Vibrant  Diverse  Caring

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

July—August—September 2021

Ready for Summer

TO PARTICIPATE IN CENTER ACTIVITIES AS THEY OPEN UP, YOU MUST BE...

FULLY VACCINATED

Turn the page and come inside. See what’s been happening and what’s new at the SESSC!

STAY INFORMED!
page 4

PROGRAMMING
page 8-9

IN MEMORY OF JEAN VELD Wyk
page 13

DON’T BE SCAMMED
page 17

POINT TO PONDER: If a scammer calls you “Grandma” or “Grandpa” but your grandchildren call you some other special “pet” name, that should be a “tip-off to the rip-off.”

Read more on page 17
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...

We’re ready to open the Center again! During the past three months we have had so many questions about when the Center will reopen again. It’s so nice to know that our members and participants have missed the Center, but not nearly as much as we have missed the smiling faces of our members and participants!

So...when are we opening again? Right now we are slowly opening the Center by resuming classes and activities on a small scale. Please review the list and make sure you stop by and join in the fun. Here’s a short list of the classes and activities now taking place at the Center:

Mahjong * Ukulele Group * Art Classes with Fai Coffin * Chess * Tai Chi with Marjie Croston * Exercise Classes with Mark Bryant * Caregiver Support Group via Zoom * Hands N Feet with Patti Scott * Happy Hands Quilting Group with Karyn Hough and Patty Buckingham * Conversational Spanish Class with Marcelino Gomez.

Please remember that for ongoing safety of our members, participants, volunteers and staff, you must be fully vaccinated to participate in our classes and activities. And, until further notice, masks will be a continued requirement while in the building.

We also plan to have a Grand Opening Party in the very near future to celebrate the full opening of our Center, so stay tuned for more information. And of course, the celebration will include music, food and lots of fun! This has been a long 16 months and we can’t wait to fully open our Center for you.

We already have our first Birthday Lunch for 2021 scheduled for the month of November, so keep your eyes open for your invitation. And we have scheduled one of our favorite fundraisers for 2021, Rainbow Bingo, tentatively scheduled for December 2021.

And for the month of December we have also scheduled our holiday celebration, 12 Day of Goodness, in conjunction with past members of the Seattle Seahawks for December 14, 2021.

So stay tuned for more activities and events and we look forward to seeing you each and every day!

The SouthEast Seattle Senior Center Co-Sponsors Forum Candidate for Mayor of Seattle

Who will be the next Mayor of Seattle?

Seattle Mayoral Candidates Forum
July 29, 2021 | 3:00–4:30 p.m.
Washington State Coronavirus Response (COVID-19)

We all have a responsibility to stay informed about the virus! What’s happening? What phase are we in? Will we have to upgrade our vaccine? Keep yourself informed.

Listen, Learn and Know!
Ready for exercise? After sitting at home for more than a year—protecting ourselves from the virus—it’s time to get out. AND, these seniors did just that by participating in Mark Bryant’s exercise class. Masked and ready, all participants are vaccinated!

The Center extends well-wishes to all members of the LGBTQIA+ community. We hope that the conversations needed to voice their struggles to achieve equal rights and treatment in all aspects of their lives are supported by family, friends and the community.

We did not publish our Second Quarter Newsletter, but we want to recognize and acknowledge June as Pride Month!

Support the businesses that support the Senior Center’s Mobile Feeding Program

2524 Beacon Ave S, Seattle, WA 98144
(206) 708-6871

Economic Impact
The stay-at-home orders and COVID-19-related restrictions have had a crushing economic impact on restaurants, farms, and the local economy, while food insecurity has skyrocketed, with 40% of those seeking food assistance having never done so before. Food service businesses have been among the hardest hit, making up 7.4% of the WA economy and experiencing more than three times the job losses of any other industry. Approximately 2,400 restaurants and bars in the state closed permanently during the first six months, with 43% of those in King County alone. Independent restaurants redistribute an average of 94% of all revenues back into the economy, 79% of that to local businesses, including farms and food producers.

