Sno-Valley Senior Center
Your home-base in the Snoqualmie Valley
May 2022

Give Big for Seniors!
Celebrate Older Americans Month and help seniors Age Their Way by giving big. Early giving started on April 19 and will culminate in a 48-hour giving event on May 3-4!

Our goal this year is to raise $15,000 for GiveBig, and thanks to the support of matching donors like Michael and Gina Fisette and Kimberly Smith with Weichert realtors Pillar Northwest we are already OVER half-way there, and your donations will be matched, dollar-for-dollar, up to $8,500 raised!

Find the link to donate on our website, www.snovalleysenior.org or give at the link www.wagives.org/organization/snovalleyseniorcenter

Spring into Gardening at Sno-Valley Senior Center
First Picks Party: Thursday, May 5 from 6:30-8:00pm
$25 per person, $40 per couple or $30 at the door for a wonderful night of live music from Jack Ballard, and first pick of the wonderful plants at the sale. You’ll also go home with a fun gift bag of snacks, wine, dessert, and more (register by Monday, May 2 to be guaranteed a gift bag).

Annual Plant Sale: Friday & Saturday, May 6 & 7 9am-3pm
Featuring thousands of annuals, perennials, shrubs, vegetables and herbs, as well as garden art. Plant lovers will be treated to a wide variety of flowering plants; both the old favorites and the new and unusual. + Garden Art, Kids Crafts on Saturday & Demonstrations on Friday

Demonstrations on 5/6: 10am Adaptive Gardening Equipment with WATAP, 11am Pruning, and 1pm Succulents

Thank you to our event sponsors, King County Community Service Area Grant, Scott Massey, North Bend Ace Hardware, and Nicole Ji Group/Compass.

Director
Lisa Yeager
Admin/ Bookkeeper
Mindie Ribail
Assistant Director
Kira Avery
Thrift Store Manager
Angie Hartung
Social Worker
Kelly Fujiwara
Cook
Jennifer Berg
Hyde Shuttle Drivers
Lorri Engbaum
FESH Hub Coordinator
Val Stewart
Senior Center Assistant
Kendra Mass
Senior Center
4610 Stephens Ave
PO BOX 96 (mailing)
Carnation, WA 98014
Monday-Friday:
8:00am-3:30pm
Re-in-Carnation Thrift Store
Located inside the senior center.
Open Monday-Saturday:
Noon-4pm. 425-333-0023

Give Big for Seniors

www.snovalleysenior.org  ·  425-333-4152  ·  svsc@soundgenerations.org
Directors Letter—May 2022

A pivotal point for our membership was the 2018 Membership meeting. Nearly all those in attendance rated “Senior Housing” as their top priority. We can be proud that our board of directors heard you and is responding!

Since then, the board commissioned a feasibility study (completed March of 2020.) The study showed that indeed, the need for Senior Housing is immense in our community! In fact, there is no affordable senior housing in the Snoqualmie valley.

We know that, because of the lack of affordable senior housing, many of our beloved members were forced to move far away when their single-family homes became too expensive or too hard to maintain. Sno-Valley Senior Center is dedicated to solving this seemingly insurmountable challenge.

One member’s story, among many that you know, stands out in my mind. Howard Miller was a friend of mine. He moved to Carnation when he was in his 20s and opened Miller’s Dry Goods. He bragged he knew the underwear size of everyone in town! He was so involved with youth sports that the playfield at Tolt Middle School was named after him. He was deeply embedded in this town. But as he reached his 90s, he found it increasingly difficult to maintain his home. He wanted to downsize to something more affordable but he couldn’t because nothing existed. He had to move away from the town he was so invested in and where he raised his family. Howard, a veteran, passed away far from the people and places he loved. I miss him - and so many others – who have been forced to move away due to the lack of affordable senior housing.

But there is good news! We are well on our way to getting Sno-Valley Affordable Senior Apartments built! Please read the fact sheet in this newsletter with the details.

We have already procured $3.2 million of the $6 million we’ll need, with other awards to come soon. I know, with the community’s help, we will fund the 15-unit 3-story affordable senior apartments.

However, it’s evident that SVSC needs to contribute approximately $1 million as our portion of the full cost. But more good news! When one of our members heard about our financial need and the grants coming in, they decided to pledge the sale of a home they own in Duvall to the senior center! It is valued at $700,000 so now we only have $300,000 to fully fund our affordable senior apartments.

But, we are on a deadline.

While we have a very good chance of getting that $2.3 million government grant – we must show that we have all other funds in place by September 1st. That’s where our membership comes in.

This is your opportunity to support this work. You hold the key to unlocking more funds.

This is a special one time fund – a once in a lifetime opportunity - to make Carnation a better community for low-income older adults forever! If you would like to make a donation to this fund today, send it in the envelope included in this newsletter, and indicate “senior housing” on the donation.

Much more information is to come! In the meantime, please ask any questions you have. Feel free to call me at 425-333-4152, ext 1 or e-mail me (lisay@soundgenerations.org) or our board President, Sara Lambert at saradlambert@me.com

Thank you!

