Events, classes, and stories for Northwest Seattle neighbors

Creating community and connections during COVID-19

Plus: Virtual Winter Festival & Crafts Fair | Holiday Bookfest & reader recs
Holiday decorating contest | Garden planning guide | Night sky explorations
Seattle Art Cars sponsor COVID Caravans to visit seniors and kids

By Connie McDougall

“My joy was social dancing but that dried up with the virus,” says Lauri Miller, who goes by the name Silver after her hair turned that color at 28. “Now my joy is working on my car and participating in Covid Caravans.”

This motorcade of colorful art cars visits neighborhoods all over Seattle by appointment. The group, Seattle Art Cars, is a loosely organized group of “cartists” who decorate their vehicles using all kinds of media, including paint and sculptures.

One of their main events has always been the Fremont Fair, an adjunct to the famous Solstice Parade, which attracted cars from all over the U.S. and Canada, but with that cancelled, they found another way to share their eclectic mobile art.

Longtime member Kelly Lyles explains that Art Car groups in other cities were cruising neighborhoods to cheer up residents during the coronavirus lockdown and the Seattle organization decided to do something similar. “We in Seattle picked seniors and kids to entertain them,” she says.

Since then, their caravans have driven to low-income and senior-housing sites from Shoreline to White Center, including our neighborhoods—Greenwood, Phinney, Fremont, and Ballard.

“We work with the city’s Parks and Recreation Department to arrange visits,” says Kelly, crediting two fellow Art Car members, Kirby Laney and Dennis Brandt, with the work of organizing the caravans.

Reflecting her interest in fashion, Kelly’s car features a leopard-print, high-heel shoe as a hood ornament and magnetic “paper” dolls and clothes on the hood that people can play with. “I learned to check that the doll magnets are back on the metal before I drive off.”

Silver, who lives in Ballard and can often be spotted at Sunset Hill Park working on her Audi, decorates it with gold stencils and all manner of glued-on acrylic jewels.

The car is aptly named Princess Sparklepony, following a My-Little-Pony motif, with unicorn Princess Celestia serving as an ornament on the front and the back. “Her wings light up at night,” Silver adds. “As you can imagine, the car attracts commentaries. “I overheard a man say, ‘Well, that’s one way to ruin an Audi,’” Silver laughs. “Little girls squeal and jump up and down.”

Joining the Covid Caravans over the summer, Silver says that it’s a joyful experience. “We’re there for the seniors but the whole neighborhood gets involved when they see all these cars in a row.”

Kelly agrees, saying it’s a special feeling visiting folks in senior housing. “They love it. They cheer, some people cry, and they always are so thankful.”

The caravans head out every couple of weeks to different areas. Check their Facebook page for updates (facebook.com/SeattleArtCars/) and visit the Seattle Art Cars website for more information and photos (seattleartcars.org).

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A message from Interim Executive Director, Lee Harper

Yesterday Governor Inslee announced new restrictions due to COVID. It felt overwhelming and right before the holidays too.

Immediately, PNA’s staff leadership had an impromptu meeting to talk about what the restrictions would mean for our work in the community.

That’s when I realized how resilient and adaptable the PNA staff have been, and we have become pretty decent at THE PIVOT. There, I said it, one of the most overused words of 2020. But it’s a fine word, pivot.

This year, the one that feels like ten years, is almost over, thank goodness. Like many of you, PNA has seen some pretty deep lows. But we are slowly climbing out of that hole we fell in, and rebuilding ourselves. Envisioning what community building looks like when we can’t come together in person; determinately reweaving the community safety net for those who need us most, including isolated seniors, people experiencing homelessness, and families in need of child care. Adapting programming to be online, like the Teen Taste nights, and the upcoming Virtual Winter Festival. (see page 3 for details).

Sure, it’s different, but look at the positives – you can support 90 local artists and makers from the comfort and safety of your couch!

Most of us are getting screen fatigue and crave being around other humans again, but for now, this is where we are at.

Our local business community has suffered deeply this year, and we have lost beloved businesses. But we have also welcomed new businesses.

So, whether it’s picking up takeout for dinner, or safely shopping in person, or visiting the Winter Festival from your home, if you can, please continue to support local businesses.

As we look ahead to 2021, PNA is embarking on a search for its next Executive Director. Do you know someone with the vision, passion, and character to be our next leader? Please share the job announcement found at bit.ly/pna-exec-dir and help us find our next leader. Take care – of yourself and your family, and our community.
Founded in 1980 by community members, the mission of the Phinney Neighborhood Association (PNA) is to build, engage, and support our diverse community through programs, services, and activities that connect neighbors and foster civic engagement in Northwest Seattle.

Since we are unable to gather during the pandemic, things look a little different for some of our usual programs:

- The Hot Meal Program has not stopped operating: from to-go to socially-distanced dining, we are providing three free homemade meals a week to those who need them.
- Our Greenwood Senior Center has gone virtual—offering classes, programs, counseling, support groups online. We are reaching out by phone and mail to connect to members without technology.
- The PNA Village program helps elders age in their own homes. Volunteers are continuing to provide the errands and chores that they need now more than ever.
- Whittier Kids is offering socially-distanced Remote Learning School Day Care for school-aged kids.
- Our co-op preschools have adapted to online learning and family support.
- We’ve re-opened the Tool Library on Saturdays so that members can work on their projects while stuck at home.
- We’ve taken some of our most beloved events online, like Beer Taste and Winter Festival, hosted a new Arts Stroll this summer, and are always thinking about new, safe “events” for the community.

Volunteering is a great way to get to know your neighbors, do something good, meet people, and have fun. Visit phinneycenter.org/volunteer-covid for opportunities during the pandemic.

Would you like to know what’s going on with news, events, job opportunities, and more?

- Subscribe to email news: phinneycenter.org/signup
- Visit our events and class calendar: phinneycenter.org/calendar
- Like us on Facebook: facebook.com/phinneyneighborhoodassociation
- Add us to your Instagram feed: @phinneyneighborhoodassociation

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The Review is published by Phinney Neighborhood Association (PNA) four times per year. It includes articles of interest to Northwest Seattle—particularly Phinney and Greenwood, updates on local businesses, as well as virtual events, programs, and classes hosted by the Phinney Center and Greenwood Senior Center. Currently, The Review is published digitally and e-mailed to PNA members and email subscribers, posted on social media, and available on the PNA website.

To learn about advertising, visit phinneycenter.org/review/advertise.
Friday-Sunday, December 4-6

40th Annual Winter Festival & Crafts Fair

The Virtual Experience


We wish that we could welcome you into our old school buildings to nibble on yummy baked goods, sip mimosas, enjoy holiday entertainment, and shop for amazing handmade, local products. Sadly, it’s impossible to have the fair we love right now. But, we’re still committed to bringing together our makers and our communities at this virtual show!

Join us and support your favorite vendors—and some new ones too! As usual, the show is curated, so you will find the same unique and wonderful selection of items at your fingertips that you’re used to discovering at the live event. You can also check out live artist spotlight features throughout the weekend to meet the makers. Of course, you’ll find other great ways to support the community and PNA as well.

So...Shop small, shop local, shop handmade, discover 90 hand-picked makers and artists, find items and deals exclusive to Winter Festival, and meet the makers with special spotlight features. Watch our Facebook and Instagram for Meet the Maker spotlight leading up to the event! Then, on Dec. 4-6, go pick up some (or bake!) some scones, pour yourself a mimosa, settle on the couch, and enjoy Winter Festival—the virtual experience! phinneycenter.org/winterfestival.

Saturday, December 5

Holiday Bookfest 2020: Stay at Home Edition

3-4 pm. Zoom. Free.

Beloved area authors Jess Walter, Donna Miscolta, and Kira Jane Buxton read their new work and other local authors are highlighted, sponsored by Phinney Books. Special musical appearance by Jennie Shortridge and Matt Gani for the Bushwick Book Club, the recipient of this year’s Bookfest donations. Books purchased at the event will come with a commemorative bookplate signed by the author. Register: bit.ly/pnwbooks

Wednesday, December 9

Village Membership Info Session:
A Virtual Living Room Chat

1-2:30 pm. Zoom. Free.

Join PNA Village staff, members, and volunteers as we discuss Village membership during COVID-19. Learn how the program has changed, what has stayed the same, and the many new opportunities which help members stay connected, supported, and engaged in community.

Saturday, January 30

PNA Annual Meeting


We will miss gathering with you and noshing on Bill’s famous homemade pancakes this year, but the Annual Meeting must go on! Join us for a virtual meeting and we’ll elect our Board of Directors and look forward to 2021. RSVP: chordell@phinneycenter.org.
Groups

Additionally, check out Greenwood Senior Center’s Zoom offerings (open to adults of all ages!) on pages 10-14.

Conversation & News of the Day
Tuesdays, 10:30 am-12 pm. Online. Free.
Thursdays 10:30 am-11:30 am. Online. Free.
Come with a news clipping that you want to discuss, or just come and join in with others. Email cecile@cecileandrews.com for Zoom link.

Understanding Happiness
Wednesdays, 10 am. Online. Free.
There is excellent research on the subject of happiness. In this group, explore how to act on this research, and create happier lives. Led By Cecile Andrews. Email cecile@cecileandrews.com for Zoom link.

PNA Book Club
Second Wednesdays, 7-8:30 pm. Zoom. Free.
See phinneycenter.org/bookclub for selections. Contact Linda (ljprot@hotmail.com) or Claire (smithyeager@msn.com) with questions or if you’d like to join.

Breaking White Silence Study Groups
A program of Breaking White Silence Northwest. breakingwhitesilencenw.org
Mondays, 7-8:30 pm. Six session group
January 11, January 25, February 8, February 22, March 8, March 22
Co-facilitators: Paul Finley and Carolyn Grove
To register: Email p.n.finley83@gmail.com

Sundays, 1-3 pm. Six session group
January 10, January 24, February 7, February 21, March 7, March 21
Facilitator - Suzanne Engelberg
To register: Email suzaeng@gmail.com

Using Dr. Robin DiAngelo’s book What Does It Mean to Be White?: Developing White Racial Literacy (Revised Edition) to encourage personal reflection and conversation, this study group is a first step to open up conversations about whiteness, white privilege, and racism.
Dr. DiAngelo is a race and social justice educator and author of the 2018 New York Times best-selling book White Fragility. Her work has been featured at the Seattle Public Library and in NPR, Slate, and The New Yorker. To learn more, visit robindiangelo.com.

PhinneyWood holiday decorations contest
Start planning now for your lights and/or decoration display – tasteful or over the top—that’s up to you! Window displays in apartments, condos, and business are game, too. All holidays, traditions, and themes are encouraged (PG rated, of course).
Winners are chosen by popular vote, so cruise the neighborhood and pick your favorites! Look for those fantastic window displays in addition to houses and lawns. (Yes, you can vote for yourself!) Voting begins on Dec. 5 and will close on Dec. 20; winners will be announced on Dec. 22.
There’s no need to register, just fill out a short form online to cast a vote for any home, window, or business in Phinney-Greenwood (Aurora to 8th/45th to 105th).
Nominated displays will be added to an interactive Google map, so you can check them out. Stay tuned at phinneycenter.org/calendar/decorations/ for the voting form and the map.
And be sure not to miss the 5th Annual GloCone Lighting Ceremony, on Friday, Dec. 4 at 5 pm on PNA’s Facebook page and YouTube channel.
(See page 3 for details.) Questions? Email maryc@phinneycenter.org. Happy decorating!

