What’s Happening and Happy SUMMER!!!

Hello!!! Here we are reading another newsletter which means three months have passed! It’s amazing how fast time flies, but the good thing is we have lots of wonderful news to share with you!

By the time you receive this newsletter, I will be fully retired (June 30, 2022). After 13 years with the best senior center in Washington State, I can leave with a sign of relief because I will be leaving the Center in quite capable hands. The Center has an amazing staff who are dedicated to continuing the remarkable work we have done in supporting the needs of our senior community.

It is also my pleasure to introduce you to Charles Coen, the new Interim Executive Director who will be filling my chair, and I’m so pleased that many of you already know him. Charles has been affiliated with the Center as a member of the Board of Directors for the past seven (7) years. Over the years he has involved himself as either a participant or as a volunteer in many of the activities all around the Center such as Birthday Lunch, Rainbow Bingo, the Annual Auction, and the Seahawks 12 Days of Goodness just to name a few. Charles was born and raised in Honolulu, Hawaii but he has lived in Washington State for more than 27 years—he doesn’t look a day OVER 27! Charles is a licensed Insurance Producer in the state of Washington, which is how he began his affiliation at the Center – teaching about Medicare. Charles officially began in his role as the Interim Executive Director on July 1, 2022 so if you’re in the office, stop by and introduce yourself! Additionally, stand by for more information about the “Meet the New Director” Coffee and Chat to be scheduled in the near future.

Another major activity that has taken place, that has been in the works for a number of years that we were all quite excited about was the Room Naming Ceremony! On June 8, 2022, six notable individuals who were instrumental in the success and very existence of the Center were celebrated, with their families, as the rooms were revealed: Robert Ridder (instrumental in the design, development and construction of the current building. His fundraising participation contributed to the Center being built without a mortgage), Gisela Baxter (worked diligently around the Center guiding it to a “healthy financial state” and led the major remodel in 2009, served as Board President), Eugene Lux (worked diligently around the Center; served as Board President), Jean VelDwyk (donated financially, spearheaded the fundraising that led to building the Center without a mortgage; also served as Board President) and Norm and Barb Chamberlain (donated the land where the Center currently sits and continued to work diligently around the Center; Barb served as Board President). After the ceremony, the group culminated over beverages, hor d’oeuvres, good piano music by Alex Arceo and good conversation. The pictures below represent the installation of the signs, members, family members and yummy food.

And, it is finally time for me to say farewell……… I hope you all know that it has been my honor to serve you for the past 13 years. As I reflect upon the years, many of the major moments in my life were shared with so many of you. I hope I have served you well and I truly hope I have met your expectations and have been a shining light in your life. Although I will no longer be physically present at the Center, the memories we have shared with you will remain in my heart!

Lynda Greene,  
Interim Executive Director
The Center has a new chef! Meet Deborah Stanley. Raised by southern women of Louisiana and Texas, Deborah’s inspiration comes from the spices and flavors that were melded all around her growing up. It led her to create, own and operate “Dorothy’s Kitchen,” a catering company, named after her mother. She cooks at the Center on Mondays and Tuesdays.

We are so happy to have her with us.

Deborah Stanley
Chef

Kate Harkins’ replacement for the Volunteer Coordinator is Tais Assem! Hailing from Sao Paulo, Brazil and fluent in Portuguese, Tais has a degree in Architecture and comes to the Center with a wealth of experience as a business owner of a Scrapbook Store for 12 years. Tais also volunteered in Brazil for more than 20 years for cancer patients. And she has also volunteered at the Center’s Thrift Store since 2020 (pre-pandemic) and later in the lunch delivery program. Tais understands how important volunteers are to the work we do. Where you used to see Kate working Rainbow Bingo, Birthday Lunch or other activities, you will now see Tais. Don’t forget to introduce yourself.

Tais Assem
Volunteer Coordinator

If you come to the Center regularly and are used to seeing Linda Lewis working the Lunch Program, you will now see her at the Front Desk in her new position as the Front Office Coordinator. In addition to assuming staff and office-related tasks, Linda is the Monday—Thursday morning receptionist. And she will have responsibility to make sure things are running smoothly in the lobby. She will be making sure all members and visitors follow processes.

