

NEST & Virtual Villages: A Trusted First Step in the Continuum of Care for Older Adults



Greater Seattle Village Task Force



What Is a Village?



- Community-based model for aging in community
- Grassroots membership organization
- Members and volunteers are the heart of a village
- Services and community building activities respond to member needs and wants
 - Volunteer-provided services
 - Social events and groups
 - Health and wellness

THE NEST VILLAGE MODEL



VOLUNTEER SERVICES

Transportation
Grocery Shopping, Running Errands
Home Chores + Light DIY
Companionship/Friendly Calls
Technology Support
Yard work



WELLNESS-RELATED SERVICES

Exercise Classes
Access to Educational Materials & Resources
Coordination w/ Existing Services, e.g.,
Senior Centers, Social Service Organizations,
Sponsors
Mental & Emotional Stimulation



NEST

Members
Volunteers
Board
Partners
Director/Staff
Website/Newsletter



SOCIAL CONNECTION

Social Events
Cultural Outings
Lifelong Learning Opportunities
Member-Driven Interest Groups
Shared Meals & Happy Hours
Making New Friends



SERVICE PROVIDER REFERRALS

Formal Vetting of Vendors
Member-recommended
Contractors & Local Businesses
Home Repair & Home Care
Professional Services

NEST Service Area & Member Types



BENEFITS	BUILDER	FULL ACCESS
Social and educational events, activities, and resources for older adults and their families	✓	✓
Member-driven special interest groups	✓	✓
Monthly newsletters and weekly updates	✓	✓
Discounts for NE Seattle businesses	✓	✓
Tax deduction	✓	✓
Referrals to pre-screened and trusted professionals	✓	✓
Connections to volunteers who provide: Light household chores • Driving • Errands • Yard and garden work • Handyman Services • Friendly visits • Tech help • and much more!		✓
Individual Annual Membership	\$200	\$650
Household Annual Membership	\$350	\$975

Types of Activities

- Gatherings in members' homes
- Meals at local restaurants and wine tastings
- Educational speakers and series
- Movement: Feldenkrais, pickleball, walking, QiGong
- Field trips
- Potlucks
- On-going groups: solo agers, poetry, low vision support, men's and women's groups, scrabble, photography, play reading, ukulele – just to name a few!



Types of Services

- Rides to doctor's appointments, social events, grocery shopping, or anywhere one needs to go
- Help in and around the home: minor home repairs, chores, organizing, gardening, etc.
- Tech support
- Referrals to vetted vendors
- And so much more!



A Day in the Life of Villagers



Opportunities for Partnerships



- Villages and SCC members share goal to provide and expand services to older adults
- Villages establish mutually supportive working relationships with existing community resources (e.g., healthcare providers, senior centers, businesses)
- Villages negotiate discounts for members and offer opportunities for collaboration via presentations, sponsored events, and more

Location-Based Villages



1. **Eastside Neighbors Network:** Bellevue area
2. **North East Seattle Together (NEST):**
U District to NE Northgate Way (East of I-5)
3. **Northwest Neighbors Network:**
N. King Co.: Shoreline/LFP
S. Sno. Co.: Edmonds, Lynnwood, Mountlake Terrace, Brierley
4. **PNA Village:** NW Seattle
5. **South Whidbey at Home:**
South of Bakken Road Whidbey Island
6. **Vashon Senior Center Villages:** Vashon Island
7. **Wider Horizons:** South Seattle to Mountlake
(98101, 98102, 98104, 98112, 98144)

Villages' Contact Information

Location-Based Villages

- Eastside Neighbors Network: village@myENN.org, www.eastsideneighborsnetwork.org
- North East Seattle Together (NEST): info@nestseattle.org, www.nestseattle.org
- NW Neighbors Network: info@northwestneighborsnetwork.org, www.northwestneighborsnetwork.org
- PNA Village: village@phinneycenter.org, www.phinneycenter.org/village
- South Whidbey at Home: info@swathome.org, www.swathome.clubexpress.com
- Vashon Senior Center Villages: villages@vashoncenter.org, www.vashon.helpfulvillage.com
- Wider Horizons: Denise@widerhorizonsvillage.org, www.widerhorizonsvillage.org

Population-Based Villages

- Eritrean: iaaraya@yahoo.com
- Filipino: navarroagnes7@gmail.com
- Iraqi: Hamsa@ircw.org, www.ircw.org
- Khmer: thydaros@gmail.com
- Somali: farhiya@sfstf.org
- Ukrainian: opynda@uccwa.org



North East Seattle Together
nest

Thank you!

Emily Jones, Executive Director
emily@nestseattle.org

PO Box 51009
Seattle, WA 98115

206-525-NEST (6378)
www.nestseattle.org