

Our mission is to improve the quality of life for people as they age.

Meggin Turk – Serving Coffee with a Smile

Next time you're at the Olympia or Lacey Senior Centers, be sure to notice all the variety of volunteers – people who are donating their time to help run the various programs and take care of all your needs. One of these is Meggin Turk, a former Minnesotan who moved as a child to Washington in the 50s with her family.

For most of her life she worked in the food/hospitality business, including the Seventeen51 Restaurant at Panorama. Mike, her husband of more than 35 years, cooked and Meggin ran the business, always greeting guests by name with a huge smile on her face.

When her "work" time finally slowed down, she turned to a life of volunteering and serving in the kitchen at the Olympia Senior Center. This led to a part-time job for a few months, but she really wanted to just volunteer on her own time. So now she helps with serving people in the coffee bar, which allows her plenty of time to just talk and listen with the various seniors who are simply waiting around for lunch.

During the pandemic, Meggin volunteered as a personal shopper and transportation person to those who were shut in. She says it was always rewarding to learn the stories of the people she was helping. Their gratitude was all the payment necessary!

Meggin is also a deacon at her church, and her duties include visiting and sharing with people, transporting when needed, and just being a good listener. At church they offer Sunday lunches to people who are unhoused, and send meals to various shelters such as Unity Commons. This helps Meggin remember that life is precious and each life matters! And to top it off, she just signed up to volunteer at the food bank in Olympia.

In her "spare" time, Meggin sings for shut-ins and for community events as a member of Entertainment Explosion, a local singing group that she's been a part of for 16 years! She says the enjoyment on the faces of the audience is the greatest reward.

Meggin encourages anyone who wants to volunteer to just look online for volunteer opportunities. Even if you just have a few hours a week, you're needed. And next time you see her at the coffee bar, stop by and say "Hi!"



by Scott Schoengarth, Bus Buddy Coordinator



Representative Democracy

Being a senior-serving organization provides many opportunities for reflection on the passage of time. We have a few seniors we see regularly who have walked this Earth for 100+ years. Just considering the span of history they've witnessed gives pause. As we submit our ballots for this round of local and statewide elections, I cannot help but consider our current days in light of past events.

For one thing, we hope you vote! Being part of a representative democracy remains a rarity for most of the world's people. As we've all heard, it's a privilege we earn by perpetuating it. We've had trying times in the past few years, as our democracy weathers assaults of various types. These assaults are not new in our history, and yet they present a current and immediate challenge to us today. All the more reason to take the simple step of filling out your ballot, and dropping it off in one of the many wonderful ways Washington State makes it possible to do. I believe our so-called "Vote by Mail" system is truly fantastic and a model the nation should adopt.

Another thing I've been pondering is the ugly rise of anti-semitism and other derogatory rhetoric as part of our election coverage. I've spoken with many who share my alarm and concern. In addition to our organization embracing our entire community of seniors, including those of all faiths and traditions, it cannot be missed that the Jewish community in South Sound faces real and particular cause for concern about their safety to worship, given national rhetoric and events. How can this be? Who are we as a people, as a community, if folks are not safe to worship? I'm proud of our community efforts toward Diversity, Equity and Inclusion, yet I recognize that some members of our community still do not feel safe. We have work to do.

While not central to our programs here at Senior Services, voting rights and safety to worship are central to our values and strategic plans as we strive to help seniors thrive. So if you haven't, please get your ballot filled out and drop it off. November 8th by 8pm is the deadline! And we don't have to share someone's faith or beliefs to honor their right to practice them. As the old truism goes, no one is safe until everyone is safe. Let's make South Sound a wonderful place for all seniors!

Brian Windrope
Executive Director

**Thank you to our
Business Sponsor:**



Celebrating Seniors Recap



Thank you to everyone who made our first live, in-person fall fundraiser in three years such a success! It was truly a magical night as we gathered together in the Olympia Senior Center.

We celebrated in style, we gave Eileen McKenzieSullivan her long-delayed retirement party and **we raised over \$101,000 to support our mission!**

We are so grateful for everyone who made the night so special — our guests, our staff, and the hard-working volunteers who do so much for our organization.

If you weren't able to attend, it's not too late to make your gift. We rely on donations for **more than 40%** of our annual budget, and the need remains great. Please help us provide essential programs and services to seniors.

One of the highlights of the night was our movie, "The Case of the Missing Meals", filmed with members of our senior community and staff. Watch this homage to classic film noir at www.southsoundseniors.org/give





The Statewide Health Insurance Benefits Advisors (SHIBA) offers free, unbiased Medicare education and assistance through the Washington State Office of the Insurance Commissioner. The SHIBA program can help you with your Medicare questions or options. Our volunteers can also see if you qualify for programs that could save you money on Medicare's out of pocket costs.

