

# Federal Way Senior Center



# Newsletter

Volume 36, Issue 4

October–December 2010

## Executive Director's Report

### Board of Trustees

Bob Darrigan, President  
 Glenn Lee, V.P.  
 Jeni McCurdy, Secretary  
 Bernie Hamling, Treasurer  
 Chris Brown  
 Ruth Cole  
 Pete Pedone  
 Mary Robinson  
 Wayne Triplett  
 June Secreto

### Executive Director

Nathan Brown

### Manager

Rusty Ford

### Adult Day Care

#### Coordinator

Virginia Marquart

(253) 838-3604

(253) 927-9031

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

Years ago, I was privileged to assist in the training and support of emergency teams who were responding to a massive earthquake in Gujarat, a state in northwestern India. I worked with Indian physicians, EMT's, psychologists and others who provided heroic services to the victims. Working tirelessly, they rescued and treated people injured in the quake, despite being shell-shocked by the quake themselves. In many cases, the caregivers had lost their own homes and even been injured themselves, yet they still sought to fulfill their duties to others, often paying a severe price in the process. "We care for the victims, yes. But who will care for us?" was the plaintive question one worker posed to me.

Today, a quiet, slow motion earthquake of another sort takes place in homes all over our country. This earthquake does not involve tremors in the earth, but it is no less stressful. This quake is the slow deterioration of a loved one's cognitive and physical functioning, and their diminishing capacity for self-care.

Continued on p. 2

## Rusty's Corner

To paraphrase a quote from President Kennedy, this time of year we should, 'ask not what the Senior Center can do for you, but what you can do for the Senior Center'. All year long our senior volunteers give to the Senior Center and to the greater community, the fall fundraising campaign is a great opportunity to say thanks for all that the Senior Center does for all of us.

There are two ways to participate:

Make a gift to the Senior Center. An addressed envelope is included.

Sell tickets to the Magical Night of Giving. Everyone can participate in this; the tickets sell for \$5 per ticket and all the money comes to the Center. The tickets get you into a special night of shopping at the Super Mall. Most stores have sales just for that evening. There are thousands of dollars of door prizes and special entertainment.

Continued on p. 2

## Membership

### 2011

*Membership  
 dues are due the  
 1st of January*

There are upwards of 44 million caregivers providing essential care to a loved one in the U.S. today—are you one of them? Do you know a caregiver? While caregiving can be satisfying, it is also often stressful. Caregivers must remember to take care of themselves and be very intentional about drawing upon the support available to them if they are to remain effective, just like those emergency workers in India.

The June edition of *AARP Magazine* offers ten tips to caregivers to keep stress in check. I will summarize the first five tips in this column, and then complete the list in our next edition of the newsletter.

**1. Put your physical needs first.** Eat nutritious meals. Don't give in to stress-driven urges for sweets or overindulge in alcohol. Get enough shut-eye; if you have trouble sleeping at night, try napping during the day. Schedule regular medical checkups. Find time to exercise, even if it means you have to ask someone else to provide care while you work out. If you experience symptoms of depression — extreme sadness, trouble concentrating, apathy, hopelessness, thoughts about death — talk to a medical professional.

**2. Connect with friends.** Isolation increases stress. Getting together regularly with friends and relatives can keep negative emotions at bay.

**3. Ask for help.** Make a list of things you have to do and recruit others to pitch in. Even far-away relatives and friends can manage certain tasks.

**4. Call on community resources.** Consider asking a geriatric care manager to coordinate all aspects of your loved one's care. Other service providers, including home health aides, homemakers and home repair services, can shoulder some of the many responsibilities of caregiving. Volunteers or staff from faith-based organizations or civic groups might visit, cook or help you with driving.

**5. Take a break.** You deserve it. Plus, your ailing family member might benefit from someone else's company. Think about respite care by friends, relatives or volunteers. Or try for a weekend or longer vacation by turning to a home health agency, nursing home, assisted living residence or board-and-care home; [these facilities](#) sometimes accept short-term residents. Adult day centers, which usually operate five days a week, provide care in a

group setting for older people who need supervision.

