Vibrant  Diverse  Caring

We provide services, activities and support to promote self-sufficient and fulfilling lives for aging adults in our multi-cultural community.

JANUARY/FEBRUARY/MARCH  WINTER 2022 ISSUE

2022
HAPPY NEW YEAR

Good Things Ahead

PROGRAMMING
Page 8-9

IN MEMORY OF BARBARA CHAMBERLAIN
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GOOD THINGS
Page 5

AT THE CENTER YOU MUST WEAR A MASK AND BE FULLY VACCINATED

206-722-0317  4655 S Holly St, Seattle, WA 98118  www.sessc.org
Find connection and joy
IN EXTRAORDINARY TIMES
SENIOR LIVING THAT CONSIDERS YOUR NEEDS & DESIRES ESSENTIAL

The Lakeshore in South Seattle/Renton helps you stay engaged and connected—while covering the cooking, cleaning, care if you need it, and more. Featuring gardens ideal for outdoor gatherings, technology that brings loved ones that much closer, and a variety of virtual and distanced activities to nourish your mind, body, and spirit.

Schedule a visit (206) 538-6230 or learn more: eraliving.com/joy
A MESSAGE FROM OUR SESSC INTERIM EXECUTIVE DIRECTOR

To our members and readers, hello and happy New Year!! It is with mixed emotions: sadness, introspection as well as excitement that I greet you this new year. There have been many ups and downs in 2021 with the virus brewing and continuing its course through the country. Still the Center has not been halted by it. We have continued to move in the spirit of purpose, determination and tenacity. And while there are few things that will hinder us, there are many things that can hit us so hard that we have to take a seat and just hang our heads for a while. Now, let’s look at those mixed emotions: sadness.

For those of you who don’t already know, we lost our dearest Barbara Chamberlain, Board President, in January, 2022. In addition to all the many things that Barbara was to the Center, she was our good friend and someone we could depend on. She would always be where she said she would be, and she gave of herself tirelessly and unselfishly. There are no words that will EVER express our sadness. Her passing leaves a void that cannot be replaced. Anyone who knew Barb knows how MUCH she loved the Center. She would want us to move forward with the same fervor and vigor that she moved in when it came to the Center. So, we will do that in her memory and in her honor. Rest well, dear Barbara. We love you, we will miss you and we will NEVER forget you.

In the last issue of our newsletter, you may recall Barb announcing—and hers was also with ‘mixed emotions: happy and sad” - that I was retiring and a robocall went out explaining that my last day would be December 31, 2021. The Board has not selected a new Executive Director. Rather than leave the Center without that leadership, Barb asked if I would remain for a period. We both agreed that I would remain until March 31, 2022. The “introspection” and reflection come as I move into that “Interim” Executive Director role.

What can I find to be excited about? I’m excited that in the midst of a changing environment, the Center will continue to flourish. We are working to get the elevator modernization project finished, replace the front doors, continue our mobile lunch delivery program, reengage our programming and continue to be available to the community for programs like the Rainier Beach Vaccination Clinic. We know that COVID is still with us and while our senior community is largely vaccinated, we must remain diligent... we are not out of the water yet. I’m excited that a new Executive Director will be identified and retained and I will be able to move to the next phase of my life. And I’m excited to see what the Center will be in its next phase. So, together, as a senior community, we will move forward. Let’s do as we always do—make it a great year, even with the changes that we weren’t expecting: those that rocked us to our core or brought us to our knees. Together, we will push forward.

Go to https://sessc.org/sessc-executive-director-position for the Executive Director job description. Under the “Requirements” section find instructions to be considered for the position.
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Lynda Greene
Interim Executive Director
lyndag@sessc.org

