FROM daily programming, TO daily lunch delivery.

VIRTUAL Programming
Page 5

Virtual Resource Fair
Pages 8-10

South Seattle Emerald Article:
Senior Center Meal Program
Page 17

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

Happy Hanukkah
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
Dear Members, Friends and Participants,

Here we are, writing our last newsletter for the year 2020 and what a year it has been! We managed through half of March when we found ourselves responding to a world-wide crisis, the Coronavirus—and instead of closing our doors, we redirected our services. By now you know that means we executed a daily lunch delivery program. While that program has been a lot of work requiring many supervisory decisions, it has continued to be met with consistent dedication from our staff, contributors and volunteers. On October 13, it will have been 7 months since we held regular programming. And while there are no words that will explain how much we miss our seniors and the activities that bring us all together—we know we have a job to do and we are taking care to be sure to perform it. Nutrition and mental stability are most important right now. So we are making sure food is available so seniors can continue to shelter in place. And we are making sure we contact our seniors so that we can adequately provide the resources needed to minimize depression. But, the question continues to be, “When will the Center open?” The answer is, “We are not sure at this point.” But, we try as much as we can to share whatever information we have. So, join us on Friday October 9, 2020 for Coffee with Lynda Greene where you can ask your questions while drinking coffee or sipping tea and enjoying your favorite pastry; all in the comfort of your home. Remember: we love you and we miss you!

Coffee with the SESSC Executive Director

Time: Oct 9, 2020 11:00 AM

ZOOM MEETING:
https://us02web.zoom.us/j/82050418772
Meeting ID: 820 5041 8772
1-253-215-8782, 82050418772#

Lynda Greene, SESSC Executive Director

Barbara Chamberlain, SESSC Board President
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## STAFF, FACILITATORS & CONTACT INFO

### Instructors & Facilitators

| Lynda Greene | Executive Director | lyndag@sessc.org |
| Mary Downs | Finance Coordinator | maryd@sessc.org |
| Kate Harkins | Community Engagement Coordinator | kateh@sessc.org |
| Jaime Clark, MSW, LICSW | Social Worker | jaimec@sessc.org |
| Alexander Arceo | Membership Coordinator | alexar@sessc.org |
| Linda Lewis | Thrift Shop Lead | lindal@sessc.org |
| Mark Bryant | Silver Sneakers Site Coordinator | markb@sessc.org |
| Echo Aumick | Foot Care Specialist |
| Carla Bunn | Project Coordinator | carlab@sessc.org |

### Instructors & Facilitators

| Pat Espy and Thomas Boyce | Chess Club Facilitators |
| Beulah Early | Blood Pressure Monitor and Casino Trip Chaperone |
| Carole Stewart | Weaving Instructors |
| Heather Robinson | Coloring Class and Friday Movies Facilitator |
| Jean Sisson | Yoga Instructor |
| Marcelino Gomez | Spanish Class Instructor |
| Patricia Scott | Hands-N-Feet Facilitator |
| Patricia Vazquez | Wednesday Bingo Manager |
| Patty Buckingham | Quilting Group Facilitator |
| Nicole Hamilton | Adaptive Yoga Instructor |
| Marjie Croston | Tai Chi Instructors |

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**Monday—Friday 9:00-1:00 for deliveries and food donations**
VIRTUAL AND LIMITED 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 rather than be at the Center.

Onsite Instructions: All entering the Center for on-site activities 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.

TAI CHI

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

ZOOM: 993-206-8381; PASSWORD: #ABC321

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

GARDEN ART (LIMITED On Site)

Tuesday October 20; 10:00am - 12:00pm;
Maximum Registration-5; Reserve your spot now!!
Facilitator: Fai Coffin Cost: Complimentary

Fai will show you how to make flowers from aluminum cans that will last through the seasons.
Contact Alexander Arceo at 206-722-0317 or via email at alexar@sessc.org to reserve your spot.
Class will be filled on a first come, first serve basis. A reservation is required.

BOOK CLUB (LIMITED)

Tuesday October 6; 1:00pm - 2:00pm;
Virtual: Zoom: 865 7347 9199; Passcode: 427266 (See blue and white camera image above for link.)

