

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

Virgil Clarkson Remembrance



Ribbon cutting ceremony for the Virgil Clarkson Lacey Senior Center

We've lost a great one. Virgil Clarkson died at his home in Lacey on November 13, 2022. He leaves behind his wife and fellow community leader, Barbara Clarkson, as well as his children and family. Virgil was a true gentleman and champion of many community causes. He overcame the harsh obstacles of racism and childhood poverty to achieve the highest level of community leadership and our utmost respect.

The news of his passing runs like fire through our hearts and organization. We only recently hosted a special celebration for his 90th birthday, where a room full of admirers gathered to honor him once again. In 2005 we honored him with a "Living Legend" award for his remarkable work

for seniors. His accomplishments are too many to mention, and this is not an obituary but merely a somber remembrance. Those with deep roots in our community will know that Virgil not only served on the Lacey Council and as Mayor over a 19-year span, but went beyond to mentor and guide our community to better places. Virgil served on many Boards, service clubs and helped countless organizations. We also honor his years of service to our very own Senior Services for South Sound Board of Directors. We've lost a friend.

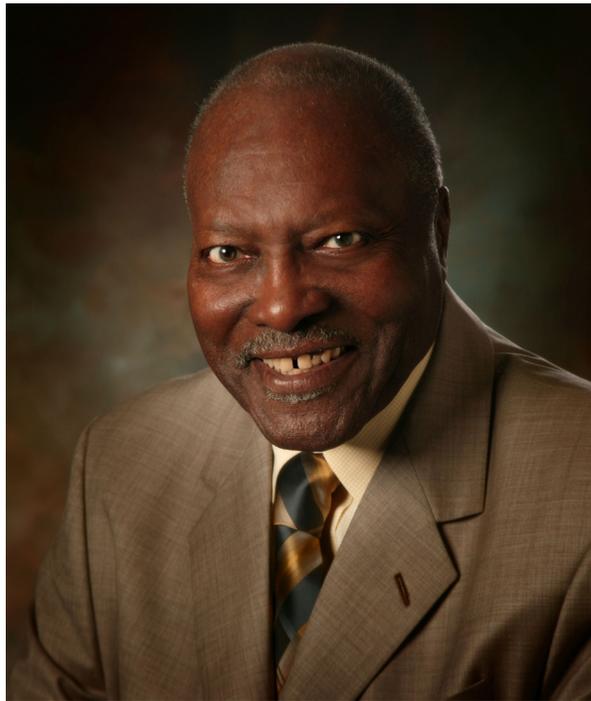
Even in his later years, Virgil had a remarkable ability to listen well, say little, and then summarize the whole meeting with a few insightful words. Seniors throughout Thurston County owe Virgil a debt of gratitude for how he labored to make senior lives better.

Executive Director Brian Windrope knew Virgil only in his later years, since joining the organization in 2020, and offered this remembrance:

"Upon first meeting Virgil you could tell he was a giant among people. Even hunched and slowed, he had an immense power about him. When I was welcomed into his home for a conversation, he was all about supporting me in my new role and gracious in his advice. How many of us can say we accomplished what Virgil did for our communities? How many did as much with such obstacles? Virgil is an enduring model of resilience, service and leadership. We would all do well to emulate him."



We were honored to host Virgil's 90th birthday at the Virgil Clarkson Lacey Senior Center



Our Board member and recent Board Chair, Rhodetta Seward, worked alongside Virgil for decades in public service and had this to say about her friend:

"Thank you, Virgil, for your many years of community service, and your continued support for our seniors. We would not have the Virgil Clarkson Lacey Senior Center, formerly known as the Lacey Senior Center, if not for his hard work, vision, dedication, and tenacity. He continued serving our seniors as a Board Member for Senior Services for South Sound, giving his time, knowledge, and support whenever and wherever he could. As I and others continue to walk through the doors in Lacey, he will always be remembered as this tall, gentle, gracious, caring soul with his beautiful smile and twinkle in his eyes.

"Thank you, Virgil, for sharing your life for years upon years to make the Thurston Community richer for those of us who live here, and for those yet to come. You sacrificed and gave of yourself to ensure our sustainability; you shared your heritage; you shared your wisdom. You are one of a kind — a very special selfless man, caring always about others, mentoring many, and a friend to all.

"I am proud to have called you my friend, to have worked with you in several capacities, and I and Senior Services for South Sound will truly miss you as will this entire community and beyond. Knowing you, you're probably at work in that next life doing great things! Until we meet again . . . "

Fellow Board Member and current Board Chair John Ficker, who also shared decades of personal experience with Virgil, had this to say:

"I was fortunate enough to know Virgil through our work together at the Washington State Senior Citizen Lobby and our service together on the Senior Services for South Sound Board of Directors. As a long time resident of Lacey, I admired Virgil well before I met him. His influence not only improved our city and community, but inspired me (and many others) to be of service. I am so grateful to have had the opportunity to learn from his example and hope to continue in his spirit of volunteerism and giving. He and his family are on our minds and in our hearts."

