



# NNN: There's No Place Like Home

**Issue 9     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—April 2021

### IF YOU LOVE NNN, PLEASE CONSIDER “GIVE BIG!”

This spring, NNN is participating in **GiveBIG**, a fundraising campaign that supports community organizations across Washington State.

From April 20-May 5, you can support our NNN community by contributing to Northwest Neighbors Network at Washington Gives:

<https://www.givebigwa.org/northwestneighborsnetwork>

Please share this link with people in your life, to invite them to help us keep seniors in our community connected, engaged, and living in their own homes. And, we have an amazing incentive! A very generous donor will be matching all GiveBIG gifts to NNN, dollar-for-dollar, up to \$2,500 total!

### Why should I donate to NNN? Don't you get all the money you need from membership fees?

While membership fees are critical to the sustainability of NNN, they do not fund all of our activities. In addition, we are committed to ensuring that membership in our community is accessible to a wide variety of people. That is why we have a "pay what you can" model. Your donations help us provide services and include individuals and families from diverse socioeconomic backgrounds.

### What are donations used for?

While NNN is led by volunteers, we do have costs. NNN uses contributions to fund our administrative needs, website fees, accounting support, our membership with the national Village-to-Village network, and insurance. We also utilize funds to hire contract support beyond what our volunteers can do alone. And when we can meet in person, fees are used to defray the costs of events.

### Will I get a tax deduction?

Yes, Northwest Neighbors Network is a registered 501(c)(3) organization. Your contribution may be eligible for a tax deduction.



Contact: 253-237-2848 or email: [info@northwestneighborsnetwork.org](mailto:info@northwestneighborsnetwork.org)

## SENIOR TIPSTERS GUEST COLUMN: HELP, 911!

Enjoy our guest column — where members and volunteers share their thoughts and expertise. Let us know if **YOU** would like to contribute a future article. Email: [info@northwestneighborsnetwork.org](mailto:info@northwestneighborsnetwork.org)

### Senior Tipster—Help, 911!

A few years ago, I fell and couldn't get up because I injured my knee. Oh boy, just like those ads we've seen on TV. I called 911 and felt silly, then dragged myself a short distance to unlock the front door. The wonderful fire department got me to my feet and luckily there was no need to go to the ER. However, when Covid-19 hit, I began to wonder how emergency responders would get to me if I couldn't get to the door. It didn't feel safe hiding a key outside. My solution finally came together a few months ago.



**First**, I solved the necessity of hiding a key by installing a digital entry deadbolt lock. In place of a key you type in a numeric code. There are many esthetically pleasing and easy to use digital locks available with different styles, finishes, and features. Each lets you create multiple codes which you can assign to different people. Some even allow you to assign a few one-time-use-only codes. Basic door handle or deadbolt replacements can be found starting under \$100. Smart digital locks use an app on your phone or tablet which logs each entry and can remotely lock the door, but are more expensive. Mine has a timer that will automatically lock the bolt after 30 minutes. The lock uses a battery, but you also receive a key in case you miss the low battery warning and it goes dead (or if you forget your code). You can purchase these locks online at major home improvement stores and Amazon. Online has the biggest selection of models. A homeowner can install them, but I used a NNN volunteer handyman.

**Secondly**, I resolved sharing the code in an emergency when I found out about Smart911, a national 911 registration program. You register information online, and if an emergency call is placed (by yourself or by anyone) for an event at your address, your profile is available to 911 dispatch and to emergency responders. This information is only available through the 911 system, and is valuable for any emergency when you cannot open your door (welfare check or any disaster). You can add as much or as little to your profile as you want. There are sections to fill in about who lives there, your mobility, medications, emergency contact, pets/service animals, vehicle, building, etc., and BINGO there's a section to share your gate and/or door access codes.

Although I hope I never have a need again for a 911 rescue, my access problem is resolved and a weight's been lifted off my shoulders!

*I hope you enjoy these tips! Carol*

Smart911 Registration: <https://smart911.com/>

Next issue, I will likely be sharing information on local Fall Prevention Programs:

[http://www.shorelinefire.com/pubed/fall\\_prevent.htm](http://www.shorelinefire.com/pubed/fall_prevent.htm)



#### Safety Profile

Provide additional information to 9-1-1 so they can help you faster in an emergency.

