

So Very Thankful

Ballard NW has always been known as the "Friendly Center" where all are welcomed, supported and appreciated. At Sound Generations and Ballard NW Senior Center, we embrace the belief that racial and other social identities should be respected and affirmed. We don't tolerate racism on any level and we commit to work for a better future.



BALLARD NW SENIOR CENTER

Ballard NW Senior Center, a community partner of Sound Generations

November

Thanks Veterans

Thank you to all the Veterans for your service and your sacrifices. You are deeply appreciated and we honor all who have served in the Armed Forces on November 11th. Thanks Veterans!

Turn Your Clocks Back November 1st

Daylight Saving Time ends at 2:00 AM on November 1st. Please remember to turn your clocks back and enjoy the extra hour of sleep you lost in the Spring.



Small Inside Classes and Groups

There are a very few small classes and groups of 5 or less participants, under very controlled situations that are allowed inside the Center in November. All attendees must follow all the Center's protocols, arrive masked, temperatures taken, contact tracking forms filled out, physical distancing observed, and sanitation measures followed. Thanks to a County Grant awarded to the Center, the computer room will be getting all new equipment and so the room will be unavailable for the foreseeable future.

Community Dining Thanksgiving Feast

Sadly, we can't have our usual Thanksgiving Feast and celebration this year, but a Holiday Turkey meal will be on the menu for Tuesday, November 24th so that both take-out and delivery may have a delicious Thanksgiving celebration.

Center Closed for Thanksgiving Holiday

We wish all of you a Happy Thanksgiving. Please plan ahead as the Center will be closed for all meals and activities on Thursday and Friday, November 26th and 27th for the Thanksgiving celebration.

Bastyr

Bastyr will be providing free naturopathic health services on a limited and controlled basis. To see the doctors, all protocols must be observed including pre-screening questions when making an appointment, and again on the reminder call and when entering the building, along with Center protocols including temperature checks, and contact tracking forms. Masks must be worn when entering the building through the front main door. Please call the Center at 206-297-0403 to schedule your appointment.

It's Flu Season!

The annual flu season is upon us. If you have not gotten your flu shot, please consider doing so. It's more important than ever this year as Covid-19 cases are going up and to have both at the same time would be disastrous. Please stay healthy and protect yourself and others.



**Newsletter Published by:
Ballard NW Senior Center**

"Where Friends Meet Friends"
Tax ID # 91-0823767

VISIT US

Mondays 8:30AM-4:30PM
Tuesdays 8:30AM-4:30PM
Wednesdays 8:30AM-9:00PM
Thursdays 8:30AM-4:30PM
Fridays 8:30AM-4:30PM

**5429 32nd Ave NW
Seattle, WA 98107**

**Phone 206.297.0403
Fax 206.297.0558**

FIND US ONLINE

BallardSeniorCenter.org

FACEBOOK

Ballard NW Senior Center

TWITTER

@BallardNWS

BOARD OF DIRECTORS

President: Jan Loder

Treasurer: Rutha Thomas

Secretary: Henry Grenley

Members At Large:

Claire Anderson

Annie Davis

Rusty Forster

Chris Hoban

Carolyn Golesch

Bobbie Long

David Moise

Susan Schneider

Paul Sivesind

Mary Webster

VOLUNTEER CHAIRS

Auction: Jeanne Eagleson
and Rutha Thomas

Bookstore: Susan Schneider

Building & Grounds: Stephen Sill

Rummage: Red Hats -

Judy McBride

Jewelry: Ramona Owen

CENTER STAFF

Executive Director

Carlye Teel

CarlyeT@SoundGenerations.org

Program Coordinator

Social Worker

Jennifer

JenniferC@SoundGenerations.org

Community Dining

Chef Lori

LoriG@SoundGenerations.org

Administrative Assistant

Carolyn

CarolynW@SoundGenerations.org



DIRECTOR'S MESSAGE



Hi Everyone! Happy November and Happy Thanksgiving to each of you and heartfelt thanks to our Veterans. I'm writing this newsletter on a nice October Saturday afternoon just having spent an hour in a neighbor's driveway carving pumpkins with four friends, all masked, at our own tables 8 feet apart. We chatted, laughed at our efforts, had Halloween cupcakes, and it reminded me again, that even in these tough times, it's most important to be connected. We all hoped that we would be at the Center for all the fall activities we are used to. It's very

discouraging that the numbers are going in the wrong direction; it doesn't look promising to open up for more activities in the near future. We still must wear masks, wash our hands, practice physical distancing, use sanitizer and stay out of crowds for a while longer. But, we should still look for the positives and make each day count and not get weighed down with the negatives around us.

