



# Newsletter

May 2023

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

## Thank You to Our Volunteers

On Friday, April 21, we gathered at the Olympia Senior Center to celebrate the lifeblood of Senior Services for South Sound—our volunteers. Currently, we have nearly 250 active volunteers working diligently to support our mission. These individuals dedicate their time, skills and energy to improving the quality of life for people as they age. Without their efforts, we as an organization simply would not function.

Thank you from the bottom of our hearts for everything you have done and will continue to do. You are all amazing and we value each and every one of you! If you aren't volunteering and would like to learn more about opportunities, please visit [southsoundseniors.org/volunteer](https://southsoundseniors.org/volunteer); we can't wait to hear from you!



## Brian's View



### Senior Services: 50th Anniversary

It's not every day your organization turns 50 years old, and this year we are celebrating this milestone! We continue to find it humorous that our organization itself almost qualifies as being a senior. In 1973 our founders mustered the resolve to incorporate as a 501(c)(3) nonprofit, making the organization eligible to receive donations and provide a tax receipt. Since that time, we've expanded beyond Olympia to serve all of Thurston and now Mason Counties.

Not everyone knows that we provide programs and services all over these two counties. Help us spread the word that we provide Transportation assistance to essential appointments for all of Thurston and Mason counties, Meals on Wheels in both counties, SHIBA Medicare assistance in both counties, and of course enroll seniors from both areas in classes, trips and activities. And that's just some of what we do! We've come a very long way since 1973.

Consider joining us for a celebration of this history. We will be hosting parties in both Olympia and Lacey. These will be free events, filled with food, music and fun. **June 30 we will be at the Virgil Clarkson Lacey Senior Center, and July 21, we will be at the Olympia Center. Put one or both of those on your calendars!**

Are you looking for something fun or interesting to do? Check out our music or fitness classes or take a Trip with us to some near or far away place. This life is so precious. So *precious*. We are here to help you make the most of yours. We've been doing that for 50 years now, and, believe me, we are just getting started!

Brian Windrope  
Executive Director

**Thank you to our Local Partner:**



LEWIS-MASON-THURSTON  
AREA AGENCY ON AGING

**YOU'RE  
INVITED!**  
TO OUR 50TH  
BIRTHDAY BASH

June 30, 2023

at 2:30 PM

Virgil Clarkson Lacey Senior Center

July 21, 2023

at 2:00 PM

Olympia Senior Center





## Peri Smith, a Fixture at Senior Services Since 1996



There are close to 250 volunteers who donate their time and talents to keep Senior Services for South Sound running smoothly. Some of them might have just started this month. Others have been here for far longer. Peri Smith, a fixture here for more than 25 years, falls into this latter camp.

While still working full-time in the worker's compensation field, Peri came to Senior Services in 1996 because her father had dementia, and living in Grays Harbor, there was no direct support for either of them. The compassion she encountered here was so meaningful that she ended up serving for 14 years on the Board of Directors, including a number of years as Board president.

Peri retired from the Board the same time she retired from her regular job, but she hasn't left us. She still serves as a reception volunteer in the office on Monday afternoons, and she also likes to step in and help whenever a special project comes up. She has also

helped in Food Bank Outreach, putting flyers in bags, and works one day a month in the McCleary Museum after it merged into the old Methodist Church. She's all over the place!

Peri is one of many volunteers who gives their time at the Olympia and Lacey Senior Services facilities. Without these volunteers providing vital tasks, there would be no Senior Centers. They're everywhere working a few hours to a full week and helping out in various programs at the Center or working from home, or both.

Sitting down for her interview, it was obvious that Peri knew so many people in the Olympia Senior Center, many of them stopping by our table to say hello to her. Peri urges others, especially new retirees, to check out the Senior Center and see where they may fit in. The best way to get involved is to contact Theresa Ziniewicz, Volunteer Program Manager at 360.586.6181 ext. 120. Or, you can find volunteer applications at [SouthSoundSenior.org/Volunteer](https://SouthSoundSenior.org/Volunteer). Right now, Theresa is looking for Reception, Transportation and Nutrition volunteers, as well as Lobby Ambassadors. She will sit down with you, help you discover your strengths, and then match you up with a particular opportunity. It's really simple!