*Carol Freeman has been a Mountlake Terrace homeowner for 24 years and is a grateful NNN member.*

*She loves reading cozy mysteries, playing board games, solving Sudoku puzzles, and is looking forward to meeting with other members online, and when we can safely meet in-person.*

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## HEALTHCARE DECISIONS DAY—HAVE YOU TAKEN PART?



*National Healthcare Decisions Day was April 16 (Not Too Late to Take Action Now!)*

You know those conversations you just don't want to have? Those uncomfortable topics you tend to put off for another day? What if there was a template that helped you with one of the most important conversations you need to have before something goes wrong? Your health, and your approach to what you would want to have happen for a health event is what "The Conversation Project" is all about.

<https://theconversationproject.org/wp-content/uploads/2020/12/ConversationStarterGuide.pdf>

Over the past year, The Conversation Project has pivoted in the face of many difficult events across the world. But amidst these changes, the goal of The Institute for Healthcare Improvement has remained the same: to ensure everyone's wishes for care through the end of life are understood and respected. There are several topics to choose from related to health and wellbeing to help more people have the conversations that matter – in your family, social circles, and your community. So, start talking and keep talking.

## Your Conversation Starter Guide

How to talk about what matters to you and have a say in your health care.

[Your Conversation Starter Guide](#)

[Your Guide to Choosing a Health Care Proxy](#)

[Your Guide to Being a Health Care Proxy](#)

[Your Guide for Talking with a Health Care Team](#)



the conversation project

### STEP 1

## Think About What Matters to You



To get ready to talk about what matters to you and your wishes for care through the end of life, it's helpful to gather your thoughts as a first step. You don't need to have the conversation just yet. Here are some helpful ways to think about what matters to you and prepare for your conversation.

#### 1 What does a good day look like for you?

SOME IDEAS Is it time with family or friends? Enjoying favorite everyday activities? What do you need to enjoy a good life — through the end of life?

#### 2 What or who supports you during difficult times?

SOME IDEAS Your faith, culture, family, friends, pets

## Choosing a Health Care Proxy

There are three steps in naming a health care proxy:

1. Picking a person
2. Having a conversation with that person
3. Adding that person's information to your official documents

It's important to know that although your proxy's decisions on your behalf could have some financial impact, the proxy does not make financial decisions for you — they only speak for you about health care decisions.

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## READY FOR FUN IN 2021: EVENTS, POST-VACCINE GUIDELINES

**People, Policy and Events Shaping Our Lives**—This May 3-8, **Crosscut Festival** will return in a virtual format, featuring sessions and events streaming online. This special year of the festival will be available at no-cost. <https://festival.crosscut.com/>

The Headliners Night is an exclusive festival prologue to celebrate and support great public media and journalism in the Pacific Northwest and beyond; featuring PBS Newshour anchor, Judy Woodruff, travel expert Rick Steves, and more exciting guests to be announced. Festival programming includes a week of virtual conversations available online with select sessions broadcast on KCTS.

Speakers from across the nation and around the region will discuss issues in politics, social justice, the economy, science, the environment, and the arts.

### ABOUT THE CROSSCUT FESTIVAL

Journalists, politicians, authors, creators and newsmakers from our community and around the nation come together to take a hard look at the people, policy and events that shape our lives.



**50+**  
Speakers



**25+**  
Events



**2,000+**  
Attendees



**Endless**  
Ideas

### Fully Vaccinated? Now What?

How can we ensure our safety as well as the safety of others as we reengage in our community life? Here are some tips from the National Council on Aging: <https://www.ncoa.org/article/im-vaccinated-what-can-i-safely-do-now>

#### What does the guidance say for fully vaccinated individuals?

Based on the **new CDC guidance**, if you are fully vaccinated:

- You can gather indoors with other fully vaccinated people without wearing a mask or physically distancing. You can now safely get together and do the things you enjoy with family and friends who are fully vaccinated, and even share hugs.
- You can gather indoors with unvaccinated people from one other household without masks. So if your adult child and grandchildren who all live together are not vaccinated, you can visit with them. The exception to this type of gathering is if they or anyone they live with has an increased risk for severe illness from COVID-19, such as certain underlying conditions like diabetes, heart disease, obesity, or are immunocompromised.
- If you've been around someone who has COVID-19, you do not need to stay away from others or get tested unless you have symptoms. However, if you live in a group setting (like a group home) and are around someone who has COVID-19, you should still stay away from others for 14 days and get tested, even if you don't have symptoms.