Medicare's Open Enrollment Period (OEP) for Parts C and D Medicare is just around the corner (October 15 to December 7). Our volunteers can

help you understand the options available to you. OEP is heavily marketed by insurance companies and agents so be aware that there are protections for consumers regarding marketing practices.

Our local SHIBA program offers classes throughout the month via Zoom or in person options. For details or to register, please contact us either by phone or email at jrich@southsoundseniors.org or visit us online at southsoundseniors.org/resources/shiba

Senior Survey Coming

We want to learn more about the senior population that we serve! During the week of November 14, watch for our survey, both in person in our centers and online via email. Senior Services' staff will be on hand to assist with the survey at our Senior Centers, Wednesday, Nov 16 through Friday, Nov 18 from 10:00 am to 2:00 pm. We can also help fill out the survey over the phone. Please call the Olympia Senior Center: 360.586.6181, let us know you need assistance with the survey and leave your full name and a phone number where you can be reached. Your feedback is greatly appreciated and will help us better understand and serve our community!

BEST RUMMAGE SALE ON EARTH

SAT, NOV 5 FROM 9AM-2PM

VIRGIL CLARKSON LACEY SENIOR CENTER

FREE ENTRY
OR PAY
\$5 EARLY
BIRD ENTRY
AT 8 AM

HAVE ITEMS
TO DONATE?

DROP OFF AT OLYMPIA
MOVING AND STORAGE
(935 POPLAR ST)
FROM 1 PM TO 4 PM
MON-FRI
STARTING OCT 24

2022 Holiday Card Contest



We had some wonderful entries for our second annual Holiday Card Contest and are happy to announce that Susana Tapia's piece, "Mother Crow Finds A Cozy Bed" charmed the judges and will be featured on the front of our 2022 holiday card. Thank you to everyone who entered! Below are just a few of the lovely submissions we received.



Travelers Tea

Join us on November 18 from 2:30 - 3:30 pm at the Virgil Clarkson Lacey Senior Center to see video clips of upcoming day trip destinations, receive discounts, win prizes and more!

Office Hours:

M/W/F 10:00 am - 2:00 pm
Olympia Senior Center
222 Columbia St NW, Olympia

Call our Trips & Tours office for more information:

360-586-6181 ext. 126 or visit us online at
southsoundseniors.org/upcoming-trips-tours

If you would like to receive the latest Trips & Tours updates and announcements sent straight to your inbox, opt-in to the Trips & Tours email list on our website!

Classes, Services & Activities

To view the Life Long Learning Catalog and read more about these offerings as well as others, please visit us online at southsoundseniors.org/activities

OLYMPIA CENTER

Performance! Reader's Theater Unlimited

Free, public performances. We will present "The Christmas Truce of 1914" and "The Christmas Lump" a family comedy, on the stage at the Olympia Senior Center Tuesday, Dec. 6 at 1:00 pm and at the Lacey Senior Center on Tuesday, Dec. 13 at 12:30 pm. We will also be at the Lacey Timberland Library on College St. Friday, Dec 9 at 1:00 pm. We hope to see you there!

Explore Olympia Walkabout

2nd Thursday of each month at 10:00 am. Meet at the Olympia Senior Center and will be taking a bus to and from the Capitol building. Wear sturdy walking shoes and weather appropriate clothing, and bring a water bottle, too!

Book Club

The book club has chosen *The Age of Miracles* by Karen Thompson Walker for November. Books will be available for pick-up at the Olympia Center beginning November 3. All are welcome to join at any time!

NEW! Broken Jewelry Holiday Tree Workshop

Thursday, November 17th 1:00-3:00, \$20.00
Limited to 15 participants. Join Theresa Ziniewicz and Candy Brillard at the Olympia Center to make a holiday tree with broken jewelry. We have all the forms and supplies you need! Come make a holiday tree and memories!

FREE! Reflexology Sessions - Olympia

By appointment only. Thursdays: 11/3, 11/10, 11/17.
Only four appointments available each day.
Please give us a call to request an appointment, 360-586-6181. Donations will be accepted.
Members only.

LACEY CENTER

NEW DAY! Dance Social

Now on Tuesdays from 1:30 - 3:30 pm. This exceptionally popular weekly event is back at the Lacey Center! Dance or listen to Swing Stuff, a live band who knows how to get your feet moving. No partner necessary. All skill levels welcome. Coffee, punch and snacks provided. Members \$7; Public \$10.

NEW! Foster Pet Club

2nd & 4th Tuesdays at 1:00 pm. This club meets to encourage seniors to foster pets, support those who are fostering pets and help Animal Services by collecting donations.

Astrology - an Introduction

Nov 17 at 1:00 pm. Maia O'Brien will be addressing the foundation of astrology and will explore the many ways astrology is reflected in our own lives and the lives of those around us. Open to all.

What can the Area Agency on Aging do for You?

Thursday, Dec 1 at 10:30 am. Come find out what services the Lewis/Mason/Thurston Area Agency on Aging (LMTAAA) can provide for you. They are the people who put together the wonderful Resource Directories each year. This will be an informative look at all aspects of what they do in our three counties. Come socialize a little and learn a lot!

