Improving the quality of life for people as they age.

Virgil Clarkson Lacey Senior Center
May 2019

In this issue:
- Mother’s Day Tea - “Alice in Motherland” Theme on May 13th
- Food Smarts Classes - earn a $20 gift certificate!
- Zentangle Drawing Workshop
- TED Talks + PLUS “Social Justice or Just Us? “ May 24th

You will also have the following amazing handcrafted items: Soy candles, handcrafted goats milk soaps, lotions, lotion bars and lip balms * Handcrafted fairy homes * Mason jar lights and crafts * Herbal teas, salves, lotions and muscle relief salves * Acrylic painting * Handmade rugs * Hand painted glass and ceramic ware * Pet beds, dog toys, cat toys, catnip and bird houses * Baby quilts, aprons and tea towels and so much more! Foods, snacks, drinks and bakery items will be available as well.

Revenue collected to reserve tables will be donated to Momentia - a local movement empowering persons with memory loss and their loved ones to remain connected and active in a dementia-friendly community.

Speaker Series: Becoming a Wise Elder

Tuesday, May 21 @ 1 pm
Virgil Clarkson Lacey Senior Center

Susan Davis hosts workshops on Becoming a Wise Elder. It is not specific to any religious traditions and will enhance the spiritual maturity of all.

Susan will explore a way of living more consciously, more joyfully, and more authentically during the Second Half of Life. She will explain how we need to change our paradigm from Age-ing to Sage-ing.

Sage-ing® is based on the book: From Age-ing to Sage-ing: A Profound New Vision of Growing Older by Rabbi Zalman Schachter-Shalomi and Ronald Miller.

Some of the myths of aging will be examined, as will how to harvest our wisdom and transmit it as a legacy to future generations.

Give yourself the gift of Becoming a Wise Elder.

Saturday, May 4th • 10 am - 4 pm
Virgil Clarkson Lacey Senior Center

Over 35 vendors! You’ll find some of your favorite direct sales vendors to include: Color Street, Hello Fresh, Mary Kay, Pampered Chef, Paparazzi, PartyLight, Scentsy and two rooms full of LulaRoe.

Doors open 6pm. —Get those daubers out for Lacey Bingo Night! Check out our $5 south-of-the-border themed delicious dinner. Our full bar will be open as well, including our renowned Jello shots. It is $20 for entrance and a game pack. You’ll have the chance to purchase special game cards, enter into the 50/50 raffle, and take part in our Bingo de Mayo/South of the Border costume contest. Game payouts start at $50 for regular games and $200 for special games! 21 and over only.

All proceeds benefit Senior Services for South Sound, so everyone wins. Ole!
Families That Give Back

Ken and Esther Corcoran met about 20 years ago on a missionary trip to Mexico that Esther had to be talked into attending. She had a busy job and life, and was caring for a young relative. But her interpreter skills were sorely needed on the trip; she eventually relented and said yes. She is so glad she did.

Esther’s parents, Marita and Rene Herrera, came to the United States from Cuba in 1961. Esther was 10 at the time and along with her six siblings, settled into a new country and culture. Her parents learned about Senior Services for South Sound, and wanted to be of service. Her mom taught Spanish and played piano at the Olympia Senior Center. Rene regularly attended Senior Services events, and one year he invited Ken to sit at his table. Ken was inspired by the seniors who shared their stories, and the agency’s programs. As a City of Olympia employee and family man he had a busy life; he wanted to give back too. A few years later he joined the Board of Directors.

Both Ken and Esther hope more people will learn about the variety of services at Senior Services – from respite for caregivers to fitness classes to learning about different cultures through academic classes. They financially contribute to Senior Services because they know the difference it made when Marita was homebound, and a Meals on Wheels volunteer arrived with nutritious meals for the week, along with a warm smile. That also inspired Carlos, Esther’s brother, to volunteer as a Meals on Wheels driver.

When asked what they’d like our readers to know about why they give, Ken answered, “We’re just ordinary, regular people, Baby Boomers now. Every gift helps, and when you add up the gifts from many people, it can make a real difference. Senior Services helps people make new friends, stay connected, and engaged with life, no matter what age “senior” you might be.”

What’s in Ken and Esther’s future? Attending our Meals That Matter Luncheon on May 22 and walking the Camino de Santiago pilgrimage in Spain this August. We imagine Esther might do a little interpreting along the walk, and when she returns, look for her on the road, as she plans to deliver nutritious meals and warm smiles to homebound seniors, just like someone once did for her mom.

