



Newsletter

April 2023

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

April is National Volunteer Month!



Blueberries, Raspberries, Strawberries? We'll take (Linda) Roseberry!

Linda Roseberry retired in 1991 from a communication company in Southern California where she was Safety Administrator, and five years later she and her husband moved to Olympia. Since "retiring" she's also worked for a catering company, floral shop and a fabric store. But now she was ready to volunteer some of her time. But doing what?

About five years ago Linda spoke with Theresa, our Volunteer Coordinator at Senior Services, and they talked about the kinds of things she liked to do. Almost immediately she started volunteering Monday afternoons at the Budd Bay Bargains Boutique on the second floor of the Olympia Center. The volunteer-driven store is open 9am - 3pm Monday through Friday and features all donated items, such as gently used clothing, shoes and jewelry for men and

women. It didn't take long for Linda to make personal connections with many of the customers, as well as all the friends she's made with other volunteers and staff. She doesn't like to be tied down to a specific work schedule, but working at the store allowed her plenty of free time to tend to her garden.

Last year, Linda became aware of Senior Services' fall fundraising event, Celebrating Seniors, which had a theme of Hollywood's Golden Age. She was the driving force behind the decoration committee. Working mostly from home, she created a huge felt banner that hung in the main dining area. Among her many other contributions were 26 red rose centerpieces for the tables. She said it was a crazy amount of work in just six weeks, but she loved it.

So what's next? Well, she's signed on to help with the upcoming 50th Anniversary fall gala, taking place on October 7, 2023. Linda says that her wish "would be that everyone in Thurston County would be aware of Senior Services and how much the organization does to improve the lives in our senior community!" Sounds like a great wish!

- Scott Schoengarth, Bus Buddy Coordinator

Thank you to our Local Partner:



LEWIS-MASON-THURSTON
AREA AGENCY ON AGING



Geography and Senior Services

"Geographic diversity is recognized as an important characteristic of our service area and reflected in our service locations and services." That's Goal 6 in our Strategic Plan under a Keystone containing topics related to Diversity, Equity and Inclusion. Why do we have this goal and how do we interpret it?

We recognize the need to improve our ability to meet more seniors where they live; to reduce barriers to seniors having a place to gather for fun, food and frivolity. This means not relying on only our current Olympia or Lacey locations.

Seniors are somewhat unique in their mobility challenges in our society. Perhaps kids are in a similar situation, but they usually have parents to drive them around. Seniors often end up unable to drive and rely on services like Dial-A-Lift and InterCity Transit to get places. For reasons both economic and physical, we cannot assume that seniors are able to get around to where they need to go. One obvious manifestation of this reality is our Meals on Wheels program that takes meals to seniors who aren't able to leave their homes. And we have a Transportation program!

Recent news has included coverage in *The Olympian* about how the Parks, Arts and Recreation Dept. plans to best utilize the new West Olympia 27 acre property out on Henderson they are about to acquire in a land swap with the Olympia School District. They've been in good communication with us here at Senior Services and are only in the early stages of their planning. While their current idea is to possibly sell the Olympia Center in order to fund the aquatic facility, senior center and police station on that West Side property, this is all far from certain at this time.

The position of Senior Services is clear and well understood by Parks and the City leadership: We are excited about expanding our physical presence to include more locations around Thurston County, especially in the densely populated three city corridor. However, we are not interested in exchanging our downtown Olympia location for anyplace else. We are fully committed to remaining in service to the large and growing number of seniors that call downtown Olympia their home.

We believe the City of Olympia will find a path forward where both downtown and West Olympia seniors are able to have access to recreation, nutrition and educational opportunities. This is a long road, and the journey has only begun.

A handwritten signature in blue ink that reads "Brian Windrope". The signature is fluid and cursive.

Brian Windrope
Executive Director

**Thank you to our
Business Sponsor:**



Dennis Shoemaker: 25 Years at Senior Services



After 25 years of outstanding service, Dennis Shoemaker has retired from the Board of Directors. A tireless volunteer, Dennis devoted many, many hours to this organization, and was the driving force behind our annual auction for many years. He was honored at an event at the Olympia Senior Center on March 15 that celebrated his profound impact on Senior Services.

"Dennis's commitment to Senior Services transcends his role as a board member. Dennis took on key roles in auction procurement. He spent hours developing relationships with donors and building a cadre of volunteers to bring in donations and gifts in furtherance of the

organizational mission. I have been around Senior Services since about 2001 and I can honestly say, I do not know a Senior Services without him. I am grateful to have known him when I was an employee and later as a fellow board member. It is not an exaggeration to say that we could not have done it without him. It is an honor for me to get to honor him."

