We provide services, activities and support to promote self-sufficient and fulfilling lives for aging adults in our multi-cultural community.
MAKE ROOM IN YOUR LIFE For More

✅ Lasting Connections  🌟 Interesting Hobbies  😊 Beautiful Walks

At The Lakeshore in South Seattle/Renton, active seniors are making room for more community and memorable moments in their retirement years.

Schedule a visit (206) 538-6230 or learn more: eraliving.com
A Message From Our Leadership...

Dear Members and Friends,

It is wonderful to see the new year, 2020! And, with the new year, we bring the vision of programs and activities. You can call it our “2020 Vision.” It’s what you hope for when you visit the optometrist, a clearer vision. We will share that vision along with much more information about our Center in the Annual Members’ Meeting on Tuesday, January 28 at 10:00AM! We hope to see you then.

Happy New Year!!

Lynda Greene, SESSC Executive Director
Barbara Chamberlain, SESSC Board President

DID YOU KNOW YOU CAN SPONSOR A BIRTHDAY LUNCH?

Sponsor a birthday cake, entertainment or sparkling cider at our monthly birthday party by contributing: Entertainment ($100), Birthday Cake ($75), or Sparkling Cider

Interested? Call Kate Harkins at 206-722-0317. (Please note that more than one person may sponsor one of the items in any given month.)

SESSC WISH LIST

The Center requires supplies to maintain and keep the building clean, to support our members and to support programs that help build friendships and camaraderie like the morning coffee program. You can choose to contribute from the “Wish List” below. Help us when and where you can and where it makes sense to you. We appreciate your contributions.

<table>
<thead>
<tr>
<th>Items for Our Center</th>
<th>Items for Our Community Dining Program</th>
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</thead>
<tbody>
<tr>
<td>Toilet Paper (A Lot!)</td>
<td>TIDE (liquid) laundry detergent</td>
</tr>
<tr>
<td>24-Gallon Garbage Bags</td>
<td>Zip Lock Bags: Gallon &amp; Quart Sizes</td>
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<tr>
<td>33-Gallon Garbage Bags</td>
<td>Non-Dairy Creamer (16oz.) and Packaged Sugar</td>
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<tr>
<td>Coffee (Regular &amp; Decaf)</td>
<td>Dish Washing Liquid</td>
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<tr>
<td>Paper Towels</td>
<td>Bleach</td>
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<tr>
<td>Dinner Napkins</td>
<td>8.5x11” Copy Paper</td>
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<tr>
<td>Hand Sanitizer</td>
<td>Plastic Cups/Utensils</td>
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<td>Disinfectant Wipes</td>
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</tbody>
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SESSC Staff and Contact Information

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Sharon Smith, Chef
sharons@soundgenerations.org

Mark Bryant (markb@sessc.org)
Silver Sneakers Site Coordinator

Carole Stewart
Linda Stryker
Weaving Instructors

Fai Coffin
Arts and Crafts Instructor

Heather Robinson
Massage Therapist

Jean Sisson
Coloring Class and Friday Movies Facilitator

John Mistur
Computer Lab Help Assistant

Julie Fornier
Yoga Instructor

Marcelino Gomez
Spanish Class Instructor

Patricia Scott
Hands-N-Feet Facilitator

Patricia Vazquez
Wednesday Bingo Manager

Patty Buckingham
Quilting Group Facilitator

Nicole Hamilton
Adaptive Yoga Instructor

Elizabeth Morris
Art Instructor

Marjie Croston
Rhonda Farrar
Stanley Hiserman
Tai Chi Instructors

Edna Daigre
Dance Instructor
Recurring Classes and Activities

**DAILY**

**COFFEE BAR AT THE B & B CAFE**
Monday - Friday, 9:00am - 11:00am
Location: Social Hall  Coffee: $0.50
Enjoy coffee among friends.

**COMMUNITY DINING LUNCH**
Monday - Friday, 12:00pm - 12:45pm (11:45am on Wednesdays)
Location: Social Hall, Chef: Sharon Smith
Cost: Age 60+: $4.00 Suggested Donation  All Others: $10.00
All Community Dining lunches are made from scratch. Our chef, Sharon Smith, puts together a homemade meal and is assisted by SESSC volunteers. You may pick up a copy of the monthly menu at the Front Desk. Punch cards are available. Contact Alexander Arceo at 206-722-0317 for more information.

**OPEN-STUDIO (DAY USE) WEAVING**
Monday - Friday, 9:00am - 3:00pm
Location: Weaving Room  Cost: $5.00 per day
Experienced weavers and those who have completed their first two samplers are invited to use SESSC looms on an open-loom basis. A pre-paid punch card is available for your use. Purchase cards at the Front Desk.

**Mondays**

**SILVER SNEAKERS with MARK BRYANT**
Mondays and Thursdays, 9:00am - 10:00am
Location: Social Hall
Cost: No Charge with approved insurance; $3.00 w/out insurance
Focus is on standing, aerobic, stretching, balance, and strength training. Get in shape, get fit! Register at the Front Desk.

**SOUTH END CRAFTEERS**
1st Mondays, 10:00am - 11:30am; Location: Arts and Crafts Room
Instructor: Fai Coffin  Cost: $4.00 Members, $8.00 Non-Members
Join a warm and welcoming group of crafters. An occasional fee for the cost of materials might apply. Register at the Front Desk.

**MOMENTIA MONDAYS**
Mondays, 10:30am - 11:30am, Location: Multipurpose Room, Facilitator: Jaime Clark, MSW, LICSW  Cost: Complimentary
Momentia is a grassroots movement empowering people with memory loss and their loved ones to remain connected and active in the community. Join us to explore the possibilities of different ways to stay engaged while living with memory loss.