Alexander Arceo
Senior Program Coordinator & Logistics
alexar@sessc.org

Mark Bryant
Exercise Site Coordinator
markb@sessc.org

Carla Bunn
Grants & Project Coordinator
carlab@sessc.org

Jaime Clark, MSW, LICSW
Social Worker
jaimec@sessc.org

Mary Downs
Finance & Human Resource Coordinator
maryd@sessc.org

Kate Harkins
Community Engagement Coordinator
kateh@sessc.org

Linda Lewis
Community Dining Lead
lindal@sessc.org

Beulah Early
Blood Pressure Monitor and Casino Trip Chaperone

Betty Barela
Asst. Wednesday Bingo Manager

Carole Stewart
Linda Stryker
Weaving Instructors

Fai Coffin
Arts and Crafts Instructor

Heather Robinson
Massage Therapist

Marcelino Gomez
Spanish Class Instructor

Carol O’Brien
Dominoes—Mexican Train

Pat Espy and Thomas Boyce
Chess Club Facilitators

Patricia Scott
Hands-N-Feet Facilitator

Patricia Vazquez
Wednesday Bingo Manager

Patty Buckingham
Quilting Group Facilitator

Nicole Hamilton
Adaptive Yoga Instructor

Marjie Croston
Rhonda Farrar
Stanley Hiserman
Tai Chi Instructors

Sponsorship: The Lakeshore

Sponsorship: Subs To Go

Sponsorship: Bargreen/Ellingson

THE CITY OF SEATTLE MATCHING FUND

The City of Seattle Neighborhood Matching Fund approved the SouthEast Seattle Senior Center for a grant to replace the front doors: $21,400!
The elevator at the SouthEast Seattle Senior Center has been in need of an upgrade for more than five (5) years. We have advertised and fundraised for several months to raise the money for the elevator modernization project, costing $171,000. We have not raised all of the money that we need to repair it, but since the repair window was several months long, we had to get started to get finished. And guess what? THE ELEVATOR IS FIXED AND WE NOW HAVE A PERMIT!!! We are so happy but we know our job isn’t done. We have to continue fundraising to meet the expense. And at the SESSC, we move in the spirit of faith because we know “the funds will come.” The Center has some of the most dedicated and committed contributors with members and friends who believe in the important work that we are doing. So, while the giving has been slow, it has been consistent, in small chunks, but we have faith. How much more do we need? $84,000! That’s a lot of money but we have raised over $87,000 which is more than half of what we owe. The elevator now has brand new technology, which is a requirement by the City of Seattle—that has never been installed in this region. And on January 19, 2022 we received our permit! Many of you have been so generous with your contributions, and we are forever grateful. But, WE STILL NEED YOUR HELP!

GoFundMe: [https://www.gofundme.com/f/elevator-modernization-project](https://www.gofundme.com/f/elevator-modernization-project)

- Conventional Ways: a) www.sessc.org to give with credit/debit card or, b) via PayPal.
- Come to the Center and leave a donation, or call with your card information. You can also mail in a check. Be sure to identify which fundraising project you want to support.

In the Fourth Quarter 2021 issue of the newsletter, we reported that the both sides of the front doors are failing and have to be replaced: “The left side won’t close unless you manipulate the bar and the hydraulics have given out on the right side so that the door just slams closed so hard that it slams right past the door jam and gets stuck inside. The doors provide building security and must be replaced. So, all contributions are welcome.” Well, we were approved for a grant by the City of Seattle’s Neighborhood Matching Fund” to cover the cost of the front door replacement! Soon, you will be passing through a new set of front doors!! And we would like to extend a very special thank you to the City of Seattle!!! (See “thank you” on page 4.)
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.

FEELING LOW? HELP UW RESEARCHERS LEARN HOW TO HELP OLDER ADULTS DO MORE, FEEL BETTER

WE’RE SEEKING PARTICIPANTS FOR A 9-WEEK PROGRAM BASED ON RESEARCH SHOWING THAT INCREASING PARTICIPATION IN PLEASURABLE AND REWARDING ACTIVITIES CAN DECREASE DEPRESSIVE SYMPTOMS.

ELIGIBLE PARTICIPANTS WILL RECEIVE $130 OVER THE COURSE OF THE PROGRAM. DUE TO COVID, THE STUDY CAN BE CONDUCTED IN-PERSON OR ONLINE.

For more info: 206-616-2129 or dmfdb@uw.edu

THE SESSC 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.

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 Use the following services to arrange transportation to the Center or to other appointments. For additional transportation options call Senior Services at 206-448-3110.

HYDE SHUTTLE 206-727-6262 Services Rainier Valley and Renton

ACCESS 206-205-5000 or 1-800-923-7433

VOLUNTEER TRANSPORTATION 206-448-5740 Escort rides

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 at the Center on Mon, Tues, Thurs and Fri: 2:00—3:30.

NOTARY PUBLIC SERVICE Contact: Mary Downs; Cost: $10.00 SESSC Finance Coordinator, Mary Downs, is a notary. Please call 206-722-0317 to make an appointment.

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.

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Social Worker Frequently Asked Questions

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, caregiver 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 your 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 welcome. Register at the Front Desk.

Social Worker Jaime Clark MSW, LICSW Jaime is available Mon—Fri for appts. Walk-in visits are okay ONLY if she is available. Call 206-722-0317 or email jaimec@sessc.org for an appointment.

Jaime Clark
MSW, LICSW
Jaime is available Mon—Fri for appts. Walk-in visits are okay ONLY if she is available. Call 206-722-0317 or email jaimec@sessc.org for an appointment.
BARBARA CHAMBERLAIN

On Tuesday, January 4, 2022, the staff of the SESSC learned that Barbara Chamberlain had passed away which was quite devastating to all of us as she had become a good friend and was quite well known and respected as not only the Board President but a Center member. Even the volunteers were acquainted with Barb. She would offer her warm, gentle smile along with a greeting and was just a generally friendly person. Never pretentious, Barb retired from Shoreline High School as a math teacher. To her, everyone she met was a friend; there were no strangers. Alex Arceo, the Center’s Program Coordinator, likes to share fondly that Barb always got his math jokes.

Barb took great interest in Center activities. She would volunteer with the lunch delivery staff during the heaviest activities and at other times when she knew she would be the most needed. There are many pictures with Barb in the background working. She enjoyed being with people and having a good time. We will always miss her. (In Memory on page 14.)

Helping with the Thanksgiving Dinner lunch delivery program

And here she is helping with the Christmas Dinner lunch delivery program.

