

Connecting at the Senior Center

July/August 2021



Weathered the Storm

It is no secret. The last year has been challenging. Life at the Senior Center just wasn't the same without members attending classes, sharing lunch together and laughing over coffee.

In the face of those challenges, we weathered the storm. The Senior Center pivoted its programming, discovered new challenges facing our community and worked to connect with our members at home.

Now there is a light at the end of the tunnel, and our staff members are here to welcome you back. We are adding more in-person, hybrid and virtual programs and activities to our calendar.

Many of our members are back enjoying activities in our building. They are sharing quilting projects, reinvigorating their artistic spirit, debating current events, physically stretching in new ways, meeting with friends and having brave conversations about mental health in the wake of the pandemic. Each of these exchanges serves as a reminder of why the Senior Center is here.

When you are ready, we invite you back. A great way to reconnect is to join us for Free Cookie Friday to learn about our current programs and services, renew your membership, and hear about our efforts to keep our members safe. We hope to see you soon.

Executive Director
Amy Lee Derenthal

Office Manager
Nicole Knowles

Volunteer Coordinator
Sara Hanson-Andreu

Program Coordinator
Nancy Cossette

Chef/Site Coordinator
Francisco Briseño

Book Keeper
Andrea Erickson

Social Workers
Mo Fain, MSW
Toni Ameslav, MSW

Development & Communications Manager
Nathan Box

Outreach-Westside Friends
Michele Fawcett-Long

Stop 'N Shop Manager
Aylene Kandappu

Stop 'N Shop Coordinator
Tessa Bowden

Digital Equity Coordinator
Martin Piccoli

Senior Center
4217 SW Oregon St
Seattle, WA 98116
Monday-Friday:
8:30am-4pm

Stop 'N Shop
4504 California Ave SW
Seattle, WA 98116
Thursday-Tuesday:
11am-4pm



SOUND generations



2021 Board of Directors

Karen Pfeiffer Bush,
President
S365 Consulting + Design

Dennis Jackson,
Vice-President
Community Member

John Cluff, **Treasurer**
Community Member

Dawn Schaper,
Secretary
Brookdale Admiral
Heights

Board Members

Ann-Marie Murray,
Independent Producer,
Coastal Insurance

Benjamin Jury, Co-owner
Duos Catering

Richard Kromm, Welcome
Road Winery

Carol McClure, Financial
Designs Inc.

Alison Morton, CFRE,
Kinderling

Scott Collins,
ComForCare Home Care

Kristine Milkovich,
The Milkovich Team/John
L. Scott

Stephanie Bruno,
Sea to Peak Financial
Advisors

Committee Chairs

Karen Pfeiffer Bush,
Executive

Dennis Jackson,
Equity and Inclusion

John Cluff, **Finance**

Alison Morton,
Fundraising Chair

Carol McClure,
Ambassador

Karen Pfeiffer Bush
& Richard Kromm,
Governance Co-Chairs

John Cluff, **Sound
Generations Advocacy**

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

To get in touch with the board email:
scwsboard@soundgenerations.org

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



Greetings from the Executive Director

Welcome back! We are so excited to have our members and guests returning to the Senior Center. Please stop by and say hi to me when you are here. I can't wait to meet all of you.

Our board and staff are keeping busy moving the work of the Senior Center's strategic plan forward. Most recently we've been working to expand our engagement with community leaders in West Seattle.

One of our goals is to add new members to our volunteer committees to increase the diversity of our volunteer leadership with attention to age, race, connections and skill sets. We have six board committees—listed in the left column under Committee Chairs—and we're interested in adding more Senior Center members and people from the community to each of these committees. If you are interested in learning more and possibly participating on a committee, please let me know.

We're also marking the Senior Center's 50th anniversary this year. We're planning some social events this fall to celebrate. We'll have details in our next newsletter and on our website, sc-ws.org.

Enjoy the sun, and we'll see you soon!

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.

Commitment to Equity

The Senior Center of West Seattle strives to be a safe place where everyone feels welcome. The Senior Center does not tolerate discrimination of any kind due to race, religion, gender identity, age, disability, sexual orientation, language, class or socio-economic status. We acknowledge that systemic racism exists, and we are committed to taking a stand against racism and intolerance.

