



Jeff and Sherry celebrate the New Year by coloring a banner during the Inclusion Program's Holiday Pizza Party

Senior Services for South Sound



Brian's View

A Message From the Executive Director

Last year at this time, I wrote about a new initiative our organization was undertaking to confront

the challenges of isolation and loneliness in our community. The US Surgeon General Vivek Murthy had recently released a report identifying these unique but related conditions as a national epidemic. **Senior Services took the unusual step of adopting a "theme" of battling isolation and loneliness** through the varied efforts of our organization, and it has been remarkable how it has generated conversations and actions.

Looking back, this effort had the hallmarks of many well-intentioned initiatives in that it was full of promise and hope and yet short of certainty. Without dipping into self-congratulation, **I'm delighted to say that our ambitions to make a positive difference have yielded tangible results.** We've written about isolation and loneliness in nearly every publication this year, and as a result you may be tired of reading about it! But one of our objectives has been to normalize conversations about these things, since the Surgeon General report found that only 20% of people knew about the serious health impacts of being disconnected.

I've heard from numerous people who, after being made aware of the health hazards of loneliness, have taken proactive steps for themselves or others they care

about. One story I cherish was about a person who helped a neighbor who had just returned from the hospital, visiting them daily so they were not stuck alone with the TV as they recovered. Perhaps you have a story to tell about how this new science about loneliness has changed your life in some way?

One big development of this initiative just happened. **On December 10, 2024, the Thurston County Board of Health took the important and bold step of declaring isolation and loneliness a public health crisis.** Thurston is the first county in the state to do so, though surely others will follow. This declaration helps tremendously to bring attention to the health crisis of loneliness. It is a culmination of year-long efforts, and we are proud to have played our part, working closely with partners at the United Way of Thurston County, South Sound YMCA, and the Timberland Regional Library.

Now that we are in 2025, our efforts to avoid isolation and loneliness will continue unabated. Please take the science seriously, and do what you can to help yourself and your circle of friends enjoy life and stay connected!



Brian Windrope, Executive Director

Resolutions? Let's Go!

New year, new goals—no pressure, right? We get it, resolutions can be tough to stick to, but that's where we come in! Whether you're aiming to move more, learn something new, or meet great people, our centers are here to make it fun. Let's turn those "maybe someday" dreams into "look what I just did!" moments together!



Learn a new language

Learn French with Curtis Cushman at the Lacey Senior Center, or join Conversaciones en Español and flex the language skills you already have!

Try something unexpected

On June 28 we're going Over The Edge again! Step out of your comfort zone and raise money for seniors while you're at it!

Eat Healthier



Our Senior Nutrition Program makes this goal easy! Join us at our 6 Community Dining sites for a hot, nutritious lunch every weekday!

TRAVEL MORE!



Trips & Tours is here to help you fill your wanderlust! Start small with one-day local excursions, or sign up for an extended travel trip.

Read a new book every month



Reading is more fun

with friends! Join in on the fun with the Senior Reads bookclub at the Olympia Center or the Open Bookclub in Lacey.

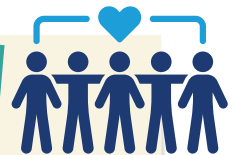
Make new friends



There are so many

ways to meet new friends or reconnect with old at our centers. Try your hand at table games, join a class or just come and have coffee!

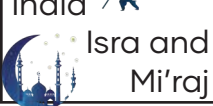
Give back to my community



Is there any better way to give back than by volunteering? Stop by our centers and find your niche today!