The SouthEast Seattle Senior Center fondly remembers our members who have transitioned:

In Memoriam

Don Johnston  Louise Smith
Ethel Washington  Barbara Chamberlain
Donald Sherard  Otis Baseden

The following are donations made “In Memory Of…”

<table>
<thead>
<tr>
<th>IN MEMORY OF</th>
<th>FROM</th>
</tr>
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<tbody>
<tr>
<td>Barbara Chamberlain</td>
<td>Alex Arceo, Gisela Baxter, Carla Bunn, Jaime Clark, Charles Coen, Fai Coffin, Dawn Crownover, Mary Downs, Lynda Greene, Kate Harkins, Serena Heslop, Sue Kennedy, Linda Lewis, Pat Vazquez, Margaret Yellowwolf</td>
</tr>
<tr>
<td>Mary Ellison</td>
<td>Pat Vazquez</td>
</tr>
<tr>
<td>Bernice Fletcher</td>
<td>Diana Tobin*</td>
</tr>
<tr>
<td>Don Johnston</td>
<td>Lynda Greene, Pat Vazquez, Margaret Yellowwolf</td>
</tr>
<tr>
<td>Louise Smith</td>
<td>Fai Coffin, Pat Vazquez</td>
</tr>
<tr>
<td>Richard Wright</td>
<td>David Gibson</td>
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</tbody>
</table>

* Diana Tobin’s name was inadvertently omitted from the last newsletter as having made a donation in honor of Bernice Fletcher. This was an oversight for which the editor humbly apologizes. Thank you for your understanding.
To protect our seniors and stay as healthy as possible, the Center follows all recommendations from Governor Jay Inslee’s office as it pertains to the Corona Virus (COVID-19). And ALL participants—members or not—MUST register to participate in any class—THERE ARE NO EXCEPTIONS. If you have not registered, will not be allowed to participate.

<table>
<thead>
<tr>
<th>PROGRAMMING</th>
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| **MAHJONG** (cost is FREE) **Must Register**  
Mondays 1:00—2:00; Maximum of 8 persons. |
| **SILVER SNEAKERS** (cost is FREE) **Must Register**  
Mondays, Wednesday, Fridays 9:00—10:00;  
Maximum Class Size: 12 persons  
This program is offered FREE to members who are eligible in at least ONE of the Medicare plans. Go to SilverSneakers.com/check to see if your health plan includes the program. Not covered but still want to participate? Register at the front desk. All Signature SilverSneakers classes are led by Mark Bryant. |
| **MOMENTIA MONDAYS** (cost is FREE) **Must Register**  
Mondays 10:30—11:30; Facilitator: JAIME CLARK  
Contact Jaime at 206-722-0317 ext. 105 for Zoom information. |
| **TAI CHI WITH MARJIE**  
**GET MOVING** Mon 1:30-2:00; Thurs 10:30-11:00  
Part seated, and part standing movements. Appropriate for all levels. Work at your own pace.  
**TAI CHI—YUANJI** Mondays 2:00-3:00;  
Thursdays 11:30-12:00. Just more TAI CHI for you!  
MARJIE CROSTON is a SESSC member & volunteer. Please join her virtually for class. Contact her via email at ocean_gypsea@yahoo.com if you are interested in joining. |
| **MEXICAN TRAIN** (cost is FREE) **Register**  
Tuesdays 10:00—1:00ish Facilitator: CAROL O’BRIEN  
Dispense all dominoes in your hand by playing them onto one or more chains emanating from the central hub station. |
| **CHESS** (cost is FREE) **Must Register**  
Tuesdays and Fridays 12:30—3:00; Social Hall  
Facilitators: PAT ESPEY and THOMAS BOYCE  
Want to learn how to play? We will teach you! |
| **BLOOD PRESSURE CHECK** (cost is FREE)  
Wednesdays 11:00; Lobby  Facilitator: BEULAH EARLY |
| **CAREGIVER SUPPORT GROUP** (cost is FREE)  
2nd Tuesday of the month via Zoom  
Contact TONI CRUTCHFIELD at 206-727-6210 or email toniic@soundgenerations.org for the Zoom link and time. |
| **FALL PREVENTION CLASS** (cost: $3.00)  
Tuesdays—2/8/2022 and 3/8/2022; 10:00-11:00;  
Facilitator: MARK BRYANT |
| **HAPPY HANDS QUILTING** (cost is FREE)  
Must Register 1st & 3rd Thursdays 9:00-12:30; Arts & Crafts Room; Facilitators: PATTY BUCKINGHAM and KARYN HOUGH |
| **CONVERSATIONAL SPANISH** (cost is FREE)  
Must Register Fridays 10:30—11:30 Wellness Room; Register at the Front Desk; Facilitator: MARCELINO GOMEZ |
| **SILVER SCREEN MOVIE FRIDAY**  
2nd Fridays 2/11/22; 3/11/22. Multi-Purpose Room;  
Time: TBD; Facilitator: Scarecrow Video Volunteer. Scarecrow Video is BACK!! A representative will bring a movie for viewing.  
Barb getting ready for Western Rainbow Bingo. |
### PROGRAMMING—CONTINUED

**ART CLASSES with Fai Coffin** (unless otherwise noted) *Registration Required.* Tuesdays or Wednesdays (see below) 10:00—11:30; Arts and Crafts Room; Maximum Class Size: 5 persons 

**Fai Coffin** will teach you a variety of arts and crafts techniques. Call 206-722-0317 to reserve your spot!

<table>
<thead>
<tr>
<th><strong>CREATING PAPER FLOWERS</strong></th>
<th><strong>LUNAR NEW YEAR CELEBRATION</strong></th>
<th><strong>HAND PAINTED DISH TOWELS</strong></th>
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<tbody>
<tr>
<td><strong>Tuesday, Jan 25, 2022</strong></td>
<td><strong>Tuesday, Feb 1, 2022</strong></td>
<td><strong>Wednesday, Feb 2, 2022</strong></td>
</tr>
<tr>
<td>Material fee: $3.00</td>
<td>Fee: NO COST</td>
<td>Material fee: $4.00</td>
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Using simple materials, you will create 2 to 3 flowers that will never wilt. They can brighten up your day or be a wonderful gift.