Lisa

2022 Board of Directors

<table>
<thead>
<tr>
<th>President</th>
<th>Mairi Brooks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sara Lambert</td>
<td>Cecelia McCorkle</td>
</tr>
<tr>
<td>Vice President</td>
<td>Rick Carter</td>
</tr>
<tr>
<td>John Moore</td>
<td>Jennifer Harrison</td>
</tr>
<tr>
<td>Secretary</td>
<td>Glenda Surdam</td>
</tr>
<tr>
<td>Allan Gilstrap</td>
<td>Maureen Cleary</td>
</tr>
<tr>
<td>Treasurer</td>
<td>Vicki Perry</td>
</tr>
<tr>
<td>Don Wilhelm</td>
<td>Dan Drew</td>
</tr>
<tr>
<td></td>
<td>Rowland Brasch</td>
</tr>
</tbody>
</table>

Back Row (left to right): Rowland Brasch, Secretary Allan Gilstrap, Rick Carter, Dan Drew, Vicki Perry, Glenda Surdam, Mairi Brooks

Front Row (left to right): President Sara Lambert, Cecelia McCorkle, Jennifer Harrison, Vice President John Moore

Not Pictured: Don Wilhelm, Maureen Cleary

Credit Card payments processed online and at the senior center will appear as ‘Sound Generations’ on your statement. We accept VISA & MasterCard.
The Power of Food for Diabetes Prevention and Treatment with Cindy from Trimazing!
4 Week Series starting Wed, May 4 from 1:00-3:00pm
The goal of this program is to empower people who have diabetes, or concerns about developing diabetes, along with their friends and family members with practical cooking skills and tips that make meals healthy and delicious. In these classes you’ll enjoy samples of the foods items prepared during the cooking demonstrations in class. Cost is $48 for the 4-week session.

Homework 101: Home Maintenance for Beginning Do-It-Yourselfers | Monday, May 9, 16, 23, & June 6 at 10:30
In this four-week series from the Home Sweet Home program, you’ll learn beginning do-it-yourself (DIY) skills!
Session 1: selecting/ using basic tools in a safe way.
Session 2: basic information on home systems: structural, electrical, plumbing, mechanical, and weather resistance. 
Sessions 3 & 4: actual DIY tasks and topics suggested in the first two sessions.
Class size is limited to 12 and there is no cost. The instructor, John Lambert, is a volunteer with the Home Sweet Home program and a life-long DIYer.

Stem Glass Charm Making | Wed, May 11th 10:30 am
It’s time to think about get togethers! Come make a set of 6 stemware charms to help everyone keep track of their glass, whatever the beverage. These creations are easy to make and personalize with your choices from a large selection of beads and charms. Make a set to keep or give as a gift. Packaging for gift sets included in this fun class along with everything you will need. Cost is $5 per person, paid at the front desk or online at www.snovalleysenior.org

Armchair Travel to Thailand | Wednesday, May 18 at 10:00am on Zoom & In-Person
Thailand! From world-class beaches to mountain villages and lush jungles teaming with wildlife, Thailand is one of the jewels of Southeast Asia. We’ll meet in the senior center and on Zoom, to watch videos, do trivia, and share experiences!

Continental Café on Zoom | Tuesday, May 24 at 9am
Grab a cup of coffee/ tea/ juice and join us for morning conversation about different topics!
Starting topic: This week in 1951, Sally Ride, the first American woman in space, was born! We’ll talk about Ride’s career, historic trips to space, and more!

AARP Safe Driving Class | Friday, May 27 from 9am-5pm
This popular AARP class will update you on the latest and greatest driving laws and helpful tips. Upon completion, you will receive a certificate, which could help you obtain a discount on your car insurance. Bring a sack lunch or register in advance for a lunch at the center! Please bring payment ($15 AARP Members, $20 non-members to class AND your AARP Membership #, do not pay at the desk beforehand.

Senior Self-Defense with Chelsey! Wed, June 8 at 1:00pm
Join us for a 2 hour workshop instructed by Chelsey Brackenridge. You’ll learn real-life awareness skills and practice escapes from common grabs with easy to remember joint lock techniques. This is a FREE workshop, thanks to CREMS, however, pre-registration is required as spots are limited.

Hospice Services | Tuesday, June 14 at 11am
Karyn Forsythe, Providence Community Liaison, will be presenting an overview of the benefits of hospice services. Topics covered will include cost, eligibility criteria established by Medicare, several common myths associated with hospice, who comprises the care team, the POLST form, and an opportunity for Q and A. A packet of information will be provided for each attendee.

Beginning Watercolor: Beach Treasures Monday, June 27 from 10am-Noon
Join us in this two-hour workshop and learn basic watercolor techniques to paint the natural beauty of beach treasures. We’ll have fun exploring color and learning to build depth and dimension. This is a free class for adult learners. All supplies included and all levels welcome!

We are excited to announce that Lance Stewart is our new Digital Equity Coordinator! Look for information coming soon about how you can get help with your devices, receive new devices, and more!

