



# NNN: There's No Place Like Home

**Issue 5**     **Northwest Neighbors Network**

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*There really is no place like home. Northwest Neighbors Network (NNN) launched February 1, 2019, dedicated to enabling local residents to age in place -- living in the comfort and security of their own homes and communities with support from local volunteers.*

### NNN service area:

- ◇ Shoreline
- ◇ NE Seattle (above 110th St.)
- ◇ Lake Forest Park
- ◇ Edmonds
- ◇ Woodway
- ◇ Lynnwood
- ◇ Mountlake Terrace
- ◇ Brier

## NORTHWEST NEIGHBORS NETWORK—WINTER 2019

### MORE EVENTS THAN EVER THIS DECEMBER!

Just when you think you know what our members are wanting, you slow down and take the time to **ask!** Thanks for all of our member responses!

In November, we polled our NNN membership about how many activities they wanted us to **trim** during December, and we heard **exactly the opposite** of what we expected. Members wanted even more activity opportunities for December, so here we go, hitting the ground running (or walking) with a **flurry** of events.

Want the latest list? **Slide** over to the [NNN website](#) and click the [Events](#) tab in the middle of the page.

### Walks: Shoreline, Lynnwood, Mountlake Terrace

**SHORELINE:** Every **Tuesday**, 11 am - noon  
Starting at: Shoreline City Hall, Veterans Plaza  
17500 Midvale Ave N - Shoreline, WA 98133



**LYNNWOOD:** **Sundays**, starting **Dec. 15**, 11 am - noon  
Starting near: intersection of 208th St SW and 74th Ave W  
Lynnwood, WA 98026

**MOUNTLAKE TERRACE:** **Thursday**, Dec. 19, 12:30 pm - 1:30 pm  
Note: Come to a pre-walk lunch 11:30 am - 12:30 pm  
Mountlake Terrace Community Senior Center—23000 Lakeview Drive  
Mountlake Terrace, WA 98043

*Did someone say Lunch & Games....???*  
**Yes, Please!** ([Page 3](#))

**Planning Under-  
way for One Year  
Anniversary of  
Launch of NNN!  
February 2020**



## VOLUNTEERS: SAVE THE DATE! JAN 17 @ 1-3PM

Mark your calendars: our NNN Winter All-Hands Workshop is January 17, 2020 1-3 PM at North City Water District in Shoreline.

**Who:** Social members, full-service members, volunteer members who are vetted to provide services in members' homes, and those who provide administrative and advisory assistance.

**What:** Focus on how all volunteers provide services to our members. Since this information is critical to providing member services, we ask that all volunteers make an effort to attend if possible. (After training, we'll enjoy relaxed mingling and munching!) See you there!!

### OCTOBER WORKSHOP ALL-HANDS RECAP

Tanya McGee, Region Lead Coordinator for Sound Generations, told us about Sound Generations' mission and what services they offer. She also had ideas on how NNN and they can work together to provide the best choices for NNN members.

Sound Generations sounds a lot like us. From their brochure: *Sound Generations connects seniors and adults with disabilities with vital resources in their communities. We provide them with meals, drive them to essential services, ease the loneliness, and alleviate caregiver stress. We are committed to helping people thrive and feel included and respected.*

With all that, one might ask: what is left for NNN to do? Tanya made it clear that there is not only room for the both of us, but that there is more need than all of us can fill together.



As volunteers for NNN, for our own needs, and as a source of knowledge for our neighbors, all of us should be aware of Sound Generations, what they offer, and how to get in touch with them. We heard a lot at the workshop, most of us had some *AHA!* moments. And probably all of us felt overwhelmed with information. Sound Generations' website provides a good refresh for workshop attendees and information for those unable to attend.

[Soundgenerations.org](http://Soundgenerations.org)

Suzy Chandler and Eileen Carter talked about fall prevention. They provided us with a couple of handouts, one to use when checking your personal risk for falling, and a checklist for home safety. These lists are good for all of us, any age, any physical ability. They can also be used as we visit NNN members in their homes. While we should not present ourselves as the experts in fall prevention, we can work with one another to correct the more obvious dangers and know where to go for more help. One version of the fall prevention checklist can be found at [https://www.cdc.gov/steady/pdf/check\\_for\\_safety\\_brochure-a.pdf](https://www.cdc.gov/steady/pdf/check_for_safety_brochure-a.pdf)

Do you have a contact with an agency you'd like us to reach out to?

Is there a topic you'd like your NNN support team to research?

Call your NNN team at  
206-800-3009 or email  
[info@northwestneighborsnetwork.org](mailto:info@northwestneighborsnetwork.org)

Fall prevention as a topic for the workshop came about when Suzy connected with the Shoreline Fire Department to talk about what services are available for our members. Connections like this one help us to be able to know where to turn for help. And they make NNN known to the wider community. Meeting Suzy and thus knowing about NNN led to NNN being recommended to someone who is now one of our members!