Peri and Chuck have three grandkids from here to Seattle, ages 17, two and a half and six weeks old, with the 17-year-old living with them. So she's busy all the time, but says Senior Services has a special place in her heart, and she's happy to help out wherever she can. Why not join her?

-Scott Schoengarth

*Scott Schoengarth is the coordinator for the Bus Buddy Program of Thurston County, a partnership between Intercity Transit, Catholic Community Services of Western Washington, Volunteer Services, and Washington State Department of Transportation. He can be reached at 360-688-8832.*

# MEALS THAT MATTER

and other essential services

## MAY 15-25



From May 15 - 25, as part of our Meals that Matter and Other Essential Services fundraising campaign, we will be sharing photos and testimonials through social media and email that document the impact of our services on the lives of vulnerable seniors.

**During the campaign, we hope you will support the important work we do with a gift, but there are other ways to help too!**

- Spread the word on social media. When you see our posts on Facebook and Instagram, please share with your networks and help us reach new people to let them know all we do.
- Create your own fundraiser! Our online campaign lets you create your own fundraising page to share with friends and social networks. It's an easy way to get the word out and help us be successful.
- Join a team! If you create your own fundraising page, you can be part of a team. Compete against the Board team and the Staff team in a friendly contest with a very worthy goal to support Senior Services!

Please visit [southsoundseniors.org/meals-that-matter](https://southsoundseniors.org/meals-that-matter) to learn more.

50th  
Anniversary Gala

Celebrating  
Seniors

October 7, 2023 5:00 PM

Lacey Community Center

Tickets \$150



[SOUTHSOUNDSENIORS.ORG/CELEBRATING-SENIORS](https://southsoundseniors.org/celebrating-seniors)



## Did You Know?

Medicare is the national health insurance program to which all Social Security recipients who are either over 65 years of age or permanently disabled are eligible. In addition, individuals receiving railroad retirement benefits and individuals living with end stage renal disease are eligible to receive Medicare benefits.

Medicare is not a welfare program and should not be confused with Medicaid. The income and assets of a Medicare beneficiary are not a consideration in determining eligibility or benefit payment. Medicare

is a national program and procedures should not vary significantly from state to state.

Coverage under Medicare is similar to that provided by private insurance companies: it pays a portion of the cost of medical care. Often, deductibles and co-insurance (partial payment of initial and subsequent costs) are required of the beneficiary. (Center for Medicare Advocacy)

For the entire article see below link:

[medicareadvocacy.org/medicare-info/medicare-basics-2/](http://medicareadvocacy.org/medicare-info/medicare-basics-2/)

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.

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

### Zoom Options:

Wed May 3, 11-1 pm: Welcome to Medicare

Thur May 4, 1-2 pm: Senior Medicare Patrol-prevent and detect Medicare Fraud

Thur May 11, 11 am to Noon: Programs to help pay out of pocket costs with Medicare

Tues May 16, 1 pm to 3pm: Welcome to Medicare

Thur May 18, 10 am to Noon: Welcome to Medicare

Wed May 24, 6:30 to 8 pm: Welcome to Medicare

For more information, contact the Volunteer Coordinator at:

360-586-6181 ext 134 or email: [jrich@southsoundseniors.org](mailto: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:**

Wednesday, May 10, 11 am to 1 pm

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

Thursday, May 18 from 11 am to 12:30 pm (pre-scheduled one-on-one appointments available from 12:30 pm to 2:30 pm, 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 to read more about these offerings as well as others, please visit [southsoundseniors.org/activities](https://southsoundseniors.org/activities)

## UPDATED MEMBERSHIP PRICING FOR 2023

Seasonal: \$20

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

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

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

## OLYMPIA

### Senior Reads Book Club for May - Olympia Center

**Thursday, May 11 at 10:00 am**

For the month of May, our book club will read three short stories by local author, Keith Eisner. We will read *Blue Dot*, which won an O'Henry Award in 2017, and two stories from *Mud Flat Shorts: The Shrine* and *The Falcon*. Keith will hopefully attend the book club discussion, and the discussion should be lively!

### May Speaker Series - Olympia Center Wednesdays

**May 3:** Debe Edden and the Heartsparkle Players. An experiential performance and discussion.

**May 17:** Maureen Wells with Unforgettable Art. We will view and discuss famous artwork about Springtime, Mother's Day and Memorial Day.

