



# Newsletter

May 2023

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

## It's Our Birthday!

We've been helping seniors thrive since 1973. While we're not yet officially a senior, half a century is worth celebrating!

But what's a celebration without a party? Lucky for us—and you—we're having **two**!

Please join us at one, or both, of our summer birthday parties being held in Lacey and Olympia for live music, food and drink, and a whole lot of fun.

These are free community events, open to all. Bring a friend and come check out all we do at Senior Services for South Sound.

Oh, and did we mention there will be cake?

## 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



## Brian's View



### Summer Fun

It seems that every year we approach summer, it comes as long-awaited. Though I meet some who dread the summer heat and dry, most of the folks I encounter look forward to summer fun and festivities. We hope you plan to take advantage of all the South Sound has to offer this summer, including right here at Senior Services.

I'm delighted to be getting time with my family on an August vacation back into Canada, a country we love to visit but haven't been to since COVID. There are just so many wonderful places to explore around here when the weather is benign. I confess to being a bit of a weather wimp; it's not until temperatures are in the 60s that I find myself willing to strap on my running shoes and head out for a run. My wife is one of these hardy sorts who runs rain or shine. I admire them!

Whatever floats your activity boat, I hope you set sail! Please check out our [summer catalog](#) to learn more about our activities as well as upcoming [Trips and Tours](#). We here at Senior Services are eager to help you make the most of your time and energy, and there are countless ways you can join us to have fun, socialize and be active.

My dear grandmother Irene used to take me and my friends to the beach or to ice skating and then ice cream! I learned nothing if not that life is better when we are active, with friends and family and enjoying the finer things in life.

I hope you are able to gather with friends and family over the next couple of months and take advantage of all that Senior Services offers to add fun to your summer.



Brian Windrope  
Executive Director

**Thank you to our Local Partner:**



LEWIS-MASON-THURSTON  
AREA AGENCY ON AGING

# Travelers Tea

Virgil Clarkson Lacey Senior Center

July 14  
2:30 PM

# Volunteer Spotlight: Chris Coker, Attorney at Law



*We often say that volunteers are the lifeblood of our organization. From helping out at our senior centers to delivering Meals on Wheels, volunteers are at the forefront of keeping us running smoothly. This month, though, we are thrilled to profile someone who helps out very much behind the scenes. Chris Coker, Attorney at Law, is a senior partner at Younglove and Coker, PLLC. He volunteers his time to provide pro bono legal work to Senior Services for South Sound.*

## ***How did you first learn about Senior Services and when did you begin your service as a volunteer?***

I've been aware of Senior Services as an organization for a very long time, however I did not know specifically what kinds of programs they offered, or the extent of the area and people they served. My law office, Younglove & Coker, PLLC, has been offering volunteer legal services to the organization since approximately 2021.

## ***How do you volunteer? What do you do?***

The law office provides a variety of pro bono legal services/advice to the Senior Services organization to help it navigate legally, which in turn allows it to focus on providing more direct services to its clientele.

## ***What about volunteering in your capacity do you find rewarding?***

Many of the legal issues Senior Services encounters are somewhat complex and can span several areas of law. It is rewarding to be presented with a question from Senior Services staff, analyzing and breaking down the issues, then working with staff to craft the best response/policy/practice moving forward.

## ***What is your understanding of how your particular volunteer efforts benefit the organization?***

Beyond offering pro bono legal services to the organization, I hope the legal services my office provides gives the organization piece of mind knowing that it has a relationship with a law firm that it can contact anytime when needed.

## ***What is something people don't know about your volunteering that you think worth sharing?***

When the lawyers in a law firm offer their legal services on a volunteer basis to an organization, it isn't just the lawyers volunteering their time, it is also the entire firm's staff that volunteer their time as well.

## ***Any other thoughts?***

It is a pleasure to assist Senior Services in pursuing its purpose of helping seniors in the greater south sound region.





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. Please contact us if you have questions about Medicare at Senior Services: 360-586-6181 ext 134. A trained volunteer advisor will return your call within two working days.

