

Living life @ the Center

Sisson Building, 4217 SW Oregon St., Seattle, WA 98116

July/August 2020

www.sc-ws.org

Mass Gratitude!



Clockwise starting top left: Holly visits Rosie on her 93rd birthday; Jak's Grill prepares and donates much appreciated meals; Beth drops off lunches at Alaska House; thank you to Falafel Salam for delicious creations; Hillary Shaw gets ready to deliver food to Cal-Mor Circle; sending thanks to the chef at West 5 for his comfort food. We could not do this without the help of local restaurants and community volunteers!

This issue is about GRATITUDE for all the people who have helped us out during these uncertain times.

We have been BUSY! The facility doors are closed for now, but that did not stop us from providing new and supportive services to our community. Our staff team very quickly pivoted. We got on the phone and called all 800 of our members to check on them and ask them what we needed.

That formed the basis for our critical response to this pandemic. We immediately began providing food in the form of meals—both prepared in our kitchen and through a partnership with local West Seattle restaurants—groceries, food bank pick-ups and Meals on Wheels referrals.

We also launched virtual social worker outreach to meet the needs of our community's most vulnerable seniors and began providing phone counseling to people who were struggling.

We've learned a lot about how to switch and change the way we do our work and the volunteers have been critical to our success. THANK YOU! We are looking forward to the day we can have you back at the "Jewel of the Junction" and in the meantime, please join us in celebrating all those who helped us provide for seniors in their homes over the past few months.



Executive Director
Amy Lee Derenthal

Office Manager
Nicole Knowles

Volunteer Coordinator
Sara Hanson-Andreu

Program Coordinator
Alexis LaFlamme

Chef/Site Coordinator
Francisco Briseño

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Stop n' Shop Hours:
Closed until further notice
4504 California Ave. SW
Seattle, WA 98116

Senior Center Hours
Closed until further notice

206-932-4044

email us at: info.scws@soundgenerations.org



Greetings from the Executive Director



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

There are so many people, organizations and businesses to thank who have helped us through this very unique time and stand with us as we have changes to our plans taking place every day.

First off, I want to thank our Board of Directors for always being there to lend a hand, provide advice and support our work.

A special thank you goes to Board Member Lora Radford, Executive Director of the Junction Association for all of the resources and advice that have helped us in decision making through COVID-19 and the Black Lives Matter movement.

We also have a number of restaurants and businesses to thank for helping us as we launched our now fairly substantial meal delivery program. We went from providing 250 meals a month through our Community Dining Program here at the Senior Center to delivering 250 meals a week to seniors in their own homes. A shout out to the following business owners for helping us out: West 5, JAKS West Seattle, Falafel Salam, Husky Deli, Peel and Press, The Westy, The Bridge, The Mission, Microsoft Corporation and Farestart. While we made some of these meals here, we wouldn't have been able to provide the 250 per week without the support of our local community.

Financially, we are thankful for the many donors who are contributing to support the Senior Center's response to the COVID-19 crisis, which is providing meals, groceries, social worker outreach and other essential services to local seniors. Sound Generations helped us secure a \$100,000 PPP loan – that will hopefully be forgivable – to pay for staffing and GiveBIG was HUGE and we raised nearly \$20,000 and had a \$12,440 match as well. The Rotary Club of West Seattle donated \$2,000 and they are also cleaning up yards for seniors and bringing a smile and conversation, socially distanced of course.

Thanks to all of you for being our members and the people who are so important to our mission and what makes the Senior Center so special. Our mission is to provide a welcoming, inclusive environment where people can enjoy warm friendships, healthy activities, joyful experiences and meaningful engagement as they age.

We enjoy hearing from you when you call and seeing some of you as you pass by our windows and look forward to seeing you again soon! Either in-person, virtually through our ZOOM programming or at one of our outside activities – more on page 3.

Stay healthy and safe!



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Karen Pfeiffer-Bush, Richard Kromm

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Mission Statement:

Our mission is to provide a welcoming, inclusive environment where people can enjoy warm friendships, healthy activities, joyful expressions and meaningful engagement as they age.