Our gratitude and best wishes go to Virgil Clarkson for all he was and all he did. Please join us in honoring his memory by acting as he did to be of service to our community in whatever ways you can, whenever you can.

Memorial Service will be January 7 at 11:00 am

1st United Methodist Church
1224 Legion Way SE
Olympia, WA 98501



Holiday Happenings

Happy Holidays! We enter this holiday season with a head of steam pointed toward our 50th Anniversary in 2023. Our centers in Lacey and Olympia are humming with good food, good people and activities of all sorts. We've been gaining momentum since we fully opened our doors from COVID, and hope you've seen our latest assortment of fun things to do. Please visit our website to learn more about current activities or come on by either location to speak with a volunteer who can tell you all about the special holiday things that are happening.

With our new Strategic Plan still hot off the press, we are ever mindful of our Keystone call to action to be as diverse, inclusive and equitable as possible. Toward this end, I have been engaging with local faith leaders to better understand how our centers can best honor and welcome seniors of all faiths, as well as secular seniors. Our bottom line is that we want all seniors to feel welcomed, seen, and acknowledged, regardless of where they worship or their personal philosophies. We must create and maintain a Big Tent!

Have you visited our Budd Bay Bargains store recently? Looking for holiday gifts? No place around offers an equal selection of high quality clothing and household items at a better price. Upstairs in the Olympia Center lies this hidden gem. Our wonderful volunteers await your return and I promise you will find something great at a price that will make you gasp. Feel free to pay more! Remember, all proceeds go towards supporting our organizational mission.

To each of you every one...A message of peace, love and hope. We rise to our higher selves only when we are clear about them. So I also wish you clarity this holiday season, about what matters most deeply to you. This will be your guiding light. For all of us at Senior Services, our guiding light is helping seniors thrive. Maybe that is a light for you too, and if so, come volunteer! Whatever guides your best self, may it be true this holiday season and each day in the New Year.

Brian Windrope
Executive Director

**Thank you to our
Business Sponsor:**



Volunteer of the Quarter: Linda Miles



To recognize our fabulous volunteers, we are initiating a new award, for Volunteer of the Quarter. Every three months, a different volunteer will be celebrated for their service and dedication to our mission.

Our inaugural Volunteer of the Quarter, for the period July - September, 2022, is Linda Miles, who is a familiar figure at the front desk of the Virgil Clarkson Lacey Senior Center. "Linda is a true renaissance woman," says center manager Jill Rector, noting that she puts in many hours behind the scenes. Congratulations to Linda and all of our wonderful volunteers!

Linda Miles may be diminutive in size, but she is boundless in her giving spirit. Linda puts in countless extra hours beyond her commitments in service to the center. Her welcoming smile not only warms every heart that walks into the door, but provides them with a place to feel safe, appreciated and even joyful.

Linda seems to know everyone's name, and often that of their family members too. She consistently goes the extra mile in serving both staff needs and those of our members. She takes the time to ask questions, to understand what resources, services, or programs will fill that need and then she puts forth a genuine effort to ensure that need is fulfilled. Members and staff rely on her to feel both heard and responded to with respect, kindness and with a good measure of Linda's own unique sparkle.

Linda facilitates a special kind of magic in producing goods and locating services that offer both staff and clients that one illusive thing that is often needed but unaffordable or inaccessible. It is not uncommon for her to quietly assist with funding, to give extra time, or to generously roll up her sleeves and hand make the products needed to complete a needed project. For example, Linda personally made over 10 wooden planter boxes to raffle off or sell at the most recent Rummage Sale, she even bought the needed blank raffle tickets for that venture.

Often at the desk early, or staying late, Linda frequently fills in for others who can not make it in. She is the very model of accountability. She is valued, appreciated and cherished by her colleagues as well as our members.

Linda's professional background shows in her brilliant ability to handle all manner of difficulties as they arise, with her calm, accepting and effective manner.

Linda is a highly ethical and deeply caring woman who has given so much to the Senior Center that these mere words could never convey. She is not only a diamond, she is an extraordinarily exceptional one. We are so fortunate to have her as a stellar part of our community.

