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

**NOTICE**: The Center will use Robocalls and eBlasts to announce CLOSURES and activity cancellations caused by the Corona Virus (COVID-19). While there have not been any known diagnoses within our community, decisions are made as precautions and care for our seniors and all involved. Our leadership team is in touch with the health authorities and will continue to evaluate our decision on a daily basis. We will keep members up to date of any changes.
MAKE ROOM IN YOUR LIFE For More

✔ Lasting Connections  ✔ Interesting Hobbies  ✔ Beautiful Walks

At The Lakeshore in South Seattle/Renton, active seniors are making room for more community and memorable moments in their retirement years.

Schedule a visit (206) 538-6230 or learn more: eraliving.com
HELLO Members and Friends,

*Can you believe it’s APRIL already?* They say time flies when you’re having fun and that’s what we’ve been having.

We held our Annual Members Meeting in January. And we - the staff and the board - found it fun and exciting to review all of the successes of 2019, which included our first complete audit as an independent senior center—that produced ZERO errors!

In February, we completed another successful Dinner and Auction event... *Share the Love,* and that is always a fun and historic event. This year’s Outstanding Service Organization award went to the Seattle Rainier Lions Club! Every year they honor our Center by cooking and serving—free of charge—a Thanksgiving and Christmas dinner. They also provide free Easter baskets, filled with dinner preparations. The Seattle Rainier Lions have certainly been a friend!

We have also been busy maintaining our regular schedule and are excited about some new activities that we hope you will enjoy such as a new engagement with our Veterans brothers and sisters. Remember to look at the section titled, “Other Activities and Events” so you can stay on top of new activities coming up.

Our staff continues to focus on programming related to the King County Veterans, Seniors and Human Services Levy Grant which the Center received. We will continue to promote services for Veterans and their families, increase our grant writing and increase our collaboration with other community organizations. We are also thrilled with the success of our new SilverSneakers exercise class and the class participation continues to grow!

Happy Spring and we hope to see you around the Center!

---

**DID YOU KNOW YOU CAN SPONSOR A BIRTHDAY LUNCH?**

Sponsor a birthday cake, entertainment or sparkling cider at our monthly birthday party by contributing:

**Entertainment** ($100), **Birthday Cake** ($75), or **Sparkling Cider**

**Interested?** Call Kate Harkins at 206-722-0317.

(Please note that more than one person may sponsor one of the items in any given month.)

---

**Save the Date**

**Veteran's Dinner & Jazz Concert**

Local jazz artist

**Sunday**

June 14, 2020

3:00pm-6:00pm

Buffet dinner will be served.
SESSC Lifetime Members


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

In loving memory of **Ouida Garrett**:
*From:* Minnie Collins, Saundra Morgan, Pat Vazquez

In loving memory of **Gene Lux**:
*From:* John Charles, Mary Charles, Pamela Charles

In loving memory of **Bob Hemming**:
*From:* Pat Vazquez
In This Issue

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EVENT: Learn What You Need To Know About CBD
SESSC and Seattle Parks and Recreation Joint Activities
SESSC Casino Trips and Trip Policy
Social Work Corner & Good Things To Know
Transportation Options
EVENT: U.S. Census Bureau
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EVENT: Rainbow Bingo: Super Heroes
Acknowledgement: Horizon House
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PLEDGE Support to SESSC
Ways To Give to SESSC
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Second Quarter 2020 Birthday List
giveBIG Washington
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Sponsorship: Gencare Lifestyle at Renton
Brighton Apartment Parking Pass
Sponsorship: United Healthcare
Sponsorship: The Medicare Exchange
SESSC Cheap Chickadee
SESSC Wish List
Articles: Thinking of Weaving & Receptionist – Leslie Dammeier
Sponsorship: Columbia City Bouquet
Sponsorship: Seattle Rainier Lions Club
Sponsorship: Columbia City Bakery

SESSC Staff and Contact Information

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Silver Sneakers Site Coordinator

Echo Aumick
Foot Care Specialist

Carla Bunn
Project Coordinator
(carlab@sessc.org)

Victor De Leon
Assist. Finance Coordinator
(victord@sessc.org)

Instructors & Facilitators

Volunteer Participant
Chess Club Facilitator

Beulah Early
Blood Pressure Monitor and Casino Trip Chaperone

Carole Stewart
Weaving Instructors

Fai Coffin
Arts and Crafts Instructor

Heather Robinson
Massage Therapist

Jean Sisson
Coloring Class and Friday Movies Facilitator

Julie Fournier
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
Rhonda Farrar
Stanley Hiserman
Tai Chi Instructors

Address
4655 South Holly Street
Seattle, WA 98118

Phone: 206-722-0317
Fax: 206-722-2768
Web Page: www.ssessc.org

Programming Hours of Operation
Monday - Friday 8:30am - 4:00pm

UPCOMING CLOSURES

Memorial Day,
Monday, May 25
CLASSES & ACTIVITIES

**DAILY**

**COFFEE BAR AT THE B & B CAFE**
Monday - Friday, 9:00am - 11:00am
Location: Social Hall  Coffee: $0.50
Enjoy coffee among friends.

**COMMUNITY DINING LUNCH**
Monday - Friday, 12:00pm - 12:45pm (11:45am on Wednesdays)
Location: Social Hall, Chef: Sharon Smith
Cost: Age 60+: $4.00 Suggested Donation  All Others: $10.00
All Community Dining lunches are made from scratch. Our chef, Sharon Smith, puts together a homemade meal and is assisted by SESSC volunteers. You may pick up a copy of the monthly menu at the Front Desk.