We will discuss the celebration, sharing traditional New Year snacks and create a traditional craft, celebrating the *Year of the Lion*.

Just in time to create some “heart felt” hand-stenciled dish towels with Florence Peterschmidt and Eve McClure. Make sure you reserve your seat.

<table>
<thead>
<tr>
<th><strong>ORIGAMI HEARTS</strong></th>
<th><strong>Handmade Birthday Cards</strong></th>
<th><strong>HONORING CLAUDETTE COLVIN</strong></th>
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</thead>
<tbody>
<tr>
<td><strong>Tuesday, Feb 8, 2022</strong></td>
<td><strong>Tuesday, Feb 22, 2022</strong></td>
<td><strong>Wednesday, Mar 2, 2022</strong></td>
</tr>
<tr>
<td>Fee: $1.00</td>
<td>Material fee: NO COST</td>
<td>Fee: NO COST</td>
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Hearts are very simple shapes to fold in Origami. Join us for some tasty snacks and make a card or a gift.

Using simple folding and gluing, take home a lovely hanging ornament for your home. They also make lovely gifts.

We will discuss and honor a young woman whose story is very inspiring.

<table>
<thead>
<tr>
<th><strong>CELEBRATING WOMEN’S HISTORY MONTH &amp; INTERNATIONAL WOMEN’S DAY</strong></th>
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<tr>
<td><strong>Tuesday, Mar 8, 2022</strong></td>
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<tr>
<td>Material fee: NO COST</td>
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Along with the celebration and acknowledgement of Women’s History Month, we will recognize the “accomplishments of women from all corners of the earth... This day inspires young girls and women from all walks of life to be their best selves and change the world.”

---

**Momentia** is a grassroots movement empowering persons with memory loss and their loved ones to remain connected and active in the community.

*Website: www.momentiaseattle.org*

SESSC offers a FREE Momentia Monday class for people with memory loss and their loved ones. **ON ZOOM** every Monday 10:30-11:45 am.

Contact Jaime Clark at 206-722-0317 ext. 105.
**PROGRAMMING—Continued**

**BOOK CLUB—2nd Tuesdays; 1:00pm — 2:00pm; Cost: Free**

Location is Hybrid: attend in the Multi-Purpose Room or online;
Zoom: **865 7347 9199**; NO PASSCODE; Facilitator: Margaret Yellowwolf

<table>
<thead>
<tr>
<th>Tuesday January 11, 2022</th>
<th>Tuesday February 8, 2022</th>
<th>Tuesday March 8, 2022</th>
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<tr>
<td>“From the number-one bestselling author of The Nightingale and The Great Alone comes a powerful American epic about love and heroism and hope, set during the Great Depression, a time when the country was in crisis and at war with itself, when millions were out of work and even the land seemed to have turned against them.” (Amazon)</td>
<td>“...a charming, poignant novel about a crime that never took place, a would-be bank robber who disappears into thin air, and eight extremely anxious strangers who find they have more in common than they ever imagined.” (Amazon)</td>
<td>American Dirt is a 2020 novel by American author Jeanine Cummins, about the ordeal of a Mexican woman who had to leave behind her life and escape as an immigrant to US with her son.</td>
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**2022 Member’s Annual Information Packet**

It’s Annual Information time!!

All members will receive a Members’ Annual Information packet in your mail by Monday, January 31, 2022.

The packets will identify the Center’s 2021 Accomplishments, 2022 Goals and other pertinent information.

The packet will also explain how you can ask questions about the packets content, should you have any.

So, be on the look out!

---

**Support the businesses that support the Senior Center’s Lunch Delivery Program**

30 Logan Ave. S Renton, WA 98057 (425) 226-5238
Renew Your 2022 Membership!

Why Join the Senior Center?
Because, we are always looking for new and exciting events and activities to plan. Our seniors benefit from being surrounded by multiple sources of support that boost health and happiness. You will find our Center: 1) Boosts Senior Health; 2) Provides Nutritional Services; 3) Encourages Mental Engagement; 4) Connects Seniors to Resources; and 5) Fosters a Sense of Community.

When You Join and Participate...
The SESSC will no longer be “A” senior center, but “YOUR” senior center. Join and make this your new “home-away-from-home.”

$5.00 off membership fee IF paid by January 31, 2022!!

SESSC Membership Rate

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Rate</th>
<th>Payment Option</th>
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</thead>
<tbody>
<tr>
<td>Individual</td>
<td>$60.00</td>
<td>(may be paid with two consecutive payments of $30.00)</td>
</tr>
<tr>
<td>Individual Lifetime</td>
<td>$1000</td>
<td>(may be paid with two consecutive payments of $500.00)</td>
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</table>

SESSC Member Benefits (see page 10)
Free quarterly newsletter mailed to your home ♦ Free or Discounts on most program activity fees ♦ Discounts at the Center’s Cheap Chickadee Thrift Shop ♦ Access to licensed Social Worker ♦ Free lunch during the month of your birthday ♦ Access to support groups for concerns about aging ♦ Financial, insurance, income tax and legal counseling.

