PLEASE NOTE

Due to the staff’s extreme workload, this will be a condensed version of the newsletter.
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 LEADERS...

HELLO!! Well, here we are—the first quarter of 2021 is over and we are heavily anticipating what the 2nd Quarter will offer. And did you know that March 13, 2021 marked one year that the Center’s activities were redirected from programming to a mobile feeding program? We could never have anticipated that we would be gone so long. But, we have been and we are excited that we are hopefully nearing the end of the pandemic and the isolation. We are hoping that we will be able to usher our members back to the Center soon.

SECOND QUARTER, 2021
CLOSURES
New Years Day
Friday, January 1, 2021
Martin Luther King, Jr. Day
January 18, 2021

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

Donations were made by the members below in loving memory of those named.

In loving memory of Emma Gillis:
From: Lynda Greene

In loving memory of Clarence Gillis, Jr:
From: Lynda Greene

In loving memory of Meg Harkins:
From: Kate Harkins, Fai Coffin, Lynda Greene, Carla Bunn

In loving memory of Pat Stonehocker:
From: Lynda Greene, Margaret Yellowwolf

In loving memory of Eugene R. Wright:
From: David Gibson

The SouthEast Seattle Senior Center fondly remembers our members who have transitioned:
Maximilian (Max) Cossalter (10/24/2020)
Patricia Stonehocker (12/3/2020)
The SESSC thanks all donors, sponsors, volunteers and anyone else who contributed in any way to our efforts in 2020. Since redirecting our services, we have delivered well over 10,000 meals to seniors so they can continue to shelter-in-place and enjoy a healthy meal. We could never have achieved this without your help. So, thank you for food, for supplies and for your support!!!
VIRTUAL PROGRAMMING

When possible, the Center is offering virtual programming. This means you can use your digital device (computer, laptop, cell phone) or your telephone landline to attend an activity. If you need help, please call Alex Arceo at 206-722-0317 ext. 101.

Onsite Instructions: All entering the Center for any reason will have a temperature check.

A mask is required and available if you don’t have one—limited supplies exist.

To join Zoom using your computer, phone or iPad for the first time, install the Zoom application.

To access Zoom from your computer type, https://zoom.us/join. Enter the Meeting Id and Password.

Call Alex Arceo at 206-722-0317 ext. 101 for help logging in.

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

Zoom: 865 7347 9199; NO PASSCODE; Facilitator: Margaret Yellowwolf

Tuesday January 12, 2021
“A novel about a man who is ordered to spend the rest of his life inside a luxury hotel—a beautifully transporting novel.” (amazon.com)

Tuesday February 9, 2021
“This ... is based on interviews that were conducted with Holocaust survivor and Auschwitz-Birkenau tattooist Ludwig (Lale) Sokolov.” (amazon.com)

Tuesday March 9, 2021
“...a hauntingly atmospheric love letter to the first mobile library in Kentucky and the fierce, brave packhorse librarians who wove their way from shack to shack dispensing literacy, hope, and ... a compassionate human connection.” (amazon.com)

TAI CHI
Marjie Croston is a member and volunteer at the Center. Please join her virtually for Tai Chi.

ZOOM: 993-206-8581; PASSWORD: #ABC321

Class is viewable on Channel 21.

FORM PRACTICE: helps you work on your moves and transitions. Thursday: 1:00pm; Sunday: 10:00am

GET MOVING: part seated, and part standing movements. Appropriate for all levels. Work at your own pace.

Thursday: 2:00pm; Sunday: 11:00am

MORE TAI CHI: More Tai Chi! Mondays & Wednesdays from 2:30pm - 4:00pm.

SOCIAL WORK MONTHLY SESSIONS
1:00 - 3:00pm; **RSVP for Zoom Link**
To RSVP Email jaimec@sessc.org or call (206)722-0317 ext 105

Wednesday, January 13
Zoom: Senior Low Income Housing Presentation
Rental costs in Seattle are high, and this is especially difficult for low income seniors. Most subsidized housing waitlists are between 2-5 years long, so it’s time to sign up if you qualify.