Senior Services for South Sound



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Monthly Observances: - Poverty in America Awareness - National Human Trafficking Prevention			1 New Year's Day 	2	3	4 World Braille Day 
5	6	7 Christmas (Eastern Orthodox) 	8	9	10	11
12	13 Korean American Day 	14 Mahayana New Year (Buddhist)  Makar Sankranti 	15	16	17	18
19 World Religion Day 	20 Martin Luther King Jr. Day 	21 National Day of Racial Healing 	22	23	24	25
26 Republic Day of India  Isra and Mi'raj 	27 International Holocaust Remembrance Day 	28	29 Chief Leschi Birthday Lunar New Year 	30	31	

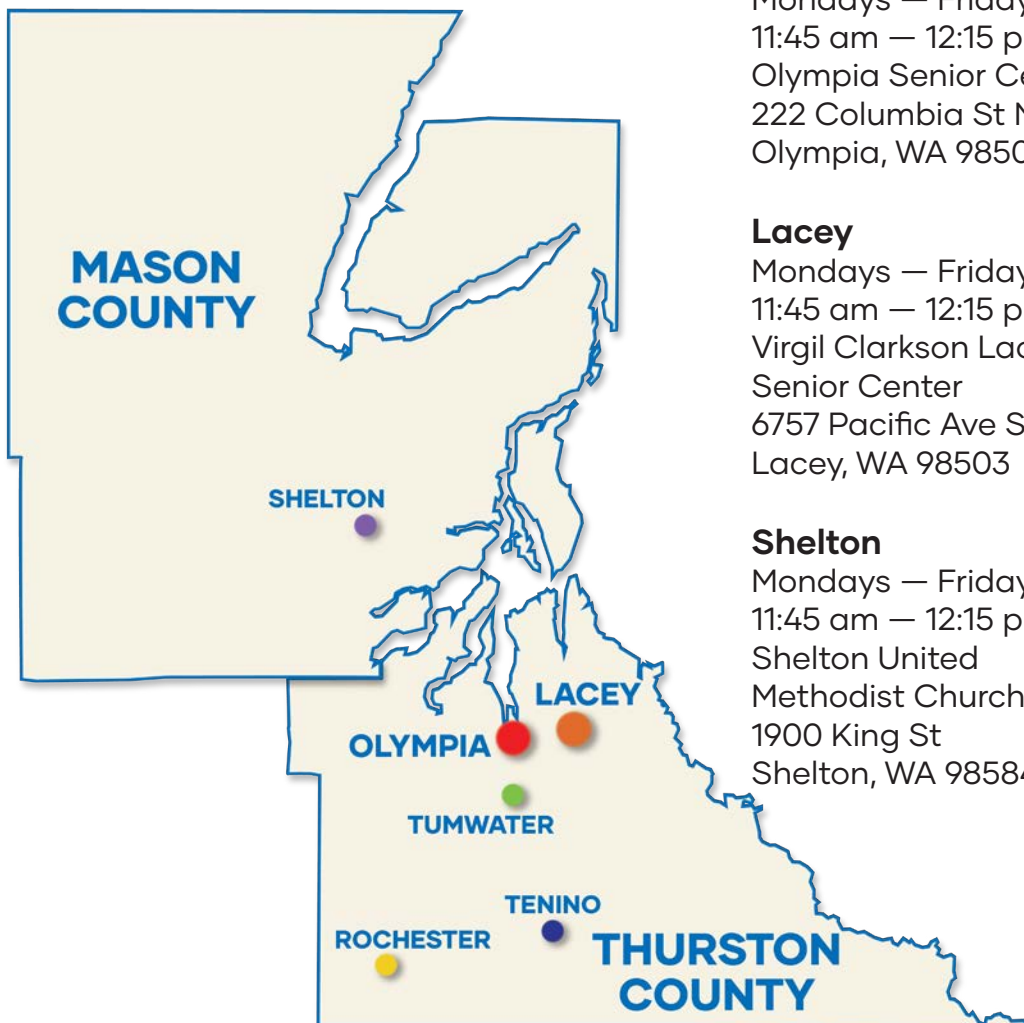
For more information and resources, scan above or visit our blog at southsoundseniors.org/news

Senior Services Celebrates January Holidays

We are so happy to ring in the new year with our senior friends. Please join us on January 14 as we recognize the Buddhist New Year, Mahayana New Year or Vesak. While origins are rooted in ancient India, today, Buddhists celebrate it as a time for reflection, mediation, and the sharing of good wishes and kindness. Senior Services will feature a special lunch prepared by our very own Senior Nutrition teams. Please be sure to double check with individual kitchen sites for their special lunch day, and with reception on the day of for any menu changes.