For information on how you too can make a personal difference for seniors, please contact Pam Toal, Gift Planning Manager, at ptoal@southsoundseniors.org or 360.586.6181 x 106.

Would you like to read more stories like this?

Check out our updated website at www.SouthSoundSeniors.org and click on give to read more stories like Ken and Esther’s which share why others in our community have decided to give to the mission of Senior Services for South Sound.
**DATE / DAY** | **HAPPENINGS** | **TIME**
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**MON** | **SQUARE DANCE 4 SENIORS** | 2:30 - 4
**WED** | CRAFTS GALORE! $1/supplies Open to All | 1 - 3
1 & 15 | **NEW** Owning * the * Age * I * Am | 1:30 - 3
2 / Thu | Intercity Transit • Info Table | 10:30 - 12:30
2 / Thu | SHIBA Info Table • MEDICARE Info | 10 - Noon
2 / Thu | **FOOD SMARTS!** Every Thursday in May | 10:30
4 / Sat | Momentia Spring Bazaar | 10 - 4
9 / Thu | **alzheimer's association** Family Caregiver Support Group | 2:30 - 4:30
9 / Thu | Senior Services 101 | 11 - Noon
8 & 22 | **ROCK Painting!** Hosted by Lacey Rocks Facebook Group $1 for supplies/open to all! | 1 - 3
10 / Fri | Bereavement Support Group: Life After Loss | 2 - 3:30
13 / Mon | Care Connection Rep in Lobby | 9 - 11
13 / Mon | **Rubber Stamp Group** Bring own supplies & let's get stamping! | 1 - 3
13 / Mon | **Mother’s Day Tea** With an “Alice in Motherland” twist! | 3
14 / Tue | **DINE OUT!** Hop Jacks/Hops & Drops Meet at restaurant | 5 pm
14 / Tue | **TRAVELER’S TEA** | 1 - 3
15 / Wed | Food Bank (must be signed up here in advance) | 10 - 11
16 / Thu | **Tech Help with Rich** | 9 - Noon
17 / Fri | Lucky Eagle Casino Bus Advance sign-up required. Park in Church lot! | 8:30
17 / Fri | **Zentangle** Drawing Workshop - $30 | 1 - 3
21 / Tue | Speaker Series: “BECOMING A WISE ELDER” | 1 - 2
22 / Wed | **LAPTOP 101** w/ Jay Wallerstedt By appt | 10
24 / Fri | **TED Talks PLUS!** Topic: Social Justice or Just Us? | 12:30
24 / Fri | **BINGO DE MAYO** 6 pm Enter 7 pm Bingo | 2 - 4 pm
27 / Mon | CLOSED in Observance of Memorial Day CLOSED | 28 / Tue | Area Agency on Aging Info Table | 11 - 1
Sat / Jun 1 | Brighter Days Variety Show! | 2 - 4 pm

**Ray Yorz / Activities**
As we praise Ray for all his hands-on help here, he is driving to North Carolina to move as military families often do. He will be greatly missed as he not only was eager to assist with anything needed, but he also was our highly experienced security guard - You're the MAN Ray Yorz!

**Joe Lawn / Brighter Days**
Joe Lawn plays his guitar and sings for our Brighter Days Program 3 Mondays each month, and performs at Memory Café each month. His positive entertaining style make these very special times.
Thanks, Joe, for contributing so much to the positive atmosphere at Brighter Days!

**Ilea Anderson / Nutrition**
Ilea Anderson is one of our Meals on Wheels drivers. Not only is she a caring volunteer but she juggles many things being a young wife and mom, along with being a real estate agent. We truly appreciate all she does for us and the kindness she shows our MOW clients. Thanks Ilea! You're fantabulous!!!
Food Smarts Class

Every Thursday in May we are hosting a Food Smarts Class and those who attend all five sessions will receive a $20 gift certificate good towards either their SSSS Membership or towards a free quarterly class registration.

Why do we feel it’s important to attend all five class sessions? Eileen Grigsby will be coming here from the Thurston County Food Bank to share about how foods can be cooked in a way to optimize their nutrition, explain how best to get the most bang for your food dollar, and let you taste wonderful foods that are easy to prepare. And that’s just a hint of what Eileen has up her dietary sleeve.