Learn about Frederick Douglass' July 5th Speech

On July 5, 1852, Frederick Douglass, a leader in the abolitionist movement, gave a monumental speech called "What to the Slave is the 4th of July." In it Douglass told the audience gathered to commemorate the signing of the Declaration of Independence, "This Fourth of July is yours, not mine. You may rejoice, I must mourn." One poignant passage was, "What, to the American slave, is your 4th of July? I answer; a day that reveals to him, more than all other days in the year, the gross injustice and cruelty to which he is the constant victim."

Douglass, an escaped slave, was an activist, author and public speaker who sought to end the practice of slavery. He traveled the country giving speeches to educate Americans about the conditions of enslaved people. This famous speech pointed out the irony of celebrating freedom at a time when many people were not at all free.

Why is Douglass' speech, delivered 169 years ago, still relevant today? Many of the issues he addressed continue to be debated and discussed today. To many people of color, the celebration of American's independence on July 4th is a reminder of the country's hypocrisy. The Declaration of Independence claims "all men are created equal, have the right to life, liberty and the pursuit of happiness." A review of history and our current events demonstrates that inequities and injustices persist today. For example, we continue to talk about the wealth gap that exists between whites and people of color. As a country we have not really addressed how to reduce the wealth gap nor other issues of social, racial and judicial inequity. Douglass reminds us that the arc toward justice bends slowly.

You can learn more about Douglass online at history.com.



Programs: Health and Wellness

About Our Health and Wellness Programs

The Senior Center supports our community's physical, emotional and mental health. From fitness classes and foot care clinics to online emotional support groups, we provide a holistic approach to keeping you healthy as you age.

ENHANCE FITNESS IN PERSON:

Mondays, Wednesdays and Fridays, 9-10am
Fee: \$5

ACTIVE FITNESS VIA ZOOM:

Mondays, Wednesdays and Fridays, 1-2pm

CHAIR FITNESS VIA ZOOM:

Tuesdays and Thursdays, 1-1:45pm

Join Senior Center fitness instructor Maria Dowell for classes every weekday with options to participate both in person at the Senior Center and over Zoom. No experience needed to join in the fun and stay active.

Enhance Fitness class is free to Kaiser Permanente Medicare Advantage members and some Silver and Fit providers. Check eligibility with your insurance company. To join, contact Maria: 206-574-8944 or ma15dowell@gmail.com.

QIGONG

Tuesdays, 9:30-10:30am

Join us for Qigong (pronounced chee gung), an effective practice for improving your immune and respiratory systems and overall health. Classes are offered either in person or over Zoom. No special equipment, clothing or experience is necessary. Pre-registration required for virtual class. To register and receive the Zoom link, contact Terry Leers at 206-999-5381 or terryleers.sfq@gmail.com.

WALKING WEDNESDAYS

Wednesdays, 9-9:30am

Lace up your sneakers and join us for a walk in the Junction neighborhood. We'll meet at the front door of the Senior Center and enjoy the social and physical benefits of getting our steps in every week. Walkers of all paces are welcome.

VIRTUAL MINDFULNESS CLASS

Mondays, 10-10:30am / Thursdays, 10-11am

In this ongoing class, we explore mindfulness, meditation, stress reduction and other empowering strategies and how they can be applied in daily life. These simple and subtle practices invite us to patiently retrain our bodies and minds to establish a more regulated nervous system. This class blends instruction, activities, discussion and practices of mindfulness and meditation. Kate Jarvis is a certified mindfulness, meditation yoga instructor with a master's in teaching and is the founder of Practice Seattle. To sign up, contact Kate: kate@practiceseattle.com.

FOOT CARE

Fridays, July 2, Aug. 6, Aug. 20, 9am-4pm

Fee: \$30 for members, \$40 non-members

Give your feet the attention they deserve with a foot care appointment with Nurse Keith Germain. To register, call the Senior Center at 206-932-4044 x1.