Mahayana New Year Meal, Jan 14: Lucky 8 Stir Fry, Brown Rice, Broccoli Florets, Pineapple

Community Dining Meal Sites



Olympia

Mondays — Fridays
11:45 am — 12:15 pm
Olympia Senior Center
222 Columbia St NW
Olympia, WA 98501

Lacey

Mondays — Fridays
11:45 am — 12:15 pm
Virgil Clarkson Lacey
Senior Center
6757 Pacific Ave SE
Lacey, WA 98503

Shelton

Mondays — Fridays
11:45 am — 12:15 pm
Shelton United
Methodist Church
1900 King St
Shelton, WA 98584

Tumwater

Mondays — Fridays
11:45 am — 12:15 pm
Tumwater Old Town
Center
215 North 2nd Ave SW
Tumwater, WA 98512

Rochester

Wednesdays & Fridays
11:00 — 11:30 am
Rochester United
Methodist Church
18206 Corvallis St SW
Rochester, WA 98579

Tenino

Mondays & Tuesdays
11:30 — 12:00
Quarry House
319 Park Ave
Tenino, WA 98589



Volunteer Spotlight: Donna Cobb

By Scott Schoengarth

The Statewide Health Insurance Benefits Advisor (SHIBA) program, offered through the Washington State Insurance Commissioner's Office (OIC), provides trained counselors to help people navigate Medicare. The OIC uses nonprofit groups around the state to provide local volunteers, with Senior Services for South Sound serving residents of Thurston and Mason counties.

Donna Cobb is just such a trained counselor. **A volunteer with SHIBA for five years, Donna responds to questions from the public a few hours every Friday afternoon.** On any given week, the number of calls can vary widely. During the recent Open Enrollment Period, SHIBA volunteers were flooded with requests for assistance and they willingly worked many extra hours to try to keep up.

Medicare, as you probably know, can be very confusing. Donna talks to clients from all walks of life. She does not make specific recommendations but tries to help callers understand their options based on their situation, including their health and prescription drug needs. Besides her Friday afternoon shifts, Donna is one of several volunteers who give "Welcome to Medicare" presentations. These are offered several times a month, in-person or via Zoom.

Donna is married with two grown children who, happily, have stayed in the Puget Sound area. She enjoys being a SHIBA Volunteer, **valuing the chance to help others while exercising her brain.** Donna recognizes the valuable service that SHIBA provides to the community and appreciates how grateful callers are for the information she is able to provide.

Interested in volunteering? Contact Volunteer Manager Theresa Ziniewicz at 360.586.6181 ext. 120, or theresaz@southsoundseniors.org, to see if your life skills will match up to some of the available openings. In this column, we've talked about volunteers who teach French, help you fix computer problems, drive for the Meals on Wheels Program and so much more. **You could call today and be volunteering next week.** Why not do it!

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.

Drive Change, One Ride at a Time!



southsoundseniors.org/volunteer
theresaz@southsoundseniors.org

Help seniors stay connected and independent by providing essential transportation to medical appointments and essential errands such as grocery shopping or trips to the pharmacy.

- Flexible schedule based on your availability
- Make a direct impact in your community

Volunteer drivers urgently needed for seniors in Mason County



southsoundseniors.org/volunteer



Spotlight on the French Riviera

Hurry, discount ends

February 26!

September 4 — 12, 2025

Time is running out to save your spot and lock in a \$550 discount on this once-in-a-lifetime trip where you'll uncover the chic resorts, sun-soaked beaches and elegant allure that attracts the rich and famous to the exquisite French Riviera!

Unpack for a leisurely multi-night stay, embracing the luxury and breathtaking beauty of the French Riviera, or Côte d'Azur. Spend time in the fairy-tale principality of Monaco. Discover the opulence of Villa Ephrussi de Rothschild and Gardens. Get a glimpse into the lives of the rich and famous in Cannes. Watch artisans create fragrant perfumes. Enjoy leisure time to explore on your own. It's time you lived a little bit of the good life.