TED Talk Plus

Friday, Nov 18 at 12:30 pm. "BACA: Bikers Against Child Abuse." What if you woke up and found your home surrounded by bikers? If you were a child abuser, you won't be having a good day! Find out more. We'll view three TED Talks and discuss them as a group.

NEW! Foot Care with Julie Lundstad, RN, MN and Certified Foot Nurse at the Lacey Senior Center



Thursday, November 17 - by appointment only. Cost is \$30 for 45 minutes (cost will be more if it takes longer than 45 min). Please call 360.407.3967, ext. 200 to make an appointment. You must be (or become) an active member to have access to this service. Cash or checks made out to Julie are required at time of appointment. Nurse Julie has a plethora of experience with foot care experience of all kinds, so your feet will be in great hands!

About Nurse Julie: She is a Registered Nurse with a passion for foot care! Julie enjoys providing "tootsie" care- for toenails, skin, and just helping feet to be in as good a condition as possible. It's important to reduce the chance of complications from common problems such as thick or elongated nails, calluses, and severe dry skin which can cause discomfort, difficulty walking, or infection. Whether you have diabetes, neuropathy, or none of these conditions — Julie treats each client's feet individually and with care.

In addition to over 25 years of experience as a registered nurse, Julie has completed specialized training in routine foot care including hands-on training with a Podiatrist, at the Edmonds Senior Center foot care clinic, and through self-study programs. She currently practices foot care on a flexible part-time basis, with appointments at private homes, adult family homes and assisted living or skilled nursing facilities. Please email tootsietimefc@yahoo.com or call 564-200-4541 for more details.

Speaker Series



Ken Balsley , Radio Personality and Historian **Wednesday, November 16 @ 10:00 am • Olympia location**

Join us as Ken talks about the most significant events in the modern era of Thurston County history.

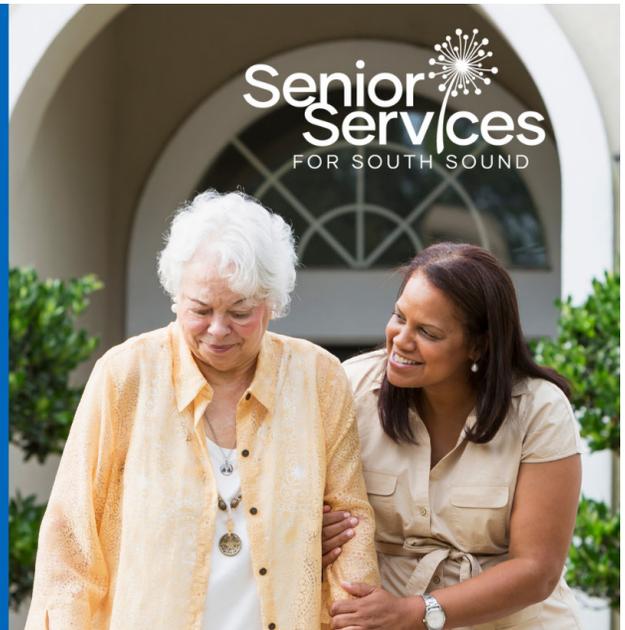
Ken Balsley is a local boy. He attended Tumwater Grade School, Olympia High School and The Evergreen State College. For the past 50 years he has been reporting on and writing about local politics and business. He was the founder and first president of the Lacey Historical Commission where he served for 13 years. He served 6 years on the Lacey Parks Board and is currently in his fifth year as a member of the Thurston County Historical Commission. He has been the editor of a newspaper; a radio broadcaster; a blogger; and currently hosts an interview program on KGY FM called, "Coffee With Ken". He is also a columnist for the Thurston-Mason County Senior News. He has been inducted into the Olympia High School Alumni Hall of Fame for his half-century of community involvement. His first book detailing his childhood in Tumwater has been sold out. His second book on the modern history of Lacey will be published before the end of this year.



is looking for independent providers,
housekeepers and caregivers

Do you know an outstanding caregiver or housekeeper
who is not currently on the SSCC registry? We would
love to talk with them about our program.

Please have them contact the SSCC office at
360.586.4491 or care@southsoundseniors.org



Ugly Sweater Bingo



SATURDAY, DECEMBER 17
OLYMPIA SENIOR CENTER

Sponsored by



Doors open at 6:00 pm. Must be 21+. \$25 cash at the door to play. Also available:
food for purchase, 50/50 raffle, special game tickets & daubers. Enjoy a full bar and
costume contest! We only accept cash. Visit us online at southsoundseniors.org.

UPCOMING BINGOS!

Feb 25, 2022
Charlie Chaplin Bingo
Olympia Center

Mar 24, 2022
Lucky Leprechaun Bingo
Lacey Center

Apr 29, 2022
70's TV Bingo
Olympia Center