RSVP to Jaime at email jaimec@sessc.org or call (206) 722-0317 ext 105.

Wednesday, February 17
Zoom: 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 Fare Permit, Taxi Scripts, Hyde Shuttle and Access.

RSVP to Jaime at email jaimec@sessc.org or call (206) 722-0317 ext 105.

Wednesday, March 17
Zoom: Treatment for Depression Presentation
Are you or your loved one feeling down, feeling low, depressed or hopeless? Is it difficult to arrange your day in a way that gives you meaning and purpose? Learn a variety of ways to get treatment for depression.

RSVP to Jaime at email jaimec@sessc.org or call (206) 722-0317 ext 105.

The Cost for all Presentations is Complimentary

2021 Member’s Annual Information Packet
You will receive your Members Annual Information packet by Friday, February 5, 2021. The packets will identify our 2020 Accomplishments and 2021 Goals.

The packet will also explain how you can ask questions about the packets content, should you have any. So, be on the look out!
Good Things To Know

SOCIAL WORKER NETWORK

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.

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.

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.

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 is temporarily on-hold due to COVID-19.

NOTARY PUBLIC SERVICE
Contact: Mary Downs
Cost: $10.00
SESC 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.

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.

dispatch
Bringing Back
The House Call
Avoid unnecessary expenses and trips to the emergency room. Let our qualified care teams travel to you. DispatchHealth provides high-quality medical care in the comfort of your home.

To request care, call 425.153.0937.
Open 7 days a week from 8 a.m. - 10 p.m.
We accept most insurance, including Medicare.
CALLING ALL SENIORS!!!!

If you live alone, or almost alone, (with a spouse, caregiver, older sibling or loved one) we invite you to participate in ZOOM CHECK-INS. This is an online support group to combat isolation.

We will meet online once or twice a month, for one hour to discuss issues that we may have during COVID or any other time. We can discuss issues of health, safety, protecting our homes, ways to enjoy ourselves while being self quarantined, ways to connect with family etc. The one topic that will remain constant are our monthly, or bi-monthly check-ins. We will go around at the beginning of each session to make sure everyone is safe and secure with no pressing issues. I’d like to keep the groups small, no more than 8 initially to make sure that everyone has a chance to weigh in and feel comfortable.

When we get more than 8 participants, I’ll start another group. It is my hope that I can lead you with these Check-Ins through the Winter months and in the Spring some of you can form your own small groups. The goal is for no senior to feel totally isolated. As seniors we need to be careful about who we befriend and let into our homes. If you have a computer, laptop, tablet or phone that accepts email you can participate. Many internet companies offer internet to seniors for $10 a month. I’ll send information on using Zoom and getting connected to those who are interested. Share this letter with your loved ones and have them help you get connected.

About me: My name is Ruby Holland. I’m a housing Advocate, who has been working with Senior Homeowners to stay in our homes and avoid displacement. I’m a senior who lives alone myself and face the same issues that you face. I have good working relationships with the Central Area Sr. Center, and recently the Southeast Senior Center. King County Council Member Girmay, and Tax Assessor John Wilson. I’ve worked briefly with our Attorney General, Bob Ferguson, and the Washington state AARP representative. Call me if interested (770) 471-3472 or email at keepyourhabitat@gmail.com.
WHAT’S NEW?

KITCHEN RENOVATION!

The SESSC has a new kitchen!!!! In October, the kitchen was closed for deep cleaning, for a fresh coat of a light and airy color and some new products: floor, appliances, table and backsplash. It was all very much needed and came as a result of grants and generous donations. Bargreen Ellingson was our vendor, but they also provided the lunches during the outage. We are grateful to say the SESSC has formed a nice relationship with them.