\$4,999 double occupancy; \$6,599 single (*Price valid until February 26*)

Includes round-trip air, transfers, baggage handling, 8 nights lodging, 12 meals, sightseeing, tastings, tours, and more!



Trips & Tours

SHOWCASE

Friday, January 17
Virgil Clarkson Lacey
Senior Center
2:30 - 3:30 pm

Start the New Year with Curiosity and Connection — Senior Academy Classes Close Soon!

Secure your spot in our Senior Academy's inspiring winter lineup! Make 2025 the year you embrace growth, connection and discovery through meaningful classes designed just for you.

Explore the **Anatomy and Dynamics of Social Evolution** (January 15 - March 11), uncover possibilities in **Creating Your Legacy Design** (January 22 - March 26), and strengthen relationships with **Mindfulness for Integration Part II** (January 23 - March 13). Dive into resilience and hope with **Indigenizing Our Shared Futures** (January 24 - February 28), or ignite your creativity in **Exploring the Creative Arts Therapies** (January 30 - February 20).

Want to learn more? Full class descriptions can be found in our Winter 2025 Lifelong Learning Catalog. With topics that range from the deeply personal to the creatively enriching, there's something to spark curiosity in everyone.

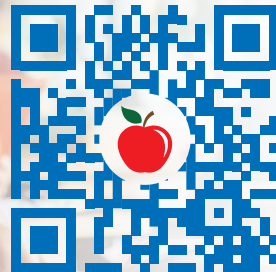
Registration is closing soon, and spaces are limited! Sign up in person at the Olympia Senior Center, scan the QR code below with your smart device or register online right from the Senior Academy page on our website.

Kickstart your year with new connections, new skills, and a renewed sense of purpose. Don't wait—classes start soon, and time is running out!



Senior Academy

Never stop learning.



REGISTER TODAY Classes Start Soon!

southsoundseniors.org/courses

Olympia Senior Center Weekly Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 to 10:00 am Advanced EnhanceFitness	10:00 am to 1:00 pm Tech Help w/ Adam	9:00 to 10:00 am Advanced EnhanceFitness® \$	10:00 to 11:00 am Gentle Yoga \$	8:30 to 11:00 am Woodcarving
10:30 am to 1:00 pm Tech Help w/ Melinda	10:00 to 11:00 am Gentle Yoga \$	10:00 am to 1:00 pm Tech Help w/ Adam	12:30 pm Pinochle	9:00 to 10:00 am Advanced EnhanceFitness® \$
10:30 to 11:30 am Gentle Yoga \$	10:00 to 11:30 am Current Issues	10:00 am to 12:00 pm Parkinson's Disease Support Group	12:30 to 2:00 pm Music Mends Minds	10:00 am to 1:00 pm Tech Help w/ Adam
12:00 to 3:00 pm Table Games	10:00 to 11:30 Rock Painting with Inclusion	10:30 to 11:30 am Gentle Yoga	1:00 to 2:00 pm Adaptive Creative Dance \$	10:30 to 11:30 am Tai Ji Quan \$
12:00 to 4:00 pm Cribbage	10:30 to 11:30 am Tai Ji Quan \$	12:00 to 3:00 pm Table Games	2:00 to 3:45 pm Beginning and Intermediate Ukulele Part II \$	12:00 to 3:00 pm Table Games
12:00 to 1:30 pm World Geography: Come Explore!	12:00 to 4:00 pm Reader's Theater Rehearsals	12:30 to 2:00 pm Euchre	2:00 to 4:00 pm Yarn Magic	1:30 to 2:30 pm Beginning EnhanceFitness® \$
1:00 to 3:00 pm Party Bridge	1:00 to 2:00 pm Zentangle \$	1:00 to 4:00 pm Mah Jongg	BOLD = Senior Services for South Sound membership required to participate \$ = Class Fee associated with activity. Read full class description on our website at southsoundseniors.org/activities or in the Lifelong Learning Catalog Dates and times are subject to change, call the appropriate center if you have questions about your activity. Olympia: 360.586.6181 or Lacey: 360.407.3967	
1:30 to 2:30 pm Beginning EnhanceFitness® \$	12:45 to 1:45 pm Drop-In Meditation	1:30 to 2:30 pm Beginning EnhanceFitness® \$		
	1:00 to 2:00 pm Chair Yoga \$			

Check out the Lifelong Learning Catalog for class descriptions and more!