DENTAL HYGIENE

Fridays, Aug. 27, Oct. 22, 9am-4pm

Fee: Low cost

Get your pearly whites cleaned at the Senior Center by Dental Hygienist Jan Loder, RDH. By appointment only. Call Jan Loder's office at 206-498-4023 to register.

MOBILE BARBER

Thursdays, July 29, Aug. 26, 10am-4pm

Fee: \$10

Are you due for a trim or buzz? We now offer mobile barber and hair cut services in partnership with Ola Salon for our community. To book your appointment, call Ola Salon and mention the Senior Center of West Seattle: 206-743-8938.

Update on our fees: New in 2021, our classes and activities are free for members, unless indicated for specialty services. Non-members pay \$5 per class, except specialty services. Consider becoming a member for only \$50/year for ages 50+.

The Senior Center offers a broad range of in-person and virtual programs, activities and services to meet the needs of a diverse and growing West Seattle community. We also welcome volunteers to contribute their time in all our programs.

Programs: Connection to the Community

About Our Connection to the Community Programs:

The Senior Center is a community gathering place for people of all ages, backgrounds and abilities where everyone is welcome. We offer a place to meet friends, enjoy a healthy meal and engage in a vibrant social network.

COFFEE WITH VETS

Tuesdays, July 13, Aug. 10, 1-3pm

Come enjoy a cup of coffee and find common ground in good conversations about shared experiences with other veterans. This monthly event is possible through the support of former Navy pilot Jon Gerhardt. By appointment only. To register, call the Senior Center at 206-932-4044 x1.

OLDER WESTSIDE LESBIAN GROUP (OWLS)

Thursdays, July 29, Aug. 26, 6-8pm

To be added to our mailing list and get connected to this fun group, contact Dee Quiggle: deequiggle2@gmail.com.

CURRENT EVENTS DISCUSSION GROUP

Thursdays, July 8, July 22, Aug. 5, Aug. 19, 2-3pm

Join us for an engaging discussion of what's going on in the world. Led by our social worker Toni Ameslav, MSW, this group meets bi-weekly in person at the Senior Center. To register, call Toni at 206-932-4044 x9 or email tonia@soundgenerations.org.

SECOND THURSDAY OUT

Thursday, Aug. 12, 7pm

We welcome all LGBTQ+ members, their neighbors and friends to join us for monthly Zoom and/or in-person meetups. If you would like to receive our meet-up notices, please contact David Pelton at kramerpelton@gmail.com.

PARTY BRIDGE

Wednesdays, 9:30-11:30am

We're excited to bring Party Bridge back to the Senior Center. If you've missed playing cards with your friends, it's time to start winning tricks in person again. To sign up, contact Kim Roper: kimputer@comcast.net.

CRIBBAGE

Tuesdays, 12:30-3pm

If you are a cribbage player, it's time to meet up again at the Senior Center. To sign up, contact Jay Fulwider: budandotis@msn.com or 206-257-5599.

PINOCHLE

Thursdays, 12-3pm

No partner needed for this fun game. We will be playing in person at the Senior Center. To sign up, contact Susan Berven: suebee98126@yahoo.com.

MAHJONG

Wednesdays, 1-3pm

Stimulate your brain by playing this ancient Chinese tile game that is similar to the card game Rummy. Meet new people and have fun. All levels of players are welcome. To register, call the Senior Center at 206-932-4044 x1.

HAM RADIO GROUP

Mondays, July 5, August 2, 5:45-7:30pm

Meet with members of the West Seattle Amateur Radio Club and find out how amateur radio can benefit you and your community. To sign up, contact Jim Edwards: wsbigband@gmail.com.

CONVERSATIONAL GERMAN

Tuesdays, 10-11am

Come speak German and make new friends at this informal weekly gathering, back in person at the Senior Center. Begleiten Sie Uns! To register, call the Senior Center at 206-932-4044 x1.

LET'S BE PEN PALS

This fun program matches you with a pen pal to correspond and connect with through letters. To sign up, contact Karen Pfeiffer Bush: karen@housewarmingseattle.com or P.O. Box 80132, Seattle, WA 98108.



