

Our mission is to improve the quality of life for people as they age.

Pageant Contestant Makes Senior Care Her Platform

What would inspire *you* to volunteer in your community? For Lisa Biscay, it was experiencing appalling conditions at a nursing home. Though not a senior herself, Lisa spent five days convalescing at the home in the summer of 2020, after undergoing a hip replacement that nearly proved fatal. During that first summer of the pandemic, Lisa couldn't believe the conditions she encountered. "We weren't given food or water or pain medication," she recalls. "It was really traumatic. I was *very* concerned about the seniors that were left to live there."

Profoundly impacted by that harrowing event, Lisa was determined to do something meaningful on behalf of seniors. Though busy in her career working in support services at the Legislature, she began volunteering for Senior Services this

year. You'll often find her preparing and serving Friday lunches at the Olympia Senior Center. "I'm passionate about helping seniors in my community," she says.

During her difficult convalescence, Lisa wasn't given great odds to live. She promised herself that if she made it through, she would do "all the things in my wildest imagination I never thought I would." That's how she ended up onstage in Milwaukee, Wisconsin, this August, competing in her first pageant.

Representing Oregon in the Elite Ms. category (age 45 and older) of the Petite USA Pageant, Lisa used her platform to shine a light on senior issues. "We need to do something now to take care of the aging population," she says, noting that by 2060 about a third of the population will be over 60.

Lisa was thrilled to make the top 15 of her category, quite an accomplishment considering there were about 13,000 original applicants! She plans to compete again next year, this time representing the State of Washington. We are thrilled to have Lisa as one of our volunteers, and admire the way she managed to come out of a terrible experience with the desire to make a difference in her community.





Afoot and lighthearted

Who can't appreciate the poems/songs of Walt Whitman, his exclamations of delight and empathic urgings? Since first reading them, I've loved the resonance with my own life and values. The phrase "Afoot and lighthearted" alone captures a great deal of my experience walking the world and my approach to doing so. I'm hoping this summer found you being afoot and lighthearted in lovely places. Poetry inspires, reassures, coaches, calibrates and centers.

"Healthy, free, the world before me, the long brown path before me leading wherever I choose" is another line of his I love. While our physical health may be a question sometimes, the spirit of this is nevertheless clear and a calling to embrace our agency. Despite our known limitations, our chosen shackles, our unspoken fears, we understand that we have an ability to walk many different paths of our own choosing.

For seniors, it is possible to see many such twisting paths in the past. And there can be many potential forks in the paths ahead. I suppose one of the qualities we admire in seniors is an ongoing curiosity, adventurous spirit and willingness to set forth in new directions.

As to new directions, Senior Services for South Sound has recently adopted a new Strategic Plan to guide our organization into the future. These inspiring keystones and goals will shape our choices, challenge us to do better and differently, and embrace the future of a growing senior population in Thurston and Mason Counties. Soon you will find our new plan on our website!

Speaking of choices and forks in roads, our fall event of Celebrating Seniors is coming up soon on October 15. See more inside this newsletter, but we hope you CHOOSE to attend and find your path leading to join us in our one annual live event and our first one since 2019!!! It will be a red carpet occasion to support our mission, and a ton of fun.

Thank you Walt Whitman, and to all of you who also inspire, reassure, coach, and improve the quality of life for those around you.



Brian Windrope
Executive Director

**Thank you to our
Business Sponsor:**



Second Annual Holiday Card Design Contest

NOW TAKING SUBMISSIONS!

We would love to use your art as
our 2022 annual holiday card!

The fine print:

- Must be submitted no later than Monday, October 24, 2022
- Artwork must be general holiday or winter themed and should appeal to everyone regardless of faith or ethnicity
- Examples of submissions eligible for the contest include: painting, drawing, and digital/computer-generated graphic design entries
- Final design will be printed on a 4.6" x 7.2" card (can be either landscape or portrait orientation), so consider those dimensions when submitting your work
- Only one submission per contestant is allowed
- Senior Services reserves the right to display, publish, and make submissions available to the public
- Winner will be announced November 1, 2022, and will receive the honor of having their art featured as our 2022 holiday card
- Entries will be judged on creativity, visual impact, artistic merit and originality by Senior Services

How do I submit my artwork?

Please submit a high-resolution, color photo of your artwork via email to marketing@southsoundseniors.org or submit it in-person at our Olympia or Lacey Senior Centers.

Be sure to include your name, contact number and a few details about your submission such as title and/or medium. Good luck!