Olympia Senior Center Monthly Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 CLOSED (New Year's Day) 	2	3 10:00 am - 3:00 pm Haircuts <i>(by appointment only)</i>
6 10:00 - 11:30 am Mothers with Adult Estranged Children Support Group 1:00 - 2:00 pm Reader's Theater Group Meeting	7	8 2:00 - 4:00 pm Death Cafe	9 10:00 - 11:00 am Explore Olympia Walkabout 5:00 pm Dine Out @ Hotstone Authentic Korean Cuisine	10 Secure your spot by Monday, January 6 by calling the Olympia Senior Center at 360.586.6181
13 1:00 - 3:00 pm Reader's Theater Script Readings and Discussion	14 11:00 am - 1:00 pm ALS Support Group	15 10:00 am - 3:00 pm Haircuts <i>(by appointment only)</i> 10:00 am New Year, New You pg 15 12:00 - 2:00 pm Read a Play, Engage and Have Fun	16 10:00 am - 12:00 pm Tech Help with Rich 10:00 am Senior Reads Book Club: <i>The Frozen River</i> , Ariel Lawhon.	17 10:00 am - 3:00 pm Haircuts <i>(by appointment only)</i> 10:30 - 11:30 am Food Bank
20 CLOSED (Martin Luther King Jr. Day) 	21 10:30 am Unforgettable Art with Maureen Wells pg 15	22 10:00 am - 3:00 pm Haircuts <i>(by appointment only)</i>	23	24 2:00 - 3:00 pm Bereavement Support Group: Life After Loss (via ZOOM)
27 1:00 - 3:00 pm Reader's Theater Script Readings and Discussion	28	29	30	31

Virgil Clarkson Lacey Senior Center Weekly Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 to 9:30 am EnhanceFitness® \$	8:30 to 11:00 am Woodcarving	8:30 to 9:30 am Enhancefitness® \$	9:00 to 10:00 am Gentle Yoga \$	8:30 to 9:30 am Enhancefitness® \$
9:45 to 10:45 am EnhanceFitness® \$	9:00 am to 12:00 pm Mah Jongg for Beginners	9:00 am to 12:00 pm Double Deck Pinochle	9:30 to 11:00 am Coffee and Conversation	9:00 am to 12:00 pm Pinochle
10:30 to 11:30 am Beginning French	9:30 to 10:15 am ZUMBA® Gold \$	9:30 am to 1:15 pm Korean Elders	10:00 am to 12:00 pm Tech Help	9:45 to 10:45 am Enhancefitness® \$
11:00 am to 12:00 pm Chair Yoga \$	10:00 to 11:00 am Tech Help	9:30 am Wednesday Walkers	9:00 to 11:30 am Rock Painting with Inclusion	10:00 am to 12:00 pm Memoir Writing Class
11:30 am to 12:30 pm Intermediate French	11:00 am to 12:00 pm Gentle Yoga \$	9:45 to 10:45 am Enhancefitness® \$	10:30 to 11:30 am Beginning Tai Ji Quan® \$	12:30 to 1:30 pm Intermediate Line Dancing \$
12:30 to 2:30 pm Advanced French	12:30 to 2:15 pm Needlecraft/Tatting Group	11:00 to 11:45 am Chair ZUMBA® \$	3:00 to 4:00 pm Advanced Tai Ji Quan® \$	1:00 to 4:00 pm Mah Jongg
12:30 to 1:15 Beginner Line Dancing \$	12:30 to 3:30 pm Pinochle	12:30 to 3:30 pm Table Games	5:30 to 6:30 pm ZUMBA® After Hours \$	1:00 to 2:00 pm Sing Along with Brighter Days
1:00 to 3:00 pm Watercolor Group	1:30 to 3:30 pm Dance Socials \$	12:45 to 3:00 pm Fly Tying	6:30 to 9:00 pm Ukulele Ohana	2:30 to 4:00 pm Writing for Your Life
1:15 to 2:15 pm Beginner Advanced Line Dancing \$	2:00 to 3:30 pm Mixed Media Art	1:00 to 3:00 pm Chess Essentials		
2:30 to 3:30 pm Beginning Tai Ji Quan® \$	2:00 to 3:00 pm Conversaciones en Espanol	1:30 to 3:00 pm Intermediate Line Dancing \$		
3:30 to 4:30 pm Advanced Tai Ji Quan® \$	5:30 to 6:30 pm ZUMBA® After Hours \$			
5:00 to 6:00 pm Tai Chi				