Winter break blast off!
Build & discuss rockets
Wednesdays, December 23 & 30, 2-3:30 pm . Zoom. (Launch date & time: TBD). Free ($15-20 to buy the kit).
Register: leannec@phinneycenter.org
Hey middle schoolers (or middle schoolers at heart)! Wanna build a rocket and talk about space exploration with fellow rocketry enthusiasts? High school seniors Henry and Aidan will recommend which rocket to purchase, talk about the parts of the rocket, and build it with you via Zoom. They will also bring some of their bigger rockets to the launch. Group launch at a local park (with lots of space!) to be determined by weather and participant availability.
No experience or special tools needed. Expect to spend $15-20 on the kit. Limited to eight spots.

Green Lake Elementary Holiday Tree Sale
November 27-December 17
The 35th annual Green Lake Elementary Holiday Tree Sale has relocated to the Phinney Center lower lot this year due to Seattle school closures. We invite you to our festive tree lot staffed with friendly volunteers. We’ll help you find your perfect tree, give it a fresh cut, and even load it onto your car. Offering touchless pay options, too! Lot opens Friday, Nov 27 at 11 am. (Hours are Mon-Fri 4-8 pm, Sat 9 am-8 pm, Sun 10 am-7 pm)

Green Lake Elementary
Holiday Tree Sale
Mon-Fri 4-8pm | Sat 9am-8pm | Sun 10am-7pm
Serving Seattle Since 1948
10% OFF With This Ad
Offer expires: 12/31/20
Store Wide
• Lawn & Garden
• Plumbing & Electrical
• Paint & More!
206-783-2900
7201 Greenwood Ave. N.
www.greenwoodhardware.com
Support local schools! 100% of proceeds go to Green Lake Elementary. Due to Seattle Public Schools closure, we’ve moved to PNA lower lot for 2020.
Holiday Bookfest goes virtual Dec. 5

Author readings, titles for gifting

By Bill Thorne

For the past 10 years, authors and readers have been gathering at the Phinney Library for a Holiday Bookfest, where countless gifts have been lovingly chosen and inscribed. This year, like everything else, the event has gone virtual for Holiday Bookfest 2020: Stay at Home Edition.

On Saturday, Dec. 5, 3-4 pm, four area authors will read from their works on Zoom (event registration) and Phinney Books owner Tom Nissley will guide the audience in supporting these and other local authors by purchasing their books.

More than a dozen featured authors have signed special bookplates to make purchases even more special.

Authors reading their work will be Jess Walter,* Donna Miscolta,* Erica Bauermeister,* and Kira Jane Buxton.*

As Bookfest attendees have come to expect, there also will be authors making music! Jennie Shortridge* and Matt Fink will perform their song inspired by Eric Liu’s “Become America,” part of a recent Bushwick Book Club event. This non-profit Bushwick will be the recipient of donations generated by Holiday Bookfest sales.

Our PhinneyWood bookseller Tom steers readers to some of his picks for new titles and even offers a gift guide list of popular books by local authors to appeal to the varied readers on your list (see sidebar, right).

Who are some of the local and regional authors with new books arriving for this holiday season?

The new novel that our customers are most excited about right now is the first book in eight years from Spokane’s Jess Walter,* The Cold Millions, which James at our sibling store, Madison Books, called “an extravagant, panoramic story told with a rumbustious verve.” We’re delighted that he’ll be one of the readers at our virtual Holiday Bookfest.

Two other local writers who have drawn national followings (and happen to be sisters-in-law!) are Ijeoma Oluo and Lindy West.

Olú’s So You Want to Talk About Race is one of the bestselling books in Phinney Books history, and she follows it up in December with Mediocre: The Dangerous Legacy of White Male America, while West, after her pointed political books, Shill and The Witches Are Coming returns to her roots as a hilarious movie reviewer at The Stranger with Shit, Actually: The Definitive, 100% Objective Guide to Modern Cinema.

Other local favorites with new books this fall include sports (and activism) hero Megan Rapinoe, whose memoir, One Life, has just come out; librarian Nancy Pearl and playwright Jeff Schwager with The Writer’s Library: The Authors You Love on the Books That Changed Their Lives; and Ben Clanton, whose latest in his very popular Narwhal and Jelly children’s series for young readers has a Christmasy theme: Happy Narwhaliday.

Are there some new voices that you want to shine a light on?
We’d love to bring more attention to Donna Miscolta,* another one of our readers at the Holiday Bookfest. She has been writing for a long time, but her last book, Hola and Goodbye, gained her a lot of new readers, and her new book, Living Color, shows once again that she’s a wizard at linking stories across a character’s lifetime.

We’ve also heard a lot of talk about Rough House, a new memoir of her transient childhood in logging camps, by a fellow bookseller, Tina Ontiveros* of Kindred’s In The Dales, Oregon.

And I’m intrigued by a debut crime novel by Seattle public defender Brian Selton, The Nightworkers.

Does this sound like a year to do more prevalent in new titles this year, and why?
I think the balance always remains about the same. There was certainly a lot of interest in Black Lives Matter-related books in the spring (and there still is), and many people speculated that everyone would be so consumed by the election that no one would want to read anything else.

But we’ve found that readers still read what they like to read, and that includes novels, mysteries, books about nature, cookbooks: you name it.

Do you want to say something about the value of a vibrant group of local authors to the larger community?
As we all know, and are very proud of, Seattle is not just a city of great readers, and great libraries, and great bookstores, but of great writers too. They help us understand our own lives and our region, and they also connect us to the world of books and of bookmaking. It’s been one of the great pleasures of owning our bookstore to realize how many writers we have right in our own neighborhood!

The Holiday Bookfest is in its 11th year. What do you get out of helping present this event every year?
I would say that usually what we love is seeing so many authors and readers all gathered in the same room for a couple of hours together, and the best thing is watching someone come up to the checkout table with a stack of books from all kinds of different authors who the customer would never have tried otherwise. I hope our local book lovers will do some of the same adventurous sampling among the authors who are participating in this year’s virtual bookfest!


Tom Nissley’s local author holiday gift guide for everyone in your life:

The community activist:
- Become America and You’re More Powerful Than You Think by Eric Liu *
- Use the Power You Have by Pramila Jayapal
- The Unforgotten Activist by Ron Chernow

The local historian:
- The River That Made Seattle by BJ Cummings

The memoir lover:
- The Fixed Stars by Molly Wizenberg *
- Rough House by Tina Ontiveros *

The young grandkid:
- Happy Narwhaliday by Ben Clanton *
- Slay by Brittney Morris *
- The Water Bears by Kim Baker *

The home chef:
- I Heart Soul Food by Rosie Mayes *

The home gardener:
- Oh, La La: Homegrown Stories, Helpful Tips and Garden Wisdom by Ciscee Morris

The outdoorperson:
- After the Blast: The Ecological Recovery of Mt. St. Helens by Eric Wagner

The escapist:
- The Cloven by Garth Stein and Matthew Southworth *

The outdoorsperson:
- Turning Around Time: A Walking Poem for the Pacific Northwest by David Guterson *

The forest wanderer:
- The Apocalyptic Factory: Plutonium and the Making of the Atomic Age by Steve Olson *

The book clubber:
- Hallow Kingdom by Kira Jane Buxton *
- The Electric Hotel by Dominick Smith *

The fixer-upper:
- House Lessons by Erica Bauermeister *

The word lover:
- Post Romantic: Poems by Kathleen Flenniken *

The older grandkid:
- The Unforgotten Activist by Pramila Jayapal
- More Powerful Than You Think by Eric Liu *

The home chef:
- Daily Money Manager, for seniors, busy professionals, and travelers by Carl T. Bergstrom and N. Dash

The memoir lover:
- The River That Made Seattle by BJ Cummings

The home gardener:
- Oh, La La: Homegrown Stories, Helpful Tips and Garden Wisdom by Ciscee Morris

The outdoorperson:
- After the Blast: The Ecological Recovery of Mt. St. Helens by Eric Wagner

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- The Apocalyptic Factory: Plutonium and the Making of the Atomic Age by Steve Olson *

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The older grandkid:
- The Unforgotten Activist by Pramila Jayapal
- More Powerful Than You Think by Eric Liu *
Many of you have enjoyed the PNA's Winter Festival for as long as you can remember. That's because it's PNA's oldest event—it turns 40 this year! (Although we're virtual for this one). During those years, only a handful of people have coordinated the event—two are a mother-daughter pair. Ann Bowden held the reins for eight years, beginning in 1986 and she's still a dedicated volunteer. There have been two of them seen over the years? We invited the two of them to reflect a bit about their experiences with this beloved PhinneyWood event. Tell us about the early years:

Ann Bowden (AB): It’s always been a labor-intensive event: wrangling vendors, performers, volunteers. For me, in the early years, it meant a lot of evenings on the phone – there was no email then. But I loved the intensity and energy of the event itself. And because I "recruited" my husband and kids, we really turned the event into a family affair for us.

Both kids dressed in Barney the Dinosaur costume for photos one year (you probably had to be there). My husband always helped with clean up and at the information booth. My father even repaired the Blue Building's kitchen sink two days before the event one year.

JH: Jessica Hammer (JH): When my mom coordinated the event, I had a bit of a love-hate relationship with it. I loved the event itself! The vendors, the crowd, the energy, it was all so much fun. I walked around the building thinking and acting like I was in charge. But it was a lot of work for my mom leading up to the event and I did not like sharing her attention. What changes did you make to the festival over the years?

AB: The Festival was originally an open house to celebrate the opening of the Phinney Neighborhood Center. The basic elements of the event were there from the very beginning—crafts vendors, entertainment and food—powered by lots of volunteers, but over the eight years I ran it we made several changes. We added a second day, adding a second building, adding jurors to build the quality of the crafts. It was very much the year we added the second building. It just seemed like such an exponential jump. I wasn't sure we could manage two buildings.

JH: When I took over the event it had been a well-established, very successful event for 36 years. I was excited and nervous to fill the role of coordinator and actually be in charge as opposed to my seven-year-old self just acting the part. The first year I stuck to the same formula that had made the event so great. The next year, though, I wanted to put a little bit more of myself into it. I added some outdoor vendors, a beer/wine garden and a festival passport. And of course this year, we're going virtual.

What’s your favorite memory?

AB: In the early years, particularly when it was just one day, one building, several of us—Ed and Susan Medeiros and their sons, Marcia and Dan Brunner and their daughter, and our family—would be the clean up volunteers. We’d put away the tables and chairs, sweep, and mop the floors.

JH: Then we’d pull out a table, bring out the leftover food—those days we sold hot dogs, salads, and pizzas in addition to the huge bake sale and have dinner.

THEN—we’d clear off the table and count money. Kids and adults around the table counting and organizing lots of bills (mostly ones and fives) but LOTS and LOTS of coins. It was just such a bonding way to end the event.