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
<th>Date</th>
<th>Activity</th>
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<tbody>
<tr>
<td>1/6</td>
<td>Re-Ignite the Mind - Pam Nolte</td>
<td>3/16</td>
<td>Green Thumb Activity - Shelley &amp; Jaime</td>
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<td>1/13</td>
<td>Re-Ignite the Mind - Pam Nolte</td>
<td>3/23</td>
<td>TBA (Call the Center for Program)</td>
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<tr>
<td>1/27</td>
<td>Re-Ignite the Mind - Pam Nolte</td>
<td>3/30</td>
<td>Healthy Bites for Brain - Christy Goff</td>
</tr>
<tr>
<td>2/3</td>
<td>Chinese New Year &amp; Dumplings - Jingyi Li</td>
<td>4/6</td>
<td>Re-Ignite the Mind—Pam Nolte</td>
</tr>
<tr>
<td>2/10</td>
<td>Valentine Cards - Shelley &amp; Jaime</td>
<td>4/13</td>
<td>Re-Ignite the Mind—Pam Nolte</td>
</tr>
<tr>
<td>2/24</td>
<td>2020 Overview - Shelley &amp; Jaime</td>
<td>4/20</td>
<td>Re-Ignite the Mind—Pam Nolte</td>
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<tr>
<td>3/2</td>
<td>To Be Announced</td>
<td>4/27</td>
<td>Re-Ignite the Mind—Pam Nolte</td>
</tr>
<tr>
<td>3/9</td>
<td>To Be Announced</td>
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</tr>
</tbody>
</table>

**Tuesdays**

**ALISS EVENING GATHERING**
2nd and 4th Tuesdays, 6:30pm - 8:00pm
Location: Social Hall  Facilitator: Fai Coffin
Aging Lesbians in South Seattle. This is a gathering primarily for lesbians but all are welcomed to attend.

**ADAPTIVE YOGA (6:30PM-7:45PM)**
Session 1: 01/07, 01/14, 01/21, 01/28 (off on 02/04)
Session 2: 02/11, 02/18, 02/25, 03/03 (off on 03/03)
Session 3: 03/17, 03/24, 03/31, 04/07
Location: Social Hall; Instructor: Nicole Hamilton;
Cost: $15.00 per person per class
Do you have physical limitations (e.g., wheelchair-bound, use a cane or walker, etc.) & think it means you can’t participate in yoga? Then this class is for you. Pre-registration is required. Register at the Front Desk or call 206-722-0317.

**BEGINNING WEAVING**
Tuesdays, 9:00am - 12:00pm; Location: Weaving Room
Instructor: Linda Stryker  Cost: $15.00 Mem, $30.00 Non-M per session
This is a continuous meeting time. Call instructor to see if a loom is open. All materials provided. Calculate, warp and weave two samplers. Most people take 4-5 sessions to complete their samplers. Contact Linda Stryker at 206-431-9213 or LLStryker@hotmail.com for more information.

**BOOK GROUP**
3rd Tuesdays, 01/21, 02/18, 03/17, 10:00am - 11:15am
Location: Social Hall  Facilitators: Myra Theriot and Fai Coffin  Cost: Complimentary
If you enjoy reading, this group is for you. Register at the Front Desk.

**CAREGIVER SUPPORT GROUP**
2nd Tuesdays, 01/14, 02/11, 03/10, 1:00pm - 2:30pm
Location: Multipurpose Room  Facilitator: Toni Crutchfield  Cost: Free
This group is open to anyone who is caring for an older adult or adult with a disability. Talk with other Caregivers. Discuss challenges, frustrations, what works, resources, and services. Contact Toni Crutchfield of Sound Generations at 206-727-6210 for more information.

**GUIDED MEDITATION FOR SELF-CARE**
Tuesdays, 11:15am - 11:45am
Location: Multipurpose Room  Facilitator: SESSC Staff  Cost: Complimentary  Donations welcomed
A spinoff of the mindful meditation classes held last year, this class focuses on listening to guided meditations intended to help you relieve yourself of tension and stress. Register at the Front Desk.
**CHESS CLUB**
Tuesdays and Fridays, 11:30am
Location: Social Hall  Facilitator: Volunteer Participant
Cost: $2.00 Members, $4.00 Non-Members
Play a game of chess with a friend or learn how to play. It is never too late to learn.

**FOOT CARE WITH ECHO**
By Appointment Only - Tuesdays, 8:30am - 3:30pm
Location: Wellness Center  Foot Care Specialist: Echo Aumick
Cost: $25.00 Members, $30.00 Non-Members
Echo Aumick is a caring and experienced foot care provider trained to take care of various foot conditions. She is also certified to treat the feet of those with diabetes. Cancellation a day before your appointment is acceptable. No-shows will be charged the regular fee. Register at the Front Desk for your appointment. Gift Certificates Available. Buy one for someone you care about.

**RAINIER BEACH TAI CHI**
Tuesdays and Fridays, 9:15am - 10:00am
Location: Social Hall  Facilitators: Rhonda Farrar and Stanley Hiserman
Cost: Complimentary
The Tai Chi participants from Rainier Health and Fitness are going to continue the classes at the SESSC. Not to be confused with the Tai Chi for Balance, which is a different class with a different focus.
Some select Tuesdays will be offered in the evening. Check for postings.

**FREE BLOOD PRESSURE CHECKS**
Wednesdays, 9:00am-11:00am
Location: Social Hall  Facilitator: Beulah Early, RN  Cost: Complimentary
Get your blood pressure checked for free. No appointment is necessary.

**DOMINOES**
Wednesdays, 9:30am - 11:30am
Location: Arts and Crafts Room  Cost: Complimentary

**MASSAGE THERAPY**
Wednesdays by Appointment, 9:30am - 3:30pm
Wednesdays, EXCEPT 1st Wednesday of each Month
Location: Wellness Room
Massage Therapist: Heather Robinson
Cost: $25.00 Members, $30.00 Non-Members per 1/2 hour
Heather Robinson provides a low-cost, 30 or 60 minute therapeutic massage by appointment. Call 206-722-0317 to make an appointment or register at the Front Desk. No shows will be charged the regular fee.