**OPEN-STUDIO (DAY USE) WEAVING**
Monday - Friday, 9:00am - 3:00pm
Location: Weaving Room  Cost: $30.00 per month
For $30 per month, experienced weavers & those who have completed their first 2 samplers are invited to use SESSC looms when available.

**MONDAYS**

**SILVER SNEAKERS with MARK BRYANT**
Mondays and Thursdays, 9:00am - 10:00am; Location: Social Hall
Cost: Free w/approved insurance; $3.00 w/out. Focuses on standing, aerobics, stretching, balance, & strength training. Register at the Front Desk.

**SOUTH END CRAFTERS**
1st Mondays, 10:00am - 11:30am; Location: Arts and Crafts Room
Facilitator: Fai Coffin  Cost: $4.00 Members, $8.00 Non-Members
Join a warm and welcoming group of crafters. An occasional fee for the cost of materials might apply. Register at the Front Desk.

**ISO-RHYTHMIC DANCE-BASED CONDITIONING**
Mondays, 1:00pm - 2:00pm; Location: Social Hall Facilitator: Edna Daigre
Cost: Free
A whole-body, well-being activity to stretch & strengthen the body.

**MAHJONG MONDAY**
Mondays, 1:00pm - 3:00pm; Location: Multi-Purpose Room
Facilitator: Fai Coffin; Cost: $1.00

**MOMENTIA MONDAYS**
Mondays, 10:30am - 11:30am; Location: Multi-Purpose Room,
Facilitator: Jaime Clark, MSW, LICSW  Cost: Free

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Momentia is a grassroots movement empowering people with memory loss and their loved ones to remain connected and active in the community. Join us to explore the possibilities of different ways to stay engaged while living with memory loss.

**TUESDAYS**

**ALISS EVENING GATHERING**
2nd and 4th Tuesdays, 6:30pm - 8:00pm
Location: Social Hall  Facilitator: Fai Coffin
Aging Lesbians in South Seattle. This is a gathering primarily for lesbians but all are welcomed to attend.

**ADAPTIVE YOGA (6:30PM-7:45PM)**
Session 1: 04/07, 04/14, 04/21 (Off 04/28)
Session 2: 05/05, 05/12, 05/19 (Off 05/26)
Session 3: 06/02, 06/09, 06/16, 06/23
Location: Social Hall;  Instructor: Nicole Hamilton
Cost: $15.00 per person per class
Do you have physical limitations (e.g., wheelchair-bound, use a cane or walker, etc.) & think it means you can’t participate in yoga? Then this class is for you. Pre-registration is required. Register at the Front Desk or call 206-722-0317.

**BEGINNING WEAVING**
Session 1: 03/31, 04/07, 04/14, 04/21, 04/28
Session 2: 05/26, 06/02, 06/09, 06/16, 06/23
(No Beginning Weaving in July.)
9:00am - 12:00 pm; Location: Weaving Room
Facilitator: Linda Stryker; Cost: $100.00 per 5-week session
Learn how to weave - calculate, warp and weave two samplers - in these 5-week sessions. Call instructor, Linda Stryker (206-431-9213) to see if a loom is open. All materials are provided. Contact instructor for more information or email her at LLSStryker@hotmail.com.

**BOOK GROUP**
3rd Tuesdays: 04/21, 05/19, 06/16; 10:00am - 11:15am
Location: Social Hall  Facilitators: Myra Theriot and Fai Coffin
Cost: $1.00
If you enjoy reading, this group is for you. Register at the Front Desk.

**CAREGIVER SUPPORT GROUP**
2nd Tuesdays: 04/14, 05/12, 06/09, 10:00pm - 2:30pm
Location: Multi-Purpose Room; Facilitator: Toni Crutchfield  Cost: Free
This group is open to anyone who is caring for an older adult or adult with a disability. Talk with other Caregivers. Discuss challenges, frustrations, what works, resources, and services. Contact Toni Crutchfield of Sound Generations at 206-727-6210 for more information.

**GUIDED MEDITATION FOR SELF-CARE**
Tuesdays, 11:15am - 11:45am
Location: Multi-Purpose Room  Facilitator: SESSC Staff  Cost: $1.00
A spinoff of the mindful meditation classes held last year, this class focuses on listening to guided meditations intended to help you relieve yourself of tension and stress. Register at the Front Desk.
CHESS CLUB (S3)
Tuesdays and Fridays, 11:30am
Location: Social Hall Facilitator: Volunteer Participant
Cost: $2.00 Members, $4.00 Non-Members
Play a game of chess with a friend or learn how to play. It is never too late to learn.

FOOT CARE WITH ECHO (S2)
By Appointment Only - Tuesdays, 8:30am - 3:30pm
Location: Wellness Center Foot Care Specialist: Echo Aumick
Cost: $25.00 Members, $30.00 Non-Members
Echo Aumick is a caring and experienced foot care provider trained to take care of various foot conditions. She is also certified to treat the feet of those with diabetes. Cancellation a day before your appointment is acceptable. No-shows will be charged the regular fee. Register at the Front Desk. Gift Certificates Available. Buy one for someone you care about.

RAINIER BEACH TAI CHI (S2)
Tuesdays and Fridays, 9:15am - 10:00am
Location: Social Hall Facilitators: Rhonda Farrar and Stanley Hiserman
Cost: Free
The Tai Chi participants from Rainier Health and Fitness are going to continue the classes at the SESSC. Not to be confused with the Tai Chi for Balance, which is a different class with a different focus. Some select Tuesdays will be offered in the evening. Check for postings.

YOGA FOR SENIORS (S2)
Tuesdays, 9:00am - 10:00am
Location: Multi-Purpose Room
Instructor: Julie Fournier
Cost: $10.00, Members, $20.00 Non-Members per class
This down-to-earth class is perfect for students new to yoga, who might be intimidated or curious about yoga.