What is/was the hardest thing about coordinating the event?

AB: The fact that it was only one of many events and activities I was working on. In the early days, I coordinated events, membership and volunteers. Thankfully that changed in time but it was hard to just concentrate on getting this event right.

JH: Not being able to include all of the artists that apply! Everyone’s products are so wonderful and they work so hard to show it off to our jury. It is hard to turn people away when they have put so much of themselves into it. I wish we could accept everyone! This year the event will take a huge turn and go virtual. We are planning a great event where we can connect our maker and shopping communities. Join us online December 4-6 to see your favorite vendors and find some new ones too! phinneycenter.org/winterfestival.
‘Alley People’ build community during COVID-19, create fun alley art

By Julie Gangler

When COVID-19 abruptly changed everyone’s daily social life, the Alley People formed. This group of neighbors, all living along a Phinney Ridge alley, have found creative ways to connect and build community with each other—something that is so important during this time of isolation.

On March 21, Amy, Mary Ann, and Paul introduced the idea of a socially-distanced Alley Happy Hour on Wednesdays at 5 pm to get to know more neighbors. As this weekly event became popular, the group introduced themes: one week, everyone wore old Halloween costumes; another week, they added as the alley neighbors got to know each other while socially distancing outdoors. Paul began showing movies, chosen by group consensus, in his large driveway. Doug provided the projector, Sean the speakers, and Mary Ann the sheet for the screen (later upgraded to a real screen by Sean).

Kathy lent her high-powered telescope to neighbors so they could look at the stars from their decks. Dick shared the beautiful dahlia blooms he grew. Later he needed computer help, which Sean provided. All’s teenage sons found yard work and painting jobs among the Alley People. Contacts for home repair projects were shared.

Soon Saturday Happy Hours were added as the alley neighbors got to know each other while socially distancing outdoors. Paul began showing movies, chosen by group consensus, in his large driveway. Doug provided the projector, Sean the speakers, and Mary Ann the sheet for the screen (later upgraded to a real screen by Sean).

Kathy lent her high-powered telescope to neighbors so they could look at the stars from their decks. Dick shared the beautiful dahlia blooms he grew. Later he needed computer help, which Sean provided. All’s teenage sons found yard work and painting jobs among the Alley People. Contacts for home repair projects were shared.

During an early summer Happy Hour, the Alley People decided on an ambitious group project: painting colorful motifs on the alley pavement. Years earlier, some motifs had been painted, but now only a few faded designs remained.

Gary contacted everyone on the alley to let them know the plan. On June 24, Paul, Dick, and Gary power-washed the alley. Dick purchased special paint that lasts longer on concrete/asphalt; everyone chipped in to cover the cost. Then on June 25, the all-day, alley-painting party began.

Most neighbors created new designs; some repainted old ones. The participants became so enthusiastic that more paint purchases were needed to complete all 30 designs. They include colorful hot air balloons, a smiling sun, a watermelon slice missing a big bite, and animals ranging from a huge elephant to a butterfly, bees, dog, and snail.

Two martini glasses mark the core area where the Happy Hours started. The fun “StegASlowrus” dinosaur design and “TIC-TAC Slow” sign reinforce driver caution in the alley. There are also sports motifs, Superman and peace symbols, and messages like “HOPE” and “Black Lives Matter.”

The big piece of cardboard used under the paint cans ended up looking like a Jackson Pollard painting from all the paint splatters – so Chardell and Gary added it to the art in the alley.

“This painting project really brought all of us living on the alley together,” said Chardell. “We met neighbors we didn’t know before and got better acquainted with those we already knew. It’s ironic, but we wouldn’t have connected like this without the COVID-19 situation – and we’ve developed such a wonderful sense of community.”

She acknowledged the challenge is continuing that connectivity amid rain and winter weather. “We put up canopies on rainy days and bundle up more… we may add outdoor heaters. Everyone wants to keep this great sense of community going.”

Chardell said many folks in the PhinneyWood neighborhood come by to see the alley art and ask about it. “We welcome visitors to take a look and simply ask that they be respectful of our alley art.”

Residents of another alley on lower Phinney have already been inspired to follow suit. Sixteen designs are now painted in the alley between N 67th and N 68th Streets and Linden and Fremont Avenues N.

Note as of this publication date: Governor Inslee has recently modified gathering and distancing guidelines due to the rise in COVID cases. Please follow all new and current rules and recommendations for our area, found here: kingcounty.gov/elected/executive/constantine/covid-response/current-guidance.aspx.
Aide-memoire Jewelry. aidememoirejewelry.com

Founded by designer Aran Galligan, Aide-memoire Jewelry is an all-inclusive, queer woman-owned small business. Aide-mémoire offers handmade, eco-friendly, and conflict-free jewelry. Their bespoke catalog is comprised of everyday fine jewelry, wedding bands, and engagement rings made to order. Their mission is to “create future heirlooms in a socially and environmentally responsible way.” Aran is a Seattle transplant originally from the East Coast. She has a BFA in Craft/Material Studies with a focus in jewelry from Virginia Commonwealth University and MFA in Metal from SUNY New Paltz. She’s on the planning committee for Seattle Metals Guild’s annual Jewelry & Metal Symposium and has taught jewelry workshops and college classes nationally.

Growing up, Aran loved going through her mother’s jewelry box while listening to the special moments of when they were gifted. “Aide-mémoire” French for memory aid or to jog one’s memory, is the inspiration behind Aran’s business venture of wanting jewelry to commemorate special moments.

Aide-memoire Jewelry is now open, but did close temporarily in March due to COVID pandemic. Since then, Aran made some adjustments to the way they typically operate her business. Aran says, “We all worked in the same space in the before times, and I would do private consultations with customers that involved sitting at a table together for 30 minutes to an hour. Since sharing air is such a high-risk activity, we’ve made some adjustments to keep going.

At the start of the pandemic, some of their employees were furloughed but later everyone was brought back. IRG was able to secure a PPP loan and retain their staff. IRG is fully operational with regular business hours, but did change their model quite a bit to adapt to the current circumstances. Young says, “We have spread out patient appointment times so there are less people in the clinic at one time. All patients and staff are temperature screened, wear masks, wash hands at the beginning of the session, and everything is cleaned between patients. We have also started offering telemedicine and at home services since the start of the pandemic. IRG follows all state mandated safety practices and prides themselves on keeping a safe environment for everyone. Young says, “We are here for all your physical therapy and hand therapy needs. We are essential workers so IRG has been open the entire time during this COVID pandemic. Young says, “Business definitely slowed down initially, but it’s gradually picking back up as patients feel more comfortable.” A notable trend from her patients is complaints of feeling deconditioned due to gym closures and back problems from being stationary and sitting for too long, especially clients’ working-from-home with non-ergonomic set-ups.

Young Jee Filer, a Chicago transplant, has been a Physical Therapist for over 20 years. She joined IRG Integrated Rehabilitation Group six years ago and in 2015 started IRG Physical & Hand Therapy of Greenwood. IRG was founded in the mid-90s and now there are 31 clinic locations and 400 employees throughout the Pacific Northwest. IRG accepts most major insurance providers including Apple Health. Young says, “Being a physical therapist is a great career. Each day is different and it’s gratifying to see patients improve from their injuries or ailments.” Physical therapists are essential workers so IRG has been open the entire time during this COVID pandemic. Young says, “Business definitely slowed down initially, but it’s gradually picking back up as patients feel more comfortable.” A notable trend from her patients is complaints of feeling deconditioned due to gym closures and back problems from being stationary and sitting for too long, especially clients’ working-from-home with non-ergonomic set-ups.

Young Jee Filer, Clinic Director. Photo by Brittany Burkfield

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Our Record of Success:
Seattle Amistad School-North Campus, 9218 Greenwood Ave N, Seattleamistadschool.org

For over 20 years, Farin Houk was a teacher and Literacy Coach with a Master of Arts Degree in Human Development and Bilingual/Bicultural Education. Later she became the visionary and founder of Seattle Amistad School. Farin envisioned children embracing diversity and culture when she created the school in 2012 and the word Amistad, is Spanish for “friendship.” Amistad is a non-profit school with a mission of social justice. The school is an independent two-way (Spanish/English) immersion school serving Pre-K through 8th grade. It offers a robust curriculum in reading and writing, math, science, capoeira, music, dance and art.

Farin expanded to the Greenwood neighborhood in 2018. The Director of Seattle Amistad School-North, Paula Mejia says, “We want to invest in children from their first stages of development and continue the cultural education as they grow compassionate and engaged citizens.”

Amistad-North temporarily closed during the onset of the COVID pandemic.

The school received a PPP loan that helped with retaining staff and keeping programs running virtually. Currently, they offer both in-person and virtual learning. Children who are in-person spend half the day in the classrooms and the other half outdoors. All safety measures and precautions are being met. Children and staff alike wear masks both indoors and outdoors. The school routinely adheres to all cleaning and safety protocols. Paula says, “We are so happy to be open and provide in-person education for all children.”

Enrollment is open and they’re also hiring! Seattle Amistad School is looking for innovative, reflective, and globally-minded educators to join their teaching staff at both Central District and Greenwood locations. For more information visit their website at seattleamistadschool.org.

Welcome New PNA Business Members!

- JH Educational Services
- Half Moon Bouldering
- Rare Earth Music Studio

Learn about PNA Business Membership: Visit phinneycenter.org/business, or contact Chris Maykut at chrism@phinneycenter.org.

Business Moves & Changes

- Opened in 2003, all three of the Chaco Canyon Organic Cafes have permanently closed, including their flagship location on 84th and Greenwood.
- Longtime Greenwood retailer 3 Wishes Clothing Boutique closed at the end of September. An employee of 3 Wishes relayed the owner had “really no choice under the current retail environment.”
- Bohemian Studios yoga has left their space on the corner of 76th and Greenwood Ave N, announcing “With heavy hearts, we have had to close the doors at our Phinney Ridge location. Good news though – West Seattle studio is open and offering in-person, livestream and pre-recorded classes 7 days a week.”
- Gibran, the unique clothing and design store across the street from Fresh Flours, has left their storefront location. The business is owned and operated by Melissa Feveyear, owner. Photo by Martin Feveyear.
- Half Moon Bouldering, a local, family-owned company, is building a 11,000 square foot indoor climbing gym at Piper Village near Fred Meyer, targeting a December 2020 opening. The facility will feature a 13 ft high bouldering walls, youth climbing and learning area, a yoga studio, and a workout area.
- The Roots & Wings Foundation has moved just down the block from 6701 Greenwood Ave N to 7107 Greenwood Ave N, leaving the historic Francine Seders Gallery space open for a new business. Know of a local business move or change? Contact Chris Maykut at chrism@phinneycenter.org.

Terra Bella Flowers & Mercantile, 7319 Greenwood Ave N. terrabellaflowers.com

Melissa Feveyear is a California native who studied floral design and environmental horticulture in San Francisco. She’s called the Florist MacGyver by colleagues because of her ability to whip up innovative designs out of sustainable and foraged materials. Her affinity for flowers began in her aunt’s flower shop where Melissa says, “I was intoxicated by the smell of the flowers, and would never miss an opportunity to visit and pick through the flower scraps.”

