Welcome to our special issue newsletter. We don’t know when the Center will re-open so instead of our usual calendar of events and menus, please enjoy stories and photos of how the Center is working to make sure the needs of our senior community are being met as well as programs that are now available.

We are putting a plan in place for when we do open and we will send out a newsletter supplement at that time. Our website will also be updated regularly and is a good place to find out what’s going on. Please visit www.sc-ws.org as well as our Facebook Page: Senior Center of West Seattle.

We have moved our Fundraising Breakfast to September 29th and we’ll have other “virtual” fundraisers going on between now and then so be on the watch for more information to come out around fun ways to support the Senior Center of West Seattle.

Please consider donating to the Center during GiveBIG Washington. GiveBIG Washington is a fundraising event that starts with early giving on April 15 and culminates with a 48-hour public campaign on May 5-May 6. See page 8 for details.

We’ll use your donations to keep the Center running and providing meals, food, groceries and other services during this pandemic. THANK YOU!

In the meantime, enjoy the beautiful spring weather and stay safe!

The Senior Center of West Seattle infuses warm friendships, healthy activities and joyful experiences into life as people age. We are a welcoming, inclusive place to laugh and learn while finding support for basic needs that foster both independence and engagement with others — a place where seniors, their families and their neighbors can celebrate life and participate meaningfully in our community.
Greetings from the Executive Director

Dear Friend and Supporter of the Senior Center of West Seattle,

We miss not having you here! I’m so excited to be here as the new Executive Director for the Senior Center of West Seattle. I started on March 3rd as the Interim and the Board approved me as the permanent Executive Director at the April Board Meeting.

I’m looking forward to meeting all of you when we are able to re-open the Senior Center. Some of you might remember me from when I was the Capital Campaign Manager, working alongside Karen Sisson to raise money to remodel and expand the Senior Center. That was 15+ years ago and I feel so at home being back at the Senior Center.

The staff has been wonderful as they re-direct their time and energy to provide essential services to our senior community. I feel very fortunate to work with each and every one of them. More on this effort with pictures on pages 4-5 of this newsletter.

Right after we closed and started providing the essential programs, Seattle Foundation announced their first round of emergency-assistance grants from the COVID-19 Response Fund—totaling more than $10 million. The Senior Center of West Seattle is proud to be one of the 128 community-based organizations to receive a $25,000 grant from the Response Fund. This helped cover our costs for March to give us time to figure out our new programs and be able to immediately provide food to seniors in our community.

Lyle has been amazing and stayed with us during the transition of his leadership to mine. It has been wonderful to have him here in that he was also able to step in and become our “Chef” as our regular Chef, Francisco needed to stay home during this time. Lyle has been making meals for delivery every day and we really appreciate the help. We are sad that Lyle wasn’t able to say “good-bye” to each of you in person so if you would like to send a card to him here at the Senior Center, we’ll be sure to get them to him. His last day is May 4th and he will definitely be missed.

I also want to thank those of you who have supported us as well. Half of our revenue comes in from the programs and services we provide when the Senior Center is open. As a professional fundraiser, I want you to know we’re doing everything we can to invite people to support our essential services. We have had donors share that they are going to give us and other organizations like the West Seattle Foodbank their tax relief dollars from the Federal Government. If this is something you feel you could do, we would greatly appreciate it!

I hope you are all staying safe and finding ways to keep busy while at home. We’ll keep our website up to date (www.sc-ws.org) on any new information around when we can re-open.

Upward and onward we go!
Amy Lee
The people in this community never disappoint! When we put a call out for volunteers to assist with delivering sack lunches, and essential items to our seniors – you all answered! We have received over 80 emails from lovely folks in West Seattle that are eager and ready to help out! We have put a handful of these amazing volunteers to work this week. We also asked for folks to make cards to add a bit of cheer to our deliveries. We have received dozens of beautiful cards from some very creative adults and children! These lovely works of art will add some cheer and brightness to the homes of so many seniors. We thank you all for your kindness, creativity and dedication to our senior community!

We also continue to provide Meals on Wheels to the community. This is an all volunteer run program that is managed by Sound Generations. Many of the volunteers are over 60 so we’ve asked them to stay home and staff is helping out as well as community volunteers who are working from home and under 60 years old. Thank you everyone for keeping this program going!

All of our volunteers are keeping themselves - and our seniors - safe, fed, and helping to prevent the isolation that seniors can experience – especially during these difficult days when the Senior Center is closed.

We look forward to the day when we get to welcome you all back in our doors to enjoy our vibrant Center, the jewel of the Junction!

If you would like to make cards and donate them to the Center, here are a few guidelines to remember:

- Please no religious or political words or images and no names.
- If you use an envelope, please leave it unsealed.

