



Etsuko, beloved member and Lacey Senior Center regular, celebrated her **105th birthday** with us on March 30! She was celebrated with cake and a special certificate from Gov. Bob Ferguson. Happy birthday Etsuko!



Brian's View

A Message From the Executive Director

With equinox arriving, and the lengthening of the days in full

swing, we look forward to summer events and the summer solstice. In this month's issue, you'll meet a former staff person, now a volunteer, who shares my love of astronomy and does far more with his telescopes and cameras than I do. He and I enjoy discussing space, equinoxes and solstices, distances and the scale of things. We relish thinking about deep time.

These considerations do not diminish our interest in the here and now. Instead, I would argue that the here and now is greatly informed by understanding the grain of sand we are on the cosmic beach.

Speaking of beaches: What summer plans are you making? Do you have a favorite beach? A summer festival? Why not take a trip with us somewhere fun and festive!

Join us to go Over the Edge on June 13 and support our mission while getting a fantastic view from high above the hustle and bustle of daily life.

My family is now spread out, with our boys in different states pursuing their educational goals. So time together is precious, and we are hoping for some of

that this summer. If stars align (you know what I mean don't you!) we may all be together in our favorite place up in British Columbia where we can swim and hike and be in the peace of wild places.

Here at Senior Services, we are entering summer in good spirits and with an excellent team. Last month we held our Volunteer Appreciation event, and it was our largest ever, with more than 200 people in the room. Impressive — but that's still only about half of our total volunteers!

It really is wondrous for me to consider all the people we have, in all sorts of positions, pulling together toward enhancing the quality of life for folks. We aim to meet people where they are, and do something that makes their lives better.

For some, that is a good meal. For others, it is a place to play Bridge!

As my carrots and peas and other seeds pop up in my vegetable garden, and as the snow melts from the mountains, I hope your own life has some breath and bloom that elevates you above the concerns of the day. We are not merely stuck in the drama of our days, but are able to embrace the beauty and vitality of the kaleidoscope of life around us. Come have better days with us this summer.

A handwritten signature in blue ink, which appears to read "Brian Windrope".

Brian Windrope, Executive Director



Farewell Jill!

Senior Services Staff

It's never easy to say goodbye—especially when it's to someone who has helped shape not just a workplace, but a community. As **Lacey Activities**

When asked what she'll miss most, her answer came easily: the people. "Not that I can't come and see them," she added, "but working with them the way I do." She'll also miss the daily rhythm of the job and the coworkers who made it all worthwhile, especially **Lacey Activities Coordinator Jay**, whom she describes as "really amazing."

Manager Jill Rector prepares to retire, we find ourselves reflecting on the many ways she's left her mark on Senior Services.

Jill joined us in late 2015, bringing with her an incredible breadth of experience. **Before returning to her hometown of Lacey, she spent 24 years as a recreation specialist with the federal government.** From Alaska and Germany to Japan and back home again, she managed everything from youth activities, an Olympic-size pool, a lakeside beach and a paintball course. She even managed a fleet of rental vehicles!

"I really enjoyed the people," Jill said. "It's like a second family in some respects, more of a fellowship really."

That sense of fellowship has been at the heart of Jill's time here. She's built lasting connections not only with staff, but with the many volunteers who make our mission possible.

"They've blown my mind," she said. "I didn't know people would do so much for so little."

Thankfully, this isn't a true goodbye. Jill fully intends to remain part of the Lacey community, whether that's stopping by to visit, lending a hand with volunteer projects or tackling a few hands-on fixes around the center. (If the mailbox numbers suddenly look freshly painted, you'll know who to thank.)

For now, she's looking forward to a well-earned change of pace: sleeping in, exploring the many features of her new car and embracing the unknown of what comes next.

As she heads into retirement, Jill leaves us with one final thought: "I think the projection of Senior Services is really strong."

We couldn't agree more, and that strength is due in no small part to people like Jill. **Thank you, Jill, for your years of dedication, humor and heart. We're not saying goodbye—just see you around.**

Cultural and Holiday Meals at Senior Services

Through our Senior Nutrition Program, we offer monthly themed meals that reflect cultural traditions, seasonal observances and holidays recognized by our diverse community.