FREE BLOOD PRESSURE CHECKS (S2)
Wednesdays, 9:00am - 11:00am
Location: Social Hall
Facilitator: Beulah Early, RN Cost: Free
Get your blood pressure checked for free. No appointment is necessary.

DOMINOES (S3)
Wednesdays, 9:30am - 11:30am
Location: Arts and Crafts Room Cost: $1.00

WEDNESDAYS

WEDNESDAY BINGO (S3)
Wednesdays, 12:30pm - 3:00pm
Location: Social Hall Bingo Manager: Patricia Vazquez
Cost: $5.00 Buy-in, free $3.00 pack if you bring a new player. Come join the fun!

THURSDAYS

“HAPPY HANDS” QUILTING GROUP (S3)
1st Tuesday, 9:30am - 1:00pm
Location: Arts and Crafts Room
Facilitator: Patty Buckingham
Cost: $4.00 Members, $8.00 Non-Members
All are welcome to join.

WE’RE COLORING ANYWAY (S3)
Thursdays, 10:00am - 11:00am
Location: Social Hall Cost: Free
Coloring can be a healing and therapeutic activity for adults. It can help ease tension, is relaxing and inspires creativity. The Center has a limited supply of crayons and books for those who need either. Please join us!

ALISS LUNCH GATHERING (S3)
First Thursday of the Month, Gathering at 11:30am, Lunch at 12:00pm Meet at 12:30pm
Location: Arts and Crafts Room
Facilitator: Fai Coffin
Cost: Free for Gathering, $4.00 Suggested Donation for Lunch
Aging Lesbians in South Seattle. This is a gathering primarily for lesbians who live in South Seattle, but all are welcome to attend.

BEACH VOLLEYBALL (S2)
Thursdays, 1:30pm - 3:00pm
Location: Social Hall
Instructor: Mark Bryant Cost: $2.00 Members, $4.00 Non-Members
This is a modified form of volleyball played by sitting in chairs and using a beach ball.

SESSC BIRTHDAY LUNCHES (S3)
3rd Thursday of the Month, 12:00pm - 1:00pm, Location: Social Hall,
Cost: $4.00 Suggested donation for ages 60+, $10.00 under 60.
Lunch is Free to SESSC members who have a CURRENT membership with a birthday in the corresponding month. Register at the Front Desk or call the Center to reserve your seat.

Music Entertainment 04/16 - Sugar! 05/21 - Kenny Mandell 06/18 - Marc Smason

FRIDAYS

TAI CHI FOR BALANCE (S2)
Fridays, 10:00am - 11:00am
Location: Wellness Room Facilitator: Marjie Coston
Cost: $2.00 Members, $4.00 Non-Members
If you are looking to improve your balance and coordination while having fun, then this activity is for you. Always check with your doctor prior to starting any new form of exercise. Register at the Front Desk.

CONVERSATIONAL SPANISH CLASS (S3)
Fridays, 10:30am - 11:30am Location: Wellness Room,
Instructor: Marcelino Gomez Cost: $2.00 Members, $4.00 Non-Members
Contrary to popular perception, Spanish is an easier language to learn than English! Learn under the tutelage of Marcelino Gomez. Register at the Front Desk.
**FRIDAY MOVIES**

**Location:** Multi-Purpose Room  **Movie Monitor:** Jean Sisson  
**Cost:** $2.00 Members, $4.00 Non-Members

Enjoy a wide variety of movies ranging from the classics like “Casablanca” and “The Wizard of Oz” to modern favorites like “The Lord of the Rings.”

**CLASSIC MOVIES FROM THE SILVER SCREENERS**

2nd Fridays, 12:30pm - 3:00pm  **Location:** Multi-Purpose Room  
**Movie Monitor:** Jean Sisson  **Facilitator:** Mark Daniels  
**Cost:** $2.00 Members, $4.00 Non-Members

Scarecrow Video’s Silver Screeners Group presents a classic movie for your viewing pleasure.
- April 10, 2020—The Thin Man
- May 8, 2020—Ma and Pa Kettle
- June 12, 2020—Snow White and the Seven Dwarfs

**UKULELE GROUP**

2nd and 4th Fridays, 2:00pm - 4:00pm  
**Location:** Social Hall  **Cost:** $1.00

This group would be delighted if you joined them. They play and sing a wide variety of music. Register at the Front Desk.

**NEW AND UNIQUE ACTIVITIES & EVENTS**

- **A MATTER OF BALANCE**  
  **Thursday, April 2:** 1:00pm - 3:00pm  
  **Location:** Multi-Purpose Room  **Instructor:** Deidre Daymon  
  **Cost:** Free  **Maximum Class Size:** 16

  This is the last class in this series. New participants will not be accepted.

- **JAPANESE EGG DECORATION**  
  **Wednesday, April 8:** 10:00am - 11:30am  
  **Location:** Arts and Crafts Room  **Facilitator:** Fai Coffin  
  **Cost:** $3.00

  Using glue, scissors and beautiful Japanese paper you will be making one or two eggs. All materials are supplied.

- **AARP SMART DRIVER COURSE**  
  **Friday, April 17, April 24:** 9:00am - 1:30pm  
  **Location:** Multi-Purpose Room  **Facilitator:** Joel Ferguson  
  **Cost:** $15 AARP Members, $20 Non-AARP members (SESSC membership not required)

  It’s a great time to refresh and enhance your driving skills! Must attend both sessions to complete the course. **Thirty-minute break at noon.** Bring your lunch or participate in the Community Dining Program.

- **CELEBRATING EARTH DAY**  
  **Thursday, April 23:** 10:30am - 11:30am  
  **Location:** Social Hall  **Instructor:** Fai Coffin  
  **Cost:** $1.00

  Learn why we celebrate Earth Day. Get a seedling for your garden.