In 2006, she purchased Phinney Ridge Florist and created Terra Bella Flowers & Mercantile, establishing one of the nation’s first flower shops utilizing sustainable and organic products and practices. Terra Bella is Latin for “beautiful earth” and it is the foundation of Melissa’s philosophy to celebrate the joyous colors and bounty of the Pacific Northwest while safeguarding the health of the planet.

Historically, Terra Bella relied upon revenue from weddings and corporate events, however this ceased with the onset of the pandemic. Fortunately, Melissa was able to pivot her business to focusing on her retail sales of floral and botanical designs, houseplants, and new gifts including: puzzles, candles, and organic, locally made hand sanitizers. Terra Bella was just approved for a wine license by the county and will soon deliver blooms with a bit of good cheer!

Also launched recently, and just in time for the holidays, is their first live virtual class on how to create a Victorian Harvest Centerpiece. For those who live locally, they offer Floral Kits, so participants can design with them safely from their homes.

Terra Bella offers “touchless” deliveries and is currently open from 9am-4pm, Monday through Friday. They permit staggered entry, 3 persons at a time maximum, wearing masks and hand sanitation provided at entry. To stay current on all things fun, new, and upcoming virtual classes, subscribe to their newsletter, “The Vine,” located on the Terra Bella website at terrabellaflowers.com.

DECADENT DOG CARE

Adventurous dog walks and cozy boarding in the Phinney neighborhood.

Business Moves & Changes

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A Message from Cecily

I am so thrilled to let you all know that with gratitude to our King County Veterans, Seniors and Human Services Levy funds, the Greenwood Senior Center will have a lift installed between the two floors. It will go from where my office was to a newly reconfigured West Room. The East Room is getting a new look as is the Sun Room/Library, which will be made into two offices. Don’t worry, there will still be a library; it will just be located downstairs (a short lift-ride away).

Due to the construction over many weeks, there may be times where we cannot be in the office and will have to work remotely, so we may take a little longer responding to your phone calls. Please be patient and know we will get back to you as soon as we can.

What a lift to our spirits the new lift is during this time of COVID-19! I can’t wait to welcome you all back as soon as it is safe and have you see the results. We will post pictures in our email newsletter and online.

In peace, Cecily

Events & Activities

Front Yard Caroling
Varying days and times. Your front yard, front patio or parking strip.

Can’t get enough Christmas and holiday songs? Would you like to hear them live instead of over the loudspeaker at the grocery store? If you would like to invite some socially distanced carolers for a visit, please call us at 206.297.0875 or email arielb@phinneycenter.org. Performers with transportation, a good winter holiday repertoire, and a desire to entertain are welcome to contact us as well.

Online Coffee & Chat Hour
Thursdays, Ongoing, 9-10 am. Online. Free.

We miss you and want to see your faces and hear your voices! Join some of our staff for this ongoing Thursday morning hangout. Have your coffee, tea, or cocoa and we can share updates in our lives, share our favorite mugs and pets, and feel a sense of the GSC community that we are missing so much right now. RSVP: arielb@phinneycenter.org.

Zoom Practice Sessions
1st & 3rd Tuesdays, Ongoing, 9:30 am. Online. By donation.

As we continue this time of social distancing, many groups, gatherings, events, and classes are online. The most popular virtual conferencing application is Zoom, used by GSC also. Are you interested in trying Zoom in a low-pressure and judgement-free situation? Explore the controls with someone who can answer your questions. Join our Office Manager Cassie McFadden for a weekly session of entry-level Zoom exploration and get comfortable with it at your own pace. Please email cassiem@phinneycenter.org to register, or call 206.297.0875 for more information.

Meditation
Tuesdays, 9-9:30 am, Fridays, 11-11:45 am. Online. $3-5 sliding scale.

Join instructor Katie Freeman to learn the fundamentals of mindfulness meditation, an evidence-based practice that supports our physical, mental, and spiritual health. Each weekly session will include guided group meditations and instructions for simple practices you can use in your day-to-day life. This is also a dementia-friendly program, suitable for those with MCI or ESML. Register: katief@phinneycenter.org.
The Elderwise Way Book Talk and Discussion
Wednesday, Dec. 2, 1 pm. Online. Free.

Join us for this reading and discussion exploring *The Elderwise Way: A Different Approach to Life with Dementia*. In this new book, the underpinnings of the Elderwise philosophy are explained, along with its practical implications for those providing care for loved ones with dementia. Capturing more than two decades of learning and practices from Sandy Sabersky’s groundbreaking work with cognitive loss, this book accessibly shares the principles and approaches of this unique Seattle-based enrichment program. Along with her editorial and writing skills, co-author Ruth Neuwald Falcon brought her personal and professional experiences with dementia to enrich the book’s development. Together, they hope to inspire change in how our society understands and works with people living with dementia and their caregivers. During this time of the COVID-19 pandemic, the book is doubly relevant to the memory loss community. Register: arielb@phinneycenter.org.

How to Celebrate Holidays Safely

King County Public Health will provide tips on how to handle the holidays during COVID-19. Topics include ways to mitigate risks, suggestions for lower risk celebration activities, and suggestions on ways to combat feelings of isolation and depression that naturally come from a quarantined holiday season. Register. arielb@phinneycenter.org.

Book Recommendations:
New or Tried & True
Friday, Dec. 11, 1 pm. Online. Free.

Join us for a book talk by local librarian Shelly Macer as she “book talks” new books as well as tried and true favorites. Shelly will help you understand Novelist, a great database for books that can be used to find book gems. You’ll also have access to a great holiday book buying guide for all ages. Register: arielb@phinneycenter.org.

Make a Gratitude Jar
Tuesday, Dec. 22, 1 pm. Online. Free.

As we look toward 2021 and say goodbye to 2020, let’s think about adding gratitude as a daily practice. In psychology research, gratitude is strong and consistently associated with greater happiness, improved health, more resilience, and stronger relationships. There is a lovely tradition of creating a decorated jar and then, every day, writing something you are grateful for on a slip of paper and putting it in the jar. At the end of the year you can look back and start the next year in thankfulness. All supplies will be easily found in your own home. Register: arielb@phinneycenter.org.

Improving Balance and Combating Dizziness with Physical Therapy
Tuesday, Dec 15, 1 pm. Online. Free.

Have you been noticing a decline in your balance or mobility? Do you feel unsteady on your feet, lack confidence walking on uneven surfaces or worry that you are at an increased risk of falling? Do you find yourself feeling unsteady and dizzy at times or have a prior diagnosis of vertigo? Join Jean Tyler, DPT, from Salmon Bay Physical Therapy, for a discussion on balance and vertigo, and the treatment of these issues through physical therapy. Register: arielb@phinneycenter.org.

Sing Along
1st & 3rd Thursdays , 1-2 pm. Online. $5-7 sliding scale.
Join All Present community choir director Elena Louise Richmond for this fun, twice-monthly Zoom sing along of old standards and familiar songs. Register: arielb@phinneycenter.org.

Holiday Concert

Join us for this yearly event (now online) as we enjoy holiday music from the OK Chorale, solos from the Sing Along musicians, and singing by everyone. We will have a special raffle and everyone sending in a $10 donation will be entered. Register: arielb@phinneycenter.org.

Christmas Day Zoom Gathering
Friday, Dec. 25, 1 pm. Online. Free.
Join Cecily and Carin Mack for a gathering on Christmas Day with music and stories. Carin and Cecily have been doing a Christmas Day meal at GSC for 15 years. We aren’t able to do that this year, but we can still share in the holiday spirit together once again. Register: cecily@phinneycenter.org.

Conservation Fitness:
Connect to the Earth in a Healthy Way
Wednesday, Jan 6, 1 pm. Online. Free.

Relying on methods learned from her time as a zookeeper, PI Heaven has developed a fitness program unlike any other. Instead of focusing on a punishing mentality of guilting and shaming ourselves to do what is healthy, PI relies on positive reinforcement and rewarding incentives to create life-long changes in our health and well-being. But why stop there? What if our healthy habits could also be a stepping stone to literally saving the world? PI shows us how to use conservation to motivate us and make a difference in our world, one step, one bite, and one tiny behavior at a time. Register: arielb@phinneycenter.org.

From Kites to the Space Shuttle: Highlights from Aerospace History
Friday, Jan. 8. 1 pm. Online. Free.

Since its earliest days, humanity has sought to join birds in soaring through the skies. Hear a potpourri of anecdotes from the history of human flight, in this fascinating program from the Museum of Flight’s Speakers Bureau. Register: arielb@phinneycenter.org.

TED Talks Series with Carin Mack
Mondays, Jan. 11, 18 & 25, 11 am-12 pm. Online. Free.
TED (Technology Entertainment Design) is a non-profit organization devoted to sharing ideas worth spreading. There are hundreds of talks available online and more being added every year. In this three-part series we will view some of these talks, followed by an in-depth discussion led by Carin Mack. Register: arielb@phinneycenter.org.

Beyond Survival Mode:
Thriving with Adult ADHD
Wednesday, Jan 13, 1-2 pm. Online. Free.
In this talk, Catherine Mutti-Driscoll, PhD, a Certified ADHD and Executive Function Coach at the Hallowell Todaro ADHD Center, will describe the steps that adults can take to thrive with ADHD. As Coach Catherine will discuss, adults with ADHD can thrive by 1) understanding their unique executive function challenges, 2) utilizing their personal strengths, 3) developing self acceptance and compassion, and 4) prioritizing their own values and personal meaning in life. In addition to citing research-based best practices for treating Adult ADHD, Catherine will also describe her own personal treatment journey as a woman with ADHD who was diagnosed as an adult. Register: arielb@phinneycenter.org.

AARP HomeFit® Presentation
Friday, Jan. 15, 1-2 pm. Online. Free.
The goal of the AARP HomeFit® program is to empower and equip individuals with information to safely remain in their home as they age. The workshop leads participants through the process of thinking about each area of their current home and whether it will meet their needs as they age, from an accessibility and livability viewpoint. In an AARP survey, eight out of ten people age 45 and older say they want to remain in their homes and communities for as long as possible. This workshop offers ideas and inspiration on making modifications, ranging from simple do-it-yourself fixes to more complex solutions, depending on the individual’s needs and desires. Join us to learn how to live comfortably, independently, and injury-free at home. Register: arielb@phinneycenter.org.

Writing, and Changing, Our Lives
The poet Rilke tells us that we must change our lives, but what does that mean? How can our writing–poetry and/or prose–help us reflect on what has come before, and also meet the mystery of what is to come, in our own lives as well as in human and natural history? We will read poems and short prose–work that engages, welcomes, and resists
Events & Activities

Writing, and Changing, Our Lives, continued.
these moments of change in our lives and in the wider public sphere. And we’ll respond by creating poems and prose pieces, playing with form and structure in order to summon and deepen images, moments and narratives, to awaken our own sense of adventure and possibility, and to find our way in mind and heart, even in these turbulent and uncertain times.