BOLD = Senior Services for South Sound membership required to participate

\$ = Class Fee associated with activity. Read full class description on our website at southsoundseniors.org/activities or in the Lifelong Learning Catalog

Check out the Lifelong Learning Catalog for class descriptions and more!

Dates and times are subject to change, call the appropriate center if you have questions about your activity. Olympia: 360.586.6181 or Lacey: 360.407.3967

Virgil Clarkson Lacey Senior Center Monthly Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 CLOSED (New Year's Day) 	2 1:00 – 3:00 pm NW Gardening Group	3 12:30 – 2:00 pm Dementia Caregivers Support Group
6 12:30 – 3:30 pm Haircuts <i>(by appointment only)</i> 12:30 – 2:00 pm Dementia Caregivers Support Group	7 10:00 am – 12:00 pm Mothers with Adult Estranged Children Support Group 6:00 – 8:00 pm Brain Injury Alliance of WA	8 10:00 am – 2:00 pm Bus Buddies 1:30 – 3:00 pm Owning the Age I Am	9	10 2:00 – 3:30 pm Bereavement Support Group: Life After Loss
13 8:30 am – 3:30 pm 55+ Senior Driving Workshop	14 5:00 pm Dine Out @ Taqueria Y Mas Mi Pueblo 1:00 – 2:00 pm Pet Support Club	15 2:00 – 3:00 pm Open Book Club 6:00 – 7:00 pm Veteran's Support Group	16 11:30 am – 12:50 pm Death Journaling 1:00 – 3:00 pm NW Gardening Group	17 2:30 – 3:30 pm Trips & Tours Showcase <i>pg 8</i>
20 CLOSED (Martin Luther King Jr. Day) 	21 10:00 am – 12:00 pm Mothers with Adult Estranged Children Support Group	22 Afternoons by appointment only Reflexology	23 2:00 – 4:00 pm Death Cafe	24 12:30 – 2:00 pm TED Talks+
27	28 1:00 – 2:00 pm Pet Support Club	29	30 12:30 – 1:30 pm Identifying Human Trafficking in Thurston County <i>pg 14</i>	31

A graphic of a spotlight shining from the top left corner onto the text below.

Virgil Clarkson Lacey Senior Center Speaker Spotlight

Jeri Moomaw and Identifying Human Trafficking in Thurston County

Thursday, January 30

12:30 pm

Virgil Clarkson Lacey Senior Center

Every year, millions of men, women and children around the world are victims of human trafficking — including right here in Thurston County. **Please join us in welcoming Jeri Moomaw, founder of Innovations Human Trafficking Collaborative (Innovations HTC) as she sheds light red flag signs of human trafficking in our area.**

In 2016, Jeri was awarded by the U.S. Department of Justice Office of Justice Programs for her work in improving the lives of

trafficking survivors. She is a human trafficking subject matter expert and consultant for the U.S. Department of Homeland Security Blue Campaign and a member of the U.S. Department of Justice Office for Victim of Crime and the U.S. Department of Health & Human Services Office on Trafficking in Persons consultant networks as a human trafficking subject matter expert.