- Kathleen King

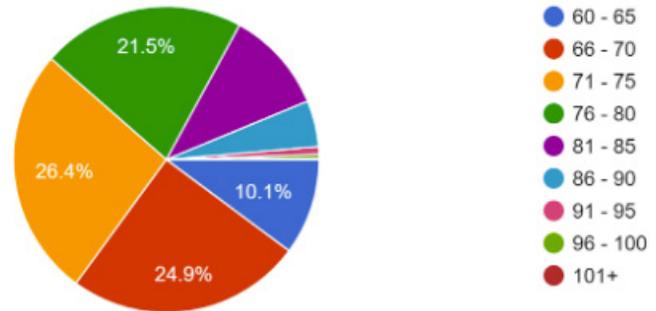
Senior Services Survey Update

Thank you to everyone who filled out our recent survey! Over 700 people completed the anonymous survey, either online or in person in our senior centers. The demographic information helps us understand who is using our services, and your suggestions for how we can improve things will help guide our decision making.

Here's just a few things that we learned:

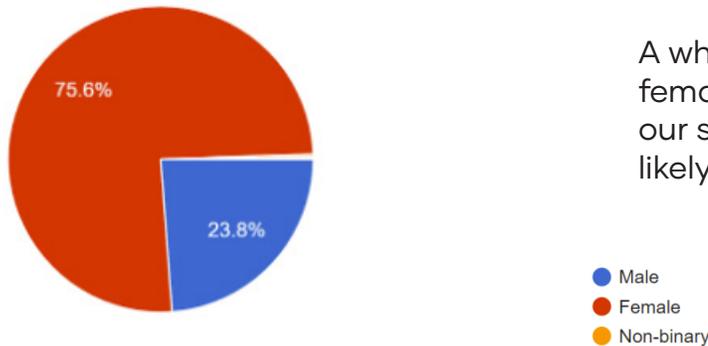
Your Age

26.4% of folks taking the survey were aged 71-75, making them our largest demographic, with the 66-70 age group next at 24.9%.



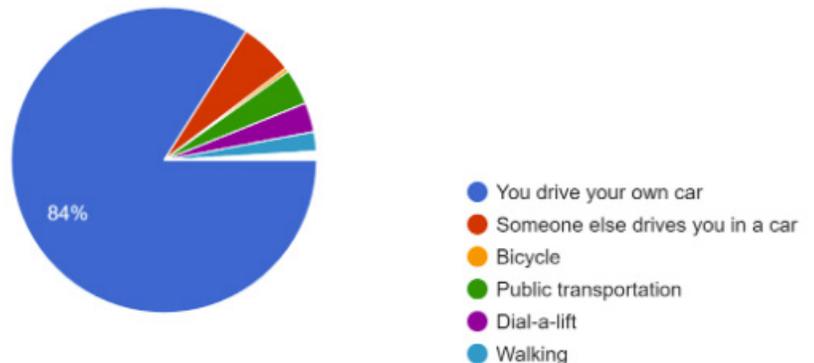
Your Gender

A whopping 75.6% of respondents identified as female. Is that because women make up most of our senior population or because women are more likely to complete a survey? Good question!



How You Get Around

84% of respondents drive their own car, 6% are driven by someone else, and 4% take public transportation. We salute the three people who get around by bicycle!





Exciting news! For the 15th year running, the Meals on Wheels network is participating in the 2022 Subaru Share the Love Event. Over the past fourteen years, Subaru of America, Hanson Subaru, and other Subaru retailers have helped Meals on Wheels to deliver nearly 4 million meals nationwide to seniors in need.

Why does Subaru support Meals on Wheels?

Too many seniors are struggling to stay independent and healthy. One in four seniors lives alone in isolation and one in seven seniors might not know where their next meal is coming from. This is simply unacceptable, which is why Senior Services for South Sound provides the nutritious meals, friendly visits and wellness checks to the seniors of Thurston and Mason Counties. This vital support keeps seniors in their own homes, where they want to be.

We're incredibly grateful to Subaru and its retailers for supporting our organization and the seniors we serve! With that in mind, we thought you might want to learn a little bit more about the Subaru Share the Love Event.

Here's how it works:

For every new Subaru vehicle purchased or leased now through January 3, 2023, Subaru will donate \$250 to the customer's choice of participating charities.* Meals on Wheels is one of four national participating charities and has been since the inception of the event. As a member of Meals on Wheels America, Senior Services for South Sound will receive a share of the donation from Subaru vehicles sold at participating Subaru Retailers.

We know that you might not be in the market to purchase a new car in the next few days, but if you are, please look into the Subaru Share the Love Event to learn more. If you're not shopping for a new vehicle, you can still help by spreading the word to your family and friends.

We can't thank you enough for your ongoing support of Senior Services for South Sound. It means a great deal to us. More importantly, it has the chance to make a meaningful difference in the lives of the seniors we serve.

CELEBRATING 15 YEARS!

