

# Sharing Corner

## Spotlight On:

### Jean Mathews, Volunteer Extraordinaire

Probably most of the attendees at North Bellevue Community Center have not had the opportunity to meet Jean in person, which is too bad. She has been instrumental in the Bellevue Meals on Wheels program for the past 10 years, and for the last 5 years she has served as Coordinator. The program is partially funded federally but relies on private contributions for sustainability. The program delivers frozen meals once a week to Bellevue senior residents who have financial hardships or difficulty preparing meals for themselves. Presently there are 42 resident households receiving meals in the Bellevue program. Some recipients pay and some qualify for assistance. At this time the vendor preparing the meals is the same that supplies meals to the airlines (considered an improvement over past vendors).

Jean puts in an average of 5 hours a week volunteering at the Community Center and from home. She supervises 7 “impressively committed” volunteers including 5 delivery drivers. She works with the Seattle branch to help administer the program.

She began her life in Ohio until the age of 4 when the family was enticed to move out West because of job opportunities for her father at Hanford. She, her 4 siblings and parents lived in Richland and Benton City. Her young years had quite an influence on her. Her family had strong roots in the church. Jean would accompany her mother and father on home visits to the elderly which she loved. This set the stage for working with the senior population and giving service to others.

Jean had odd jobs and attended college. She met her husband Tom who worked as a school teacher in Richland, and later became an Elementary librarian. They have lived in Kirkland for over 55 years and have 3 daughters and 8 grandchildren. Jean found her passion in her custom sewing business doing alterations, pattern construction, sewing custom garments as well as 7 years of commercial sewing. She also made time to volunteer in the school PTSA and was a room mother each year helping in classes. She designed playground equipment for the parents to construct and coordinated the cultural arts programming.

Her love of travel began with a 6 week honeymoon along the West Coast from Washington to Mexico. She has traveled to all 50 US states and 12 other countries. Jean and her husband have worked together to create many home DIY projects and a garden paradise.

Nothing is as important to Jean as “The Family”. Jean’s mother was a model to her in maintaining strong family relationships and traditions. Words like “loving”, “caring”, “togetherness”, “keeping connections” are at the core of her beliefs. She has been encouraged by her family to write her memoirs continuing the legacy that she began by recording and writing her parents’ Life Stories.



Jean Mathews

**This program receives funding from the King County Veterans, Seniors and Human Services Levy in partnership with the Bellevue Parks Department.**



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Jean is full of gratitude and declares that she has had “a wonderful life”. Besides a strong family priority person, Jean describes herself as:

**people centered, an extrovert, an optimist, problem solver, not afraid of challenges and not afraid to admitting mistakes**

How is Jean Mathews not perfect for her Volunteer position? The pandemic has caused her to slow down and to take the opportunity to relax a little, but she still is succeeding in being productive. One of her projects has been to sew dozens of masks for organizations in need of corona virus protection.

**THANK YOU JEAN FOR ALL THAT YOU DO!  
North Bellevue Community Center is so thankful and proud of what  
you do and the professional and personable way in which you do it.**

## Sharing, Creating, Learning, Reflecting

If you would like to share with our community on our  
Web Page please E-mail [abrugg@bellevuewa.gov](mailto:abrugg@bellevuewa.gov)

### \* Word Unscramble

How many 3 or more letter words can you form from the following letters:

**A S E L S E** (27 possible)

### \* Did you Know?

About August:

Birthstone is Sardonyx, Flower is Gladiolus, Colors are Orange and Red

People or organizations celebrate Cataract Awareness, Foot Health, Friendship, Canning, Golf, National Parks, Black Businesses, and “Admit You’re Happy Month”

August 8 was **National Sneak Some Zucchini Into Your Neighbor’s Porch Day** started by a radio man, Tom Roy. Why? It is so easy to grow and so abundant therefore it is hard to use it all in one family. Mostly people consider this member of the squash family as a vegetable, but botanically speaking it is a fruit.

There is evidence that zucchini was eaten in Mexico thousands of years ago. It was brought to Europe and cultivated in Northern Italy. It made its way back to America in the 1920’s. It seems to be used in most cultures and in many different ways. How many ways does your family enjoy eating zucchini:

fried, sauteed, grilled, roasted, stuffed, boiled, stewed, in a casserole, spiraled into ‘zoodles’ (substituting for pasta), or as an addition to baked breads, etc.? Does anyone enjoy eating the flowers?



## Sharing, Creating, Learning, Reflecting

Here is a favorite recipe of Barb's. She serves it as a side dish to meat.

Combine: (Does not have to be extremely precise)

Two medium grated zucchini.  
1 medium chopped yellow onion  
4 lightly beaten eggs  
1/3 Cup milk  
1 Cup cottage cheese  
1 Cup Bisquick  
1 Cup grated cheddar cheese

Add 2 teaspoons salt,  $\frac{3}{4}$  teaspoon of oregano, and  $\frac{1}{2}$  teaspoon of dill

Pour in 8x12 pan, top with extra cheese and bake for 50-60 minutes.

**Anyone want to share your favorite zucchini recipe? Please send it to us.**

You may have heard of the “**Dog Days of Summer**”. Do you know what it refers to? It is the seasonal time of the hot, sultry days in later summer. The name Dog was from the star Sirius (very bright) which had its rising into the night sky around July 19.

Let's take a while to reflect on dogs. Are you one of the millions of dog owners in the United States? How did you obtain your dog? Did you buy, adopt, breed, or were gifted your pet? Do you have a purebred or a mixed breed? How many dogs have you owned over your lifetime? Did your dog ever compete in obedience, in a confirmation show (beauty pageant for dogs), or in a skilled competition? Anyone train or know a service dog? In the US, the American Kennel Club is the organization responsible for registration of purebred breeds and offers information for dog owners. The AKC presently recognizes 195 breeds of purebred dogs. (Do you think you could name 50 or 100?) It is amazing how many “designer” dogs and cross breeds are being bred these days.

Do you like large, medium or small dogs? Do you like them with long hair or short? It can be an entertaining activity to search on the computer for different kinds of dogs.

\* I am sure you remember these famous dogs: Lassie, Rin Tin Tin, Benji. Do you remember the name of the RCA Victrola dog?

\* And speaking of dogs, why do hot “dogs” come in a package of 10 and buns in a package of 8?

**Would you like to Highlight your “Bellevue” dog in one of our additions? What makes your dog the cutest, or most loyal, or smartest, or talented, etc.? Contact us!**

### \* Art Idea

There are so many examples of talented people creating art from everyday materials. Look up Food Art and you will be amazed. This is a hobby which encourages creativity among other things. (And what other artwork can be eaten after it is created?) This is great activity to do with grandchildren. Here is a sample to get you thinking and started.