Examples of appreciated words:
- “Thinking of you.” “West Seattle loves you” “You are not alone” “Sending love” “Hope” “Your community cares about you”

Size: Please keep the cards small enough to comfortably fit in a small paper lunch bag. You can drop off cards at the Senior Center of West Seattle, Mon-Fri between 9am -11am.

Thank you all for opening up your hearts to West Seattle seniors!

We love hearing from our seniors

“I am taking this opportunity to thank Lyle Evans and the Senior Center for checking with senior members during this virus crisis to see if they are doing okay and if they need anything. It’s nice to know we are being thought of and I certainly appreciate the gesture. There are a lot of caring and kind people in this world. Thank you.

Also, thank you Lyle, for your many years of service to the Center and all that you have accomplished there. Best wishes to you for the future and enjoy the time with your family and friends. Do stop in on occasion to say hello though. You will be missed.”

~Felicia Teves, member SCWS

We’ve had 80 masks donated to the Center that were sewn by two West Seattle volunteers. We have been able to get them to seniors and to volunteers delivering Meals on Wheels, food bank items, and groceries! Thank you. So colorful! If you are in need please let us know by calling the front desk.
We had a nice time reaching out to all of our members and had the chance to talk with many of you. Please know that as this lasts longer, you are welcome to reach out and let us know if you need anything from us or know someone else who could use a meal or groceries.

The staff has been absolutely incredible and as you can see from the pictures, Nicole has been delivering Meals on Wheels each week and she also developed and manages our SCWS Delivery Program. Alexis is coordinating the Community Dining Meals and Lyle and Aylene are making them with a help from Sara! Andrea and Amy Lee are holding down the fort in the office on most days and Holly, Toni and Michele are doing their AMAZING social worker calls to ensure people are getting what they need and doing ok.

Everyone is jumping in as needed and we’re having fun doing it. Don’t worry, we’re practicing good social distancing and have been wearing masks and constantly washing our hands and cleaning high-touch areas all the time.

We have launched a new partnership program during this pandemic that is a win-win for the Senior Center and for our local restaurants. We provide 30+ meals Monday – Friday and on Tuesdays and Thursdays those meals come from local restaurants and we are able to pay $10/meal because of donations received for this purpose which provides them with some income and ability to pay staff. Some of the meals have also been donated. Participating restaurants in March: West 5, Peel and Press, The Westy, The Bridge, Elliott Bay Brewery and Mission Cantina. Additional partnerships have been developed for April and May with JAKS, Falafel Salam, Agave Cocina and Tequilas and Husky Ice Cream and Deli joining in. Thank you to all of these restaurants for participating and providing meals to seniors in our community.

We are not requiring that people who are getting the Community Dining Meals from us pay for them. We just want to make sure people are getting food. If people do want to make a donation, this can be done at our website: www.sc-ws.org or by sending in a check: 4217 SW Oregon St, Seattle, WA.
**Essential Services**

If you or someone you know would like a good meal delivered or have help with grocery shopping, please give us a call. We're happy to provide these services because we know people are staying home who would normally be able to get out and do their own shopping. Our number is 206-932-4044 ext. 1.

New Programs for the SCWS during the COVID-19 pandemic are listed below and anyone can participate:

**Community Dining Meals**
- Sack lunches are available between 11:45 a.m. – 12:30 p.m. – Monday through Friday at the Senior Center.
- Meals are also being delivered to seniors in their homes – call 206-932-4044 ext. 1 to get added to the list or if you know a senior who could use a meal.
- Our local restaurants are providing the meals on Tuesdays and Thursdays with the Senior Center providing the meals on Monday, Wednesday and Friday.

**West Seattle Foodbank Distribution**
- Bags of nutritious food are available for pick-up on Tuesdays at 10:00 a.m. at the Senior Center.
- Bags are also being delivered to seniors in their homes — call 206-932-4044 ext. 1 to get added to the list.

**SCWS Delivery Program**
- If people need groceries, prescriptions or other essential items delivered, our staff will shop and deliver the items. Call 206-932-24044 ext. 4.
- Meals on Wheels: The Senior Center of West Seattle is a Meals on Wheels distribution site and has been for years. Sound Generations manages this program and more information can be found at their website: www.soundgenerations.org.

**Free Online/Phone Resources**
(www.sc-ws.org or call for more information 206-932-4044 ext 1)
- Phone counseling support from a psychologist
- Online SCWS classes
- Online community activities for seniors
- Phone support from a SCWS social worker
- Free Basic Legal Documents for SCWS Members
- Attorney Scott Schill has offered to provide basic legal documents pro bono for SCWS members.
Meet Alexis LaFlamme

When I started as the new Program Coordinator at the Senior Center of West Seattle in late February, I didn’t think I’d need to introduce myself through a newsletter! These are certainly strange and difficult times for many of us. I met a few of you in my weeks before we had to close the Center due to the Covid-19 situation, and look forward to meeting many more of you when we can begin holding classes and events again!