LUTONG BAHAY & COMMUNITY KITCHEN
We are a community-driven restaurant in Seattle, Washington focusing on the education of Filipino cuisine.
WWW.MUSANGSEATTLE.COM

MUSANG

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

206-708-6871 2524 Beacon Ave S, Seattle, WA 98144
### SOCIAL WORK 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

<table>
<thead>
<tr>
<th>What’s the cost?</th>
<th>A) FREE for all local seniors, adults with disabilities, and their caregivers.</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Why would I make an appointment with the Social Worker?</th>
</tr>
</thead>
<tbody>
<tr>
<td>A) Assistance with housing, in-home care, caregiver stress, legal referrals, medical/health insurance referrals, transportation, depression, grief, memory loss, and much more.</td>
</tr>
<tr>
<td>B) Assistance with applications for benefit programs.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Are these meetings private?</th>
</tr>
</thead>
<tbody>
<tr>
<td>A) Yes, your appointments with the Social Worker are confidential, unless she is concerned about your or some one else’s well-being and safety.</td>
</tr>
</tbody>
</table>

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.

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#### Good Things To Know

<table>
<thead>
<tr>
<th>2-1-1 COMMUNITY RESOURCES LINE</th>
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</thead>
<tbody>
<tr>
<td>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.</td>
</tr>
</tbody>
</table>

**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.

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#### 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 beginning July 12 on Monday, Tuesday, Thursday and Friday: 2:00—3:30.

#### 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.

---

#### Residents of THE BRIGHTON APARTMENTS

**Do you need social services?**

- **Jaime** is available at *The Brighton Apartments*—in the office just outside the lobby—on Wednesday afternoons, 12:00—2:00.
- Miss Beulah Early, a volunteer retired nurse will also be available for blood pressure checks from 12:00—1:00 pm.

**Services can include referrals and information for...**

Senior & Low Income Housing; Home Care Options; Mobility Equipment; Therapy for Depression; Caregiver Support; Social Security; Legal Referrals; Emergency Assistance

**AND MORE.**

**Call Jaime at 206 722-0317 ext 105 for an appointment.**
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.*

**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.

**Volunteer Transportation**
206-448-5740
*Escorted rides to essential appointments.*

**University of Washington**
PSYCHIATRY & BEHAVIORAL SCIENCES
School of Medicine
The University of Washington is hosting a program for individuals 60 and older facing depression.

**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:
  - Southeast Seattle Senior Center (4655 S Holly St, Seattle WA 98118)
- Due to COVID-19, the study is being completed via telephone or video chat.
- If you are eligible to participate, you will receive $130 over the course of the program.

For more information contact the study team at (206) 616-2129 or dmftb@uw.edu

**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.

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

- Alice Keefe (03/10/2021)
- Yone Kishida (01/27/2021)
- Yoneko “Betty” Mochizuki (04/25/2021)
- Robert Ridder (06/01/2021)
- Sam Simone (03/02/2021)
- Jean VelDwyk (05/16/2021)

**Donations were made by the members below in memory of those named (sometimes not a member).**

<table>
<thead>
<tr>
<th>IN MEMORY OF</th>
<th>FROM</th>
</tr>
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<tbody>
<tr>
<td>Jennie Bowen</td>
<td>Margaret Yellowwolf</td>
</tr>
<tr>
<td>Aronka Cooper</td>
<td>Barbara Chamberlain</td>
</tr>
<tr>
<td>Sue Fujikado</td>
<td>Jean Sisson</td>
</tr>
<tr>
<td>Ann Greene</td>
<td>Lynda Greene</td>
</tr>
<tr>
<td>Betty Mochizuki</td>
<td>Patricia Crouch, Tomoko Joichi, Jean Okazaki, Sadako Toba, Carol Waude, Jeanette Yamada, Cindy Yoshimoto, Yukimi Yoshimoto.</td>
</tr>
<tr>
<td>Bill Raschkow</td>
<td>Barbara Chamberlain</td>
</tr>
<tr>
<td>Robert Ridder</td>
<td>Lynda Greene, Margaret Yellowwolf</td>
</tr>
<tr>
<td>Jean VelDwyk</td>
<td>Lynda Greene, Jean Sisson, Beryl Thompson, Margaret Yellowwolf.</td>
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</tbody>
</table>
To protect our seniors and stay as healthy as possible, the Center has followed all recommendations from Governor Jay Inslee’s office as it pertains to the Corona Virus (COVID-19). And now the time has come where we can begin to resume some of our regular programming. **The requirement, however, is that you must be fully vaccinated to participate in any SESSC activity.** And, remember, programming or classes that are scheduled on a holiday or a Center closure day is canceled. Watch for the Center closures.

