



Newsletter

March 2023

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



Celebrating our 50th Anniversary — 1973 - 2023

Happy birthday to us!

This year, Senior Services for South Sound is celebrating our 50th anniversary! Though we still have a few years to go before we're considered a senior, we're very proud of our half century of service.

In 1973, the year we were founded, the world was a very different place than today. But then as now, the needs of our senior population really haven't changed that much. Our vision – that people as they age are empowered and engaged in the community, valued for their wisdom and experience, and have a positive sense of self-worth – remains as true today as it was 50 years ago.

Throughout this year, we'll be highlighting our 50th anniversary. You may have already noticed our 50th logo on the masthead of this newsletter and on our website. We have some birthday events that we're planning for the summer – stay tuned for details! – and save the date for our **50th anniversary fall gala, *Celebrating Seniors***. It'll take place Saturday, October 7, 2023, at the Lacey Community Center.

Most of all, we want to thank all of our volunteers, supporters, members and friends, who over the course of these 50 years have shaped our organization. We'd love to hear memories and stories that folks have, particularly of our early days, so please drop us a line and share them with us!



Brian's View



"Hey, Theresa, isn't the lobby lively today?" I said. The quick reply was a joyful, "Yeah, it sure is, it's so great to see. People are coming back!"

When I step out of the upstairs offices at the Olympia Center and hear the buzz and hum of the lobby filled with seniors having fun, playing the piano, and talking excitedly, it makes my heart happy.

Senior Services is experiencing a revival! We are once again busy with activity participants, diners and folks visiting to see what there is to do. I assure you, there's a lot to do! If you haven't been in the Lacey or Olympia centers recently, or since COVID, you are missing out.

Just today I spoke with our instructor for a class on Aging. She has fifteen students who are actively exploring the wisdom of being your best at 65, 75 or 95. None of us are born knowing this stuff, and we need good guides!

That's just one example. Check out our full range of classes, activities, trips and services. It's never too late to start a good habit.

And yes, I practice what I preach. After decades of thinking about it, I've taken the plunge to learn cello! Oh my, I'm so excited! I played the viola in the public school orchestra (when there was such a thing in my hometown) and the sounds of a cello melt me with bliss. I've decided it's high time for me to learn the instrument and play a passable number of melodies. I'm inspired by the classes we offer here, and seeing folks of all ages take on new challenges.

Ask yourself, are you done learning? Are you all full of good things in your life? If you see any room in your life for learning or fun, take the step to learn about all the things that Senior Services offers. If you need support, like caregiving in your home, Meals on Wheels, or transportation to appointments, then reach out. We are your people! Above all, we are here to be your resource to live your best life, and we appreciate all the volunteers and donors who make our mission possible.

Brian Windrope
Executive Director

**Thank you to our
Business Sponsor:**



Volunteer Profile: Bob Rancipher



"We have more volunteers running Senior Services for South Sound than paid folks." That's according to Bob Rancipher, the "Ambassador" who welcomes everyone to the Virgil Clarkson Lacey Senior Center. He's right of course; staff number almost 50, while there are over 200 volunteers. Bob's also right when he notes, "Without all of the hard-working volunteers, the Lacey and Olympia Senior Centers would probably cease to exist."

Bob is a perfect example that anyone can find their niche and come on board to help. While he can walk very short distances, odds are good he will fall, and at his age (77) those falls are quite painful. Instead, he tootles around the facility in his supercharged 5-speed wheelchair.

He takes the Intercity Transit Dial-a-Lift bus to the center four days a week – Monday thru Thursday from 8:30 a.m. to 4:00 p.m. For the past five years his main volunteer job includes welcoming folks – often by name – with a big smile on his face. Just to make sure you

don't miss him, he has a wide variety of fancy hats to select from. These hats are not the sort you'd ever find in a store. They're made especially for him for free by the widow of an old friend who died a few years back.

In his volunteer role, Bob talks to folks, makes them feel comfortable, gives tours of the facility, tells about the different programs and events, introduces them to people, and then invites them to the delicious lunches served every day. That's where I found him for this interview, sitting at a tableful of friends enjoying a bowl of peaches and drinking his carton of milk.

In his earlier days he worked in the Tacoma area in computing, as a property and data control operator, then shift lead, for Puget Sound Bank. Starting as a messenger, Bob worked a number of jobs until he took an aptitude test that shot him right into the world of computers.

He's retired now and lives in a house with four generations of his family – Bob, his son and grandson, and a 6-year-old great-grandson. His daughter lives in Salt Lake City and his son is living with him while going through a painful fight with kidney cancer.