DEEP CLEANING.
The color of the solution is what you see below. It was sprayed all over the ceiling and range hood.

FLOOR INSTALLATION.
This was a lot of work but we had very qualified workers.
NEW APPLIANCES.
Bargreen Ellingson workers installed the new freezer and the new stove.

VOILA! IT’S BEAUTIFUL!!!
Look at the beautiful backsplash! It was installed by Steve Barton of Seattle Mercantile and Karl Strout of Kleen-rite Maintenance Company! And the pantry is beautiful, too! They were also helpful in other aspects of the break-down and setup of the kitchen. Special thanks to both Steve and Karl!!!
It's Time to Renew Your 2021 Membership!

Why Join the Senior Center?
We are constantly looking for 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.

Renew your ANNUAL Membership by January 31, 2021
and receive $10.00 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 lunch during the month of your birthday
- Access to support groups for concerns about aging
- Financial, insurance, income tax and legal counseling.

SESSC Membership Rate
- 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)

SouthEast Seattle Senior Center
Vibrant Diverse Caring

REGISTRATION CARD
(Standardized Client Demographic Data Collection)

PLEASE PRINT CLEARLY

MSC Client ID
Number: ________
Complete: ________
(Initial)

Name: ____________________________ First: ____________________________ Mid. Initial: ____________________________

Last: ____________________________ City: ____________________________ State: ________ ZipCode: ________

Street Address: ____________________________ Home Phone: ____________________________

BirthDate: ____________________________ Cell Phone: ____________________________

(mm/dd/yyyy)

EMAIL ADDRESS: ____________________________

RACE (Check all that apply or WRITE-IN)
Black ☐ Asian ☐ White ☐ Native American ☐ Pacific Islander ☐ Alaska Native ☐

Latino/Hispanic ☐ Other ☐

ETHNICITY Hispanic or Latino ☐ Not Hispanic/Latino ☐ Unknown ☐

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


**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.

**Gender:** Male ☐ Female ☐

**Sexual Preference** (this information is confidential):

BiSexual ☐ Gay ☐ Heterosexual ☐ Lesbian ☐ Questioning ☐ Other ☐

**Do you live alone?** Yes ☐ No ☐

**Do you live with children under age 18?** Yes ☐ No ☐

**Do you have a disability?** Yes ☐ No ☐

**Are you homeless?** Yes ☐ No ☐

**Have you served in the U.S. Military, National Guard or Reserve?** Yes ☐ No ☐

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**EMERGENCY CONTACT INFORMATION**

Emergency Contact Name: ____________________________ Relationship: ____________________________ Phone: ____________________________

Revision Date: 8/22/19
Acknowledgements to the SESSC

SouthEast Seattle Senior Center
4655 S. Holly Street
Seattle Washington 98118

November 28, 2020

Dear friends:

A few years ago, a friend and I visited senior centers looking for one to join. At one, we passed a vacant reception desk, roamed the first floor, then left unnoticed; our comments about not finding the answers to our questions echoing in the emptiness. At another, we waited for the three reception desk staffers to pause their talking so we could ask questions. When they didn’t, we walked past to look around. People met us in the hall as we discussed the stunning view, the programs listed on the board and how this was where we wanted to join. They glanced at us but said nothing. We left, telling each other on our way past the desk again, that we were clearly unwelcome here. The three looked up, but said nothing.

I only got off the bus to check out The Cheap Chickadee. Linda and I chatted at the counter and she made it clear (as only she can) that I should have lunch next door. I was having a bad day and had no appetite either for lunch or for being ignored at yet another Senior Center, but decided to at least poke my head in for a look. As I did, the receptionist smiled, but was on the phone, so I went to check the bulletin board until she was free. A woman crossed the other end of the hallway, stopped and asked to help me. When I told her I was just looking, she said I should have a tour and arranged one. The facility and friendly staff impressed me, especially after I overheard that a repair to the kitchen would not be done by lunch. I also learned the woman in the hall was the Executive Director, Lynda Greene. With this crisis on her hands, she still took the time to personally make sure a stranger felt welcome.