There is LIMITED Zoom seating. Reserve your spot now!!
An “all Seattle reads book” in May, “Tommy Orange's wondrous and shattering novel follows twelve characters from Native communities: all traveling to the Big Oakland Powwow, all connected to one another in ways they may not yet realize. “

“EXERCISE with MARK”

Monday, Wednesday, Friday—Beginning October 5.
Class time has changed from one hour to 25 minutes; there will be two 25-minute sessions and you may only attend 1 session a day. MAXIMUM CLASS SIZE: 5
Session 1: 9:00am – 9:25am Session 2: 9:35am – 10:00am
Facilitator: Mark Bryant Cost: $3.00 per class

Time to get active and back in shape. Call the Center at 206-722-0317 to reserve your spot. Pre-registration is required. Walk-Ins will not be allowed. See “Onsite Instructions” above!!
The next two pages (6-8) contain the SESSC’s Resource Guide. This is a listing of a few of our partners who have resources that you might benefit from. Look at each ad carefully to familiarize yourself with the services provided. For instance, with the introduction of the Coronavirus, more activities and services are being offered on Zoom and on other internet platforms. So, the internet advertisement on the first card set below might be a useful benefit. Don’t forget to tell any business that you patronize from this Guide that you saw their ad in the SESSC Newsletter! Enjoy!

Low income? Need internet?

Habitat for Humanity
Seattle - King County
Serving King & Kitsap Counties

Habitat for Humanity Aging in Place Program for senior homeowners provides minor repairs to support safety and comfort.

For details contact Linda Hunt
(206) 856-5527

Habitat for Humanity Home Repair Program providing exterior repairs for the health, safety and preservation of the home.

- To qualify you must own and occupy your home
- Your income must be under 80% of the area median income
- You must live in one of the service areas

Questions? Contact Donna Adair (206) 856-5214 / donna.adair@habitatskc.org

Visit the Library’s 50+ page for virtual programs and services for older adults. spl.org/programs-and-services/adults-50-plus

Visit our digital resources page for digital books, magazines, movies, and more! spl.org/books-and-media/digital-resources

Curbside pickup at various locations, including Rainier Beach Library. spl.org/locations/road-to-reopening/curbside-service

For more details:
(206) 684-8498
www.seattle.gov/ttech/services/internet-access

Discounted internet service available for low-income Seattle residents:

COMCAST
WAVE

www.UrbanLeague.org
(206) 461-3792

homeownership • mortgages • foreclosures

Have a question? Call 206-386-4636 or visit us online at spl.org!
Are you facing aging or disability issues?
Community Living Connections can help!

1-844-348-5464 (toll-free)
CommunityLivingConnections.org

alzheimer’s association
You’re not alone. We’re here to help.
24/7 Helpline 1.800.272.3900
alzwa.org

Silver Tsunami Services
Free consultation, systems navigation, and support groups for aging caregivers of people with developmental disabilities

- Personal Care
- Developmental Disabilities Administration
- Finding caregivers
- Long Term Planning
- Social Security
- Guardianship
- Grief Support
- Housing
- And more

Sound Generations
We support people on their aging journey through community connections and accessible services.
info@soundgenerations.org

For services 206.448.5757
To get involved 206.727.6208
2206 Second Ave, Ste 100
Seattle WA 98121-2055

WEB soundgenerations.org
Our purpose is to honor lives, nurture connections, empower action, and inspire hope.

www.ParkPlaceAssistedLiving.org

Park Place
ASSISTED LIVING

6900 37th Avenue South, Seattle, WA
Tel: 206-722-7275

Language Assistance Services 562-257-9259
TDD: 800-545-1833 Ext. 359
Medicaid/COPES Accepted

Providence ElderPlace PACE
(Prograns of All-Inclusive Care for the Elderly)
We surround the participant with medical care, long-term care and social services so they have the support needed to live as healthy and independently as possible.

206-320 5325 (Phone)
1-844-901-0094 (Toll free)
1-800-855-2880 (TTY - Hearing impaired)
Momentia is a grassroots movement empowering persons with memory loss and their loved ones to remain connected and active in the community.

