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

Tentative Programming
Activities and Classes
Pages 6-7

Volunteers!!
Pages 10-11

While You’re Away
Page 16

To keep our members, participants and staff as healthy and as safe as possible, the SESSC is redirecting the services we provide to seniors. Stay safe, and stay healthy!
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
As the COVID-19 crisis has evolved over the past few months, the SouthEast Seattle Senior Center staff and volunteers have adapted to the changes needed to protect the health and well-being of our seniors and our community as a whole.

When the Center redirected its programming the middle of March, the new Community Dining lunch program started with a “pick-up-your-lunch-at-the-door” program. That quickly evolved into a delivery program serving 25 to 30 lunches per day which is now serving up to 160 or more lunches per day! Approximately half of the lunches are being delivered by Hyde shuttle service; a few are delivered by volunteers to our members who live in Renton and Skyway and the other half are delivered to The Brighton Apartments. None of this would be possible without the leadership of Linda Lewis and the staff and volunteers who help prepare and pack the lunches. There is also a volunteer on each of the shuttles delivering the lunches and checking on our seniors.

Another important aspect of the lunch program is the very generous donations in food and money. Since there is currently no $4.00 charge for the lunches, obtaining and paying for food could be an issue. Our community has responded to the call and provided much of the food and supplies to keep the lunch program going.

You may have received one or more telephone calls with someone asking, “How you are feeling?” “Is there anything you need?” “What can we do to help?” Jaime and a group of volunteers have made up to 200 calls per week checking on our members and the seniors in our community! These calls – appropriately termed, “Wellness Checks” - have helped alleviate some of the feelings of isolation created by the current stay-at-home directive.

As always, we couldn’t do this without our volunteers! Thank you for all you are doing during this very challenging time.

There is no way to adequately thank Lynda Greene and her staff. They are all working as much or more than ever – sometimes at home, but mostly at the Center. Sometimes (maybe often) they are performing tasks that are NOT in the job description! THANK YOU!

The next question is – when can we resume regular programming? That will depend on the directives from Governor Jay Inslee and Mayor Jenny Durkan. But Lynda and the staff are considering options – not only when, but what the program will look like. It will be a new “normal” for sure. Lynda has commented that she and the staff are enjoying the challenges and the opportunity to be creative while looking to the future.

Barbara Chamberlain,
Board President

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.)
When performing a Google-search about “what makes a good leader,” some of the answers are: 1) displays a positive attitude, 2) displays confidence, 3) has a sense of humor, 4) has the ability to embrace failure, 5) has good communication skills, 6) knows how and when to delegate, 7) growth mindset, 8) takes personal responsibility, 9) has a desire to learn and much more. All of these pertain to Lynda Greene. For those of us who are fortunate enough to work for her, the one that stands out the most is, “she doesn’t ask the team to do what she isn’t willing to do herself.” These are all indicative of the photos below. When the Coronavirus hit, and the Center was forced to close its doors, it was Lynda who made the decision to embark on a feeding program. Realizing it would be a lot of hard work, she made sure that everything necessary to execute a successful feeding and food delivery program were in place. And she started by getting right in and doing the work herself. Most days, Lynda works as hard or harder than her staff. And it was Lynda, who while being tested at the site of the Atlantic Boat Launch that she realized the first responders had no lunch and decided to add them to the list of the Center’s weekly deliveries. Like a great leader, Lynda is also a great thinker. She says the Center is not closed, but redirecting its services. Because for Lynda, seniors and their welfare continue to be at the heart of all we do. Lynda is not just a great leader, but she sets the positive and fun tone of this Senior Center and THAT, is a GREAT leader!!
Volunteer Steve Kelley is consistent and dedicated. We can trust that he will be here when he says he will and that’s almost daily!