I mentioned he rides Dial-a-Lift every day. He says the Intercity Transit bus and DAL drivers are so friendly, well-trained and helpful that it is a pleasure to ride with them every day. He's never had a bad one. Through the VA he got a ramp installed at his home, and a lift set-up for his son's SUV.

Bob says if you're thinking about volunteering some hours each week, then he invites you to visit the Lacey Center and he'll get you started. There are lots of opportunities to help, including in the kitchen, at the Coffee Café, at the receptionist's desk, and more. Bob is known as Mr. Ambassador and Mr. Smile, whether at the front door or in the Bingo Hall or lunchroom, so come on down any time and introduce yourself. You'll be glad you did.

- Scott Schoengarth, Bus Buddy Coordinator



Do you know about the SHIBA program?

We are the Statewide Health Insurance Benefits Advisors and are part of the Washington State Office of the Insurance Commissioner. Our program provides free, unbiased and confidential help with Medicare choices. Our volunteers are available year round, not just during Medicare's Open Enrollment season from Oct. 15 to Dec. 7. In fact, if you missed an opportunity to change your Medicare advantage plan there is another window for you.

The Medicare Advantage Open Enrollment Period (MA OEP) is the time when you can switch from one Medicare Advantage Plan to another, or switch from a Medicare Advantage Plan to Original Medicare with or without a Part D plan. The MA OEP occurs each year from January 1 through March 31, and changes take effect on the first of the month following the month you enroll. You can only make one change during the MA OEP. (source: medicareinteractive.org)

If you have questions, whether you are new to Medicare or just need general information and have been enrolled in Medicare for a while, our trained volunteers can help. We also have "Welcome to Medicare" presentations throughout the month, either via Zoom or in person at both the Senior Center in Olympia and the Mason County Senior Activity Center in Shelton (The Pavillion).

Please call us for details or if you would like to talk to a SHIBA advisor at 360.586.6181 ext. 134

Janis Rich
SHIBA Program manager for Thurston and Mason Counties

Class Spotlight - Beginning Ukulele with Allen Mote



For the last year the Olympia Senior Center has held four, six-week, Beginning Ukulele Group Classes. Why ukulele? Ukulele is resurging as one of the most popular and easiest to learn instruments that can play all kinds of music. Think Folk, Country, Spirituals, Lullabies, Elvis, George Harrison, Paul McCartney, even Taylor Swift! Even many elementary schools are now teaching ukulele rather than recorder. And while playing an instrument is fun, it also helps with memory and brain health. In October of 2022, we began a, progressive, three-part series of six-week classes. In the very first PART I CLASS folks left able to play several songs. In the PART II CLASS, which concluded in February, we played 27 songs and followed up with an optional, bonus jam session at Rhythms Coffee house in Olympia. We planned on playing in a quiet corner but ended up on stage with a growing audience that sang along, whooped and hollered and applauded. Great fun!

Allen Mote, Ph.D. is a lifelong guitar player and "participation" music enthusiast. He came to ukulele when his granddaughter asked him to get them both ukuleles so "we can play together." He especially enjoys "play & sing-a-longs" with family and friends, playing with a weekly ukulele group, and performing.

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

UPDATED MEMBERSHIP PRICING FOR 2023

Please note we will be increasing our membership prices for 2023 as follows:

Seasonal: \$20

Silver Single: \$60 | Silver Couple: \$100

Gold Single: \$120 | Gold Couple: \$200

Lifetime Single: \$1,000 | Lifetime Couple: \$1,800

Readers Theater Unlimited

Reader's Theater is proud to announce a performance of three short plays "Express Line," "The Badge," and "The \$15.00 Porsche," on the stage at the Olympia Senior Center Tues, April 11 at 1:00 pm and at the Lacey Senior Center on Thur, April 20 at 12:30pm. We will also perform at Lacey Library Wed, April 12 at 1:00 and at Tumwater Library on Tue, April 18 at 1:00 pm. We hope to see you there!

Timberland Tech Help - Olympia Center

Drop in tech help with staff from the Timberland Library on March 14th from 10:00-11:00 down here at the Olympia Senior Center. You must be a member, but no appointment is required.

March Speaker Series - Olympia Center

March 8: Barbara Young will speak about her life and her books. So interesting!

March 15: Jan Farr wrote a book called Boomers on the Loose, and she will discuss what to do with retirement!

March 22: Daisye Orr will discuss her new book, *crabwhalewingsnail*, about her life with cancer.

Explore Olympia Walkabout

Next month's Explore Olympia Walkabout will be on Thursday, March 9th! We will walk around Capitol Lake (1.5 miles), so wear good shoes and dress appropriately for the weather!! Meet at the Olympia Senior Center at 10:00. See you there!