**2021 winning design
by Leigh Hester**



Join us on the evening of October 15, 2022, at the Olympia Senior Center for our annual fundraising gala! This glamorous night of festivities and food will support our mission to improve the quality of life for people as they age.

Our theme this year is the Golden Age of Hollywood. Walk the red carpet amidst the camera flash of the paparazzi as you enjoy music, drinks and a fabulous dinner. There will be a selective auction of premium offerings and we will raise our paddles to support the many programs and essential services of the organization. Special guest star Eileen McKenzieSullivan will be honored for her longtime service as our former executive director.

Tickets are \$100. Registration and information at southsoundseniors.org/give



The Statewide Health Insurance Benefits Advisors (SHIBA) offers free, unbiased Medicare education and assistance through the Washington State Office of the Insurance Commissioner. The SHIBA program can help you with your Medicare questions or options. Our volunteers can also see if you qualify for programs that could save you money on Medicare's out of pocket costs.

Medicare's Open Enrollment Period (OEP) for Parts C and D Medicare is just around the corner (October 15 to December 7). Our volunteers can help you understand the options available to you. OEP is heavily marketed by insurance companies and agents so be aware that there are protections for consumers regarding marketing practices.

Our local SHIBA program offers classes throughout the month via Zoom or in person options. For details or to register, please contact us either by phone or email at jrich@southsoundseniors.org or visit us online at southsoundseniors.org/resources/shiba

Classes, Services & Activities

To view the Life Long Learning Catalog and read more about these offerings as well as others, please visit us online at southsoundseniors.org/activities



Registration for Fall Quarter is now open!

Call 360.586.6181 or 360.407.3967 to register

RETURNING! Dance Socials - Lacey

Starts back on September 1, 1:30 - 3:30 pm and weekly on Thursdays thereafter. This exceptionally popular weekly event is coming back at the Lacey Senior Center! Dance and/or listen to Swing Stuff, a three-piece band who know how to get your feet moving. No partner necessary. All skill levels welcome. Coffee and snacks provided. Members \$7; Public \$10

NEW! EXPLORE OLYMPIA - Olympia

2nd Thursday of each month at 9:45 am. Join a group of hale and hearty walkers to EXPLORE OLYMPIA (and thereabouts)! On **Thursday, September 8** we will walkabout the Lacey Timberland Library complex, which includes lovely wooded trails and a great library! We will also visit the Lacey Maker Space to see what's happening there. If you would like to carpool from Olympia to Lacey, please meet Candy in the lobby of the Olympia Senior Center at 9:45 am. We have room for five in the van, so call 360-586-6181 to reserve a space. If you choose to meet us in Lacey, meet in the lobby of the Lacey Timberland Library at 10:00! Wear your walking shoes and weather appropriate clothing. A water bottle may be helpful, too. Hope to see many of you!

Speaker: "Crime Victim Advocacy"- Lacey

Tuesday, September 6 at 1:00 pm. Even if you have been a victim of a crime and NOT reported it, you can get help with the many disturbing issues this type of negative experience creates. Real services are available and this network connects you up with them directly and compassionately. If you haven't been a victim of crime, you may know someone who has, so come and find out what the Crime Victim Advocacy Network can do!

Speaker: "Become a Foster Pet Parent!"- Lacey

Tuesday, September 27 at 1:00 pm. You are needed to foster pets in our community. They may need a little help with socialization or just love from a human. If you are human and a senior, you check off two boxes, as Animal Services needs your maturity and compassionate humanity to help cats, dogs, rabbits, little fuzzy things, & reptiles. Come hear their presentation. Staff will be bringing a mellow cat or dog, so snuggles will be available to all who attend. Open to all.

Brain Injury Association of WA Meeting- Lacey

Starting in October, first Tuesday of each month from 6:00 - 8:00 pm. Their mission is to increase public awareness, support and hope for those affected by brain injury through education, assistance, and advocacy. Open to the public.

Classes, Services & Activities



Dine out is a great way to meet new people, to find out about what is going on at both the Lacey and Olympia Senior Centers and, of course, to share a delicious meal together!

Lacey Dine Out: 2nd Tuesdays at 5 pm, September 13 at El Sarape, 4043 Martin Way E. No sign-up needed, just show up at the restaurant.

Olympia Dine Out: 2nd Thursdays at 5 pm, September 8 at Anthony's Homeport, 704 Columbia St. NW. Call 360-586-6181 to sign up. We hope to see you there!