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**Sponsorship:** The Lakeshore

**Message From Our Board Chairperson**

**Sponsor a Birthday Lunch**

**A Bit About Our Leader, **Lynda Greene**

**Center Open for Delivery Schedule**

**Classes and Activities**

**Meal Delivery Program Pictures**

**In Memory Of Steve Shulman**

**Seattle Parks and Recreation Joint Activities**

**Donations Made “In Memory Of”**

**A Little About the Adorable Linda Lewis**

**All About our VOLUNTEERS!!!**

**Social Worker Network, Transportation, Company Rules**

**Renew 2020 Membership, Registration Card and Benefits**

**Donors and Sponsors**

**Sponsorship: dispatch HEALTH**

**GiveBIG 2020 Results and Kind Comments**

**While You’re Away**

**Sponsorship: Othello Pharmacy**

**Ways To Give to SESSC**

**Third Quarter 2020 Birthday List**

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**SESSC Lifetime Members**

**Sponsorship: Gencare Lifestyle at Renton**

**Center Service In Pictures**

**Upcoming Closures; SESSC Wish List**

**The Receptionist—Deanna Getz**

**Meet the Artist—Alma Goddard**

**Community Dining Meal Delivery Program—The Drivers**

**Sponsorship: Humana**

**Sponsorship: United Health Care**

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**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

**Sharon Smith, Chef**

sharons@soundgenerations.org

**Mark Bryant** (markb@sessc.org)

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)

**Pat Espy and Thomas Boyce**

Chess Club Facilitator

**Beulah Early**

Blood Pressure Monitor and Casino Trip Chaperone

**Carole Stewart**

Linda Stryker

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

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**Patricia Vazquez**

Wednesday Bingo Manager

**Wednesday Bingo Manager**

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**IN THIS ISSUE**

206-722-0317 4655 S Holly St, Seattle, WA 98118 www.sessc.org
All Center programming is contingent on resuming normal operations. Please listen for Robocalls or read eBlasts from the Center for more information. Stay home & healthy!

### 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.

**SILVER SNEAKERS with MARK BRYANT**
- Sundays 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  
  Instructor: 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  
  Programming is CANCELED due to the Center’s redirection of services. Please listen for Robocalls or read eBlasts from the Center for updates and more information.

**DRUMMING FOR EVERYONE**
- Mondays, 12:30pm - 1:30pm; Location: Social Hall  
  Facilitator: Kenny Mandell; Cost: $3.00 Members, $6.00 Non-Members  
  Discover the joys of percussion. Learn how to count, feel and play different rhythms and beats in a group setting. This is a great way to help keep your mind and body alert and have fun! All are welcome to attend.

### CLASSES & ACTIVITIES

#### MONDAYS

**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)**
- (No Beginning Weaving in July.)  
  9:00am - 12:00pm; Location: Weaving Room  
  Instructor: 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 LLStyker@hotmail.com.

**BEGINNING WEAVING**
- 1st Mondays, 10:00am - 12:00pm; Location: Weaving Room  
  Instructor: 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; 1:00pm - 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**
- 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**
- By Appointment Only - Tuesdays, 8:30am - 3:30pm; Wellness Center  
  Specialist: Echo Aumick;  
  Cost: $25.00 Members, $30.00 Non-Members  
  A caring and experienced foot care provider trained to take care of various foot conditions; certified to care for feet of diabetic patients. Cancellations 24-hours prior to appointment is acceptable. No-shows charged the regular fee. Register at the Front Desk. Gift Certificates Available.
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.

EVENING TAI CHI (6:30-7:45PM) (S2)
Cost: Free Location: Social Hall Facilitator: Marjie Croston
Tai Chi offers a range of benefits such as improving balance and coordination, all while having fun. If this exercise is new for you, always remember to check with your doctor first. Register at the Front Desk.