How do we do this? One of my favorite columnists is Paul Schoenfeld at the Everett Herald. He has been a ray of light during these last 7 months offering great advice and common sense suggestions to help us navigate this turbulence. Several articles during these months have caught my eye. He reminds us to cultivate seeds of hope in these tough times suggesting "in these dark times, hope is in short supply and we need inspiration"; "We need to cultivate our dreams"; "At some point we will be able to hug each other, travel, see the grandkids, feel comfortable out and about." Be patient, determined and don't forget to dream". In another article he reminds that for those in our lives it's important to be there for them whether during the pandemic or at any time. We need to show up. Show up by listening with 100% of our attention; by going the extra mile doing the little things and sometimes doing it in secret with no expectation of thanks; being there when your needed or wanted even when not convenient; express your appreciation; life is a balancing act between taking care of ourselves and showing up for those we care about. And, thirdly not overthinking each and every decision you make. We are all making many decisions during our lives, we go round and round, stew over is this the right decision, pros and cons, and then start the whole process over again. So, it's good to not overthink every decision. Tips to help; set a limit on your internet search, great information and a sink hole too; talk to experienced friends, relatives, experts; don't let fear rule your decision making, if I take the left road should I have taken the right; don't be afraid of making mistakes; don't second guess your decision. "Life is change, filled with new experiences both pleasurable and painful, all of which help us to grow and mature into the person we hope to be."

I hope your Thanksgiving is lovely. Even during these hard times there is much to be grateful for. Count our blessings, you and the Center are part of my blessings. Thank you!

Love,

"Not what we say about our blessings, but how we use them, is the true measure of our Thanksgiving."

— W.T. Purkiser

Carlye

This program receives funding from the King County Veterans, Seniors and Human Services Levy.

EVENTS & ACTIVITIES

TAKE-OUT/PICK-UP LUNCHESES & DELIVERIES

Mon—Thurs 12:00 Noon-1:00 pm ...Suggested Donation \$4
Chef Lori will prepare delicious take-out lunches for pick up at the Center's front door on a first come, first serve basis. Deliveries for housebound participants are Tuesdays and Thursdays.
Weekly Menus to be posted on Center's website at Ballardseniorcenter.org

SOCIAL WORKER CONSULTATIONS Social Worker Jennifer

Mon, Wed, and Thurs by appointmentFree
Please call 206-297-0403 for appointment NO DROP INS
Jennifer is available to help members find solutions for whatever their needs may be. She is friendly, approachable and eager to offer her assistance.

FOOT CARE CLINIC Nurse Keith

Wed Nov. 11 & 25 9:00 am-4:00 pm\$25 member/\$40 non-member
Please call for appointment 206-297-0403 – NO DROP INS
Nurse Keith helps take care of your feet. Bring your own towel.

DENTAL HYGIENE CLINIC Healthy Pearls Dental Hygienist Jan

Monday Nov. 16Low Cost
Appointments only. Call Jan 206-498-4023 NO DROP INS
Oral health is important to overall health and Jan's passion is to make preventive oral health care available and accessible to seniors.

FICTION BOOK CLUB Leader Karla

Mon Nov. 16 10:00 am-11:30 am Free
Please register by calling 206-297-0403 No more than 5 participants —NO DROP INS
Join us for relaxed conversation, new friends, and great books. This month's selection is *Going After Cacciato* by Tim O'Brien.. Call if you need help obtaining a copy. Bring your ideas for our next read!

HISTORY BOOK CLUB Leader Karla

Mon Nov. 23 10:00 am-11:30 am Free
Please register by calling 206-297-0403 No more than 5 participants – NO DROP INS
History is a powerful subject. Join this group and enjoy discussing and learning together. This month's selection is *Frederick Douglass: Profit of Freedom* by David Blight.

"Thanksgiving dinners take 18 hours to prepare. They are consumed in 12 minutes. Half-times take 12 minutes. This is not coincidence."

— Erma Bombeck



CHAIR YOGA Instructor Leo

Tues. & Thurs. 1:15-2:00 PM\$5 member/\$10 non-member
No more than 5 Participants
Please register by calling 206-297-0403 – NO DROP INS
Build strength and flexibility while seated. Shoes are okay to wear. We use chairs for stability and as a balance aid.

QI GONG FITNESS CLASS Instructor Terry

Mondays in November 1:15 –2:15 pm \$5 member/\$10 non-member
Please register by calling 206-297-0403 — NO DROP INS
Qi means "energy" and Gong means "to work with" so Qi Gong simply means working with the body's energy. Qi Gong focuses on body posture, movement, breathing and meditation.