- **GLOBAL COMPASSION CLINIC**  
  **Last Saturday:** 4/25, 5/30, 6/27; 10:00am - 4:00pm  
  **Location:** Social Hall  **Cost:** Free  **Facilitator:** Dr. Kevin Nguyen

  Come and experience free health treatments. Free raffle as well. No registration is required.

- **12TH ANNUAL “THEM BONES” SEMINAR**  
  **Thursday, April 30:** 9:00am - 10:00am;  **Location:** Social Hall  
  **Cost:** $3.00  **Facilitator:** Mark Bryant

  Mark and Mr. Bones will teach you how to take care of your bones. Refreshments served.

- **FREE LUNCH & TOUR AT THE LAKESHORE**  
  **Wednesday, May 13:** 11:00am  
  **Location:** Lakeshore Apartments  **Cost:** Free

  Curious about life at the Lakeshore Apartments? Join us for a lunch and tour. All your questions will be answered as you enjoy a delicious lunch with a lovely view of Lake Washington. (Some wheelchair spaces available.)

- **OPEN SEWING**  
  **4th Tuesdays:** April 28, May 26, June 23; 10:00am - 3:30pm  
  **Location:** Social Hall  **Cost:** Free  **Facilitator:** Patty Buckingham

  Start a new project or bring your unfinished ones. Ask questions of your peers. Drop in for a few minutes or stay a few hours! And, we are “sew” looking forward to seeing you!!

- **ESTATE AND LEGACY PLANNING**  
  **Tuesday, May 5:** 10:30am - 11:30am  
  **Location:** Social Hall  **Cost:** Free  **Facilitator:** Lexi Niles

  What is required to bequeath your property and assets to your loved ones after your death? Come and get the latest information on how to plan properly.

- **STROKE AND BYSTANDER CPR WORKSHOP**  
  **Thursday, May 28:** 11:00am - 12:00pm  
  **Location:** Social Hall  **Facilitator:** Sarah Lynn Sutton  **Cost:** Free

  It is stated that oftentimes the first stroke symptom is a stroke. And By- 
  sander Cardiac Pulmonary Resuscitation (CPR) is a critical link in the chain of survival. Studies show that for every minute of delay before starting 
  CPR, survival decreases 10%. As the minutes tick by, the likelihood of a 
  victim dying or suffering permanent brain damage increases. Waiting for 
  an ambulance is not an option. Come hear more about both. You might be 
  someone’s lifeline!!

- **MOTHER’S DAY ACTIVITY**  
  **Monday, May 11:** 11:00am - 12:00pm  
  **Location:** Social Hall  **Cost:** Free  **Facilitator:** Fai Coffin

  Please help us celebrate Mother’s Day. Bring your mother, grandmother, aunt or any other who has played a maternal role in your life. Stay and have lunch. (See Community Dining, page 6.)

- **JUNETEENTH**  
  **Friday, June 19:** 10:00am - 11:30am  
  **Location:** Social Hall  **Cost:** Free  **Facilitator:** Diversity Committee

  Join us to celebrate with a dramatic presentation, sharing memories and some red snacks!

- **AARP WORKSHOP SERIES: LIVING LONGER, LIVING SMARTER**

  - **YOUR HEALTH AND YOUR HOME & COMMUNITY MODULES**  
    **Tuesday, May 12:** 11:00am - 12:00pm

  - **YOUR FINANCES & YOUR WISHES**  
    **Tuesday, May 19:** 11:00am - 12:00pm

- **VICTIMS AGAINST CYBER CRIME**  
  **Tuesday, June 16:** 11:00am - 12:00pm
Update on Blanket Squares Project

Deanna Getz has been featured in some past newsletters for the Blanket Squares Project for Syrian Refugees. She recently shared that “the 2020 project is officially on until April 1st. I’ve had a great response from lots of people. So far I have received 142 individual squares (enough for 6 blankets) and 5 already finished blankets! I am so appreciative and grateful for the wonderful contributions.” She also shared that there is still a need, as many have had to flee their country due to political issues in the Syrian region. Samples of finished blankets from this year’s drive (doesn’t include projects using squares from our Center yet) appear here. Deanna is still accepting squares. For more information on the requirements, contact her via email at drgetz@hotmail.com or leave a message for her at the front desk.

When: Monday, April 13, 2020
Time: 10:30am
Location: Social Hall
Instructor: Tina Hendrix

Learn what you need to know about CBD. (S2)

Tina Hendrix is the founder of Ancient Experience Organic Products in Renton, WA. She will be at the SESSC to answer questions about CBD and its health benefits. Prizes & free samples will be available to all that attend!

SESSC Casino Trip Policy

- 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 tips.
- 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 AND Seattle Parks Joint Activities (S3)

Joint activities between the SESSC and Seattle Parks and Recreation are handled through our Seattle Parks contact, Anne Nguyen, NOT through the SouthEast Seattle Senior Center. These activities are generally not held at the SESSC. Be sure to refer to each activity to determine locations, dates and times. Please follow the instructions below for inquiries or to register for these activities.

To register and make payment for joint programs:
1) Call Anne Nguyen at 206-684-7484 or
2) Go online at www.seattle.gov/parks, register at your local Parks community center, or call the Business Service Center at 206-684-5177. Cash, Visa, MasterCard, American Express and Checks are accepted. Make checks payable to ‘City of Seattle.’

CHIHLULY GARDEN AND GLASS – 33982
Friday, April 10, 2020, 10:30am-2:30pm,
Cost: $12
This venue features a spectacular showcase of the studio glass art of Dale Chihuly. Wander through the lush outdoor garden, glasshouse and interior exhibits. Lunch on your own at the café or nearby Armory.