In the next edition of the newsletter we'll explore five more tips for caregivers.

Did you know that the Senior Center has a low-cost Adult Day Care? Directed by Virginia Marquart, this program allows cognitively impaired seniors to participate in many of the daily activities of our Center in a stimulating and welcoming environment. The Day Care program provides affordable weekday respite care for a loved one, as well as needed relief to the caregiver. If you are a caregiver, or if you know of someone who is taking care of a loved one at home and needs support, please give Virginia a call at the Center today for more information.

Here is a reminder of some of the ways the Senior Center and its many volunteers give to the community.

- We provide food for over 200 families a week through our food pantry
- We provide fresh vegetables for over 100 low income seniors and meals on wheels through the garden.
- We loan out medical equipment to people who need it.
- We provide lunches at the lowest price of any senior center.
- Our trips cost one fifth of what they cost at any other center
- Unlike most places most of our activities are free or we charge just enough to cover our expenses.
- We mentor kids at Lakeland Elementary.
- We now have a free clothing bank the first week of the month.
- On the first Thursday of each month we have free legal counseling for seniors.

We have the lowest dues for a senior center in the area.

We all receive so much from the Senior Center; I hope we will all participate.

## Senior Center Holiday Schedule

The Senior Center will be closed for programming and lunches on the following days. The Food Pantry may be open.

Monday	Oct 11th	Columbus Day
Thursday	Nov 25th	Thanksgiving
Friday	Dec 24th	Christmas Eve Day

## 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, Operating system for—Windows XP, Windows Vista, Windows 7. Also; Digital Photo Editing, Internet & Email, Intro to Facebook and Microsoft Office 2007. 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.

Fall classes will begin in September. Contact Larry Malcom to register at 253.839.5418 or email at: [registrar@federalwayseniorcenter.org](mailto:registrar@federalwayseniorcenter.org).

## Community Meetings

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

Thursday Oct 21st

Thursday Nov 18th

Thursday Dec 23rd

## 2010 Major Donations for Third Quarter

We wish to thank Sylvia Bonnell for her generous Food Pantry Donation & Noon Lions Club for their continuing support.

## DAY TRIPS

### Seattle Museum of the Mysteries

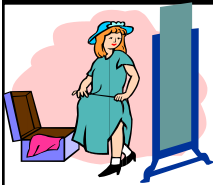
Thurs, Oct 21st, 2:30 – 6:30 pm

### Veterans Memorial Museum

Wedn, Nov 10th, 9:00 am - 3 pm

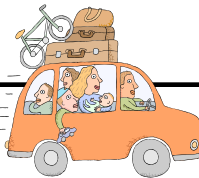
### Viewing Christmas Lights

Details to follow  
Thurs, Dec



## Clothing Bank

The first full week of every month we have a free clothing bank here at the Senior Center. You will find clothing items in the side room behind the fireplace; go thru the double doors. You are welcome to come several times during that week and do not have to be a member to use the clothing bank.



## Casino Trips

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

### October 4th

Red Wind Casino—Nisqually

### November 1st

Lucky Eagle Casino—Rochester

### December 6th

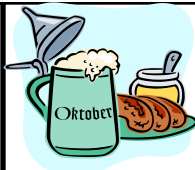
Great American Casino-Lakewood



## Halloween

Costume Party and Lunch  
Monday, Nov 1st  
At 11:00am

Wear your favorite costume  
and plan to have fun!



## Oktoberfest

**Saturday, October 16th**

Extra special Oktoberfest meal this year. Come  
join us at 11:30am.

3:50 per Member, 4:50 for Non members.

## Pacific Beach

Tues—Thurs, Nov 2nd—4th

Look out, Here We Come!

We are heading off to Pacific Beach for our  
annual three day, two night trip. Harry Schreiber  
has worked his magic to get our same  
rates as last trip: \$30 a night for a room with a  
king size bed and \$35 for two beds in a room.  
Suites are \$54 and houses (sleeping about 8)  
run \$85/90. Remember to dress warmly (in lay-  
ers). Bring your camera as well.