### Did you know?

**SMP (Senior Medicare Patrol) advises people to be smart**

**about sharing their Medicare number**

Your Medicare number is sensitive information and just as valuable as a bank account number. The SMP advises that you not share your number with anyone except health care providers, insurance companies, or health plans (and their licensed agents or brokers). You can also safely share it with people who work directly with Medicare, like the SMP. Learn easy tips and best practices for proper Medicare card management in a story in [The Moberly Monitor Index](#).

### Here are the dates for our SHIBA presentations for June 2023:

#### Zoom Options:

Wed. June 7, 11-1pm: Welcome to Medicare

Thurs. June 1, 1-2pm: Senior Medicare Patrol-prevent and detect Medicare Fraud

Thur June 8, 11am to Noon: Programs to help pay out of pocket costs with Medicare

Tues June 20, 1pm to 3pm: Welcome to Medicare

Thurs June 15, 10am to Noon: Welcome to Medicare

Wed June 28, 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](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, June 14, 11 am to 1pm

& Wednesday, June 21 4 pm to 6pm

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

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

Janis Rich

SHIBA Program Manager for Thurston and Mason Counties



# MEALS **THAT** MATTER

and other essential services

We are so grateful to everyone who supported last month's Meals That Matter and Other Essential Services campaign! Our goal was to raise \$50,000 to support our Senior Nutrition Program as well as services like Transportation, Brighter Days and Inclusion that make such a difference in our community.

Thanks to the generosity of more than 300 people, we beat our goal, **raising more than \$61,000!** It is incredibly humbling to know that so many folks believe in our mission and the need to support local seniors.

Of course, the need is ongoing. This year, our organization will have to raise over \$1.3 million in donations and grants to fund our programs. As always, we appreciate the continued support of people just like you to further our mission of improving the quality of life for people as they age.



Thank you to our sponsors:



**Lauren Pitman**  
Estate Planning and Elder Law Attorney  
**Free Presentation  
on Estate Planning**  
Tuesday, June 13 @ 2:00 pm  
Olympia Senior Center

# Senior Nutrition Program



WE'RE HIRING!

## ASSISTANT SITE MANAGER MASON COUNTY

Senior Services for South Sound is looking for an Assistant Site Manager in our Senior Nutrition Program (SNP) at Shelton/Belfair for 36 hours per week who will help oversee the overall operation of the kitchen and dining room at the meal site. Come join an amazing team and help us drive our Senior Nutrition Program goals in support of our organization's mission and exciting growth!

## 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)

Check Our  
Website!

Weekly  
Community  
Dining  
Menus



[southsoundseniors.org](https://southsoundseniors.org)



# 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

### June Speaker Series at the Olympia Center

**Most Wednesdays at 10:00 am**

**June 7:** Ron Holcomb, a retired spill responder for the Washington State Department of Ecology, will describe his educational and professional journey and give a boots-on-the-ground perspective on the daily battle to protect the environment.



**June 14:** Eric Wagner from Humanities Washington will take you on a journey through the Mount St. Helens 1980 blast zone and explore not just the surprising ways plants and animals survived the eruption, but the complex roles that people have played, all while showing how fascinating Mount St. Helens still is 40 years after the eruption.

**June 21:** Join us in Percival Landing Park (across the street from the Olympia Senior Center by the Harbor House) for a spiral walk and a welcoming of summer!

**June 28:** 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!

### Explore Olympia Walkabout

**Thursday, June 8 at 10:00 am**

We will meet at the Olympia Senior Center and drive to Marathon Park. Then we'll walk to Tumwater Falls. We can transport up to four people to Marathon Park, or we can walk from the Senior Center. Please phone if you require a ride (only 4 spots available). Meet at the Olympia Senior Center at 10:00, on June 8th for this fun walk!

### Dine Out - For Olympia Senior Center

**Thursday, June 8 at Pizzeria La Gitana 518**

**Capitol Way S**

Please call by the day prior (June 7th) so that we can be helpful and make a reservation by the day before. Call 360-586-6181.

### Tech Help with the Timberland Library Staff

**Thursday, June 13 from 10:00 am to 11:00 am**

Drop in tech help with the lovely folks from the Timberland Library. Bring your portable devices and get help untangling the mysteries of your phone, laptop, or tablet.

