



We Went

over
the
EDGE

for Seniors!

June 13, 2026

Rope Sponsors



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Heights

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Brian's View

A Message From the Executive Director

"I'm so glad you were born!" That's what I've taken to saying on

birthday cards for people here at work. What is the occasion, anyway, but the day we were born? It seems so forgettable to write "Happy Birthday" on the card when that's what everyone is saying. Ultimately, we are honoring the life of this person, that they exist, and have identity! And being a father, I have deeper appreciation for the realities of birthing a baby by the moms of this world.

It's also on my mind because July is my birth month. Leo. Yes, I like to lay around in the sun and be scratched like a cat. Looking back on that day I was born in the late '60s, I cannot begin to grasp the changes I've gone through, the fullness and breadth of experiences I've had, and all the good times I've enjoyed. You may recall I'm inclined to reflection, and few reflections are as useful to me as recognizing that we see the world as we are, not as it is. So what good is all the life I've lived, if it hasn't shaped my stories to let me see the world as a gorgeous place?

Something I've always loved about the older folks in my life is the stories. Our mission lets us do a lot to encourage story telling and sharing, and some of our most

popular courses are taught by Keith Eisner or Pam Toal on storytelling. **Through stories we make meaning of our lives and define our purpose and values.** I'm constantly encouraging my friends and family to be thoughtful about the stories they are living, since these stories structure their lives!

Here is a story: Our kitchen staff have been really stretching their skills to make international foods with consideration of our diverse community. While we have a menu designed and approved by nutrition experts, we give our kitchens some opportunity to do "site choice" days, when they can flex their culinary muscles and make something different that still follows our nutrition guidelines.

Today in Olympia they made Beef Bulgogi, a traditional Korean dish. You wouldn't believe all the excitement and sounds of happy eaters around the building. People used swear words to express how good it was!

So one powerful story is honoring the contributions of diverse cultures and foodways, and languages to what it means to be a human on this planet. We do our best to sing this song, and while we sometimes hit a flat note, the effort is beautiful. **I'm glad you were born, and know your story is one worth telling and hearing.**

A handwritten signature in blue ink, which appears to read "Brian Windrope". The signature is fluid and cursive, with a long horizontal stroke extending to the right.

Brian Windrope, Executive Director

We Went **Over the EDGE** for Seniors



June 13th was a glorious day. The sun shone brightly as people gathered in Huntamer Park to watch our third annual Over The Edge event where 18 people rappelled down a four-story building at Huntamer Park.

We are incredibly thankful to everyone who was brave enough to rappel, to all the folks who donated to support our mission, to all the volunteers and staff who worked tirelessly, to everyone who came out to see the amazing sight of people overcoming their fear for a worthy cause.

This event is near and dear to our hearts. We believe it embodies our mission in every

way, enabling people who never thought they could or would do something like this to live in that moment of achievement. For every senior who rappelled, we rejoiced. **Seniors can do big, scary and sometimes crazy things.**

And for every someday senior that went down, our hearts swelled with the knowledge that **our community stands with us** in enhancing the lives of people as they age.

Rope Sponsors



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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, July 14

Occasion: International Non-Binary Peoples' Day

Menu: Mac & Cheese w/ Cavatappi Pasta, Baked BBQ Chicken, Broccoli Slaw w/ Craisins & Almonds, Fresh Fruit

Date: Wednesday, July 29

Occasion: Āsālha Pūjā (Dhamma Day)

Menu: Buddha's Delight (Tofu, Vegetable Stir Fry), Steamed Rice, Apple Slices

All meals are low in sodium and prepared with those having diabetic needs in mind. Menus are subject to change.



Senior Services Month

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

For July, blue and gray ribbons are available to celebrate the work of Senior Services and the many programs that help older adults maintain independence, wellbeing and quality of life. Through services such as Meals on Wheels, Brighter Days, Home Share, SHIBA, PALS, Transportation, Community Dining, Activities and Trips & Tours, Senior Services supports older adults throughout our community. Whether you participate in a program or volunteer your time or help spread awareness, you play an important role in creating a more connected, supportive and age-friendly community for all.