- John Ficker, Board Chair

"Being a more recent addition to the Senior Services family, I came to know Dennis only after he had left the Board and was remaining a volunteer in other capacities. However, knowing him as a volunteer and great friend of our organization, it is my highest praise to say Dennis makes our mission stronger."

- Brian Windrope, Executive Director

"His dedication to Senior Services is the epitome of true volunteerism. Dennis cares and has only wanted to improve the quality of life for our seniors. He's done many things for this organization, the topper being the annual auction. I watched with amazement as Dennis dedicated endless hours each year to ensure we carried it out successfully, each year improving it as he went along. Literally, thousands of dollars raised each year which kept Senior Services operating were due to this man's efforts! He is one of a kind; it's been an honor to have served beside and learned from him. I hope I can be even a fraction of the person Dennis is - He's truly one of the BEST!"

- Rhodetta Seward, Board Member





Do you know about the SHIBA program?

Happy April!

Statewide Health Insurance Benefits Advisors (SHIBA) are here to help with your Medicare questions. SHIBA provides free, unbiased information about Medicare. SHIBA is part of the Office of the Insurance Commissioner's consumer protection services.

Be aware of Medicare fraud. Here is an article to read and share from the National Senior Medicare Patrol (SMP). Our local SHIBA office has personally dealt with clients that have been "scammed" with these exact scenarios. While Medicare fraud isn't new, the U.S. saw a rise in one particular tactic during the pandemic: a durable medical equipment (DME) scheme. Scammers cold call Medicare patients and offer items such as lidocaine, wheelchairs, walkers, or braces. The scammers have roped in doctors – who are unaware they're working with scammers instead of legitimate medical companies – to sign off on prescriptions that are then used to bill Medicare for the equipment.

Here are the dates for our SHIBA presentations for April 2023:

Zoom Options:

Wed April 5, 11-1pm: Welcome to Medicare

Thur April 6 1-2pm: Senior Medicare Patrol-prevent and detect Medicare Fraud

Thur April 13 11am to Noon: Programs to help pay out of pocket costs with Medicare

Thurs April 20 10am to Noon: Welcome to Medicare

Tues April 18, 1pm to 3pm: Welcome to Medicare

Wed April 26 6:30 to 8pm: Welcome to Medicare

Contact Volunteer Coordinator by email or phone to get registration link and information at: 360-586-6181 ext 134 or email: jrich@southsoundseniors.org

In Persons below are all: "Welcome to Medicare" options, pre-registration is not necessary:

Olympia Sr Center: 222 Columbia St NW, Olympia:

Wed April 12 11am to 1pm

Wed. April 19 4-6pm

Mason County Sr Activity Center: 190 Sentry Dr, Shelton:

Thurs April 20 11am to 12:30 (pre-scheduled 1:1 appointments available from 12:30 to 2:30, call for more information)

Janis Rich

SHIBA Program manager for Thurston and Mason Counties

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

UPDATED MEMBERSHIP PRICING FOR 2023

Please note we will be increasing our membership prices for 2023 as follows:

Seasonal: \$20

Silver Single: \$60 | Silver Couple: \$100

Gold Single: \$120 | Gold Couple: \$200

Lifetime Single: \$1,000 | Lifetime Couple: \$1,800

Senior Reads

Our Senior Reads selection for the month of April is *Dubliners* by James Joyce. *Dubliners* is a collection of short stories by Joyce, and has garnered many an opinion over the years. Our book club meets on the third Thursday of the month, so in April we will meet on April 20. Join us!

April Speaker Series - Olympia Center

April 5: Join members of the Storytelling Guild for some amazing stories!

April 12: Hear from Katie McMurray about our sensory systems and how we use them to process our environment.

April 19: Dick Pust from KGY will share stories about his career as a radio personality.

Explore Olympia Walkabout

Come join our Explore Olympia Walkers on Thursday, April 13! This month we will walk uptown toward Union Ave, stopping along the way to note things of interest. We will then walk up to the Abigail Stuart House at 1002 Washington St., SE in downtown Olympia. The Abigail Stuart House is home to the Women's Club of Olympia, and is a registered historic landmark. We will be given a private tour of the building by our very own Senior Services amazing volunteer and friend Denise, who is a member of the Women's Club. Wear weather appropriate clothing and sturdy walking shoes, and please join us on the second Thursday of each month for a new place to explore Olympia!

Dine Out

2nd Tue, Apr 11, 5 pm at Mercato

111 Market St NE. Meet at the restaurant for good food and fun with friends! **Open to all.**

Sock Hop - Lacey Center

Fri, Apr 14, 6 pm. Come for a great night of moving to the great music of the 1950s! \$5 for individuals and \$7 for couples. "Get in the swing!" to the oldies, dance like no one is watching, and costumes are optional! Food, fun, games, and prizes for best costumes and for bringing friends!

