

July 2021

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



Brian's View: We Are Reopening!

What more important words can I say? Since my very first day here at Senior Services, we've been closed to our beloved seniors. And now, with the vaccine, we can once again open and admit our friends. While for the moment we are requiring proof of vaccination status to enter the building, this will pass, and we will soon have to embrace that COVID-19 is simply a part of our global landscape and take whatever measures we can to protect ourselves and each other.

So ask yourself: How grateful am I to be back at the Senior Center and see my friends? Or how grateful am I that I will soon take a class or a trip? And then, be grateful to all the volunteers, each one, and all the donors, each one, that have made opening possible. While we are a highly cost-effective nonprofit organization, we still must annually raise over \$1,400,000 to provide the vast number of senior programs we do.

I cannot begin to thank our Board of Directors and my courageous colleagues enough for what they have done to see us through this pandemic...No words.

So celebrate this reopening and all the efforts and donations of your fellow community members that make it possible. And let's go forward with an increased appreciation for each other, for a caring friend, for a thoughtful class, for the vitality and humanity of personal connections.

We here at Senior Services for South Sound embrace our mission to improve the quality of life for people as they age with all our hearts. We know you believe in this mission too. So let's join hands in building an ever stronger community of seniors with an ever better quality of life. We've come through a crucible, and let's build to a brighter future.

Thank you to our Business Sponsor:





Welcome Back to Our Senior Centers!



Brighter Days Clients participating in an afternoon exercise class

Senior Services for South Sound is officially open and we are thrilled to welcome you back into our Olympia and Virgil Clarkson Lacey Senior Centers. A friendly reminder, that to ensure the safety of all of our patrons, only fully vaccinated individuals may enter into the Senior Centers at this time. Please come prepared to show **visual proof** of your vaccination upon entry. Visual proof of vaccination includes:

- Physical vaccination card
- A picture of your physical vaccination card
- Paperwork from your healthcare provider showing proof of vaccination and the date of your Johnson & Johnson vaccine, or second dose of Pfizer or Moderna vaccine

As we re-open, we will slowly start adding your favorite activities, fitness classes, and more to our offerings!

Please keep an eye on our website for updates on the latest activities offerings: www.SouthSoundSeniors.org.

When you come visit us, you may also notice that we are in the midst of updating our Senior Centers in various ways! In the coming weeks, we will be installing TV's in our lobbies, where we will be displaying important information including upcoming events, classes, activities, and more. We will also be refreshing our Senior Centers with updated signage to help you better navigate our buildings.

We appreciate your patience as we complete these projects, and are so excited to have you back!

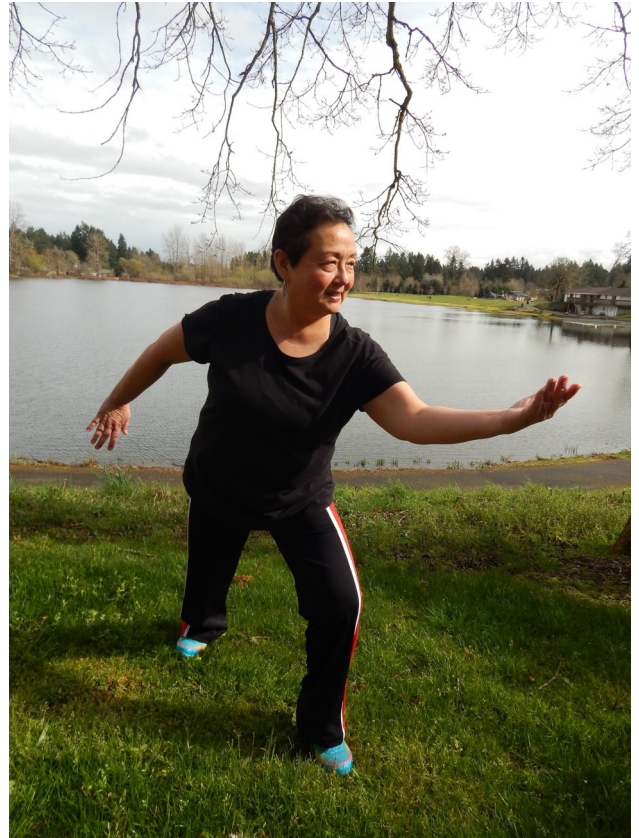


From left, Meals on Wheels Volunteers Doug and Conner with Co-Director of Senior Nutrition Program, Stephanie Penland