Instructor Carolyn Wright is a teacher, a Pushcart Prize winner, and an author of nine poetry books, five volumes of poetry translation from Spanish and Bengali, and a book of essays. A 2020-2021 Fulbright Scholar Award will take her back to Bahia after the worldwide COVID-19 travel advisory is lifted. Register: arielb@phinneycenter.org. This workshop is sponsored by Poets and Writers.

PAWS Wildlife Rehabilitation
Wednesday, Jan. 27, 1-2 pm. Online. Free.
Wildlife Release Program Manager Jeff Brown will discuss the different work done to treat local orphaned and injured wildlife at the PAWS Wildlife Center in Lynnwood, WA. Register: arielb@phinneycenter.org.

Downsizing Talk:
What Makes a Piece of Art Valuable?
Wednesday, Feb 10, 1pm. Online. Free.
Lots of us hang on to artwork that we’ve acquired or inherited, but don’t really know what to do with. Tamara Stangeby of Sterling Estate Services will discuss how to tell what might be valuable and what definitely isn’t, and what to do with them next. Bring your questions. Register: arielb@phinneycenter.org.

Services for Seniors

Foot Care
Varying days/times. Call for appointment. $38/members, $42/public. New prices due to PPE costs
We are so happy to have nurse Tina Williams back in our building to help you take care of your feet. All appointments subject to new rules based on health department guidelines. Please call to make appointment and hear updated conditions for entry.

Medicare Counseling
Times vary. Free, donations welcome. Phone appointments available
Have questions regarding your healthcare? Senior Health Insurance Benefit Advisor Jerry Keating offers 50-minute appointments. Email jerrywshiba@comcast.net or call 206.525.2478.

Minor Computer Repair
By appointment only. Free.
A volunteer will troubleshoot your computer problems, and will fix what issues they can. Call for availability.

Meal Programs

GSC Delivery Lunch Program
Monday, Wednesday, Friday. $5 suggested donation for diners 60 and over. Limited delivery options available during closure: call 206.297.0875 for more information.
Enjoy tasty and nutritious fare at an amazingly low cost for people 60 and over!

AGE WELL ~ CARE WELL ~ LIVE WELL
With the right planning and support, you can continue to have a rich, fulfilling life. Learn more about our Proactive Planning consultations at agingwisdom.com or call us at 206.456.5155.

Ongoing Groups

Book & Discussion Groups

Global Events Forum
2nd Tuesday each month, 12:45-2 pm. Online. Free.
This volunteer-run meeting is the forum for reports by members who have researched an aspect of the monthly topic. For the foreseeable future, it will be virtual, using GSC’s Zoom account. It is also possible to just watch and hear the meeting. If you want to participate in any way, or to first learn how to use the Zoom platform, please email globalstudycontax@gmail.com.

December: Korea in Two Antagonistic Parts
The long-suffering Korean peninsula has been divided in half for 70 years, and is technically still in a state of war. The economic powerhouse of South Korea also has extraordinary frictions with its larger neighbors, China and Japan, while the secretive dictatorship of North Korea risks disaster to become a nuclear power. Group members will research the origins, character, and future of this violence-warped land which has far outlived the Cold War of its beginnings.

January: Endangered Species and Extinction
Participants will investigate and report on various aspects of the vanishing of other planetary species during humanity’s hegemony. Our research will likely include the impacts of human population growth and behavior on everything from climate to habitat to purposeful and accidental annihilation.

February: Electoral Systems in the World
Many of our nearly 200 countries have uncompetitive elections, if even that, but there are dozens of different types of electoral systems—some centuries old, some created this century. Depending on the subtopics chosen by members, we’ll study forms of governance choice that include parliamentary and strong executive models, along with processes that include proportional representation versus winner-take-all; ranked choice versus run-offs versus plurality decisions; and various institutions designed to protect minorities, the privileged and the vulnerable.

Book Discussion Group
1st Tuesday each month, 12:30-2:30 pm. Online. Free.
Expect in-depth discussions about interesting and challenging literature. We do not have copies to lend, but only choose readily available books, currently in paperback. Please have read book if attending. Email arielb@phinneycenter.org for more information or to join.

Conversation and the News of the Day
Thursdays, 10:30-11:30 am. Online. Free.
Read all about it! Talk all about it! Join us in congenial conversation about current news events. No need to come prepared with anything, just a desire for wonderful conversation! Email cecile@cecileandrews.com for Zoom link.

Men’s Group
2nd Monday of each month, 2-3:15 pm. Online. Free.
Join other men from the neighborhood for this ongoing monthly meeting. This is a new group that is in the beginning process of building community and discovering the needs of the participants. So, if you are wondering if it would be a good fit for you; it will be! Currently, as in-person events are not possible, we are meeting using Zoom teleconferencing software. This software is free and training is available through the GSC. If you are interested, email jeff@phinneycenter.org or call 206.297.0875.

Games & Crafts

American Mah Jongg
Tuesdays, 2:15-4:30 pm. Online. Free.
Beginners welcome. For further information, email ronni.wolfe@gmail.com.

Knitting Group
1st, 2nd & 4th Wednesdays, 10 am-noon. Online. Free.
All knitters welcome to join this friendly group of yarn aficionados. Email arielb@phinneycenter.org to join.
Gentle Zumba
Mondays, 11 am-12 pm. Online. $15/5 class pass.

Gentle Zumba is a memory loss-inclusive dance party that is designed for low-impact fun! Dress in comfortable clothes and shoes, bring water, and be prepared to have fun. "Drop-ins" and adults of all ages welcome. 206.297.0875.

Meditation
Tuesdays, 9-9:30 am, Fridays, 11-11:45 am. Online. $3-$5 sliding scale.
Join instructor Katie Freeman to learn the fundamentals of mindfulness meditation, an evidence-based practice that supports our physical, mental, and spiritual health. Each weekly session will include guided group meditations and instructions for simple practices you can use in your day-to-day life. This is also a dementia-friendly program, suitable for those with MCI or ESML. Register: katief@phinneycenter.org

Sing Along
1st & 3rd Thursdays, 1-2 pm. Online. $5-7 sliding scale.
Join All Present community choir director Elena Louise Richmond for this fun, twice-monthly Zoom sing along of old standards and familiar songs. Register: arielb@phinneycenter.org

The Gathering Place
Tuesdays, 1-4 pm. Online. $20/session – some scholarships available.
The Gathering Place is an early stage memory loss program for people living with Alzheimer’s, Mild Cognitive Impairment or other kinds of diagnosed memory disorders that impact their daily living. This program fosters a strong sense of community while providing cognitive stimulation, exercise, cultural enrichment, and discussion. The Gathering Place runs on a quarter system but new members can be added throughout the year. There is no drop-in availability. Pre-screening is required. Call Carin Mack, MSW, at 206.230.0166, with any questions or to make an appointment.

Other Support Groups

United We Care Kinship Group
3rd Fridays, 10 am-12 pm. Online. Free.
We are a community of peers who are raising grandchildren and relatives. Our mission is about making connections by providing support, resources, education, recreation, family events, inviting guest speakers, doing creative activities, and making friends. We are a safe space in which to commiserate, laugh, cry, learn from one another, be in solidarity, and have fun! RSVP: joseefperez@yahoo.com.

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Era Living retirement communities feature gardens ideal for outdoor gatherings, technology to help you connect, and a variety of stimulating virtual and distanced activities.
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Greenwood Senior Center Social Services
Carin Mack, MSW, provides individual counseling at GSC on Tuesday, Wednesday, and Thursday. Appointments are virtual or by phone during building closure.
To make an appointment, email Carin directly at socialwkr@comcast.net or call 206.230.0166.
Carin also facilitates the following free support groups. Donations to the GSC for Carin’s services are appreciated.

All support groups are operating online during closure. Contact Carin for more information.

Adult Daughters Caring for their Mothers
Address mother-daughter relationship issues which are unique to this caregiving role. This group is open to all women who are involved in providing support for their mothers in their homes, in facilities, or long distance. Facilitated by Carin Mack, MSW, and Jane B.G. Tornatore, Ph. D. Meets the 1st Wednesday of each month, 3-4:30 pm .

Advanced Dementia Spousal Caregiver Support Group
Support and resources for spousal caregivers of those with advanced dementia, either at home or in a facility, 3rd Wednesday of each month, 1-3 pm.

Parkinson’s Spouses
Provides education, resources, and coping skills to family members and caregivers of those living with Parkinson’s disease. Meets on Zoom the 3rd Monday of each month. 1-2:30 pm.

Early Stage Memory Loss
For those diagnosed with mild memory loss issues. Support group meets 1st Tuesday of each month to discuss coping, communication, and other areas of concern. Screening with Carin required before participation. Call 206.230.0166 for details. 1st Tuesday of the month. 10:30 am-noon.

ESML Caregiver Support Group: Spouses
Monthly group for any spouse who is a caregiver of someone with early stage memory loss. Meets on Zoom on the 3rd Tuesday of each month. New participants must contact Carin for details. 10:30 am-12 pm.

Mid-Stage Memory Loss Caregiver Support Group: Spouses
Monthly group for any spouse who is a caregiver of someone with mid-stage memory loss. Meets on Zoom on the 4th Tuesday of each month. New participants must contact Carin for schedule details. 10:30 am-12 pm.

Living Alone
After the age of 65, many older adults are living alone. New challenges and issues can arise that we may be uncertain how to handle. Come to share experiences and thoughts. Meets on Zoom every Wednesday. 11 am-noon.

Senior Parents Of Adult Children with Mental Illness
Explores resources, education, and coping skills related to mental illness, alcohol, and addiction problems. Meets on Zoom on 2nd Tuesdays. 10:15 am-noon.
Online Classes

Adults of all ages welcome!

Apple Mentoring
By donation; Individual sessions by appointment. Register: arielb@phinneycenter.org

Got a Mac laptop, iPad or iPhone and want some help figuring out how to use it? Get help with your specific questions from volunteer mentors, via phone or Zoom.

Cell Phone Mentoring
By donation. Register: arielb@phinneycenter.org

Would you like to understand your cell phone better? Whether you just want to add a contact to your flip phone, or want to figure out how to use your smart phone efficiently, help is available. Sign up and receive personalized help from volunteer mentors, via phone or Zoom.

Computer Support
For Seniors
By donation. Register: arielb@phinneycenter.org

Are you having issues with the computer or programs you are using to interact with the outside world? Not sure how to find the answers? Sign up and receive personalized help via phone or Zoom. Volunteer computer mentors will work with you to improve your skills.

Zoom Practice Sessions
Cassie McFadden
1st & 3rd Tue, Ongoing 9:30-10:30am; By donation; Register: cassiem@phinneycenter.org

Many groups and classes are now online. Zoom is one very popular meeting platform, and the one that GSC uses for its online activities. Are you interested in trying to use this software in a low-pressure and judgment-free situation? Would you like to explore the controls with someone who can answer your questions? Join us for a weekly session of entry-level Zoom exploration and get comfortable with it at your own pace.

DANCE & THEATER

Zwiefacher Online: Tricky Rhythms and Movement
Pat McMonagle
Fri, Ongoing, 10-11am.
$5 donation; Register: arielb@phinneycenter.org

A weekly course on unusual music rhythms. These will include tunes like Zwiefacher and Dajchovo where clapping along is about as challenging as dancing, and a great exercise for your brain. Pat will play whole tunes, long enough to dance to, and spend a few minutes reviewing some dances as well. People with limited mobility to expert dancers are invited to join.

