



NNN: There's No Place Like Home

Issue 10 Northwest Neighbors Network

IN THIS ISSUE:

VIRTUAL TOWN HALL 1

OCT 25 KING COUNTY
COVID VACCINE/TEST
REQUIREMENTS 2

MEMBER SHARING: 17
WORLD RECORDS 3

THAT'S A HOPPIN
CREATION! 4

ICE CREAM, YOU
SCREAM 5

NNN IS HIRING 6

*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—Oct 2021

VIRTUAL TOWN HALL EVENT OCT 15

NNN is excited for our upcoming virtual Town Hall event Friday, October 15, featuring Dr. Vin Gupta and NNN Board Director, Dr. Robin Fleming.
Note: Registration is full! *(continued on page 2)*

W UNIVERSITY of WASHINGTON | BOTHELL



PREPARING FOR A POST-COVID FUTURE:

Implications for protecting the
health of seniors

October 15, 2021

12:30-1:30 pm PST

Location: Zoom - virtual town hall

RSVP at: **Registrations full**
Frannie J.

• This event will be ASL interpreted and captioned.



Speaker:
Dr. Vin Gupta



Moderator:
Dr. Robin Fleming

The COVID-19 pandemic has wreaked havoc on everyone's lives, and seniors were profoundly affected. What have we learned so far? How have we adjusted, and how can we best prepare to protect our health and safety as winter approaches?

This event will be a town hall format. Dr. Fleming will moderate a Q&A session between participants and Dr. Gupta. Send questions in advance to Robin Fleming at fleming9@uw.edu.

This event is co-sponsored by Northwest Neighbors Network and the University of Washington Bothell

The University of Washington is committed to providing access, equal opportunity and reasonable accommodation in its services, programs, activities, education and employment for individuals with disabilities. To request disability accommodation contact the Disability Services Office at least ten days in advance at: 206.543.6450/V, 206.543.6452/TTY, 206.685.7264 (FAX), or e-mail at ds@uw.edu

NNN AND UW BOTHELL VIRTUAL TOWN HALL

On Friday, October 15, the University of Washington and NNN are co-sponsoring a virtual town hall entitled *"Preparing For A Post-COVID Future: Implications for protecting the health of seniors."*

The speaker is Dr. Vin Gupta, a UW-based health expert who has collaborated with the CDC and WHO on worldwide health matters. Moderator Dr. Robin Fleming is on the faculty of the UW School of Nursing, and serves on the NNN Board.

This type of collaboration is exactly what we envision being able to offer more of to our community, as we do everything we can in partnership to help seniors in our community be connected and informed to ensure they have the support they need to continue living in their own homes with the support from NNN volunteers and the community.

Ready to Go Out To a Hockey Game—Or Even Out to Dinner in King County?

Beginning October 25: Customers in King County will be required to show proof of COVID-19 vaccination or negative test to enter the following locations:



- ◇ Outdoor events with 500 people or more (including professional and collegiate sports and entertainment events)
- ◇ Indoor recreational events or establishments (including professional and collegiate sports, entertainment, performing arts, theatre, live music, gyms and conferences)
- ◇ Restaurants and bars (including indoor dining). This does not apply to outdoor dining, take-out customers, and places that aren't primarily used as a restaurant such as grocery stores.

COVID-19 Vaccines: Second Dose, Additional Dose, Booster Dose? What's the Difference?

A second dose is necessary as part of the primary vaccine series for those who receive a **Pfizer-BioNTech or Moderna** COVID-19 Vaccine. You must complete a primary vaccine series (2 doses of Pfizer-BioNTech or Moderna COVID-19 Vaccine or 1 dose of Johnson & Johnson (J&J) to be considered fully vaccinated.

An additional dose is for people who do not build enough or any protection from their primary series. This appears to be the case for some immunocompromised people who received **Pfizer-BioNTech or Moderna** COVID-19 Vaccines.

A booster dose is for people who built enough protection, but then that protection decreased over time. This currently only applies to some **Pfizer-BioNTech** COVID-19 Vaccine recipients.

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html>

MEMBER PROFILE: WINIFRED'S STORY—17 WORLD RECORDS!

Enjoy our guest column — where Members and Volunteers share their thoughts and stories.