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## FREE LEGAL CLINIC (SENIORS + THOSE WITH EARLY DEMENTIA)

**Northwest Justice Project (NJP) Legal Clinic: Power of Attorney/Health Care Directives**  
*Register by April 25 for the May 6th virtual clinic*

- **When:** Thursday, May 6<sup>th</sup> 2021 from 9am-7pm
- **What:** Washington seniors (60+) and people with early dementia can get their Power of Attorney and Health Care Directive documents completed over the phone with a volunteer attorney.

### Eligibility:

There are no client income or asset restrictions. The clinic is sponsored by NJP and the Dementia Action Collaborative. More info on the Dementia Action Collaborative Partnership can be found on this page on NJP's website: <https://nwjustice.org/dac>

The deadline for clients to register is **April 25, 2021 by calling 206-707-7281.**

**Contact:** Matt Woods, [mattw@nwjustice.org](mailto:mattw@nwjustice.org)



## FREE LEGAL CLINIC

Seniors (60+) and people living with dementia (any age) can get help with:

- ✓ Power of Attorney for Finances
- ✓ Power of Attorney for Health Care
- ✓ Health Care Directive ("Living Will")

**May 6, 2021 | 9 am - 7 pm**  
by phone or video chat

*Are you interested in submitting a poem, story, article, drawing, or photo to the newsletter? Member sharing is a key foundation of our community. You have a lot to share, and we value your ideas and that secret talent we have yet to discover. Call or email today. We're excited to hear from you!*

## BENEFITS, ANYONE?

[Complete Your Benefit Report](#)

[Start New Assessment](#)



**Medication Benefits: 4 Programs**



**Health Care Benefits: 18 Programs**



**Discount Benefits: 3 Programs**



**Other Assistance Benefits: 11 Programs**

**How are you feeling about your benefits?** Is it time for a quick check up on programs or services you may qualify for? With the easy [Benefits Checkup](#) website interface and less than ten questions, you get results in less than one minute. (Click the "No Thanks" prompt if you don't want to receive updates based on your information.)

The National Council on Aging Website has many more resources which you may find helpful—from healthy eating to budgeting and more.

<https://www.ncoa.org/older-adults>

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## VOLUNTEER APPRECIATION WEEK—WE APPRECIATE YOU!

*"Acts of service unite people from different backgrounds and allow us to truly see and hear one another."*

From heartfelt thanks from our members and their families, to the Northwest Neighbors Network Board, to Presidential Proclamations—Our volunteers are the heart and soul of NNN!

*Thank you during Volunteer Appreciation Week (April 18-24), and EVERY DAY!*

**From a Family Member of an NNN Member:**

*It gives me peace of mind knowing that my sister and I are not the only people my parents can call when they need assistance or just a friendly ear. Last fall, NNN volunteers came and cleaned up their yard and did some minor repairs. Visits from volunteers in person and on the phone have helped keep them in touch with people.*

**From the NNN Board:**

Each volunteer plays a key role in the ongoing community of NNN. As we continue to reach out in new ways to current and new members, we know there will be a volunteer from our team ready and willing to step forward to give their time to help. This is what makes our community so successful, and we thank you!



**To inspiring words from this month's Presidential Proclamation:**

"To meet the unprecedented challenges of today and build back better for tomorrow, we must unite around a renewed commitment to service and to civic duty. As we work to defeat the pandemic, strengthen our economy, address racial inequity, and tackle the climate crisis, we need more Americans to get involved."

*We're so thankful for each of our volunteers! We'll be adding a VOLUNTEER HIGHLIGHT section in our next issue to share behind the scenes!*

## GROWING OUR NNN BOARD—WELCOME TO ROBIN FLEMING!

In February, we welcomed our newest Board member, Dr. Robin Fleming.

Dr. Fleming holds a PhD in Educational Leadership and Policy Studies, and a Master's Degree in Community Health Nursing, both from the University of Washington, Seattle. She has won local and national awards for advancing health policy in Seattle and for her research on reducing health inequalities through school nursing services.

*Interested in joining our board and helping make a difference? We meet online once per month to discuss meeting our member and volunteer needs and our Strategic Plan, and complete tasks via email, phone, and Zoom calls.*

**Save the Date! Our next All-Hands Volunteer meeting is June 26 from 1:00-3:00 PM**  
**We want YOUR IDEAS for meeting length, format and content**