**RAINIER BEACH EVENING TAI CHI**
NEW • Evening Activity
Tuesday Evenings, 1/7, 1/14, 1/21, 1/28, 2/4, 2/11, 2/18, 2/25, 3/3, 3/10, 3/17, 3/24, 3/31, 4/7 6:30pm, Cost: Complimentary
Location: Social Hall  Facilitator: Marijie Croston
Tai Chi offers a range of benefits such as improving balance and coordination, all while having fun. If this exercise is new for you, always remember to check with your doctor first. Register at the Front Desk.

**YOGA FOR SENIORS**
Tuesdays, 9:00am - 10:00am
Location: Multi-Purpose Room
Instructor: Julie Fournier
Cost: $10.00, Members, $20.00 Non-Members per class
This down-to-earth class is perfect for students new to yoga, who might be intimidated by the idea of yoga or curious about yoga.

**WEDNESDAYS**

**THURSDAYS**

**“HAPPY HANDS” QUILTING GROUP**
1st and 3rd Thursdays, 9:30am - 11:30am
Location: Arts and Crafts Room
Facilitator: Patty Buckingham
Cost: $4.00 Members, $8.00 Non-Members
All are welcome to join.

**STAFF BIRTHDAY LUNCH**
First Thursday of the Month, Gathering at 11:30am, Lunch at 12:00pm  Meet at 12:30pm
Location: Arts and Crafts Room  Facilitator: Fai Coffin
Cost: Free for Gathering, $4.00 Suggested Donation for Lunch  Aiming Lesbians In South Seattle. This is a gathering primarily for lesbians who live in South Seattle, but all are welcome to attend.

**BEACH VOLLEYBALL**
Thursdays, 1:30pm - 2:30pm
Location: Social Hall
Instructor: Mark Bryant  Cost: $2.00 Members, $4.00 Non-Members
This is a modified form of volleyball played by sitting in chairs and using a beach ball.

**SESSC BIRTHDAY LUNCHES**
3rd Thursday of the Month, 12:00pm - 1:00pm, Location: Social Hall
Cost: $4.00 Suggested donation ages 60+, $10.00 under 60
**Lunch is Free** for SESSC members who have a CURRENT membership and whose birthday is in a corresponding month listed above. Register at the Front Desk or call the Center to reserve your seat.

**CONVERSATIONAL SPANISH CLASS**
Fridays, 10:30am - 11:30am
Location: Wellness Room
Instructor: Marcelino Gomez  Cost: $2.00 Members, $4.00 Non-Members
Contrary to popular perception, Spanish is an easier language to learn than English! Learn under the tutelage of Marcelino Gomez. Register at the Front Desk.
FRIDAY MOVIES
Fridays, 12:30pm - 3:00pm
Location: Multipurpose Room  Movie Monitor: Jean Sisson
Suggested Donation: $2.00 Members, $4.00 Non-Members
Enjoy a wide variety of movies ranging from the classics like “Casablanca” and “The Wizard of Oz” to modern favorites like “The Lord of the Rings.”

CLASSIC MOVIES FROM THE SILVER SCREENERS
SECOND FRIDAY OF THE MONTH
2nd Fridays, 12:30pm - 3:00pm  Location: Multi-Purpose Room
Movie Monitor: Jean Sisson  Facilitator: Mark Daniels
Suggested Donation: $2.00 Members, $4.00 Non-Members
On the second Friday of the month, Scarecrow Video’s Silver Screeners Group presents a classic movie for your viewing enjoyment.

UKULELE GROUP
2nd and 4th Fridays, 2:00pm - 4:00pm
Location: Social Hall  Cost: Complimentary. Donations welcomed.
This is a warm, friendly and welcoming group who would be delighted if you join them. They play and sing a wide variety of music. Register at the Front Desk.

Other Activities and Events

A MATTER OF BALANCE
Thursdays, 2/13, 2/20, 2/27, 3/5, 3/12, 3/19, 3/26, 4/2, 1:00pm - 3:00pm
Location: Multipurpose Room  Instructor: Deidre Daymon
Cost: Complimentary  Maximum Class Size: 16
This program emphasizes practical strategies to manage falls. Participants will learn to view falls as controllable, exercise to increase strength and balance and make changes at home to reduce the risk of falling at home. Those who are concerned about falling and who have fallen in the past are encouraged to attend. Register at the Front Desk.

AARP WORKSHOPS
Living Longer, Living Smarter - Tuesdays, January 14 and 21, 11:00am
Vigilance Against Cyber Crime - Tuesday, February 11, 11:00am
Location: Social Hall  Cost: Complimentary
Be sure to attend these special workshops presented by AARP. The Living Longer, Living Smarter workshop is a two-hour class broken into 2 one-hour sessions, this first on 01/14 and the second on 01/21. Register at the Front Desk.

MAKING COOL JEWELRY
Mondays and Wednesdays, 1:00pm - 3:00pm
1/8, 1/10, 1/15, 1/17, 1/22, 1/24, 1/29, 1/31, 2/5, 2/7
Location: Arts and Crafts Room  Instructor: Margaret Thompson
Cost: $3.00 for materials  Donations welcomed.
Margaret will teach you the basics of forming wire and how to use those basic skills to create your own custom jewelry. Register at the Front Desk.

ESTHER ERVIN ARTIST TALK
January 7, 11:00am; Location: Social Hall  Cost: Complimentary
Hear from local artist, Esther Ervin, about the artwork currently displayed in the SESSC Social Hall. A social artist, Ervin is also a jeweler, who has received commissions for permanent public art. She will share experiences from her recent trip to Senegal, where she visited and worked with local metalsmiths as part of the Toolbox Travel Initiative. Refreshments will be served.

LUNAR NEW YEAR PRESENTATION
Monday, January 27 11:00am - 12:00am
Location: Craft Room  Facilitator: Josie Gardner and Fai Coffin
Cost: Complimentary. Donations welcome.

