

April 2020

Senior Services for South Sound ♦ Our Mission: To improve the quality of life for people as they age.

## Meet Our New Executive Director, Brian Windrope



*"I remain delighted and humbled to lead such an amazing and impactful organization"*

achievements to date," says Rhodetta Seward, longtime board member and current Board Chair.

Although Brian is transitioning into leadership at a challenging time, he recognizes the impact the pandemic has placed on Senior Services, and is assured and hopeful that our community will (and already has) come together to continue to support our vulnerable population of seniors. "We appreciate each and every person who shares our concern for the seniors in our community," he says.

At this time, donations are critical to maintain essential programs and services for our seniors. "The pandemic is causing enormous pressure on our organization," Brian says. Crucial services such as Meals on Wheels, Transportation, and Care Connection are still being offered, and we need help sustaining them. Please consider making a gift to our Greatest Needs fund, [here](#).

As of Monday, March 16th, Brian Windrope officially began his role as Executive Director with Senior Services for South Sound. For more than 25 years Brian has been in leadership and service as an educator and Executive Director, working on behalf of youth, adults and conservation causes around the West. He holds two Bachelors of Science degrees from UC Berkeley and completed his Masters of Arts in Education at Stanford University. Eileen McKenzieSullivan stated, "I am so excited to have Brian here. His interest, energy and concern for seniors makes me believe he is the person to lead Senior Services to a new level and I am committed to supporting him in his new role." Brian Windrope brings great energy and passion to the organization and says he "plans to quickly engage with the greater SSSS community. We look forward to working with him to build on the organization's





## Your Support Makes an Impact

Over the past month, our volunteers and staff have been hard at work preparing, packaging, and delivering meals, making wellness calls, and driving seniors to essential doctor's appointments. Due to COVID-19 and the precautions our senior centers have taken to keep people safe, seniors who normally visit the Olympia and Virgil Clarkson Lacey Senior centers to receive meals, are not able to do so at this time. Thanks to our wonderful team we were able



to deliver *over 900 meals* in just one week.

For many seniors, this time of social distancing has not only made it difficult to acquire the regular meals and necessities they need, but it has also taken away the social interaction and community that our seniors are used to obtaining daily, visiting our senior centers.



Now more than ever, we thank you for your past support. Because of you, we are here today and we will be stronger tomorrow. Together, we will make a difference. Please visit our website [here](#) to make a donation to help seniors today.



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## Giving Through Your IRA

You may be looking for another simple but impactful way to help seniors in your community right now. If you are age 70 1/2 or older you can rollover up to \$100,000 from your Individual Retirement Account each year to support Senior Services for South Sound. Simply contact your IRA administrator to distribute a gift from your IRA to our organization. You will pay no income taxes on the amount transferred, and you will make a huge difference for seniors during this challenging time. For more information about IRA rollovers or other ways to make a planned gift, call 360.586.6181, ext. 106, or email me at [ptoyal@southsoundseniors.org](mailto:ptoyal@southsoundseniors.org). And please visit our new planned giving website at <https://seniorserviceslegacy.org/> to access many estate planning tools and resources.





## Register for Spring Quarter Classes Today!

Looking for a way to engage your mind while you're home? Due to Covid-19 and the need for social distancing, Senior Services will be offering 3 online classes! You will need a smartphone or computer to participate in video chat classes. See full class descriptions and details [here](#).

To register: Please call Sara Thiessen, our Education Coordinator at 360.791.4981. After your first class, and you are certain the online classes will work for you, please mail two checks to Senior Services for South Sound (SSSS). One check made out to your teacher and one check made out to: SSSS.

## Spring Quarter Online Academic Courses



Enjoy Short Fiction: 6 Weeks of Study and Writing Practice with Llyn De Danaan  
Monday 10:00 - 12:00 pm • April 6th - May 11th

Enjoy reading fiction? Like lively conversations? We will read and discuss one or two short stories/or listen to spoken word fiction each week. Most stories are available at the on-line Short Story Project site. Access to computer at home is essential.



Nutrition for Life with Mary Ellen Psaltis  
Monday 11:00 - 12:15 pm • April 6th - May 4th

You'll be eating for the rest of your life, so why not eat for power, pleasure and physical well-being. Use up-to-date nutrition information to create strategies for you and your life in order to add quality to your quantity. We will cover a range of topics from sugar education to vegetable savvy to incorporating ways to move your body.



Travel Writing with Lesley Klenk  
Monday 2:00 - 4:30 pm • April 6th - May 11th

You'll be eating for the rest of your life, so why not eat for power, pleasure and physical well-being. Use up-to-date nutrition information to create strategies for you and your life in order to add quality to your quantity. We will cover a range of topics from sugar education to vegetable savvy to incorporating ways to move your body.

# Virgil Clarkson Lacey Senior Center



## Introducing Etsuko Miller Born in March 1921

Etsuko was born in Yokohama, Japan and moved to the USA in 1953. Her favorite place to live is in Olympia, not only because it's close to Japan. She enjoys cooking, citrus fruits, and Japanese foods. She loves her EnhanceFitness family here and keeping herself healthy. Three cherished memories are: her 51 years of marriage, her husband building their home by himself over four years, and she has two lifetime friends that she met here at the Center. **Etsuko is highly mobile and still driving at 99.**

The Army Chaplain who proceeded over her wedding told her if her husband was ever unkind, to hit him with a rolling pin... she confides that she didn't know what that was and had to ask her new husband!



Mark Your Calendars!

# MEALS



# THAT

# MATTER

## AND OTHER ESSENTIAL SERVICES

## VIRTUAL EVENT

**MAY 13, NOON  
FACEBOOK LIVE**

**@SeniorServicesForSouthSound**

**THANK YOU TO OUR SPONSORS:**



LIVELY PRODUCTIONS



Join us online this year, for our Meals that Matter and other Essential Services fundraising event. This will be a free, online streamed event for people to meet our new Executive Director, learn more about Senior Services for South Sound and support our most essential services.

Funds raised from this event will support our Meals on Wheels program as well as other vital programs that we are able to continue to provide during this time. This includes transportation and wellness calls, which our staff have been conducting to check in with seniors during this vulnerable and uncertain time.

Stay tuned to our Facebook page, [here](#) to see all of our most recent updates. This will be where the event is held! Make sure to "like" our page and share with friends and family, so they can be part of this virtual event as well.