EVENTS, *CONTINUED*

**Lunch** opportunities abound, from Aurora to Good Eats. It's a great time to connect with your NNN community. Details on the NNN website "[Events](#)" tab!



**Shoreline** Dec 13 @ Aurora Borealis [Salmon Salad, or Pot Roast anyone?]

**Mountlake Terrace** Dec 19 @ Mountlake Terrace Senior Center

**Shoreline** Dec 20 @ Thai Bistro [Traditional dishes, Golden Duck]

**Edmonds** Dec 23 @ Café Louvre [Sandwiches, cozy drinks, desserts]

**Mountlake Terrace** Dec 27 @ Voula's Good Eats [Greek cuisine]

## EVENT REPORT: BLOEDEL, COMMUNITY, THEO CHOCOLATES



NNN Members took to the road for not one, but two, visits to **Bloedel Reserve**, with the first visit taking in the early fall greenery, and the second trip in October to tiptoe through hundreds of squash on display.

We had several great **Community Outreach** opportunities, with the latest at the Shoreline/LFP Senior Center where we had a great chance to informally chat with dozens of people stopping by our table to find out more about NNN.



The **Theo's Chocolate** tour outing was a chocolate lover's dream come true. Seven NNNers enjoyed a tour led by our gracious host, Amber. We learned about the lifecycle of a cacao bean, the importance of organic and fair trade farming practices, how one little bean goes from harvest through the delicate process of producing the most amazing and tantalizing treat we all know as chocolate. We saw the enormous cacao bean roaster, learned that dark chocolate needs to be savored, not chewed, to let the richness of the chocolate come through without being bitter. AND WE GOT SAMPLES, OOOOO SO MANY SAMPLES of delicious Theo chocolates -- some that can only be found at the factory store. It's wonderful being part of the NNN community.



What's next on the agenda? From chats to games, we're building our NNN community based on **YOUR NEEDS** and **YOUR REQUESTS!** Here are just a few upcoming:

## MORE EVENTS ON THE WAY! - KEEP THE REQUESTS COMING!

Mon., **Dec 16**, NNN Member **Book Club** (contact info on website)

Wed., **Dec 25**, 1 PM-3 PM NNN Member Social Gathering

Thurs., **Dec 26**, 1 PM - 3 PM GAME DAY @LFP Commons

Mon., **Dec 30**, 11:45 PM - 2:30 PM LUNCH & GAME DAY @ Shoreline LFP Senior Center

Tues., **Dec 31**, 1 PM - 4 PM MOVIE DAY @ The Crest Theater



## VOLUNTEERS! WE NEED YOU!!

***YES! I can do that!! I wish someone would ask me...***

If you want to help with any of the items on our NNN Admin **Hotlist** of needs, please call 206-800-3009 or email [info@northwestneighborsnetwork.org](mailto:info@northwestneighborsnetwork.org) today! =)

### **HOTLIST:**

1. Fund-raising/grant writing/sponsorship
2. Brochure/marketing material updates
3. Social media and website maintenance
4. Newsletter editing/proofing
5. Social event planning/coordinating
6. Outreach to recruit new volunteers/members



Also, please reach out if you're interested and not already signed up for our member requests for providing transportation • running errands • grocery shopping • becoming a walking partner • doing meal prep • repairing things around the house • weeding • doing light house-keeping • helping with computers, phones, electronics •...



### **New Year's Resolution:**

**As an NNN Member or Volunteer,  
I will let my NNN support team know  
if there's something new I wish NNN  
would offer its members, and here's my idea...**

## THANKS (AND GIVING)

As we near the end of our launch year, we want to thank everyone who volunteers their time to our NNN community! **Thanks** to those who put so much time and effort in to our formative years, those who had faith and provided funding to get NNN up and running. Those who signed on in this first year as members, volunteers, and supporters. YOU are all the biggest part of what makes NNN a success.

If you or your family has a company donation matching opportunity, please consider donating to NNN. Also, if you are a current or retired employee of the University of Washington and contribute to the Combined **Giving** Fund, please consider designating NNN as your charity of choice.

## NNN BOARD

Congratulations, and thank you for your volunteer service, to our recently elected Officers of the Board of Directors for NNN!

Officer elections were held during our annual Board meeting on October 30, 2019.

President and Chair of the Board, Sandy Moy  
Vice-President, and former President/Chair,  
Jerry Cariveau

Secretary, Suzanne (Suzy) Chandler

Treasurer, Don Beacom (continuing his term)  
*(maybe that's why he has a healthy glow in the photo?) ;)*

**HAVE A SAFE AND COZY WINTER/HOLIDAY  
SEASON, FROM YOUR NNN BOARD!  
SANDY, SUZY, JERRY, & DON**