BATIK IMAGING
February 3 10:00am - 11:30am  Location: Crafts Room; Cost: $4.00.
Learn how to make batik images on rice paper. Vising teachers, Eve and Florence, will work with stencils, water colors and wax. All materials supplied. Class limit is 8. Register at the Front Desk.

BLACK HISTORY MONTH CELEBRATION
February 4 10:30am - 11:30am  Location: Social Hall
Cost: Complimentary. Donations welcomed.

VALENTINE CRAFTING
February 10, 10:00am  Location: Crafts Room  Cost: Complimentary. Donations welcomed.
Crafters will be making Valentine crafts and gifts. Come for a fun gathering. No crafting experience necessary. Register at the Front Desk.

ISO-RHYTHMIC DANCE-BASED CONDITIONING
Mondays, 01/13, 1/20, 1/27, 1:00pm - 2:00pm
Location: Multipurpose Room  Facilitator: Edna Daigre
Cost: Complimentary
Workshop is on 1/13. Classes begin 1/20. Learn Iso-Rhythmic dance-based conditioning, a whole-body, well-being activity designed to stretch and strengthen the body. And these classes will combine with the drumming class. No experience necessary. All are welcome.

SOCIAL SERVICES MONTHLY SESSIONS
11:00am - 12:00pm
Location: Multipurpose Room  Instructor: Jaime Clark, MSW, LICSW
Cost: Complimentary
REMEMBER: If you need support now, contact Jaime at the Center (206-722-0317)

Tuesday, January 28
Senior Low Income Housing Presentation
Rental costs in Seattle are high, and this is especially difficult for low seniors. Most subsidized housing waitlists are between 2-5 years long, so now is the time to Register if you qualify.

Tuesday, February 25
Utility Discount Program & Transportation Resources Presentation
Come to this presentation and receive instructions on Utility Discount Application, where you can save half on your utility bills! The Social Worker will also present information on different transportation resources, such as Reduced Fair Permit, Taxi Scripts, Hyde Shuttle and Access.

Tuesday, March 24
Treatment for Depression
Are you or your loved one feeling down, low, depressed or hopeless? Is it difficult to arrange your day in a way that gives you meaning and purpose? If so, have you considered reaching out for help? Come to this presentation to learn a variety of ways to get treatment for depression.
**Blanket Squares Project for Syrian Refugees**

Hello! I am Deanna Getz. I am a volunteer receptionist at the SESSC on Thursday afternoons. I belong to a nationwide group of knitters and crocheters who knit warm items for the Syrian refugees (mainly for the children) who had to flee their war-torn country and are living in camps with few, if any, heated tents or shed-like housing. We also have a blanket drive each year. Individuals knit 10”x10” blanket squares which are then collected and a few generous people will do the seaming of the squares into blankets. You may make as many squares as you wish. If there are any knitters or crocheters who are interested in contributing to this project, please contact me for more specific information on what the requirements are via email at drgetz@hotmail.com or leave a message for me at the Front Desk.

**SESSC Casino Trips**

**RED WIND CASINO (25 SPACES, NO WHEELCHAIRS)**

Tuesday, January 27th, March 24
9:00am Pickup, 3:00pm Return
Cost: $5.00 For Members and Non-Members
Register and pay for the trip at the Front Desk.

**LUCKY EAGLE CASINO (27 SPACES, NO WHEELCHAIRS)**

Tuesday, February 25, 8:30am Pickup, 3:00pm Return
Cost: $5.00 For Members and Non-Members
Register and pay for the trip at the Front Desk.

**SESSC Closures**

**New Year’s Day,** Wednesday, January 1
**Dr. M.L.K., Jr. Birthday,** Monday, January 20
**Presidents’ Day,** Monday, February 17

Looking for a place to hold your special event or meeting?

Consider renting the SESSC social hall. We have reasonable and competitive rates! Contact Alexander Arceo at alexar@sessc.org or 206-722-0317.

**SESSC AND SEATTLE PARKS JOINT ACTIVITIES**

Joint activities between the SESSC and Seattle Parks and Recreation are handled through our Seattle Parks contact, Anne Nguyen, **NOT** through the SouthEast Seattle Senior Center. These activities are generally not held at the SESSC. Be sure to refer to each activity to determine locations, dates and times. Please follow the instructions below for inquiries or to register for these activities.

To register and make payment for joint programs:

1) Call Anne Nguyen at 206-684-7484 or
2) Go online at www.seattle.gov/parks, register at your local Parks community center, or call the Business Service Center at 206-684-5177. Cash, Visa, MasterCard, American Express and Checks are accepted. Make checks payable to ‘City of Seattle.’

**LAKESHORE—AN ERA LIVING COMMUNITY - 26292**

Friday, January 24, 2020, 11:30am—1:00pm, Cost: **$10**

Are you curious about what life at a retirement or assisted living community is like? Join us for a lunch with a lovely view of Lake Washington and a tour. All your questions regarding community living will be answered.

**GOURMET LUNCH - 27176**

Friday, February 7, 2020, 11:00am—1:00pm, Cost: **$35**

Enjoy a gourmet lunch at the highly regarded culinary arts program at Seattle Central College where students prepare savory and sweet meals for the distinguished palate. Four course meal includes amuse bouche, soup or salad, entrée, dessert, and beverage. Gratuity is appreciated.

**FEAST BUFFET AND THRIFT STORES - 27937**

Friday, March 6, 2020, 11:00am—3:30pm, Cost: **$30**

The locally famous Feast Buffet features an all you can eat experience with cuisines from around the world. Buffet lunch and gratuity included. Afterwards, flex your shopping muscles at nearby thrift stores.

**CENTURY LINK FIELD - 27178**

Friday, March 13, 2020, 12:30pm—2:30pm, Cost: **$30**

Capture the CenturyLink Field experience as you get an up close and personal look at behind-the-scenes areas and views. Tour is subject to cancellation at any time due to stadium event activity. Register by 2/21.