Board meetings are held the second Wednesday of each month at 5:30 pm via Zoom.

scwsboard@soundgenerations.org

Board meeting minutes are available for public viewing in our library.

Survey says:

Thank you to everyone who recently participated in our Survey regarding Re-Opening the Senior Center. We wanted to make sure we are listening to the voices of our members, participants, volunteers and instructors as we make our plans for re-opening. Though we know there is a range of opinions on how to safely and comfortably proceed, what you think and feel matters to us. Along with following the guidelines set up by the Governor and County Health officials, we wanted to get your feedback and we did--we received about 380 responses! Here is what we learned:

1. How soon would you feel ready to return to activities at the Senior Center?

Within 1-2 months, if I feel comfortable at that time:37%
Within 1-2 weeks, as I see how things go:....32%
Immediately:19%
Not until there's a vaccine:11%

2. **Safety precautions needed:** about even across the board on all the listed options 9% - 14%.
Top two: Hand sanitizer throughout the building, and requiring masks

3. Classes most interested in returning:

Exercise classes:18%
Support groups/services (taxes, footcare, diabetic support, etc.):18%
Discussion groups:17%
Evening activities and Games:13%
Arts and crafts:11.6%
Music:8.7%

Stage 1 Re-opening

The Senior Center of West Seattle continues to follow state and county guidelines regarding opening & safety for our population during the Covid-19 pandemic. We are hoping to re-open in the next month or so; please check our website and voicemail for updates.

As we move towards opening the building to the public, we are looking at the following programs as possibilities in Stage 1 of our re-opening. All programs will be practicing social distancing and may be limited in number of people who can attend.

- Aging Well discussion group
- Writing group
- Artist group
- Coffee with Vets
- Legal Assistance
- Book discussion group
- Computer Lab (social distancing via sign-ups for specific time periods of use)

Possible future outdoor classes (at Hiawatha Community Center) include:

- Live Fitness with Maria
- Qi Gong
- SCWS Walking Group. (*If you are interested in Leading a SCWS Walking Group, let Alexis know at alexisl@soundgenerations.org)



Please enter the Center only if you have a mask on and practice social distancing!
The staff and membership thank you.

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.

THANK YOU TO OUR VOLUNTEERS! YOU ROCK!!



Volunteers pictured left to right: Simone Bouterse, John Dortero, Kelli Garces, and Keith Chmeler.

We want to extend our appreciation and gratitude out to the volunteers who are supporting the seniors in our community during this challenging time. We THANK YOU for your dedication and generosity!

Gratefully, we have 7 dedicated volunteers who are delivering lunches Monday-Friday to the homes of seniors in our community: Beth Terry, Bill Coats, Brian Sliger, Keith Chmeler, Kelli Garces, Sherryl DeVries, and Simone Bouterse.

We also have a number of volunteers who are shopping for groceries, picking up prescriptions, and delivering essentials to seniors in our community. These amazing volunteers are: Amanda Kleiss, Amy Thomson, Becky Ramsland, David Gardner, John Dortero, Robert Murphy, Rosalie & Pete Sisson

We have been overwhelmed by the generosity from our local mask makers, and card makers! We have received hundreds of handmade cards that we include in our lunch delivery to help brighten our senior friends' days! We have also received dozens of beautiful masks that local sewers have donated to us to help keep our staff, volunteers and community safe. Thank you for your countless hours of work to create such thoughtful and useful works of art! We are humbled by your kindness.

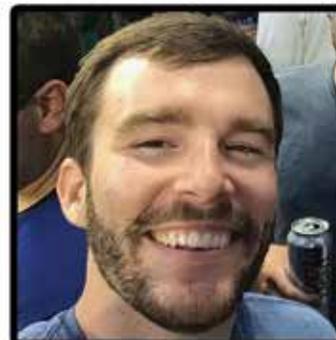
Sound Generations has provided support to the Senior Center in two very important ways. One is by providing the Hyde Shuttle – which normally takes people to doctors' appointments etc.... -- to instead help us and the other Senior Centers deliver meals to people in their homes. The fabulous Hyde Shuttle drivers are Cheri and Tom and we thank them both for making this an easy way to help people out!

