



NNN: There's No Place Like Home

Issue 6 Northwest Neighbors Network

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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, dedicated volunteers.

NNN service area:

- ♦ Shoreline
- ♦ Lake Forest Park
- ♦ Edmonds
- ♦ Woodway
- ♦ Lynnwood
- ♦ Mountlake Terrace
- ♦ Brier

NORTHWEST NEIGHBORS NETWORK—June 2020

2020—YEAR OF CHANGE!

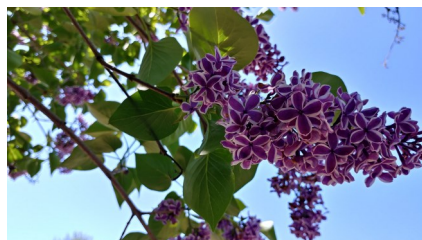
Northwest Neighbors Network kicked off 2020 with bursts of energy and excitement about the year ahead from our Members, Volunteers, and Board.

Members were enjoying more walking sessions, new lunch locations, more outings on the calendar, and we welcomed several new members in the first two months. We gathered together in February to celebrate the ONE YEAR ANNIVERSARY of NNN, and were excitedly talking about the year ahead. [Link to: [Party photos](#)]

Volunteers were buzzing with the possibilities of how best to serve members. Following-up on member support requests and activities was a key topic at our January All-Hands meeting. [LINK: [All-Hands meeting recap](#)]

In January and February, the *NNN Board* was finalizing a grant request for King County levy funding, and refining our goals for 2020 and beyond. Our biggest need right now is adding additional Board members!

In March, our lives changed with the reality of the quickly-spreading COVID-19



virus. We soon learned this new risk for our own friends and family is especially risky for Seniors—both the members we serve and our Senior volunteers. Following the Governor's Stay Home, Stay Healthy mandates and guidance from other Senior Villages across the nation, we made the difficult decision to limit many of our 1:1 in-person services. Phone calls, errands, grocery delivery, and porch visits became the new norm.

As we move into the summer months and into less restrictive phases in our NNN Community in King and Snohomish Counties, we will continue to build on innovative ways to connect with our members and volunteers (are you ZOOMING with us yet?) as well as adding back some of our favorite walks and social gatherings — which are a key part of connecting us and helping us live well in our own homes and communities.

Zooming with NNN

Want to try out Zoom? We have volunteers ready to help you set it up and try out a way to video call from your own home.

Contact: 206-800-3009 or email info@northwestneighborsnetwork.org

HAPPY ANNIVERSARY, NNN!!

Spiro's Pizza and Pasta in Shoreline was hopping with NNN Members and Volunteers on February 21, 2020

Members and Volunteers gathered around in a spirit of celebration at Spiro's Pizza and Pasta as we all celebrated the ONE YEAR ANNIVERSARY of the launch of Northwest Neighbors Network. We shared stories of the years of hard work behind the scenes by all the great volunteers we had involved in preparing for the launch, and made new connections with our members and volunteers.

Take a peek behind the scenes—we're so glad that many of you could make it, and we look forward to an even bigger party in 2021!



Contact: 206-800-3009 or email info@northwestneighborsnetwork.org

2020 SERVICE REPORTS

What have our volunteers been up to in helping our members in 2020?

Despite COVID-19 social distancing challenges to keep safe and healthy at home, we've been busy helping where possible, with a big jump in May.

Service hours (not including one-to-one phone chats and walking buddies, or Zooms, or our behind-the-scenes administrative work, which equaled more than one full-time position):

- ⇒ January & February: 50 hours
- ⇒ March & April: 86 hours
- ⇒ May: 50 hours

Biggest requests since March?

Grocery shop, pharmacy runs, vacuum/dust, yard work, tech help (Zoom, smart phones), cook, pack for move, minor home repairs.

COMING EVENTS

Want the latest list of events available to NNN Members? From the [NNN website](#), log in as a **Member**, and click the **Events** tab in the middle of the page. We'll be adding our social distance walking groups and are narrowing in on restaurants with outdoor seating options, as well as other outdoor-focused activities. Send YOUR ideas to info@northwestneighborsnetwork.org.



