



Our Fall Gala on October 26 was an amazing Evening in Tuscany. See page 3 for details!



Brian's View

A Message From the Executive Director

Lately I've been reflecting on the holistic way Senior Services performs our mission. It seems to me we are unique in having a mission that is both age specific and broadly inclusive. We strive to **improve the quality of life for people as they age**. I've written before about the importance of that word people, and how we interpret it to mean all people of all sorts.

This is meaningful because when you look around our organization, you see such a diversity of people and happenings. If you think of our lives as having a rainbow of emotional and psychological colors (sadness, joy, curiosity, etc.), then Senior Services has something for just about every color in our rainbows! Want to celebrate? We've got you! Need to mourn? We've got you. Want to explore? We've got you! Struggling with hunger? We've got you. Loving life and seeking your peak? We've got you!

Most organizations are started to address specific needs like housing or food. We do those things for sure, but we do so much more besides! Right now we are budgeting for 2025, and our **organization has grown by leaps and bounds** over the past few years. We've expanded our programs to meet increased demand, we've raised our wages to stay competitive in hiring and retaining the best talent, and we've invested in our infrastructure so we aren't held back by it. These are exciting times around Senior Services.

The winds of change continue to blow around us. Yet we are a foundational bedrock for seniors in Thurston and Mason Counties. With your support, we will continue to excel at helping seniors thrive, no matter how we are buffeted by storms. It's a benefit of age that we are better able to put things in context. This winter's bad? Oh, we've seen a few worse!

Thank you for being a part of the greater whole that is Senior Services for South Sound. Volunteers, staff, Board, donors, participants, clients, partners ... we are bold and beautiful when seen all together!



Brian Windrope, Executive Director



An Evening in

Tuscany

A decorative graphic of an olive branch with several olives, positioned below the word "Tuscany".

This year's Fall Gala was an incredible night!

We celebrated, we ate amazing food, and we raised more than \$104,000 to support our mission.

Guests arrived to find the Olympia Senior Center transformed into a colorful, Italian-themed space. Our decor committee, led by the amazing **Linda Roseberry**, pulled out all the stops to make this a night to remember.

Before sitting down to dinner, our guests tried their luck at the Wine Pull — with one lucky winner taking home a bottle worth more than \$200! — perused the silent auction and enjoyed tastings courtesy of **Olympia Olive Oil**. Our dear friend **Jay Zabava** provided the soundtrack with his fabulous piano playing.

Then it was on to dinner, and **our kitchen really outdid themselves** this year. The Italian meal was beyond delicious, a four-course meal that delighted the senses and strained the waistlines! Gelato donated by **Sofie's Scoops** was the capper. During dinner, we were serenaded beautifully by the jazz standards of **Vince Brown and Christy Neal**.

Speakers included Executive Director Brian Windrope and Board Chair John Ficker, but **the emotional highlight of the evening was provided by Leslie True**. As the spouse of a Brighter Days client, Leslie spoke movingly about how important that vital program has been for her and her husband. She brought more than a few people to tears, and everyone to their feet in a standing ovation. Thank you, Leslie, for your willingness to share your story!

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Senior Services for South Sound

continued from page 3

Our live auction this year was filled with travel opportunities, including trips to Tuscany, Iceland and Belize. Later there was the opportunity for guests to raise their paddles to make a donation. **Our guests were incredibly generous, and these two activities netted more than \$63,000 to support our mission.**

We are so thankful for everyone who made this event such a success, ultimately netting more than \$104,000. It took a lot of hard work from many, many volunteers and staff members. Our guests were wonderful, and we are so thankful for everyone.

Thank You to our Sponsors

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Our speaker, Leslie True, gave a powerful account of what the Brighter Days Program means to her and her husband.



*Couldn't come
to our gala
but still want
to support us?*

Scan here to make a gift.

secure.southsoundseniors.org/forms/celebratingseniors



Volunteer Spotlight: Jeff Loyer

By Scott Schoengarth

Did you know there are more volunteering opportunities at Senior Services than helping out with our Senior Nutrition Program or staffing the front desk? Just ask one of our resident tech gurus, Jeff Loyer, who volunteers at the Virgil Clarkson Lacey Senior Center one day a week helping people through all of their electronic questions!

Retired now for several years from the Dupont

branch of Intel, Jeff decided he wanted to help people. Knowing the internet is a valuable tool for everyone and that, as much as some of us hate to admit it, technology has become a part of a senior's daily life, he packed up his skills and brought his knowledge to the Lacey Senior Center.