Programs: Lifelong Learning, Growth, and Technology

About Our Lifelong Learning and Growth Programs:

At the Senior Center you can expand your interests, launch a new hobby and learn something new every day. Our members, participants and volunteers have a wealth of knowledge and talents, and we provide opportunities to both share and learn.

ARTS & CRAFTS GROUP

Thursdays, 12-4pm

If you do beadwork, paint, do collage, mixed media, bookmaking, doll making, embroidery, knitting, crocheting or are looking for a place to explore a new artistic hobby, come join us. For more information, contact Linda Hulce: 206-755-1472 or lulce6@aol.com. To register, call the Senior Center at 206-932-4044 x1.

ART CLASS

Tuesdays, 11am-12:30pm

In this class, you will draw and paint using a variety of art materials, such as drawing, pencils, pastels, charcoal and watercolors. You'll also learn how to color-mix to create your own beautiful shades for your paintings. Instructor Cindy Babbitt creates a casual and encouraging environment for all participants. Class fills up quickly. To register, call the Senior Center at 206-932-4044 x1.

WRITING GROUP

Wednesdays, July 7, July 21, Aug. 4, Aug. 18, 11am-12:30pm

This fun writing group encourages you to write for your family or for yourself. Facilitated by Natalie Bumgardner, the group shares stories in a comfortable environment with fellow writers offering comments and encouragement. To sign up, contact Natalie: nataliebumgardner@yahoo.com.

QUILTERS GROUP

Mondays, July 5, July 19, Aug. 2, Aug. 16, 7-9pm

Share your recent work, get inspiration and join a fun community of local quilters. Quilters of all levels of experience are welcome. To sign up, contact Mary Anne Spada: spada01@comcast.net or 206 795-5774.



BURKE DYKES COMPUTER LAB

Monday, Tuesdays and Wednesdays, 9am-4pm

Come to the Senior Center for computer lab time to check your email, surf the internet or play games.

ZOOM ROOM

Thursdays and Fridays, 10am-4pm

Make a private video call (Zoom, Skype, Facetime, etc.) to a loved one or participate in a video appointment from the Senior Center. Our volunteers will be on-hand to get you set up and to help if any tech problems arise. The Zoom Room volunteer can also teach you how to make your own video calls from home.

TECH SUPPORT

Thursdays and Fridays, 10am-4pm

Bring in your smart phone, tablet or laptop to get help from our tech-savvy volunteers. We can help you recover forgotten passwords, download apps for your smart phone, fill out online forms, text a photo, delete old email addresses, manage icons on your home screen, updates Windows, connect a Bluetooth device, and much more.

ON-THE-GO MEDIA

Fridays, 10am-4pm

Senior Center volunteers will teach you how to access the extensive libraries of digital books, movies and music through the King County and Seattle Public Library systems. After your one-to-one training, we'll send you home with all the equipment and free internet access you need to read, watch and listen to your heart's content for five days. Bring your library card.

GUIDED COMPUTER SUPPORT

Thursdays and Fridays, 10am-4pm

Do you need to use a computer to complete an important task? Or do you want someone to be there while you work to offer you tech support and guidance, just in case? Our volunteers can help with a variety of online tasks such as renewing your driver's license online, responding to jury summons, opening your first email account or researching a topic.

Programs: Accessible Services

About Our Accessible Services Programs:

The Senior Center is an important gateway to services that many of us need as we age. We provide meals, counseling and referrals to services like transportation and public benefit services. Our professional staff social workers ensure our community's most vulnerable seniors are safe, healthy and connected.

WEST SEATTLE FOOD BANK DISTRIBUTION

Tuesdays, 9am

In partnership with the West Seattle Food Bank, we offer weekly boxes of nutritious food at no cost. Pick up is at the Senior Center every Tuesday. To register, call the Senior Center at 206-932-4044 x1.

MEALS ON WHEELS

If you need additional food support, Meals on Wheels provides nutritious meal delivery at no cost for people ages 60-plus who qualify. The Senior Center operates this program in coordination with Sound Generations. To sign up or to volunteer, visit soundgenerations.org.