Website: www.momentiaseattle.org

SESSC offers a FREE Momentia Monday class for people with memory loss and their loved ones. NOW ON ZOOM every Monday 10:30-11:45 am. Contact Jaime Clark at 206-722-0317 ext. 105.
# Just 4 Fun

## Sudoku

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<td>7</td>
<td>6</td>
<td>2</td>
<td>9</td>
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<td>2</td>
<td>3</td>
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<td>1</td>
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<tr>
<td>1</td>
<td>7</td>
<td></td>
<td>9</td>
<td>8</td>
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</tbody>
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## Holiday Word Search

- **S**
- **U**
- **D**
- **C**
- **A**
- **R**
- **T**
- **E**
- **H**
- **C**
- **S**
- **G**
- **O**
- **S**
- **A**
- **N**
- **D**
- **I**
- **T**
- **L**
- **T**
- **H**
- **M**
- **E**
- **O**
- **O**
- **Z**
- **O**
- **H**
- **R**
- **L**
- **Y**
- **A**
- **G**
- **N**
- **B**
- **E**
- **S**
- **R**
- **A**
- **I**
- **F**
- **R**
- **T**
- **H**
- **O**
- **S**
- **E**
- **W**
- **L**
- **C**
- **E**
- **L**
- **O**
- **O**
- **V**

## Number Puzzle

Starting in the bottom left corner and moving either up or right, one square at a time, adding up the numbers along the way, what is the largest sum which can be made once you have reached the top right corner?

<p>| | | | | |</p>
<table>
<thead>
<tr>
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<tbody>
<tr>
<td>1</td>
<td>4</td>
<td>2</td>
<td>2</td>
<td>1</td>
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<td>4</td>
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<td>3</td>
<td>4</td>
<td>2</td>
<td>3</td>
<td>2</td>
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</tbody>
</table>

## Optical Illusion - Do you see movement in the image?

**Solutions for the Sudoku and Number Puzzle on page 24**
THE “WHY WE CHOP” VIDEO

On a Thursday afternoon, in a Lynda Greene team meeting, the idea to develop a Center video was born. The video would represent how hard the staff were working because the seniors are key, so important and so loved! The photos below are shots from the video. The lyrics were written by Leslie Dammeier—great job! And our videographer was volunteer, Joe Zajonc. He was amazing!! To see it, go to our website at https://sessc.org or to our Facebook at https://www.facebook.com/SoutheastSeattleSeniorCenter.

YOU DON’T MISS THE WATER UNTIL THE WELL RUNS DRY...

And THAT’S what happening at the Senior Center. The well has run dry and now we know we have taken advantage of having been able to see our seniors everyday. Now we are missing the hustle and bustle of the day; the activities, the programming and the fun of it all. We miss seeing our seniors come and go and watching them enjoy each other daily, drinking coffee and eating lunch. We miss knowing they’re here for art classes, weaving and playing games. But mostly, we miss the smiles and the warm embraces. And we hope it won’t be long before we are back to business as usual. Please don’t forget us, as we have not forgotten you!

Thank you, Joe!!
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 meets on Mondays, Tuesdays, Thursdays and Fridays on the second floor from 2:00pm - 3:30pm, and Sundays at 6:00pm.

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

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

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

To request care, call 253.553.0917.
Open 7 days a week from 8 am - 10 pm.
We accept most insurance, including Medicare.

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.
The Center spearheaded a “Community School Supply Drive” for Martin Luther King, Jr. Elementary School at 6725 45th Avenue South. This was one of our ways to give back to the community.
The Center has managed a lot of food. We had to buy new freezers. So now we have TWO more new ones!!!

**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) |

**REGISTRATION CARD**

(Standardized Client Demographic Data Collection)

| Membership: $60.00 Individual | (May be paid with 3 consecutive installments of $20.00) | Lifetime Membership: Individual $1000.00 | (May be paid with 2 consecutive installments of $500.00) |

| FRONT DESK USE ONLY |
| Active Member: ___ | Lifetime Member: ___ | Honorary Member: ___ |
| Paid Date: ___ | Receipt No.: ___ |
| Registration Only |

| FOR REGISTRAR'S USE ONLY |
| MSC Client ID No. _________ |
| Complete: _________ (initial) |

| Name: ____________________________ | Last: ____________________________ | First: ____________________________ | Mid. Initial: | Street Address: ____________________________ |
| Birth Date: (mm/dd/yyyy) | Home Phone: ____________________________ | Cell Phone: ____________________________ |
| 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 ☐
Thank You to Our Donors & Sponsors from June 19, 2020 to August 31, 2020