YOGA FOR SENIORS (S2)
Tuesdays, 9:00am - 10:00am; Location: Multi-Purpose Room
Instructor: Julie Fournier; Cost: $10.00, Members, $20.00 Non-Members
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

MASSAGE THERAPY (S2)
Wednesdays by Appointment, 9:30am - 3:30pm
Wednesdays, EXCEPT 1st Wednesday of each Month
Location: Wellness Room
Massage Therapist: Heather Robinson
Cost: $25.00 Members, $30.00 Non-Members per 1/2 hour
Heather Robinson provides a low-cost, 30 or 60 minute therapeutic massage by appointment. Call 206-722-0317 to make an appointment or register at the Front Desk. No shows will be charged the regular fee.

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 - 2:30pm
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.
The Social Hall has more than one purpose!! It has been redirected from classes, programs and daily lunch to a food pantry and meal preparation area. CHECK IT OUT!!! And look at just a BIT of the food donations!!! The generosity has been amazing!

These donations were made to the Center through the GiveBIG Campaign In Memory Of the following:

- **Hava Keller** by Sue Hodes
- **Bobby Downs** and **Willie Gammon** by Mary Downs
- **Emma Gillis** by Shirley Miles
- **Gwendolyn Jones** by Clyde Jones
- **Jean Feek Givins** by Gary Baxter Smith
- **Tom Sisson** by Barbara Jean Sisson

First Responders are ready for testing at the Atlantic City Board Ramp in Rainier Beach. The Center provides lunch once a week or makes sure another organization does.
IN MEMORY of STEVE SHULMAN

On Wednesday, March 18, Seattle lost a friend and “community figure at Leschi Market along Lake Washington... from the effects of COVID-19.” Danny Westneat, Seattle Times columnist reported. Steve was also a friend to the SouthEast Seattle Senior Center. On February 9, 2019 at the 12th Annual Wine & Food Gala, Steve and the Leschi Market, were honored with the 2019 Outstanding Business Supporter Award. A generous contributor to the Center, Steve’s contributions helped provide daily hot meals to our seniors. Steve’s presence will truly be missed by the Center, not just through his contributions, but because of his warm, caring and considerate spirit. We are grateful to have known Steve and mourn his passing.


SESSC and Seattle Parks Joint Activities (S3)

All Summer programming at the Seattle Parks and Recreation is tentatively canceled. PLEASE visit the Seattle Parks and Recreation website at www.seattle.gov/parks, or their Facebook page at https://www.facebook.com/LifelongRecreationSPR/?ref=page_internal for programming and cancellation information.

A LITTLE ABOUT the ADORABLE Linda Lewis

Sometimes events and activities help you better understand some of the lovely little hidden treasures about a person that may not have been readily obvious before. The focus of this little article is on our own adorable Linda Lewis!

We know that Linda is the lead of the Center’s Cheap Chickadee Thrift Store next door. We also know that Linda is tenacious about getting a job done!!! And she will give it her absolute best. But during the Coronavirus, shining through her mask, is Linda’s love for seniors and the community we serve. She works tirelessly, day after day, making sure the lunches are tended to and the meals are served. What also rises to the top of her already vibrant personality is her generosity. If Linda can give, she will. She also looks for opportunities to award someone with a little flower in a vase, or a little trinket—something that reminds her of you. And, just as I was writing this, I heard the elevator open and here comes Linda with a little flower gift. Oh, but you DID know these things about Linda! You knew she is giving, she is loving, she is kind and she is caring. She’s also a hard working woman in the social hall and she has YOU in mind! THANK YOU, Linda!!!!

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

In loving memory of Marlene Hemming:
From: Pat Vazquez

In loving memory of Richard Eugene Wright, Sr.:
From: David Gibson

WE’RE WORKING SO YOU CAN STAY AT HOME!
Linda Lewis

206-722-0317 4655 S Holly St, Seattle, WA 98118 www.sessc.org
We are PLEASED and HONORED to try to identify everyone who has volunteered during the Center’s redirection of services from daily programming to daily food deliveries. It is obvious that we certainly couldn’t do it without them. So, **THANK YOU** to our many volunteers!!!