At Senior Services for South Sound, we believe that **food is one of the most meaningful ways to build connection**. Our cultural and holiday meals provide an opportunity to learn, share traditions and enjoy community together.

Holiday Meals

Date: Tuesday, May 5

Occasion: Cinco de Mayo

Menu: Choice of Protein, Taco Salad with Mixed Greens, Salsa, Sour Cream, Avocado, Fruit

Date: Wednesday, May 20

Occasion: Mental Health Awareness

Menu: Pulled Pork Sandwich, Potato Salad, Coleslaw, Fresh Fruit Salad

Date: Thursday, May 28

Occasion: Haitian Heritage Celebration

Menu: Pitimi w/Haitian Stewed Chicken, Mixed Garden Salad, Fruit

Celebrate Older Americans Month



Each month, we offer ribbons at our reception desks to help raise awareness around issues impacting older adults in our community.

For May, blue ribbons are available in recognition of Older Americans Month. This annual observance celebrates the contributions, resilience and strength of older adults in our communities while raising awareness about the importance of supporting healthy aging. By fostering connection, respect and access to quality services, we can help ensure older adults thrive and continue to enrich our communities in meaningful ways.

May 2026 Newsletter



Celebrating *Diversity* May 2026

Monthly Observances:

- ALS Awareness
- Haitian Heritage
- Indian Heritage
- Jewish-American Heritage
- Mental Health Awareness
- National Asian American and South Pacific Islander Heritage
- Older Americans

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Visakha Puja Day Beltane	2
3	4	5 Cinco de Mayo	6	7 National Day of Prayer National Day of Reason	8	9
10 Mother's Day	11	12	13	14	15	16
17 International Day Against Homophobia, Transphobia and Biphobia	18 Victoria Day	19	20	21 World Day for Cultural Diversity for Dialogue and Development Shavuot (-May 23)	22	23 Declaration of the Bab
24 Pentecost	25 Memorial Day	26 Eid al-Adha (-May 27)	27	28	29 Ascension of Baha'u'llah (Baha'i)	30 World MS Day
31	Haji (-May 30)					

Senior Services for South Sound



Olympia Subaru Shares the Love

Senior Services Staff

We're so grateful to Olympia Subaru for once again choosing our Meals on Wheels program as their hometown charity through the Subaru Share the Love campaign. Your continued commitment to our community means more than words can say.

Their team stopped by to present a check for \$32,595—a gift that will go directly toward nourishing and supporting our most vulnerable neighbors.

Each meal we deliver is so much more than food. It's a knock on the door. A warm smile. A quick check-in that says, "You matter." For many of the seniors we serve, it's the highlight of their week, and sometimes, their only regular connection.

Meals on Wheels serves everyone. No matter income, background or beliefs, all of us should have access to nutrition, dignity and human connection.

MEALS ON WHEELS IN 2025



96,605
meals delivered

339
clients served



More Than a Meal

Senior Services Staff

At first glance, Community Dining in might seem pretty straightforward. It's a place to get a good meal, sit down for a bit and maybe chat with a few people nearby. And yes, that part is true—meals are served on weekdays and open to anyone age 60 or older with a suggested donation of \$4 – \$8. No one is turned away for lack of funds.

But over time, it's become clear that it's not just about what's on the plate.

For many people in Mason County, **Community Dining at the Shelton United Methodist Church** offers something that can be harder to come by: a reason to get out of the house and a place where you know you'll see familiar faces. Conversations pick up from the day before, new friendships form naturally and the simple act of sharing a table starts to mean a little more.

We recently heard about one gentleman who began attending because he was feeling isolated. Like many others, he came for the meal, but he kept coming back for the people. **Over time, those daily lunches turned into real connections**—and eventually, he something unexpected happened: **he met his now girlfriend!** It's not exactly the outcome we advertise, but it's a pretty great example of what can happen when people have a space to connect.

Stories like that aren't unusual in their own way. While not every visit leads to a love story, it's common to hear about friendships forming, routines taking shape and people feeling more connected than they did before. **That sense of belonging is just as important as the meal itself.**

Community Dining is available at six locations throughout Thurston and Mason counties, including sites in Olympia, Lacey, Tumwater, Rochester and Tenino. Each one offers the same thing at its core: a welcoming environment, a nutritious meal and a chance to spend time with others.

