy old man grumpy. It's closely connected to what makes me a sometimes grumpy older woman. I've become impatient with the repetitive conversations and narratives I've heard over the years. I've become bored with my own prattle too.

I'm often tired of demands and routines, the very framework that, ironically, gives meaning and definition to my life. And I listen to that voice in my head, the one that reminds me to be grateful that I can still pay those bills and prepare the porridge. Where will I be when I can't?

These days it is dreadfully difficult not to speak out but where can my words go? The values I cherish are tumbling all around me the bulwark of my convictions eroding from forces that do not share them. The degradation of our common language, like the garbage tossed carelessly around, defies mutual understanding. Bullets, not words, too often appear to answer those whose lives annoy another.

Now I know that I will never be an introvert, but I find courage and guidance in lives that have never able to use words: the flowers that wake in spring just when grumpiness threatens to take permanent hold of my mind; the love of my pups forever without judgment, and the wonder of connection in the eyes of others, old friends, grandchildren, and someone I've just met. Indeed sometimes I walk wordless among these miracles and gratitude wins.



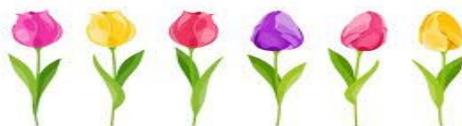
NEST IS TURNING 10!

And, we are turning the corner - join us for multiple ways to celebrate our 10th birthday, starting with our

“Into the Spring Sun” NEST Fund Drive beginning Monday, April 19, 2021!

Your gift helps ensure an age-friendly community for all of us.

Happy birthday to us!



Celebrations

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

Member Birthdays: A very happy birthday to NEST Members Sandy D., Ola E., Mary F., Chris H., Carolyn L., Mike S.

Last Chirps

If you happen to be walking around the Laurelhurst neighborhood near Waterway 1, you'll see a free Little Art Gallery. From the outside, it just looks like another Little Free Library, or a generously sized birdhouse. But behind a glass door, the 18-by-16-by-9-inch box contains a wooden floor, white walls, a small easel, tiny shelves, a tiny bench — and a rotating collection of artwork, with a cast of miniature people to witness it. Anyone is welcome to leave a piece, or take a piece or just have a look around and enjoy what's inside. No even exchange required. This is such a sweet miniature art to see!



We want to hear from you!

Are you interested in submitting a poem, story, article, or piece of art to the newsletter? Contact Chris Alin at chris@nestseattle.org.

Volunteer with NEST

Grocery Shopping

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



Yard and Garden

Help members keep their yard and gardens maintained with weeding, raking or mowing the lawn.



Friendly Visitor Calls

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



Exercise

Enjoy the crisp Spring 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