Tais Assem  Curt Barber  Shelley Beuviere  Bernetta Branch  Patty Buckingham  

Marjie Croston  Leslie Dammeier  Sedora DeBonet  Addie Downs  Kristen Fernandez  

Marilyn Fox  Cindylynn Fenbert  Susan Freeman  Pauline Freund  Deanna Getz  

Joseph Givins  Jennie Goode  Serena Heslop  Chris Jeffries  Steve Kelley  

We tried to be careful to capture everyone. If we have forgotten someone, PLEASE, charge it to our heads and not our hearts! We love YOU, too!!!
“VOLUNTEERS don’t necessarily have the time; they just have the heart.”

Elizabeth Andrew

There are more on Page 15...
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, 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.

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.

Social Worker, Jaime Clark, gets comfortable while making “wellness calls” to seniors to ensure they have everything they need while sheltering-in-place.
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)

The slogan Black Lives Matter doesn’t mean that all lives don’t matter or that Black lives matter more than any other lives. “It just points out that Black lives are undervalued in the United States (and are more likely to be ended by police) and the country needs to recognize THAT inequity to bring it to an end.”

https://www.vox.com/2016/7/11/12136140/black-all-lives-matter

REGISTRATION CARD
(Standardized Client Demographic Data Collection)

PLEASE PRINT CLEARLY

Name: ____________________________ Last: ____________________________
Street Address: ____________________________ City: ____________________________

Birth Date: __________/____/____
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 March 1, 2020 to June 18, 2020

Linda Lewis and Alex Arceo are preparing lunch bags for delivery in the Center’s Community Dining Food Delivery Program that was established and implemented during the COVID-19 pandemic.


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### HOUSEHOLD INCOME LEVEL

(Click one box)

Using the table below, determine the total gross yearly income for your household based on HUD guidelines; check one box.

<table>
<thead>
<tr>
<th>Income Category</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Very Low</strong></td>
<td>Up to $22,500</td>
<td>Up to $26,700</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>$26,700 - $42,800</td>
<td>$28,900 - $46,000</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>$46,000 - $72,250</td>
<td>$53,500 - $80,250</td>
<td>$57,800 - $86,700</td>
</tr>
<tr>
<td><strong>Above</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>
</tr>
</tbody>
</table>

### EMERGENCY CONTACT INFORMATION

Emergency Contact Name: ____________________  Relationship: ____________________  Phone: ____________________

Revision Date: 8/2/19
More of our wonderful **Volunteers**.

The SESSC’s GiveBIG Campaign was quite successful this year. Collectively, our donors contributed **$11,853**!!! These funds will go far in helping us achieve our goal of serving our senior community! **THANK YOU SO MUCH!**

THE FOLLOWING ARE KIND COMMENTS OFFERED BY GiveBIG Donors

“Thank you for all you do for our community!” “Keep up the good work!” “Thanks for all the work you do!”

“Appreciate the work you do for the community.” “Keep up the great work! PROUD of you all!”

“Donation made in honor of SESSC Staff & Volunteers for their immeasurable dedication and commitment in support of the SE Seattle Community.” “Thank you for all that you do!”

“Thanks for all the help and friendship you provide to so many. Your generosity shows in every way, everyday!” “Great neighborhood Senior Center.” “Thank you for all you do. Keep up the good work. Love you!”

“We appreciate the SESSC so much. Thank you very much for your hard work.” “Great work happy to give”

“You are all so very amazing, thoughtful and generous. Very deep gratitude.”

“Thanks for your love of seniors. Thanks for responding sooo quickly with food and check ins. Love you all.”

“We all cannot wait to return to Southeast Seattle Senior Center. Miss everyone and all the great things that happen at the Center.” “Thank you for all the work you do!” “Keep up the good work, Lynda Greene!”

“Thank you for everything you do on behalf of older adults in our community!”