REGISTRATION CARD
(Standardized Client Demographic Data Collection)

PLEASE PRINT CLEARLY

FOR REGISTRAR’S USE ONLY

MSC Client ID No. ________
Complete: ________
(Initial)

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

Ahern, Dona; Akada, Terie; Akiyama, Takashi; Alexander, Frances; Almoslino, Beverly; Ameen, Ebon; Anderson, Joanne; Arntz, Therese; Austin, Frank; Austin, Rubymae; Bacani, Bernad; Baker, E.H.; Banchero, Lewis; Baxter, Gisela; Blades, Willie Mae; Bolin, Marvin; Bowie, Annie; Brown, Sybil; Brusilovsky, Natalie; Buckingham, Patty; Carlson, Dorothy; Carlson, Gladys; Carter, Elinor; Carter, Sidney; Chan, Fu Wan; Charles, John; Charles, Mary; Chin, Edna; Chong, Sally; Coffin, Fae; Combs, Sue; Cook, Dorothy; Cook, Rosa; Crabtree, Marilyn; Darden, Ida; Decuir, Annabelle; DeFranco, Louis; DeFranco, Theresa; Deguchi, Mae; Dillard, Marion; Dodd, Kathleen; Duell, Ephraim; Dumo, Antonioa; Early, Beulah; Edlund, Kari; Edlund, Ron; Edmondson, Lutisher; Elfalan, Bertha; Emanuel, Agatha; Fairchild, Evelyn; Fairchild, Richard; Fies, Kathryn; Finch, Irene; Fisher, Marlene; Fletcher, Bernice; Flowers, Earl; Fujisawa, Sei; Gade, Armin; Gary, Steve; Gilliam, Joyce; Gilliam, Martha; Gillum, Donnetta; Ginn, Barbara; Giralmo, Millie; Gloster, Earnestine; Goldsmith, Willie; Goldwater, Ahava; Goodridge, Petra; Gourdine, Miriam; Graham, Elinor; Graham, Ida; Gramaje, Ursula; Gran, Marina; Greaves, Maryetta; Green, Dorothy; Guib, Adalor; Harris, Deloris; Haynes, Grover; Henderson, Nellie; Hicks, Ora; Hirata, Hajime; Hirata, Michi; Holtzclaw, Helen; Honda, Akira; Honda, Mary; Hoober, Leona; Howe, Grace; Hubbard, Clara; Hubbard, Elhelmarie; Hubbard, Kathleen; Huggins, Eloise; Huguley, Annie; Hungate, John; Hungate, Lydia; Hunt, Margie; Hunter, George; Ikeda, Frances; Ikeda, Kachi Lilly; James, Robert; Jeffery, Roosevelt; Jenkins, Luberta; Johnson, Janet; Jones, Almeeda; Jones, Clayton; Jones, Marie; Jordan, Annie; Jung, Della; Kaupert, Ruth; Kennedy, Sue; Kihara, Pat; Kirita, Roy; Knowles, Deirdre; Koharu, Sera; Krause, William; Kubie-Maimon, Esther; Kumasaka, Henry; Lam, Vinh; Lang, Sadako; Latz, Anne; Latz, Robert; Lee, Delores; Leonard, Doris; Levy, Lillian; Lewis, Lilie; Lewis, Paul; Liebscher, Robert; Linder, Robert; Liu, Johannes Kwok Yan; Locke, Ruth; Lollie, Cletloe; Lott, Juanita; Low, Phyllis; Lutton, Maria; Lux, Marilyn; Lyshall, Arnold; Made, Vel; March, Jocelyn; Mar-Lundeen, Edith; Martin, Erika; Matsumoto, Dan; Matsumoto, Yoko; Mayena, Julie; McDaniel, Katherine; McDaniel, Doris; McDaniel, Maria; McVey, Loretta; McVe, Mary; Melin, Janice; Melin, Joel; Mikami, Kris; Miller, Diane; Miyachi, Yoshiko; Molton, Queen; Morgan, Doris; Moton, Esther; Muir, Betty; Nakamichi, Carol; Nakatsu, Miyoko; Nelson, Nicholas; Nelson, Roseanne; Ng, Hing; Ng, Mae; Nishizaki, Akio; Nord, Patricia; O'Brien, Mary; Odegard, Jerry; Ohashi, Maé; Okazaki, Itsu; Okura, Helen; Orpilla, Carlos; Orpilla, Loretta; Otsubo, Nobuko; Paschal, Patricia; Patterson, Dorothy; Patterson, Ernestine; Peete, Barbara; Pite, Clayton; Pore, Alice; Radford, Brenda; Redmond, James; Render, Emma Ruth; Rheubottom, Callie; Ridder, Ruthe; Robinson, Kim; Roberson, Zetta; Roberts, Dorothy; Roberts, Olga; Robledo, Lola; Roscoe, Elise; Rossen, Ib; Russell, Loretta; Ruth, Norma; Sako, Saburo; Sanders, Dean; Sanders, Ernestine; Sanders, Lillie; Schilling, Mitsue; Scott, Aubrey; Scott, Winnie; Scott, Oren; Scott, Patricia; Session, Lester; Seth, Judy; Shukis, M L; Sigrist, Cherie; Singletary, Barbara; Sisson, Jean; Skov, Ervin; Skov, Florita; Smith, Josie; Spencer, Georgi; Stone, Marcia; Summers, Ellen; Swafford, Azile; Swafford, John; Swartley, Mary; Taggart, Kenneth; Tanner, Geneva; Taylor, Robert; Teig, Dolores; Templeton, Viola; Thomas, R. Charlene; Thompson, Beryl; Thompson, Norma; Tianen, Henry; Tilbury, Marilyn; Tilbury, Richard; Tobin, Diana; Tolentino, Dominador; Toliver, Nancy; Tomita, Masako; Tsuchiya, Herbert; Tsukamoto, MaryJane; Turner, Joyce; Ung, Vann; Vazquez, Patricia; Vega, Kay; Vigil, Emilio; Vo, Chanh; Walls, Eugenia; Ward, Terry; Ware, Johnny; Warren, Betty; Washington, Ruth; Williams, Charles; Williams, Etta; Williamson, Melva Lee; Willner, Claire; Wise, Eleanor; Woo, Albert; Woo, Brenda; Wood, Ann; Wrice, Ozeal; Yamada, Jeanette; Yamaguchi, Dorothy; Yamaguchi, Keiko; Yamamoto, Helen; Yee, Dahlia; Yee, Hung; Yellowwolf, Margaret; Yuman, Gloria; Zbigley, Linda

