



# NNN: There's No Place Like Home

**Issue 7     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.*

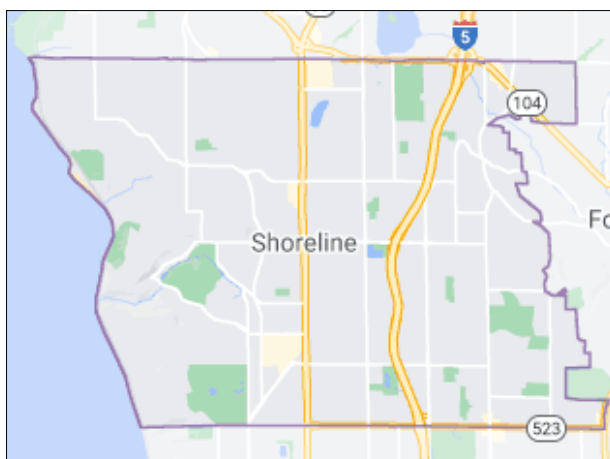
### NNN service area:

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

## NORTHWEST NEIGHBORS NETWORK—October 2020

### 2020—GRANT GROWTH

With the great news that NNN was selected to receive King County Veterans, Seniors, and Human Services Levy funding this year, the NNN Board and volunteers are hard at work enhancing our connections. While we serve seven cities in two counties, this funding will allow us to focus some extra efforts on building a solid foundation for our members and volunteers in **Shoreline** and **Lake Forest Park**. Our biggest focus is on ensuring diversity and reach across all neighborhoods. We're working hard to continue to connect our energetic volunteers with members who can use a little extra help in aging well in their own homes.



Thanks to grant funding, we just started working with Laura Skelton from Valtas Consulting to interview additional service agencies and enhance our learning from other growing villages. This will help us put in place practices to ensure the continued growth and success of NNN. Laura is busy working with NNN Board members and volunteers to publicize a Board member job description and look for innovative ways we can engage with local agencies to spread the word about our Village. This is especially key as we all combat not only the COVID-19 virus, but the sense of isolation it can bring for those not connected with social groups like ours. We're glad **you're** a part of our Village and community! Have you considered asking a friend to join?

## SPOTLIGHT ON SHIRLEY—BIG ISLAND BECKONS



NNN wishes sunshine, new adventures, and happiness to one of our longstanding members, Shirley Coffin!

Hawaii called, and Shirley answered. Wanting to be closer to her Aloha family, Shirley decided to move to the Big Island this Fall.

We owe Shirley a tremendous **thank you** for helping us shape our NNN community from the very beginning:

When she moved to Shoreline, she looked around for an Aging in Place Village like the one she had belonged to (Wider Horizons) in her previous neighborhood. She learned that NNN was in the planning stages, and volunteered—*her daughter, Selby*—to help with the planning. =)

When NNN was ready to accept members, Shirley was one of the first. And when our volunteers needed work to do, she found some things we could do for her.

When the NNN website needed new pictures, she was willing to let us take hers.

When NNN kicked off a crowd-sourcing online donation drive, she was one of the first to contribute.

When NNN wanted to start offering activities, she researched a good trail and was the first walker, walking every Tuesday (rain and shine).

When NNN started the Friday lunches, she was there (even though eating out was not her favorite thing).

When NNN held our launch and anniversary parties, she was there.

When NNN started a book club, she was a founding member (being an avid reader, this—like the walking—was for pleasure, not just to help us out in growing our social events).



When NNN went to the opera, Shirley was there to enjoy the experiences with other opera fans.

We are all happy for Shirley as she is now settled on the Big Island, with several family members nearby. We get to enjoy email reports from her now and then.

But we sure do miss her, and thank her, and wish her well.



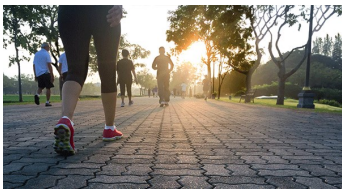
## 2020 SERVICE REPORTS—290 AND COUNTING!

### *20 volunteers fulfilled services for 26 members*

- ⇒ We continue the strong drive to help our members with Service Requests, and as of September 30, we've fulfilled **290** requests in 2020. Keep the requests coming, we're all in this together!
- ⇒ Did you know? 194 of the 600+ hours of our volunteers helping our members is driving to and from our member's homes.