In Shelton, meals are served Monday through Friday from 11:45 am to 12:15 pm at Shelton United Methodist Church. Whether someone is coming for the first time or has been attending for years, there's always a seat at the table.



Pull Up a Chair!

Scan the code or visit Senior Nutrition on our website for a list of all our dining locations, hours and our menu.

● Lacey Senior Center Activity Spotlights

Conversations en Francais with Josie

Mondays

10:30 am | ● **LACEY**

Join Josie in conversational French! This is NOT a class, but rather an opportunity to hear spoken French in a casual setting. Perfect for those who are interested in the language or those who could use a memory boost after learning it back in the day. It is a drop in activity and will be helpful if you may soon be traveling to a French speaking country/area to get the basics on how to order croissants!

Public Welcome

Low Vision Assistance Demonstration with Michael

Thursday, May 7

12:30 pm | ● **LACEY**

The Lions' Low Vision Resource Center is open by appointment to assist you with low vision aids, sight impaired products and resource information. All our low vision resources and assistive items are loaned free of charge to any Washington State resident with low vision. Take home a reading machine or items listed below at no cost — you can keep it as long as you need it!

- Talking watches and clocks
- Large dial telephones
- Computer keyboards
- Specialty glasses, sunglasses, monoculars, and binoculars
- High-intensity lamps to help with needlework or crafts
- Kitchen aids like talking measuring cups
- Products to help mark matching clothing
- White canes
- Signature writing aids

Public Welcome

Caregiving Support and Resource Conversation with Jo Ann

Thursday, May 14

12:30 pm | ● **LACEY**

Join Jo Ann for an open and informative discussion designed to help you navigate caregiving with confidence and peace of mind. We'll cover common questions like where to find resources, options for you or your family, POLST forms and power of attorney. Bring all of your questions!

Public Welcome

OUT OF THIS WORLD RUMMAGE SALE

Saturday, May 23

Virgil Clarkson Lacey Senior Center

See page 13 for details



Senior
Services
FOR SOUTH SOUND

■ Olympia Senior Center Activity Spotlights

Unforgettable Art with Maureen

Theme: Pets

Wednesday, May 6

11:00 am | ■ OLYMPIA

Explore the joy of pets through an engaging Unforgettable Art appreciation class that weaves together visual art, poetry, and music. Participants will reflect on pet-inspired works and share in meaningful, creative conversation. All are welcome—no experience needed, just bring your curiosity and love for art.

Public Welcome

Musical Performance by Student Orchestras of Greater Olympia (SOGO)

Wednesday, May 13

11:00 am | ■ OLYMPIA

SOGO will share their Paths to Dignity Project, which blends music and homeless advocacy to inspire hope, foster dignity, and build community connections. Centered on Lucas Richman's *Violin Concerto: Paths to Dignity*, special guest Dillon Welch will perform excerpts from the concerto. Dillon is a SOGO alumnus (2009) who currently plays violin with the Louisville Orchestra.

Public Welcome

Presentation by Summit Assistance Dogs

Wednesday, May 20

11:00 am | ■ OLYMPIA

Come learn about Summit Assistance Dogs and spend time with their adorable dogs and puppies. This nonprofit creates life-changing partnerships by training highly skilled mobility assistance dogs for people with disabilities, helping foster greater independence and confidence. Enjoy an engaging conversation about their work and see these incredible pups in action.

Public Welcome

Author Talk: Janine Gates on book "Saving the Nisqually Delta"

Wednesday, May 27

11:00 am | ■ OLYMPIA

"Saving the Nisqually Delta," by Olympia-based writer Janine Gates, tells the story of how one of Washington State's most fragile and ecologically rich landscapes was saved from development and preserved. Join Janine for a discussion about her book and a chance to ask questions about this important effort and its lasting impact.

Public Welcome

Dine Out with Us!

Meet at the restaurant; everyone pays for their own meal. For Olympia Dine Out dates, please sign up at the Olympia Reception Desk. **Public Welcome**

● LACEY

Tuesday, May 12

4:30 pm

Cooper's Food & Drink

2400 Marvin Rd NW

Lacey, WA 98516

■ OLYMPIA

Thursday, May 14

5:00 pm

Mi Luna Cuban Cafe

1023 Capitol Way S

Olympia, WA 98501

Let's Do Lunch!