Weeks later, my thrift store junkie friend and I came to shop, then eat lunch. We were delayed and arrived minutes before lunch. As we waited, Linda walked in, gave me a look of mock indignation and as I hid my face in my shirt, asked why I wasn’t shopping. My friend and I were surprised she remembered me when I only bought a vase and weeks ago at that. We returned again and brought others for lunch and shopping. One was so impressed, she pointed SESSC out as we passed on a Parks and Recreation trip. She told how everyone was so nice, the lunch so good and the shopping such fun that if she didn’t live at Northgate, she would join. After her praise for SESSC, two people living nearby were convinced to visit and others vowed to try their local center rather than sit home eating alone, wondering what to do with their day.

SESSC lacks the view of the lake, or the vans for field trips of some centers, yet I joined. I’m sure when Margaret (at reception) smiled; Lynda took time to welcome me; or Linda remembered me, none thought it unusual. Based on my visits to other senior centers though, I’d say it is: you care about your jobs, the center and the people who use it. This year, when so much work is behind the scenes and you don’t see the recipients to get feedback as before: it may be easy to think it is not appreciated. But it is: your smiles and “can I help you’s are remembered even by those who aren’t there to see them; your lunches are appreciated even when we aren’t there to eat them. In this dark year, I hope you know how important you are to many people. Always keep your smile: you never know when it will brighten a bad day. Thanks for the work you do: it is appreciated even by those of us you may only see a few times a year due to our schedules. Enclosed is my membership for next year.

Happy Holidays

Scott
On Tuesday, 11/24/2020, Lynda Greene, Executive Director, led her staff and volunteers in the assembling of lunches for that Tuesday as well as packing food for Thanksgiving dinner to deliver to our seniors so that they would have staples and snacks to eat over the Thanksgiving weekend. Included in that were the **ONE HUNDRED** Turkey Trot dinners—donated by Linda Harper, MG2 and Expedia. On that day, the SESSC prepared and delivered lunches to The Brighton Apartments, Skyway residents and the 98 residents whose lunches are delivered by Hyde Shuttle—includes Columbia Place Apartments. The Center also prepared dinner for 80 residents of Shag Housing in Auburn. It was a BUSY day, that took weeks of planning menus, securing food, organizing, cooking and packing! On that day, in total, the Center handled 250 meals.
Below, Lynda Greene (top left), poses with Linda Harper a donor to Turkey Trot; (top middle) Fred Brown, Super Sonics legend and Jerry Lee of MG2 (a Seattle-based architectural firm) pose together after bringing in the 100 Turkey Trot turkeys and all the trimmings that they donated to; (top right) Expedia donors to Turkey Trot pose together. In the 2nd row left frame, Lynda poses with Walter Washington of Wally’s Soul Food Experience catering; (bottom middle) Barbara Chamberlain, Board Chairperson, helps to assemble the Thanksgiving dinner items; and Linda Lewis and Steve Southerland take a minute to breathe in the far right photo.
DECEMBER HAPPENINGS

On December 21, the Center celebrated its FIRST Winter Break by closing for the entire Christmas week. Like Thanksgiving, the staff made sure seniors had enough food delivered to their homes to make up for the break. The grocery bags included food and snacks along with dinner for the recipients to prepare their own Christmas dinner. And, the pictures below show some of the groceries that were purchased in “one” delivery. But it took several weeks of shopping and several deliveries to obtain all of the food needed. The food provided for the Christmas dinner included Cornish Game Hens, scalloped potatoes, green beans and assorted pies. And a special “thank you” to the Urban League of Metropolitan Seattle for their contribution to this project.
**Adopt-A-Senior at Christmas**

The Seattle Chapter of Girl Friends®, Inc. selected the SESSC as their project for the season by adopting a senior. Girl Friends®, Inc. is a national organization with a focus on friendship and fun. The Executive Director of the SESSC is one of the founding members of the Seattle Chapter and was quite pleased when the Center was chosen. The Girl Friends®, Inc. members are shown below along with just a SMALL sampling of some of the many gifts they purchased, wrapped and delivered to the Center.