She has worked for the past 21 years with youth and adult high-risk individuals, developing and overseeing programs, and creating curriculum and training content to combat commercial sexual exploitation, human trafficking, gangs, and violence against youth and women. Jeri is Shoshone/Cree and she is an expert on Native issues and human trafficking in Indian Country. As someone who has been personally impacted by this kind of violence, she also knows first-hand the individual and the collective toll it can take. She has made it her mission to bring awareness, education, and tools to equip communities and front-line professionals to be able to recognize and respond to trafficking and violence. Her personal and professional mission is to empower survivors to engage in anti-trafficking work in a movement and culture changing manner. "Nothing about Us, Without Us!" Jeri lives in Olympia, WA. She is a proud mother and grandmother.

Olympia Senior Center Speaker Spotlight



Speaker Series

New Year, New You: Debunking the Great Resolution Resolution!

Wednesday, January 15

10:00 am

Olympia Senior Center

Debunking the Great Resolution Resolution!
Come and share your experiences with resolutions,

mandates, and determinations! **We can then focus on what is attainable, what is important, and what you may really want the most.**



Barbara Jones-Hogu (b. 1938), Unite, 1971, screen print, 22 1/2 x 30 in., © Barbara Jones-Hogu, Collection of National Museum of African American History and Culture, Museum purchase, TR2008-24

Unforgettable Art with Maureen Wells

Tuesday, January 21

10:30 am

Olympia Senior Center

Join Maureen as she shares her incredible knowledge about art, history, and artists. **This month she will bring art related to the Civil Rights movement;** it is sure to be memorable!

Maureen Wells developed her Unforgettable Art Programs (UA) in 1989 offering age-appropriate visual and auditory stimulation using artwork, music and

poetry to seniors. During the one-hour program six art prints are displayed which inspire interactive discussions and reminiscing. Artist's biographies are highlighted. Over the years, Maureen has presented 300+ programs to 39 different groups, including civic and church groups like Rotary, Optimist, Red Hat Society and AAUW.

Daub, Laugh and Win: Bingo Nights Are Back for 2025!

We're rolling into 2025 with all the excitement of a jackpot win and it's all thanks to YOU—our incredible community of bingo enthusiasts.

It all started **in December 2023 when we celebrated our first sell-out since the pandemic**. The energy in the room was electric, and that momentum carried us through a wildly successful 2024. Whether you came to win, to cheer laugh or both, you helped make bingo nights a highlight of the year.

But bingo at Senior Services for South Sound isn't just about having fun—it's about giving back. **Every daubed card and jubilant "BINGO!" directly supports our activities program.**

We're thrilled to announce that 2025 is shaping up to be even more spectacular, with six unforgettable bingo nights lined up. Each event will be hosted by the incomparable **Elizabeth Lord**, a local storyteller projects, like String and Shadow, have made her a true icon in Olympia. Elizabeth brings her wit, charm and larger-than-life personality to the mic, making every bingo night a one-of-a-kind experience.

Bingo nights are **21+ only**, open to the public and alternate between the Virgil Clarkson Lacey Senior Center and the Olympia Senior Center. Doors open at 6:00 pm, games start at 7:00 pm and **it's cash only for entry, the bar, and snacks**. Enjoy \$60 game payouts, \$2 Special Games tickets, a costume contest, a 50/50 raffle, and daubers available for purchase.

Mark your calendars, grab your friends and make let's make 2025 a bingo year to remember!



Elizabeth Lord calling bingo in December (by AJ Titley)



SUPERHERO BINGO

SATURDAY,
FEBRUARY 22
OLYMPIA SENIOR
CENTER

JEDI BINGO

SATURDAY,
APRIL 26
VIRGIL CLARKSON
LACEY SENIOR CENTER

RAINBOW BINGO

SATURDAY, JUNE 14 • OLYMPIA SENIOR CENTER

Bigfoot Bingo

SATURDAY, AUGUST 23 • VIRGIL CLARKSON LACEY SENIOR CENTER

ROCKY HORROR BINGO

SATURDAY, OCTOBER 25 • OLYMPIA SENIOR CENTER

Ugly Sweater Bingo

Saturday, December 13
Virgil Clarkson Lacey Senior Center

About SHIBA

Every month our SHIBA program (Statewide Health Insurance Benefits Advisors) trained volunteers are available to help you understand the Medicare program.