---

**SESSC Casino Trip Policy**

ALL PROGRAMMING IS TO BE DEFINED

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

**SESSC ACTIVITY CANCELLATION POLICY**

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

---

**UPCOMING CLOSURES**

**VETERAN’S DAY**
Wednesday, November 11

**THANKSGIVING HOLIDAY**
Thursday, November 26
Friday, November 27

**CHRISTMAS HOLIDAY**
Thursday, December 24
Friday, December 25

**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>Household Income Level</th>
<th>Very Low:</th>
<th>Low:</th>
<th>Moderate:</th>
<th>Above Moderate:</th>
<th>Unknown:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gross Annual Income by Family Size</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td><strong>Very Low</strong></td>
<td>Up to $22,500</td>
<td>Up to $25,700</td>
<td>Up to $28,900</td>
<td>Up to $32,100</td>
<td>Up to $34,700</td>
</tr>
<tr>
<td><strong>Low</strong></td>
<td>$22,500-$37,450</td>
<td>$25,700-$42,800</td>
<td>$28,900-$48,150</td>
<td>$32,100-$53,500</td>
<td>$34,700-$57,800</td>
</tr>
<tr>
<td><strong>Moderate</strong></td>
<td>$37,450-$56,200</td>
<td>$42,800-$64,200</td>
<td>$48,150-$72,250</td>
<td>$53,500-$80,250</td>
<td>$57,800-$86,700</td>
</tr>
<tr>
<td><strong>Above Moderate</strong></td>
<td>Above $56,200</td>
<td>Above $64,200</td>
<td>Above $72,250</td>
<td>Above $80,250</td>
<td>Above $86,700</td>
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Do you live alone?  

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Gender:  

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<th>Female</th>
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Sexual Preference (this information is confidential):  

<table>
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<th></th>
<th>Bisexual</th>
<th>Gay</th>
<th>Heterosexual</th>
<th>Lesbian</th>
<th>Questioning</th>
<th>Other</th>
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Is your English limited?  

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<th></th>
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<th>No</th>
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Do you live with children under age 18?  

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<thead>
<tr>
<th></th>
<th>Yes</th>
<th>No</th>
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</table>

Do you have a disability?  

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<th></th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
</table>

Are you homeless?  

<table>
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<tr>
<th></th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
</table>

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

<table>
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<tr>
<th></th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
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**EMERGENCY CONTACT INFORMATION**

<table>
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<tr>
<th>Emergency Contact Name:</th>
<th>Relationship:</th>
<th>Phone:</th>
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Revision Date: 8/22/19
COMMUNITY DINING MOBILE FEEDING PROGRAM
“When the Truck Gets Here!”

“Processing the Donations”

HAPPY HOLIDAYS!

Deanna Getz

T. Diane Day
Do you have access to a computer? Do you like to write? Do you like children? Well, here’s a Pen Pal program where seniors connect with someone from a younger generation for the purpose of allowing the student to practice (read below). If you’re interested and have access to a computer, type https://www.phinneycenter.org/pen-pal/ in your browser, complete the form and press “submit.” If you’re interested but don’t have a computer, call Kate Harkins at 206-722-0317, X103.

Kids & Seniors Pen Pal Project

Calling all older adults and parents of kids! Want to receive some fun letters in the mail and help kids learn the craft of communicating via snail mail? Join our pen pal project!

Kids practice their penmanship, communication skills, and how to address an envelope. Kids and seniors both get to make a new friend. And who doesn’t love a handwritten note in the mail?

Are you a teen and this sounds fun? Sign up to be paired with a senior and share your life’s COVID adventures.

Here’s how it works:

- Kids and seniors will sign up and get matched with their own pen pals. We’ll email you (or call if you don’t have email) you with your Pen Pal’s name
- Letters will be exchanged via the Phinney Center address (for privacy and safety); we’ll forward them on. (You can choose later to mail directly if you wish.)
- We’ll even provide writing prompts via email
- We may even have a "meet party" when this is all over!

Know an elder neighbor or relative who would want to participate? Please share!

Big thanks to the folks from the Greenwood Branch of The Seattle Public Library, who are partnering with us to bring this project to life!

Hey kids and parents!

We have a lot more kid sign-ups than seniors. If you would be open to writing to another kid, please let us know on the form where indicated. Thanks!

Sign up!
The following are excerpts taken from an article printed in the South Seattle Emerald, printed August 19, 2020 by Carolyn Bick. (See South Seattle Emerald online for the full article.)

The article talks about what the center is doing since the redirection of services due to the virus... The center’s director, Lynda Greene, saw the storm coming in March, right before all but the most essential businesses shut down to stop the spread of the novel coronavirus...

But since then, [the] need has “grown tremendously,” and the center is currently operating a food delivery program, Greene said. ...