“Thank you for all you do to help those most vulnerable and in greatest need.”

“Warmest greetings, and thank you for everything you do!”

“Thank you for doing all this important work. I hope the community appreciates the Senior Center and its hard working staff!”
While You’re Away...

Take a look at some awesome changes that occurred at the Center while we were all obeying the Governor’s orders to shelter-in-place. We are getting ready for your return!

“I can see clearly now...” A new lighting fixture in the downstairs ladies restroom!

This is how our board meetings and team meetings looked while we sheltered-in-place! Still the work continued.

A NEW protective shield has been installed around the receptionist desk! This will protect the volunteer and YOU!

Our new friend, Anders, cleaned the lighting fixtures of years of dirt and grime. He also swept out the garage! Looks sparkly clean! Thanks Anders!

KIND COMMENT FROM A COMMUNITY MEMBER

"When I first went to SESSC I didn't know if I was more impressed by the dedicated staff, the life-giving programs and events, or the joyful community members enjoying each others' company! And that was even before COVID-19. Now everyone stepped up to prepare and deliver 120+ meals a day to seniors. They are a team that truly makes you believe in the impossible, brings out the best in everyone, and provides the opportunity for continued thriving no matter one's age or circumstance." Abby Brockman
OTHELLO PHARMACY

Prescriptions Home Delivery

Guaranteed Low Prices
M-F: 9AM-7PM
SAT: 10AM-4PM
SUN: CLOSED

Immunization Travel vaccinations (Hajj/Umrah)

Multilingual Team: Somali, Oromo, Amharic, Swahili, Arabic

Halal multi-vitamins (kids/parents)

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206-620-2400

ACCEPTING ALL INSURANCES

Othello Station

PHARMACY

Noor Salam Pharmacist
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.

**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.

**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.

**“I AM IN THIS WITH YOU!”**

*Mary Downs*

Victor DeLeon says, “when life gives you lemons... you slice them up!!!”
Happy Birthday, SESSC Members!