JAZZ ALLEY - 34992
Tuesday, May 12, 2020, 11:30am—1:30pm,
Cost: $10
Enjoy the comfort and elegance of the nation’s third longest running dinner club, Dimitriou’s Jazz Alley, with a little history, entertainment and a three course meal. Please bring cash for tips. For participants meeting at the venue please register using activity number 35790. Register by May 4.

BEACH DAY AT OCEAN SHORES
Friday, June 12, 2020, 8:30am-6:30pm, Cost: $65
Port Townsend is steeped in fascinating history, from its early Native American roots to its Victorian architecture and maritime legacy, boasting two National Historic Landmark Districts. We will make several stops including the Jefferson County Historical Society (admission included in price). Lunch on your own.

EMERALD QUEEN (28 SPACES, NO WHEELCHAIRS)
Tuesdays, April 28th and June 30th, 9:00am Pickup, 3:00pm Return
Cost: $5.00 For Members and Non-Members
We’re finally going back to the EQC—to their newest facility!! Sign up and pay for the trip at the Front Desk.

LUCKY EAGLE CASINO (27 SPACES, NO WHEELCHAIRS)
Tuesday, May 26th, 8:30am Pickup, 3:00pm Return
Cost: $5.00 For Members and Non-Members
Sign up and pay for the trip at the Front Desk.
The Social Worker is available Monday—Friday for appointments. Walk-in visits are acceptable if/when the Social Worker is available.

Call (206-722-0317 or email jaimec@sessc.org for an appointment.

Phone: 206-722-0317   E-mail: jaimec@sessc.org

**SESSC Social Work Services FAQs**

**What's the cost?**

A) FREE for all local seniors, adults with disabilities, and their caregivers.

B) Assistance with applications for benefit programs.

**Why would I make an appointment with the Social Worker?**

A) FREE for all local seniors, adults with disabilities, and their caregivers.

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 yours 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 welcomed. 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.

**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.

**THOSE DARNED COMPANY RULES**

For our safety and yours, the building doors from the parking garage are locked at 3:00 p.m. If you need to gain entry to the building, after that time, you will have to use the front door!

Also, the Computer Lab closes at 3:00 p.m. Thank you for abiding by the rules, and thank you for your understanding.
SESSC Membership Rates

**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)

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

It's Time to Renew Your 2020 Membership!

Why YOU Should be an SESSC Member

So, why SHOULD you become a member of the SouthEast Seattle Senior Center? Well, there are classes and activities that you can participate in.

And when the Center is sponsoring special events, you will be included. But according to Beulah Early, a beloved long time LIFE TIME member, the Center is way more than just a social, gathering place, it's a “home away from home” for her.

Miss Beulah, as many of us refer to her, stated that the Center not only gets her out of her house, but she has formed lifetime friendships with many members and very close bonds with others. Retired as a Registered Nurse, Miss Beulah performs blood pressure checks in the Social Hall every Wednesday. So, in addition to the socializing aspect of the Center, she is able to use her skills to help others. The Center is more than just a place to meet good friends, “it's like a home where I know others truly care about me and my welfare. This is a GREAT place to be!”
### MEDICAL INFORMATION

Doctor Name: ___________________________ Office Phone: ___________________________

Insurance Provider: ______________________ Phone: ___________________________

### ETHNIC ORIGIN (Check All That Apply or WRITE-IN)

- [ ] African American/Black:  
- [ ] Asian:  
- [ ] Caucasian/White:  
- [ ] Native American  
- [ ] Pacific Islander:  
- [ ] Latino/Hispanic:  
- [ ] Alaska Native:  
- [ ] Other

Do You Live Alone?  
- [ ] Yes  
- [ ] No

Are You A Caregiver?  
- [ ] Yes  
- [ ] No

Do You Have A Disability?  
- [ ] Yes  
- [ ] No

What Relationship Do You Have With The Military?  
- [ ] Active Duty  
- [ ] Spouse of Veteran/Active Duty  
- [ ] Veteran  
- [ ] Dependent of Veteran/Active Duty  
- [ ] No Relationship  
- [ ] Other

### INCOME: Please check the appropriate box.

<table>
<thead>
<tr>
<th>One Person Household</th>
<th>Two Person Household</th>
<th>Three Person Household</th>
<th>Four Person Household</th>
<th>Five Person Household</th>
<th>Six Person Household</th>
</tr>
</thead>
<tbody>
<tr>
<td>$18,550 or less</td>
<td>$21,200 or less</td>
<td>$23,850 or less</td>
<td>$26,450 or less</td>
<td>$28,600 or less</td>
<td>$30,700 or less</td>
</tr>
<tr>
<td>$18,551 to $30,900</td>
<td>$21,201 to $35,300</td>
<td>$23,851 to $39,700</td>
<td>$26,451 to $44,100</td>
<td>$28,601 to $47,650</td>
<td>$30,701 to $51,200</td>
</tr>
<tr>
<td>$30,901 to $44,750</td>
<td>$35,301 to $51,150</td>
<td>$39,701 to $57,550</td>
<td>$44,101 to $63,900</td>
<td>$47,651 to $69,050</td>
<td>$51,201 to $74,150</td>
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<tr>
<td>$44,751 or more</td>
<td>$51,151 or more</td>
<td>$57,551 or more</td>
<td>$63,901 or more</td>
<td>$69,051 or more</td>
<td>$74,151 or more</td>
</tr>
</tbody>
</table>

All information requested is for the use of SESSC Staff and is kept strictly confidential. We welcome your comments and suggestions.
The Center has launched a Monthly Pledge Program to better serve not just our members, but others who are in need. The cost to making these provisions available is significant. There are many aspects to managing the Center that we have to pay for - they cannot be achieved through in-kind donations. This is why your contribution is so valuable. And pledges help us budget - when we have an idea of what our monthly contributions will be, then we can plan better.