### PROGRAMMING

**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: 5 persons (instructor excluded)
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.

**HANDS-N-FEET (cost is FREE) Must Register**
Mondays 1:00—3:00;
Facilitator: **PATTI SCOTT**

**TAI CHI WITH MARJIE**
Get Moving  
Mondays 1:30-2:00; Thursdays 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 and volunteer. Please join her virtually for class. Contact her via email at ocean_gypsea@yahoo.com if you are interested in joining.

**CHESS (cost is FREE) Must Register**
Tuesday and Fridays 12:30—3:00; Social Hall  
Want to learn how to play? We will teach you!  
Facilitator: **PAT ESPEY**

---

**CAREGIVER SUPPORT GROUP (cost is FREE)**
2nd Tuesday of the month via Zoom  
Contact **TONI CRUTCHFIELD** at 206-727-6210 or email tonic@soundgenerations.org for the Zoom link.
A caregiver is someone 18+ who helps an adult family member or friend with things like running errands, cooking meals, or helping with shopping. The support group provides laughter, fun, conversation and a connection for those who have common challenges.

**BLOOD PRESSURE CHECK (cost is FREE)**
Wednesdays 11:00; Lobby  
Facilitator: **BEULAH EARLY**

**ART CLASSES (cost is FREE) Must Register**
Wednesdays 12:00—2:30; Arts and Crafts Room  
Maximum Class Size: 5 persons (instructor excluded)
**FAI COFFIN** will teach you a variety of arts and crafts techniques ranging from decorating eggs with Japanese Washi paper, painting stones, origami and much more. Call the Center at 206-722-0317 to reserve your spot!

**HAPPY HANDS QUILTING (cost is FREE) Must Register**
1st & 3rd Thursdays 9:00-12:30; Arts & Crafts Room; Facilitators: **PATTY BUCKINGHAM** and **KARYN HOUGH**

**UKULELE GROUP (cost is FREE) Must Register**
Fridays 2:00—4:00; Social Hall  
Don’t know how to play? We will teach you.

**CONVERSATIONAL SPANISH (cost is FREE)**
Must Register  
Fridays 10:30—11:30 Wellness Room;  
Register at the Front Desk; Facilitator: **MARCELINO GOMEZ**
PROGRAMMING—CONTINUED

SEATTLE SYMPHONY LIVE
Contact MARGARET YELLOWWOLF at 206-234-6307 or email thewolffamily2@comcast.net for more information.

The SESSC has a Community Connections Voucher for Seattle Symphony LIVE. Passes include access to Family and Community content, Main Stage Concerts, and Behind the Scenes interviews. On your computer, cell phone or iPAD go to https://seattlesymphony.org/watch-listen/live for the Concert Schedule.

HYBRID SESSIONS

A “hybrid” meeting refers to the physical location of participants. In a hybrid meeting, a subset of the people attending the meeting are located together in the same place. Other participants join the meeting by conference call or web conference. Please call the Center to register and note your participation choice: Zoom or in person: Multi-Purpose Room.

BOOK CLUB—2nd Tuesdays; 1:00pm — 2:00pm; Cost: Free
Zoom: 865 7347 9199; NO PASSCODE; Facilitator: Margaret Yellowwolf

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<tr>
<th>Tuesday July 13, 2021</th>
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“Love and Other Consolation Prizes” by Jamie Ford

“This story of absolute, universal timelessness... For any era, it’s an accomplished, affecting novel. For this moment, it’s piercing, subtly wending its way toward questions about who we are and who we want to be....” -Entertainment Weekly

“Vanishing Half” by Brit Bennett

NEW YORK TIMES BESTSELLER
“Beneath the Bone” by Ruth Reichl

“An absolute delight to read . . . How lucky we are that [Ruth Reichl] had the courage to follow her appetite.” — Newsday Part of Random House Reader’s Circle (15 Books)

DON’T FORGET, if a program falls during times when the Center is closed, the activity will also be canceled.