**JULY**

**July 1:** Foster, Jacqueline; Delizo, Irene; Timmons, Collene; Malone, Carolyn

**July 2:** Lee, Jereraldine; VeDwyk, Jean; Nolte, Pam

**July 3:** Tulonen, Joanne; Simon, Golda

**July 5:** Ogdevard, Jerry; Howe, Grace

**July 6:** Kinta, Roy; Miller, Diane; Gibson, David

**July 7:** Walker, Mary; Finch, Irene; Woods, Tammy

**July 8:** Davis, Cheri; Ross, Gloria; Chong, Ian

**July 9:** Wood, Ann

**July 10:** Tomita, Robert; Coone, Carol

**July 11:** Ikeda, Kachi Lilly; Yamada, Jeanette; Getz, Deanna; Stewart Jr., Simmie; Rodriguez, Lorna; Hiseman, Stan

**July 12:** Willner, Claire; Orpilla, Loretta; Lang, Elizabeth; Anderson, Paul

**July 13:** Locke, Ruth; Russell, Deva; Normand, Esther; Zumwalt, Judy

**July 14:** Hancock, Melissa; Clark, Wesley

**July 15:** Levy, Lillian; Hoang, Kim; O'Neal, Jack

**July 16:** Mayena, Julie; Hindle, Emily

**July 17:** Long, Rosemary; Kaushansky, Karen

**July 18:** DeFranco, Louis; Lee, Lore; Cunningham, Katherine; Runkle, Nancy

**July 19:** Teague, Anther; Berrysmith, Craig

**July 20:** Finn, Mike

**July 22:** Bangeman, Johanna; Davis, Johnnie

**July 23:** Huggins, Eloise; Longdon, Alene; Yamaguchi, Donna; Parks, Kathleen

**July 24:** Green, Credell; Tan, Debra; Cooper, Anthony

**July 26:** Suaoa, Susan; Blair, Benjamin; Porter, Spencer; Mattson, Jenny

**July 27:** Gillum, Donnetta

**July 28:** Crabtree, Marilyn; Cavender, Kent; Briggs, Cherllyn

**July 29:** Jenkins, Lubertha; Eckert, John

**July 30:** Cook, Rosa; Saxton, Pia

**July 31:** Cooper, Debbie

**AUGUST**

**August 1:** Taylor, Robert; Scott, Aubrey; Matsumoto, Dan; Kelly-Rambo, Margaret

**August 2:** Young, Emily

**August 4:** Smith, Heidi; Anderson, William

**August 5:** Toliver, Nancy; Tran, Dao Thi

**August 6:** McDaniel, Doris; Lotaki, Lisione; Jeffries, Mark

**August 7:** Fisher, Marlene; Shepherd, Harold

**August 8:** Woo, Albert; Baxter, Gisela; Russell, Zadine

**August 9:** Ng, Hing

**August 10:** Nguyen, Chi

**August 11:** Gilliam, Martha; Buettner, Nora

**August 12:** Okura, Helen

**August 13:** Latz, Anne; Williams, Etta; Leonard, Doris

**August 14:** Shukis, ML; Muir, Betty; Hogan, Gina; Herrick, Shelley

**August 15:** Bowie, Annie

**August 16:** Cunningham, Devaughne; Ellison, Mary; Greaves, Maryetta; Law, Diana; Lott, Juanita; Richard, Cynthia; Mathews, Betty