July 2026 Newsletter



Celebrating *Diversity* July 2026

Monthly Observances:

- French American Heritage
- South Asian Heritage

- Social Wellness
- Disability Pride
- National Minority Mental Health Awareness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Canada Day	2	3 National CROWN Day CLOSED	4 Independence Day (U.S.)
5	6	7	8	9 Martyrdom of the Bab	10	11 World Population Day
12	13	14 Bastille Day International Non-Binary People's Day	15	16	17	18 Nelson Mandela International Day
19	20	21 Black Women's Equal Pay Day	22 Tisha B'Av	23	24	25
26 National Disability Independence Day	27	28	29 Āsālha Pūjā (Dhamma Day)	30 International Day of Friendship World Day Against Trafficking in Persons	31	

Senior Services for South Sound

Volunteer Spotlight: Jim Kreiger

By Scott Schoengarth



Volunteering to help at Senior Services for South Sound does not mean you are limited to the Olympia and Lacey Senior Centers. For example, we provide Meals on Wheels and weekday dining in Mason County, run out of the Shelton United Methodist Church. There you'll find volunteer Jim Kreiger.

Jim is a Trustee for the church, and he was instrumental in setting up this program in December 2023. Once it was up and running, he volunteered to help in the kitchen, where he prepares and freezes the meals and gets them ready for delivery. He says he doesn't actually deliver the meals, **but he does wash all of the dishes and pots and pans afterwards!**

Mason County Meals on Wheels clients have their meals delivered every two weeks by volunteers to their homes or apartments, but in partnership with Shelton Church, we also serve hot, nutritious meals to Shelton seniors every weekday. **Every senior 60 years of age or older is welcome to participate in Community Dining.** And volunteers are there to prepare and serve the meals.

Jim was born in Cumberland, Maryland, which is probably 3,000 miles from Shelton. He had his own business in Maryland as a goldsmith, turning precious gems into jewelry. He sold his custom house and business when his wife wanted to move to another state. But when the marriage eventually ended, he says he and the dog got in the car and decided to drive out west, where his mom lived in the Olympia area. Nowadays he doesn't get to travel much to see his two children, who live in other parts of the country, but he does still get requests from past customers around the country to make specialized jewelry.

At the church, he works two days a week in our Senior Nutrition Program. Besides making meals and washing dishes, he does small repair jobs in the kitchen area that help control the cost of the program.

Jim encourages others who are retired and sitting at home to think about volunteering. **He's made lots of friends, finds the work quite enjoyable, and really looks forward to the days they serve meatloaf for lunch. He loves the meatloaf!** He hopes to keep helping in the kitchen for years to come.

There are Meals on Wheels/Senior Nutrition Programs run out of the Lacey, Olympia, and Shelton areas, as well as a plethora of other volunteer opportunities in all kinds of areas. Just contact Theresa, Senior Services Volunteer Manager, at 360.586.6181 ext. 120, or by email at volunteers@southsoundseniors.org. She'll talk with you and help you decide what kind of volunteer work you want to get involved in, or maybe even lead a class like last month's interviewee, Peggy Barry, does teaching folks how to play Mah Jongg.



Find Peace of Mind Estate Planning Essentials Presentation

.....

Monday, July 13th • 2:00 p.m

The Olympia Center: 222 Columbia St NW

.....

ONLY 40 SPOTS AVAILABLE!

Pre-Registration Required

Save your spot today by scanning the code below or visiting
southsoundseniors.org/events



Join local estate planning attorney Susan Kirkpatrick for this informative presentation designed to take the confusion and fear out of estate planning!



Attorney Susan Kirkpatrick
Life Seasons Estate Planning, PLLC

Topics include:

- Wills and Trusts
- Planning for Incapacity
- Powers of Attorney
- Health Care Directives
- Reducing Family Conflict
- Preserving Your Legacy & More



LifeSeasonsEstate.com

● Lacey Senior Center Activity Spotlights

Threadworks!

Wednesday, July 1

12:00 - 4:00 pm by appointment only | ● LACEY

Kim will help you mend, patch, darn and sew on that wiggly button to extend the life of your favorite clothes.

Public Welcome

Cooling Thurston: Staying Safe in the Summer Heat with Thurston County Climate Action Team

Thursday, July 9

12:30 - 2:00 pm | ● LACEY

Seniors are particularly at risk of heat illness and people in the Pacific NW are not used to or prepared for extreme heat. Heat is the #1 weather-related killer in the world and the US, and with climate change causing ever increasing summer heat we want to protect vulnerable communities.

Public Welcome

Dine Out

Tuesday, July 14

4:30 pm

Anthony's Hearthfire Grill

1675 Marine Dr NE

Olympia, WA 98501

Join a group of friendly seniors for a delicious meal at our monthly Dine Out at Anthony's Hearthfire Grill! Meet at the restaurant; everyone pays for their own meal.

Public Welcome

Fly Tying

Wednesdays

12:45 - 3:00 pm | ● LACEY

Bring your own fly tie project to work on while you socialize with others interested in the sport. Don't tie flies, but want to? All levels are welcome!