If you stop by on a Tuesday morning between 10:00 and 11:00 am, you'll find Jeff behind the coffee bar imparting his wisdom to us older folks who (sometimes) have trouble with our electronic devices. **He encourages all seniors who are having challenges with their cellphones, tablets or laptops to come down,** pull up a chair and work out your problems together over a cup of coffee. And when Jeff says together, he means it. Though even he sometimes gets stumped Jeff says that he's learned a lot on the job, such as the Apple Operating System. In a follow-up visit, he was even able to fix my phone so the volume is up and people calling can now hear me when I answer!

When Jeff steps out from behind the coffee bar, you can find him and other volunteers supporting some of the larger events, such as the Fall Gala recently held at the Olympia Senior Center.

Can't make it to see Jeff on Tuesdays or over to the Lacey Senior Center? Don't worry, Jeff is joined by an amazing group of digital wizards across both centers! See pages 8 and 9 for Rich, Marianne, Adam and Melinda's schedules.

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.



Start Volunteering Today!

southsoundseniors.org/volunteer

Senior Services for South Sound



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					All Saint's Day 1 	Dia de los Muertos (Day of the Dead) 2
3	4	5	6	7	8	9
10	Veterans Day 11 	12	13	14	15	International Day for Tolerance 16
17	National Hunger and Homelessness Awareness Week (- Nov. 26) 18	International Men's Day 19 	Transgender Day of Remembrance 20 	21	22	23
24	25	26	27	Thanksgiving Day 28 	Native American Heritage Day 29 	30

Monthly Observances:

- National Native American Heritage Month
- National Family Caregivers Month
- National Epilepsy Awareness Month
- Lung Cancer Awareness Month



For more information and resources, scan here or visit our blog online!

southsoundseniors.org/news

Come Celebrate with Us!

Community Dining Serves Up Thanksgiving

To improve the quality of life for people as they age is the guiding principle that drives each one of our programs. Within that framework, Senior Services strives to celebrate each of our seniors' unique differences, rich histories and inspirational contributions. It is through a better understanding of one another that positive growth and support can be achieved.

Thanksgiving is a national holiday in the US, which first remembered the sharing in a harvest feast between Plymouth colonists and the Native American Wampanoag people. But the holiday has been met with great controversy with many believing that Thanksgiving Day masks real historical accounts of betrayal, bloodshed and oppression.

Today, for many Americans, the celebration centers on delicious bounty shared with family and friends. We at Senior Services recognize the power of food in bringing people together. We hope you can join us for lunch as we give thanks to our seniors and partners that help us achieve our mission.

Thanksgiving Meal: Turkey, gravy, stuffing, sweet potatoes, mashed potatoes, dinner roll, green bean casserole, cranberry sauce and dessert

Tuesday, November 19

Olympia

11:45 am - 12:15 pm

Olympia Senior Center
222 Columbia St NW
Olympia, WA 98501

Tumwater

11:45 am - 12:15 pm

Tumwater Old Town Center
215 North 2nd Ave SW
Tumwater, WA 98512

Tenino

11:30 am - 12:00 pm

Quarry House
319 Park Ave
Tenino, WA 98589

Wednesday, November 20

Lacey

11:45 am - 12:15 pm

Virgil Clarkson Lacey Senior Center
6757 Pacific Ave SE
Lacey, WA 98503

Shelton

11:45 am - 12:15 pm

Shelton United Methodist Church
1900 King St
Shelton, WA 98584

Rochester

11:00 - 11:30 am

Rochester United Methodist Church
18206 Corvallis St SW
Rochester, WA 98579

Thursday, November 21

Belfair

11:45 am - 12:15 pm

HUB Center for Seniors
111 NE Old Belfair Hwy
Belfair, WA 98528

OLYMPIA WEEKLY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 to 10:00 am Advanced EnhanceFitness® \$	10:00 to 11:00 Gentle Yoga \$	9:00 am to 10:00 am Advanced EnhanceFitness® \$	10:30 to 11:30 Gentle Yoga	8:30 to 11:00 am Woodcarving
10:30 to 11:30 am Gentle Yoga \$	10:00 to 11:30 am Current Issues	10:00 am to 1:00 pm Tech Help with Adam	12:30 pm Pinochle	9:00 am to 10:00 am Advanced EnhanceFitness® \$
10:30 am to 1:00 pm Tech Help with Melinda	10:00 am to 1:00 pm Tech Help with Adam	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 with Adam
12:00 to 3:00 pm Table Games	10:30 to 11:30 am Tai Ji Quan \$	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	12:00 to 4:00 pm Reader's Theater	12:00 to 3:00 pm Table Games	2:00 to 4:00 pm Yarn Magic	12:00 to 3:00 pm Table Games
12:00 to 1:00 pm World Geography: Come Explore!	12:45 to 1:45 pm Drop-In Meditation	1:00 to 4:00 pm Mah Jongg		1:30 to 2:30 pm Beginning EnhanceFitness® \$
1:00 to 3:00 pm Party Bridge	1:00 to 2:00 pm Chair Yoga \$	1:30 to 2:30 pm Beginning EnhanceFitness® \$		
1:30 to 2:30 pm Beginning EnhanceFitness® \$				