Everyone pays for their own meal and enjoy the good company. Please sign up at the Olympia Reception Desk. **Public Welcome**

■ OLYMPIA

Tuesday, May 26

11:30 am

Martin Way Diner

2423 4th Ave E

Olympia, WA 98506

Volunteer Spotlight: Rich Pallechio

By Scott Schoengarth

In last month's newsletter, Flora Pallechio, who volunteers for our Senior Nutrition Program, was highlighted as Volunteer of the Second Quarter for 2025. Now it's time to meet her husband.

Rich Pallechio volunteers twice a month providing a truly valuable service: Tech Help. He's at the Lacey center on the first Thursday of each month, and in Olympia on the third Thursday of the month. You'll find him from 10 am to noon, helping seniors with their cell phones,

tablets, printers or computers.

Rich has always been involved in the tech world, working for IBM for 25 years. When he was laid off in 2014, he was hired at Senior Services for South Sound as a tech leader. Among his accomplishments was installing the telephone systems in both Lacey and Olympia. Flora helped out, the two of them crawling under various desks to plug in phone lines.

When Rich retired from that position in 2023, he decided to volunteer at both senior centers, doing the work he loves the most – helping seniors with their technology challenges. **He especially enjoys meeting, talking with, and having fun with so many seniors.** He recently helped a woman who came by for the fourth time – she'll be 100 years old in July! She tells fascinating stories about World War II. There was also a 90-year-old woman who escaped from East Germany shortly before the Berlin Wall went up. **Rich says everyone who comes by has a unique life story to share, and oftentimes they just need someone to talk to about themselves.** It is very rewarding, he says.

Rich and Flora, who will celebrate their 50th anniversary next month, moved to Thurston County in 1976. Their daughter Rachel works as a state auditor, and son Joseph also lives locally, so the whole family lives close by.

In his spare time, **Rich is an avid astronomy buff and photographer.** He sits out in the back yard late at night and into the morning hours staring up at the sky and taking fabulous photographs of the stars, the galaxy, and any celestial object that catches his fancy. Ask him about it and he'll pull out his phone and show off some of his latest photographic accomplishments.

So if you have a tech problem, just stop by and talk with Rich (or our other folks providing tech help). And if you're sitting at home with spare time on your hands, why not call Volunteer Manager Theresa Ziniewicz and explore some of the volunteer options she has available. Odds are good she'll find a position that works well with your skills and experience. You can reach her at 360.586.6181 ext. 120, or by email at volunteers@southsoundseniors.org.



A Helping Paw

Senior Services Staff

We'll do anything for our pets. But for some, that means making the choice between taking care of themselves or getting their furry family members the care they need.

"The PALS Fund has been a godsend for me and my little Katie. Its contributions to her special needs care have made a big difference as there are times when it's difficult for me to manage all the cost myself," says Kathleen.

Katie was diagnosed with Cushing's disease, an endocrine disorder that can lead to increased thirst and urination, reduced activity, excessive panting, recurrent skin infections and an enlargement of the abdomen resulting in a "pot-bellied" appearance. Cushing's isn't curable, but can be managed with the help of medication, which is often unmanageable to budget for on a fixed income unless other essentials are cut.

PALS has been helping alleviate the burden of Katie's medication while also helping to cover the cost of lab work she's undergoing to discover if she also has chronic kidney disease.

"We want to keep her stable and feeling her best," PALS Fund Manager Kimi says.

For Kathleen, keeping Katie in her life has meant the world.

"I can't thank the donors, the organization and the volunteers enough for everything they do."



Scan the code or go to southsoundseniors.org/pals to learn more about the fund, how we can help or to support us in our mission.



PALS

Pet Assistance for
Low-income Seniors

Senior Services for South Sound



Medicare 2026: A New Era of Coverage

Major changes are coming to Medicare and Medicaid in 2026. From lower prescription costs to new program requirements, these updates may impact your health care and your wallet in Thurston and Mason counties.

Prescription Savings and New Caps

Medicare continues to lower drug costs in 2026. A new \$2,100 annual out-of-pocket cap means you'll pay nothing for covered prescriptions after reaching that limit. Medicare has also begun negotiating lower prices for select high-cost drugs, and the \$35 monthly insulin cap remains in place.