By NNN Member, Winifred

The first time I saw girls playing basketball I wanted to play...and I did. I went on to play softball, volleyball...and track. I became the city all around champion...but stopped at fifteen years of age. At seventeen years of age I got married and had two children.

After having my second child, I played a little ball...and then went to barber school. I gained weight and lived a sedentary life. I lived the sedentary life at two different times in my life.

My doctor said that I needed to lose weight and that he would get me a scholarship at the "Y"...the YMCA.

I lost weight and became stronger than all of the other young women...younger than me. None who came to the gym were of my age. There was a competition there, and I won.

My son came to see me...and has been with me ever since.

I have seventeen world records...and I'm still going strong.

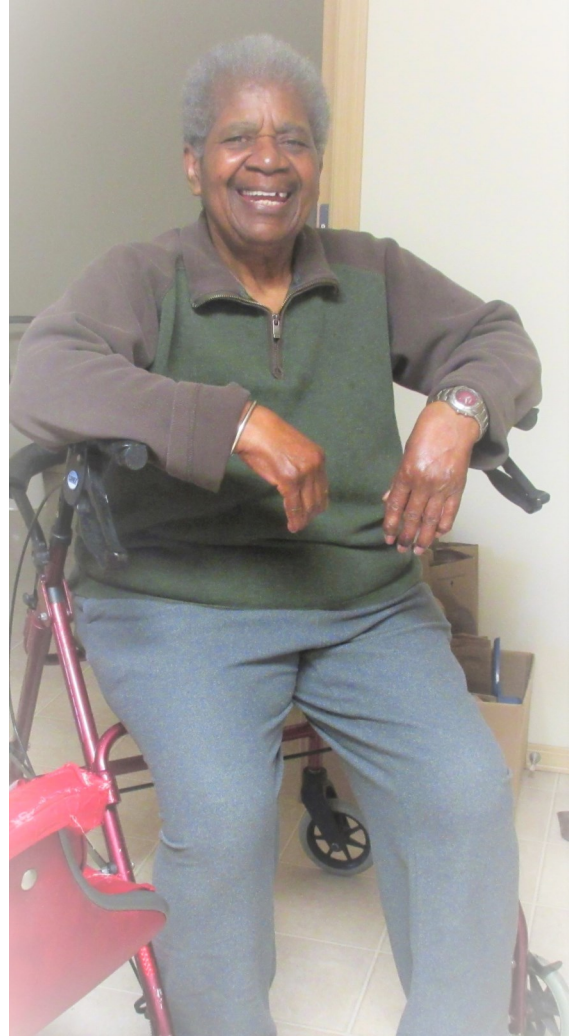
My best in the dead lift is 278 pounds...and in the bench lift, 185 pounds.

Although I do have arthritis all over the place, it has never stopped me before...but I slipped in the bathroom and fell. I was on the floor for seventeen hours and needed a total hip replacement at that time.

So it was February 19 of 2020...when I got the hip replacement...and the physical therapy for the arthritis at the same time. It took me a year and three months.

Now I'm back at the gym...training with my son. I'll compete next year.

That's the plan...and I'll be eighty-three years young.



We love getting to know our Members and share their unique stories. What's YOUR Story? What will you be doing at 83 years young and beyond?

Let us know if **YOU** would like to contribute a future article. Email: info@northwestneighborsnetwork.org

MEMBERS AND PARTNERS CREATIVITY ABOUNDS!



What do you get when you combine the creative energies of our NNN Members with a handy Volunteer?

A truly delightful piece of artwork that the whole neighborhood can now enjoy!

When NNN Member, Nora, discovered the family mailbox had disappeared overnight, she asked the NNN team for help. NNN Volunteer, Rick, hopped right to work and brought over a mailbox he had recently replaced with a locking mailbox. After installing it for Nora and family, he got a photo a few days later of the mailbox transformed with fun frogs. It's inspiring to see what creative outcomes our community partners up on. If you would like an updated mailbox, we can coordinate that with Nora and crew—wouldn't that be a fun project!?

Do you have a story to share? If you're an NNN member needing a small fix around the house or yard, email your Services team today (Services@NorthwestNeighborsNetwork.org)!

If you're interested in membership, email our information team: info@NorthwestNeighborsNetwork.org

FALL TIPS TO REDUCE FALLS/TRIPS

Fall is a Lovely Time to Enjoy Fall Leaves—and to Check Your Home for Fall/Trip Hazards

When is the last time you walked around your home and took a look at it from a safety perspective?

