



Funds Distribution Report

Recipient Organization:
North East Seattle Together

Address:
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Seattle, WA 98115

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Seattle, WA 98115

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(206) 525-6378
<https://nestseattle.org>

Organization's General Goals:

North East Seattle Together (NEST) is a community connecting our members with each other and with resources to age successfully in the place they call home. Our Vision is to build and sustain a northeast Seattle community where neighbors engage with and support one another through the transitions of aging.

Date of Award:	Level:
2019 Q3	\$500 to \$2,500

Specific Use for This Award:

For more information, please read the attached report from North East Seattle Together.

8802 27th Ave NE
Tulalip, WA 98271
TulalipCares.org

Disclaimer: This report may be a summary of content provided by the recipient, not always complete quoted material.

Code: Q3 2019 14.2

Dear. Ms. Sheldon:

We are writing to report on use of the Dec. 2, 2019 Tulalip Tribes Charitable Contributions Fund award to our nonprofit organization.

North East Seattle Together (NEST) received a [REDACTED] award in December 2019 to help support rent for our organization's office and program delivery space. Our budget is small and the Tulalip Tribes contribution to help offset our rental costs is very helpful.

In early 2020, prior to the COVID-19 pandemic social distancing orders, NEST was able to offer the following in-person classes and supports to our community's elders at our office space and through nearby community center space:

Elder Programs and Class Groupings Offered by NEST	Classes / Programs (= 70 classes or 105 hours of rental time, funded in part through this grant)
Social Emotional Connections & Mental Health Wellness	Fireside Chat, Women's Caregiver Support Group, Men's Group, High Tea (Various Series, such as Safe and Sound in the Hospital), On our Own Again, Low Vision Support Group, Mindfulness Group, Potluck
Physical Fitness & Strength	Restorative Exercise class, Qigong, Feldenkrais
Intellectual and Creative Strength (arts, literature, poetry, philosophy, cooking, etc.)	Poetry Reading Group, Book Group, Science Club, Cooking Group

Our program impacts our members, our volunteers, and the wider community who are invited to participate regularly in our events and activities. NEST is open to all older adults in 13 NE Seattle neighborhoods (30,000+ adults over age 55), with many of our programs open to and engaged in by members of the public. We have over 150 volunteers and between 175-200 paid members at any one time. We regularly survey participants in our programming, with positive evaluation results.

After March 20, 2020, NEST has been online, yet our staff continues to rotate into the office (individually) to support our members through offering and launching online Zoom classes and events, taking calls from members, and to provide information and resources particularly with respect to elder needs in responding to and staying safe in light of the more extreme risks for older individuals from COVID19. We are working daily to continue to strengthen social and emotional wellness and connections, to assure opportunities for physical activity and movement, and to promote intellectual strength, and are especially concerned for the ongoing challenges facing older adults at this time. Having the ability to keep our office open for staff to rotate in and out has continued a sense of stability for the NEST community during this time, and we are grateful that the support of the Tulalips Tribe helped to make this possible.

We respectfully submit this report on behalf of our Board and community.

Sincerely,

Laura Hitchcock
Director of Development

PROGRAM PICTURES



Women's Care Support Group



Betty and Em collect samples for the Science Group



The Souprenes - Soup Group



Virtual Poetry Group meeting



NESTcafe speaker series



Restorative Exercise