**May 24:** The WIT Writer's Group will discuss their book, *Memories and Imaginings: An Anthology of Creative Writing in Late Life*. Books will be available for purchase.

**May 31:** Milt Doumit, Utilities and Transportation Commissioner, will talk about the status of utilities and transportation legislation in our home state.

### Explore Olympia Walkabout

**Thursday, May 11 at 9:45 am**

In May, the Explore Olympia Walkabout Group will explore The Evergreen State College! We will meet at the Olympia Senior Center at 9:45 am. Rides will be available for up to five people. Please call 360-586-6181 and register for a ride. Once we carpool to Evergreen, we will walk some of the trails and, perhaps, visit some of the buildings!

### Dine Out - For Olympia Senior Center

**Thursday, May 11 at 5:00 pm**

We will go to Da Nang at 116 4th Ave. E. in downtown Olympia at 5:00 pm. Please call the Olympia Senior Center and let us know you are coming so that we can be courteous and make a reservation with the restaurant!

### Digital Literacy for Seniors - Olympia Center

**Fridays on May 5 and 19, and June 2 and 16 at 10:00 am - 11:30 am**

Thurston County Chamber of Commerce, Employment Security and Senior Services for South Sound are partnering to provide free digital literacy classes. Please bring your own devices. Call to register, only 20 spaces

### NEW! Chat and Stitch Handicraft Circle - Olympia Center

**Every Thurs. 1:00 pm - 2:30 pm beginning May 25**

Bring your sewing, quilting, embroider, knitting or crocheting, any handwork small enough to sit at a table with others, and work in good company! This is NOT an instructional class, just a group of friends to sit around and work on handicrafts. Kathy Francis will be the point person and is looking forward to spending time with you!

### Gardening Group - Olympia Center

Plans are in the works for a future Gardening Group! Check with Candy Braillard at Reception for more details.

# Classes, Services & Activities

## LACEY

### Rummage Sale - Lacey Center

**Saturday, May 6 from 9:00 am to 2:00 pm**

Early bird entry at 8 am is \$5, but free to members (bring your card). This is the one and only Rummage Sale we are holding in 2023, so don't miss out!

### DINE OUT! - Thai Garden, 2735 Harrison Ave NW

**Tuesday, May 9 at 5:00 pm**

Meet at the restaurant for good food and fun. Open to all.

### Traveler's Tea - Lacey Center

**Friday, May 12 at 2:30 pm**

Come in on the ground floor to find out what amazing trips are coming up, get discounts, sign up for trips and much more from our phenomenal Trips & Tours Department! Open to all.

### Medicinal Benefits of Mushrooms - Lacey Center

**Thursday, May 18 at 1:00 pm**

Come discover the health benefits of mushrooms.

### Area 51 BINGO - Lacey Center

**Friday, May 19 at 7:00 pm**

Doors open at 6:00 pm. Hold onto your tin foil hats as we are entering the UFO-filled Area 51, extra-terrestrials abound! 21+ only, \$25 cash to play, full cash bar, costume contest, snack bar, 50/50 raffle, cash prizes and special games

### NEW! Death Café - Lacey Center

**Thursday, May 25 from 2:00 pm to 4:00 pm**

Come join us for a group directed discussion of death with no agenda, objectives or themes. This is a discussion group rather than a grief support or counseling session. Coffee or tea and cake provided!

### TED Talk Plus - Lacey Center

**Friday, May 26 at 12:30**

*Time - Does it Exist?* We'll view three TED Talks Plus videos and discuss them as a group. Make sure you're *on time* for this fascinating talk!



MORE INFO:  
[SoundAllianceOfOlderLGBTQ.org](https://SoundAllianceOfOlderLGBTQ.org)  
[Info@SoundAllianceofOlderLGBTQ.org](mailto:Info@SoundAllianceofOlderLGBTQ.org)

**LGBTQ LUNCH BUNCH**

Olympia Senior Center - 11:45 am	Lacey Senior Center - 11:30 am
May 9	May 30
June 13	June 27
July 11	July 25

## NEEDED VOLUNTEERS

**VIRGIL CLARKSON LACEY SENIOR CENTER  
CONGREGATE LUNCH AND KITCHEN**

- HELP US PREPARE AND SERVE OUR DAILY CONGREGATE LUNCHES AND MEALS ON WHEELS
- 4 HOURS WEEKLY FLEXIBLE SCHEDULE
- JOIN US ON OUR MISSION