There are NOW convenient, **zero cost** ways to contribute, without leaving your home:

1) Through “PayPal,” or through the SESSC website at “www.sessc.org”
2) Set up “auto pay” through your bank.
3) Call the SESSC and use your credit or debit card

You can also call Alex Arceo at 206-722-0317 for more information.
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.

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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.

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UNIVERSITY of WASHINGTON

PSYCHIATRY & BEHAVIORAL SCIENCES
School of Medicine

The University of Washington is recruiting individuals ages 60 and older who are experiencing depressive symptoms.

UW 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:

Central Area Senior Center (500 30th Ave S, Seattle, WA 98144)

SouthEast Seattle Senior Center (4655 S Holly St., Seattle WA 98118)

If you are eligible to participate, you will receive $90 over the course of the program. Participation is limited.

For more information contact Alexis Dawson, Research Coordinator at 206.616.7002 or alexisd3@uw.edu
**Happy Birthday, SESSC Members!**

<table>
<thead>
<tr>
<th>April</th>
<th>May</th>
<th>June</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dodd, Kathleen 04/01/1937</td>
<td>Lewis, Paul 05/01/1941</td>
<td>Matthews, Oscar 06/01/1921</td>
</tr>
<tr>
<td>Cunningham, Constance 04/01/1949</td>
<td>Turner, Joyce 05/02/1926</td>
<td>Jainga, Barbara 06/01/1940</td>
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<tr>
<td>Yee, Hung 04/01/1951</td>
<td>Goldwater, Ahava 05/03/1954</td>
<td>Paschal, Patricia 06/02/1942</td>
</tr>
<tr>
<td>March, Jocelyn 04/02/1929</td>
<td>Young, Nannie 05/04/1918</td>
<td>Matsudaira, Lillian 06/08/1925</td>
</tr>
<tr>
<td>Lees, Ernest 04/02/1967</td>
<td>Kubie-Maimon, Esther 05/05/1926</td>
<td>Edlund, Ron 06/08/1944</td>
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<tr>
<td>Morgan, Annabelle 04/04/1920</td>
<td>Sisson, Jean 05/06/1929</td>
<td>DeFranco, Theresa 06/09/1929</td>
</tr>
<tr>
<td>Patterson, Dorothy 04/04/1930</td>
<td>Anderson, Joanne 05/07/1928</td>
<td>O'Neal, Elaine 06/09/1937</td>
</tr>
<tr>
<td>Liu, Johannes Kwok Yang 04/04/1940</td>
<td>Morgan, Doris 05/07/1939</td>
<td>Alexander, Frances 06/11/1945</td>
</tr>
<tr>
<td>Nitsche, Katherine 04/04/1951</td>
<td>Seth, Judy 05/08/1944</td>
<td>Radford, Brenda 06/12/1951</td>
</tr>
<tr>
<td>Peete, Barbara 04/05/1942</td>
<td>Chong, Sally 05/09/1951</td>
<td>Skov, Florita 06/13/1927</td>
</tr>
<tr>
<td>Shepard, Meghan 04/06/1940</td>
<td>Vazquez, Patricia 05/10/1933</td>
<td>Ridder, Ruthe 06/13/1929</td>
</tr>
<tr>
<td>Hicks, Ora 04/10/1926</td>
<td>Kikuchi, Stobbie 05/10/1947</td>
<td>Butler, Rose Marie 06/16/1928</td>
</tr>
<tr>
<td>Henderson, William 04/10/1973</td>
<td>Gramajo, Ursula 05/11/1923</td>
<td>Walls, Eugenia 06/16/1939</td>
</tr>
<tr>
<td>Yuman, Gloria 04/12/1928</td>
<td>Novitski, Ellen 05/12/1954</td>
<td>Swafford, John 06/17/1924</td>
</tr>
<tr>
<td>Brown, Sybil 04/12/1931</td>
<td>Liesbacher, Robert 05/13/1924</td>
<td>Swafford, Azile 06/18/1929</td>
</tr>
<tr>
<td>McDaniel, Maria 04/12/1960</td>
<td>Sewer, Glynn 05/14/1934</td>
<td>Miyauchi, Yoshiko 06/19/1926</td>
</tr>
<tr>
<td>Bryant, Caryee 04/14/1939</td>
<td>Kemp-Boyd, Gloria 05/14/1950</td>
<td>Nelson, Roseanne 06/20/1925</td>
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<tr>
<td>Steele, Jane 04/14/1945</td>
<td>Thompson, Beryl 05/15/1928</td>
<td>Ginn, Barbara 06/20/1953</td>
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<tr>
<td>Hungate, Lydia 04/15/1941</td>
<td>Jordan, Dock 05/21/1937</td>
<td>Shannon, Vicky 06/20/1953</td>
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<tr>
<td>Stahley, Davney 04/15/1948</td>
<td>Miles, Shirley 05/23/1948</td>
<td>Fletcher, Bernice 06/21/1928</td>
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<tr>
<td>Kaupert, Ruth 04/17/1928</td>
<td>Sfuileo, Isao 05/24/1955</td>
<td>Hirata, Michi 06/22/1927</td>
</tr>
<tr>
<td>Nishizaki, Akio 04/20/1927</td>
<td>Ulman, Michael 05/25/1952</td>
<td>Gran, Marina 06/22/1930</td>
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<tr>
<td>Carter, Sidney 04/20/1934</td>
<td>Johnston, Donald 05/26/1930</td>
<td>Gyllain, Joyce 06/25/1947</td>
</tr>
<tr>
<td>Downs, Mary 04/20/1947</td>
<td>Okazaki, Itsumi 05/26/1930</td>
<td>Ward, Terry 06/26/1947</td>
</tr>
<tr>
<td>Teig, Dolores 04/21/1909</td>
<td>Melin, Janice 05/26/1936</td>
<td>Mochizuki, Yoneko 06/27/1920</td>
</tr>
<tr>
<td>Wrice, Ozeal 04/21/1923</td>
<td>Deguch, Mae 06/28/1927</td>
<td>Nelson, Nicholas 06/27/1920</td>
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<tr>
<td>Melin, Joel 04/23/1936</td>
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<td>Scott, Orene 06/28/1929</td>
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<td>Dampier, Patricia 04/24/1943</td>
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<td>Nobaki, Kris 06/29/1952</td>
</tr>
<tr>
<td>Austin, Rubymae 04/25/1926</td>
<td></td>
<td>Morales, Linda 06/29/1954</td>
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<tr>
<td>Kennedy, Sue 04/25/1940</td>
<td></td>
<td>Piltz, Clayton 06/30/1924</td>
</tr>
<tr>
<td>Kumasa, Henry 04/26/1934</td>
<td></td>
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<tr>
<td>Gomez, Marcelino 04/26/1935</td>
<td></td>
<td></td>
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<tr>
<td>Martin, Albert 04/26/1935</td>
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<td></td>
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<tr>
<td>Mitchell, Patricia 04/28/1957</td>
<td></td>
<td></td>
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<tr>
<td>Henderson, Nellie 04/30/1927</td>
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</tbody>
</table>