Re-Opening FAQ

- **What hours initially, will the Senior Centers be open?** The Olympia Senior Center and Virgil Clarkson Lacey Senior Center will be open initially on Mondays, Wednesdays, and Fridays, from 8:30 – 4:00 pm, starting on July 7th, 2021.
- **Will the Senior Centers be open at full capacity?** Both centers will be open at modified capacity – restricted initially to those able to verify their vaccination.
- **How is Senior Services for South Sound going to keep our Senior Center community safe? What rules and guidelines are being put in place?** Senior Services will open only to those able to verify their vaccination and will continue to operate this way until the COVID-19 risk has been sufficiently reduced. All staff in contact with our senior population will be required to be fully vaccinated. Additionally, we will continue to conduct rigorous cleaning and sanitation at our Senior Centers.
- **Will Community Dining be open?** Yes! Community dining will be open starting on Wednesday, July 7th.
Olympia – Mon/Wed/Fri, 11:45 am – 12:30 pm
Lacey – Mon/Wed/Fri, 11:30 – 12:15 pm
Shelton – Mon/Wed/Fri, 12:00 pm – 12:30 pm
Yelm – Wed/Thurs/Fri, 11:30 am – 12:30 pm
- **Will I be required to wear a mask?** *Vaccinated* individuals who enter our Senior Centers do not need to wear masks. You may wear one if you choose.
- **What activities are going to be offered?** Over the next few months, we will be gradually adding more activities to our in-person offerings. Please check our website at SouthSoundSeniors.org for the latest on what activities are happening at our Senior Centers!



Zumba Instructor, Diana Yu at the Virgil Clarkson Lacey Senior Center

Improving the quality of life for people as they age.



Thank You, Senior Action Network!



Thank you to the Senior Action Network for their generous contributions to our Grand Re-Opening party!

Senior Action Network donated food, party supplies, and more to Senior Services to make our re-opening a success, and we could not be more grateful for their unwavering support of seniors.

Senior Action Network (SAN) is a non-profit organization, part networking, part community service, designed to build their members' businesses while simultaneously working to serve the senior community. Through SAN memberships, projects and events, SAN has donated thousands of dollars to the community and its seniors.

Learn more about SAN and the great work they do in our community by visiting their website at sanolympia.org.



Become a Member of Senior Services!



BECOME A

MEMBER

JOIN TODAY!

When you become a member of Senior Services for South Sound, you are granted membership to both the Olympia Senior Center and Virgil Clarkson Lacey Senior Center.

As we move forward with the reopening of our Senior Centers, now is the perfect time to renew or start your membership with us. Our members get a variety of benefits including discounts on designated trips, discounted pricing on activities and classes, free coffee cards and more!

We are gradually bringing back our staff that have been furloughed for the past year, and starting to hold in person offerings. These are significant ways your membership helps us in our re-opening effort.

Membership registration can be done in person starting on Wednesday, July 7th , or online at www.SouthSoundSeniors.org. Thank you for your continued support!



What's going on at our Senior Centers?

As we welcome you back into our Senior Centers, we're excited to offer some new and familiar activities! Here's a sneak peak at what we have going on this month. Please note that we will be adding more activities as we continue to expand our in person offerings. More information about the activities below can be found on our website at SouthSoundSeniors.org.

A friendly reminder that both Senior Centers **will be closed on Monday, July 5** in observance of Independence Day. Have a happy and safe holiday!!

Starting July 12

Chair Yoga

Mondays, 11 - 11:50 am at the
Virgil Clarkson Lacey Senior
Center

Mondays, 2 - 3 pm at the
Olympia Senior Center

Membership and registration
fee required

Starting July 14

Speaker Series

Wednesdays, 10 - 11:30 am at
the Olympia Senior Center

Free and open to individuals who
can show proof of vaccination
upon entering our Senior Centers

Special talks from authors,
travelers, historians and more

Starting July 12

Gentle Mixed Yoga

Wednesdays and Fridays,
10 - 11 am at the Olympia
Senior Center

Membership and registration
fee required

A gentle mixed level yoga class
with chair options

NEW Senior Academy Course



[Find Your Voice Group](#) with Lou Ellyn Jones

July 9 - July 30 • 10:30 - 11:30 am • Members/General Public \$80/\$60

It's fun to write from prompts in a group, knowing that whatever comes out, everyone else is in the same boat. In other words, no one gets to edit their work before they share it! This can be challenging for people who agonize over their writing. This group is for people who like to write, people who hate to write, or people who are anywhere in between, and would like to feel freer with what they write and say. As always, this practice serves to connect us with

our voice and with one another. **General Public/Members: \$80/\$60 Four Sessions**

This class can be attended either in-person at the Olympia Senior Center or on Zoom.

Learn more about our Instructor, Lou Ellyn Jones on our website!

Register today! Call 360.586.6181 x 103



July Speaker Series – Olympia Senior Center

Starting **Wednesday, July 14**, we are happy to announce that we will be starting our in-person Speaker Series again! Our Speaker Series talks are always free and open to the public. Please remember that at this time, only individuals who are able to show visual proof of their vaccination will be let into our Senior Centers to attend (more information about entry into our Centers, is located on our website).

Speaker Series talks will be held in a reserved room at the Olympia Senior Center. Check the lobby TV monitor or ask at the reception desk to see which room the talk will be held in.

To learn more about our speakers and see the upcoming speaker schedule, [visit our website](#). If you are interested in being a speaker, please contact Anna Stusser, our Activities Coordinator at astusser@SouthSoundSeniors.org.