HOUSEHOLD INCOME LEVEL (Please check one)

Using the table below, determine the total gross yearly income for your household based on HUD guidelines; check one box.

<table>
<thead>
<tr>
<th>Very Low:</th>
<th>Low:</th>
<th>Moderate:</th>
<th>Above Moderate:</th>
<th>Unknown:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gross Annual Income by Family Size</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Family Size</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Low:</td>
<td>Up to $22,500</td>
<td>Up to $25,700</td>
<td>Up to $28,900</td>
<td>Up to $32,100</td>
</tr>
<tr>
<td>Moderate:</td>
<td>$22,500-$37,450</td>
<td>$25,700-$42,800</td>
<td>$28,900-$48,150</td>
<td>$32,100-$53,600</td>
</tr>
<tr>
<td>Above:</td>
<td>$37,450-$56,200</td>
<td>$42,800-$64,200</td>
<td>$48,150-$72,250</td>
<td>$53,600-$80,250</td>
</tr>
</tbody>
</table>

Do you live alone?

Gender: Male ☐ Female ☐

Sexual Preference (this information is confidential):

Bisexual ☐ Gay ☐ Heterosexual ☐ Lesbian ☐ Questioning ☐ Other ☐

Do you live with children under age 18?

Do you have a disability?

Are you homeless?

Have you served in the U.S. Military, National Guard or Reserve?

EMERGENCY CONTACT INFORMATION

Emergency Contact Name: ____________________________ Relationship: ____________________________ Phone: ____________________________

Revision Date: 8/22/19
DONATIONS (October 2, 2021—1/14/2022)


THANK YOU TO OUR DONATING BUSINESSES

Holly Court AA, The Girl Friends Foundation, Boeing Employees Credit Union, Windermere Real Estate, Merrill Garden, ERA Living, Faith Tabernacle World Ministries, Seattle First Baptist Church, Stone Way Eateries, LLC, Primm Tabernacle AME Church, CarePartners Senior Living, Steward Hartmann Charitable Trust, Fidelity Charitable, A and A Solar SPC.

Holiday Gift Giving

Adopt-A-Senior, 2021

Again this year, a very special thank you to the Seattle Chapter of Girl Friends, Inc. Like 2020, they selected the SESSC as their holiday project by adopting a senior. Girl Friends, Inc. is a national organization with a focus on friendship and fun. Lynda Greene, the SESSC Executive Director, is one of the founding members of the Seattle Chapter. Thank you so much!!!

Special Thank You to Donors

Contributions to the Center have been phenomenal, coming at a time when everyone is trying to help and show their love and support to businesses and individuals who have been heavily affected by COVID-19. While it has been our goal to continue to operate our Lunch Delivery Program, we know we can’t do it without those of you who believe in this important work. We have lend our support to combatting COVID-19 by scheduling vaccinations and hosting our own vaccination clinics. And while we have major facility repairs, it hasn’t stopped us from honoring our commitments to our seniors. Likewise, the constant requests haven’t stopped you from showing your love and commitment to the Center. And we are extremely grateful to all of our contributors. We haven’t reached our financial goals yet, but we can see a light at the end of the tunnel. As the first newsletter in 2022, we want to make sure you know how much we love and appreciate you. While many of the contributor names are listed above, we have many anonymous contributors as well. We said it in 2021 and we want to say it again—thank you so much to all of you and HAPPY 2022!!
Staying Ready
Masked and Fully Vaccinated

IN MEMORY OF BARBARA CHAMBERLAIN, Board of Directors President

If you are a regular reader of this newsletter or if you frequent the SouthEast Seattle Senior Center, you’re acquainted with Barbara Chamberlain. You may know her as the President of the Center’s Board of Directors, as a volunteer or as someone who participates in Center activities. Pre-Covid-19 she had lunch regularly at the Center. And sometimes she shopped at the Cheap Chickadee Thrift Store. You would often see Barb coming and going. Every quarter, in conjunction with the Executive Director, Lynda Greene, Barb posted “A Message From Our Leaders.” Barbara Chamberlain’s spirit is in and all around the Center. As reported on pages 3 and 7 of this newsletter, we lost Barb early this month.