Secondly, Sound Generations applied for a PPP grant to pay for staff salaries for 2-1/2 months. This is a HUGE help in giving us the opportunity to focus on raising funds to provide essential services to the community.

Others who helped us keep our programs going were the temporary Meals on Wheels volunteers who stepped in to help out while our senior volunteers were asked to stay home. Our Westside Friends volunteers continued to take seniors to essential appointments and West Seattle Rotary is helping seniors with yardwork. We have received fun items to include in the meals we deliver including seeds and fun games and entertainment from Aegis Living. Both Scott Schill, an attorney and Dr Parks, a psychologist stepped up to help people out while they are unable to come to the Senior Center.

Thank you so much everyone!

Volunteers pictured left to right: April Boyd, Brian Sliger, Sherryl DeVries, and David Gardner.





Essential Services Continuing

Although we are anticipating a re-opening of the Senior Center at some point hopefully soon, we won't be offering all of our programs and services as they were before until it is safe to do so. We will continue to provide these essential services for those seniors choosing to remain at home.

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.

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 and Farestart on Wednesday and Friday.
- West Seattle Foodbank Distribution
New Time: Boxes of nutritious food are available for pick-up on Tuesdays at 9:00 a.m. at the Senior Center.
- Boxes 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 206-932-4044 ext 1 for more information)

- 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.

Donations fund the Senior Center's response to the COVID-19 crisis, which is providing meals, groceries, social worker outreach and other critical services to West Seattle seniors. We invite people who are receiving these essential services to make a donation of any size and if you'd like to help us continue these services, you can do so by making a donation on our website at www.sc-ws.org or by sending it to SCWS, 4217 SW Oregon St., Seattle, WA 98116.

Still need to finish your 2019 taxes?

If you haven't already, Marilyn will be contacting all of you who had appointments in March to prepare your tax return! You'll be able to meet the revised deadline of July 15, 2020.

On-line programming for West Seattle Seniors

Although we are not yet back to our full programming at the Senior Center, we are offering the following on-line options. We plan to add the CURRENT EVENTS group and DIABETIC SUPPORT groups on-line this month! Please go to our website to learn more!

■ LIVE FITNESS CLASSES

9am on Monday, Wednesday and Friday

Join SCWS Fitness Instructor Maria Dowell. Please email Maria ma15dowell@gmail.com if you are interested and for details about how to connect. Optional \$3 class fee.

■ CARDIO SALSA

Tuesdays 10:30 AM with Maria

Thursdays 4:00 PM with Maria

Get ready for good music to lead you from an easy warm up, to a little heat and to a cool down, all in 45 minutes! Please email Maria ma15dowell@gmail.com or call (206) 574 8944 if you are interested and for details about how to connect. Optional \$8 class fee.

■ CHAIR YOGA with Kathleen Dowd

Wednesdays 9:30-10:30 AM via Zoom

Join Zoom Meeting at <https://us02web.zoom.us/j/88676273874>, Meeting ID: 886 7627 3874. Suggested donation \$5 / person / class; no one turned away for lack of funds. Payment can be made to Kathleen Dowd via PayPal (specialkdowd@gmail.com) OR contact Kathleen for address if you prefer to send a check.

■ MINDFULNESS CLASSES

10am on Mondays - 60 minute class

- Join by video: meet.google.com/kks-ohvz-nrg
- Join by phone: 786-600-7331

Email kate@practiceseattle.com with questions.

1:30pm on Thursdays - 30 minute meditation and checkin

- Join by video: meet.google.com/kzm-ypyw-sjb
- Join by phone: 414-909-7652

Questions? Email kate@practiceseattle.com.

■ LGBTQIA+ SENIOR YOGA CLASSES

Monday/Wednesday/Friday via Zoom

[GenPride](#) is now hosting yoga classes online. Classes are free and open to all senior and older adult LGBTQIA+, their Significant Others, Friends, Family, Allies, or Caregivers.