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

See pages 10 & 11 for more activities and events!

LACEY 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® \$	9:30 to 10:15 am Zumba Gold \$	9:00 am to 12:00 pm Double Deck Pinochle	9:30 to 11:00 am Rock Painting	9:00 am to 12:00 pm Pinochle
10:30 to 11:30 am Beginner French Class	10:00 to 11:00 am Mother's with Estranged Adult Children Support Group	9:45 to 10:45 am EnhanceFitness® \$	10:00 to 11:30 am Coffee and Conversation	9:15 to 11 am Daytime Bingo
10:30 to 11:30 am Blood Pressure Checks	10:00 to 11:00 am Tech Help with Jeff	10:00 am to 1:00 pm Korean Elders	10:00 am to 12:00 pm Tech Help with Marianne**	9:45 to 10:45 am EnhanceFitness® \$
11:00 am to 12:00 pm Chair Yoga \$	11 am to 12:00 pm Gentle Yoga \$	11:00 to 11:45 am Chair Zumba \$	10:30 to 11:30 Beginner Tai Ji Quan \$	10:00 am to 12:00 pm Memoir Writing Class \$
11:30 am to 12:30 pm Intermediate French Class	12:30 to 3:30 pm Pinochle	12:30 to 3:30 pm Table Games	3:00 to 4:00 pm Advanced Tai Ji Quan \$	12:30 to 1:30 pm Intermediate Line Dancing
12:30 to 2:30 pm Advanced French Class	12:30 to 2:15 pm Needlecraft/Tatting Group	12:45 to 3:00 pm Fly Tying	5:30 to 6:30 pm Zumba After Hours	1:00 to 2:00 pm Sing Along with Brighter Days
12:30 to 1:15 Beginner Line Dancing \$	1:30 to 3:30 pm Dance Socials \$	1:00 to 3:00 pm Chess Essentials	6:30 to 9:00 pm Ukulele Ohana	1:00 to 4:00 pm Mah Jongg
1:00 to 3:00 pm Watercolor Group	2:00 to 3:00 pm Conversaciones en Espanol	1:30 to 3:00 Intermediate Line Dancing \$		
1:15 to 2:15 Beginner Advanced Line Dancing \$	2:00 to 3:30 pm Mixed Media Art			
2:30 to 3:30 pm Beginner Tai Ji Quan \$	5:30 to 6:30 pm Zumba After Hours			
3:30 to 4:30 pm Advanced Tai Ji Quan \$				
5:00 to 6:00 pm Tai Chi				

**10:00 to 11:00 am by appointment only, 11:00 am to 12:00 pm drop-ins welcome!

Senior Services for South Sound

Olympia Monthly Meetings & Classes

Monday, November 4

10:00 am – Mothers with Estranged Adult Children Support Group

Wednesday, November 6

10:00 am – Low Vision Support Group

Tuesday, November 12

11:00 am to 1:00 pm – ALS Support Group

Wednesday, November 13

2:00 to 4:00 pm – Death Café

Thursday, November 14

10:00 am – Explore Olympia Walkabout

We're going to Westside Oly to explore Sunrise Park's community gardens! Meet in the lobby of the Olympia Senior Center and wear weather appropriate clothing and sturdy walking shoes.

5:00 pm – Dine Out with the Olympia Senior Center at Uptown Grill, 514 Capitol Way S

Dine Out isn't just a meal, it's our monthly ritual of camaraderie with friends old and new. Secure your spot by November 11. Everyone pays for their own meal.

Monday, November 18

10:30 am – Unforgettable Art with Maureen Wells

Thursday, November 21

10:00 am – Senior Reads Book Club

This month's book: *Iron Lake* by William Kent Krueger

Olympia Speaker Series

Wednesday, November 6 at 10:00 am

Sayuri Castaneda with Twinstar Credit Union

Join Sayuri Castaneda as she discusses common fraud scams, provides practical prevention strategies and shares resources for reporting fraud. We will invite seniors to participate in an open discussion about fraud and hold a space for questions.