Members Only

Building Brain Healthy Habits with Cynthia

Thursday, July 23

12:30 - 2:00 pm | ● LACEY

Research shows that there are everyday habits you can build today to help protect your memory and thinking. Join Cynthia Flores of Alzheimer's Association of Washington for an interactive workshop to learn these vital skills!

Public Welcome

'50s Dance Party

Friday, July 31

6:30 - 8:30 pm | ● LACEY

Get ready to dance the night away! \$5 gets you entrance to this fundraiser for Senior Services. Inside you'll have free soft drinks, snacks, and a raffle ticket for a vinyl record player. '50s attire optional!

Public Welcome

Dance Socials with Bert & Bill

Tuesdays

1:30 - 3:30 pm | ● LACEY

Dance to the music of Swing Stuff, a live band who know how to get your feet moving! Or just come to listen and socialize. No partner necessary, and all skill levels welcome. Coffee and snacks provided!

Members: \$7 | Non-members: \$10

Public Welcome



IMPORTANT INFORMATION

- Dementia Support Group for Caregivers will meet Monday, **July 6** and Friday, **July 10** due to the holiday closure.
- Tech Help with Rich on Thursday, July 2 is cancelled.

■ Olympia Senior Center Activity Spotlights

Tips to Beat the Heat with Janet

Wednesday, July 1

1:00 - 2:00 pm | ■ **OLYMPIA**

As climate change continues to make our summers hotter, we need to learn to protect ourselves from extreme heat. Heat is the number one weather killer in the US and seniors are especially susceptible. Janet Nazy, Executive Director at Thurston Climate Action Team (TCAT), will share information from their Cooling Thurston program. You will learn why our summers are warming, the heat illness symptoms you should recognize, and you'll get tips on how to stay cool and avoid heat illness. You'll come away with a Heat Illness Prevention brochure to help keep you safe.

Public Welcome

Caring for the Caregiver

Tuesday, July 7

2:00 - 3:00 pm | ■ **OLYMPIA**

Caring for someone else can be really rewarding—but it can also wear you out. This group isn't about the day-to-day caregiving tasks—it's about taking care of you. Come share, swap ideas for managing stress, and find support for your own physical and emotional well-being in a relaxed, welcoming space.

Public Welcome

Tea with Lee

Friday, July 10

11:00 - 11:30 am | ■ **OLYMPIA**

Join our kitchen staff member, Lee, as he shares his passion for tea in this fun and flavorful class. He'll introduce Chinese tea brewing techniques, along with a short talk about its origins. Enjoy sampling different blends while you sip, learn and discover a new favorite.

Public Welcome

Discover Senior Services

Wednesday, July 15

4:30 - 5:15 pm | ■ **OLYMPIA**

Curious about what Senior Services has to offer? Join us for an introduction to our programs and a guided tour of the building. Whether you're new, thinking about becoming a member, or a longtime participant who wants to learn more, all are welcome. Come connect, ask questions, and enjoy some light refreshments! Part of Stay & Play Wednesdays! See page 11 for more details.

Public Welcome

Cooking Class with Chef Mary

Tuesday, July 21

1:00 - 2:30 pm | ■ **OLYMPIA**

Join Chef Mary for a fun and flavorful class focusing on "No-cook Meals" for the summer heat. She will demonstrate easy meals such as salads and cold sauces. Samples will be provided! A \$5 donation to the instructor is requested.

Members Only

Art with Elizabeth

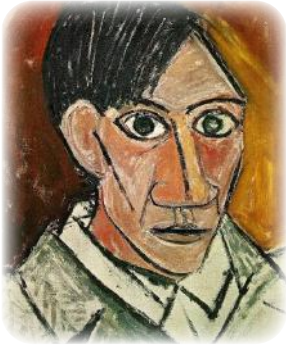
Thursday, July 23

10:00 - 11:00 am | ■ **OLYMPIA**

Come get crafty with us! Elizabeth is back with a fun, fresh art project—oyster shell art. We'll be transforming simple oyster shells into unique, creative pieces. No experience needed—just bring your curiosity and get ready to experiment, create, and have a great time!

Members Only

■ Olympia Senior Center Speaker Series



Unforgettable Art with Maureen—Theme: Picasso

Wednesday, July 1

11:00 am - 12:00 pm | ■ **OLYMPIA**

We're bringing the museum to you! Explore the bold and imaginative world of Pablo Picasso in this engaging Unforgettable Art class. Enjoy a lively art appreciation experience filled with artwork, poetry, music, and meaningful conversation inspired by Picasso's life and style.