UNDERSTANDING MEDICARE

Presentations: July 8, Aug. 5, 11am-noon

One-to-one 30-min. appointments:

July 15, Aug. 19, 11am-1pm

Medicare can be so confusing. How do you know which Medicare health insurance plan will work best for you? Join Patrice Lewis for a presentation or a 30-minute one-to-one appointment about Medicare. Patrice will go over the basics, review options available to you and discuss what you need to consider when selecting a plan. To sign up, contact Patrice: 206-430-3782 or patricelewis@wespeakmedicare.org.

LEGAL CONSULTATIONS

Heather De Vrieze, Attorney:

Tuesday, Aug. 31, 2:30-4pm

John Llewellyn, Attorney:

Thursdays, July 1, July 15, Aug. 5, Aug. 19, 3-5pm

Need legal advice? Our volunteer attorneys provide free 20-minute consultations if you need legal resources, help with estate planning or have questions about elder law. In person at the Senior Center. By appointment only. To register, call the Senior Center at 206-932-4044 x1.

AGING WELL GROUP

**Wednesdays, July 14, July 28,
Aug. 11, Aug. 25, 10-11am**

Are you feeling challenged by the pandemic, changes in your health, relationships, housing, mobility or income? Or are you looking for ways to make new connections, communicate, increase self-esteem, manage anxiety or cultivate acceptance? Join our professional social worker, Mo Fain, LICSW, for this bi-weekly group that is back meeting in person at the Senior Center. We will share stories, learn coping strategies and provide and receive support. We also have occasional speakers on a variety of topics. All discussions are confidential. To register, contact Mo: 206-932-4044 x2 or maureenf@soundgenerations.org.

LOW VISION GROUP

Tuesdays, July 13, Aug. 10, 10-11am

We welcome you to participate in this group to share the challenges of dealing with low vision and receive resources and support. Led by our social worker Mo Fain, LICSW, the group also hosts guest speakers to share community resources and new technologies. The Low Vision Group meets in person at the Senior Center. To register, contact Mo at 206-932-4044 x2 or maureenf@soundgenerations.org.

WESTSIDE FRIENDS OUTREACH PROGRAM

Our Westside Friends program matches you with a Senior Center volunteer for ongoing companionship and practical help. Our volunteers can chat over the phone, visit with you in person taking COVID-19 safety precautions or help you with tasks like grocery shopping or picking up library books. Many of our volunteers and seniors have created deep long-lasting connections. To register, contact Michele Fawcett-Long: michelef@soundgenerations.org.

NEW Day! Movie Mondays

Our in-person movies are back on a new day of the week. Join us Mondays for great flicks in the second-floor Nucor Room. Advance registration is required. Movies are free for members, \$5 for non-members. To register, call the Senior Center at 206-932-4044 x1.

A Journey Through Alfred Hitchcock Movies

Mondays, 12:30-12:50pm, July 12th to August 30th, 2021

We will be showing documentaries surveying various Alfred Hitchcock films. It answers the question “Why is Alfred Hitchcock important to all movies—past, present and future?” We will be showing them in 20-minute segments.

Terry’s “Greatest Movies You’ve Never Heard Of”

Nucor Room, Second-Floor, Mondays, 1-3pm



FREE POPCORN!
NOW FEATURING
NEWSREELS,
PREVIEWS &
CARTOONS.

July 5: No Movie-Happy Fourth of July

July 12: They Won’t Believe Me (1947)

Robert Young, Susan Hayward, Jane Greer, Rita Johnson-(95m)

July 19: Winchester ‘73 (1950)

James Stewart, Millard Mitchell, Will Geer, Shelley Winters, Dan Duryea-(92m)

July 26: The Last Picture Show (1971)

Jeff Bridges, Cloris Leachman, Ben Johnson, Randy Quaid, Cybill Shephard, Sam Bottoms, Ellen Burstyn-(118m) Rated R

August 2: Same Time, Next Year (1978)

Ellen Burstyn, Alan Alda-(117m) Rated PG

August 9: Charlie Wilson’s War (2007)

