

Building a Village to Enhance Life in the 3rd Act

On Wednesday morning, Marci McReynolds and her team of trained facilitators jump-started a conversation about aging well in our homes. Our talented Steering Committee set the stage, welcoming about 50 people and turning the spacious meeting room into a friendly gathering place with flowers, coffee, cookies and chocolate. Then Marci posed [four engaging questions](#) about life in the "3rd Act," and the conversation began.



Here is what one facilitator wrote about her experience:

It was gratifying to facilitate the table. I was moved by how actively the people at my table engaged, and at how willing they were to volunteer and offer solutions. They were full of positive ideas and love of Bellevue and expressed gratitude at the opportunity to connect. One of the neighbors found someone willing to give her a ride for her upcoming hip surgery, Another was very pleased that she got reassurance to use a new resource. She was leery of using [a transportation service] and heard testimonials from neighbors regarding how simple, helpful and easy it was.

Thanks to Marci and her team from the City of Bellevue's Neighborhood Mediation Program. Thanks also to Jack Staudt, City of Kirkland Senior Council, for copies of the *East King County Resource Guide for Older Adults and their Families*, and to David and Victoria Marshall for copies of the latest issue of *3rd Act Magazine*. And a huge thank-you to our Steering Committee members and advisors.

Let's keep the conversation going!

You're invited to our next Social Hour, Monday, November 14th from 4:00-6:00 p.m. at the [Dilettante Mocha Cafe] (<http://www.dilettante.com/Mocha-Cafe/Bellefield>)(Conifer Building, 1450 114th Ave SE #120, Bellevue, 98004). Family members, friends, and neighbors are welcome to this free-form age-friendly gathering.

Meanwhile, did you meet someone you'd like to call? Would you like one of our Steering Committee Members to meet with you and a group of friends to learn more? Who do you know who could help us make this happen?

Contact us at new.village.info@gmail.com.

Next Steps

The Steering Committee will meet next week to review your questionnaire results and build on the momentum you've helped to create. We'll contact those of you who volunteered. And we'll report back to everyone on our list within the next few weeks.

Those Links We Promised You

The [Resources](#) section of the Eastside Neighbors Network web site (under construction, but still informative!) has links to articles and videos about villages nationally and in the Pacific Northwest. Listed below are resources mentioned during Wednesday's program, and a few others we thought you would like to know about.



3-minute introduction to how villages work

[Neighborhood Mediation Program](#), City of Bellevue. Provides neighbor, family, youth, and elder mediation services free to residents. Phone: (425) 452-4091. Email: mediation_info@bellevuewa.gov

[Bellevue Network on Aging](#). The next meeting is on changes to Access Transportation. Thursday, November 3, 8:30 a.m. City Hall, Room 1E-113.

[SeniorTech](#). One-on-one technical support for computers and mobile devices. North Bellevue Community Center, 2nd & 4th Tuesdays, 9:30-Noon. Small donation requested. Next two sessions: October 25, November 8.

[Bellevue Community Centers](#). Program information for your near-by Community Center.

[King County Library System](#). Resources for 50+ assembled by Wendy Pender, KCLS Older Adults Project Specialist.

[Aging Options Radio Show](#). Saturday mornings at 10 or listen online. Discussion of concerns that Seniors and Retirees have about Elder Care, Legal, Housing, Financial and Health Issues.

[Nextdoor](#). Free private social network for your neighborhood. Watch for our announcements here!

[Eastside Friends of Seniors](#). Serving Sammamish and Issaquah residents aged 60 and older. Volunteers welcome!

[Community Living Connections](#). Free source for objective, confidential information about community resources and service options for aging and disability issues in King County. 1-844-348-5464

[TELOS](#). Greek for "Fulfillment" - Bellevue College's Continuing Education program for retirees and other adults. Learn and socialize with your peers through TELOS courses and free or low cost student organization activities. Courses run for 8 weeks; \$79/course tuition.

[3rd Act Magazine](#). Aging with Confidence. Free subscriptions available on request for a limited time.

[Being Mortal: Medicine and What Matters in the End](#). By best-selling author and surgeon Atul Gawande - the book we read for the TELOS class that got us started! [Watch the PBS video](#).

How are we doing?

One last item: We would like your feedback and suggestions. Use the button above to tell us what you thought of our program on Wednesday and what you would like to have happen next.

Thank you!

Joanne Gainen and Lorene Sheppard
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