Trips & Tours

LITTLE SHOP OF HORRORS AT THE VILLAGE THEATER

Thursday, October 13, 2022

Little Shop of Horrors is a delectable sci-fi horror musical with an electrifying 1960s pop/rock score by Alan Menken and Howard Ashman.

Seymour Krelborn is a meek assistant at a floral shop who happens upon a strange plant, which he affectionately names "Audrey II" after his crush at the shop. Little does he know that this strange and unusual plant will develop a soulful R&B voice, a potty mouth, and an unquenchable thirst for HUMAN BLOOD. Our trip to Issaquah's Village Theater for the matinee performance includes an early dinner after the show. Our seats are on the orchestra level with only a few stairs.



\$165 Members; \$185 General Public. Includes transportation, admission, meal and snack. Bus leaves Olympia at 10:30 am; Lacey at 11:00 am. Approximate return: 8:00 pm. Activity level: Moderate (a few stairs at the theater)

Office Hours:

M/W/F 10:00 am - 2:00 pm
Olympia Senior Center
222 Columbia St NW, Olympia

Call our Trips & Tours office for more information:

360-586-6181 ext. 126 or visit us online at
southsoundseniors.org/upcoming-trips-tours

Travelers Tea

Join us on September 9 from 2:30 - 3:30 pm at the Virgil Clarkson Lacey Senior Center to see video clips of upcoming day trip destinations, receive discounts, win prizes and more!



Speaker Series – Olympia Senior Center

Speaker Series Talks will be held in a reserved room at the Olympia Senior Center. Check the lobby TV monitor or ask at the reception desk to see which room the talk will be held in.

For a complete list of speakers, please visit southsoundseniors.org/activity/speaker-series



City of Olympia Housing Programs Manager, Darian Lightfoot Wednesday, September 21 @ 10:00 am • Olympia location

Join Darian Lightfoot, City of Olympia Housing Programs Manager, as she shares what the City of Olympia is doing to address homelessness and the affordable housing crisis plaguing our city. Darian will discuss how we got to this place, and how the City is leading efforts to improve the situation. She will discuss how local people can engage in helping in the community and provide information about some of the amazing providers doing great things in our community.

Darian Lightfoot is originally from the Midwest, and was an American Sign Language interpreter in her past life. She completed graduate school at the University of Oregon and began her career in local government first in Tacoma, and has been working with the City of Olympia for over a year. She *really* loves her job. As the Housing Programs Manager she oversees affordable housing development, and works closely with the homeless response team.



COMMUNITY ROOTS

The Third Thirty Community Oral History Project
reunion, creative visioning, and skill-share

Join Window Seat Media in collaboration with Senior Services for South Sound

When: Saturday, September 10 from 10:00 am – 4:00 pm

Where: Olympia Senior Center, 222 Columbia St NW, Olympia 98501

Join us as we further delve into The Third Thirty Oral History Project with Window Seat Media. What is it? Where will it go? How can you participate and what can you learn by doing so? After the morning session there will be a short break, and then we will have Playback Theater performances by Heartsparkle Players, The Thunders and Brave Practice playback theater troupes. Light refreshments will be served. Come and learn and enjoy a day of activities!

Want to Get Involved? Volunteer!

We have lots of programs that need your help including:

Pet Assistance • Brighter Days • Retail • Coffee Bar

Contact our Volunteer Manager, Theresa Ziniewicz, at theresaz@SouthSoundSeniors.org or 360.586.6181 x120



is looking for independent providers,
housekeepers and caregivers

Do you know an outstanding caregiver or housekeeper
who is not currently on the SSCC registry? We would
love to talk with them about our program.

Please have them contact the SSCC office at
360.586.4491 or care@southsoundseniors.org

Senior
Services
FOR SOUTH SOUND



Oktoberfest Bingo

FRIDAY, SEPTEMBER 23

LACEY SENIOR CENTER

DOORS OPEN AT 6:00 PM

Sponsored by

OlyFed

BANKING
THAT'S
MUTUAL



Doors open at 6:00 pm. Must be 21+. \$25 cash at the door to play. Also available:
food for purchase, 50/50 raffle, special game tickets & daubers. Enjoy a full bar and
costume contest! We only accept cash. Visit us online at southsoundseniors.org.

UPCOMING BINGOS!

October 29, 2022
"Rocky Horror Bingo"
Olympia Senior Center

December 17, 2022
"Ugly Sweater Bingo"
Lacey Senior Center

**Stay tuned for
2023 dates!**