There is only room for 15 students max, so sign up now at Reception! This class meets 10:30 - 11:30 am and will likely to fill up fast!

Mother's Day Tea

with an “Alice in Motherland” Twist!

Calling all moms to our Mother’s Day Tea on the day after Mother’s Day. Here at the Lacey Senior Center, it will start at 3 pm on May 13th. You will be honored and enjoy wonderful sandwiches and tea, treated to entertainment, and have a memorable time. There is no cost for this program - it is a benefit for members of Senior Services for South Sound. Give Jay your mom’s photo by May 9th for display on our 12’ screen! Please sign up in advance at reception. This year the theme is “Alice in Motherland”.

Space is limited. As the white rabbit says, don’t be late to sign-up for this very important date!

For the convenience of our online viewers, simply click on this graphic of our Chefs to see (and print if you wish) a copy of the VCLSC Senior Nutrition Lunch Menu for May 2019.

Behind the Scenes
at Volunteer Appreciation Fiesta

Labors of LOVE!

More photos pg 4

Volunteer Appreciation Fiesta

More photos pg 4
**STARS has Changed their Name**

Yes, Brighter Days are ahead! To better reflect the changing times and diversity of our adult day program and participants, it was time to change our name too.

Brighter Days is designed to help prepare our society for the increased need of serving people with Alzheimer’s, other dementias, and cognitive disabilities. As the name suggests, our personalized support and hands-on, compassionate adult day team, provide a bright day of engaging activities while offering respite to caregivers.

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**Where can you get free streaming movies?**

You can get streaming movies free by signing up at [Kanopy](https://trlib.kanopy.com) through the library. Stream over 30,000 indie and classic films. Users are allowed 5 plays per month.

**How can you brush up on pronouncing words in French or Spanish before you visit?**

Check out [Pronunciator](http://trl.org) to learn to say few words or an entire language by visiting [trl.org](http://trl.org), under “Learn” click “Online Courses”, then Click on Pronunciator.

**Do you pay to listen to audio books?**

To listen to audiobooks for free through the library on your PC, smartphone, or tablet, download the app [Libby, by Overdrive](https://overdrive.com) from your App Store or Google Play.

**Did you know you can increase library services by getting a library card from any Seattle library?**

If you can’t find the titles you want in the Timberland Regional Library system, you can get a library card at any Seattle library and be able to access more titles in actual books, eBooks, and audiobooks. Show them a photo ID with your address along with your Timberland Regional Library card and they will issue you a SPL ([Seattle Public Library](https://www.spl.org)) card - free!

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**This is the Most Powerful Card in Your Possession!**

Our local libraries provide many free services that most of us know nothing about... and the list below is just the very tip of the iceberg!
May

4 - Shorebird Festival at Grays Harbor Wildlife Refuge
9 - Portland Japanese Gardens & Oregon Culinary Institute
14 - TRAVELER’S TEA! Here @ 1 pm
18 - Cannabis Education Tour
22 - Seattle Center Space Needle: Choose Your Adventure

June

1 - The Full Monty at Tacoma Musical Playhouse
4 - Ed Hume Garden Tour and Windmill Nursery
8 - Step Into Nature: Skookum Falls
10 - Tacoma Rainiers vs Nashville Sounds
18-20 Central Oregon Getaway: McMinnville/ Lincoln City/Newport
22 - WNBA Champs Seattle Storm vs Indiana Fever
30 - Steel Magnolias at Evergreen Playhouse

July

7 - Mariners vs A’s
12 - Step Into Nature: Crystal Mountain Gondola
19 - Sequim Lavender Festival
27 - Mamma Mia at Tacoma Musical Playhouse
31 - Destination Moon at the Museum of Flight

Brain Injury Alliance of Washington

There is a resource that offers FREE services to folks who have suffered a brain injury.... and it’s more prevalent than you think. The Alliance is able to help in ALL aspects of life, including medical, legal, social, education, family life, independent living and/or placement, etc...

Brain injury is the 2nd most prevalent disability in the US. It occurs almost twice as much as ALL types of cancers combined. It can result from a severe traffic accident, a sports injury or something as simple as a FALL.

Washington’s Brain Injury Alliance can support for FREE for the following diagnoses:

- Acquired Brain Injury (ABI)
- Anoxia
- Stroke (Yes!)
- Traumatic Brain Injury (TBI)
- Brain Surgery
- Post Concussive Syndrome
- Diffuse Axonal injury
- Second impact Syndrome
- Closed Head Injury
- Open Head Injury
- Concussion
- Contusion

(They cannot support Alzheimer’s or Development disability.)