**PORTLAND DAY TRIP - 27168**

Friday, March 20, 2020, 7:00am—8:00pm, Cost: **$70**

The Rose City awaits you! Take a round trip charter bus ride to Portland, Oregon. You’ll have free time to explore and do some tax free shopping. Register by 2/7. No refunds. Departure site: Garfield only.

**SESSC Casino Trip Policy**

- All participants must be ambulatory (i.e., mobile) to go on an SESSC trip, and must be able to take care of their personal needs.
- Payment for trips is due upon registration, whether done in person, at the Front Desk or via phone. For your convenience, MasterCard and VISA credit cards are accepted over the phone to pay for tips.
- If you must cancel a trip, you will be reimbursed by check, if cancelled at least three days prior to the trip. Failure to cancel a paid trip in the time specified will be considered a donation to the Center.
- Drivers will not wait for late-comers. You must be at the designated location for pick up before the scheduled departure time.

**SESSC ACTIVITY CANCELLATION POLICY**

SESSC Classes may be cancelled if minimum attendance is not reached one week in advance of activity. Please register and pay for activities one week in advance. All classes, programs, and activities are subject to change. This policy is not applicable to joint activities with Seattle Parks.
Good Things To Know

2-1-1 COMMUNITY RESOURCES LINE
Did you know you can dial 2-1-1 from any landline phone in King County to receive information from a referral specialist? Referrals are available on a wide range of services offered in King County.

MEALS ON WHEELS
Enjoy delicious home-delivered meals that are available throughout King County. Interested? Please contact Sound Generations at 206-448-3110 for details about this program.

MINOR HOME REPAIR
Sound Generation’s Minor Home Repair program offers low-cost repairs for minor plumbing, electrical, or carpentry problems. Homeowners of all ages in Seattle, Shoreline, and Bellevue are eligible. Please call 206-448-5751 to coordinate your services.

SEATTLE PUBLIC UTILITIES - FREE TOILET PROGRAM
If you live in the home that you own, get your water from Seattle Public Utilities, your toilet was installed before 2004, and you meet income eligibility guidelines (all Utility Discount Program customers qualify), please call Sound Generations Minor Home Repair at 206-448-5751 to apply. Removal of the old toilet and installation of the new one is all free. To learn more about SPU’s Water Conservation Program, visit www.seattle.gov/util/FreeToilets.

Social Work Corner

The Social Worker is available Monday—Friday for appointments. Walk-in visits are acceptable if/when the Social Worker is available.

Call (206-722-0317 or email jaimec@sessc.org for an appointment.

Phone: 206-722-0317 E-mail: jaimec@sessc.org

SESSC Social Work Services FAQs

What’s the cost?
A) FREE for all local seniors, adults with disabilities, and their caregivers.

Why would I make an appointment with the Social Worker?
A) Assistance with housing, in-home care, caretaker stress, legal referrals, medical/health insurance referrals, transportation, depression, grief, memory loss, and much more.

B) Assistance with applications for benefit programs.

Are these meetings private?
A) Yes, your appointments with the Social Worker are confidential, unless she is concerned about yours or some else’s well-being and safety.

Feeling down? Not enjoying your hobbies? Avoiding your friends and family? Feeling irritable? Trouble concentrating? If you are experiencing these symptoms, you may be depressed, and may be a candidate for PROBLEM SOLVING THERAPY. This includes 9 sessions with Jaime Clark, MSW, LICSW. You will learn tools to enhance your life, relieve depression, and reconnect with your loved ones. This is a free therapy, but donations are welcomed. Register at the Front Desk.

GOLD CARDS
You can receive discounts from local businesses who participate in this program with a Gold Card. Drop by the Front Desk to get one.

HOLLY COURT AA MEETINGS
This Alcoholics Anonymous group meets on Mondays, Tuesdays, Thursdays and Fridays on the second floor from 2:00pm - 3:30pm, and Sundays at 6:00pm.

NOTARY PUBLIC SERVICE
Contact: Mary Downs
Cost: $10.00
SESSC Finance Coordinator, Mary Downs, is a notary. If you need this service, please call 206-722-0317 to make an appointment.

USE YOUR CREDIT/DEBIT CARD AT THE SESSC
You can pay for all activities (including the Community Dining Program) with your credit or debit card. It is safe and secure. Visa and MasterCard accepted.

DENTAL HYGIENICS
Selected Wednesdays, 10/2 and 12/4
8:30am-3:00pm
Location: SESSC Wellness Center
Dental Hygienist: Debra Fredrikson
SESSC offers dental hygiene care through Dental Hygienics. This is a fee-based service. No medical coupons or sliding scale, as rates are lower than most dental private practices. Appointments will be made through the dental hygienist. Please come to the Center’s Front Desk to pick up an information packet, or call 206-948-7355 to speak with Deb Fredrikson, Dental Hygienist.

MEDICAL EQUIPMENT LOANS
The SESSC usually has a small inventory of walkers, canes, wheelchairs and other home-health aids available for your use. Please contact Jaime Clark at 206-722-0317 for more details.

SENIOR RIGHTS ASSISTANCE
For concerns and questions about Medicare or Supplemental insurance, long-term care insurance, Social Security, SSD or SSI legal assistance, please call Senior Rights Assistance Office at 206-448-5720.

TRANSPORTATION OPTIONS
The following services are useful for arranging transportation to the Center and other appointments. For additional transportation options call Senior Services at 206-448-3110.

HYDE SHUTTLE
206-727-6262
Door-to-door transportation in the Rainier Valley and Renton

ACCESS
206-205-5000 OR 1-800-923-7433
Door-to-door and hand-to-hand transportation at your beck and call.