- ◆ Father's Day: June 20, then Summer begins June 21!
- ◆ Saturday, July 4: Independence Day. With fireworks shows across the nation cancelled, **how will you celebrate?** Favorite red/white/blue recipe? Sparklers in the yard? [YouTube Disney](#) Fireworks? >>> **Share your favorites and we'll publish in an upcoming email news blast and enter your name in a prize drawing!**



ALL-HANDS RECAP

Being welcome, sharing ideas, making connections...

That's what it means for so many of us who volunteer and/or are members of Northwest Neighbors Network.



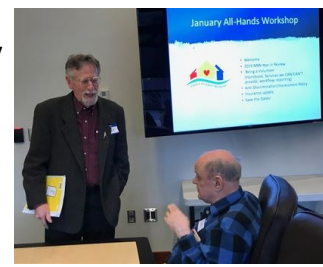
What connects us all is our desire to help our neighbors age well in their own homes, and the highlights of our January 17 All-Hands were in ensuring that volunteers continue to have what they need to provide the best possible experience in continuing to support our members.

With 20 people taking part, we had a great turnout! NNN Board President, Sandy Moy, kicked off the meeting with a welcome to all, and handed off to darci Beacom for a year in review. Outreach Team members Eileen Carter, Rick Adams, and Suzy Chandler demonstrated the Service Request process, ensuring successful visits by following our guidelines (including anti-discrimination and anti-harassment policies) to meet our NNN Member's needs.



Attendees walked away with new ideas, information, and connections, as well as:

1. Brochures and business cards to hand out when we meet new people
2. Volunteer Handbook (available [online](#) in "Tools" section—login required)
3. Guide to Tracking Visits (including any follow-up needed)



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VOLUNTEERS! WE NEED YOU!!

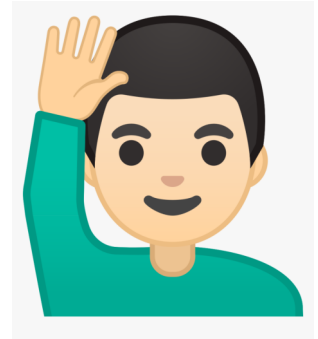
YES! I can do that!! I wish someone would ask me...

OK, we're asking! (and excited for your help!!)

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 today! =) We'll give you guidance and support in making it fit your schedule.

HOTLIST:

1. Brochure/marketing material updates (very close, just a few edits left!)
2. Social media (weekly Facebook) and occasional website maintenance
3. Newsletter editing/proofing (4 times per year)
4. Social event planning/coordinating
5. Outreach to recruit new volunteers/members



Please reach out if you're not already signed up for our member requests to provide transportation • run errands • grocery shop • become a walking partner • do meal prep • repair things around the house • weed/mow • do light house-keeping • help with computers (Zoom, anyone?), phones, electronics •...

HOT NEWS—NNN RECEIVES KING COUNTY GRANT AWARD

In a very competitive field of entrants, we are excited to share that NNN was one of eight groups selected to receive funding from the King County Veterans, Seniors and Human Services Levy (VSHSL) to help support the launch of Senior Virtual Villages like our NNN model. What does this mean for NNN? We're going to focus on programs, connections with local agencies, and best methods to help us serve Seniors in the Shoreline and Lake Forest Park areas. Of course NNN will continue to grow in our Snohomish County communities, but this funding will allow us to launch even more effectively in the northern-most area of King County where many Seniors struggle to get the support they need to age well in their own homes without help.



We're *beyond* excited to be part of this funding opportunity, and look forward to hearing YOUR ideas on how to make this a big success. Are you excited to take part and take a more active role? Contact a Board member, or email/call the info line. **Thanks for your support—we need YOU!**

NNN BOARD—WE NEED YOU—YES, YOU!

Join us as we grow our dynamic NNN Board!



Time commitment is roughly one meeting per quarter, plus additional items handled via email/phone/Zoom calls. Prior Board experience is NOT necessary.

President and Chair of the Board, Sandy Moy

Vice-President, Jerry Carriveau

Treasurer, Don Beacom

Secretary, Suzanne (Suzy) Chandler

Director, darci Deacom

We're looking for Board Members, and you do NOT need to fill an officer role. (New officers were elected October 2019, and we just want some new ideas and support as we grow in north King County and south Snohomish County.)

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