FITNESS, HEALTH & WELLNESS

Easy Exercise
Gerry Joyce
Wed & Fri, Ongoing, Starting 1/6 10-11am, $1 suggested donation. Register: arielb@phinneycenter.org

Health benefits for all in this popular and low-key ongoing class. Gain strength and flexibility among friendly people. What a fun way to keep moving! All skill levels welcome.

Meditation
Katie Freeman
Tuesdays, 9-9:30 am
Fridays, 11-11:45 am
$3 PNA Member, $5 Public.
Register: arielb@phinneycenter.org

Join instructor Katie Freeman to learn the fundamentals of mindfulness meditation, an evidence-based practice that supports our physical, mental, and spiritual health. Each weekly session will include guided group meditations and instructions for simple practices you can use in your day-to-day life. This is also a dementia-friendly program, suitable for those with MCI or ESML.

Yoga For Osteoporosis And Osteoarthritis
Connie Fisher
Tuesdays, 10:30-11:30am
Fridays, 9:30-10:30am
$5 PNA Member, $6 Public.
Register: arielb@phinneycenter.org

Yoga for your bones and joints! Come enjoy an hour of poses adapted to your needs and abilities. We practice standing, seated and supine exercises. The class, taught by Certified Yoga Therapist Connie Fisher, ends in a relaxing meditation. All are welcome.

Yoga For All Levels
D’vorah Kost
Thu, Ongoing, 2:30-3:30pm
$5 PNA Member, $6 Public.
Register: arielb@phinneycenter.org

Improve your posture, flexibility, and balance! This eclectic Vinyasa class incorporates modern dance, Pilates, Feldenkrais, and free-form movement. Improve flexibility, relaxation, and balance in standing, chair, kneeling, and lying down poses. Instructor has 35 years of movement education. Wear loose clothing; have a blanket and water bottle.

Gentle Zumba
Penny Fuller
Mon, Ongoing 11am-12pm
$15 for 5 classes. Register: arielb@phinneycenter.org

A great workout for someone with balance issues, sore knees, or hip problems. Non weight-bearing and easy to move at your own pace with fun music. Encouraging instructor. Low impact. Dress comfortably and bring water. Adults of all ages welcome.

Zumba Gold Toning
Penny Fuller
Mon, Wed, Fri, Ongoing, 8:15-9:45am.
$2 per class.
Register: arielb@phinneycenter.org

Tailored for active older adults, who want to focus on muscle conditioning and light weight activity. Zumba Gold Toning blends low-intensity strength training with a fun party atmosphere. Come for just Toning, or stay for the aerobic Zumba Gold class immediately following. Dress comfortably and bring water. Drop-ins and adults of all ages welcome.

Zumba Gold
Penny Fuller
Mon, Wed, Fri, Ongoing, 8:45-9:45am; $3 per class.
Register: arielb@phinneycenter.org

Zumba Gold is a dance party that is designed to meet the needs of seniors and those new to working out. It has many health benefits, is easy to follow and is low impact. Dress in comfortable clothes and shoes, bring water, and be prepared to have fun. Drop-ins and adults of all ages welcome.

CONTINUING EDUCATION

Language, Culture & Travel

French Studies
Marilyn Severson
Thur, Ongoing, 10-11 am. Free
Register: arielb@phinneycenter.org

The focus of the class will be on speaking French, while learning about French culture and literature. The atmosphere is relaxed, with the students contributing as they feel comfortable. Instructor welcomes all ages and backgrounds in French studies.

Practice English: Talk Time
Mon, Ongoing, 10:30am-12pm.
Free.
Register: arielb@phinneycenter.org

For all new English speakers, this group provides an opportunity to practice English conversation in an informal and friendly group. Meet other people who need to learn to express themselves easily with a new language. All ages and people from all over the world are invited.

SIGN UP FOR GSC WEEKLY E-NEWSLETTERS! Go online to phinneycenter.org/signup or email Cassie at cassie@phinneycenter.org.

**PNA Village tackles social isolation**

By Riana Nolet

The PNA Village Program has been supporting our older neighbors since 2012, and amidst the pandemic, are providing essential services to keep Village members connected to community and safe at home.

When COVID-19 first emerged there was a scramble to make sure that everyone could get their needs met.

Village volunteers started delivering groceries, running essential services, calling members weekly to check in, and completing any task that could be done with social distancing.

As we enter fall and winter, we are increasingly concerned—not about how people will get their groceries or prescriptions, we’ve got that figured out—but how people will get through these shorter and darker days while coping with isolation.

The good news is, the Village Program has an incredible group of members and volunteers who are finding meaningful ways to connect, and want to share these connections with anyone in the community who is feeling the effects of social distancing and isolation.

There are, of course, lots of discussion groups and activities happening over Zoom, but with 20 percent of our members having little to no access to technology, volunteers and members talk frequently on the phone, send cards, drop off little gifts, exchange books, visit outside, go for walks, and offer countless small gestures of kindness.

Village members typically pay an annual fee to access volunteer services and member benefits such as transportation, minor home repair, home/yard maintenance, and community building activities. The sliding scale fee ranges from $56-30/ month based on income, which ensures that the Village program is available to everyone at any budget. But this fall, there will be an additional free option called the “Friend of the Village” which is specifically for anyone who is struggling with isolation, but may not need other volunteer services at this time.

The “Friend of the Village” membership will include access to all Village events and activities, weekly check-in calls, outdoor distanced visits, and a growing list of ways to connect neighbor to neighbor.

If you, or anyone you know could benefit from a community connection, please reach out to the Village Program: village@phinneycenter.org, 206.789.1217.

Do you want to learn more about the PNA Village program? Join us for “Village Membership Info Session: A Virtual Living Room Chat” on Wednesday, Dec. 9, 1-2:30 pm on Zoom.

Members and volunteers will discuss Village membership during COVID-19, how the program has changed, what has stayed the same, and the many new opportunities which help members stay connected, supported, and engaged in community. RSVP to village@phinneycenter.org.

The Village brings help and happiness to members and volunteers alike

By Ana Maria King

We recently sat down with Kay and Helen, two Village participants, to talk about their experiences for a video for our recent Power of Community virtual fundraising event.

Kay, a Village member, feels the loss from the community involvement activities she can longer participate in. She also lost her husband—her “go to guy”—several years ago and needed help doing those “go to” things.

Kay: “Participation in the PNA and the sense of community is almost overwhelming sometimes—to think of what’s gone on with people doing things for me. I’ve always been the type of person who did for others...and now it’s reversed and I need something to get through the days and help me live here.”

Helen, now semi-retired with a flexible schedule is in her first year of volunteering with the Village.

Helen: “I really wanted to giveback and do things within the community where I live. I’ve been so happy...It’s everything I’ve been hoping for.”

To watch the video, go to the event page at phinneycenter.org/power-of-community, and forward to 29:03... Or watch the whole virtual event!

Thank you to Kay and Helen for sharing their stories and to David Inman Productions for creating the video.
Winter night skies are a treat for the eyes. The air is crisp and clear and the sky is overflowing with bright, twinkling and shooting stars. Okay, twinkling stars aren’t particularly good for astronomers (they indicate turbulent air); but for the casual observer, they make for a romantic night of stargazing.

To find constellations, and to locate other objects discussed in this column, download one of many popular planetarium apps. Two good examples are Sky Safari and Star Walk 2, both available for iOS and Android. Make sure to keep the brightness turned down or use “Dark Mode” so you don’t ruin your night vision, which can take up to 45 minutes to recover.

So, what’s up in the night sky during winter? Let’s start with shooting stars. Winter hosts several notable meteor showers, which are named after the constellations from which they appear to originate. Meteor showers occur when the Earth passes through the debris trail left behind by asteroids and comets and are best seen with your bare eyes. They can be seen easily from urban settings but you’ll see a higher number if you view from a dark site or if the moon is new (not visible). The Geminids, likely to be the best show of the year, are a result of debris from asteroid Phaethon and are visible from about Dec. 4 to Dec. 17, with over 100 meteors per hour on its peak night of Dec. 13.

Even if you’re viewing from a light-polluted city, there are still plenty of bright objects to see. Some of the most dramatic views of the moon are when it’s half-full and the sun’s light is coming from the side, illuminating crater walls and casting long shadows of mountain peaks and crater rims onto the plains. This contrast of light and dark make for interesting viewing and a good pair of binoculars can reveal breathtaking detail in our nearest celestial neighbor.

Two other wintertime favorites are the Andromeda Galaxy and the Pleiades. At about two and a half million light-years from Earth (that’s nearly 15 trillion miles away), the Andromeda Galaxy is the most distant object that can be seen with the naked eye, although you will have to find a dark site to do so. It is possible, though challenging, to see it from the city if you have a good pair of binoculars. From a dark site with the aid of binoculars you can clearly make out the elliptical shape of the galaxy. It is truly amazing that we can see an entirely different galaxy with just our bare eyes!

Last, but certainly not the least, of winter stargazing objects not to be missed are the Pleiades, also known as the Seven Sisters, which reside in the constellation Taurus, the bull, and have been known since antiquity to cultures all around the world. They are a tight cluster of bright blue stars that are easy to spot halfway up the eastern sky throughout the winter, even from light-polluted urban environments. The name derives from Greek mythology and, in Japan, they are known as Subaru and were the inspiration for the name and logo of the well-known automobile company. I hope you can spare some time to get out and view the night sky this winter and, if possible, get away from the city to do it. It isn't required but, to feel the wind on your face and grass at your back, to hear the subtle sounds of rustling night creatures and see the wonder and majesty of all the boundless sky has to offer is medicine for the soul – much needed in this time of pandemic stress. So go out, revel in solitude, ponder life, rediscover your inner self and, yes, gaze up at the night sky.
BELLYDANCERSIZE ZOOM CLASSES
Starting Jan. 7, Thursdays. 6-7:30pm.
4 weeks: $60. Drop ins: $20 per class. All ages.
Learn at your pace, as I review from last week's
classes. A very creative & fun way to tone-up.
Superior core workout. Strengthens & coordinates muscles
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sic steps, tummy undulations, hands & arms & lots of giggles!
The Art of Bellydancing is for You!!
To register: Go to bellydancingbyzaphara.com and
click “classes.”

PNA program updates
PhinneyWood Feast fuels Hot Meal Program
Thank you for supporting the Hot Meal Program during the pandemic and beyond. Recently, during the Great PhinneyWood Feast event, the community and businesses donated $5,065! Wow! We appreciate your generosity. Special thanks to sponsor Gravity Payments.
The program is about so much more than food. We provide a safe, supportive environment and a sense of belonging that is often lacking in the lives of those
we serve. We also offer a large variety of hygiene products, warm socks, gently
used clothing, and shoes. Additionally, we have partnered with Seattle Pacific
Nursing School to offer basic healthcare for our diners, when it is safe to do so.
Through this engaging partnership, we are able to provide weekly blood pressure
checks, blood glucose checks, foot care, and fall prevention clinics
To volunteer, donate funds to or wish list, go to phinneycenter.org/hotmeal.