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

SEATTLE SYMPHONY LIVETERMINES

(Donate and get a Community Connections Voucher!) www.seattlesymphony.org/contrib/donate

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JUNETEENTH

(Juneteenth gets its name from combining "June" and "nineteenth")

(https://www.unity.org/resources/articles/why-celebrating-juneteenth-matters-now-more-ever)

Although June 19, 2021 has passed, its celebration matters, because our country cannot afford to repeat its past “sins” that generated beliefs, policies, and systems that were and are discriminatory, immoral, and inhumane. A celebration of the liberation from those beliefs, policies, and systems can help to ensure that we will not repeat them. We are NOT free unless we are ALL free.

Thank you to everyone who celebrated with us!
HAVE YOU HEARD? EFFECTIVE JULY 1, the members of the SouthEast Seattle Senior Center will pay **NO FEES** for most classes and activities, *through December 31, 2021!!* We are excited to offer this new benefit as part of your membership. Here’s a reminder of what your membership includes:

**New in 2021: No fees for members**
on classes and activities, including Silver Sneakers exercise class. However, Foot Care, Massage, and Weaving still have fees attached.

**Free Birthday Luncheon Celebration:** When our in-person dining reopens, during the Birthday Luncheon Celebration, enjoy your lunch in the month of your birthday for free!!

**New in 2021: FREE Cookie Friday!!!**
Come to the SESSC between 10:00am and 11:00am every Friday for fresh, baked cookies. Effective July 1, 2021, you can enjoy cookies, coffee or tea at our Center.

**Free Holiday Meal Celebration:** When our in-person dining reopens, participate during our Holiday Meal Celebration activities and you can enjoy your lunch for free!!!

**Bag Day 50% Discount:** When our Center fully opens, on the first Wednesday of each month, enjoy Senior Discount Day at the Cheap Chick-A-Dee Thrift Store.

**Quarterly Newsletter:** The newsletter will be mailed to your home. It will include all of the information you need to enjoy the SESSC.

**10% Discount**
When we are able to rent our space, receive a 10% discount on meeting room rentals.
It's Time to Renew Your 2021 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.”

SESSC Membership Rate

<table>
<thead>
<tr>
<th></th>
<th>Individual: $60.00 (may be paid with two consecutive payments of $30.00)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Individual Lifetime: $1000 (may be paid with two consecutive payments of $500.00)</td>
</tr>
</tbody>
</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.
Ready for Summer  
Fully Vaccinated

SESSC LIFETIME MEMBERS


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**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</th>
<th>Unknown</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Gross Annual Income by Family Size</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family Size</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

- **Very Low**: Up to $22,500
- **Low**: Up to $25,700 or $29,900
- **Moderate**: Up to $32,100 or $34,700
- **Above Moderate**: Above $25,700 or $32,100
- **Unknown**: Above $25,700 or $32,100

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**EMERGENCY CONTACT INFORMATION**

- **Emergency Contact Name**: 
- **Relationship**: 
- **Phone**: 

**Revision Date**: 8/22/19
IN MEMORY OF JEAN VELDWYK

On May 16, 2021, at the age of 89, the Center lost a pioneer; someone who has roots very deep in the heart of the creation and development, growth and stability of the SouthEast Seattle Senior Center. If you search the internet for Jean, you’ll find dozens of articles and interviews about her work in and love for the Rainier Valley. In 1995, the Southeast Seattle Senior Foundation was developed to establish “quality senior housing in Rainier Valley.” The foundation purchased The Brighton Apartments—located next door to the Senior Center—which was modified and decriminalized to establish low rental rates, making it attractive and competitive for senior living. (https://www/brightonapts.org/our-story)

Past Board Chairperson from 1986 to 1988, Jean has been a lifetime member for several years as well as a constant contributor. Many enjoy the services provided by the Center that Jean “was involved in raising the money to build,” as shared by Gisela Baxter and “it was built without a mortgage!” As a real estate investor, Jean ensured the building was built. Her presence is felt and will always be missed at the Center. The Center offers condolences to her family, as well as to her beloved companion dog, Peaches. Rest well, Jean. We will see you on the other side.