Washington State: WISer Pilot Program

Starting January 1, 2026, Washington is participating in a federal pilot program introducing prior authorization for 17 outpatient procedures under Original Medicare. The goal is to reduce unnecessary services and improve care.

Medicaid (Apple Health) Updates

By the end of 2026, many adults ages 19–64 may need to complete 80 hours per month of work or community engagement to maintain coverage. Federal changes may also affect eligibility for some non-citizen adults. Washington continues its five-year look-back period for long-term care.

SHIBA Help in May

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

CLASS	DATE	TIME	LOCATION
Medicare - Getting Started	May 6	11:00 am - 1:00 pm	ZOOM
Medicare - Getting Started	May 13	11:00 am - 1:00 pm	Olympia Senior Center 222 Columbia St NW Olympia, WA 98501
Medicare - Getting Started	May 19	6:00 pm - 7:30 pm	ZOOM
Medicare - Getting Started	May 21	10:00 am - 12:00 pm	ZOOM
Medicare - Getting Started	May 21	11:00 am - 3:00 pm	Mason County Senior Activities Association 190 W Sentry Dr Shelton, WA 98584

SHIBA (Statewide Health Insurance Benefits Advisors) is staffed by a dedicated group of highly trained volunteers who provide free, unbiased Medicare assistance. We offer in-person appointments at our office in the Olympia Senior Center, as well as assistance by phone. You can reach us at 360.586.6181 ext. 134 to schedule a time that works for you.

Out of This World Rummage Sale

Saturday, May 23

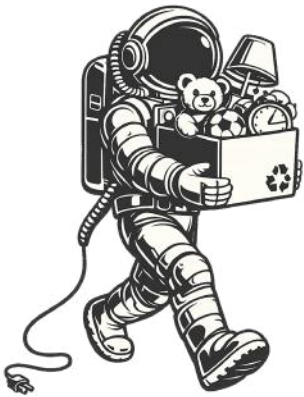
8:00 am Early Bird Entry - Members: Free | Non-Members: \$5

9:00 am - 3:00 Free Admission

● LACEY

An event of interstellar greatness, our annual rummage sale is the place to find new old treasures for your closet and your home. All proceeds go directly to the activities that keep seniors in our community active, engaged and thriving! Most credit cards are accepted for purchases \$15 and up.

Public Welcome



Launch Your Donations Our Way!

Drop-off begins May 11 at:
Olympic Moving & Storage
935 Poplar St. SE
Monday-Friday
9:00 am - 4:00 pm
877.547.7175

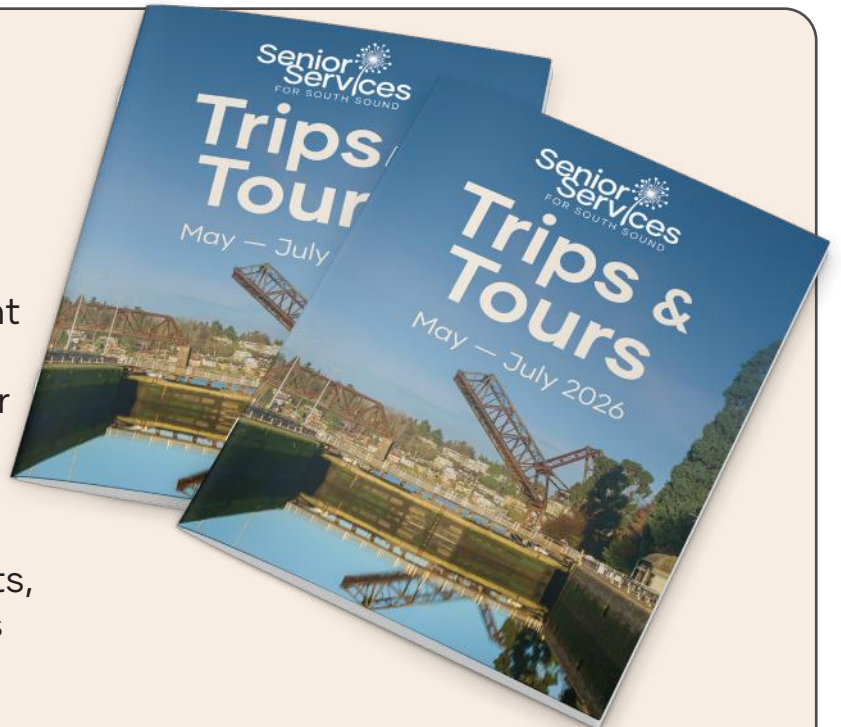
Look for the Rummage Sale sign by the storage container out front!
DO NOT bring your items to the center — we will not accept them!