Wednesday, November 20 at 10:00 am

Margaret Vandergriff of Your Place Finder

"Where in the world do you want to retire?" Are you, or someone you know, considering moving to a new city for retirement? Discover the secret recipe to finding the perfect city to retire, including why you should run screaming from those idiotic "Best Places to Live" lists, where to start your search to set yourself up for success (hint: not online), and how to avoid overthinking – or underthinking – your search. Get helpful tools and resources and engage in activities that will make the search for your perfect city to retire both fun AND productive!



Centers and administrative offices will be

CLOSED

November 11 November 28 November 29

for Veterans Day and the Thanksgiving holiday

Newsletter November 2024

Lacey Monthly Meetings & Classes

Friday, November 1

12:30 to 2:00 pm - Dementia Caregivers Support Group

Monday, November 4

12:30 to 2:00 pm - Dementia Caregivers Support Group

Tuesday, November 5

6:00 to 8:00 pm - Brain Injury Alliance of WA Meeting

Wednesday, November 6

1:30 to 3:00 pm - Owing the Age I Am

Thursday, November 7

1:00 to 3:00 pm - NW Gardening Group

Tuesday, November 12

5:00 pm - Dine Out with the Lacey Senior Center at Casa Mia, 4426 Martin Way SE

Join the Virgil Clarkson Lacey Senior Center for an evening at Casa Mia! Meet at the restaurant at 5:00 pm where we will dine with good food and better company! Everyone pays for their own meal.

Monday, November 18

8:30 am to 3:30 pm - Senior Driving Workshop for Ages 55+ **Public Welcome + Register in-person at the Virgil Clarkson Lacey Senior Center or call the center + \$20 Per Student**

Wednesday, November 20

2:00 to 3:00 pm - Open Book Club

Come join a staff person from Lacey Timberland Library for a group discussion of what attendees have been reading/listening to lately. Bring at least one title to talk about, and leave with a list of recommendations!

Thursday, November 21

11:30 am to 12:50 pm - Death Journaling

Please bring any type of notebook to work on. This can be as simple as an inexpensive three-ring binder or as fancy as an art journal.

1:00 to 3:00 pm - NW Gardening Group

2:00 to 4:00 pm - Death Café

Friday, November 22

12:30 pm - TED Talks Plus

Topic: *Surprising Eco & Natural Burial Options*. Is embalming our dead required by law? Is formaldehyde safe for the environment? Is cremation eco-friendlier? What is aquamation? Are natural burials legal? Is it beneficial to turn human remains into soil? Find out! We'll view three TED Talks Plus videos and discuss each of them as a group.

VCLSC Special Features

Thursday, November 7

9:00 am to 3:00 pm
Jewelry Appraisals

New!

Get your free jewelry appraisal here by Porcello Jewelers of Bellevue. Find out what it's worth. Should you want to sell it, they may be able to make you an offer.

Tuesday, November 19

8:30 am to 3:30 pm
Therapy Bunnies!

Chill out and enjoy the beautiful peace that stroking the fur of a bunny creates. The Hare BnB Rescue of Olympia will provide these soft sweeties here to help us de-stress and smile!





Above and Beyond Employee of the Quarter: Tobin Craig

With great appreciation, this quarter's Above & Beyond Employee is Tobin Craig! As the Brighter Days Program Assistant, Tobin is a very kind and caring person who does so much for others and definitely makes our days brighter!

Every day, **Tobin makes every person feel welcome and taken care of.** You can see the folks of Brighter Days are so happy to see him in the morning

and are sad to go when they leave. He will even grace people with his music to brighten their day and is very deserving of the Above & Beyond Title. He is always a pleasure to be around.

Other nominees for Employee of the Third Quarter were:

- **Emily Lopez**, Home Share Program Assistant
- **Kristy Wilkins**, PALS Fund Manager
- **Mike Ziegler**, Transportation Coordinator
- **Sandee Peabody**, Senior Nutrition Program Olympia Assistant Site Manager
- **Tim Young**, Senior Nutrition Program Olympia Kitchen Assistant & Dishwasher
- **AJ Titley**, Marketing Coordinator



It's time to Give Local!

We're excited to announce that once again we'll be taking part in the two-week Give Local Campaign alongside many of our wonderful nonprofit colleagues!