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**SESSC Christmas Card**

**The SESSC creates its first Christmas card!!**

It sure was fun posing for the Christmas card. What was more exciting was the thought of the card reaching the hands of our seniors who we haven’t seen in such a long time.

We hope the card brought cheer into our seniors lives.
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.

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- & 33-Gallon Garbage Bags
- Paper Towels
- Hand Sanitizer
- Disinfectant Wipes
- 8.5x11” White Copy Paper

COMMUNITY DINING PROGRAM ITEMS
- TIDE (liquid) laundry detergent
- ZipLock Bags: Gallon & Quart Sizes
- Non-Dairy Creamer & Packaged Sugar
- Dishwashing Liquid
- Bleach

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

My bed is a magical place where I suddenly remember all the things I forgot to do in the day! GULP!  doozylist.com
Happy Birthday, SESSC Members, Participants and Volunteers

JANUARY

January 1: Margaret Yellowwolf
January 2: Leatha Bailey, Karyn Hough, Di-ana Tobin
January 5: Ronald Fink
January 10: Sidney Brockman, Sheila Ed-wards, Linda Harris
January 11: Velma Henry
January 15: Richard Tilbury
January 16: Margaret Garrett, Daphne Jones
January 19: Dahlia Yee, Anita Legs-din
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 Hub-bard, Denise Williams
February 9: Barbara Chamberlain
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-Lenear, Kerry Thompson
February 21: Minnie Collins, Samantha Wil-
February 22: Sophie McKenzie
February 25: Robert Ridder
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 Ruebottom, Louise Smith, Vernell 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 Spen-
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
Volunteer Corner

Volunteers outnumber the staff at the SESSC. And, we love it that way! We have been extremely fortunate that volunteers have stepped up during the pandemic to help get meals out the door to our seniors. It remains our goal that our community continue to adhere to Governor Inslee’s directions that we shelter-in-place. Getting food to seniors helps them not worry about where the next meal is coming from.

Our Volunteers make the community stronger by helping us do more, and it’s fun! 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. We will continue to use best practices to ensure that everyone stays safe as they volunteer.

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

We are preparing and delivering 185 meals a day, 925 meals per week!

Silence is golden, unless you have kids, then it's just plain suspicious. doozylist.com

If we shouldn’t eat at night, then why is there a light in the fridge? doozylist.com

Be happy. It drives people CRAZY!! CoolFunnyQuotes.com

Local help with your Medicare questions.

Romain Harris
Licensed Sales Agent
206-778-1104, TTY 711

Forget the health food. I need all the preservatives I can get!
Spotlight on the Volunteer

All of our volunteers are special to us. Sometimes, we have someone who is involved in something that we think our members and readers would love to hear about. So, we are shining a spotlight on Anders Southerland! You may remember seeing his picture in our Summer 2020 Issue (left). As it turns out, Anders is a professional ballet dancer! And here are some of the pictures to share what he’s been doing.

According to Anders’ mother (who provided the pictures), the magazine cover (left) is for the “Vero Beach Ballet’s ‘Indian River Nutcracker’ which is sort of a Florida-ized version of the Nutcracker.” She further commented, “they dragged dance floors out to nature locations and filmed parts of it.” In the middle picture, Anders is posing with his parents next to a picture of him jumping. And in the picture on the right, he is performing in a show this past spring. Both of Anders’ parents are also Center volunteers. We are honored that during his off season, Anders chose to volunteer at the Center. And we are equally as happy to have his hard-working and committed parents with us, as well!! Thank you for sharing Anders with us!!!