New Trips Are Here!

Explore more beauty and excitement of our backyard with day trips designed with YOU in mind. Whether you're cruising down the Willamette River, taking in a show at the Paramount Theater or walking through luscious gardens and forests, our Trips & Tours summer lineup has something for everyone!

Pick up your copy of the Trips & Tours Summer Catalog at our reception desks, or find it online at southsoundseniors.org/trips-tours today to start exploring!



Heights? \$1,000? It's too Scary... Until You Think About It!

Senior Services Staff

In a month, Senior Services is going Over The Edge for the third year! You've seen the posters and you've probably had someone talk to you about the event, so what's stopping you from signing up?

For most people, the barrier to participating is one of two things: the fear of heights and the need to raise \$1,000. It's a lot, we know. But when you get to thinking, it's not an unconquerable mountain, we promise!

Hurdle One: Fear

We don't blame you, but there are two people who will readily tell you that fear does not automatically mean that you can't do this!

"I was scared at first, but once I took that step off and started controlling the rope myself, all fear went away and it was just plain fun," says Fran, who went over last year and will again this year!

"You're gonna get scared, but you're gonna love it!" - Fran

Continue →

Over EDGE



continued

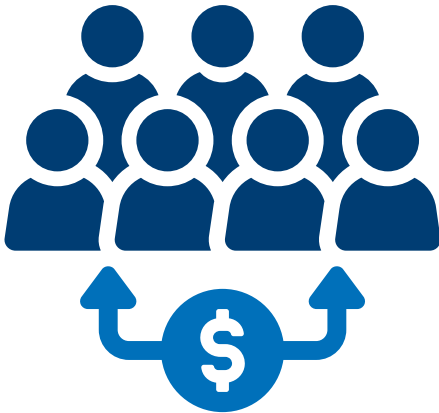
Hurdle Two: Fundraising

We get it. \$1,000 sounds like a lot. That number alone is enough to make people pause.

But just like the fear of heights, it feels a lot bigger before you really think about it.

The truth is, most people don't raise \$1,000 in one big ask. It usually comes together little by little, from friends, family, coworkers and even a few kind strangers along the way.

When you break it down, it starts to look a lot more manageable:



\$1,000 Broken Down:

- 10 people give \$100
- 20 people give \$50
- 40 people give \$25
- 50 people give \$20
- 100 people give \$10

Or, more realistically, a mix of all of the above.

A couple of larger gifts, a handful of smaller ones, maybe a few people who surprise you—it adds up quicker than you'd expect.

And just like stepping off the edge, the hardest part is usually just getting started.

Ready to Rappel?

Still thinking about it? You can do this!

A little fear, a little fundraising—and a whole lot of impact for older adults in our community.

If you've been on the fence, this is your sign. Sign up for Over The Edge and help make a difference in a way you'll never forget!



Senior Services for South Sound

RAINBOW BINGO

JUNE 6

OLYMPIA SENIOR CENTER

Save the Date

Senior
Services
FOR SOUTH SOUND

Enchanted Forest

FALL GALA October 10, 2026

Here for You! Call 360.586.6181 and dial these extensions.

- Meals on Wheels: 1
- Transportation: 128
- SHIBA help with Medicare: 134
- The PALS program: 131
- Home Share: 136
- Brighter Days: 207
- Trips & Tours: 126
- Budd Bay Bargains: 125
- Development Office: 110
- Volunteering: 120
- Olympia Reception: 0
- Lacey Reception: 200



**IMPORTANT
INFORMATION**

Centers and administrative offices closed:

Friday, May 15 - All Staff Retreat

Monday, May 25 - Memorial Day

Thank you to our Local Partners:



LEWIS-MASON-THURSTON
AREA AGENCY ON AGING



SUBARU.

Olympia Subaru