Please call
1-877-82-4292
(M-F, 9-5)
the Brain Injury Alliance of WA
(aka BIAWA)
### Activities

- **ACOUSTIC GUITAR**  WED 3 - 3:45
- **BIBLE STUDY**  TUES 1 - 2
- **BINGO w/ Marvelous Marv**  THUR 9:30 - 11:15
- **BRIDGE**  MON & WED 9 - noon
- **COFFEE & CONVERSATION**  THURS 10 - 11
- **CHESS - LEARN/PLAY**  NEW!  3rd & 4th Mon, 1 - 3
- **CRIBBAGE**  FRI 9:30 - noon
- **DANCE SOCIAL w/ Live Band**  4739 Avery Ln SE  THURS 1:30 - 3:30
- **DRAWING GROUP**  FRI 9 - 11
- **FLY TYING**  WED 12:45 - 3
- **FRENCH CLASS**  MON 1:30 - 2:30
- **KOREAN ELDERS**  WED 10 - 1
- **LEATHER CARVERS**  WED 9 - 11:30
- **MAH JONGG**  FRI 1 - 4
- **MEMORI WRITING**  FRI 10 - Noon
- **NEEDLE CRAFTERS**  TUES 1 - 3
- **OWNING THE AGE I AM**  1st & 3rd WED 1:30 - 3
- **PAINTING TECHNIQUES**  TUES 9 - Noon
- **PINOCHE, SINGLE DECK**  TUES 12:30 - 3:30  FRI 9 - Noon
- **ROCK PAINTING**  $1/Supplies  2nd & 4th WED, 1 - 3
- **READERS THEATER**  Meets at GenevaWoods, 6149 Martin Way E  THU 1 - 3
- **SPANISH SENIORS**  MON 10 - 1
- **SQUARE DANCE 4 SENIORS**  MON 2:30 - 4
- **TABLE GAMES**  WED 12:30 - 3:30
- **TATTING with PATTI**  TUES 3 - 4 pm
- **TECH HELP**  TUES 10 - 12
- **TED Talks + PLUS!**  4th FRI 12:30 - 2
- **“WHATNOTS” BAND - COME LISTEN!**  WED 8 - 11
- **UKULELE (Intermediate)**  WED 6:30 - 9 pm
- **WATERCOLORS**  TUES 1 - 3
- **WOOD CARVERS**  TUES 8:30 - 11

### Fitness

- **ACUPUNCTURE - GROUP**  $20  THURS 2 - 4
- **DIABETIC SHOE FITTINGS**  Patty Popowich  360.593.1985  2nd Mon, 10 - Noon - free shoes w/ Medicare
- **FOOT CARE**  $30  By appt. Bring a towel  2nd Mon, 9 - 2
- **HAIR CUTS**  $8  By appt.  1st & 3rd MON
- **MASSAGE - TABLE**  by appt  $30 (1/2 hour), $40 (1 hour)  THURS
- **REFLEXOLOGY**  $25/30 mins, by appt  2nd & 4th TUES 9 - 12:30

### Free Services

- **ALTZ ASSOC FAMILY MEMBER SUPPORT GROUP**  2nd Thu, 2:30 - 4:30
- **BEREAVEMENT SUPPORT GROUP**  - Life After Loss  2nd FRI, 2 - 3:30
- **BLOOD PRESSURE CHECKS**  1st & 3rd TUES, 10:30 - 11:30
- **FREE READER GLASSES**  MON - FRI, 8 - 4
- **MEDICAL EQUIPMENT REPAIRS**  (non-electric)  Call reception for appt
- **FOOD BANK**  3rd WED 10 - 11
- **SENIOR SERVICES 101**  2nd THURS, 11 - noon
- **SHIBA (all things Medicare)**  2nd & 4th MON 9 - noon  1st THU 10 - noon
- **SUPPORTIVE SERVICES**  2nd & 4th WED 9 - 1 w/Marty
- **TOWN HALL MEETINGS**  4th FRI 10 - 11

**BOLD = for members only  *$20 Quarterly Registration Fee**

- **Spring Quarter: April 1 - June 28**
- **Brighter Days Adult Day Program**  (Must be enrolled in advance & membership not required)  Weekdays, 9 - 2