Digital Literacy for Seniors 55+ - Lacey Center

NEW! Mon, 9 - 11 am Apr 3 & 17, May 1 & 15, and Jun 5 & 26. In this enjoyable course, seniors will learn to become comfortable with laptops, smartphones and other tech devices. 10 students max, with a waiting list. FREE. Sponsored by Senior Services, Employment Security Dept. of WA and the Thurston County Chamber. A Chromebook will be provided or you can bring your own laptop.

NEW! Death Café: - Lacey Center

4th Thu, Apr 27, 2 - 4 pm.

A Death Cafe is a group directed discussion of death with no agenda, objectives or themes. It is a discussion group rather than a grief support or counseling session. Join us for some refreshing coffee tea – and cake!



Travelers Tea

Join us May 12 from 2:30 - 3:30 pm
at the Virgil Clarkson Lacey Senior Center
to see video clips of trip destinations, win prizes and more!

Treasures of Egypt

**Free Presentation at Olympia Senior Center: Friday, May 12 - 2:30 pm Trip Date:
November 9 - 20, 2023**

Join Collette Tours for this hour long presentation about our November 9-20, 2023 tour of Egypt. If seeing the great antiquities of the Egyptian pyramids, the mysterious Sphinx, and the Valley of the Kings has been on your bucket list, here is your opportunity to make that dream come true. A four night cruise down the Nile with stops to experience the great temples and monuments begins in Luxor and ends in Aswan. This tour hits all the big sights, yet maintains a leisurely pace. If you want to make the most of your visit to this region, you can add on an optional 4-day / 3-night Jordan extension that takes you to Petra, the Dead Sea and Wadi Rum. There is more than we can outline here, but at \$4999 per person double occupancy, this is a once in a lifetime opportunity. If we've piqued your interest, why not come here more?



\$4,999 per person double occupancy

Call our Trips & Tours office for more information:

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

Office Hours:

M/W/F 10:00 am - 2:00 pm
Olympia Senior Center

Rock Painting with John Hurley



We are always thrilled when community members volunteer their time. The Inclusion Program's rock painting club got a wonderful boost in March — a visit from a talented artist! John Hurley, 94, brought in over a dozen samples of his rock art to Lillian Barber's Thursday morning art activity in Lacey at the VCLSC. John was a new visitor to rock painting at the senior center, so it was amazing when he showed up with a beautiful five-pound sample of his work — then kept going back out to his car for another armload of rock art! It's so welcome when active seniors like John join the seniors with developmental disabilities for art, bingo, and other activities. John continues to join in on Thursday mornings, and his talent is amazing. Thanks, John!

*For more information on our Inclusion program, please visit.
southsoundseniors.org/supportive-services/inclusion-program*



Save the Date

Meals That Matter

and other essential services

May 15- 25, 2023

Save the date for our campaign to support
our Senior Nutrition Program and other
essential services for our senior community!

More details coming soon!



Free Estate Planning Webinar

with June Wepler

Thursday, April 20

10:00 – 11:30 am

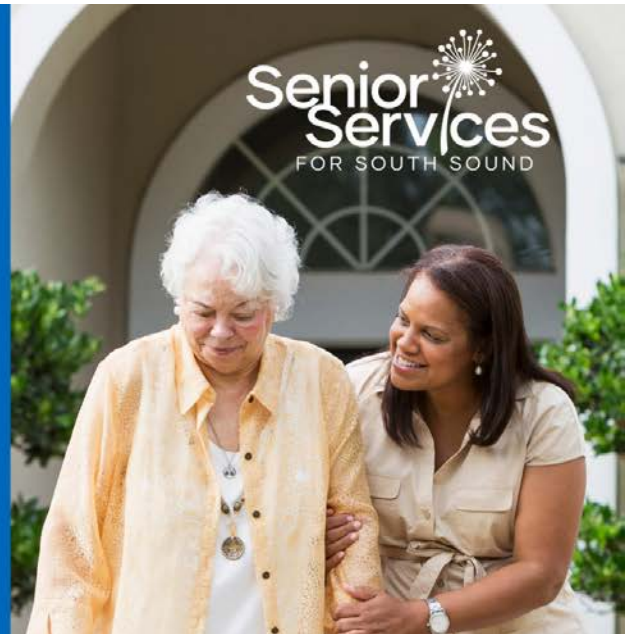
via Zoom



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



olympia senior center

222 columbia st nw olympia wa 98501

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!

May 19, 2023
Area 51 Bingo
Lacey Center

June 24, 2023
Rainbow Bingo
Olympia Center

July 28, 2023
Wild West Bingo
Lacey Center