Program growth...
Linda Lewis, ... described how the program has grown since March and how they now find themselves delivering meals to neighborhoods and locations across Southeast Seattle....

“I don’t know how long — how far we’re going to carry this,” Lewis said of the meal program. “I imagine it will grow, and I have no idea what the cap is going to be for us. But there’s always going to be a need — and Lynda Greene is big about filling the need. ... She is a superhero.”

Lynda Greene explains future expectations...
Greene is indeed dedicated, but also told the Emerald that she doesn’t know how long the meal program can continue to run. She said she is extremely grateful to people who have set up recurring Amazon deliveries, but acknowledged that, at some point, “donor fatigue is going to set in.”

“We have to be prepared for that, when we are not getting those donations anymore. We are [applying for] grants [from] organizations and foundations that will help us continue to support our food program, our lunch program during COVID-19,” Greene said. “And, so far, we’ve been successful, so we’re ... socking it away, because we know it’s going to happen.”

In addition to grant funding and private donations, the center has also partnered with The Urban League of Metropolitan Seattle that helps the center accrue food — Greene calls the organization “a true lifesaver” — as well as with the Renton Emergency Feeding Program.

The effect of COVID-19 on seniors...
In addition to budget and resource constraints, the center is also trying to help triage seniors’ mental health. Even with volunteers delivering food every day, seniors who are forced to self-isolate because other Washingtonians don’t care enough to wear masks to protect other people [who] are suffering from increasingly poor mental health. Greene said...
Attention SESSC Members, Participants and Friends! Do you shop at Amazon? If not, you may want to start. There is now, a great way to support your Center.

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

♦ Whenever you shop on AmazonSmile, they will donate 0.5% of the price of your eligible AmazonSmile purchases to the SESSC.
♦ AmazonSmile is the same Amazon you know; the exact same products, prices and service.
♦ Support your Center by designating the Southeast Seattle Senior Foundation (SSSF) as your selected charity.

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

Ways to Give to the SESSC

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
- Toilet Paper (a lot!)
- 24- & 33-Gallon Garbage Bags
- Coffee (Regular and Decaf)
- Paper Towels
- Dinner Napkins
- Hand Sanitizer
- Disinfectant Wipes
- 8.5x11” White Copy Paper
- Plastic Cups/Utensils

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
- Individual Bags of Chips
- Mayonnaise and Mustard
- Ground Beef
- Cans of String Beans
- Cans of Corn
- Eggs
- Butter
- Rice
- Jell-O and/or Pudding Cups
- Fruit and Bags of Cookies

ITEMS FOR FOOT CARE PROGRAM
- Hand and Body Lotions

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.

Marcelino Gomez
**OCTOBER**

**October 1:** Tamishia Garrett, Joy Moton  
**October 2:** Iva Jennings, Barbara Richards, Berhan Yigzaw  
**October 3:** Goldan Simon, Joanne Tulonen  
**October 4:** Linda Beed, Loretta McIver, Vernon Tom  
**October 5:** Matthew Gibson  
**October 6:** David Gibson, Roy Kinta, Diane Miller  
**October 7:** Saundra Morgan, Gary Nessenbaum, Tevita Seru, Herbert Tsuchiya  
**October 8:** Jennifer Hamilton  
**October 9:** Pearl Beamon, Jennie Bowen, Bobbi Ton  
**October 10:** E. Baker, Frances Ikeda, Barbara Steele  
**October 12:** Hoa Chau, Jenny Lloyd, Josie Smith, Tom Tinsley  
**October 13:** Tiya Anderson, Andrea Rye  
**October 14:** Sadako Lang  
**October 15:** Linda DuPuis-Fricke, Photo Iman  
**October 16:** Gertrude Cheek  
**October 18:** Mary Honda, Eva Lopez  
**October 19:** Mark Bryant, Shirley Matthews, Theresa Morris, Sondra Shira, Gladys Stewart, Van Ly Trang  
**October 20:** David Antuna, Paul Cabarga, Kris Mikami  
**October 21:** Ellen Summers  
**October 22:** Bertha Elfalan, Mary O’Brien, Olga Roberts  
**October 23:** Delores Denny, Della Jung, Robert Latz, Phong Ngo  
**October 24:** Takashi Akiyama, Debbie Huertas, Arnold Lyshall, Rebecca Mustoe, Miyoko Nakatsu  
**October 25:** Max Cossalter, Ellen Newell  
**October 26:** Bernda Bacani, Lilliantyne Fields, Phyllis Lowe  
**October 27:** Marion Dillard, Nyra Gray, Norma Redmon  
**October 28:** Robert Screals, Patricia Stonehocker  
**October 29:** R. Charlene Thomas, Manh Tran  
**October 30:** Darcell Hayes, Ida Graham, Siri Mehus, Judith Rosa  