■ OLDER WESTSIDE LESBIAN GROUP (OWLS)

Exciting news! This new group began in 2019, and is ready to begin again. It will start virtually, with many developing plans for future meet-ups and activities in person. If you would like to be included in the mailing list, please contact Dee Quiggle at deel.quiggle@yahoo.com

■ CURRENT EVENTS discussion group and DIABETIC SUPPORT group

These two popular groups will soon be returning to the Senior Center, though not in person, but online! To be added to either group, and learn about when virtual meet-ups will begin, please contact our social worker Toni Ameslav at tonia@soundgenerations.org

■ VIRTUAL BRIDGE

Interested? Please contact Kim Roper at kimputer@comcast.net. Please include: 1) your name 2) email address 3) phone number

■ WEST SEATTLE VIRTUAL ART WALK

Visit www.wsartwalk.org

■ GAGE ARTS ACADEMY and MoMA

Free art classes online!

www.gageacademy.org/arttogo/

www.moma.org/research-and-learning/classes

■ LET'S BE PEN PALS PROGRAM

has an awesome group of people of all ages from around the country and the world who would love to be pen pals with you. If you're interested in being matched with a pen pal, please contact Karen Pfeiffer Bush at Karen@Housewarmingseattle.com or by mail at PO Box 80132 Seattle, WA 98108.

■ SILVER KITES ART COMMUNITY

King County Library System is offering FREE registration to selected online classes. Please visit www.silverkite.us/kcls and use the password: KCLS2020 to register.

■ SEATTLE PUBLIC LIBRARY

Resources designed especially for people age 50+. You can find online book clubs, art classes, skill-building workshops, special collections and more at www.spl.org.

Toni's Tips - Love, Generosity, and Strength

As our state gradually emerges from lockdown imposed by the Covid-19 pandemic, each of us has a chance to reflect on how life has changed for us and for the world in the last few months. Even though we may yearn to return to our normal lives, whatever they may have been, it is still possible to find meaning and appreciation in the present.

For example, there is strong evidence that the lockdowns have resulted in more abundant, louder, more conversant, and bolder birds all over the world, perhaps due to less noise from cars, overhead jets, power tools, and construction. And because many of us have escaped the busyness of our daily lives, those of us who have gardens, yards, or access to a park are more attentive to birds and bird activities we've never noticed, now that we have the chance to pay closer attention. Birds cooperate, collaborate, and adapt in all aspects of their lives, even across species and in difficult circumstances. Perhaps they have something to teach us about working together, especially during hard times like those we are living through.



Postscript: As I write this in early June, we are in the midst of another national tragedy that began recently in Georgia and Minneapolis and has spread throughout the country, including Seattle. There are no words to adequately express the grief, sorrow, and anguish that these injustices cause.



We are restarting our email communications to members and participants. If you'd like to be in the "know" in this way, please provide us with your email! You can send it to: info.scws@soundgenerations.org along with your name and phone number. Thanks!

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: _____



Senior Center of West Seattle
4217 SW Oregon St.
Seattle, WA 98116

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Rainbow Truth or Dare Pajama Party!

On-line
with Sylvia O'Stayformore





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Senior Farmers Market Nutrition Program 2020

Providing King County seniors with fresh fruits and vegetables from local farmers markets

Eligibility for \$40 worth of vouchers

To apply, both of the following must be true:

- **Age 60+** (or age 55+ if you are Native American) by June 30
- **Low income** (no more than \$1,967 monthly income for one person or \$2,658 for two people—for each additional person, add \$829)

How to apply

Beginning June 12, 2020, print an application from the website listed below. Mail or fax your completed application—no later than July 10, 2020—to:

Senior Farmers Market Nutrition Program
140 Lakeside Avenue, Suite A-76
Seattle WA 98122

or fax: 206-694-2227

The first 8,000 applications received will be entered into a random selection process. If your name is selected, you will receive your checks by mail.

AgingKingCounty.org/SFMNP



Need help?

Call Community Living Connections (toll free) 1-844-348-5464 or visit communitylivingconnections.org