



*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

# **October**

### **Virtual Al Hovland \$pring for \$eniors Auction A Sucess**

We had a wonderful Al Hovland \$pring for \$eniors Virtual Auction and Gala. Thanks to the many of you and the community that supported your Center. It's awesome. There are so many to thank, our critical sponsors and donors, our great community, our generous guests and bidders, the hard working and positive committee and volunteers, the terrific and adventurous staff, our fantastic auctioneer and MC, and the professional production team. Thank you! Thank you!

We were concerned in March when the pandemic hit and we had to postpone this most important fundraiser until September. Months ago we hoped it could be in person with all our wonderful supporters at Leif Erikson Lodge as usual, but that was not to be. So, we got busy, learned how to do a virtual auction. Thanks to the marvelous teamwork of all involved we did it. When we budgeted this event for 2020 our goal was \$90,000. When the pandemic arrived and I had to restructure the budget, it was lowered to a very optimistic \$60,000. As time went on and the guidelines stayed in place and we couldn't expand our programs, I was concerned that we would make \$35,000. We kept moving forward and did some innovative things to make it a success. We decided to have cutouts of some of our folks, just like the Mariners, around the tables, We found a way to do our treasure chest Raffle key drawing, we provided delicious party packs to some of our guests and we got great support. The event started the Sunday before and finished on the 13<sup>th</sup> after a fun virtual hour. Because of everyone's dedicated work and

and generosity the event was successful. Don't have final figures yet, but we are in the \$50,000 range and that is a wonderful result considering the time we are living in. Thanks to everyone!!!!

### **Surveys**

It's Survey time again. We are required to have our participants fill out the survey twice a year, once in the Spring and again in the Fall. When the pandemic arrived we were just starting the process and we are grateful to those of you that helped then and hope you will do so again. Surveys will be available at the lunch take-out and for anyone participating at the Center. They will also be available at the front door reception. We would appreciate everyone filling out a survey. The funders like to know that the Center is meeting some needs even during this pandemic. Appreciate all of your help and support!

### **Bastyr**

We are delighted to welcome back our Bastyr partners Tuesday afternoons starting October 6th. They 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.



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**Ballard NW Senior Center**  
"Where Friends Meet Friends"  
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**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**  
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**FIND US ONLINE**

**BallardSeniorCenter.org**  
**FACEBOOK**  
**Ballard NW Senior Center**  
**TWITTER**  
**@BallardNWS**

**BOARD OF DIRECTORS**

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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! This is September 20th and Fall starts in two days. Wow, this all started before Spring was officially here, and we have survived Spring and Summer, and now it's Fall. While we all hoped we would be together again, it isn't happening yet. It's discouraging, with Covid here, and all the uncertainty in the world, we need to plan for the worst and hope for the best. We still must wear masks, practice physical distancing, wash hands, use sanitizer and stay out of crowds and wait a bit longer to be together. It's still very important during this time to look to the positives and make every day the best it can be and not focus on the gloom and doom.

You know I always look for the best in a situation so my Silver Linings in this different time are: We can do things differently and still enjoy our experiences. Fall is my favorite time of the year and I will enjoy it this year. I love the beautiful colors of the changing leaves, crisp fall days and cool nights, my fireplace, harvest moons, football (yes even this year we have football), Fall fruits and vegetables, raking leaves, sweaters, looking forward to the Holidays, and finding the best in every day. Another silver lining, we are providing services to many. We have served thousands of take-out/ pick-up and delivery lunches. We were challenged to learn new ways to serve our participants and we have done this. It will benefit all our participants as we move forward. Another silver lining; We are keeping people connected, so very important now. Many of our groups are meeting virtually and staying in touch with one another. We have started one-on-one services, social work consultations, foot care, dental hygiene, financial advice, and some small outside classes and groups; another silver lining, we proved we could have a successful virtual Al Hovland Spring for Seniors auction bringing in much needed revenues and staying connected with our participants and community supporters; another, the community has been very helpful and has realized how much we do for our community elders; and another, our volunteers have as usual proved they are the heart and soul of the Center, great teamwork.

Having found many silver linings there are still a lot of challenges. I always try to find some helpful advice to share with you. Staying on my positive road I found a good article by Paul Schoenfeld where he shared a good recipe for making the most of every day. His 8 tips are: **Stick with wholesome ingredients.** He says "adequate rest, healthy food, exercise, fresh air and outdoor activity are the building blocks of a better day". **Walk outside every day.** It's been shown that time in nature is "mentally and physically restorative." **Stretch.** We spend too much time sitting which makes muscles weak and tight. **Add novelty every week.** Try something new, a different walk route, hobby, pickup from a new restaurant. **Cultivate patience.** Forget wanting it now and work on patience for yourself, family and friends. **Nurture Inner Peace.** Have fun, play and laugh, helps the nervous system respond to distress. **Be Hopeful.** In time this too will pass. Has this difficult time helped you be the person you want to be?

Happy Halloween, get your Flu shot, and remember that all important smile; it helps you and everyone that sees it. Let's make this a great October!