Public Welcome



Digital Skills for Everyday Living with Richie

Wednesday, July 15

11:00 am - 12:00 pm | ■ **OLYMPIA**

This presentation introduces practical technology skills designed to help older adults build confidence with everyday digital tools. We'll discuss learning opportunities related to smartphones, computers, internet safety, online services and staying connected with family, friends and the community. Attendees will also learn about available technology support resources and ways to continue building their digital skills at a comfortable pace.

Public Welcome



Microplastics in our Environment with Cheryl

Wednesday, July 22

11:00 am - 12:00 pm | ■ **OLYMPIA**

Microplastics have flooded our environment and our bodies. Studies have linked microplastic exposure to significant health issues. Come learn about the microplastics problem, understand how our purchasing decisions can make a meaningful impact on our environment, and walk away with some simple behavior changes that will reduce your body's exposure to microplastics.

Public Welcome



Puget Sound Estuarium with Hap

Wednesday, July 29

11:00 am - 12:00 pm | ■ **OLYMPIA**

The Puget Sound Estuarium will give a short, engaging presentation about local marine life, shoreline habitats, and the South Puget Sound estuary. Through our Estuarium habitats, we help bring the outside inside so attendees can better understand the plants, animals, and ecosystems that make Puget Sound special. The presentation will also share simple ways to stay connected to and care for Puget Sound.

Public Welcome

No speaker July 8

Stay & Play WEDNESDAYS!

Extended summer hours at
the Olympia Senior Center

Join us **Wednesdays, July 8 - August 12**
from **4:00 - 5:30 pm** for extended card
and game play and a bonus fitness class!

Whether you're winding down after work,
meeting up with friends, or exploring the
Center for the first time, Stay & Play
Wednesdays offer something for everyone.



FEATURED ACTIVITY:
Enhance®Fitness

Join our new **4:30 pm**
Enhance®Fitness class!

Registration required
for the full six-week
session.

\$24

PUBLIC WELCOME!

*No refunds for
unattended classes.



**Curious About
Membership?**

Stop by on **July 15** or
August 12 at **4:30 pm** to
learn about programs,
activities and
membership benefits.

PUBLIC WELCOME!



Stay Safe in the Heat!

Hot weather can be more than just uncomfortable—it can be dangerous. Extreme heat is the leading cause of weather-related deaths in the United States, and older adults are among those most at risk. Knowing how to recognize heat illness and take preventive steps can help protect your health during the summer months.

STAY HYDRATED!

Start drinking water **BEFORE** you're thirsty.

Wear lightweight, loose and light-colored clothing

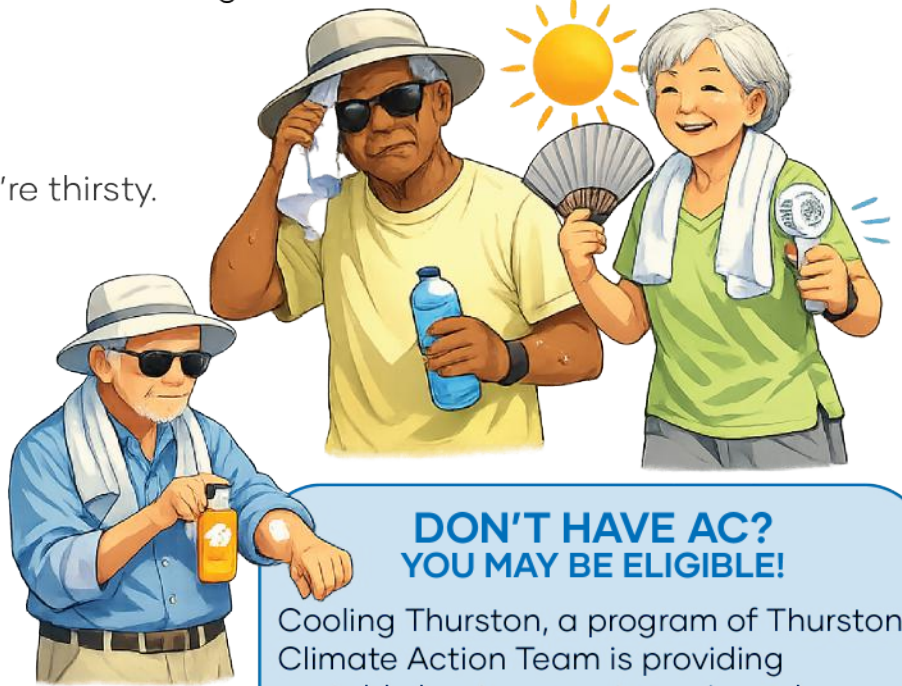
This will help air circulate to cool you. Light colors reflect the sun.