OTAGO: STAY SAFE IN YOUR HOME
Improve your safety with OTAGO! This evidence-based program is shown to reduce falls up to 35% and will be led by Kele Murdin, PT and taught by Valerie Stewart and Betty Gilstrap!
- 2 classes per week (Tue & Thur at 1 pm) for 8 weeks
- 17 strength and balance exercises and walking program
- Benefits include: Balance | Muscle Strength | General Fitness | General Well-Being

Register at the front desk, by calling 425-333-4152 or online at www.snovalleysenior.org
Evening Programming

Questions or want to register? Call 425-333-4152, email kira@soundgenerations.org or go to www.snovalleysenior.org

Potluck Dinner & a Movie Returns!
Thursday, May 12 at 5:00pm
Bring a dish and join us for a spread of delicious food and a great movie! This is a free activity, hosted by friends and neighbors.

This month’s movie is Being the Ricardos
During one production week of “I Love Lucy” — from Monday table read through Friday audience taping — Lucille Ball (Nicole Kidman) and Desi Arnaz (Javier Bardem) face a series of personal and professional crises that threaten their show, their careers and their marriage, in writer-director Aaron Sorkin’s behind-the-scenes drama.

Functional Fitness with Laura! Tuesdays at 4:30pm
Not everybody was made to be a body builder or a marathon runner, but we were all made to move. I don’t believe a certain type of workout is for everyone, but I do believe fitness is for everyone in some capacity. This class will focus on the fundamentals of fitness; working to improve balance, flexibility, and mobility. My hope for this class is to bring community members together through improving every day life functionality. Class is $10 per person, and your first class is FREE (over 55).

Laughter Yoga with Renee (from Drums Alive)
Tuesday, May 10 at 7:00pm
More joy! More smiles! Stronger immunity! Decreased depression, stress, pain! Find all this and more with Laughter Yoga! Laughter Yoga combines deep breathing and laughter exercises that bring increased oxygen and happy endorphins to the brain and body, promoting more joy, energy and happiness while decreasing symptoms of stress and depression. Come find out how this simple and playful technique can improve your quality of life. No experience or equipment necessary. Class is $10 members, $12 non-members. Your first class is free!

The Sweat Squad with Cindy Andre!
Thursdays at 6:00pm starting on May 12
This is a 55 minute class with 30 minutes of aerobics including warmup and cool down. Music will begin at 128bpm and increase to 135 bpm. 15 minutes of upper and lower body strength work using weights. 10 minutes stretching. The aerobics section will focus on muscle work, stamina & balance. This class will work your muscles, get your heart rate up and make you sweat! Cost is $5 members, $7 non-members. Your first 2 classes are free!

Re-in-Carnation Tea & Fashion Show
Tuesday, June 7 from 2:00-4:00pm
Enjoy a proper English Tea and an afternoon of fashion from the Re-in-Carnation Thrift Store! Tickets are just $5, purchase at the Front Desk or online at www.snovalleysenior.org

Would you like to be a model at this event? Email saralambert@me!

Thank you to ERA Living and University House Issaquah for catering this fun event with tea sandwiches and scones.

New to Medicare? | Tuesday, May 24 at 5:30pm
Medicare is not like your individual or employer health coverage. If you are new or want a better understanding about the different parts of Medicare, or what your responsibilities are, you will want to attend this presentation. You will learn about Medicare Parts A, B, C and D, along with the different types of plans available to help with the remaining healthcare costs that Original Medicare does not cover. Find out about important dates and deadlines you need to be aware of to avoid any late enrollment penalties. Come and get your questions answered.

Laughter Yoga with Renee (from Drums Alive)  
Tuesday, May 10 at 7:00pm
More joy! More smiles! Stronger immunity! Decreased depression, stress, pain! Find all this and more with Laughter Yoga! Laughter Yoga combines deep breathing and laughter exercises that bring increased oxygen and happy endorphins to the brain and body, promoting more joy, energy and happiness while decreasing symptoms of stress and depression. Come find out how this simple and playful technique can improve your quality of life. No experience or equipment necessary. Class is $10 members, $12 non-members. Your first class is free!

The Sweat Squad with Cindy Andre!
Thursdays at 6:00pm starting on May 12
This is a 55 minute class with 30 minutes of aerobics including warmup and cool down. Music will begin at 128bpm and increase to 135 bpm. 15 minutes of upper and lower body strength work using weights. 10 minutes stretching. The aerobics section will focus on muscle work, stamina & balance. This class will work your muscles, get your heart rate up and make you sweat! Cost is $5 members, $7 non-members. Your first 2 classes are free!
Please read before signing up for our trips

♦ Final payment is due one week prior to the trip. If final payment is not made, you may forfeit your seat if there is a wait list. We will let you know in advance if COVID Vaccine proof is required to attend as our trips include restaurant reservations.

♦ In the event a trip is cancelled by the Senior Center, refunds will be issued to all travelers. If the traveler cancels a trip, a refund will be issued if the cancellation request is 48hrs. or more in advance of travel. (unless the following situation applies)

   - No refunds will be given if tickets or other services have been purchased in advance by SVSC, unless tickets etc. can be sold to a wait-list traveler for that trip.

♦ If you are not at the Center by the listed time, the bus may leave without you. Many times trips are time sensitive and we do not want the group to miss anything based on a late arrival.