**August 18:** Lewis, Anne

**August 19:** Ellis, Carolyn

**August 20:** Hubbard, Clara; Gourdine, Miriam; Teel, Robert

**August 21:** Tubbs, Dawn

**August 22:** O'Brien, Carol

**August 23:** Greene, Lynda; Yamaguchi, Keiko

**August 25:** Edlund, Kari; Tianen, Henry

**August 26:** Vera, Maria; Dirk, Susan

**August 27:** Valasi, Foni; Garrett, Hester; Belcher, Alayne; Hammers, Albert

**August 28:** Harris, Deloris; Leonard, Ruby

**August 30:** Gilamo, Millie; Ellis, Bobby

**August 31:** Washington, Ruth; Holloron, Jerry; Ragan, William; Gibson, Sally

**SEPTEMBER**

**September 1:** Edmondson, Lutisher; Vigil, Emilio; Theriot, Myra

**September 2:** Brown, Gloria; Lutton, Marjorie; Johnson, Janet; Smith, Barbara; Simon, James

**September 3:** Lutton, Marjorie; Johnson, Janet; Smith, Barbara; Simon, James

**September 4:** Daniels, Hughes

**September 5:** Ahem, Frank; Chan, Fu Wan; Sayward, Jenny; Bradley, Ray

**September 7:** Lollie, Cloteal; Holmes, Oliver; Emery, Darlean

**September 8:** Thistle, Charlotte; Booker, Tiffany

**September 9:** Gardner, Josie; Brown, Bobby; O'Brien, Donovan

**September 10:** Darden, Ida

**September 11:** Fries, Kathryn; Foster, Edward; Nga, La

**September 12:** Woo, Brenda; Patterson, Ernestine; Render, Emma Ruth; Jensen, Pam

**September 13:** Hunt, Margie; Boyce, Thomas; Haynes, Grover

**September 15:** Akada, Terie; Ireland, Faith; Ohashi, Mae

**September 16:** Skov, Ervin; McGregor, Susan

**September 17:** Goldsmith, Willie; Ishii, Kimi; Warren, Betty; Rossen, Ib; Taketa, Neal

**September 18:** Downs, Patricia; Dunston, Harrine; James, LaVerne

**September 19:** Wasser, Marjorie; Wilcox, Paula

**September 20:** Graham, Elinor, Roberson, Kim; Dinh, Dieu Thi

**September 22:** Steers, Nancy

**September 23:** Hodes, Sue; Pascal, Yvonne

**September 24:** Jacobs, Ouida

**September 25:** Freeburg, Raleigh; Fiorito, Patricia

**September 26:** Book, Larry; Goncalves, Ramona

**September 28:** Richards, Donna

**September 29:** Redden, Vonda

**September 30:** Brantley, Rosie; Sako, Saburo; Henry, Darlene; Jordan, Annice

206-722-0317  4655 S Holly St, Seattle, WA 98118

www.sessc.org
The Center has always recognized our Volunteers because we know we are successful because of them. But during this pandemic, we needed them even more. We had to rely on them and as usual, they didn’t let us down! Volunteer tasks ranged from helping put the lunches together and delivering them to managing the food deliveries, to making face masks/coverings. Whatever the role, we want to say, “Thank You Volunteers!!”

We have a senior volunteer from whom we are not accepting in person help because of her potential vulnerability to the virus. But there is no stopping Fai Coffin! She made origami flowers with a nice message on the container for seniors. They were included in their lunch delivery bags. Here’s Fai with her beloved canine companion.

The volunteers never cease to amaze! The processing of food from the Emergency Feeding Program is a lot of HARD, fast-paced work. At the end of it, the volunteers are tired and probably ready to go home because they get a GOOD WORKOUT! But, as seen by these volunteers - Susan Freeman (left) and Vicky White (right) - the work is always met with smiles. Never with frowns!

During the Easter holiday, we were closed but still reaching seniors through social services over the phone and meal delivery. Volunteers got into the fun part of the holiday and were so happy to share the good feelings with our seniors, dying eggs and putting them in bags, to send a joyful greeting.

Sometimes it’s difficult to really see a person’s face behind a mask. But in this picture, the mask doesn’t hide the smile because it’s in her eyes! Sedora DeBonet is on the Hyde Shuttle van; ready to make grocery and lunch deliveries to seniors. The mask doesn’t hide the smile in her eyes because the smile comes from her heart.

Staying safe in a pandemic is new to our seniors, and masks have been in short supply. Volunteer sewed masks to help them stay safe. Made with love! We received donated masks from organized groups like Sew Strong and South Seattle Sewers, as well as our own quilting group the Happy Hands Quilters. Member of the community responded to requests on social media for elastic and other mask supplies, helping bring this project to fruition.

The Center is serving about 140 seniors a day, which involves a lot of preparation, distribution and organizing. When we put the call out on Facebook and Next Door, we got a fantastic response from several different people. This warmed our hearts as they ensured food for seniors. One person, Paige, rallied friends and family to donate quite a bit! Here are her teens, lending a hand. Thanks Paige and everyone who responded!!

There are other volunteer opportunities available. Email Kate Harkins at kateh@sessc.org

THANKS VOLUNTEERS - WE COULDN’T DO IT WITHOUT YOU!
Thank you for staying home and staying safe!

Jaime Clark, MSW, LICSW

SESSC LIFETIME MEMBERS

On March 13, the Center closed its doors to regular programming and redirected its services to a daily senior meal delivery program. It requires a lot of work which includes shopping for food, sorting through deliveries, food preparation, cooking, assembly, and much more! It also requires a lot of volunteers. The Center continues to be amazed at the generosity and outpouring of contributions that come in response to COVID-19 and the need to feed seniors. These pages reflect some of the work that goes in to making sure our seniors are fed, along with a few of the people that make it happen and some of the fun! *We hope you enjoy the lookin’, as much as we enjoy the cookin’!*
Below are images from Feed the People and Musang restaurants. They delivered food to the Center for seniors every Thursday and Friday, respectively. Please remember to visit our donors when eating out.

Examples of food delivered by our kind donors and from the Emergency Feeding Program (EFP)

Processing food from the Emergency Feeding Program. It was delivered in boxes or on large pallets!! The Social hall never looked the same! Below, food is being processed after delivery.