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 Friday, Dec 9 at 1:00 pm. We hope to see you there!

Explore Olympia Walkabout

This month's Explore Olympia is cancelled.

Speaker Series

Join us on Wednesday's at 10:00am at the Olympia Center for a variety of speakers in October!

Senior Reads - Book Club

Thursday, December 8 at 10:00 am. The book for our next discussion is *The Age of Miracles* by Karen Thompson Walker. The book for the next meeting is *The Unlikely Pilgrimage of Harold Fry* by Rachel Joyce. Candy will be away for the next book club meeting, but you are encouraged to come and discuss, and to return *The Age of Miracles*, and pick up next month's selection!

NEW! Ukulele Jam

Friday, December 13 at 2:00 pm. Please call 360-586-6181 to RSVP for the Ukulele Jam as space is limited. Masking not required, but is recommended.

LACEY CENTER

NEW! Foot Care Friday, Dec 16, by appointment. \$30 for 45 minutes (cost will be more if it takes longer). Julie has a plethora of experience with foot care issues of all kinds. Your feet will be in great hands, whether you have diabetes, neuropathy, thick or elongated nails, calluses, severe dry skin or none of these conditions! Cash or checks made out to Julie are required at time of appointment. You must be (or become) an active member to have access to this service. Please bring a towel to your appointment.

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.

TED Talk Plus

Friday, Dec 16 at 12:30 pm. "The Lie that Invented Racism." Find out more. We'll view three TED Talks and discuss them as a group, to include "Facing Racism: What You Can Do to Fight Injustice" and "Lessons from a Recovering Racist." Everyone is welcome!

TECH HELP:

with Alex: Mon/Wed/Fri, 10:30 am - 12:30 pm by appt. Open to the public.

with Rich: 1st Thu, Dec 8, 9 :00 am - 12:00 pm, drop-ins welcome. Open to all.

with Athalia for APPLE products: Wed, 12:30 - 2:30 pm, drop-in welcome. Open to all.



Winter Quarter classes start January 3, 2023

Call 360.586.6181 or 360.407.3967 to register.



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



Lacey Veterans Services Hub Talk - Lacey Center

Thursday, Dec 8, 1:00 - 2:00 pm. The Lacey Veterans Hub provides a single point for Veterans and their families to access services by helping them navigate the myriad of social services and community programs aimed at Veterans. The Hub collaborates between federal, state and local county veteran services providers, to include housing, healthcare, employment, education, finance, legal, nutritional services, transportation and VA benefits. Our speaker, Keith Looker, an Army Vet with a Masters in Management and Leadership from Webster University, has been managing the Hub since April 2017. Even those who are *not* Veterans may attend to help update their family or friends! Open to all.



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.

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/supportive-services/shiba



Travelers Tea

Join us on January 13 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!



Wonderland at Can Can Cabaret | December 31, 2022

\$129 Members; \$149 General Public

Celebrate the holidays as Can Can's cast of professional performers swing from the chandeliers into a show full of classic beauty and flirtatious artistry. A glittering parade of nostalgia exploding with dance, laughter, and all the cheer of yesteryear, this carnival of merriment will mesmerize audiences as soon as they enter Can Can's theater turned whimsical winter chalet — making this a holiday entertainment spectacular to remember. Consider

this your invitation to the holiday soirée that you've always dreamed of! A delicious brunch menu will be available for purchase at your table. **Includes transportation and admission. Meal on your own. Bus leaves Olympia at 11:00 am; Lacey at 11:30 am. Approximate return: 6:00 pm. Activity level: Medium. Call our Trips & Tours office for more information at 360-586-6181 ext. 126**

Have You Rolled Over?



The IRA charitable gift rollover lets individuals 70½ and older roll over up to \$100,000 from their IRA to a qualified charity each year, free from federal income tax. An IRA rollover gift may also qualify for your required minimum distribution, permitting you to lower your income and taxes for this year while helping our cause!

Want to learn more about how you can redirect IRA income to Senior Services for South Sound, furthering our mission and enjoying valuable tax savings this year!? Contact Development Director Mike Gregory at mgregory@southsoundseniors.org or 360-586-6181 x 110.

Pre-Covid Ceramics Class

These beautiful ceramic creations were left behind after Covid. If you recognize your piece or recall taking the class, please pick up at our Olympia Senior Center by December 30, 2022.



Ugly Sweater Bingo



SATURDAY, DECEMBER 17
OLYMPIA SENIOR CENTER

Sponsored by

OlyFed | BANKING THAT'S MUTUAL

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, 2023
Charlie Chaplin
Olympia Center

Mar 24, 2023
Lucky Leprechaun Bingo
Lacey Center

Apr 29, 2023
70's TV Bingo
Olympia Center