Walking Symbols for Trips
Mild Walking: 🍔 Moderate Walking: 🍔🍔 Extensive Walking (with stairs): 🍔🍔🍔
Medicare Appointments w/ Paul Briet
Mondays from 9am-4pm
Do you have questions about your current Medicare plan? Do you have both Medicare and Medicaid, and want to know about Special Needs plans that could provide even more benefits? Paul Briët is an independent agent with We Speak Medicare and is contracted with most major carriers. Paul is available at Sno-Valley Senior Center on Mondays, 9:00am – 4:00pm. If you need to schedule a different day or time, he can be reached directly at (253) 470-6982 or at paul.briet.wsm@gmail.com.

Artist Open Studio: Mondays at 1pm
Join others who like to dabble in various forms of arts and crafts. A fun-filled afternoon every Monday sharing techniques and project ideas with conversation of everyday activities and events.

Singing group: Tuesday, May 10 & 24 at 1pm
Join us for a fun singing group led by Dr. Julie Lee! We are always looking for new members, and looking forward to performing at the center during the Holidays.

Afternoon Bunco! Tuesday, May 17 from 1-3pm
Enjoy a fun afternoon of Bunco, lead by Alison Cook. Bunco dates back to the late 1800’s and is now entertaining players everywhere! Never played? No problem, we’ll show you how! It’s a fun, fast-paced dice game. Sign-up at the Front desk.

Tech Help with Carole Teshima: Available by appointment at the senior center
Do you have questions about your smartphone? Tablet? Laptop? Make an appointment at the Front Desk or call Carole to schedule an appointment at the senior center at 360-393-6782.

Brain Fitness Group: Thursdays at 11am
Just like you exercise your body to strengthen your muscles, you can exercise your brain to stay fresh and alert! Zoom option available.

Handwork Group: Thursdays starting at 8:30am
Bring your handwork projects to work on while enjoying the company of others working on similar projects. This includes, knitting, crocheting, cross stitch, embroidery, and more! You can also bring new patterns and your questions.

How about some good ole’ Country Music!
Wednesday, May 18 at 12:00pm at lunch
We will hear recorded music by some of the great artists who are now members of the Country Music Hall of Fame. Doyle will not only discuss the details of the particular tune, but will also give us some more information on the artists, and the writers of the tunes. There will also be opportunities to ask any questions you have!

Quilting Group: Wednesday, May 25 at 11:30am-3:30pm
Bring a project you’re working on and bring your sewing machine. Some fabric available. If you have a power strip & extension cord, please bring them.

Bridge Group: Fridays from 10am-2pm
We play using American Standard Bridge Rules with 4 hands per round; 6 rounds. All skill levels are welcome and usually half of the matches are played from 10am-Noon and the rest after lunch. If you have questions, please email kiraa@soundgenerations.org and we can get you the Bridge Leaders contact information.

Metaphysical Discussion Group
1st & 3rd Fridays from 1:00-2:30pm
Join this group to discuss dreams, visualization, meditation, near death experiences (NDE), out of body journeys (OBE) and more. Group is hosted by Jake Starfire.

Dominoes: Fridays from 1:00-2:30pm
Originally a variation on a Chinese game called Pai Gow we have 2 train domino sets and there is always room if you want to play!

Book Club: Monday, May 23 at 1:30pm (date change because of Holiday, please note new start time) True Grit by Charles Portis
In the 1870s, young Mattie Ross learns that her beloved father was gunned down by his former handyman. But even though this gutsy 14-year-old is seeking vengeance, she is smart enough to figure out she can't go alone after a desperado who's holed up in Indian territory. With some fast-talking, she convinces mean, one-eyed US Marshal "Rooster" Cogburn into going after the despicable outlaw with her.
Fitness Programming
To ask questions, learn more, and register you can email kiraa@soundgenerations.org, go to our website www.snovalleysenior.org/activities/fitness-recreation

Thank You to King County Parks for awarding the Sno-Valley Senior Center with a grant to support our fitness programs!

EnhanceFitness | Mon, Wed, and Fri at 9am
Start your day with fun, music and movement! Instructor Cindy Andre leads you through a terrific program designed especially for seniors. Moves can be adapted for almost any activity level and may be covered by Insurance. Your first 3 classes are free with Shape-Up! $36/12 classes, $45/ non-members.

Chair Yoga w/ Barb | Tuesdays at 9:30am
Enjoy this Gentle Yoga class, taught by Barb Blanchard (our new EnhanceFitness Instructor!) that focuses on breath, mindfulness and gentle Yoga poses that will leave you feeling renewed, energized and more comfortable in your body. This is a class for all levels.

In the traditional Hatha style poses will be held with Yogic breathwork and transitions will flow easily and gently. If you are brand new to Yoga or have been practicing for years you will definitely enjoy this class. Your first class is FREE! Afterwards, class is $10 per person and may be discounted based on insurance, ask Kira!

Drums Alive with Renee | Monday, May 9 & 23 at 1:00pm
This class incorporates the fun of music and exercise! Either sitting or standing, you will find that drumming will help you regain and maintain muscle strength, improve your mood and can transform your emotions. You can drum as fast or slow as you want and still have fun! No experience necessary. Class is $12 per person, limited spots available.