There are opportunities for beach walking, hik-  
ing, dancing, eating, casino, etc. Bring  
friends, or family to share the fun. Every eve-  
ning we have wine and cheese together and  
compare notes from the day and plan the next.  
Please sign up for the trip in the office with a  
required \$30 down payment .



## Kiwanis

**Free Spaghetti Lunch**

Saturday, October 23rd

Come join us from 11:30am -1:00am



## VETERANS DAY

**Pancake Breakfast**

Thurs, Nov 11th

Our Veterans Day Pancake Breakfast (free for vet-  
erans) is from 8:00am – 9:00am

We will also have a Flag Retirement Ceremony with  
Senior Center Color Guard

If you are a vet and want to be in the color guard,  
let Rusty know.



## Thanksgiving Lunch

Tues, Nov 23rd

Come join us

From 11:30am till 12:30pm



## Federal Way Senior Center Upgrade!

We have finally expanded our video  
security system to cover all of the  
parking lots and garden area here at  
the Senior Center as well as the in-  
side. We thank all those who donated  
toward the system.

## Christmas Lunch

**And Party**

Thurs, Dec 23rd

Come join us at 11:30am



**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 -3:30**Cards**
- ◆ **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.

Diana is also an expert in Medicare and Medicare supplement related issues.

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.

**Calling all Bridge Players!**

We have people interested in playing bridge. If you are interested call the office and let us know.

**Pinocle:** every Tuesday, Thursday and Friday, at 12:30pm till 3:30pm. Come join in the fun.



**Get your walk in**

Join us at 8:45am; on Tuesdays for the walking group and Fridays for the hiking group. 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 or Day Trip Planner**

**Van Maintenance Person**

**Computer Knowledgeable Person**

For data entry & special projects

**Raffle Manager**

To promote tickets sales

**RSVP ANNUAL RECOGNITION EVENT**

RSVP Volunteers are cordially invited to attend the annual RSVP Volunteer Recognition Breakfast. It will be held at Emerald Downs Racetrack on Tuesday, Oct 19th, from 8:30am to 11:30am. Keynote Speaker will be Dr Basia Belza, PhD. Entertainment by the *Med-Day Melody Men*.



**FEDERAL WAY SENIOR CENTER**

**4016 South 352nd Street.  
AUBURN, WA. 98001**

**Serving South King County**

**(253) 838-3604  
(253) 927-9031 (from Tacoma)  
FAX: (253)838-4552  
TTY 1-800-833-6388**

**WE'RE ON THE WEB**

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

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

**Red Wind Casino-Nisqually**

Mon, Oct 4th, 9am

**Seattle Museum Mysteries**

Thur, Oct 21st, 1:30pm

**Oktoberfest Meal**

Sat, Oct 16th, 11:30am

**Kiwanis Spaghetti Lunch**

Sat, Oct 23rd, 11:30am

**Lucky Eagle Casino-Rochester**

Mon, Nov 1st, 9am

**Halloween Party & Lunch**

Mon, Nov 1st, 11am

**Pacific Beach Trip**

Tue-Thur, Nov 2nd- 4th

**Veterans Memorial Museum**

Wed, Nov 10th, 9:30am

**Veterans Day Observance &**

**Pancake Breakfast**

Thur, Nov 11th, 8am

**Great American Casino-**

**Lakewood**

Mon, Dec 6th, 9am

**PLAY \* LEARN \* SERVE**



**Thanksgiving Lunch**

Tues, Nov 23rd  
11:30am

- O -



**Christmas Lunch**

Thurs, Dec 23rd, 11am

**Free Flu Shots**

At the Center

Tuesday, November 2<sup>nd</sup>

9:00am till 11:00am

Free to anyone  
on Medicare



It is hard to believe the holiday season is here already. The Senior Center gives to its members and back to the community all year long.

It is this time of year that we offer the opportunity to give back. Unlike other senior centers and community centers we do not charge a lot for our services, trips, activities or meals. The gifts we receive at this time of year make a huge difference in our ability to offer the services we provide. To make it easier, we have included an addressed envelope to the Center.

For more information about all the things we offer, see "Rusty's Corner."