If you are new to Medicare or have been on Medicare for some time, feel free to contact us at our message line at 360.586.6181 ext. 134 and a volunteer advisor will return your call, usually within two business days, or sooner.



SHIBA presentations in January

(For presentations via Zoom, please register with our office at 360.586.6181 ext. 134)

CLASS	DATE	TIME	LOCATION
Medicare - Getting Started	January 8	11:00 am	Olympia Senior Center
Medicare - Getting Started	January 16	11:00 am	Mason County Senior Activities Center
Medicare - Getting Started	January 21	1:00 pm	ZOOM
Medicare - Getting Started	January 22	6:30 pm	ZOOM



ALERT from the Washington State Office of the Insurance Commissioner: **Ground Ambulance Services and Surprise Billing**

In 2024, the Washington legislature enacted a law protecting consumers from out-of-network charges by Ground Ambulance Service Organizations (GASO). The law takes effect January 1, 2025, and bans balance billing for covered emergency and non-emergency ground ambulance transportation. It was based on recommendations from a Ground Ambulance Advisory Group convened by the OIC.

Under the new law, If a nonparticipating (out-of-network) Ground Ambulance Service Organization (GASO) provides an ambulance transport to a health plan enrollee, they must bill the health plan directly and not the enrollee. The enrollee's cost-sharing amount is limited to what it would be if the GASO was in the health plan's network. Any cost-sharing paid by the consumer also counts towards their deductible. The GASO cannot balance bill the enrollee and cannot ask a consumer to waive their balance billing protections.



Scan for more information

<https://www.insurance.wa.gov/ground-ambulance-services-and-surprise-billing>.

We invite you to become a member!

Your membership offers you access to dozens of lifelong learning classes, including health and wellness, personal growth, the arts, hobbies, games and support services. You'll also receive discounts on travel from our Trips & Tours program and Academic Courses. Being a member is like being part of our family!

Financial aid is available for folks experiencing financial hardship. If you are unable to pay the full membership amount, please call us to discuss membership options.

Membership Level	LIFETIME	GOLD	SILVER	SEASONAL
Individual Price	\$1,000	\$120	\$60	\$20
Couple Price	\$1,800	\$200	\$100	
Duration	Lifetime	Annual	Annual	3-Month
Virgil Clarkson Lacey Senior Center Rental Discount	20%	10%		
Access to all quarterly activities				
20% Senior Academy discount				
\$20 Off designated Trips & Tours				
Quarterly registration fee waived				

SUPERHERO BINGO

DOORS OPEN AT 6PM • GAMES AT 7PM • 21+ ONLY
\$25 CASH TO PLAY • SNACK BAR • CASH BAR
\$2 SPECIAL GAMES • 50/50 RAFFLE
COSTUME CONTEST

Senior
Services
FOR SOUTH SOUND

SATURDAY,
FEBRUARY 22
OLYMPIA SENIOR
CENTER

AARP Tax Help Available!

Beginning January 13th, AARP will take appointments for tax help at both centers.

1. Call the appointment line at 360.347.6276 and leave a clear message. They will call back on a number ending in 4444.
2. Make an appointment on the AARP website: taxaidewa20.org/online/ (fastest option)
3. Walk-in during open hours. AARP will accept Walk-ins if space is available and at least one hour remains before closing, or they will schedule an appointment for a later date.



**Centers and
Administrative Offices
will be**

CLOSED
January 20
for MLK Day.

Thank you to our Local Partners:



LEWIS-MASON-THURSTON
AREA AGENCY ON AGING



SUBARU

Olympia Subaru