Linda Lewis
Front Office Coordinator

Who replaced Linda Lewis as the Lunch Program Lead? That would be Marjie Croston. Marjie came to the Center as a volunteer class instructor of Tai Chi. From there, particularly after Covid, Marjie made herself available wherever needed. Outside the Center, she has volunteered as a fire fighter, in search and rescue and on the board of the city/county fair. We are grateful to have Marjie with her pleasing and friendly disposition.

Marjie Croston
Lunch Program Lead

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Marjie Croston
Lunch Program Lead

DON’T FORGET TO RENEW YOUR 2022 MEMBERSHIP.
Call the Center to renew or to request a form for a new membership.

Guess who this is, walking on his hands and posing with Lynda Greene at the Birthday Lunch? None other than our new Interim Executive Director, Charles Coen!!!!
It’s A New Day  Thumbs Up!!!!

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

In Memory Of...

Kari P. Edlund, Felix Hartstrom, Clyde Robinson, Minnie Scott, Alice Poree

The following are donations made “In Memory Of…”

Michael McGinnis by Steve & Helen Barton
Margaret Walenkamp by Margaret Yellowwolf

Happy Birthday SESSC Members

JULY

July 2: Rita Gelman, Jerealine Lee
July 3: Golda Simon, Joanne Tulonen
July 5: Grace Howe, Jerry Odberg
July 6: Diane Miller, Roy Kirta
July 7: Julie Baldwin, Irene Finch
July 8: Gloria Ross
July 9: Ann Wood
July 10: Carol Coone
July 11: Deanna Getz, Kachi Lilly, Jeanette Yamada
July 12: Elizabeth Lang, Loretta Orpilla
July 13: Ruth Locke, Esther Normand
July 14: Wesley Clark
July 15: Kim Hoang, Lillian Levy
July 16: Julie Mayena
July 17: Michelle Quinn
July 18: Louis DeFranco, Nancy Runkle
July 22: Johanna Bangeman
July 23: Eloise Huggins, Alene Longdon
July 24: Credell Green
July 26: Benjamin Blair, Jenny Matson
July 27: Donnetta Gillum
July 28: Marilyn Crabbitee
July 29: John Eckert, Lubertha Jenkins
July 30: Rosa Cook

AUGUST

August 1: Dan Matsumo, Aubrey Scott, Robert Taylor
August 4: William Anderson
August 5: Nancy Toliver
August 6: Annabelle Flits, Mark Jeffries, Doris McDaniel
August 7: Marlene Fisher, Harold Shepherd
August 8: Gisela Baxter, Albert Woo
August 9: Hing Ng
August 11: Nora Buettner, Martha Gilliam
August 12: Helen Okura
August 13: Anne Latz, Doris Leonard, Elta Williams
August 14: Betty Muir, M.L. Shukis
August 15: Annie Bowie
August 16: Maryetta Greaves, Juanita Lott
August 18: Annie Lewis
August 20: Miriam Gourline, Clara Hubbard
August 22: Carol O'Brien, David Valentine
August 23: Keiko Yamaguchi,
August 25: Henry Tianen
August 26: Susan Dirk, Donna Kimbrough, Mary
August 27: Barbara Lynch
August 28: Ramona Grondin, Deloris Harris
August 30: Minnie Giralmo
August 31: Jerry Holloron, Ruth Washington

SEPTMBER

September 1: Lutisher Edmondson, Myra Theriot, Emilio Vigil
September 3: Janet Johnson, Marjorie Lutton
September 5: Fu Wan Chan, Linda Zbigkey
September 7: Darlene Emery, Cleteal Lollie
September 9: Josie Gardner
September 10: Ida Darden
September 11: Kathryn Fies, Edward Foster
September 12: Brenda Woo, Emma Ruth Rendar, Pam Jensen, Ernestine Paterson
September 13: Grover Haynes, Margie Hunt
September 15: Terie Akada, Mae Ohashi
September 16: Ervin Skov
September 17: Ib Rossen, Betty Warren, Willie Goldsmith
September 18: Pat Down, Laverne James
September 19: Paula Wilcox
September 20: LaBarbara Brooks, Robert Linder
September 23: Elinor Graham, Sue Hodes
September 24: Suzanne Schindele
September 25: Patricia Fiorito
September 28: Donna Richards
September 29: Vonda Redden
September 30: Saburo Sako, Annice Jordan

Thanks to our DONORS
(1/15/2022—03/15/2022)


A HUGE SHOUT OUT FOR $8,344.35 IN GIVEBIG DONATIONS!!
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 Center as your selected charity.