LIVE ONLINE (ZOOM) QI GONG FOR HEALTH CLASSES

Tuesdays in November 9:30 am Free
Qi Gong is known to be effective for improving your immune and respiratory systems and reducing stress. Email Terry at terryleers.sfq@gmail.com or 206-999-5381 for registration details,

OUTDOOR WALKING GROUPS Leader Jennifer

Mondays (Gentle pace at 2 miles per hour) 9:00 am-10:00 am Free
Wednesdays (Moderate pace at 3 miles per hour) 1:00 pm-2:00 pm Free
Please call 206-297-0403 to be screened prior to registering. Participants must be independent with balance and have a steady gait. May need medial clearance to participate. Please no wheeled walkers or canes. Please contact the Center if you have questions. No more than 5 participants – NO DROP INS
Meet friends while maintaining your health and independence. Meet outside in front of the Center and walk on the Burke Gilman Trail. Flat surface and Gentle or Moderate pace. Rain or shine!

FINANCIAL SERVICES Kylie Bernethy

Tuesday, Nov. 3 10:00 am-12:00 pmFree
Please register by calling 206-297-0403 Appointments only NO DROP INS
Kylie B. Bernethy is an independent financial services professional who assists with financial questions relating to IRAs, Mutual Funds, Retirement Income Planning, Health Insurance, Long Term Care Insurance and Annuities.

BASTYR NATUROPATHIC SERVICES Tues Afternoons

By Appointment only. Call 206-297-0403Free
Naturopathic treatments for your ailments! Help your body to help your health.

CALENDAR OF EVENTS LISTED ON BACK PAGE



CALENDAR OF EVENTS & ACTIVITIES

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2		3		4		5		6	
9:00 Gentle Walking Group. 1:15 Qi Gong Social Worker by Appt.		9:30 Online Zoom Qi Gong 1:15 Chair Yoga Financial Services by Appt.		1:00 Moderate Walking Group Social Worker by Appt.		1:15 Chair Yoga Social Worker by Appt.		CENTER CLOSED	
9		10		11		12		13	
9:00 Gentle Walking Group 1:15 Qi Gong Social Worker by Appt.		9:30 Online Zoom Qi Gong 1:15 Chair Yoga		9:00-4:00 Foot Care 1:00 Moderate Walking Group Social Worker by Appt.		1:15 Chair Yoga Social Worker by Appt.		CENTER CLOSED	
16		17		18		19		20	
9:00 Gentle Walking Group 10:00 Fiction Book Club 1:15 Qi Gong Dental Hygiene by Appt. Social Worker by Appt.		9:30 Online Zoom Qi Gong" 1:15 Chair Yoga		1:00 Moderate Walking Group Social Worker by Appt.		1:15 Chair Yoga Social Worker by Appt.		CENTER CLOSED	
23		24		25		26		27	
9:00 Gentle Walking Group 10:00 History Book Club 1:15 Qi Gong Social Worker by Appt.		9:30 Online Zoom Qi Gong 1:15 Chair Yoga		9:00-4:00 Foot Care 1:00 Moderate Walking Group Social Worker by Appt.		1:15 Chair Yoga Social Worker by Appt.		CENTER CLOSED	
30									
9:00 Gentle Walking Group 1:15 Qi Gong Social Worker by Appt.									

Year End Appeal Letter

Ballard NW Senior Center is known as the friendly Center where all are welcomed, supported and appreciated. Please support this wonderful Center and our elders in our community. We need your generous support to continue services during Covid, and we are scheduled to lose \$90,000 in King County funding for 2021. As we do every year, an appeal letter will be sent to you in early November.

The pandemic has turned everyone's world upside down and it has turned the Center's world upside down too. 2020 was off to a great start. Then the pandemic hit and everything stopped. We suspended services and were challenged to adapt and find new, innovative and safe ways to serve our nearly 4,000 participants who are the most vulnerable and have the worst outcomes. Many of our folks are feeling lonely and isolated which effects both their mental and physical wellbeing. Since March we have served thousands of meals, both take-out and delivery. This service is vital and many have said, "It's not just the food, it's being able to see people, to connect, to see the smiles even behind the masks, ask how someone is? tell a joke, and to see others." Our delivery drivers effect so many lives, providing conversation along with the food, sometimes the only contact the recipients have. We have many groups that meet virtually or in small in person controlled settings, and one-on-one services are provided.

Because of the pandemic the Center has suffered financially. We had to cancel all our 2020 fundraisers except the very successful virtual auction, but that still leaves us far below what we need to provide critical services. Plus, as previously mentioned, we are scheduled to lose \$90,000 in County funding for 2021! We are asking our Center family and the community to make a generous year-end tax deductible donation to support this vital Center that provides the important services to our participants. This Center supports, changes and even saves lives. Please help and support the Ballard NW Senior Center and our seniors. Please contribute to the Center at 206-297-0403 or send a donation to Ballard NW Senior Center at 5429 32nd Ave. NW, Seattle WA 98107. Thank you!!