### *Volunteer Hours for Running NNN?*

Ever wonder how many hours are taking place behind-the-scenes of NNN? Your Board and Volunteers have dedicated over 1,047 hours to running NNN (website, email updates, taxes, insurance, budgets, interviews, connections, and more). It's been a busy year as we continue to ramp up to safely provide member services and spread the word to our service area to add more members. **We're thrilled that we added four new members in September!**



## COMING EVENTS

Do you want the latest list of events hosted by NNN?

From our website, click the *Events* tab in the middle of the page. (NOTE: For Members-only events, login is required for extra details.)

We have weekly walking groups, weekly online chats, and are re-starting twice monthly lunch meetups. We're open to all types of events to help our members stay connected. Send YOUR ideas to [info@northwestneighborsnetwork.org](mailto:info@northwestneighborsnetwork.org).

## *2020 Events Recap— 80 events and more on the way!*

**Walk & Talk—Book Club—Zoom Chats—Zoom Learn & Discuss—  
Conversations in the Parks—Puzzling Together—Game Play**

## NOT ONE, BUT TWO, VIRTUAL ALL HANDS SESSIONS

This year, we've had to be more creative in connecting and sharing updated information with our volunteers, so we hosted online Zoom Volunteer All Hands Sessions:

- ⇒ In June, we gave a quick update on the services we were providing (rides, visits, support) and how we safely offered services to our members (such as sewing and donating masks for our volunteers and members). We also noted it was OK for volunteers to take a step back until they felt more comfortable in safely providing services given the COVID-19 pandemic.
- ⇒ In September, we announced our consulting firm, and talked about our ideas for safely adding additional services and events for our members. Keep the ideas coming for our December meeting!
- ⇒ In our ongoing commitment to training, our volunteers can always access our online Volunteer Handbook, and recaps of our All Hands meetings.



## AGING IN PLACE TRENDS AND TECH TRENDS

### Aging in Place Trends

A 2020 Kiplinger article is one of many publications touting the benefits of Seniors aging in place. Have you made the move? Are you thinking it's going to be too complicated? You might be surprised that with an early start and taking small steps, you'll be able to make this plan work for you. **Especially** if you join a great Senior village model like Northwest Neighbors Network for a little extra help where you need it!

([March 2020 Kiplinger](#) article by Mary Kane)

**Move #1: Start Early**

**Move #2: Go Slow**

**Move #3: Figure Out Your Finances**

**Move #4: Choose Your Forever Home**

**Move #5: Create an Alternative  
Income Stream**



#### ***Want to try out Zoom?***

*We have volunteers ready to help you one-on-one to set it up and get you video calling and connecting with friends and family from your own home.*

**NNN BOARD—  
READY TO GROW!**

Have you or a friend been thinking about joining our Board and helping make a difference?

The time commitment is roughly one meeting per quarter, plus additional items handled via email/phone/Zoom calls. We're excited to have you or someone you recommend as part of our growing team.

### High Tech Trends

There are many new devices that may or may not be just what you're looking for to make your busy life a little easier. NNN is not endorsing these items, just passing along a few highlights from the October 2020 [High Tech Aids for Aging in Place](#) Kiplinger article by Catherine Siskos.

- **Watches:** iPhone 6+ users can buy an Apple Watch Series 6 phone with a built-in electrocardiogram, which monitors a person's heartbeat for irregularities, like those associated with atrial fibrillation.
- **Pillboxes:** a MedMinder pillbox rental and refill service charges a monthly fee for a pharmacist to fill five or more prescriptions and mail them to the user. Flashing lights, beeps, phone calls remind the users it's time for medication.
- **Shoes:** the SmartSole shoe is designed with built-in GPS to track a person with dementia who could wander off or get lost. The insole slips inside the shoe and can be tracked from computer, tablet, or smartphones.



### Alexa Gets More Medical Knowledge

Have a medical question you'd like to ask your smart speaker, and you're not in front of your computer to look it up? Amazon and Atlanta-based [Sharecare](#) are teaming up to talk about health issues. This Fall, Sharecare [announced](#) that the company would integrate their library of over 80,000 healthcare-related questions with the Amazon Alexa ecosystem, making it possible for users to ask common medical questions from home.

According to a Sharecare, 19 million Americans actively use voice assistant devices like Alexa to address healthcare questions.