Representatives from the EFP deliver food to the Center.
Victor DeLeon is the human food processor!!!

HA!!!

UPCOMING CLOSURES

Independence Day
Friday, July 3

Labor Day
Monday, September 7

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>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Hand and Body Lotions</td>
<td></td>
</tr>
</tbody>
</table>

Working from home to keep all of us healthy. See you soon! Kate Harkins

Victor DeLeon is the human food processor!!!

HA!!!

Working from home to keep us all healthy.

See you soon!

Kate Harkins
Our focus this quarter is on receptionist Deanna Getz. Born in Carson City, Nevada, Deanna has lived in Seattle since 1984. Having been raised in Boise, Idaho, where she graduated from high school, Deanna retired from Bank of America (formerly Seafirst Bank) in 2015, spending her last 20 years providing computer system support from within her organization at the bank.

Deanna began volunteering at the Center in response to a request for receptionists about 4 years ago. She found it very nice to be helpful to others and finds all the participants, staff and other volunteers enjoyable. The Center, for her, is a very happy and positive environment. She loves seeing all the people.

Never having married or had children, Deanna is Godmother to a 21 year old who she was able to spend a lot of time with when she was a child. As many of us may already know, Deanna loves to knit and is also a volunteer Center Ambassador. She has also made herself available to assist in other areas of the Center and has strong administrative skills.

We are grateful to have Deanna in our family! She is a true asset.
MEET THE ARTIST

This winter, the SESSC has been proud to show work on our Social Hall Art Wall by local Native American Artist, Alma Goddard, B.A., Ed.

Alma is a second generation adopted person—her birth mother was adopted. Her people are indigenous to Mexico, Tepehuan, O’dami and Europe. She is Two Spirit, which is a term used for “those who fulfill a traditional third-gender (or other gender-variant) ceremonial role in their culture.” (https://en.wikipedia.org/wiki/Two-spirit). A single mom, Goddard is a Domestic Violence/Sexual Violence (DV/SA) advocate, peace activist, breast cancer survivor and intuitive sound/vibrational well-being practitioner. Add to that, Alma is also a recipient of the Ginny NiCarthy Advocacy Award and NW Network (counter) Cultural Workers (art) fellowship.

‘Identity’ and ‘Existing’ are also themes in much of Alma’s creations. We have been pleased to show her work and to connect with Alma, who serves on the board of our neighboring organization, Mother Nation, that offers culturally informed healing services, advocacy, mentorship, and homeless prevention targeting Native women in our community.

COMMUNITY DINING MEAL DELIVERY PROGRAM—THE DRIVERS

Since the outbreak of the Coronavirus, the Center has redirected its services from providing daily programming to offering support and meal delivery. Currently we are serving about 140 seniors a day – quite a bit more than our usual lunch numbers, but the need has been there. Fortunately, drivers with the Hyde Shuttle, Bill Bartlett and Frances Turner, have been on the job with us bringing much needed and tasty food to seniors in our community. And they did it with kindness and competence. Here they share about their experiences:

Bill Bartlett: The best part of the experience has been the expression of joy and gratitude from people receiving meals. They are so happy to get the food. And they really just want someone to talk to, even if just for a moment. I like to see their smiles, share a laugh. I just wish we had a chef on board the van to make more meals. The need has been really surprising. But really the whole project has been great. And I really enjoy getting to know the seniors a little.

Frances Turner: The best part of this project has been meeting people, and checking to be sure that they are OK. These are such tough times. I am just glad I can help out. True, at first I was worried about having contact with people, but it has worked out well. It is surprising that every day there are new people to deliver food to – I hadn’t realized there would be so many people who need food. The seniors do make you laugh, though. I enjoy our conversations, and I know they just want to talk. I really like doing this. I like to see how glad they are to get the meals.
Carrying these cards?

Then you may also be able to carry this card and get even more benefits!

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