Tom Hanks, Julia Roberts, Philip Seymour Hoffman, Amy Adams, Ned Beatty, Denis O’Hare, Emily Blunt-(97m) Rated R

August 16: Man of a Thousand Faces (1957)

James Cagney, Dorothy Malone, Jane Greer, Marjorie Rambeau, Jim Backus, Jack Albertson-(122m)

August 23: Force of Evil (1947)

John Garfield, Thomas Gomez, Marie Windsor, Beau Bridges-(78m)

August 30: Patterns (1956)

Van Heflin, Everett Sloane, Ed Begley, Beatrice Straight-(83m)

Join us for
Fun & Festive Fridays

Welcome back to your community!

Fridays!
July & August
11am - 4pm
Free for Everyone

*Music,
Refreshments,
Entertainment,
Friends, & More!*



For more info, stop by reception
Or call 206-932-4044 x1.
4217 SW Oregon St.

What's New at the Stop 'N Shop

The Senior Center's Stop 'N Shop, located at 4504 California Ave. SW, is more than a store selling gently used clothing, household items and previously loved puzzles and games. And, it is more than a source of revenue for the Senior Center of West Seattle. It is a community hub where neighbors connect, volunteers deepen their engagement and customers often first learn about the Senior Center. During the pandemic, these realities were even more pronounced.

Kudos to our staff and volunteers for setting a record last month in both sales and volume of donations received. And, they make shopping at the Stop 'N Shop so much fun.

Member Discount First Fridays

Senior Center members get a 50% discount on most items in the store on the First Friday of every month. Please show your membership card and ID to the cashier.

New Hours

We have expanded our hours to Thursday through Tuesday, 11am-4pm. Please continue to wear a mask and socially distance.