### Rainbow BINGO

**Saturday, June 24 at 7:00 pm**

Doors open at 6:00 pm. Come dressed in all the colors of the rainbow for this a chance to win our costume contest! 21+ only, \$25 cash to play, full cash bar, costume contest, snack bar, 50/50 raffle, cash prizes and special games with \$200 payouts.

### Senior Reads Book Club

**Thursday, July 20 at 10:00 am**

For the months of June and July, the book club will read *Ulysses* by James Joyce. **We will skip a meeting in June**, as the book is fairly long, and will meet on July 20th for discussion. Please bring ideas for books to read in the following months!



# Classes, Services & Activities

## OLYMPIA

### Reader's Theater Unlimited Performances

In July, Reader's Theater Unlimited will be performing two original comedies by Reader's Theater authors, *The Lemonade Stand* by Marc Harrison and *Fignewton's Lot* by Jim Parker.

**Tuesday, July 11 at 1:30 pm - Olympia Senior Center**

**Thursday, July 20 at 12:30 pm - Lacey Senior Center**

**Tuesday, July 18 at 1:00 pm - Tumwater Library**

### Summer Script Reading and Discussion with Reader's Theater Unlimited - Olympia (Beginning July 24) - 2nd and 4th Mondays and every Tuesday from 1:00 pm to 3:00 pm

Reader's Theater Unlimited welcomes seasoned actors, directors, playwrights and whoever wants to learn about Reader's Theater. Please join us at the Olympia Senior Center every Tuesday and 2nd and 4th Monday from 1:00 pm to 3:00 pm. Our special summer readings start July 24 and run nine sessions through August 29. Please drop in for one, or come for all script reading and discussion sessions!

We will start producing a new script for December performances in September.

## LACEY

### Death Café - Lacey Center

**Thursday, June 22 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, June 23 at 12:30**

*Boredom is Good for You (Or Is It?)*

We'll view three TED Talks Plus videos and discuss them as a group

### NW Gardeners Group - Lacey Center

**Thursdays, June 1 and 15 from 1:00 pm to 3:00 pm**

Perry McCoy is a Chess Master, but also an INCREDIBLE gardener and we are lucky to have him as our facilitator for this group. Open to all.

### Travelers Tea - Lacey Center

**Friday, July 14 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.

Save the Date

50th Anniversary Gala

Celebrating Seniors

October 7, 2023 5:00 PM

Lacey Community Center

Tickets \$150

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

## Trips & Tours

### 'Round the Peninsula

**Trip Date: Tuesday - Thursday, August 8 - 10, 2023**

This three day, two night Step Into Nature tour features several opportunities for light hiking as we journey around the beautiful Olympic Peninsula.

**\$499 Members; \$549 General Public**

**Single supplement \$205**

**Includes: transportation, 2 nights lodging, 4 meals and admission.**

**Bus leaves Olympia at 7:00 AM, Lacey at 7:30 AM**

**Approximate return: Thursday at 6:30 PM**

**Activity Level: More Difficult**



**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

## Care Connection

Care Connection provides people, aged 60 and above, with an affordable, trusted and reliable place to turn to when needing a variety of assistance – housekeeping, companionship, personal care support, dementia-specific needs, personal assistance, end of life care/hospice and more.

When you receive a referral of an Independent Provider (caregiver or housekeeper) on the Care Connection registry, you receive a qualified, skilled Independent Provider who works directly for you and with you, not a franchise or corporation.

Independent providers are screened and interviewed. Care Connection checks references, runs a Background checks including a sex offender's sweep. Independent providers must provide Care Connection their Washington State business license, current CPR certification, current malpractice insurance coverage and current driver's license in order to be referred to clients.



**NOW RECRUITING**

**Independent Providers**

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







# RAINBOW BINGO

**DOORS OPEN AT 6 PM**

**GAMES START AT 7 PM**

**21+ ONLY**

**\$25 CASH AT DOOR**

**SAT.  
JUNE 24**  
OLYMPIA SENIOR CENTER

**SNACK BAR, FULL  
SERVICE BAR, 50/50  
RAFFLE, SPECIAL GAME  
TICKETS & DAUBERS  
AVAILABLE FOR  
PURCHASE.  
COME IN COSTUME FOR  
THE CHANCE TO WIN A  
PRIZE!**

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!