VOLUNTEER TRANSPORTATION
206-448-5740
Escorted rides to essential appointments.
Why You Should be an SESSC Member

As the saying goes, “Membership has its benefits.” For SESSC members, that statement definitely rings true. If you have been coming to the Center to participate in our activities like exercise or lunch, you might want to seriously consider becoming a member of the Center.

Here is what a potential new member, Donna Shaman, has to say about why she is finally going to join the SESSC. “I’ve been volunteering at the SESSC after being treated so warmly at my first Rainbow Bingo event. Because of that, I realized that I wanted to be affiliated with a place that makes people feel good.” Once she realized that the Center functions on contributions like membership dues, she stated, “I will know my money is going toward a worthy and beneficial cause. I think I can join!” And, we are expecting that she will do just that! And we hope that you, too, will consider becoming a member of the Center. You will not regret your decision.

SESSC Membership Rates

| Individual | $60.00 (may be paid with two consecutive payments of $30.00) |
| Individual Lifetime | $1000 (may be paid with two consecutive payments of $500.00) |

Renew your ANNUAL Membership by January 31, 2020 and receive $5.00 OFF your $60.00 membership fee!!

SESSC Member Benefits

- Free quarterly newsletter mailed to your home
- Discounts on most program activity fees
- Discounts at the Center’s Cheap Chickadee Thrift Shop
- Access to licensed Social Worker
- Free birthday lunch during the month of your birthday
- Nutritional Daily Lunch Program
- Access to support groups for concerns about aging
- Financial, insurance, income tax and legal counseling available

For Office Use Only

Member: ____________________________
Lifetime Member: _______________________
Honorary Member: _______________________
Associate Member: _______________________
Gold Member: _______________________
Participant: _______________________
Paid Date: _______________________
Receipt #: _______________________

SESSC
4655 S. Holly St.
Seattle, WA 98118
(206) 722-0317
www.sessc.org

EMERGENCY CONTACT INFORMATION

Emergency Contact Name: ____________________________
Relationship: ____________________________
Phone: ____________________________
Cell Phone: ____________________________
City: ____________________________
State: ____________________________
ZIP: ____________________________
Thank You to Our Donors and Sponsors from October 1 to December 31, 2019


HOLIDAY HELPER BAGS

On Sunday, December 10, 2019, the SESSC distributed “Holiday Helper Bags” that included food needed to help families prepare a Christmas dinner. These are photos taken, along the way, as we prepared for the big day.

MEDICAL INFORMATION

Doctor Name: ___________________________ Office Phone: ___________________________ Alt. Phone: ___________________________

Insurance Provider: ___________________________ Phone: ___________________________

ETHNIC ORIGIN (Check All That Apply or WRITE-IN)


Do You Live Alone? [ ] [ ] Are You A Caregiver? [ ] [ ] Do You Have A Disability? [ ] [ ]

Yes No Yes No Yes No

What Relationship Do You Have With The Military? [ ] Active Duty [ ] Spouse of Veteran/Active Duty [ ] No Relationship

[ ] Veteran [ ] Dependent of Veteran/Active Duty [ ] Unknown

INCOME: Please check the appropriate box.

<table>
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<th>One Person Household</th>
<th>Two Person Household</th>
<th>Three Person Household</th>
<th>Four Person Household</th>
<th>Five Person Household</th>
<th>Six Person Household</th>
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<td>$18,550 or less</td>
<td>$21,200 or less</td>
<td>$23,850 or less</td>
<td>$26,450 or less</td>
<td>$28,600 or less</td>
<td>$30,700 or less</td>
</tr>
<tr>
<td>$18,551 to $30,900</td>
<td>$21,201 to $35,300</td>
<td>$23,851 to $39,700</td>
<td>$26,451 to $44,100</td>
<td>$28,601 to $47,650</td>
<td>$30,701 to $51,200</td>
</tr>
<tr>
<td>$30,901 to $44,750</td>
<td>$35,301 to $51,150</td>
<td>$39,701 to $57,550</td>
<td>$44,101 to $63,900</td>
<td>$47,651 to $69,050</td>
<td>$51,201 to $74,150</td>
</tr>
<tr>
<td>$44,751 or more</td>
<td>$51,151 or more</td>
<td>$57,551 or more</td>
<td>$63,901 or more</td>
<td>$69,051 or more</td>
<td>$74,151 or more</td>
</tr>
</tbody>
</table>

All information requested is for the use of SESSC Staff and is kept strictly confidential. We welcome your comments and suggestions.
The Center has launched a Monthly Pledge Program to better serve not just our members, but others who are in need. The cost to making these provisions available is significant. There are many aspects to managing the Center that we have to pay for - they cannot be achieved through in-kind donations. This is why your contribution is so valuable. And pledges help us budget - when we have an idea of what our monthly contributions will be, then we can plan better.

There are NOW convenient, zero cost ways to contribute, without leaving your home:

1) Through “PayPal,” or through the SESSC website at “www.sessc.org”
2) Set up “auto pay” through your bank.
3) Call the SESSC and use your credit or debit card

There will be more information provided at the Member’s Annual Meeting, January 28, 2020 at 10:00 a.m. You can also call Alex Arceo at 206-722-0317 for more information.
Attention SESSC Members, Participants and Friends! Do you shop at Amazon? If not, you may want to start. There is now, a great way to support your Center.

When you shop at smile.amazon.com, you will receive the same products for the same prices as amazon.com.

Whenever you shop on AmazonSmile, they will donate 0.5% of the price of your eligible AmazonSmile purchases to the SESSC.

AmazonSmile is the same Amazon you know; the exact same products, prices and service.

Support your Center by designating the Southeast Seattle Senior Foundation (SSSF) as your selected charity.

Your Center, the SESSC, is a part of the SSSF and 100% of your donation through AmazonSmile, when designated as SSSF, will be directed to the SESSC.

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Ways to Give to the SESSC

UNIVERSITY of WASHINGTON

PSYCHIATRY & BEHAVIORAL SCIENCES

School of Medicine

The University of Washington is recruiting individuals ages 60 and older who are experiencing depressive symptoms.