In 2019, the SESSC participated in giveBIG where we raised $5000!! As you know, the Center relies on grants, contributions and other fund-raising activities to function. And, we will participate this year.

**giveBIG Washington** is a ONE DAY, 24-hour, online giving campaign that promotes philanthropy across Washington. Through giveBIG, nonprofits like the SESSC, can raise funds online and connect with new donors. **Wednesday, April 22** through **Tuesday, May 5** donors can make **early gifts** on the giveBIG site. **giveBIG Washington 2020** will take place on Wednesday, May 6 from 12:01 am through 11:59 pm, Pacific Time. Beginning April 22, type give-BIGwa.org in your browser. Type “SESSC” in the “Find Organizations” search field. You can then make an early donation. You can also create your own Fundraising page on behalf of the SESSC from this site. We hope you will join us. Please contribute, send to your friends and/or your local businesses. Maybe they will contribute as well so we can continue to serve our senior community.

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**CONGRATULATIONS TO THE SESSC from**

mySeniorCenter Network Fun Facts

**WE WON THE**

The Silver Medal

**EastSouthSeattle Senior Center**

Vibrant Diverse Caring

For our logo!!!
We want to take this opportunity to thank the MANY volunteers who contributed their time to support the Dinner and Auction on February 8. It takes a lot of people to make this event work and we are so grateful that we have such wonderful volunteers as friends of our Center!

We have several new members to our excellent volunteer team that help keep our Center going. Thank you for every element of the Center that you support.

David Gibson comes to us through AARP and we are so glad! We really needed a steady dishwasher! David brings his calm and competent manner to the dish room and we benefit with clean dishes.

Dottie Chinn helped with the auction and wants to get involved more. She has great ideas and energy and we can’t wait to plan more activities with her!

Elizabeth Morris also comes to us through AARP SESCEP Program. She lends a hand in the thrift store, being sure donated items are correctly sorted, tagged, and displayed or stored. We are upping our game, thanks to Elizabeth.

Jacelyn Lee is our neighbor, and has volunteered before. She is back and hits the ground running, ready to deliver with quick and efficient help on events and in lunch preparation.

Tais Mustafa is a neighbor who is ready to help at the thrift store, with events and in any other area. We have the best neighbors, don’t you think? Thanks Tais!

Vicky White has been with our Center for a while but recently became more active as a volunteer and we have benefitted big time! Whether it’s help with events or other projects, we can count on Vicky!

We would like to offer a special “thank you” to all of the Dinner and Auction Committee members:

Barbara Chamberlain, Mary Charles, Sally Chong, Dawn Crownover, Josie Gardner, Serena Heslop, Susan Maisel, Myra Theriot, Rachel Theriot and Margaret Yellowwolf.

By the time you read this newsletter, there may be another new volunteer in the house. Be sure to extend a warm welcome and a “thank you,” including those not listed above. Let’s keep it going strong!

We need your HELP, ESPECIALLY with the Community Dining Lunch Program

<table>
<thead>
<tr>
<th>Community Dining Lunch Program: Because participation in our lunch program has grown dramatically, Sharon Smith, our Master Chef, needs help in the kitchen with tasks like food preparation and dish washing. One of the perks of being a volunteer in the Community Dining Lunch program is that you don’t have to pay for lunch!</th>
<th>Special Events: One of the ways the SESSC is able to provide the activities you enjoy is by raising money through our various special events like the Dinner and Auction and Rainbow Bingo. Be a part of the group that truly makes it happen at the SouthEast Seattle Senior Center by participating in these events.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday Bingo: We need volunteers for Bingo! Help verify a winning Bingo, sell specials, or call numbers.</td>
<td>Cheap Chickadee Thrift Shop: Be a part of the team that plays a major role in providing revenue for the Center. Remember, the store is open Monday - Thursday 10:00am-2:00pm.</td>
</tr>
<tr>
<td>Birthday Lunch: We need two volunteers to devote two hours of their time setting up for the birthday lunch on the third Wednesday from 3:00pm - 4:00pm and cleaning up on the third Thursday.</td>
<td>Reception: We have openings for a substitute receptionist. As such, you are the face of the Center. If you have a friendly demeanor and a willingness to serve, then this is a role for you.</td>
</tr>
</tbody>
</table>

There are other volunteer opportunities available. Stop by Kate Harkin’s office or call her at 206-722-0317 to find the volunteer opportunity that is right for you. New idea to try: volunteer with a friend to make it even more fun!