**NOVEMBER**

**November 1:** Deanne Hart, John Hungate, Petrecia Olson  
**November 2:** Clayton Jones, David Lott, Emily O’Hara  
**November 3:** Mary Charles, Maria Perez  
**November 4:** David Carbajal, Richelle Frantz, Sei Fujiwara, Daniel Johannes, Brenda Knights, James Redmond  
**November 5:** Amos Branch, Gina Hamilton, Edith Mar-Lunden  
**November 6:** James Brown, Jr.  
**November 7:** Carnell Denton, Neil Rambo, Cathy Sims  
**November 8:** John Angelini, Dorothy Ross, Charlotte Ruff  
**November 9:** Otis Baseden, Mariah Corey, Phyllis Low, Laneta Tiokasin  
**November 10:** Daniel Rodriguez  
**November 11:** Shu Hsiou Tsu  
**November 12:** Mui Sy Dang, Clarence Garrett, Carlos Orpilla  
**November 13:** Gerald Farmer  
**November 14:** Deanna Book, Teresa Chan, Zetta Roberson  
**November 16:** Kristen Fernandez, Margaret Pageler  
**November 17:** Dorothy Carlson, Amber Humaran, Kathy Keyton, Yone Kishida  
**November 18:** Martina Parangan, Marj Raunig, Franklin Woods  
**November 19:** Barbara Stevens  
**November 20:** Katie Love-Davis  
**November 21:** Geneva Tanner  
**November 22:** Olivia Hill  
**November 23:** Sebastian Aguilar, John Allen, Greg Euteneier, Ernestine Sanders, Jerry Tapia  
**November 24:** Mary Ellen Anderson, Ephraim Duell, Ed Kion, Damascus Walters  
**November 25:** Kathy Brockman, Nancy Porter  
**November 26:** Jerry Moore  
**November 27:** Charles Bailey, Fabiola Rodriguez, Mary Swartley, Eleanor Toews, Robert Wayman  
**November 28:** Erika Martin, Mary Prather, Lorraine Shaff, Trisha Teidl  
**November 29:** Iris Tansman, Diane Zipperman  
**November 30:** Cynthia Shepherd  

**DECEMBER**

**December 1:** Tsyukyo Ponischil  
**December 2:** Pam Hubbard  
**December 3:** Leona Hooper  
**December 4:** Petra Goodridge  
**December 5:** Lewis Banchero, Glenn Carroll, Scott Martin, Jeff Panciera  
**December 6:** Tais Assem, Bria Chakofsky-Levy, Marjie Croston  
**December 7:** Gene Cramer, William Eng, Cindy Lynn Fenbert, Dan Kneleken  
**December 8:** Richard Casault, Clyde Takeuchi, Debbie Wood  
**December 9:** Laura Hale, Patricia Scott  
**December 10:** Carolyn Daye  
**December 12:** Loris Berkley, Yoshiko Shioita, Marcia Stone, Ethel Washington, Dorothy Yamaguchi  
**December 13:** Jayden Cumberland, Monte Marchetti  
**December 14:** Christopher Thomas  
**December 15:** Brenda Charles-Edwards, Daniel Ellis, Dorothy Roberts  
**December 16:** Almeeda Jones, Frances Kenny, Christopher Mathews  
**December 17:** Linda Koentjorowati, Mary McVey, Loretta Pagan, Christine Wallenkamp  
**December 18:** Beverly Almosino, Robert Brownlow, Beulah Early, Helen Yamamoto  
**December 19:** Althea Davis, Jerry Ellis  
**December 20:** Betty Arens, Anne Bier, Nancy Collins, Richard Fairchild, Iris Mendez, Wanda Peterson  
**December 21:** Dorothy Cook, Deborah Stark  
**December 22:** Lillie Lewis, Antonio Lopez, Wanda Lott  
**December 23:** Doreen Lew, Patricia Randell  
**December 24:** Norma Ruth, Marcella Pendergrass  
**December 25:** Annabelle Decuir, Minnie Scott  
**December 26:** Cecilia Walsh  
**December 27:** Myra Shukis  
**December 28:** William Carsen, Kathleen Hubbard  
**December 29:** Gladys Carlson, Marilyn Fox, Terri Panajotoff  
**December 30:** Becky Eastman, Geraldine Lee  
**December 31:** Mary Codiga, Wanda Haynes, Dorothy Lower
ON March 13, 2020, the Center closed its doors to regular programming. BUT, we redirected our services to a daily lunch preparation and delivery program. And we have been hard at work, making sure we reach out to seniors who are isolated during this pandemic. Delivering these meals is a HUGE job. In addition to the need for food and the organization to store it, prepare the menus and then cook the food, the meal bag assembly also requires planning and strict organization. That means our volunteers must be consistent, organized, dedicated and committed. And that’s what we have been fortunate to have in our volunteers. But we need more help now. We are seeking volunteers to lend a hand once or twice a week.

