

Dear Friends,

In review, I can't believe all the amazing things that happened in 2018 in support of seniors! I want to say a huge thank you to all the amazing volunteers, the staff and Board of Directors that helped us reach our goals and do so much. BUT, the real SUPER HEROES were the donors! Whether the folks who gave \$10 a month or our generous major donors who can give in 4, 5, and 6 digits, none of our services can happen without you. Thank you!



In August, Senior Services was blessed with a VISTA, Volunteer In Service to America. Dolores Blueford (pictured on the right (L)) began a year's commitment to make our Home Share Program a viable and more robust program. VISTA volunteers don't do direct service, instead they bring structure and help non-profit agencies become stronger and more sustainable. Dolores, under our Supportive Services Program, committed to bring better structure to our much needed Home Share Program, linking seniors who have space in their home to share with people who need lower rent and are interested in sharing space. We are thankful to United Way who hosts this wonderful program and to Dolores who is bringing her incredible history and work experience to our agency.



Home Share has become a large part of what we do in our Supportive Services Program, along with a few other programs:

- ◆ SHIBA, Statewide Health Insurance Benefit Assistance which helps Medicare participants choose the best insurance coverage. Threatened by Federal budget cuts, seniors rallied and lobbied congress to continue the program this past year and fortunately it was funded;
- ◆ Senior Services is one of two senior programs in Washington that has a special program for seniors with intellectual disabilities. Our Inclusion Program had a staff change and is growing as we try to provide some programming in Lacey as well as Olympia;
- ◆ With funding from the Community Foundation of South Puget Sound we were able to start a Homebound Dental Hygiene Program, helping homebound seniors and seniors with anxiety about the dentist get proper dental hygiene.



So many of you supported our Senior Nutrition Program and Meals on Wheels. Thank you all for helping this essential program continue and thrive! For the first time ever, the State of Washington legislature saw the need and return on investment in the program and authorized state funds to support Meals on Wheels. Between generous donors at our Brighten Lives Luncheon, Hanson Motors and Subaru Share the Love campaign and new state funds, we were able to serve more meals than ever and not run out of funding in November as we have in past years.

On that same note, the Senior Nutrition Program (SNP) did some strategic planning and has created a Catering Department to help raise funds for the growing number of seniors threatened with food insecurity. South Sound Catering launched its new enterprise and is taking orders for business, event and private caterings. Check out the website at www.southsoundcatering.org and know we are helping seniors to thrive. SNP was also awarded two public grants. One from the State of Washington Capital Fund; for kitchen equipment for our Belfair and Yelm kitchen sites at the HUB Senior Center and Yelm Senior Center. The other grant awarded in December from the Olympia Port Commission is to study the feasibility of creating a centralized kitchen to prepare our Meals on Wheels and partnering with a processing kitchen that local growers can use to freeze produce for sales and shipping.

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Mission Statement

"Improving the quality
of life for people as
they age!"

The Brighter Days Adult Day Program (formerly STARS) has become very active both in Lacey and Shelton. They have added a new program "Momentia" designed to reach people who are newly diagnosed with memory loss. Often folks who receive a diagnosis of Alzheimer's disease or dementia, isolate and suffer from depression. Momentia is designed to bring people together socially and for mutual support. It slows the progression of memory loss and enhances life for the person with memory loss and the caregiver!



At both Senior Centers, Life Long Learning has taken off as participants in classes experience the awesome educational experience of our talented faculty. More and more seniors are choosing to be as healthy as possible with Enhances Fitness, Yoga, Zumba, Tai Chi and Line Dancing. Our newest offering is "It's a Matter of Balance" helping to prevent falls.

Staying healthy and enjoying retirement are the primary goals of our wonderful Trips and Tours program. This past year attendance at our bi-monthly "Travelers Teas" have skyrocketed as people want to get in on the announcement of new trips and to be the first to sign up. The active "Step Into Nature" hiking trips are selling out on a regular basis. Trips Director, Sky Myers has also been working on offering some scholarships for low-income seniors to be able to travel.

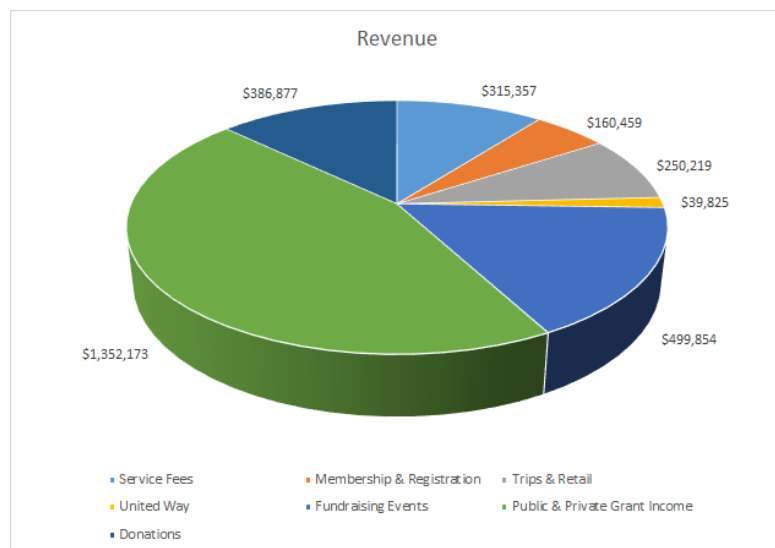
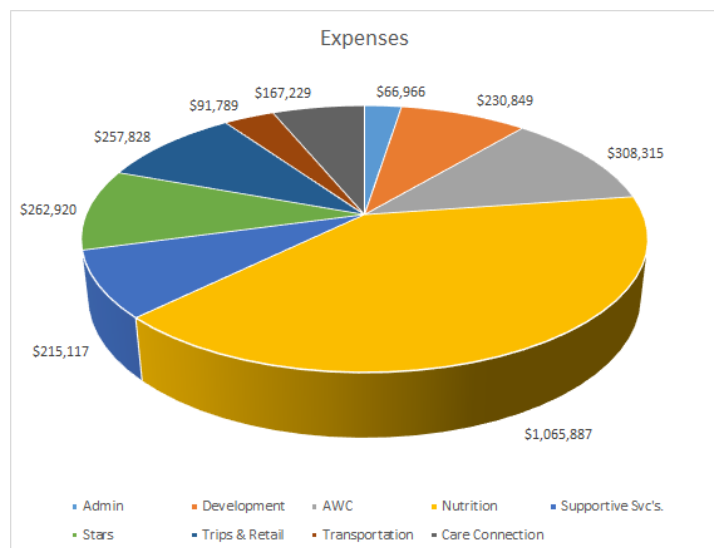
Finally, in December, we were able to hire a community treasure, Pam Toal, former Thurston County United Way Director, as our Planned and Major Gift Manager. Pam's experience in the development field is rich, having worked at The Evergreen State College, the Family Support Center and Harmony Hill Cancer Retreat as well as UWTC. She will be helping us to tell our story and to inspire joyful giving with our wonderful donors who truly keep our services growing. Pam will be helping to solicit gifts like the Hal and Inge Marcus Endowment. We learned in July of 2018 that Senior Services was named as a recipient of that endowment given through the Community Foundation of South Puget Sound. What a blessing to have funds that will be available year after year to support our seniors in need.

Thank you to the Marcus family for their care and support and to all our amazing supporters!

Warmly,



Eileen McKenzieSullivan
Executive Director



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