THANKS VOLUNTEERS - WE COULDN’T DO IT WITHOUT YOU!
There is a change to the parking agreement between the SESSC and The Brighton Apartments.

**NOTE!**

**SESSC members and clients may only use the “VISITOR” parking spaces in The Brighton Apartment’s parking lot.**

**OBTAIN YOUR PARKING PERMIT FROM THE FRONT DESK!**

---

**Building healthier communities together.**

We believe nothing should stand in the way of quality, affordable health care. **We’re proud to be affiliated with organizations who have similar ideals.**

[www.uhccommunityplan.com](http://www.uhccommunityplan.com)

[Washington Apple Health](http://www.washingtonapplehealth.com)

[UnitedHealthcare Community Plan](http://www.unitedhealthcare.com)

CST25226
SESSC’s Cheap Chickadee Thrift Store

4645 S. Holly St., Seattle, WA 98118  
Monday thru Thursday 10:00am -2:00pm  206-760-9650

COUPON
Cheap Chickadee Thrift Store

This coupon entitles the bearer to 15% off the purchase of items at the Cheap Chickadee Thrift Store. May not be combined with any other discount or special sale.

4546 S. Holly St, Seattle, WA 98118
HOURS
Mondays through Thursdays
10am-2pm
Phone: (206) 760-7650

Proceeds benefit programs for seniors at the Southeast Seattle Senior Center

SESSC WISH LIST

The Center requires supplies to maintain and keep the building clean, to support our members and to support programs that help build friendships and camaraderie like the morning coffee program. You can choose to contribute from the “Wish List” below with compostable materials. Help us when and where you can and where it makes sense to you. We appreciate your contributions.

<table>
<thead>
<tr>
<th>Items for Our Center</th>
<th>Items for Our Community Dining Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>Toilet Paper (A Lot!)</td>
<td>TIDE (liquid) laundry detergent</td>
</tr>
<tr>
<td>24-Gallon Garbage Bags</td>
<td>Zip Lock Bags: Gallon &amp; Quart Sizes</td>
</tr>
<tr>
<td>33-Gallon Garbage Bags</td>
<td>Non-Dairy Creamer (16oz.) and Packaged Sugar</td>
</tr>
<tr>
<td>Coffee (Regular &amp; Decaf)</td>
<td>Dish Washing Liquid</td>
</tr>
<tr>
<td>Paper Towels</td>
<td>Bleach</td>
</tr>
<tr>
<td></td>
<td>8.5x11” Copy Paper</td>
</tr>
<tr>
<td></td>
<td>Plastic Cups/Utensils</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Items for Foot Care Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hand and Body Lotions</td>
</tr>
</tbody>
</table>
Thinking of Weaving

The SouthEast Seattle Senior Center proudly sponsors Open-Studio (day use) Weaving as well as Beginning Weaving. And if you are a “fiber enthusiast” – someone with a love for all things textiles - then weaving might be right for you. If you don’t have a love or a longing quite that deep, but are interested in trying something different, then maybe you should consider it. (http://www.fibermusings.net/about)

“Weaving is a method of textile production in which two distinct sets of yarns or threads are interlaced at right angles to form a fabric or cloth. Other methods are knitting, crocheting, felting, and braiding or plaiting. The longitudinal threads are called the warp and the lateral threads are the weft or filling.” A craft used for centuries and in every country and culture, the weaver can make pieces of art or functional pieces like scarves, rugs and blankets. https://en.wikipedia.org/wiki/Weaving

If you would like to boast your own creation, with a little patience and the desire to learn, weaving could be the right hobby for you. See “Recurring Classes and Activities” in this newsletter for Beginning Weaving classes and Open Studio (Day Use) Weaving for experienced weavers.

The Receptionist—Leslie Dammeier

Do you know who our volunteer receptionists are? Sure, you know them by name, but how much do you really know about these people who are the face of the Center? They are the first to greet anyone who enters the building. Their role is vital. So, let’s know more about them. Meet, your receptionist!!

Leslie Dammeier is a proud native of the great Pacific Northwest. She graduated from Washington State University and has had what she considers to be “many careers.” They range from an account executive at an Advertising Agency to a Boxing Instructor for Parkinson’s patients and many jobs in between. Who can imagine “little” Leslie a boxing instructor—dynamite DOES come in small packages! But, the role that Leslie is most proud of is that of mother to three boys. She has been married for 27 years.

Leslie states, “I love volunteering at the SESSC for many reasons. This tiny non-profit may not be large in size—with a tiny budget to match—but the impact it has on this community is gargantuan! The wide ranging activities and events offered provide something for everyone. I also love being in a place where every volunteer truly makes a difference and I love spending time with seniors. The longer we have been on this planet, the wiser we are and the richer our life stories can be. We have a community filled with wise and incredibly interesting people! I learn something new every time I volunteer at the SESSC.” Leslie further commented her appreciation for the role of the Social Worker; that the work is vital and very reassuring to our community.

Leslie is truly a gift to the Center. Her warmth is inviting to all who enter the doors.

We are grateful to have her in our family!
Sponsors

Seattle Rainier Lions Club
Serving the Rainier Valley area since 1937

Horizon House
Live creatively
The SESSC PROUDLY thanks Horizon House for supporting the Momentia Mondays Program!!