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.

REGISTRATION DEADLINE—October 26, 2020

Have you registered to vote? If you need help, call the Center Social Worker, Jaime Clark at 206-722-0317 ext. 105. If you have ID, she can help you register online. If you don’t have ID, she can help you register by mail. But you have to hurry to meet the October 26 deadline!

GENERAL ELECTION—Tuesday November 3, 2020

Washington State is an all-mail voting state. Ballots must be postmarked, returned to a designated ballot drop box or returned in person to the county elections department by 8:00 pm on Election Day. If you cannot get your ballot to a drop box or to a mailbox or your postman will not receive your ballot, call the Center no later than Thursday October 29. We will help!

PLEASE, exercise your right to vote!!! Your VOTE is your VOICE!!
We really have NO words that truly express our gratitude for what you do for us. That you understand the magnitude of the work we do is huge. That you offer your time and talents so unselfishly so that we CAN accomplish this important work is even bigger! We could NEVER prepare 165 meals a day, 865 meals a week without your commitment and dedication.

So, thank you, thank you, thank you!!!

We would like to introduce our NEW volunteers since publication of the Summer Newsletter.

Welcome volunteers & thank you!!!

A donation was made in loving memory of Richard Eugene Wright, Sr.

By: David Gibson
In our newsletters, we decided to highlight our volunteers and we began the series with our volunteer receptionists. This will help us all know those we see around the Center regularly, much better. This issue we are highlighting Brandy Ivy. What’s unfortunate is Brandy and her family have moved up north so she will no longer be volunteering. But, we really enjoyed having Brandy with us. She volunteered at the Dinner and Auction in February 2020 and we have had the luxury of meeting her most well-mannered children, as well. So, here’s a little about Brandy.

Brandy was born in Duluth, MN and was raised in San Jose, CA and Rochester, MN, where she spent her high school years and graduated from a homeschooling co-op. She went to Rochester Community College for her Nursing Assistant license. She worked as a nursing Assistant/Office Manager at Comfort Home Care in Minnesota until becoming a full time mother in 2004.

In 2003, Brandy married her husband, Judah. In 2004, they gave birth to their first child, Josiah. He is now 16 years old. While in St. Cloud, MN, She and Judah continued to be blessed as their family grew: Jaelle (2006) and Enoch (2007). Then in 2008, Brandy, Judah and their children moved to Seattle. This is where Elias Orion was born. Unfortunately, he passed away May 18, 2012. In 2016, daughter, Ethne, was born and Anothen Joel was born in 2018. On Easter Sunday, April 12, 2020, Brandy gave birth to their seventh child, Chayah Eirene.

When asked why she volunteers at the Center, she responded, “I love being around people, especially my elders and I was looking for an opportunity to meet more people in our community so when the opportunity came up to volunteer at the Center I gladly volunteered!” And we are happy she did!

Due to the COVID-19 pandemic, an opportunity was provided to her family which precipitated a move out of Seattle to the Arlington area. Brandy says further, “I will greatly miss coming in to the Center and hope to still volunteer remotely if the opportunity arises!” The Center will certainly keep that thought in mind. We were extremely fortunate to have worked with Brandy and we are hopeful that she will come this way again. Brandy, our warmest thoughts go with you and your family!
SESSC LIFETIME MEMBERS

SPONSORS

The SESSC supports the restaurants that are helping to feed our seniors during the COVID-19 pandemic. We hope that you will support them too!

Sudoku and Number Puzzle Solutions

Answer: 37