



# Federal Way Senior Center



# Newsletter

Volume 37, Issue 2

April—June 2011

## Executive Director's Report

### Board of Trustees

Bob Darrigan, President  
 Glenn Lee, V.P.  
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 Chris Brown  
 Ruth Cole  
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 Mary Robinson  
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### Executive Director

Nathan Brown

### Manager

Rusty Ford

### Adult Day Care

#### Coordinator

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[www.federalwayseniorcenter.org](http://www.federalwayseniorcenter.org)

*Spring* is always a long time in coming here in the Northwest, but already you can see a few signs of warmer days to come. It's time to shake off your winter doldrums and get active!

You probably know about the many health benefits that come from maintaining an active lifestyle. Seniors who engage in some form of regular activity or exercise generally improve their cardiovascular health, reduce the likelihood of debilitating falls, improve their sleep patterns and so on. But did you know that including some form of regular exercise into your weekly schedule keeps you mentally sharp as well?

Many studies, including two recently published in the *Archives of General Medicine*, show that "moderate or high physical activity was associated with a lower risk of developing cognitive impairment in patients over 55 years old." That ought to get your attention: Keeping physically active cuts one's risk of cognitive impairment,

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## Rusty's Corner

April is Volunteer Appreciation Month.

One of the unique features of our Senior Center is the amount of volunteerism that we have. I have talked with the directors of several other senior centers and they have between 5 and 10 volunteers. We currently have over 65 volunteers who put in an average of over 10 hours each a week. That is equal to about 6000 dollars of volunteerism based on minimum wage. Without our volunteers we would not be here. We are not like other senior centers where the city owns them and pays the salaries and pays all of the bills.

Our volunteers in the food pantry provide over 200 families a week with food. We do not have to pay for office help because of the 3 wonderful ladies that keep our office running each day. We have over 10 people who come and provide us with entertainment. We have volunteers who come and work in the Community Garden providing food for low income seniors and people with disabilities. We also have volunteers who work in our thrift store and online bookstore.

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April

*Board Flection*

May

*Lady's Tea*

including dementia, *nearly in half.*

Getting that positive effect of exercise on cognitive function doesn't require that you start running marathons or lifting barbells, either: Moderate physical activity has almost the same beneficial effect as do high levels of physical exercise.

So, the old expression, "a sound mind in a sound body" is as true as ever. Now that spring is on its way, begin today to increase your level of activity by choosing an activity that interests you, and getting involved. Consider joining our Walking or Hiking groups, for instance. Or volunteer in one of our service programs, such as the Pantry, the Treasure Chest or our newest project, Mother Hubbard's Book Cupboard. Activities like these will get your body moving, and keep your mind sharp!

We have wonderful people providing our maintenance, running a clothing bank, helping in the kitchen, as well as other areas of service to the Center and Community.

And let's not forget our paid staff who not only work for much less than the average for their positions, they all put in many hours of volunteerism to make the Senior Center a better place.

Please consider joining us Friday, April 29 from 5 - 7 pm to show appreciation to all of our volunteers.

## *Second Annual Lady's Tea*



Sponsored by Milridge Place

Sat, May 21, 1-3 pm

If you missed last year's tea you missed a lot of fun. We are working hard to make this year even better. We are still looking for a few more table hostesses. If you would like to help or attend, call or stop by the office to talk to Rusty.



### Puyallup Spring Fair

Fri, April 15, 1-5 p  
\$9 admission \$5 gas

### Tacoma Art Museum, History Museum and Glass Museum



Thu, Apr 21, 2-8:30pm  
Admission Free \$5 gas

Norman Rockwell exhibit at the Art Museum.

This may be the last time to see the Washington State Museum of History since the Governor has removed it from the budget.

### Museum of Flight



Thu, May 5, 4-8:30pm  
Admission Free \$5 gas

### Meeker Days Festival



Fri, Jun 17, 9-3pm  
Admission Free \$4 gas

Largest street festival in Pierce County. Educational exhibits, classic car shows, antique tractor exhibit, farmers' market, beer garden, live entertainment on three stages.

## SENIOR CENTER HOLIDAY CLOSURES

The Senior Center office and kitchen will be closed on the following days. The Food Pantry may be open.

Mon May 30th Memorial Day

Mon July 4th Independence Day

Mon Sept 5th Labor Day

## Discount Dental Hygiene

Wed, Apr 13 @ 11am

Miles for Smiles will be making a presentation on discount dental hygiene services. Dental disease can affect many areas in your overall health. We are trying to decide if there is enough interest here to participate in their services.

Miles for Smiles screenings include the services listed below for about half the price of just teeth cleaning alone.

- ⇒ Teeth cleaning
- ⇒ Head and neck cancer screening
- ⇒ Risk assessments
- ⇒ Oral infection control
- ⇒ Therapeutic Dental Cleanings

Other discount services include:

- ⇒ Fluoride applications
- ⇒ Tooth sealants
- ⇒ Desensitizing Teeth

## Community Meetings

Keep up with what's happening at the Center. We have a Community Meeting starting at 11am once a month. You will have a chance to ask questions. Come join in and share your ideas.

Annual Meeting

**Thursday Apr 21st**

**Thursday May 19th**

**Thursday Jun 23rd**



## Computer Classes

We have a computer lab set up for training here at the Center and have several different classes available. We offer: Beginning Computer (\$20), operating system (\$32) for—Windows XP, Windows Vista, and Windows 7. Also; Digital Photo Editing (\$21), Internet & Email (\$29), Intro to Facebook and Microsoft Office 2007 (\$32). We need at least six students to hold a class. Classes are 2 hours and 2 to 8 sessions in length, taught during the work week.

You may visit classroom on any Friday from 1 to 3pm for more information or use a computer for \$1 an hour.