Tech Help - Lacey Center

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

with Rich: 1st Thu, Mar 2, 9 am - Noon, drop-ins welcome. Open to the public.

NEW! American Sign Language - Lacey Center

Wed, Mar 1, 8, 15, 22, and 29, 2:00 - 3:00 pm

No registration, just active membership required.

Dance Socials - Lacey Center

Tuesdays, Mar 7, 14, 21, and 28, 1:30 - 3:30 pm

This exceptionally popular weekly event is back at the Lacey Senior Center! Dance and/or listen to Swing Stuff, a live 2.5-piece band who know how to get your feet moving. No partner necessary. All skill levels are welcome. Coffee, punch, and snacks provided. (Per Person)

Members \$7; Public \$10.

All dancers are welcome here!

NEW! Death Café: - Lacey Center

Thursday March 23, 2:00 - 4:00 pm

A Death Cafe is a group directed discussion of death with no agenda, objectives or themes. It is a discussion group rather than a grief support or counselling session. Join us for some refreshing coffee tea - and cake!

TED Talk Plus - Lacey Center

Friday, March 24 at 12:30pm: "CreAtiVity". We'll view three TED Talks Plus videos and discuss them as a group. Get creative about attending, as everyone is welcome!

Travelers Tea

March 10 - 2:30 pm

at the Virgil Clarkson Lacey Senior Center



Utah's Mighty National Parks

Free Presentation at Olympia Senior Center: Tuesday, March 14 - 2:30 pm

Trip Date: September 24 - 30, 2023



Get the scoop on this week long tour through Utah with Premier World Discovery departing September 24, 2023. This slideshow presentation will cover the day to day itinerary for this tour which features five nights at a luxury hotel in Moab and takes to four National Parks, National monuments, state parks and even an evening cruise and light show on a gentle stretch of the Colorado River. You'll see Arches National Park, Capitol Reef National Park, Canyonlands National Park, Dead Horse Point State Park and more. Wine tasting, Gouldings Museum, and a Jeep tour through Monument Valley with a Navajo Guide are also included. Airfare, transfers and ten meals are part of the package.

\$3,199 per person double occupancy

Treasures of Egypt

Free Presentation at Olympia Senior Center: Wednesday, April 5 - 2:30 pm

Trip Date: November 9 - 20, 2023

Join Collette Tours for this hour long presentation about our November 9-20, 2023 tour of Egypt. If seeing the great antiquities of the Egyptian pyramids, the mysterious Sphinx, and the the Valley of the Kings has been on your bucket list, here is your opportunity to make that dream come true. A four night cruise down the Nile with stops to experience the great temples and monuments begins in Luxor and ends in Aswan. This tour hits all the big sights, yet maintains a leisurely pace. If you want to make the most of your visit to this region, you can add on an optional 4day/3 night Jordan extension that takes you to Petra, the Dead Sea and Wadi Rum. There is more than we can outline here, but at \$4999 per person double occupancy, this is a once in a lifetime opportunity. If we've piqued your interest, why not come here more?



\$4,999 per person double occupancy

Call our Trips & Tours office for more information:

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

Office Hours:

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

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!

PALS – Pet Assistance for Low-income Seniors



PALS

Pet Assistance for
Low-income Seniors

Our Pet Assistance Fund helps low-income seniors with veterinary bills providing much needed support for folks who simply cannot afford the rising cost of vet care.

Last year, with the financial support of our anonymous donor Charlie and more than 275 community members, we were able to assist 166 seniors with 204 pets. In all, we covered more than \$72,000 in vet bills!

This year, we will again have some support from Charlie, but we hope to raise an additional \$40,000 in individual gifts for this important program. Every dollar that you give will go directly to vet bills for low-income seniors.

Our PALS campaign officially kicks off on Monday, March 20.

For one week, we will be sharing daily updates on our Facebook page and through email. But there's no need to wait! You can support our PALS fund right now, online at southsoundseniors.org/pals or by sending your check, made out to Senior Services for South Sound with PALS in the memo line, addressed to:

Senior Services for South Sound
222 Columbia Street NW
Olympia, Washington 98501



Free Estate Planning Webinar

with June Wepler

Thursday, April 20

10:00 – 11:30 am

via Zoom



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



March 24

Virgil Clarkson Lacey Senior Center
6757 Pacific Avenue SE

LACEY Bingo NIGHT LUCKY LEPRECHAUN BINGO

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!

Apr 29, 2023
70's TV Bingo
Olympia Center

May 19, 2023
Area 51 Bingo
Lacey Center

June 24, 2023
Rainbow Bingo
Olympia Center