Barb’s history at the Center is so rich. The Center’s inception begins with Barb and her husband Norm’s vision and commitment. On February 14, 2017 an article was written about Barb, Gisela Baxter, a current board member and Eugene Lux, also a former Board member who passed away in 2019. Jean Veldwyk, who died in 2021, and is featured in our July-August-September 2021 (Third Quarter) newsletter, is also mentioned in the article. The four were receiving the first Trailblazers Award having been essential to the SESSC’s existence. And when you read on, you’ll understand EXACTLY how Barb fits in to that.

This is what Barb had to say during this interview.

“‘If Norman was alive, he’d be getting this award instead of me,” Barbara says glowingly, an indestructible smile plastered on her face. She speaks of her late husband Norman Chamberlain, a longtime South Seattle community champion before he passed away in February of 2015. In the 1980s the couple donated the land the Center currently rests on at the corner of Rainier Avenue and New Holly Street in the Brighton neighborhood.

‘Norman’s mother and her partner lived across the street and had a beautiful view of Mt. Rainier. He said that someone was going to come in and build a high-rise and his mother wouldn’t have her view any longer, so we bought the lot.’ After purchasing the property, Norman spent the next several years driving around on his mower keeping the grass trimmed. In the early 1980s, as the couple became more involved with the local Chamber of Commerce and rotary club, they became aware that the Southeast Seattle Senior Center then known as Lee House and located just a few blocks from its current location, was in need of a new landing spot.

They made the decision to go ahead and donate the land they were holding in abeyance to protect Norman’s mother’s picturesque sight of the Cascades, but only after a little deliberation. ‘I told him that will ruin your mother’s view!’ Barbara laughs. ‘He said: that’s okay she can go there every day and have lunch and go dancing. And she did!’ The Center had the land, now all they needed was the building. That came courtesy of the trailblazer absent on this day due to business commitments, Jean VeldYke... When attention turned to those present in the room – all of whom received their awards at a Saturday night ceremony at the Center – the praise was no less fawning. “Her
family donated the land so we literally would not be here without her,’ Gisela says of Barbara. ‘And she’s never really retired – only from work that pays. I’m so glad she’s our board president.’

Barb’s husband, Norm, was the CEO of Pioneer Human Services for many years. They “provide treatment, housing, job skills training and employment to individuals released from prison or jail and those in recovery in Washington State.” But when Norm and Barb entered this line of work (where he began as a counselor) the program wasn’t as defined as it is now. At that time, they sold their home in North Seattle and bought one in the South Seattle area that they converted to a home with 100 beds for ex-offenders. These men and women lived in the home with Norm and Barb! They could go to their jobs during the day and have a place to call home in the evening. Their efforts afforded these formerly incarcerated individuals a successful reentry into society. This speaks to the heart of the Chamberlains and to their generosity. Barb absolutely loved the Center. It was reflected in how she kept her eye out and the things she did. As stated earlier, there would be no Center without the Chamberlains.

Barb and Norm Chamberlain. See Chapter 5 - Norm Chamberlain - YouTube for the video in its entirety.

Barb playing Bingo with friends at the Center.

Barb accompanied by Lynda Greene at the Pioneer Human Services Change Maker Fundraising Luncheon

At an event at the Center.

So, these are just a few words and pictures to honor, to memorialize and to remember our dear, dear friend. There aren’t words that will express just how much she means to us individually and to the Center as a whole. But the most we can do is say how terribly much we will miss her smile, her heart and her presence. She will forever be in our hearts.
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.

Ways to Give to the SESSC

**FRED MEYER eSCRIP PROGRAM**

You can support the Center by making purchases at any Fred Meyer store and by becoming a member of their Community Rewards Program. Once enrolled, the Center will receive a percentage of what you spend. Contact Alex at 206-722-0317 for more information.

**BARTELL DRUGS eSCRIP PROGRAM**

You can support the Center by making purchases at any Bartell Drugs with an eSCRIP card. The cards are free to obtain and the Center can receive up to 4% back from all purchases you make. It’s a win-win deal! Contact Alex at 206-722-0317 for more information.

SESSC WISH LIST

Items listed below are needed to maintain the Center or to feed seniors in the daily lunch delivery program. If you are interested in contributing, please choose from the items below. These are the items and compostable materials needed most. Help us when and where it makes sense to you. We appreciate your contributions.

**ITEMS FOR OUR CENTER**
- 24-Gallon & 33-Gallon Garbage Bags
- Paper Towels
- 8.5x11” White Copy Paper
- Tide (liquid) Laundry Detergent
- Ziploc Bags: Gallon & Quart sizes
- Dishwashing Liquid
- Bleach
- Snack Bags
- Industrial Sized Foil

**ITEMS FOR MOBILE LUNCH PROGRAM**
- Bread
- Lunch Meat
- Cans of Tuna Fish
- Cheese Slices
- Individual Bags of Chips
- Cans of String Beans
- Cans of Corn
- Eggs
- Jell-O and/or Pudding Cups
- Fruit and Bags of Cookies

We are open for Programming (see pages 8 and 9) or just stop in for a chat! We’d love to see you! But, remember, you must wear a mask to enjoy our programs and activities.
Happy Birthday, SESSC Members, Participants and Volunteers