**100% of
your gift
supports
us— no
fees, all
impact!**

SCAN TO GIVE



spsgives.org

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 November

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

CLASS	DATE	TIME	LOCATION
Mason County New to Medicare	November 2	11:00 am	ZOOM
Welcome to Medicare	November 9	11:00 am	Olympia Senior Center
MIPPA Medicare Costs Webinar	November 10	1:00 pm	ZOOM
Welcome to Medicare	November 17	10:00 am	ZOOM
New to Medicare	November 21	1:00 pm	ZOOM
Shelton Medicare 101	November 17	11:00 am	Mason County Senior Activities Center
Welcome to Medicare	November 23	6:30 pm	ZOOM

Monthly Article of Interest from the Washington Office of the Insurance Commissioner: What to do if your Medicare Advantage plan discontinuing



Scan to
read the
full article

Finding out that your health plan is being discontinued is very upsetting and selecting new coverage can feel overwhelming. If you've recently received a discontinuation notice from your Medicare Advantage plan, you have several choices to make.

Unfortunately, approximately, 60,000–80,000 people received notice last week that they will need to find a new Medicare Advantage plan. We're already getting a high volume of requests for help and our volunteers are going to be extra busy this year. We encourage you to check the calendar for events near you or if you're having trouble making a SHIBA appointment, to reach out to Medicare.gov directly.



Member Spotlight

By Celia Orona

Lovey and Tom have been in the area since they were children with Lovey growing up on the largest turkey farm in Washington in Shelton and Tom born and raised in Olympia. Apart from Tom's four years in the Army, Olympia has been their home.

For Tom, his earliest memories are his days driving an 18-wheeler, but it was the six years as a compliance officer for the Geoduck Program that truly stand out to him. A trained scuba diver, one of

his duties included inspecting the boats that were used for clamming.

Seventeen years ago though, both of their lives changed forever when Tom had a stroke. He lost his ability to read and Lovey, who was still working as an educator, took on his care and that of a granddaughter the couple were helping to raise. Lovey had a background in the field of education as a reading specialist. With her skills, she's been better able to help Tom in his recovery.

It's at the Lacey Senior Center that the pair had something of a breakthrough.

"When we came to watch Charlie D. sing his Karaoke, **I noticed Tom starting to sing and read the words on the screen,**" Lovey said. "I didn't realize he could sing anything besides the Barney Song, you know, I love you, you love me, simple songs."

Years ago Tom sang in a choir, so it was a special experience for her to see him back in his element. "His confidence rose and pretty soon he was standing taking over the microphone. Tears ran down my face with awe and wonderment."

“How something like music, rhythm and friends could transform a person from quiet and inward into someone who loves to try and communicate with more confidence and assurance of being heard is incredible. Thanks a million times for what the senior center has given to my Tom, his smile tells it all.”

- Lovey



**Learn about
becoming a
member.**

southsoundseniors.org/become-a-member

Wreath Making and Holiday Shopping on Main Street

Wednesday, November 20

Let's get crafty! Make your own forest-scented, fresh holiday wreath! Join us as we head up to the beautiful Windmill Gardens for a private wreath making class. We'll use an array of fresh greens such as cedar, pine, or fir along with cones and ribbons to design a custom 24" wreath for all to enjoy through the winter season. Dress to get a little messy, stay warm, and have fun.

After our class, we'll head over to the adorable downtown Sumner for lunch together and free time to browse the shops on Main Street. You'll find vintage treasures, locally made gifts, and much more!

Price: \$179 Members | \$ 199 General Public

Included: Transportation, trip planning, lunch, wreath making class and all supplies, snack

Departs: Olympia 9:00 am | Lacey 9:30 am

Approximate Return: 5:00 pm

Activity Level:



Trips & Tours

**NEW CATALOG
OUT NOW!**



southsoundseniors.org/trips-tours

Senior Services for South Sound



21+ ONLY

\$25 CASH TO PLAY

DOORS OPEN 6 PM

GAMES AT 7 PM

SWASHBUCKLING BINGO

SATURDAY, NOVEMBER 2
OLYMPIA SENIOR CENTER

SNACK BAR • CASH BAR • \$2 SPECIAL GAMES
COSTUME CONTEST • 50/50 RAFFLE • AND MORE!

***WEAPONRY OF ANY KIND (EVEN FAKE) IS PROHIBITED. VIOLATORS WILL BE DENIED ENTRY!**



UGLY SWEATER BINGO



Saturday, December 21 | Virgil Clarkson Lacey Senior Center

Thank you to our Local Partners:



LEWIS-MASON-THURSTON
AREA AGENCY ON AGING



SUBARU

Olympia Subaru