Pace yourself and take frequent breaks

Don't stress your body more by doing strenuous activities.

Seek cool places

Find air conditioned locations like our centers, libraries, malls or cooling centers. If outside, keep to the shade!



DON'T HAVE AC? YOU MAY BE ELIGIBLE!

Cooling Thurston, a program of Thurston Climate Action Team is providing portable heat pumps to seniors who need them. If you rent in Thurston County, qualify as low-income and are 65 or older, contact **Janet Nazy** at janet@thurstonclimateaction.org for an application.

Recognize the Symptoms:

Heat Exhaustion:

- Dizziness
- Cool, pale skin
- Heavy sweating
- Weakness
- Muscle Cramps
- Nausea
- Vomiting
- Dizziness
- Fainting

Heat Stroke:

- Confusion
- Headache
- Hot, red skin
- No more sweating
- Fast, strong pulse
- Nausea
- Vomiting
- Dizziness
- Fainting

What to do in the event of heat illness:

For Heat Exhaustion, seek a cool place to rest, hydrate, loosen clothing and monitor your condition. If symptoms worsen after 30 minutes, call 911.

For Heat Stroke, call 911 immediately then move to a cool place. Lower your body temperature with cool cloths or ice packs to the neck, armpits and groin. **Do not drink water.**

This article is for informational purposes only and is not intended as medical advice. Consult your healthcare provider with any questions or concerns about heat-related illness or your personal health.

● Virgil Clarkson Lacey Senior Center

Senior
Services
FOR SOUTH SOUND



Trips & Tours

SHOWCASE

Friday, July 24  2:00 – 3:30 pm



IMPORTANT INFORMATION

LET OUR STAFF LEAD

Senior Services staff are fully trained in First Aid and emergency response. When a health emergency or fall occurs, we know your instinct is to help—but for everyone's safety, staff must handle the situation.

What you can do to help:

- **Alert** a staff member immediately
- **Stay clear** of the area to give responders room to work
- **Follow all directions** from staff and emergency personnel.

Thank you for helping us
keep our community safe!

Senior
Services
FOR SOUTH SOUND

Senior Services for South Sound



Medicare to Test Coverage of Certain Weight-Loss Drugs

Beginning July 1, 2026, Medicare will launch a temporary GLP-1 Bridge Program that gives some beneficiaries access to certain weight-loss medications, including Wegovy, Zepbound, and Foundayo. The program will run through December 31, 2027.

To qualify, beneficiaries must be age 18 or older, have Medicare prescription drug coverage through a Part D or Medicare Advantage drug plan, obtain prior authorization, and meet specific weight and health criteria. Eligibility generally requires a BMI of 35 or higher, or a lower BMI combined with certain health conditions or risk factors.

Participants will pay a fixed \$50 monthly copayment. Because the Bridge Program operates separately from Medicare Part D, the copay will not count toward Part D deductibles or out-of-pocket limits, and Extra Help cannot be used to reduce the cost.

Learn more on our website at southsoundseniors.org/news

SHIBA Help in July

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

CLASS	DATE	TIME	LOCATION
Medicare - Getting Started	July 1	11:00 am - 1:00 pm	ZOOM
Medicare - Getting Started	July 8	11:00 am - 1:00 pm	Olympia Senior Center 222 Columbia St NW Olympia, WA 98501
Medicare Fraud Presentation	July 13	1:00 pm - 1:30 pm	ZOOM
Medicare - Getting Started	July 16	10:00 am - 12:00 pm	ZOOM
Medicare - Getting Started	July 16	11:00 am - 3:00 pm	Mason County Senior Activities Association 190 W Sentry Dr Shelton, WA 98584
Medicare - Getting Started	July 21	6:00 pm - 7:30 pm	ZOOM

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.

Save the Date

Enchanted Forest

FALL GALA October 10, 2026

Tickets on sale soon \$125
Per Person

Senior Services for South Sound



STEAMPUNK
BINGO
Senior Services FOR SOUTH SOUND
6pm
feat. ELIZABETH LORD
August 22
Lacey Senior Center
21 plus Only



ROCKY HORROR BINGO
SATURDAY, OCTOBER 24
OLYMPIA SENIOR CENTER



Centers and administrative offices closed:
Friday, July 3 - Independence Day

Thank you to our Local Partners:



LEWIS-MASON-THURSTON
AREA AGENCY ON AGING



SUBARU

Olympia Subaru