SAVE THE DATE!
Low-Impact Aerobic Dance Class 5-week series
Thursdays, starting June 2 from 1:30-2:30pm
In this class you'll be burning calories, improving flexibility, toning-up and having fun while you learn basic choreographed aerobic workouts. $10 for the series.

Table Tennis: Wed and Fri from 8-11am
Did you know? This sport originated in Victorian England as an after-dinner parlor game. It looks different today, but we have 2 tables and a great group to play with. Join your friends for a fun and energetic round of Table Tennis.

Hiking is back!
Please bring a snack, water, and clothing for the weather. Van leaves at 9am. Donations for gas are always appreciated.
5/13 Lake Joy, 4 miles, moderate
5/27 Fall City Park to Snoqualmie Valley Trail, 4 miles, moderate

Get your heart pumping with Shape-Up!
Sno-Valley Senior Center offers great fitness opportunities and we are continuing to add more! Try a new (to you) class or return after a 3-month+ break and get a $10 discount on your exercise class.

This means you can try out Yoga w/ Barb Blanchard, Functional Fitness w/ Laura, Laughter Yoga w/ Renee, 2 Sweat Squad classes w/ Cindy, AND 3 EnhanceFitness classes for FREE. Mention the discount to your instructor! Go to www.snovalleysenior.org to see our full programming and class calendar.
DIVERSITY, EQUITY AND INCLUSION Media and Article Studies | Tuesday, May 17 at 2:00PM via Zoom
Join us as we watch and discuss the Ted Talk Understanding My Privilege with Sue Borrego TED x PadadenaWomen. University Chancellor, Susan, reflects on her life as an emancipated minor and dissects the emotionally charged conversation surrounding race relations in the United States. This raconteur uses her powerful first-person account of “White Privilege” and “Black Lives Matter” to underscore the responsibility each of us has to bring about change. Call, email Val to register 206 779-2011 valeries@soundgenerations.org or go to the following Mobile Cause Link: https://igfn.us/form/Q7EmtQ

ENCOMPASS KINSHIP GROUPS
Grandparents raising grandchildren
First Tuesday of the month from 5:00-7:00pm
Address: 745 front street Issaquah. Enter at back blue door of church Come share dinner and kids activities. Time for adults to connect. Bring the kids!

Every Wed, 1:00 PM on Zoom
Encompass Grandparents Raising Grandkids Kinship Support Group meets every Wednesday at 1pm on Zoom. Contact Laura Lewis at laura.lewis@encompassnw.org or 425-443-4175 for Zoom link and registration.

Last Thursday of the month from 10:30am-12:30pm
If you would like to stay for lunch please call 24 hours ahead of meeting to reserve your lunch at 425 333-4152

SeaMar Visits! 3rd Monday from 9:30am—2:00PM
Three local senior centers are partnering with SeaMar to expand your friend base. Together we are bringing the community together with translated integrated programming for our Spanish speaking elders living in the Snoqualmie Valley. Have you always wanted to learn Spanish? Do you speak Spanish and want to share conversations with friends? Patrons enjoy lunch, play games and make new friends three Mondays per month. Contact Valerie at 206-779-2011 or Clemencia at SeaMar 425-373-6587.

CHAI & CHAT | Every Tues & Thurs, 4:00 PM
Join Indian-American Community Services on Zoom for conversation and connections. Each week there is a different presentation, music and stories. Email seniorcoord@iaww.org

PEN PAL PROGRAM
We are looking for Seniors to participate in our Far East Senior Hub Pen Pal Program with local high school students this fall. Do you love to write? Would you like to share your penmanship passion with students and create new intergenerational relationships. Contact Valerie at 206 779-2011

Gathering Together: Our early-stage memory loss support group is a time for LGBTQ+ and allies experiencing memory loss to connect with others about their shared experiences. Time for connecting, sharing resources and mutual support, as well as laughter and conversation. Join our next 10-week session in Summer 2022. Wednesdays from 1-2pm.

This Chair Rocks: Join us for our virtual weekly exercise class! Enjoy a fun hour of chair work-outs where we’ll move through stretching, strengthening, and cardio exercises to help prevent falls, boost your mood, and improve endurance. In the comfort of your own homes, we’ll be ready to come together for a good time. All are welcome. Tuesdays from 10-11am.

Its Our Time: Join AgePRIDE for a connecting and interactive conversation with other LGBTQ+ older adults. There are no expectations for this lunch time session. Coming together and being ourselves, we'll talk about issues that are important and relevant to our lives. All are welcome. Zoom link here or email to register. Third Fridays from 12-1pm. Call or email to register. AgePrideCenter@uw.edu 206 543-2449.

Eastside Pride PNW | Rainbow Breakfast—Coming in June
Join Eastside Pride PNW as we plan intergenerational events for our Rainbow Communities. Breakfast coming for Pride Month in June!

Cyber-Seniors: Do you have technology questions?
We have been working in partnership with Mt. Si Senior Center, Issaquah Senior Center, and Cyber-Seniors to help bridge the digital divide between senior and technology!

Cyber-Seniors (cyberseniors.org/seniors-services/) has recently opened a program in Seattle-King County! This means you can get help from local volunteers to help with:
- Setting up a video call with friends and family
- Ordering groceries or medication online
- Streaming movies, musicals and shows
- Scheduling video appointments with medical professionals
- And more!