Tool Library now open; tools for sale too
We’re slowly getting the Tool Library back in action! We’re now open Saturdays 9am-1 pm. Manual tools are $1 donation per week; most power tools
$5 per week. Need a tool for good? Used tool sale every Saturday. Become a PNA
member and come see us this Saturday! More info at phinneycenter.org/tools.

Community Woodshop slated to open in January
Because of the “you know what,” the shop has been closed since March. Due to high demand, we will be reopening in January, depending on current
COVID regulations. Stay tuned for more details (and volunteer opportunities) at
phinneycenter.org/woodshop.

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1% of the total will be donated to our senior programs.
Since 1999, your receipts have brought in over $50,000.
Bring them to the PNA.

Power of Community a “virtual” success; $79K raised for senior programs
Thanks to everyone who attended or supported the ninth annual (and first
virtual) Power of Community event on October 15!
We are so thrilled! We had a record number of attendees at the event, and
together, with our awesome sponsors, we raised more than $79,000 for senior
programs! We are grateful for all those who gave their time and commitment to
our community and to the elders who make our neighborhood special.
We’d also like to thank our fabulous MC Leona Partridge, our keynote Dr.
Carla Perissinotto, and everyone who shared their thoughts and words with us—
especially those who shared their personal stories.
We also want to recognize David Inman, who produced and edited the videos
we showed and managed technology, and David Partridge who helped behind
the scenes as well.
Missed it? Watch the event online at phinneycenter.org/power-of-community.
D.I.Y. Garden Design 101

Essential tips for planning and implementing a successful garden

Well, here it is—winter, once again. All the leaves are picked up, perennials cut back, pruning done, most everything is in its dormant season. I guess that means it’s “dormant season” for us gardeners too, right? Wrong!

Winter is a great time to plan out new garden designs, plant and transplant most trees, shrubs, perennials, etc. (Late winter - early spring). As many plants are still in their dormant stage, planting this time of year makes the most of a much longer period of cooler weather and abundance of rain, in order to better establish themselves as spring rolls in.

Planting (especially trees and shrubs) closer to the hotter, drier months of summer can significantly reduce the chance of success in your new tree or shrub getting established and surviving. Also, the decision to wait to plant after the rainy season is a much costlier one, in terms of the massive water bill you will be receiving. Not to mention, come spring, you will already have your hands full with plenty of other tasks and on-going maintenance.

In this article, we discuss some key considerations and other tips in the planning of your new garden!

ASSESSING YOUR GARDEN CONDITIONS

Let’s first begin with the least exciting—yet most important and commonly overlooked considerations in planning and implementing a successful garden design—the assessing and mapping of the various conditions, such as: sun exposure, soil conditions and pH, ample or diminished airflow, and consequential variations in landscape grade throughout your yard!

Why is this an important step? Three things:

1. Sun exposure, air flow, significant grade variations are all contributing factors in ultimately helping create specific kinds of soil conditions.
2. This is your best opportunity to assess and make any needed adjustments to your landscape such as leveling, adding retaining walls or tiers to address water run-off, erosion issues, and aesthetic improvements. Cut back or remove any existing overgrowth to improve conditions, and install and map irrigation systems.
3. Most plants will only do well within a fairly slight range of the aforementioned factors and often have more specific soil type/conditions needs. Keeping this in mind, when selecting plants for certain locations, will save you tons of money, headache, effort and time, in terms of replacing failed plantings due to poorly matched soil conditions or alternatively engaging in a perpetual uphill battle of routinely amending and replenishing soils with fresh layers of mulch in order to maintain bare minimum requirements for sustaining said poorly matched plants.

Often times, the surest way to a happy, healthy, successful garden is to simply go with the flow. Your affinity for rose gardens and wild flowers may not be entirely compatible with your mostly shaded yard, but exploring the wild variety of shade loving plants, i am confident you will never run out of truly stunning and inspired design options. And, while we are already on the subject...

Sun exposure:

Where sun exposure is concerned, you will often find plants falling somewhere into one of the following:

- Full sun: requiring at least 6 - 8 hours of direct sun,
- Part sun: requires between 3 - 6 hours of direct sun,
- Part shade: 3 - 6 hours of less direct sun exposure.

- Full shade: less than 3 hours of sun exposure.

Be sure to read carefully the plant care and requirements tags, commonly included with all new plants purchased at nurseries and other garden centers. Next, we will need to assess and map out soil conditions throughout the yard. As mentioned above, the importance of matching the right plants to the right soil type/conditions cannot be overstated.

Soil conditions:

Soil conditions can vary quite a bit throughout different parts of your yard, falling somewhat within the spectrum of the following characteristic soil types:

- Clay: when wet, the soil breaks into large dense, heavy and sticky clumps when shoveling. When dry, it becomes a rock-hard layer. Highly diminished water drainage and aeration. Slower to warm up in the spring
- Sand: soil feels gritty, loose, and sifts easily through your fingers. Diminished nutrient and moisture retention. Drains and dries quickly.
- Silt: feels soft, moist, and often described as “soapy” feeling. Higher level of available nutrients and moisture retention. Soil structure is such that it can compact easily due to moderate to higher traffic, Thus leading to reduced water and air penetration.
- Peat: a more acidic pH soil. Acidic pH levels slow the decomposition process, so soil will have a higher mix of not fully broken-down organic matter. Reduced available nutrient content. Darker, feels like a damp sponge. Retains water, drains poorly.
- Chalk: a higher alkaline pH soil. Rocky, chunky soil, often overlaying limestone, chalk bed layers. This can impact the level of available essential minerals, leading to stunted growth of many different plants. Yellowing leaves are common symptom. Drains freely.
- Loam: ideal for lawns and plant and veggie gardens. Perfect, even mix of the better attributes of sand, silt and clay. Good soil structure to allow for desirable level of drainage and also moisture retention. Nutrient rich soil. A more neutral pH soil, though tending to lean more on the acidic side. Great for a wider range of plants.

There are a wide variety of “DIY home soil test kits” on the market, available at most garden centers, nurseries. The majority, often at best, will only really give you a more general, rough assessment of soil conditions and levels. For a more accurate and thorough analysis, most state universities have a “cooperative extension service”, where, for a small fee, you can send in soil samples to be analyzed, as well as receive recommendations for various ways of amending your soil.

continued next page
CHOOSING YOUR PLANTING

Now that we have a general idea of the various environments and conditions we are working with... On to the plants! When it comes to selecting plants, there are some additional factors to take into consideration, when planning out your garden designs, with regard to different plant types and their needs. The short of it:

- Evergreens stay green all year round, (pine trees, arborvitae, boxwood, for example)
- Deciduous trees and shrubs drop their leaves, most, in fall or winter, go dormant, and produce new foliage and bloom in the spring.

Plants

For plants, there are primarily perennials, annuals, and biennials.

- Perennials: repeat a cycle of renewal, growth season, die back and enter dormancy season, one year to the next. For example, most common perennials die back each fall or winter and come back in the spring or summer.
- Annuals: only have a life span of one grow season and go to seed towards the end of their life cycle.
- Biennials: complete their life cycle over the course of two years. The first year, growing roots, stems, and leaves before dying back and entering a dormant season. The following year they will bloom and go to seed before completing their life cycle.

DESIGNING YOUR GARDEN

Now that we have covered the basics of determining our criteria for plant selection, here is a list of tips and other considerations, in planning your own garden design. When laying out a garden design, I tend to think of and arrange trees, shrubs and other plants combinations in terms of:

1. "Leading actors" or prominent focal points, such as large trees, shrubs (can also be some other such large design element as a statue, trellis, fountain, or a big garden art piece).
2. "Supporting cast" or secondary feature points of interest such as more "medium sized" shrubs and other plants, such as azaleas, hydrangeas, or smaller grasses, summer daphne, for example.
3. "Complementary companions" like, ferns, candelabra, heather, lavender, dwarf ornamental grasses, perennials like daisies, hosta, heuchera, etc.
4. "Seasonal accents" such as tulip bulbs or annuals that, although short lived, truly mark the start of a season like for spring: pansies, snap dragons, sweet pea.

For each kind of garden environment, there are a wide variety of plants with wildly different leaf/foliage types, shapes, sizes, textures, colors, and growth patterns. A well-balanced mix of these will certainly help keep your design fresh, dynamic, and fun.

Arranging your plants

Arrange plants with close consideration to their size at full maturity. For example, that new 5-gallon container-sized oak tree and rose may look nice together now, but down the road, the oak tree will likely overshadow the rose.

Also, said 5-gallon oak doesn't look it now, but planted right up against a house, years from now will damage your gutters, eat your roof, damage foundations, lift and break paved walkways, sewer lines and other underground utilities, and more, with its huge root system and canopy.

Similarly, crowding new plants and shrubs into a garden bed, for the sake of filling up the space, with little regard for each plants eventual mature size, often results in everything growing into one another, leading to unbalanced, misshapen growth patterns, overshadowed plants leaning far out from center, seeking sun exposure, where they are more prone to damage and poor development.

Filling in with groundcover

Most groundcovers don't care where you think the garden bed should end, and can easily spread into lawns, walkways, rock walls, and other such hardscaped areas, cracks in pavement, overwhelm and crowd out other plants in your garden. They can also be great for crowding out weeds, due to their dense and wide-spreading growth patterns. These two particular attributes can also, in the longer term, quickly become a maintenance nightmare.

Most groundcovers don't care where you think the garden bed should end, and can easily spread into lawns, walkways, rock walls, and other such hardscaped areas, cracks in pavement, overwhelm and crowd out other plants in your garden. They can also be great for crowding out weeds, due to their dense and wide-spreading growth patterns. These two particular attributes can also, in the longer term, quickly become a maintenance nightmare.

Remember, patience is a virtue! Keep "rooted" to your vision of your future (at full maturity sized) garden design! Working with containers

But what about we gardeners (like myself) who say "stick it!" to "patience" and absolutely just have to fill the darn empty space with some darn thing or another, while everything is taking its sweet time growing in? Try incorporating garden art or other such non-permanent design elements, old wood barrels, trellis, and plants in containers that can be relocated later.

Other benefits of working with containers include:

1. If you are still absolutely determined to have a certain tree in a specific location, despite the inevitability of it growing over its location over time, I recommend keeping them planted in containers as a way to restrict the root ball from fully developing beyond a specific point, thus capping the tree's ability to grow beyond a certain size, in relation to the size of the container.
2. Again, they are moveable!
3. Containers can add height to plants and mixed container garden designs, throughout your garden beds, while other new plants are still growing in.
4. Containers allow a great way of incorporating notorious spreaders like vinca, ivy, wire vine, some ornamental grasses, bamboo, etc. Without the worry of them breaking out and spreading into every inch of your garden.
5. Containers give you more control of soil conditions, thus significantly increasing your plant options for locations where soil type, pH, etc. are the only incompatible factor.

Creating Border Screens

Fast growing vines such as jasmine, grape, wisteria, camellias, ivy, when trained to a trellis or similar structure, are quick to fill in as much space as you let it. This also makes it visually striking and economical option for creating large border screens. This is a particularly great option when having to maneuver uneven and difficult terrain in constructing some kind of fence or screen. Evenly spaced container gardens can make both great anchors for vertical posts to attach trellises between, as well as an excellent, easy to control growing environment for your chosen vines.