Love,

## 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](http://Ballardseniorcenter.org)**

### SOCIAL WORKER CONSULTATIONS Social Worker Jennifer

**Mon, Wed, and Thurs by appointment .....Free**  
**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.

### CORONA VIRUS COPING GROUP Social Worker Jennifer

**Wed., Oct. 7 & 21 3:00-4:00 PM .....Free**  
**Please register by calling 206-297-0403 No more than 5 participants —NO DROP INS**  
How are you doing during these unprecedented times? What is the difference between stress and anxiety? How do you tolerate the uncertainty? How can you reduce your anxiety and stress? Please join us to discuss these issues one at a time and develop tools to provide relief during this time.

### FOOT CARE CLINIC Nurse Keith

**Wed Oct. 14 & 28 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 Oct. 12 .....Low 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 Sept. 19 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 *The Soul Thief* by Charles Baxter. Call if you need help obtaining a copy. Participants will select the book for November, so bring your ideas for our next read!

### HISTORY BOOK CLUB Leader Karla

**Mon Oct. 26 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 *Dark Sky Rising: The Reconstruction and Dawn of Jim Crowe* by Henry Louis Gates, Jr.

### 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 October 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.

### 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) 2:00 pm-3:00 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, Oct. 6 10:00 am-12:00 pm .....Free**  
**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.

### WATERCOLOR AND DRAWING Instrutor Susan

**Four Week Series Starting Tues October 27 10:00 am-12:00 pm ..... \$48 member/\$60 non-member for the 4 week series.**  
**Must register and prepay by Oct. 22nd by calling 206-297-0403. No more than 5 participants —NO DROP INS**  
Bring your own supplies (paints, brushes, pencils, board, and sketchpad, etc.) All levels welcome.

### BASTYR NATUROPATHIC SERVICES Tues Afternoons

**By Appointment only. Call 206-297-0403 .....Free**  
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	
						1		2	
						1:15 Chair Yoga Social Worker by Appt.		CENTER CLOSED	
5		6		7		8		9	
9:00 Gentle Walking Group 1:15 Qi Gong Social Worker by Appt.		1:15 Chair Yoga		2:00 Moderate Walking Group 3:00 Corona Virus Coping Group Social Worker by Appt.		1:15 Chair Yoga Social Worker by Appt.		CENTER CLOSED	
12		13		14		15		16	
9:00 Gentle Walking Group 1:15 Qi Gong Dental Hygiene by Appt. Social Worker by Appt.		1:15 Chair Yoga		9:00-4:00 Foot Care 2:00 Moderate Walking Group Social Worker by Appt.		1:15 Chair Yoga Social Worker by Appt.		CENTER CLOSED	
19		20		21		22		23	
9:00 Gentle Walking Group 10:00 Fiction Book Club 1:15 Qi Gong Social Worker by Appt.		1:15 Chair Yoga		2:00 Moderate Walking Group 3:00 Corona Virus Coping Group Social Worker by Appt.		1:15 Chair Yoga Social Worker by Appt.		CENTER CLOSED	
26		27		28		29		30	
9:00 Gentle Walking Group 10:00 History Book Club 1:15 Qi Gong Social Worker by Appt.		1:15 Chair Yoga		9:00-4:00 Foot Care 2:00 Moderate Walking Group Social Worker by Appt.		1:15 Chair Yoga Social Worker by Appt.		CENTER CLOSED	

## Your Help is Needed

We are so pleased the auction was a success and that some very needed revenue has come in. We are still stuck in phase two with limited services available. Even with the auction revenues, we are still far behind where we need to be financially. We had to cancel all our fundraising events except the auction and even with some nice donations which we are grateful for, there still is a big hole in the budget. What services we have are providing much needed support for our folks and keeping them connected to services and the help everyone needs. Our expenses continue also. We are grateful to those of you who have sent in donations and we hope that our participants will answer this call and contribute at a level that is comfortable for each. Please contribute to the Center at 206-297-0403 or send a contribution to Ballard NW Senior Center at 5429 32nd Ave. NW, Seattle WA 98107. Thank you for the support of your Center!

## Stay Tuned

As the newsletter is going to press, we are considering the best way forward this Fall. Take-out/pick-up lunches and delivery will continue as usual. The problem is the weather is getting colder and the rains will come. We are looking at ways to protect participants for our small, less than 5 people, outside activities. We may TRY small inside classes or groups in October with the strictest protocols in effect. When decisions are made, we will let you know. These decisions have to be considered from every angle and will be made with safety as the highest priority for all con-

## It's Flu Season!

Remember to get your Flu Shot. It is more important than ever to protect yourself and others. Stay healthy!



## Thank you Auction sponsors!!! Your help made our Virtual Auction a success!

Holland America  
Dick & Sherry Richards  
Eye Associates  
Dr. David & Karen Aoyama  
Mountain Pacific Bank  
Carol Batchelder  
Tim & Sharon McKenzie  
Ballard Ornamental Ironworks  
Janet & Art Armstrong

Trident Seafood  
Anne Parker-Pollack  
Swedish Medical Center  
Seattle Divorce Services  
Rutha Thomas, Century 21  
Merrill Gardens at Ballard  
Bardahl Manufacturing Corp.  
Sunset Hill Veterinary  
Healthy Pearls for Seniors

Ocean Peace  
Teleom Pioneer  
Ballard Emblem Club  
Bowie Electric  
Annie's Nannies, Inc  
GM Nameplate  
Secret Garden Books  
Karla Wight  
Jim Kulp

Stoneway Hardware  
The Lockspot Cafe  
Foss Home and Village  
Lynne Bush  
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