UW Do More Feel Better: Program for Depression

We have developed a program for adults 60 and older who are depressed. This 9-week program is based on research showing that increasing your participation in pleasurable and rewarding activities can lead to improvement in your depressive symptoms. Individual Sessions will take place at local Seattle senior centers:

Central Area Senior Center (500 30th Ave S, Seattle, WA 98144)

SouthEast Seattle Senior Center (4655 S Holly St., Seattle WA 98118)

If you are eligible to participate, you will receive $90 over the course of the program. Participation is limited.

For more information contact Alexis Dawson, Research Coordinator at 206.616.7002 or alexisd3@uw.edu
Happy Birthday, SESSC Members!

**JANUARY**
- Nobuko Otsuji  Jan. 1
- Margaret Yellowwolf Jan. 1
- Sue Combs  Jan. 2
- Karyn Hough  Jan. 2
- Harry M Hull  Jan. 2
- Diana Tobin  Jan. 2
- Carlton Ellis  Jan. 3
- Lucille Fortson  Jan. 3
- Johnny Ware  Jan. 3
- Loretta Russell  Jan. 3
- Cherie Sigrist  Jan. 5
- Leah Fiorito  Jan. 6
- Dorothy Terrell  Jan. 6
- Katherine McCraney  Jan. 9
- Samuel White  Jan. 10
- Velma Henry  Jan. 11
- Sara Koharu  Jan. 11
- Patricia Doss  Jan. 12
- Harriet Wood  Jan. 13
- Helen Holtzclaw  Jan. 14
- Tadele M Beyene  Jan. 15
- Daphne Jones  Jan. 16
- Sylvia B White  Jan. 16
- Dorothy Loudon  Jan. 17
- Annie Ellis  Jan. 18
- Delores Lee  Jan. 19
- Anita Legsdin  Jan. 19
- Dahlia Yee  Jan. 19
- Armin Gade  Jan. 20
- Julie Lehnis  Jan. 20
- Patty Buckingham  Jan. 21
- Patricia Espey  Jan. 22
- Lillie Sanders  Jan. 27
- Mark Magraw-Mickelson  Jan. 28
- Willie Mae Blades  Jan. 29
- T. Diane Day  Jan. 29
- Adalor Guib  Jan. 30
- William Young, Jr  Jan. 31

**FEBRUARY**
- Mae Eng  Feb. 2
- Vaughnette Freeman  Feb. 3
- Yohko Matsumoto  Feb. 3
- Clara Kelly  Feb. 5
- Evelyn Fairchild  Feb. 7
- Joyce James  Feb. 7
- Midori Garrison  Feb. 8
- Barbara Chamberlain  Feb. 9
- Gloria Pitre  Feb. 13
- Melva Lee Williamson  Feb. 15
- Pat Kihara  Feb. 17
- Brenda Matter  Feb. 17
- William Krause  Feb. 18
- Scott Gehring  Feb. 19
- Anthony Weeks  Feb. 19
- Minnie Collins  Feb. 21
- Andrea Leon  Feb. 23
- Alice Poree  Feb. 24
- Robert James  Feb. 25
- Robert Ridder  Feb. 25
- Viola Templeton  Feb. 27
- Kenneth Taggart  Feb. 28
- Carla Bunn  Feb. 16

**MARCH**
- Edythe Gandy  Mar. 4
- Alice Keefe  Mar. 4
- Frank Austin  Mar. 5
- Louise Chinn  Mar. 7
- Patricia Nord  Mar. 7
- Boneva Heflin  Mar. 9
- Annie Huguley  Mar. 9
- Louise Smith  Mar. 9
- Agatha Emanuel  Mar. 10
- Marie Jones  Mar. 12
- Nobii Ishii  Mar. 15
- Queen Molton  Mar. 15
- John Charles  Mar. 16
- Antonia Duno  Mar. 16
- Semhar Mezenghi  Mar. 16
- Barbara Marsh  Mar. 17
- Janet Mitchell  Mar. 17
- Georgia Spencer  Mar. 17
- Maralyn Thomas-Schier  Mar. 18
- Elsie Roscoe  Mar. 19
- Sarah Bush  Mar. 21
- Ruth A Hooper  Mar. 21
- George Hunter  Mar. 24
- Lester Session  Mar. 24
- Jacquinot Weisenbach  Mar. 24
- Yvonne Williams  Mar. 24
- Judith Hightower  Mar. 29
- Catherine Smith  Mar. 30

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**Did You Know...**

For our safety and for yours, the building doors from the parking garage are locked at 3:00 p.m. If you need to gain entry to the building, after that time, you will have to use the front door!

AND, the Computer Lab closes at 3:00 p.m.
Thank you for abiding by the rules and for your understanding.
SESSC volunteers invest their time, hard work, and loving care and are committed to forming a strong community and welcoming culture at our Center. They keep us strong. We have several new members of the excellent volunteer team that keeps our Center going.

Margaret Thompson - Margaret lives across the street from the Center and has become an active Cheap Chickadee volunteer. Margaret had so much fun that she let her jewelry-making skills be known. And, so now, of course, she is teaching all of us how to make jewelry! Stop by one of her classes. They are super fun.

Gloria Kemp-Boyd - Gloria is quiet but have you checked out her smile? Gloria comes to us with a strong background working with non-profits so she hit the ground, ready to go!!! Reliable volunteers are key to the Center’s structure. Thanks, Gloria for coming when you say you will!!

Brenda Knights - Brenda lives in New Jersey but makes regular treks to Seattle, where she says for several months at a time, as a caregiver to her mother, Rosa Cook. Since the Center is a regular home away from home for her mother, it has become one for Brenda as well. And, she is always ready to lend a hand around the Center. We are grateful she landed with us!