Some other trees, commonly used for creating a border screen include English laurel, Leyland cypress, arborvitae, to name a few. Here, there are some additional considerations to weigh, in terms of up-front affordability and the long-term affordability of ongoing maintenance of a given tree, shrub, plant, or hedge. Each of the three options mentioned above are all relatively easy on the wallet, per plant, at the nursery.

Where they diverge sharply is in their growth patterns and resulting on-going maintenance demands. Laurel and Leyland cypress are a popular choice for those who want a full, dense, rapidly growing border screen yesterday. Maintaining them at the desired size and shape is a whole other matter and can quickly become a very costly and time consuming and frequent routine endeavor, due to the amount of growth produced throughout the year.

Arborvitae, on the other hand, are an excellent option, due to the fact that they have a far more uniform size, shape and growth pattern and rate, and require little to no on-going maintenance whatsoever. And depending on how big a screen you want, there are a wide variety of arborvitae to choose from. Of the narrow pyramidal varieties, best suited for border screens, some varieties top off at around 6' - 8' ft. at full maturity, while others can reach 30' ft. and beyond.

Filling in with groundcover

Additionally, groundcovers, are a popular choice for those who want something fast-growing to fill in all that bare soil, in your garden beds. They can also be great for crowing out weeds, due to their dense and wide-spreading growth patterns. These two particular attributes can also, in the longer term, quickly become a maintenance nightmare.

Most groundcovers don't care where you think the garden bed should end, and can easily spread into lawns, walkways, rock walls, and other such hardscaped areas, cracks in pavement, overwhelm and crowd out other plants in your garden. This can quickly become an costly and regular maintenance intensive endeavor.

That said, groundcovers can also be great! I fully endorse them and use them in designs often. Just before you do...Best to do your homework on them first, instead of being sorry later.

Well, that covers much of the basic considerations in developing your own successful garden designs! Good luck and good garden stewarding!
“Focused” on community
by LeAnne Chow

David Inman is typically found behind the camera, capturing the wonder of nature, the festivity of events, and the flattering angles of humans.

This time, we turn the spotlight on David, as we thank him for his support.

David moved to the neighborhood with his husband two years ago, and was impressed by the culture of inclusion fostered by the PNA and our community when he learned about our Rainbow Hop, a family-friendly Pride Month celebration.

He reached out to help photograph the colorful event, and had a blast! In the year that followed, David continued volunteering his professional skills and camera to photograph our events and programs as he learned more about the PNA’s efforts to thoughtfully build community.

He appreciated the neighbor engagement, the positive culture, and the flexibility to be creative.

He took photos of our Hot Meal Program, the Day of the Dead/Día de los Muertos and Black History Month celebrations, and made a video about our partnership with local businesses. He took and edited gigabytes of images and video footage.

Chris Maykut, Business Membership Coordinator, enthused “David is a dream to work with. He listens, asks good questions, and most of all, cares not only about the quality of his work, but about the people he is working for and collaborating with.”

PNA Program Director, Krisse Dillins, agreed, “David took beautiful photos of our Hot Meal Program, volunteers and diners. He captured humanity, kindness, and hope in every photo. We are so thankful for his generosity and heart for the vulnerable population we serve.”

And then our way of gathering changed.

Safely standing shoulder-to-shoulder with hundreds of your closest neighbors was no longer an option, so we, like many organizations, got creative.

And David was willing and ready to be creative with us. He helped seniors and medically-vulnerable neighbors unable to march with hundreds of your closest neighbors and protest in-person participate by photographing them in front of their own homes.

And then he helped us transition our annual Power of Community breakfast to a virtual event, collecting and editing footage for our prerecorded videos, managing our behind-the-scenes technology, and most importantly, keeping everyone on track, on time and calm throughout the process.

“We could not have pulled off our first big virtual event without David’s help! He is a pleasure to work with, and the amount of energy, time, and positive energy that he has given the PNA is a treasure,” shared Event Manager, Mary Campbell.

Thank you, David, for sharing your talents with us. We’re so appreciative of your generosity and your “focus” on community.

See David’s work and learn about his video production and photography business at davidinmanproductions.com.
Help Wanted at the PNA
Volunteer! Many of our programs and events have been shifted online to help keep you and the rest of our community safe. We are so fortunate to have such a strong volunteer base, and we look forward to gathering safely.
In the meantime, here are some COVID-19 appropriate volunteer opportunities.
To sign up or learn more, visit phinneycenter.org/volunteer-covid/#hotmeal.

New Volunteer Opportunities
Website Support with WordPress.
* Your love of details and ability to copy-paste are needed as we create dozens of pages for our virtual community. Please be on time with WordPress preferred, but not required. Last two weeks of November. Sign up at phinneycenter.org/volunteer-covid/#website

Pick Your Own Administrative Adventure! We need your office-y skills! Which ones? Pretty much all of them! 20-30 shifts can be done at home, while others in our office. If you are an admin support whiz, we’d love to talk to you! You get to pick which ones you want to help with, such as...
* Answer phones and greet guests
* Assemble mailings
* Accept donations, tools, and money
* Enter data
* Edit documents
* Research (grants or needs)

Sanitize high-touch surfaces
Water and care for plants
Write thank you notes
...
Email leannec@phinneycenter.org to learn more and sign up.

Donation Requests
* Giving Tree tags will be available mid-November through early December, virtually! phinneycenter.org/volunteer-covid/#village
* Postage Stamps, especially the old ones with the denominations printed on them. Drop off at the Phinney Center front desk, M-F, 10 am-4 pm.

Greatest Needs
(see below for more details)
* Hot Meal Program Assistant: Wednesdays from 9-11 am
* Groundwork Gurus: help with yard-work at Phinney Center and/or GSC Tool Librarian: shifts on Saturdays from 8:30 to 11:30 am (to start)
* Senior Pen Pals: help a kid learn the craft of letter-writing
* Early Stage Memory Loss Program Team Members: One Tuesday per month, from 1-3 pm.

Ongoing Opportunities
Bake & Prepare Meals
**Help at the Hot Meal Program.** Prepare and serve meals, set up and clear up on Mondays, 2-4 pm or 4-6:30 pm at the GSC; Tuesdays, 2-4 pm or 4-6:30 pm or Wednesdays, 9-11 am or 11 am – 1 pm, at St. John’s Church in Phinney. Greatest needs on Wednesdays. Sign up: phinneycenter.org/volunteer-covid/#hotmeal.

Host a Food Drive. Collect cases of single serve juice or other items, for our Hot Meal Program. Sign up: phinneycenter.org/volunteer-covid/#hotmeal.

Foodies Needed. Know how to make soups, sauces, salamis, e.g.? Share your talents with our seniors virtually. Class(es) occur during the business day. leannec@phinneycenter.org

Board & Committees
* PNA Board of Directors. Help guide the present and future of the PNA. More information at phinneycenter.org/join-board/
* PNA Village Committees. Bring your enthusiasm for the Village and expertise to the Business Vetting, Newsletter, Social, Volunteer Membership/Marketing committees. village@phinneycenter.org.

Garden & Landscape
**Groundwork Gurus: Help pretty up and maintain the small gardens at the GSC and Phinney Center, including the Heart of Phinney Park. A great opportunity for an ongoing position.**
* Plant Care: Is caring for (indoor) plants therapeutic for you? Help us regularly water and love our plants at the Phinney Center.
* Yardwork for Seniors. Help local seniors with their yard work! You pick which dates/times work for you. Background check required, minimum 6-month commitment preferred. Sign up: phinneycenter.org/volunteer-covid/#village.

Kids & Seniors
**Seniors Needed as Pen Pals! Help kids learn the art of letter writing.**
* Early Stage Memory Loss Program: One Tuesday per month (to start)

Marketing & Outreach
Table Companion at the Hot Meal Program. Build community at our meals by sharing a meal with diners and provide a caring and listening ear. Potentially share information about resources, 1-2 hours/day, minimum 2 visits/month. Ideally, 1-year commitment. Required 1-hour training. Note: due to COVID-19 restrictions, we are currently only providing to-go meals. If you’re interested in this position, we contact you with available shifts and dining resumes. phinneycenter.org/volunteer-covid/#hotmeal.

Put Up Posters at local businesses and community buildings in PhinneyWood to help promote our upcoming events and classes. A great opportunity for students and young children with their parents. Flexible schedule. leannec@phinneycenter.org

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Office & Admin
* Answer Phones & Greet Guests. Help us stay connected with the community by answering phones and greet guests. Two hours per week to 20! phinneycenter.org/volunteer-covid/#admin.

Weekly Office Support Volunteers. We need your office-y skills! (See “New Volunteer Opportunities” in column 1).

Data Entry. Your flying—and accurate—fingers are needed to help us get gobs of info into the cloud. The ideal volunteer is detail-oriented, comfortable with navigating multiple tabs in browsers and in Microsoft Outlook and has some experience with Salesforce. Variable from two hours/month to three hours/week. Six-month commitment requested. leannec@phinneycenter.org

Mailing “Parties”. Help put together our newsletter with others at a distance, or take on the project by yourself, whatever you prefer. phinneycenter.org/volunteer-covid/#admin

Technology
One-on-One Tech Mentors: Use your mad skillz to teach seniors and others how to use their smart phones, tablets, and laptops, virtually. Flexible schedule, 6-month commitment requested. Great for high school students / or for an ongoing position. Sign up: phinneycenter.org/volunteer-covid/#tech

Help Wanted in the Community
Like the PNA, many organizations have had to adapt to changing distancing requirements in order to keep their community—including volunteers—safe. Many are not currently accepting new volunteers, but please continue to check in with your favorite orgs to see if you’re able to put your talents to work for them. And feel free to give us a heads up if you know of any opportunities we can promote. Thank you!

Volunteer with the Ballard Food Bank one of your monthly volunteer opportunities in the Greater Northwest Seattle! COVID-19 has been challenging for us all and this year has shown how important and important our community and our fellow neighbors are. Apply to volunteer at ballardfoodbank.org/volunteer-1 or email volunteer@ballardfoodbank.org.

Equine Aid Horse and Donkey Rescue in Monroe seeking volunteers. Opportunities to work with the animals or not, no experience necessary, must be 16+. Check us out on Facebook for more information, photos and videos. Visit equineaid.org, or contact Geri Vincent: info@equineaid.org, 360.282.6667.

Volunteer with Youth Tutoring Program afternoons and evenings Monday - Thursday. Support youth 1st through 12th grades in your neighborhood. Tu- toring is taking place online using Zoom due to COVID-19, and in person opportunities will resume once health and safety permits. No experience necessary, find more information about our program and volunteer group at ccsnw.org/cyta. Click “Volunteer Now” to apply!

Need a reason to get outside? Want to give back, earn service hours, and have fun? Washington Trails Association has year-round volunteer opportunities for 1st through 12th grade volunteers. You can volunteer at single or multi-day work parties. Ages 10 and up welcome. For more info or to sign up, check out WTA.org/volunteer.
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