**JANUARY**

January 1: Margaret Yellowwolf  
January 2: Leatha Bailey, Karyn Hough, Diana Tobin  
January 3: Eve McClure  
January 5: Ronald Fink  
January 10: Sidney Brockman, Sheila Edwards, Linda Harris  
January 11: Velma Henry  
January 15: Richard Tisbury  
January 16: Margaret Garrett, Daphne Jones  
January 19: Dahlia Yee, Anita Legsdin  
January 20: Linda Zahava  
January 21: Patty Buckingham  
January 22: Fai Coffin, Patricia Espey  
January 29: T. Diane Day  
January 30: Betty Barela

**FEBRUARY**

February 2: Deborah Kay  
February 3: Diane Campbell  
February 4: Margaret Thompson  
February 7: Evelyn Fairchild  
February 8: Midori Garrison, Ethelmarie Hubbard, Denise Williams  
February 11: Rhonda Farrar  
February 14: Felix Hartstrom  
February 15: Joyce Epps, Caroline Higgins  
February 16: Carla Bunn  
February 17: Arthur Baldwin, Susan Maisel, Gloria Roberts-Leneer, Kerry Thompson  
February 21: Minnie Collins, Samantha Williams  
February 22: Sophie McKenzie  
February 26: Beth Coyote  
February 27: Vicky White  
February 28: Carole Stewart

**MARCH**

March 2: Donna Jean Hall-Thompson, Paul Rogland  
March 4: Diane Ste Marie  
March 7: Louise Chinn  
March 9: Boneva Heflin, Callie Rhuebottom, Vernel Walker, Nancy Runge  
March 10: Tommiesyne Gipson  
March 11: Elinor Carter  
March 13: Kesten L. Blake  
March 16: Lou Della Bowen  
March 17: Cynthia Padovano, Georgia Spencer  
March 20: Kyoko Pierce  
March 21: Alma Goddard, Ruth Hooper  
March 23: Saechao Foul Choy  
March 25: Rosemary Marshall  
March 27: Gloria Betton, Kendall Meredith  
March 28: Elizabeth Morris

206-722-0317  4655 S Holly St, Seattle, WA 98118  www.sessa.org
Volunteer Corner

SESSC VOLUNTEER UPDATE

In the last issue of the newsletter, we took the opportunity to thank the MANY volunteers “who have helped us reach seniors during the pandemic.” And in another issue, Kate Harkins wrote, “If you look around, you will notice that at the SESSC, the volunteers outnumber the staff, and we love it that way!” We also wrote that because of our volunteers stepping up the way they have, we have been able to get meals out the door to seniors in our community who have struggled to get out to get food.” Kate also wrote, “Volunteers make the community stronger by helping us do more. And it’s fun!” And we mean all of that. If you have a heart for service and the spirit of volunteerism, there are many ways to volunteer, from starting a food drive in your friend group or community, to lending a hand to prepare meals for seniors, and so much more. As the new year takes shape, our Center will continue to respond to health and safety needs of seniors in our community. And we will continue to use best practices to ensure that everyone stays safe as they volunteer here. The number of people who pitch in is amazing!!! We really could not have done it without you. THANK YOU!

Thank You, Rhonda!!!

This time we want to give a big shout-out to Rhonda Williams, who comes to us through the Northwest Center who works with adults with disabilities. They match their clients to their appropriate job skills and then provides employment services to these adults. Rhonda comes to the Center once a week, accompanied by her Employment Specialist coach, Barb. Having been placed at other businesses, Rhonda has a love for the Center and always returns to us, to do the best job she can. She folds towels and menus, but she especially loves the movement and placement of labels. In the picture on the left, she folded all of the towels and then she placed stamps, member address and return address labels on over 400 Christmas cards! She is a hard worker and we are so happy to have her with us!!!

Kate Harkins
Community Engagement Coordinator

The SESSC thanks all donors, sponsors, volunteers and anyone else who contributed in any way to our feeding program or to our Elevator Modernization project. Since redirecting our services, we have delivered well over 10,000 meals to seniors so they could shelter-in-place and enjoy a healthy meal. We could never have achieved this without your help.

So, thank you for money, food, supplies and for your support!!!

If you’re interested in volunteering, please contact Kate at 206-722-0317 ext. 103 or email her at kateh@sessc.org.

Support the businesses that support the Senior Center’s Lunch Delivery Program

Wally’s Soul Food Experience
Call: 206-514-1902
The Center is proud to partner with the City of Seattle, the Center for Multicultural Health and the Mary Mahoney Professional Nurses Organization to host the Rainier Beach Vaccination Clinic. We have been averaging between 700 and 500 vaccinations per clinic, which is amazing! The Clinic operates most Tuesdays and Thursdays from 1 p.m. to 7 p.m. administering first, second, and booster doses of Pfizer or Moderna vaccines. Proof of insurance and identification are not required; proof of vaccination is recommended for those receiving second or booster doses. Details, including hours of operation and the vaccines offered, are available at www.seattle.gov/vaccine. And appointments are available for pediatrics—5 to 11 year old. If you haven’t been vaccinated or need a booster, please call the Center at 206-722-0317.
Staying Ready
Masked and Fully Vaccinated
Non-Profit Org.
U.S. Postage Paid
Permit 1622
Seattle, WA