Staff HUMOR

To Do:

☐ 9-10:00 Nothing
☐ 10-11:00 (Break)
☐ 11-12:00 Nada
☐ 12-1:00 (Lunch)
☐ 1-2:00 Zip
☐ 2-3:00 Zero
☐ 3-4:00 (Break)
☐ 4-5:00 Zilch

Your secrets are safe with your friends...

They can’t remember them either. HA!

RETIREMENT BENEFITS
It is a pleasure to highlight our volunteers. Getting to know who they are, where they are from, opens all kinds of dialog and conversations. This quarter, we learn a little more about our long-time beloved volunteer, Sue Kennedy. Sue has been associated with the Center for many years and has become a well-known staple. She is a native of Seattle, and graduated from Franklin High School. Sue performed data entry work for Boeing, Kenworth Motors, Carnation Company and a couple of banks before she settled at Safeway Stores where she worked at their Distribution Center in Bellevue. She packed ice cream for a few years and ran a crane in the freezer for the majority of that time. She retired from Safeway in 2001. Anyone who knows Sue, can attest to her humor which is indicative in her comment that she is “happily” divorced. Sue also shared that she never had children. In the past, Sue has performed other volunteer roles at the Center but settled in the receptionist role. Once the pandemic restrictions lifted a bit by Governor Inslee, Sue began volunteering again at the Front Desk on Monday afternoons and all day Tuesdays. And we can be sure to see her fulfilling her role when the Center resumes normal programming. To all, Sue wishes “that 2021 will be a very happy, healthy and prosperous year.” And, a very happy new year to you as well, Sue!

Thank You to Our Donors & Sponsors from September 1, 2020 to January 4, 2021


Acknowledgements to the SESSC

Thank you so much for the drivers and people who bring meals to my porch. Their eyes tell me they are smiling. Son Matthew King appreciates you, too!

Dear SESSC Family. It’s nice to see your faces. Really enjoy your great cooking. So glad you get a week off. Your gifts of food, etc. takes my breath away.

Love & Prayers, Lola Gibson

Hello. I just donated to the Senior Center via PayPal on your website. This year, our family decided to make charitable donations instead of giving gifts to each other. My niece, Julia Thompson, asked that her “gift” be given to the SouthEast Seattle Senior Center. Julia wrote, “The SouthEast Seattle Senior Center is one that I’ve driven past many times and have only heard about the good work that it does. I know the population it serves is very much in need right now. Folks isolated at home… The Senior Center provides socialization… and needs like delivered meals.” So, this donation is in honor of Julia Thompson and her on-going compassion to all those around her that need an extra hand. Best to you and the Center.

Nancy Thompson, Waynesville, NC
NEW YEAR'S EVE

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

W R N W O D T N U O C D S I S
T T E I Y B A B T C O A S I T
N R Y O U R H E H A C N A T R
C C A L E N D A R R H C L T E
E T T D H A M T S E E I G E A
L V E R I P Y E D K E N R F M
E S A M A T I Y C I R G U N E
B S N N U R I O T H S E O O R
R B G O O S L O E Y S T H C S
A E T M O C I D N A A Y I N T
T H E S E L Y C E D A R C T W
I M N F A T L Z C I C V N E F
O P V Q I O G A F L X P N L W
N T L M Z R T N B O O L D W L
Q P E T X Y P F T H W K I S S

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Baby  Confetti  Music
Balloons  Countdown  New
Calendar  Dancing  Old
Celebration  Holiday  Streamers
Champagne  Hourglass  Time
Cheers  Kiss  Toast
Clock  Memories  Tradition
SPONSORS

The SESSC supports the restaurants that are helping to feed our seniors during the Corona Virus (COVID-19) pandemic.

We hope that you will support them too!

2524 Beacon Avenue South
Seattle, WA 98144 (206) 708-6871

Call: 206-514-1902