Call 206-222-9244 to make an appointment with Seattle-King County Cyber Seniors. Phone lines are open Monday-Friday, 6am-6pm. If you leave a message, they will call you back within 24 hours (Monday-Friday). You can learn more and schedule a one-on-one phone appointment online by going to metrocenter.wsu.edu/cyberseniors/
Armchair Travel to Thailand | Wednesday, May 18 at 10:00am on Zoom & In-Person

Thailand! From world-class beaches to mountain villages and lush jungles teeming with wildlife, Thailand is one of the jewels of Southeast Asia. We’ll meet in the senior center and on Zoom, to watch videos, do trivia, and share experiences!
Financial Services: Wednesday, May 4
Carey Tremaine offers simple financial services on the first Wednesday of the month. **Appointments start at 12:45pm.**

Healthy Smiles Dental: Monday, May 2 at 8:15am
Healthy Smiles provides high quality affordable dental services for people 50 and older. Your visit will include routine dental cleanings, fluoride application, measuring of gum pockets, oral cancer screening, and referral to a local dentist if needed. Call 206-650-3272 to sign-up.

Reflexology with Gretchen! Friday, May 13 & 27 at 8:30am
Relax and enjoy a Washington State and National Board Certified reflexologist using alternating thumb and finger pressure to find and release tension on the reflex maps of your feet, hands and ears. **Cost is $35 for members, $40 non-members.**

Legal Advisor: Monday, May 9
You can meet with Nancy Gass on the second Monday of the month with appointments starting at 1:30pm.

Free Pet Food Available through King County Humane Society: Monday, May 9
Pet Food is delivered to the center on the 2nd Monday of the month. Will be available outside the center, on top of the Re-in-Carnation donation station, Monday-Thursday from 9am-3pm, Friday from 9am-Noon.

Footcare with Dr. Colyn Nouv: Thursday, May 12 at 8am
Appointments every half-hour, most insurance accepted, including Medicare. Out-of-pocket $50 (please ask us about a scholarship if needed, we recognize this amount could be a hardship).

CarePoint Clinic in Fall City: Wednesdays from 10am-2pm
The CarePoint Clinic exists to provide free, quality primary healthcare to the Snoqualmie Valley and surrounding areas. CarePoint offers preventative and primary healthcare services to provide the opportunity for all those in our community to have access to quality healthcare regardless of income or insurance status. More info at carepointonline.org or call 425-478-6627.

**POCAAN Senior Mobile Medical Outreach (SAGE Program) | Thursday, May 5 & 19 from 11am-2pm**
SAGE will provide basic wellness assessments, wound care, heart health and disease assessment, health education, blood sugar management, and make referrals when necessary. No appointments required. This is a completely free service thanks to the VSHSL Levy and Public Health-Seattle King County. Questions? Call Valerie at 425-333-4152 or call SAGE at 206-322-7061.

---

**Meals On Wheels: Delivering so much more than a meal**
There are many circumstances that can make shopping or preparing food difficult for older adults. That’s where Meals on Wheels steps in, offering relief to older adults and caregivers by delivering reliable, nutritious meals on a regular basis directly to your home.

Clients in Carnation/ Duvall/ Fall City, can order up to 14 frozen meals each week (2 per day) and choose from 30 menu items for a suggested (but not required) donation of $5 per meal.

Registration is necessary. **Please see Kira if you are interested in receiving meals.** You can apply online at soundgenerations.org or call the Center at 425-333-4152 for more information.

---

**Community Dining**
Call 425-333-4152 to order your meal for either dine-in* or pick-up, reservations required. You can order up to 1 month in advance, but by at least the day before. $5 suggested donation for seniors 60+, $10 guests under 60. To-go lunches can be picked up at 12:30pm after everyone in the main hall has been served.

The Sno-Valley Senior Center serves a hot lunch at noon, made from scratch by Chef Jennifer Berg/ Denise Crutchfield and our crew of talented volunteers. Many meals feature fresh organic produce from local farms.

- “Love the lunches by Jennifer! And people are so friendly, staff included.”
- “Met new friends, enjoy the home-cooked meals by Jennifer!”

It’s a great way to stay engaged with a local community as we provide a made-from-scratch meal five days a week. SNAP/EBT is accepted, suggested donation for those over 60 is just that, a suggestion! We want everyone to feel welcome and to enjoy a nutritious meal!
Did you know? On our website you will find information about the many community services that are available in the Snoqualmie Valley. Our website is www.snovalleysenior.org and it includes:

- Where to donate durable medical equipment
- Who to call if you are looking for free, personalized support regarding housing, legal services, Medicaid, transportation and more.
- Where your local food bank is and information about Hopelink’s Mobile Market
- Information about Drug & Alcohol Recovery Services
- And more! If you can’t access the internet, give us a call at 425-333-4152 and we can answer your questions or mail you the information you need.

Grief Support Group: Thursday, May 5 & 19 at 1:00pm
Grief is experienced in so many ways - physically, emotionally, and spiritually. Although everyone’s grief is unique, after losing someone you love, it can be very helpful to have a place to share with others who are on a similar journey and can empathize and truly understand.