**CALL US!**  
**360-586-6181 EXT. 120**

**EMAIL:**  
[theresaz@southsoundseniors.org](mailto:theresaz@southsoundseniors.org)





# Travelers Tea

May 12 - 2:30 pm

at the Virgil Clarkson Lacey Senior Center



## Mother's Day in the Garden

**Trip Date: Sunday, May 14, 2023**

You don't have to be somebody's mother to appreciate beautiful flower gardens and a delicious brunch! Our destination will be the Elandan Gardens, a waterfront garden with a world-class bonsai collection and the landscape artistry of Dan Robinson. Leonardo da Vinci, Kubla Khan and Chinese philosopher, Zhu Xi, were each alive when some of the trees at Elandan Gardens first took root. The collection, which includes trees more than 1000 years old, is set among ponds, waterfalls, sculptures and lush gardens on the shores of Puget Sound. Our tour begins with a delicious brunch. It also includes a stop at the Bremerton City Nursery for an opportunity to shop their selection of seasonal annuals, perennials and more.



### Call our Trips & Tours office for more information:

360-586-6181 ext. 126 or visit us online at  
[southsoundseniors.org/upcoming-trips-tours](https://southsoundseniors.org/upcoming-trips-tours)

### Office Hours:

M - F 10:00 am - 3:00 pm  
Olympia Senior Center  
222 Columbia St NW, Olympia

## Virgil Clarkson: Rooted in Love



*In April, the City of Lacey honored the memory of the late Virgil Clarkson by planting a magnolia tree at our Lacey location which bears his name. Clarkson was instrumental in our expansion into Lacey and we are happy to care for this tree, just like his memory, so that it may grow roots and become a symbol of the beautiful and lasting legacy Virgil left for us.*



# Thank you to Hanson Subaru

We are incredibly thankful to Hanson Subaru for their long history of supporting Senior Services for South Sound. This month, our friends at Hanson stopped by the Olympia Senior Center to present our Senior Nutrition Program with a check for \$44,100 from Subaru of America's 2022 Share the Love event!

As part of a national partnership with Meals on Wheels America, Subaru of America donated \$250 for every new vehicle purchased or leased to the purchaser's choice of participating charities—one of which is Meals on Wheels—from November 17, 2022, through January 3, 2023. Since the Subaru Share the Love Event began in 2008, Subaru and participating retailers like Hanson Subaru have donated nearly 4 million meals and helped provide friendly visits to seniors being served by local Meals on Wheels programs across the country.

Thanks again to Hanson Subaru and to all those car buyers who chose our Meals on Wheels program to support! Watch for this year's Share the Love event in November.

For more information about Share the Love, visit [mealsonwheelsamerica.org/sharethelove](https://mealsonwheelsamerica.org/sharethelove).



## Volunteers Needed

**Brighter Days  
Virgil Clarkson  
Lacey Senior Center**



The Brighter Days Adult Day Program is designed to help people living with dementia or other needs for supervised care. Enjoy social interaction with others while providing respite for their in-home caregivers.

**You:**

- Have worked with seniors with disabilities or dementia,
- Will create, organize and conduct activities, and
- Have caregiving experience

## NOW RECRUITING

### Independent Providers

Caregiver benefits of joining our team:

- Earn higher pay per hour
- Set your own schedule
- Choose your own clients
- Build a rapport with your clients
- Meet and support interesting people

Visit [southsoundseniors.org](https://southsoundseniors.org) to learn more about the Care Connection program and fill out an application.



**Senior Services**  
FOR SOUTH SOUND

# AREA 51 BINGO

**May 19, 2023**

doors open at 6 pm  
\$25 cash at door  
must be 21+



Doors open at 6:00 pm. Games start at 7:00 pm. Must be 21+. \$25 cash at the door to play. Also available: food for purchase, 50/50 raffle, special game tickets and daubers. Enjoy a full bar and costume contest! Cash only.

## UPCOMING BINGOS!

**June 24, 2023**  
Rainbow Bingo  
Olympia Center

**July 28, 2023**  
Wild West Bingo  
Lacey Center

**August 26, 2023**  
Stranger Things Bingo  
Olympia Center