With this handy guide (link below) you can identify areas you want to resolve sooner instead of later. If you are an NNN Member and want help reducing your fall risk, contact your Services team today.

Falling is the most frequently reported accident in the home. Reduce your chances by making home improvements (increase lighting, install grab bars) and changing some habits (moving frequently used items, reducing clutter). Apria Healthcare [Tips](#)

=====

Register for an in-person event Oct 18th at NEST:
Jean Corr, PT who worked in fall prevention at King County Emergency Medical Services, will present a talk on what you can do to prevent falls.

Please register at info@nestseattle.org or 206.525.6378

Bathrooms

- Tub and shower floors should have non-skid surfaces (strips or mats).
- Consider installing grab bars inside the bath or shower areas and next to the toilet.
- Consider installing a raised toilet seat.

Kitchen

- Frequently used items should be kept on lower shelves or other places that are easy to reach.
- You should have a sturdy step stool that is easy to use, preferably with a handrail. Do NOT stand on a chair to reach anything.

Stairs

- Sturdy handrails should be installed in all stairways and kept in good repair.

ICE CREAM SOCIAL CELEBRATION SUCCESS!

Thanks to everyone who joined us at Edmonds City Park on September 25th for our fall celebration of NNN Members & Volunteers! The weather was perfect as 37 of us enjoyed each other's company, met new friends, played lawn games and tickled our taste buds with ice cream sundaes, root beer floats, cake and cookies. Special thanks to everyone who loaned their lawn chairs, coolers, tables and extra hands throughout the celebration! We couldn't have done it without you!!! Thanks, too, to our local Ballinger Thriftway Market for donating all of the delicious ice cream! We love the [local support](#) from business in the communities where our members and volunteers live.



SHOPPING TIPS? YES, PLEASE!

You may have heard there will be ongoing (or new) issues with being able to get some of your favorite items, or perhaps gifts you were hoping to pick up. Here's a timely shopping tip. Member, Carol Freeman, has been picking up some new "Senior Tipster" ideas to pass along, and her favorite new tip is how easy it is to shop from home and pick up at your favorite store. This isn't limited to **your** shopping, either—you can ask an NNN volunteer to pick up for you, or you can pick up for a friend or neighbor.

Carol's example: Shopping at Lowes and getting same day store pickup.

Step One: Shop for In-Stock items only.

Step Two: When your cart has all the items you want, enter your cell phone number and email address, and you are notified by text when your order is ready for pickup. The email they send you has the name, order number, barcode of all items in your order, and the store address.

Step Three: When you arrive (or the person you want to pick up your order for you arrives), park in the Online/Curbside Pickup stalls and call with the Payee Name, Phone Number, and Order Number. (If you're picking up for someone else, you could bring a forwarded copy of the email from the person who placed the order.)

Step Four: Store employee delivers the items to your car, and you're on your way!

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!

AP News reports this [week](#) that millions of retirees on Social Security will get a 5.9% boost in benefits for 2022. The biggest cost-of-living adjustment in 39 years follows a burst in inflation as the economy struggles to shake off the drag of the coronavirus pandemic.



The COLA, as it's commonly called, amounts to \$92 a month for the average retired worker. That marks an abrupt break from a long lull in inflation that saw cost-of-living adjustments averaging just 1.65% a year over the past 10 years. With the increase, the estimated average Social Security payment for a retired worker will be \$1,657 a month next year. A typical couple's benefits would rise by \$154 to \$2,753 per month.

GROWING OUR NNN SUPPORT TEAM—PROGRAM MANGER JOB

After years of planning and officially becoming a non-profit in 2017, NNN officially welcomed our first members in February of 2019. Thanks to generous donors and grants from King County and other funding sources, we are thrilled to be adding our first staff member position to support our volunteer teams and members as we continue to add new members in our community.

If you are interested, or know of a great candidate, read more about the Program Manager job on our website, and apply by October 27, 2021: [Job Description](#)

Interested in joining our non-profit Board and helping make a difference? We meet online to discuss meeting our member and volunteer needs and our Strategic Plan, and complete tasks via email, phone, and Zoom calls.

Contact: 253-237-2848 or email: info@northwestneighborsnetwork.org