Caregiver Support Group: Thur, May 12 & 26 at 1:00pm
Sno-Valley Senior Center Social Worker, Kelly Fujiwara will be offering this group to serve caregivers of family members who suffer from Alzheimer’s or memory loss. We share gentle conversation, care and understanding as we learn to cope with life’s changes.

Enhance Wellness/ Supportive Counseling with Kelly Fujiwara: Whether you want to address health challenges, are grieving the loss of a loved one, are struggling with relationship issues or are coping with depression and/or anxiety, Enhance Wellness is a participant-centered motivational intervention with proven results. Please call 425-333-4152, ext. 7 to speak with Kelly Fujiwara, MSW to get more information or schedule an appointment.

Seattle LGBTQ Caregiver Support—in partnership with GenPride—Living with Alzheimers or Dementia?
Free online support group the third Tuesday of each month 6:30-8:00pm Register with lillionel.s.wang@gmail.com 206 854-4776

Pathways Information & Assistance
Free personalized support for King County residents of all ages. The Pathways I&A team are here to assess your needs, offer personalized options, and refer you to a wide range of services, including:

- In-home support
- Housing
- Legal
- Medicaid
- Transportation
- Food and nutrition
- Health and wellness
- Employment
- Counseling
- Home maintenance

Call Pathways at 206-448-3110!

Veteran’s Caregiver Support Program
- Are you a veteran caring for a spouse, family member, friend, or neighbor?
- Are you caring for a veteran who is a spouse, family member, friend, or neighbor?

If so, you may be eligible to receive services through the King County Veterans, Seniors, and Human Services Levy Caregiver Support Program. There is no age or income requirements to participate in the program.

The caregiver or care receiver must be a veteran and both live in King County. The support services include: Personal Care, light meal preparation & help with housekeeping, respite services, companionship & caregiver counseling.

For more information contact Sound Generations Caregiver Support at 206-727-6260 or email williamb@soundgenerations.org

Connect2Community

Sno-Valley Senior is participating in the Connect2Community Network which is a unified community information exchange that aims to strengthen care coordination in King County by connecting social services, community, tribal, physical, and behavioral health organizations. This network strives to improve access to and coordination between the many services people need to be healthy. To this end, we have agreed to offer the Unite Us technology platform to our community members who wish to receive referrals to social services that may benefit them. You will see the link on our website under the SERVICES tab/ Assistance and Resources. This link can be used for services that our senior center provides, that area agencies offer, or through organizations in greater King County. Of course, you may still call our social worker directly for assistance, if you prefer at 425-333-4152 or email kellyf@soundgenerations.org
Our Thrift Store is a community effort with all of the profits supporting local seniors in our community!

Re-in-Carnation is now open for shopping and accepting donations from Noon-4pm from Monday-Saturday.

Sno-Valley Senior Center members get 50% off their purchase at Re-in-Carnation on the first Wednesday of the month, be sure to stop by!

Questions? Call 425-333-0023 or email angieh@soundgenerations.org

Donations We Accept (in clean, working order)
- Small Appliances (toaster size)
- Bedding, linens, blankets, curtains (no stains)
- Books, games, CDs, DVDs, Videos
- Canning Jars (Ball, Mason and Kerr)
- Clothes, shoes, accessories (all ages/sizes)
- Collectibles
- Crafts, fabrics, small hobbies
- Holiday Décor: Christmas, Halloween, Easter,
- Decor items (bookends, knick-knacks, statues)
- Jewelry
- Kitchen items, dishes, silverware
- Small Lamps (non-halogen)
- Pictures and paintings
- Toys and stuffed animals

Donations We CANNOT Accept
- Anything w/ Gas or Rust
- Baby Strollers, car seats
- Barbecues & grills
- Beds & mattresses
- Bicycles
- Building Materials (doors, windows, paint, paneling)
- Car Parts or tires
- Computers, printers, monitors/TVs
- Curtain Rods
- Exercise equipment (weights, machines)
- Food
- Furniture
- Large Tools
- Magazines
- Record Albums
- Recyclables (newspapers, cans, bottles)
- Rugs
- Sinks or toilets
- Sporting goods (Skis, tents, backpacks)
- VHS Tapes

Re-in-Carnation Thrift Store Sorters & Cashiers
Come help at our wonderful Thrift Store located on the Main Floor of the senior center, behind the reception area. We sell donated items, utilizing the proceeds to fund senior programs and services. We are looking for volunteers to either be a sorter of donations or a cashier. Shifts are from 11:45am-4:15pm.

Be sure to check out our Facebook Page! Please DO NOT bring or leave donations outside of our open hours. There is no store staff to take them.

SVSC Membership Benefits

Become a Sno-Valley Senior Center member for $60/year ($75 for household) or become a lifetime member for $500 per member and never pay dues again! Why become a member? Enjoy these great benefits!

- It’s a powerful way to show your support and your commitment that the programs we offer should continue and that what we do is valued by you.
- Enjoy a free lunch at our monthly birthday lunch in the month of your birthday.
- Get voting privileges on the board slate and bylaws changes.
- A subscription to the monthly newsletter filled with articles and activities delivered directly to your door! You’ll always know what is going on!
- Have your emergency contact information on file so we can help in case of an emergency.
- Discounts to low cost health programs, fitness classes and trips
- Opportunity to serve on the board and assist the Center in implementing its strategic plan.
- A NEW MEMBER BENEFIT: 50% off your purchase at Re-In-Carnation Thrift Store on the first Wednesday of each month!
- 10% off of building rentals! Host your next party at the Sno-Valley Senior Center!