Donna Byron - Donna has lots of experience working with non-profit organizations and has been such an asset to the lunch program on Fridays. Consistent volunteers is key to the Center’s stabilization and structure. Thanks Donna for being there.

John Eckert - We are fortunate to have John and his muscle help out at the Thrift Store and around the Center. He has been quite generous with his time and is always ready to help. Thanks, John!!

By the time you read this newsletter, there may be another new volunteer in the house. Be sure to extend a warm welcome and thank you, including those not listed above. Let’s keep it going strong!

We need your HELP, ESPECIALLY with the Community Dining Lunch Program

Community Dining Lunch Program: Because participation in our lunch program has grown dramatically, Sharon Smith, our Master Chef, needs help in the kitchen with a variety of tasks, like food preparation and dish washing. One of the perks of being a volunteer in the Community Dining Lunch program is that you don’t have to pay for lunch!

Special Events: One of the ways the SESSC is able to provide the activities you enjoy is by raising money through our various special events such as the Dinner and Auction and Rainbow Bingo. Be a part of the group that truly makes it happen at the SouthEast Seattle Senior Center by participating in these events.

Wednesday Bingo: We need volunteers for Bingo! Help verify a winning bingo, sell specials, or call numbers.

Cheap Chickadee Thrift Shop: Be a part of the team that plays a major role in providing revenue for the Center. Remember, the store is open Monday - Thursday 10:00am-2:00pm.

Birthday Lunch: We need two volunteers to devote two hours of their time setting up for the birthday lunch on the third Wednesday from 3:00pm - 4:00pm and cleaning up after birthday lunch on the third Thursday.

Reception: We have openings for the Monday PM receptionist shift and a substitute receptionist. As a receptionist, you are the face of the Center. If you have a friendly demeanor and a willingness to serve, then this is a role for you.

There are other volunteer opportunities available. Stop by Kate Harkin’s office or call her at 206-722-0317 to find the volunteer opportunity that is right for you. New idea to try: volunteer with a friend to make it even more fun!

THANKS VOLUNTEERS - WE COULDN'T DO IT WITHOUT YOU!
FREE HEALTH CLINIC
GLOBAL COMPASSION CLINIC

LOCATION: SOUTHEAST SEATTLE SENIOR CENTER
4655 S Holly St, Seattle, WA 98118
TIME: SATURDAY 10:00AM - 4:00PM
DATES: JAN 25th, FEB 29th, MAR 28th, APR 25th

FREE TREATMENTS
- CHIROPRACTIC CARE
- MASSAGE THERAPY
- ACUPUNCTURE TREATMENT
- MEDITATION WORKSHOP
- YOGA WORKSHOP

- FAMILY MEDICINE
- REHABILITATION THERAPY
- REIKI HEALING
- HYPNOTHERAPY
- SELF CARE CONSULTATION

FREE RAFFLE DRAWINGS
For more information visit: www.globalcompassionclinic.org
Or call Dr. Kevin Nguyen at: 206-218-8417

Building healthier communities together.

We believe nothing should stand in the way of quality, affordable health care. We’re proud to be affiliated with organizations who have similar ideals.

UHCCommunityPlan.com

Washington Apple Health | UnitedHealthcare

CST25226
Our very own thrift store, the Cheap Chickadee, is right next door to the Center and your “go-to” source for deep discounts on clothing, household goods, and all kinds of curiosities! Stop by and check us out. We just might have that special item you’ve been seeking. We gratefully accept donations that are clean and in good working order during store hours. All sales benefit the SESSC.

- **Bargain Bag Days** - 1st Tuesday and Thursday each month — All you can fit, up to 10 items (@ $3.00 and under) in a brown bag for $5.00.

- **Senior Members’ Day** - 1st Wednesday of the month — SESSC members receive 40% off all purchases.

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**COUPON**

Cheep Chickadee Thrift Store

This coupon entitles the bearer to 15% off the purchase of items at the Cheap Chickadee Thrift Store. May not be combined with any other discount or special sale.

4546 S. Holly St, Seattle, WA 98118

**HOURS**

Mondays through Thursdays
10am-2pm

Phone: (206) 760-7650

Proceeds benefit programs for seniors at the Southeast Seattle Senior Center

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**The SESSC At Focus of POP Culture...**

The Museum of Pop Culture, or MoPOP is a nonprofit museum dedicated to contemporary popular culture. It was founded by Microsoft co-founder Paul Allen in 2000 as the Experience Music Project. And this December, the SESSC found itself right at the focus of MoPOP as they delivered bags and boxes of supplies taken directly from the SESSC’s Wish List! The delivery included toilet paper, paper towels and other cleaning supplies and products needed for the Center in general. The gift was a true surprise and totally unexpected. When asked how they chose what to buy, they remarked that they knew of the work being done here so they went on the website and reviewed the “Wish List.” What a gift!

If anyone ever wonders what they can do to help the Center, cash gifts are always welcome, but the in-kind donations such as those provided by MoPOP are extremely important because they help minimize costs to the Center. The Wish List is always printed here in the newsletter—this month it’s on page 3 – but it is also provided on the website at [https://sessc.org/give/wish-list/](https://sessc.org/give/wish-list/). MoPOP staff, you ROCK!
On Tuesday, December 10, Mayor Durkan, her team and the Seattle Department of Transportation returned to the SouthEast Seattle Senior Center to announce city-wide slower speed limits and other road safety improvements. And, we appreciate her honoring the concerns of our community, one of which is the safety of our seniors crossing the streets.

She reported that the Seattle Department of Transportation (DOT) will improve (repave) the surface that is shared between the Center and The Brighton Apartments. They will implement improvements to slow traffic at the cross streets of Rainier and Holly.

In addition, the DOT has promised to increase the crossing signal time so pedestrians will have time to walk across the street before the red light turns green and can arrive to the other side without risk of being hit by a car. Thanks Mayor Durkan and stay tuned for safer streets!
Providers of an assortment of bread, pastries and other baked goods for the Center every Monday.