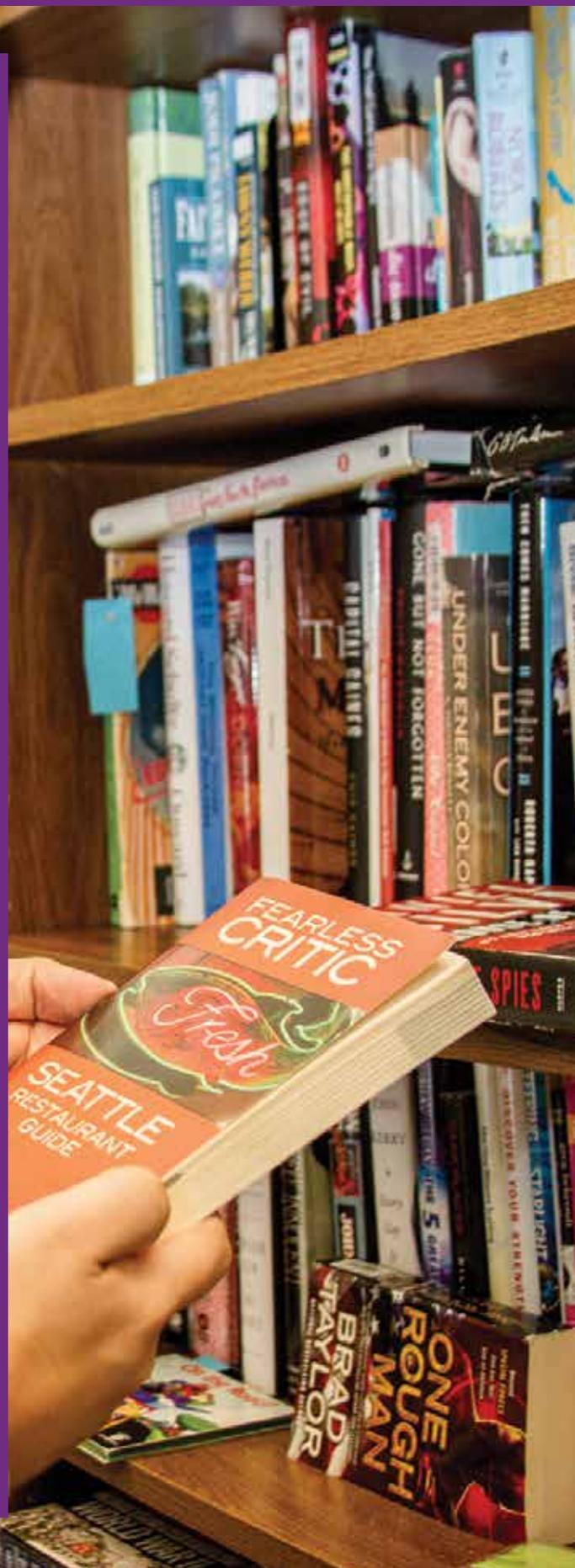
Donating Used Goods

Donations are currently being accepted by appointment only. To schedule a donation, call 206-932-4044, x7. Please only donate clean, gently used household goods, decorative items and clothing. Do not donate broken or dirty items or anything missing pieces.

Follow Us

Follow our Instagram account to stay up-to-date on new items. Thank you to volunteer Amelie Ardl for managing our Instagram account.

 @stopnshop_thrift



Reconnecting in Hybrid Style



On April 29, eight members of our longstanding current events group reunited in person at the Senior Center in Hatten Hall after nine months of meeting every two weeks on Zoom during the pandemic.

We barely recognized each other with our masks on, but it was a joyous reunion, and, in a way, it seemed like we'd never been away!

Thanks to modern technology and our talented staffers, Digital Equity Coordinator Martin Piccoli and Program Coordinator Nancy Cossette, two members were able to join us over Zoom and fully participate. Two microphones and an excellent sound

system made it possible for us all to hear each other well behind our masks. As usual, we had a lively, wide-ranging discussion on a variety of topics.

"After a year of 'stay at home order,' being around others and participating in a lively discussion is so invigorating," said one of our participants.

I think we've demonstrated that it's possible to have a hybrid meeting—with some people joining in person and other participating via Zoom from home—that meets the needs of all our participants and is still fun and rewarding. We hope that other classes and groups will follow our example and try going hybrid.

Back for Dine-in! Community Dining & Meals



Our community dining program is back for in-person dining! We will continue to offer sack lunches for pick up or delivery every weekday. To sign up for a sack lunch, call 206-932-4044 x1.

Dine-in lunches:

Monday through Thursday beginning July 12, 11:45am-12:30pm

Café hours:

Fridays beginning July 9, 9am-1:30pm

Sack lunch pick-up:

Monday through Friday, 11:45am-12:30pm

Sack lunch delivery:

Monday through Friday, 11am-1pm

Volunteer Spotlight



Meet Jenny Mayberry

When Jenny Mayberry is at the Senior Center, you will always see her wearing an apron and a smile. Jenny has been volunteering in our kitchen since January 2017, and she continued to help Chef Francisco prepare lunches for delivery during the pandemic.

Jenny was born in New Mexico and moved a lot while growing up. She studied marketing at Eastern Illinois University and eventually landed in Minnesota where she worked in sales for Kraft for 30 years. Jenny and her husband raised three daughters and a son in the Midwest before moving to Seattle in 2017 when her husband took a job with Amazon.

Jenny has previously volunteered tutoring children and helping in assisted living facilities. She was inspired to help seniors after seeing the positive impact volunteers had on her mom's life in her senior years. Jenny says she always feels better when she is "giving back, making a difference in the lives of people."

With her adult children and two granddaughters spread out between New York, Washington, D.C.,

Arkansas and China, Jenny is uncertain where her next chapter may take her. While she and her husband are planning their next move, she will continue pursuing her hobbies that include volunteering, hiking, daily walks, reading, cooking classes, wine tasting and travel. We know that wherever Jenny lands on her journey, the organization that gains her as a volunteer will be very fortunate.

Jenny misses seeing people coming into the Senior Center for lunch. Despite not having people dining in the building last year, she says the kitchen felt busier because they are producing more meals for delivery than they were before the pandemic. One of the things Jenny loves best about working in the kitchen is learning new cooking techniques from Chef Francisco. She has learned to make different sauces, prepare Mexican food including tamales and cook meat in a variety of new ways. It's a delicious and rewarding volunteer role for Jenny!