**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 LUNCH PROGRAM**
- Cheese Slices
- Individual bags of chips
- Jell-O and/or Pudding Cups
- Fruit and Bags of Cookies
- Regular Coffee

**CLOSURES This Quarter**

**HAPPY FOURTH OF JULY**
Early closure on **Friday July 1, 2022** CLOSED ALL DAY **Monday July 4, 2022**

**HAPPY LABOR DAY**
Early closure on **Friday September 2, 2022** CLOSED ALL DAY **Monday September 5, 2022**
**PROGRAMMING**

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, you will not be able to participate.**

<table>
<thead>
<tr>
<th>BOOK CLUB (cost: complimentary)</th>
<th>FAI COFFIN ART 10:00am - 11:30am Lux Rm</th>
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<tbody>
<tr>
<td>2nd Tuesdays; 10:30pm - 12:30pm</td>
<td>Facilitator: Fai Coffin  All materials supplied</td>
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<tr>
<td>Meeting is Hybrid. Attend in the</td>
<td>July Tuesdays: Making Paste Papers; cost $4</td>
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<tr>
<td>Veldwyk Rm or online; Zoom: 865 7347 9199; NO</td>
<td>Aug Tuesdays: Playing with Water Colors; cost $4</td>
</tr>
<tr>
<td>PASSCODE; Facilitator: Margaret Yellowwolf</td>
<td>Sept Tuesdays: Making Paper Flowers; cost $4</td>
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<tr>
<td>July 12: <em>H is for Hawk</em> by Helen Macdonald</td>
<td>June &amp; July Weds: Rock Painting; cost $2</td>
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<td>August 9: <em>Diamond Doris</em> by Doris Payne</td>
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<tr>
<td>September 13: <em>The Unlikely Pilgrimage of Harold Fry</em></td>
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<tr>
<td>by Rachel Joyce</td>
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<tr>
<th>BEACH VOLLEYBALL (cost: $2.00) Begins 7/21/22</th>
<th>FALL PREVENTION CLASS (cost: $3.00)</th>
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<tbody>
<tr>
<td>Thursdays 10:30am; Chamberlain Room</td>
<td>2nd Tuesday of the month; 10:00am - 11:00am</td>
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<td>Facilitator: Mark Bryant</td>
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<tr>
<th>BLOOD PRESSURE CHECK (cost: complimentary) Wednesdays 11:00am Lobby</th>
<th>HABITAT FOR HUMANITY PRESENTATION</th>
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<tbody>
<tr>
<td>Facilitator: Beulah Early</td>
<td>(cost: complimentary); Friday August 19, 2022</td>
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<tr>
<td>10:00am - 11:00am — VelDwyk Room</td>
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<tr>
<td>Instructor: Kaylen O’Hara</td>
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<tr>
<th>CAREGIVERS WOMEN’S SUPPORT GROUP</th>
<th>HAPPY HANDS OPEN SEW (cost: $10.00)</th>
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<tr>
<td>(cost: complimentary) 2nd Tuesday of the month</td>
<td>4th Fridays 11:00am - 5:00pm Social Hall</td>
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<tr>
<td>via Zoom beginning May 8, 2022. Contact Toni Crutchfield at 206-727-6210 or email <a href="mailto:tonic@soundgenerations.org">tonic@soundgenerations.org</a> for the Zoom link and time.</td>
<td>Facilitators: Patty Buckingham and Karyn Hough</td>
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<tr>
<th>CHESS (cost: $1.00 donation)</th>
<th>HAPPY HANDS QUILTERS</th>
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<tbody>
<tr>
<td>Tuesdays and Fridays 12:30pm - 3:30pm</td>
<td>1st Thursdays 9:00am - 12:30pm Lux Rm; Facilitators: Patty Buckingham and Karyn Hough</td>
</tr>
<tr>
<td>Chamberlain Room</td>
<td>All are welcome to join!</td>
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<tr>
<td>Facilitators: Pat Espey and Thomas Boyce</td>
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<tr>
<td>Want to learn how to play? We will teach you!</td>
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<tr>
<th>CONVERSATIONAL SPANISH (cost: complimentary) Fridays 10:30am - 11:30pm Baxter Rm</th>
<th>MAHJONG (cost: complimentary)</th>
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<tr>
<td>Register at the Front Desk; Facilitator: Marcelino Gomez</td>
<td>Mondays 1:00pm - 3:00pm</td>
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<tr>
<th>EXERCISE with MARK (cost: $3.00)</th>
<th>MASSAGE THERAPY (cost: call for amount)</th>
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<tr>
<td>Mondays, Wednesday, Fridays 9:00am 10:00am</td>
<td>2nd and 4th Wednesdays; Baxter Rm</td>
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<tr>
<td>Maximum Class Size: 12 persons. Register at the front desk. All classes are led by Mark Bryant.</td>
<td>Facilitator: Heather Robinson, Massage Therapist</td>
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TAI CHI with MARJIE (cost: $1.00 donation)
GET MOVING Mondays 1:15pm - 2:00pm; VelDwyk Rm.
YUANJI Mondays 2:00pm - 3:00pm
Thursdays 11:30am - 12:00pm
Part seated, and part standing movements. Appropriate for all levels. Work at your own pace. Contact her via email at ocean_gypsea@yahoo.com if you