The following snapshots and quotes are from the Q13 Fox News video, “’Queen of Rainier Beach’ remembered” (Queen of Rainier Beach’ remembered - Bing video )

Jean’s niece, Bonnie, commented how sad it is to watch Peaches as she, too, grieves Jean’s passing.

“We became family,” Detective Cookie said as she spent last minutes with Jean.

Last words spoken in relation to Jean in this news article, “Loved ones of Jean say they hope people will carry on her legacy by emulating her drive; try to be a problem solver in the community.”

And, that is exactly what the Center tries to do, each and every day.
The Center Raises $8,416.70 in GiveBIG 2021 (04/21/2021 to 05/08/2021)

By now, we expect that all of our friends of the Center and newsletter readers know that the Center’s 40-year old elevator can no longer be repaired, requiring a replacement of the accessories that “move” the elevator (minus the cab). The cost will be $168,000! So, we would like to extend a very hearty and special thank you to all of you who gave to the Center through our GiveBig Elevator Modernization campaign: which was held 04/21/2021 to 05/08/2021! We still have a long way to go, but through that effort, we raised $8,416.70!!! Again, thank you!!!

But, GiveBig was not the only way to contribute to the Elevator Modernization project. Many members wrote checks and mailed them in or dropped them off, called and contributed over the phone, or went online and made a donation. And the Elevator Modernization project is not the only reason to contribute to the Center. Many patrons contributed to the mobile lunch program with money or in-kind donations. And, the Center received many donations just because people said we are doing a good job! So, to all of you—however and for whatever you contributed—we are grateful!!! (Only non-Anonymous donors are listed.)


*Contributed to online GiveBIG and also made general or in-kind donations.
Contributions to the Elevator Modernization project went way outside the fringes of the SouthEast Seattle Senior Center. Steven Barton, is the maintenance supervisor at The Arches Apartments across the street from the Center and he is also a member of the University Sunrise Rotary Club. When Steve put his head together with Lynda Greene, they applied for a $1,000 grant toward the modernization project. Then on Thursday May 13, 2021, which just happened to be Steve’s birthday, he and his wife presented Lynda, in a surprise, with a check in the amount of $5,000! The look on Lynda’s face depicted the surprise and joy from the entire team!! The good thing is it was Steve’s birthday and we just happened to have a cake with candles on it! Little did we know what he had in store for us!!

You can even see how thrilled and grateful Steve was for this gift.
He was also quite surprised by the generosity of his small organization. And we are, too!

THANK YOU STEVE AND UNIVERSITY SUNRISE ROTARY CLUB!!!
Oh, and Steve... HAPPY BIRTHDAY!!
TURNING 65 OR NEW TO MEDICARE?

$0 premium HMO!
Zero, zip, zilch

If you want higher value from your healthcare plan, consider this
Humana is here to help make getting care more affordable with our $0 premium plans. Enjoy all the benefits you’ve come to expect, like:

- $0 copay for each primary care visit
- $10 acupuncture visit copay
- Dental, hearing and vision coverage
- SilverSneakers® fitness program
- Rides to your doctors—24 routine one-way trips*

Your dollar already has enough to do. Helping you with the budget is only right.

Call a licensed Humana sales agent

DAVID WASHINGTON
425-919-8256
dwashington15@humana.com
humana.com/dwashington15
Monday – Friday, 8 a.m. – 5 p.m.

*Not to exceed 50 miles per trip.
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DON’T BE SCAMMED!!

*AARP* says, “if you can spot a scam, you can STOP a scam!” Go to the AARP web page and look for “Top 2021 Schemes Targeting Older Adults.” BE SMART! Learn to SPOT a scam! AND, beware of the Grandparent Scam!

'The tip-off to the rip-off' ([Officials Warn of REAL ID Phishing Scams](aarp.org))

“Nobody's gonna text, email or call you out of the blue and ask you for personal and confidential information such as your Social Security number, or driver’s license number,” Bernas says. “And that should be the tip-off to the rip-off.” Another telltale sign: Illinois has a Department of Driver Services and a Department of Vehicle Services, but not a Department of Motor Vehicles. Be wary of such errors as well as poor spelling or grammar, threats, and a web page address that does not match a legitimate site. “If the message does not feel right, chances are it is not,” New York state officials caution.