Contact Larry Malcolm to register at 253.839.5418 or email at: [registrar@federalwayseniorcenter.org](mailto:registrar@federalwayseniorcenter.org).

(There is a textbook charge for MS Office 2003 & 2007, and Windows Operating System. There are handouts for the other classes)

## Volunteer Appreciation

Friday, April 29, from 5-7 pm

Join us for a special evening as we recognize our many dedicated volunteers. There will be special food and a few surprises. The dinner will be free for the volunteers. The cost is only \$3.50 for every one else.

Please RSVP at the office to reserve your spot.

## Volunteer Spot Light



*Ruth Cole*

Ruth started coming to the Senior Center about two and a half years ago. Ruth had recently sold her business and found she was bored. Someone mentioned coming to the Senior Center. She visited once; thought it was nice, but it was over a month before she returned. It was here that she met Harry who encouraged her to get involved. It did not take long before she found a home here.

Now Ruth is a Board Member and heads up our Ways and Means committee. She runs our Treasure Chest and Clothing Bank. Ruth is involved with many things here and is here at least 5 days a week.

Ruth's work here is so significant that she has just been awarded the Governors Volunteer of the Year Award.

## *Board Election*

- ⇒ Nominations must have prior approval by the nominee per written statement
- ⇒ Nominations close on April 1 at 5pm
- ⇒ Be sure to attend the "Meet the Candidates Luncheon" on April 15 at 11:30am
- ⇒ Election will be held on April 22 during the FWSC Annual Membership Meeting

The nominations may be turned in to Rusty or Bernie in the Center Office

## CASINO TRIPS



Join us for great fun and good food at one of the many casinos that we visit the first Monday of each month.

Mon, Apr 4th

**Red Wind at Nisqually**

Mon, May 2nd

**Tulalip north of Marysville**

Mon, Jun 6th

**Snoqualmie at Snoqualmie**

## Weekly Activities

Lunch every weekday  
11:30-12:30

- ◆ **Monday**  
1-2 Crochet & Knitting Classes
- ◆ **Tuesday**  
9:00 Walking Group  
Veterans: Free Lunch Day  
12:30-3:30 Cards
- ◆ **Wednesday**  
10:30 Music & Dancing  
12:30-1:30 Living Well
- ◆ **Thursday**  
10:30 Music & Dancing  
11:30 Gourmet Thursday  
12:30 -3:30Cards
- ◆ **Friday**  
9:00 Hiking Group  
9:30-10:30am Line Dancing Class  
10:30-11:30 Band  
12:30-3:30 Cards
- ◆ **Friday (2nd & 4th )**  
10-12 Dancing with Merry Notes Band



## Senior Rights Assistance

We now have a Senior Rights Assistance volunteer who will be here once a month. Diana is trained to help with Estate Planning, End of Life Issues, Consumer Protection, Consumer Debt & Bankruptcy, Landlord Tenant, Homeowner Issues, Victims' of Crime Assistance, Social Security, and Grandparents' Rights.

If you need help in any one of these areas, give the office a call and we will set up an appointment.

## Line Dancing Class



Join us for the line dancing class on Fridays from 9:30am till 10:30am. Have fun and exercise at the same time. When the band starts playing, you can line dance to live music.

## Free Clothing

The first full week of every month the Senior Center has free clothing. You will find clothing items in the side room behind the fireplace; go thru the double doors. You are welcome to come more than once during that week and you do not have to be a member to enjoy this benefit.

## Get your walk in

Join us at 8:45am on Tuesdays for the walking group . The hiking group is starting back up in April. Each week is a new adventure with a different destination. This is a great way to get to know other seniors and the surrounding areas.

## Federal Way Senior Center WANTS YOU!

Looking for a great way to connect and provide a valuable service? Try being a:

Front Desk Hostess

Tour/Day Trip Planner

Office/Data entry

Kitchen Helper



## CARDS

**Pinochle**—Tuesday, Thursday and Friday, at 12:30pm till 3:30pm.

We have a couple of people interested in playing **Bridge**. And we are looking for people interested in other games as well; maybe some cribbage and UNO players.





**FEDERAL WAY SENIOR CENTER**

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**Serving South King County**

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**WE'RE ON THE WEB**

[www.federalwayseniorcenter.org](http://www.federalwayseniorcenter.org)

**F U N D A T E S**

**Red Wind Casino**

Apr 4th, 9a>4p

**Puyallup Spring Fair**

Fri, Apr 15th, 1>5p

**Annual Meeting**

Thu, Apr 21st, 10:30a

**TAM, Glass& History**

**Museums**

Thu, Apr 21st, 2>8:30p

**Volunteer Appreciation**

**Dinner**

Fri, Apr 29th, 5-7p

**Tulalip Casino**

Mon, May 2nd, 9a>4:30p

**Museum of Flight**

Thu, May 5th, 4>8:30p

**Second Annual Lady's Tea**

Sat, May 21st, 1>3p

**PLAY \* LEARN \* SERVE**

**Memorial Day**

Office & Kitchen Closed

Mon, May 30th

**Snoqualmie Casino**

Mon, Jun 6th, 9a>4p

**Meeker Days Festival**

Fri, Jun 17th, 9a>3p

**Membership Comes with Benefits**

Dues are important to any membership organization. The Senior Center has the lowest dues of any Senior Center in the area. With those dues come member benefits :

- Discount on meals
- Discount on all of our trips and activities.
- *Member-only day is Monday* at the Food Pantry.
- Members receive a copy of our newsletter sent to them quarterly.

Membership helps to insure that the programs of the Senior Center are funded and that we're here when you need us.

**Cinco de Mayo**

**Party**



Thu, May 5th, 11a

Fun Games Food

**Siesta**