MacDonald-Miller
FACILITY SOLUTIONS®



MacDonald-Miller's Commitment to Seniors

After 50 years of serving our community, the Senior Center of West Seattle has been fortunate to work with countless community partners. And over the years, we've noticed a trend. When a company first approaches the Senior Center about partnering with us, it is usually led by an employee with a deep commitment to seniors.

That was the case for MacDonald-Miller, a full-service, design-build mechanical contractor with 10 locations and more than 1,000 employees. Kelly Johnson,

senior account executive, had previously worked at senior living facilities. Now at MacDonald-Miller, Kelly brought her passion for seniors with her, and today she helps lead our partnership.

MacDonald-Miller has supported the Senior Center's Rainbow BINGO events and our Joy is in the Journey fundraising breakfasts. Kelly and the entire MacDonald-Miller team have been tremendous partners in our mission to create a welcoming and inclusive gathering place where our community members can connect.



The University of Washington is recruiting seniors for a research project on social isolation as a result of the COVID-19 pandemic. Participants will receive support to combat social isolation.

Participants can earn up to \$45 for completing questionnaires during the study.

To participate in this study you must be:

- ☑ A resident of a senior living community or member of a senior center
- ☑ English-speaking
- ☑ Able to complete questionnaires on a computer or over the phone

For more information, contact us at
Phone:
(206) 616-2129
Email:
creativ@uw.edu





New Member Benefits

Have you heard? Members of the Senior Center now pay no fees for most classes and activities. We are excited to offer this new benefit as part of your membership. Here's a reminder of what your membership includes:

New in 2021: No fees for members on classes and activities (except specialty services like Foot Care and Dental Hygiene)

New in 2021: Free Cookie Friday (come to our main entrance between 11 a.m. and 1 p.m. every Friday for a fresh-baked cookie delivered to the door, please wear your mask)

New in 2021: Discounts at local West Seattle businesses! Stay tuned for a list of participating businesses soon.

50% discount on the first Friday of the month at our Stop 'N Shop thrift store

10% discount on meeting room rentals up to \$500 (when county health conditions allow)

Free birthday luncheon celebration (when our in-person dining reopens)

Free holiday meal celebration (when our in-person dining reopens)

This handy **bi-monthly newsletter** mailed to your home that includes news, tips, menus, calendars and a schedule of activities and events



Welcome to Membership

Please print clearly in black ink. Mail the application to:
Senior Center of West Seattle
4217 SW Oregon St
Seattle, WA 98116



Today's date: ____/____/____

Name: _____
(Last Name) (First Name) (Middle Initial)

Birthday: ____/____/____

Membership type:

- \$50 per year for ages 50+ \$75 per year for ages under 50
 \$500 Lifetime Membership (never renew again!)

Address: _____
(Street) (Apt/Unit #)

(City) (State) (Zip)

Please check above which phone number is best to reach you.

Home phone: _____ Mobile phone: _____

Email address: _____

I prefer to be communicated with by: Email Print/mail

Check this box if you do not want to receive any email communication from the Senior Center:

Emergency contact:

Name: _____ Phone number: _____

We use photos of our members and volunteers in marketing materials and on our website to showcase programs and events at the Senior Center.

Check this box to opt OUT of being photographed





4217 SW Oregon St
Seattle, WA 98116

Non-Profit
Organization
U.S. Postage
PAID
Seattle, WA
Permit No.
657

SOUND
generations

Announcing: "Reconnecting Our Community Campaign"

The Senior Center's "Reconnecting Our Community" fundraising campaign supports the in-person and virtual classes, outreach programs and critical support services West Seattle seniors are counting on.

Every dollar raised makes a difference. Donors like you are key to ensuring our community is physically, emotionally and mentally healthy as we all recover from this pandemic.

You can help us raise \$25,000 by July 31 by getting involved:

- Donate today by mail, text Reconnect to 71777, or visit sc-ws.org
- Become a Champion and rally your friends, family and neighbors to donate through our crowdfunding campaign. Email nathanb@soundgenerations.org for more information.

Visit our website sc-ws.org.