What Are Grandparent Scams? Cons that prey on older relatives such as grandparents, aunts, uncles or even aging parents. The scams play out with various unique details, but the basic components are the same. Someone emails, calls or texts the loved one from an unknown number. The person claims to be a family member in need or representing a family member in need. They might say they're a medical provider, lawyer, or police officer. In some cases, the caller might say they have abducted the loved one or are going to harm the loved one unless the grandparent takes action.

In all cases, payment is requested. The person posing as a grandchild might say they have a medical need or are in trouble with the law and need money right away, for example. If a person is posing as a medical professional, they might say the hospital needs a down payment for an urgent procedure. The older loved one is given instructions for making the payment. If they do, they never hear about the issue again and are out hundreds or even thousands of dollars. NEVER give anyone money until you have checked with YOUR family! If you receive a call claiming that a loved one has been kidnapped or will be hurt if you don't send payment, contact the loved one to ensure they are currently safe. Let them or their parent know about the call. Then, report the call to local police.

HAPPY HANDS QUILTING GROUP

The latest community project of the *Happy Hands Quilters’* (HHQ) group, as suggested and led by one of the leaders, Karyn Hough, has been an effort where the team worked on a quilt together and participants also made individual quilts. On June 25, SESSC’s *Happy Hands Quilters* donated 2 quilts to the Washington Royal Family Kids Camp through the Gossypium Quilt Shop, Issaquah. This quilt shop partnered with the Washington Royal Family Kids Camp organization, which holds 12 camps around the state of Washington, serving over 500 foster kids. The mission of the camp is to give kids that have been abused or neglected one week to just be a kid again in a loving and caring environment. Each child of the camp receives a quilt. On this outing, the HHQ made their deliveries with an afternoon of fun: ‘Shop-Hop’ shopping at the stores and then dinner. Looking for a fun time? Join HHQ.

The HHQ facilitators are Patty Buckingham and Karyn Hough.

References:
- The Royal Family and the Gossypium Quilt Shop (Issaquah) [https://drive.google.com/file/d/17APmU1gG1X2tF_BMrBQvKZS-4t3iZHlE/view](https://drive.google.com/file/d/17APmU1gG1X2tF_BMrBQvKZS-4t3iZHlE/view)
- The Royal Family Kids [https://royalfamilykids.org](https://royalfamilykids.org)
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-Gallon & 33-Gallon Garbage Bags
- Paper Towels
- 8.5x11” White Copy Paper
- Tide (liquid) Laundry Detergent
- Ziploc Bags: Gallon & Quart sizes
- Non-Dairy Creamer & Sugar Packs
- 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

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 be fully vaccinated to participate in programs and activities.
Happy Birthday, SESSC Members, Participants and Volunteers

JULY

July 1: Jacqueline Foster, Finn West
July 2: Norris Mitchell, Rita Gelman
July 4: Irene Finch
July 5: Jerry Odegard, Grace Howe, Hang Phan
July 6: Roy Kirita, Diane Miller
July 7: Ann Wood
July 8: Ian Chong
July 9: Jerry Odegard, Grace Howe, Hang Phan
July 10: Robert Tomita, Rodney Chapple
July 11: Lily Ikeda, Jeanette Yamada, Stan Hiserman, Simmie Stewart, Jr.
July 12: Claire Willner, Loretta Orpilla, Paul Anderson
July 13: Ruth Locke
July 15: Lillian Levy, Kim Hoang,
July 16: Julie Mayena, Emily Hinkle
July 17: Rosemary Long, Karen Kaushansky
July 18: Louis DeFranco, Lore Lee
July 19: Craig Berry smith
July 20: Mike Finn
July 22: Johnie Davis, Jean Anton
July 23: Eloise Huggins, Kathleen Parks, Donna Yamaguchi
July 26: Eleanor Wise, Virginia Ellosson
July 27: Donnetta Gillum
July 28: Cherlyn Briggs, Kent Cavender, Marilyn Crabtree
July 29: Lubertha Jenkins
July 30: Rosa Cook

