More than Meals: A Partnership

We are very excited about the recent launch of a mutually beneficial sponsorship for our meal program. Kaiser Permanente is generously supporting our organization as we expand our meal services in the South Puget Sound area. Together we are supporting the health and well-being of older adults living in our communities in Washington during this challenging time. Through the ‘More Than Meals’ partnership, thousands of older adults will receive healthy meals and gifts to brighten their day and help them thrive.

The Campaign will take place from June – December and will include monthly health and wellness educational materials as well as resources for Meals on Wheels clients. Kaiser Permanente and Senior Services for South Sound have recently developed this community partnership as our missions closely align. We both improve the quality of life for our senior community and their families. Kaiser Permanente – through high-quality, affordable health care and coverage and Senior Services – through a wide range of programs that address the ever-changing demands and concerns we face today and into the future. Thank you, Kaiser Permanente for your belief in our mission and for supporting our efforts in the community.

Sharing the Growth During a Challenging Time

I browsed around looking for planting materials this past Saturday. I wasn’t alone. So many people are needing to be home and yet are going out to nurseries to improve their gardens. While at Lael’s Moon Nursery in Rochester, I spoke with Larry and Bethany the nursery’s operators. I inquired about their commitment to outreach in the community during the COVID-19 pandemic. Larry said, “We have been able to remain open as an essential business and we want to be part of the solution during this challenging time.”

Bethany added, “Our intent is to assist people who have become unemployed and to allow vulnerable people to minimize contact and meet their basic food needs. People are staying home during this pandemic. As a result, people have been doing a lot of gardening and that has been great for our business. With so many people laid off and the need for food so great, we decided as an organization to support Senior Services’ for the work they do.”

Lael’s Moon Nursery is donating a percentage of the proceeds from their gross sales during this period which is shared between Senior Services’ Meals on Wheels program and the Thurston County Food Bank. Larry added, “We challenge other businesses to do the same now because the need is great”. Thank you Larry and Bethany for your continued support and for encouraging others to do the same.

If you are interested in making an organizational donation please contact Maria Masse, Development Manager, at 360.586.6181 ext. 110 or email her at maria@SouthSoundSeniors.org

By Maria Masse, Development Manager

Brian’s View

Please excuse me for thinking of literary references for these times we are living through. Perhaps you are doing the same? I’m reminded of Charles Dickens in various ways, and especially the beginning of A Tale of Two Cities published in 1859, which famously begins with the following paragraph:

It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of Light, it was the season of Darkness, it was the spring of hope, it was the winter of despair, we had everything before us, we were all going direct to Heaven, we were all going direct the other way – in short, the period was so far like the present period, that some of its noisiest authorities insisted on its being received, for good or for evil, in the superlative degree of comparison only.

What strikes me about this text, in relation to our current situation is the unchanging opportunity for reflection and the propensity toward polarization we create out of complex circumstances. Here around Senior Services for South Sound, there is so much happening that gives hope, and the “Light” is plain to see. Our Meals on Wheels efforts continue unabated, and with your support we continue to meet the greatly expanded demand for nutrition assistance. You are seeing our signs around the community for our Do you know a senior in need? initiative and I hear stories of seniors staying home who are truly in need of our assistance. We continue our Care Connection program, Transportation services, and are doing online classes. This is only possible through your ongoing generous support.

Speaking of support, I’m also reflecting on the impulse to care for others. Empathy. It’s playing out nationally at the moment with regard to face masks, but is of timeless and universal concern. We’ve learned a lot about the physiological aspects of empathy being rooted in certain brain regions, like the amygdala, and how we can become more or less empathetic based on life experiences and choices. Our mission here is to improve the quality of life for people as they age, and so we are a fundamentally caring community. In these challenging times, we rely on you caring for seniors you’ve never met, perhaps by realizing you may need the same help yourself in the future, or perhaps someone in your own family here or elsewhere, was helped by another senior service organization.

Finally, I’ve always been a fan of the bumper sticker to “Think Globally and Act Locally”. We are in the middle of a global pandemic, and there is great suffering and hardship being caused by this virus that only compounds pre-existing challenges. And yet while sharing this global concern, we are able to directly act locally to improve the quality of life for people who are our neighbors. You can act by volunteering, by donating, and by being an advocate for seniors in our community. We’ve had to close our doors due to the virus, but our hearts remain open.

With great appreciation,

Brian Windrope
Lifelong Learning Virtual Offerings Available Now!

- Speaker Series
- Senior Academy
- Aging Mastery Program
- Senior Café
  and more!

www.SouthSoundSeniors.org/virtual-offerings/

What Can My Donation Do?

$100  $500  $1,000

Provides critical delivery of vital necessities to 10 seniors in need.
Helps 50 rural seniors get to essential appointments via Senior Transportation.
Provides 1 week of meals for 30 homebound seniors in Mason and Thurston Counties.

Thank you to our Agency Sponsor:

Thank you to our Agency Partner:

222 Columbia St NW, Olympia, WA 98501 360.586.6181 www.SouthSoundSeniors.org

Eleven Years of Enrichment

It started through a conversation with a good friend. That led to a tour of the Senior Center, and a visit with the Executive Director. She soon joined the Board of Directors, and now, 11 years later, Caren Rose shares how Senior Services has enriched her life.

“My friend is Elsa McLain, Senior Services’ founder. She was going off the board and wanted someone to replace her that would work as hard as she did,” Caren said, laughing. “I guess I was up for the challenge.”

Caren’s first impression: How much the agency did, from offering academic classes, home care services, and delivering meals to homebound seniors. Her second impression: How much people loved and cared about each other, from volunteers, to staff, and the people the agency served. And her third impression: How little money the agency had to do what it did.

“A few years ago, federal funding for Meals on Wheels was cut. I knew I had to do something to help, so I donated and volunteered to cook one day a month. I actually like cooking for hundreds of people and everyone deserves a nutritious meal. People still ask me for recipes,” she said, smiling.

When she isn’t cooking, Caren helps with events, procures donations, and shapes policy with fellow board members. “Everyone on our board pitches in, and with COVID-19 impacting our world, we’re even more committed to helping seniors stay safe and connected with our programs and each other.”

Caren shared her interest for helping people with her husband Russell, who passed in 2015. “Russell always had his camera by his side. He loved taking pictures at our events, and he was so supportive of my involvement with Senior Services.”

Staying involved continues to enrich Caren, as she enjoys life with her two dogs and 23-year-old cat. “I feel blessed to donate, and know my gifts help seniors who live on their $700 Social Security check, or who need a ride to Seattle for their cancer treatment. And when I’m gone, I’ll be able to give even more. You can’t take it with you! Leaving a planned gift to Senior Services in my name and Russell’s name shows our love for each other and our wishes to help people less fortunate. What could be more enriching than that?”

For information about how you can make a difference with a planned gift, contact Pam Toal, Gift Planning Manager at 360.586.6181 ext. 106 or pttoal@SouthSoundSeniors.org.

By Pam Toal, Gift Planning Manager