With a Masters in Education I taught in Taiwan and South Korea for a couple of years. When I returned to the US, I soon found that my heart was in social service program management and coordination instead. I joined Americorps, where I began a Volunteer Respite program for homebound seniors and their caregivers. Here in Seattle, I coordinated an inter-generational program, the Foster Grandparents Program, at Catholic Community Services for five years. I have also worked at Asian Counseling and Referral Services, and the Center for Inclusive Entrepreneurship. I even briefly worked in a short-term grant-funded program for Senior Services, before it became Sound Generations!

I am also an artist and teach community art classes through my business, Meditative Arts Seattle.

Last, but not least, I have two children ages 5 and 9 who are really missing their school and friends right now! Their new teacher (me!) isn’t nearly as exciting.

I know that this is a really special place and a community that is so supportive of seniors here in West Seattle. I hope you are staying safe and healthy, and following the social distancing guidelines. Please take care of yourself, and I look forward to seeing you at the Center soon!

On-line programming for West Seattle Seniors

Although right now we aren’t able to offer in-person classes through the Senior Center, we have listed some on-line options on our website:

- Silver Kites arts community through King County Public Library
- free weekly meditation sessions with Kathleen Dowd
- free weekly mindfulness classes with Kate Jarvis
- free art classes through Gage Arts Academy
- free ebook resources through Seattle Public Library
- link to a free Chair Yoga video
- Maria with Enhance Fitness is offering on-line fitness classes 3X a week, for whatever you can pay.
- There are also free legal services being offered by a couple of volunteers.

All of this can be found linked on our website under “Activities/Classes.” We will continue to add appropriate free classes and sessions when we learn of them.
I was asked to write my article for this newsletter on the topic of healing. It’s a challenge to write about healing from the Corona virus when we don’t know when the pandemic will end or if there will be another surge of new cases once this one ends. All of us are living with tremendous uncertainty. Will life ever return to “normal” and do we even want it to? What would “normal” look like? We’ve lost our stability in the world and this can be very frightening.

While each of us responds differently to crisis in our lives, the Corona virus crisis is one that we all share, whoever and wherever we are in the world right now. Though physically separate, we can be emotionally connected and appreciate the gift of interdependence.

How do we heal from this crisis? We do it by recognizing that we each heal at our own pace and in our own way. We allow ourselves to feel whatever we are feeling—fear, anxiety, sadness, terror, despair, loneliness, hopelessness. All our feelings are acceptable. We give ourselves and others the gift of time, however long it may take to feel hopeful, even joyful again about our lives and our world. We continue to give comfort and support to whomever we define as family, to friends, and to strangers, and we gratefully accept whatever they can offer.

The love, generosity, and strength of the Senior Center of West Seattle and the larger West Seattle community have never been more evident than they have been the last few months.

Wishing you peace, tranquillity, and community, Toni

Stop the spread, spread kindness instead.

Are your membership dues OVERDUE? Check the date on your address label!

Join For $50/year*
- FREE bimonthly newsletter
- FREE birthday lunch
- 50% off Stop ‘N Shop 2nd Tuesdays
- FREE holiday meal
- DISCOUNTED program fees
- FREE coffee and cookie
- FREE movie
- Meeting new friends - priceless!
- And the good feeling of supporting your local Senior Center
- Scholarships available
  Lifetime membership of $500.
  *For those under 50, $75 year.

Memberships available online at www.sc-ws.org or fill out the information below and drop it off with your payment at the Center or mail it to us at: 4217 SW Oregon St., Seattle, WA 98116.
Checks can be made out to SCWS.

Thanks for joining! Our Membership Coordinator will be in contact with you.

Name: ____________________________

Address: ____________________________

City/State/Zip: ____________________________

Telephone: ____________________________

Email: ____________________________

Birthday: ____________________________
The need to give is bigger than ever.

Through GiveBIG, individuals, businesses, and organizations come together to invest in healing our communities. You can support nonprofits providing food, shelter, health, and social services; fighting for a more just world; expanding our horizons through art and learning; and many more valued missions.

Give Big! We welcome your donations during the biggest annual event benefitting charities and non-profits. Anyone donating their Tax Relief Dollars from the Federal Government beforehand will be added to a match so your donor dollars will go farther on the big day. Let us know if you’d like to join the match and please be sure to donate on May 5-6th! Thank you!