AUGUST

August 1: Robert Taylor, Dan Matsumoto, Scott Abrey Margaret Kelly-Rambo
August 4: William Anderson
August 5: Nancy Toliver
August 6: Doris McDaniel, Lisions Lotaki, Mark Jeffries
August 7: Marlene Fisher, Kevin Wilson
August 8: Albert Woo, Gisela Baxter
August 9: Hing Ng, Beverly Frazier
August 10: Chi Nguyen
August 11: Martha Gilliam
August 12: Helen Okura
August 13: Anne Latz, Etta Williams, Doris Leonard
August 14: Betty Muir, M L Shukis, Shelly Herrick
August 15: Annie Bowie
August 16: Maryetta Greaves, Betty Mathews, Juanita Lott, Cynthia Richard, Diana Law
August 17: Shari Kaufman
August 19: Carolyn Ellis
August 20: Clara Hubbard, Miriam Gourdine, Robert Teel
August 21: Dawn Tubbs
August 22: Carol O’Brien, David Valentine
August 23: Lynda Greene, Alice Hilbert, Clarence Luckett, Keiko Yamaguchi
August 24: Lola Gibson
August 25: Henry Tianen, Kari Edlund
August 26: Beatrice Elder
August 27: Albert Hammers, Alayne Belcher
August 28: Deloris Harris, Ruby Leonard
August 30: Minnie Giralmo
August 31: Sally Gibson, Ruth Washington, William Ragan

SEPTEMBER

September 1: Philomena Nessenbaum, Emilio Vigil, Lutisher Edmonds on
September 3: Janet Johnson, Marjorie Lutton, James Simon, Barbara Smith, Ahera Ufessa
September 4: Gayle Carrington, Hughes Daniels
September 5: Fu Wan Chan, Linda Zbigley, Ray Bradley, Jenny Sayward
September 7: Clotel Lollie, Oliver Holmes
September 8: Tiffany Booker
September 9: Donovan O’Brien, Bobby Brown, Brandy Ivy
September 10: Russell Latham
September 11: Kathryn Fies, Tirunesh Niguse
September 12: Brenda Woo, Emma Ruth Render, Ernestine Paterson
September 13: Grover Haynes, Margie Hunt, Thomas Boyce
September 15: Terie Akada, Mae Ohashi
September 16: Ervin Skov, Susan McGregor
September 17: Ib Rossen, Betty Warren, Willie Goldsmith, Neal Taketa
September 20: Robert Linder, LaBarbara Brooks, Kim Roberson
September 22: Nancy Steers
September 23: Elinor Graham
September 24: Suzanne Schindele
September 25: Patricia Fiorito
September 26: Ramona Goncalves
September 29: Vonda Redden
September 30: Saburo Sako, Annice Jordan

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, for food, for 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.

Kate Harkins
Community Engagement Coordinator

Volunteer We need your help
We are preparing and delivering 170 meals a day to seniors
It is with pleasure, that we introduce to many of you, Lola Robledo. Lola has presented her art at the Center in the past, and while she has volunteered before, she may not have met many members.

When not volunteering at the front desk, Lola is making art. Please enjoy these images of her art and read her “artist’s statement.” And now that we are slowly returning to the Center, if you see her at the desk on Thursday and Friday mornings, greet her with your warm “Center” smile and welcome her to our home!

“In the process of being born there are certain rights and virtues that are yours to be encouraged by others and many influence; those of creative nature, intelligence and self-confidence. If nurtured properly, there are many opportunities of doors opening, but if interrupted by many life realities we may encounter that our delightful path changes. This has been my experience and my challenge and sometimes my struggle. But my love to be creative in an artistic way has always prevailed.

I have had the opportunity for two years to exhibit at AN/T Gallery with the Please Touch series with one exhibit at SouthEast Seattle Senior Center, for a month: flowers done in Colored Ink. Presently I have been, as a craft person and artist, making recycled art. Creating art with recycled items hopefully helps the environment. It makes my heart happy to know that I am doing my part and enjoying and sharing with others. My craft and artwork have always been a pleasant past-time for my own mental health. It has been a constant healing process in my life.”