Walking the Portuguese Camino with Lou Ellyn Jones

Wednesday 10:00 – 11:30 am • July 14 • Olympia Senior Center or Zoom

An ancient practice, pilgrims have been “walking the Camino” for over 1,000 years. “Camino” means “the Way” in Spanish and is commonly assumed to mean walking ~500 miles across Spain to arrive in Santiago de Compostela in Galicia (Northwestern Spain).

Join Lou Ellyn Jones as she shares her journey through slides, journal entries, and stories from her Camino through northern Portugal in 2018. There will be plenty of time for questions and discussion at the end.

This talk may be attended in person at the Olympia Senior Center or on Zoom. Visit our website for more details.



The Stars and Stripes Revolutionary Road with Arthur Dolan

Wednesday 10:00 – 11:30 am • July 28 • Olympia Senior Center

Watch this fascinating story unfold before your eyes as you discover the different forms of Old Glory from 1775 – 1781. Revealed in this journey will be the oldest flag in the Revolution (Lexington and Co cord 1775) culminating in our first official flag and why Betsy Ross is credited with its creation in 1781. The presentation ends with a demonstration of how Betsy Ross created a perfect 5 pointed star with a single snip from a pair of scissors.

This talk can be attended in person at the Olympia Senior Center.



Food Bank News



There is a new Food Bank satellite in Lacey! The Lacey Food Pantry is located on Martin Way E and is less than a mile from the Virgil Clarkson Lacey Senior Center (VCLSC). It is open as a drive-through service on **Tuesdays and Thursdays from 10 am - 1 pm.**

The Virgil Clarkson Lacey Senior Center will no longer be a Food Bank satellite now that the Lacey Food Pantry is operational.

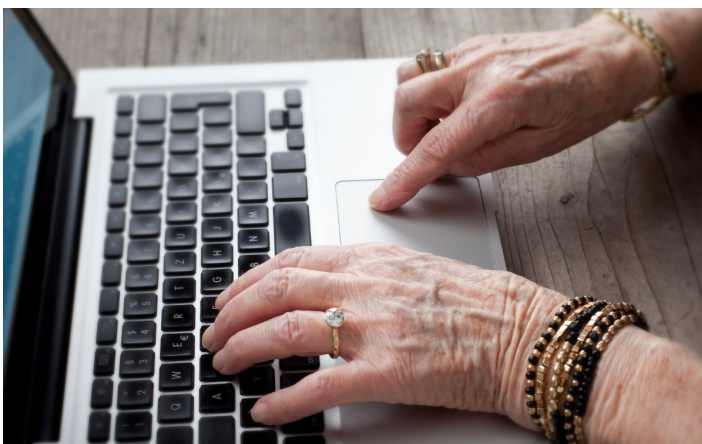
For those who came to the Virgil Clarkson Lacey Senior Center before the pandemic to pick up Food Bank groceries once a month, below are a few options to continue receiving food:

- Sign up through the Olympia Senior Center to pick up your Food Bank groceries at the Olympia Senior Center (222 Columbia St NW) on the third Friday each month at 10:00 am.
- Use the drive-through or walk-up service at the Lacey Food Pantry (7027 Martin Way E), Tuesday and Thursday, 10:00 am - 1:00 pm



If you are physically unable to pick up food at either food bank satellite in our area, please contact Dean at the Thurston County Food Bank Warehouse at 360.754.5703, ext 106.

Senior Money Project - by UW School of Law



GET HIP to all the current scams directed at seniors -

for more information, visit the Senior Money Project website: seniormoneyproject.org and click on the green tab at the top of the page.

Be aware of these scammers - know when and how to protect your assets, to include your privacy!

Improving the quality of life for people as they age.



Join Our Team at Senior Services!

As we reopen our Senior Centers, we are excited to announce multiple openings across departments at our organization!

We are looking for exceptional individuals passionate about our mission to improve the quality of life for people as they age, to help us serve seniors in Thurston and Mason Counties.

We currently have the following positions available:

- Development Director
- Development Assistant
- Marketing Coordinator
- Fiscal Assistant
- Brighter Days Adult Day Program Shelton Program Assistant
- Kitchen Assistant/Dishwasher - Lacey
- Belfair Food Coordinator & Assistant Food Coordinator
- Tenino/Rochester Food Coordinator
- Tumwater Food Coordinator
- Lacey Kitchen Assistant/Dishwasher
- Enhance Fitness Instructor
- In-Home Independent Providers



Brighter Days Client, Lan

Senior Services for South Sound is the largest senior serving organization in the South Sound area, and to date, we have helped over 11,000 seniors across the organization.

[Please visit our website](#) for details on how to apply for each job. We can't wait to meet you!

Have you joined our mailing list?

Each month, we send this newsletter and other exciting event announcements straight to our members' inboxes. Subscribing to our mailing list is free, and you can change your email preferences at any time!

Be the first to hear about reopening news, classes, events, and more! Subscribe on our website at www.SouthSoundSeniors.org - Click on the "Join Our Mailing List" button in the bottom right to sign up!

Join Our Mailing List