UKULELE CLUB (cost: FREE)
Fridays 2:00pm - 4:00pm
Facilitators: JOAN WEISS and FABIOLA RODRIGUEZ
Join us! If you can’t play, we will teach you.

YOGA with JULIE (cost: $10 p/class) VelDwyk Rm. Tuesdays 9:00am - 10:00am
Facilitator: JULIA WALTON
Yoga for all ages. Focus on strength, balance, flexibility and a feeling of well-being and fun. Practice on the floor or in a chair. The class is adapted to the participants.

BASIC HORSE RACING (cost: FREE)
Tuesday, July 26 10:00am - 11:30am
Facilitators: EZIO MANZIN
Do you want to learn how to read a horse racing program? Plan to attend. Instructor Ezio will teach you.

RAINBOW BINGO - PAJAMARAMA!!!
($30 Event Price: includes entrance and dinner)
Friday, 09/23/2022 6:00pm - 9:00pm; Chamberlain Room. Facilitator: TAIS ASSEM
$5.00 GAME PACKET SOLD ON THE DAY OF THE EVENT SALES BEGIN AT 5:00 PM

SILVER SCREEN MOVIE FRIDAY $1.00 Donation
2nd Fridays; VelDwyk Rm; 12:30pm until movie is over. Facilitator: Scarecrow Video Volunteer.
July 8: The Princess and the Pirate (1944) 1 hr., 34 min
August 12: Some Like it Hot (1959) 2 hr., 1 min
September 9: Laura (1944) 1 hr., 28 min

Volunteer Corner

Tais Assem
Volunteer Coordinator

The SESSC thanks all of our volunteers and anyone else who contributes in any way to our Senior Center. There is so much work to do here at the Center that we could not do what we do without our volunteers.

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

If you’re interested in volunteering, please contact Tais at 206-722-0317 ext. 103 or email her at tais@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
ARE YOU TURNING 65 OR NEW TO MEDICARE?

When you need to choose a Medicare plan, Humana can help

Find a plan that fits your goals and your life
It’s time to choose a 2022 Medicare plan, and I’m here to help you understand your options. A Humana Medicare Advantage plan gives you everything you get with Original Medicare, and may include additional benefits and services to meet your needs. Humana offers plans with the coverage you might want at a cost that may work for your budget.

Call a licensed Humana sales agent
ROBERT MARTINEZ
206-638-6253 (TTY: 711)
Monday – Friday, 8 a.m. – 5 p.m.
rmartinez58@humana.com