On Thursday, June 17, 2021, the Senior Center had its first major celebration since COVID-19—it was Juneteenth Celebration! After President Joe Biden signed the bill making Juneteenth a national holiday, the Center began planning its event. And it was an outdoor event filled with fun, food and good conversation. In a lot of ways, it felt like a reunion because the seniors had not seen each for in over a year! So, while we celebrated/commemorated the emancipation of enslaved Blacks, we also celebrated each other and hopefully the end of COVID-19 so the Center can reopen, full time!
Ready for Summer  Fully Vaccinated
Well, here’s someone that most Center regulars recognize—Myra Theriot! Myra is from southern Louisiana, “where I grew up and lived until a few years after I married and had our first daughter, Rachel.” Myra says, “we soon moved to southwest Missouri where my husband, Leo, studied in a Bible College and Seminary. Our second daughter, Holly, was born. I was fortunate to be a stay-at-home mom until the girls were teens. I then worked as a secretary for 17 years: first at the College where Leo studied and was a Professor; then as Administrative Asst./Church Administrator at the church we attended for over 10 years. Soon after moving to Seattle I learned of a need for receptionists here at the Center.” After calling the Center and being interviewed by Kate, Myra was invited to join the receptionist team. The Center and the work as a receptionist is where she says she truly enjoys being, along with meeting new folks and being able to socialize again! “I attend classes, enjoy lunch with friends, serve on a committee, and help where I can. Myra assisted by “providing many calls to our members and adherents during the COVID-19 pandemic; to check in with our folks.” When asked, “What are the things you love MOST about volunteering at the desk” Myra responded, “My favorite thing about being here is getting to know new people.” She also loves the family atmosphere and the relationship between the staff and members! The Center has surely been fortunate to have Myra. She has volunteered during the auction, doing needlework and much more. She has a warm and pleasant smile and is quite welcoming to all who enter the building. Thank you, Myra, for choosing the Center!
The GOOD That Comes From COVID-19

Since 2019, the Senior Center has been delivering lunches to the doors of many seniors. We cook a lot of food, but according to Lynda Greene, SESSC Executive Director, early in the pandemic, Melissa Miranda of Musang Restaurant (Beacon Hill), recognizing the hard work coming from the Senior Center—reached out and asked how Musang could help with lunch preparation. Greene was quite clear in her easy answer to that question: they could help by donating cooked meals. So, since about the 4th week into the pandemic, Musang began delivering 25 meals, every Friday. But that number has grown to 120 meals donated and delivered to the Senior Center every Friday and this has established a phenomenal relationship. How does Musang do it when the restaurant didn’t even open until January, 2020? And then, couple that with having to close its doors as a normal restaurant 2 months later in March, 2020, due to the pandemic! Melissa explained Musang was able to help the Senior Center because someone else had reached out to them and asked how they could help Musang. The inquiry and help came from a non-profit, working organic farm, Oxbow Farm and Conservation Center in Carnation, Washington. Kevin Haggerty, Farm Manager, explained that the farm rests on 30 acres of land. Its mission is to encourage healthy eating of “sustainably grown food” making the resources available for up and coming generations. The produce Musang uses to cook the meals they donate to the Senior Center and as a community kitchen, is donated from the Oxbow farm. Haggerty says the pandemic has made it clear that there is a connection between businesses and services rendered; basically, we need each other. Sensing a need, he reached out to Musang and they, in turn, reached out to the Senior Center, thus creating relationships. Miranda says she has been asked why she would convert the restaurant to a community kitchen when it had just opened? Understanding that the work being done at the Senior Center is very important work, her most unselfish response to the “why” is, “because that’s part of who we are [Musang/Filipino community], taking care of people.” So, what’s the good in COVID-19? It’s putting self last and looking after each other. And it’s the relationships that have been formed through it all. Caring for others is a pastime of the SouthEast Seattle Senior Center and we are in good company!!

Support the businesses that support the Senior Center’s Mobile Feeding Program

That BROWN Girl COOKS!
Serving free meals to the community every Thursday & Saturday 2pm - 6pm.
2822 Martin Luther King Way S. Seattle, WA 98144

Wally’s soulfood experience
Soul Food Restaurant
Call: 206-514-1902