

Dear Friends,

What an honor it was to be part of the leadership of Senior Services for South Sound again this year as we continue to **improve the lives of people as they age**. This mission empowers our staff, board, and volunteers to take ownership in our people-first organization, challenging them to think, *"How am I improving this person's life today."*

We spent time over the past year discussing the needs of the growing community of people diagnosed with Alzheimer's Disease or dementia. It is with this group of individuals we discuss *"how do we make a dementia friendly community?"* What are the growing needs of this group of individuals and how can Senior Services provide meaningful and engaging programming that supports the needs of this community? We started the Memory Café and saw attendance grow rapidly to up to 30 guests per month at the café. The Memory Café is a safe space for those with dementia to gather with others and to dine together, have conversation, and listen to music.



I was shocked earlier this year when I read that *"lacking social connections is as damaging to our health as smoking 15 cigarettes a day. As we grow older the effects of social isolations and connections take a deeper impact on our health leading to dementia related diseases."* As we age, our social networks naturally get smaller. Our children move away, spouses and friends get ill or pass away, we retire from our workplace, and our ability to be mobile is compromised.

The social aspects of most of our programs are often the unspoken benefit. We have said for years, that Meals on Wheels is "more than a meal." That is due to the hundreds of volunteers that spend time with the seniors they are delivering meals to each week. They are often the only lifeline into the community for a homebound senior. Our volunteers often get to know their seniors well, sometimes bringing with them large print magazines, crossword puzzle books, and family pictures to share.

Not long ago, one of our Senior Center members stopped me as I was coming through the lobby. She wanted to introduce herself and tell me how vibrant and alive our senior center was compared to the one she had recently left when she moved here. She had only been here a few weeks and had made friends, started an exercise class, ate lunch at the center, and stayed most days until the early afternoon. She found that she could spend most of her day at the center with her new friends, and looked forward to coming back the next morning.

Thank you for your support to ensure that seniors in our community are healthy, active, and socially connected.

Sincerely,

Eileen

Eileen McKenzieSullivan
Executive Director





2017 Board of Directors

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Senior Services for South Sound Programs

South Sound Care Connection

Our in-home caregiver registry providing care to Seniors and their families in Mason and Thurston counties.

Transportation Program

Transportation to essential errands, medical appointment, and nutrition sites by volunteer drivers in Thurston County for those aged 60 or older.

Senior Activities

Management of the Lacey and Olympia Senior Centers, and academic, recreation, and physical health classes provided for seniors in our community. Over 1,900 seniors served each year. Scholarships are available.



Senior Nutrition Program

Over 120,000 meals served to seniors in Mason and Thurston County at eight senior nutrition sites or via Meals on Wheels home-delivered meals. Available at a suggested donation for \$3-\$6 for seniors aged 60 or older.

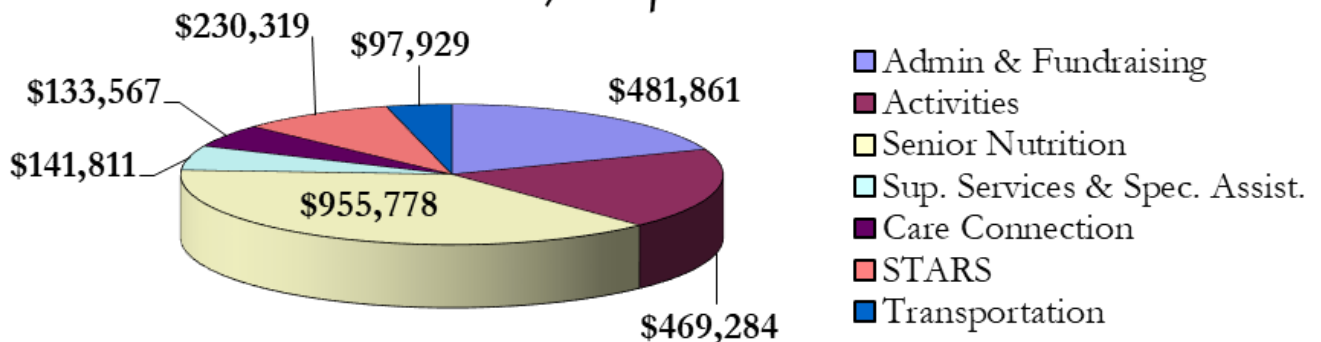
STARS Adult Day Care

Seniors and other adults with dementia, Alzheimer's, and other cognitive challenges in need of supervised care can enjoy a safe, and nurturing environment in both Mason and Thurston county. Over 75 families are served each year. Scholarships available.

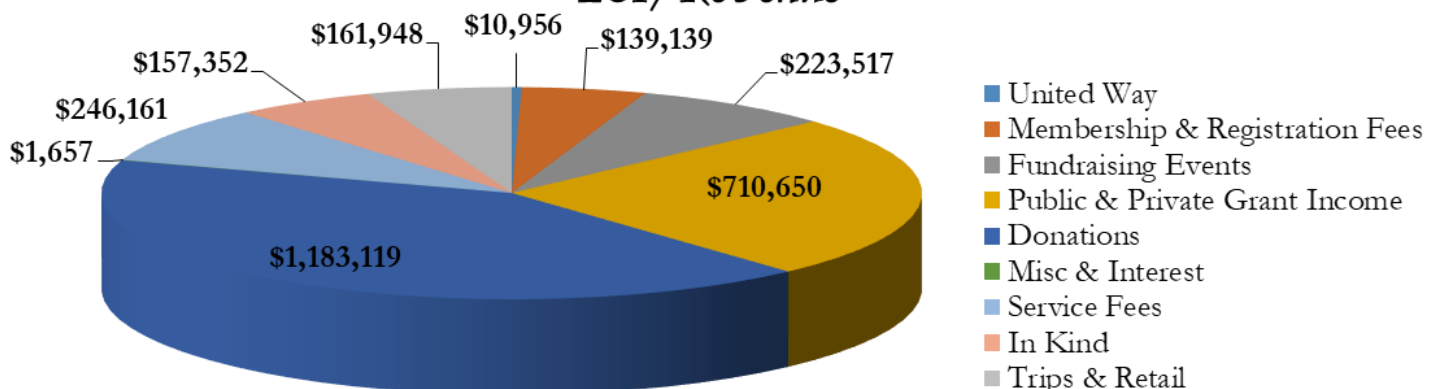


Improving the Lives of People as They Age.

2017 Expenses



2017 Revenue



Senior Services for South Sound Administration & Olympia Senior Center

222 Columbia St NW | Olympia, WA 98501 | 360.586.6181 | www.SouthSoundSeniors.org

Virgil Clarkson Lacey Senior Center

6757 Pacific Ave SE | Lacey, WA 98501 | 360.407.3967

Mason County

790 E Johns Prairie Rd | Shelton, WA 98584 | 360.427.2060