Members are in the know about what is happening and are involved in their community. You don’t have to be a member to participate in classes or activities but members get privileges like those listed above. If you want to become a member but can’t afford the fee, we have scholarships available.
Sno-Valley Senior Center & Sound Generations embrace the belief that racial and other social identities should be respected and affirmed. We are continuously building a team of staff, board members, and volunteers who are culturally responsive and committed to addressing institutionalized racism and other forms of oppression. When we take responsibility in supporting equitable and inclusive environment, our interactions are enriched and our clients and stakeholders are justly represented.

Looking for our Code of Conduct? It can now be found at https://snovalleysenior.org/about/. There you will also find our Statement of Non-Discrimination. We can also print one out for you as well, just ask Kira Avery at kiraa@soundgenerations.org or call 425-333-4152.

Back to Books | A Program Connecting Seniors with Reading Opportunities

Do you love to read, but find it difficult to access reading materials?

We are starting a program to help homebound seniors access reading materials at home. A retired librarian can contact you, get to know your reading preferences, and deliver books to your home at no cost, either through the public library or through a lending program here at the senior center.

If you prefer, our librarian will coordinate a date/time to pick you up and take you to the library so you can find the books you are looking for yourself. We can also help you return your books and get more so that your reading life can remain full and varied.

If you are interested in this free program, please contact Kelly Fujiwara, MSW at 425-333-4152 or kellyf@soundgenerations.org

Home Sweet Home

Home Sweet Home is a program that assists seniors with household maintenance and repair and yard work with the goal of keeping seniors safe, secure, and independent in their homes as long as possible. Labor is provided at no charge and grants may be available to cover the cost of materials. The program is provided through a partnership between Sno-Valley Senior Center and Snoqualmie Valley Housing Solutions (a 501c3 non-profit) and serves the Duvall, Carnation, and Fall City communities.

Are you a senior or do you know one who would enjoy a small-scale vegetable/flower garden but can no longer manage getting out to a garden or bending over to work on it? HSH would like to offer a 2’ x 4’ raised bed at counter height (about 36”) that can be worked on from a standing position. It would fit well on a deck or patio to raise some salad greens or herbs or small veggies or flowers. We will bring all the materials and set it up; you plant, water, and harvest! Three of these will be available soon.

If you are in need of help to remain safely at home and are struggling with who to call or how to pay for it, please contact Kelly Fujiwara, MSW at Sno-Valley Senior Center at 425-333-4152 or kellyf@soundgenerations.org

Did you know? Based on your insurance coverage, you may be eligible to attend EnhanceFitness and Chair Yoga at a reduced-cost or free! We currently work with Healthy Contributions, known as Renew Active or United Healthcare as well as Silver and Fit. If you have questions or just want to check if you qualify feel free to email kiraa@soundgenerations.org.

We are excited to announce that we are also partnering with Healthy Contributions to offer One Pass at the Sno-Valley Senior Center, this means those under 65 can also receive a discount for participation!

Sno-Valley Senior Center & Sound Generations embrace the belief that racial and other social identities should be respected and affirmed. We are continuously building a team of staff, board members, and volunteers who are culturally responsive and committed to addressing institutionalized racism and other forms of oppression. When we take responsibility in supporting equitable and inclusive environment, our interactions are enriched and our clients and stakeholders are justly represented.
SVSC Volunteer Needs

Community Dining Volunteer Cashier
Monday-Friday, 11:00am-12:30pm
Lunch cashiers support the Sno-Valley Senior Center by creating a friendly/welcoming environment for our lunch customers. You’ll be greeting the guests, making change, completing some simple paperwork and eating lunch.

Community Dining (help in Kitchen)
Wednesdays & Thursdays from 10am-1:30pm
Help with prep in the kitchen, setting tables, and serving lunch!

Outreach Volunteers: As a “friendly visitor” for our Outreach Program, you will be matched up by our Social Worker, Kelly Fujiwara, with a senior who has expressed interest in this program. This is a regular weekly or bi-monthly volunteer position.

Volunteer Medical Appointment Drivers
We are looking for volunteers who would be willing to drive seniors to appointments in the area (Redmond, Issaquah, Bellevue). Drivers would need to be comfortable assisting a senior into your car (masks to be worn at all times during Covid), escorting them into their appointment, and waiting for them to finish so you could bring them home (Appointment times will vary).

All volunteers will need to complete a volunteer application and agree to a background and driving record screen. For more information, please call Kelly at 425-333-4152 or email kellyf@soundgenerations.org.

CHORE CORE: NEW VOLUNTEER OPPORTUNITY!

The Sno-Valley Senior Center plans on forming a volunteer “Chore Core” to assist seniors living in Duvall, Carnation and Fall City who wish to remain in their own homes as long as possible. Chore assistance is a very common request that we receive, and there are presently no chore programs that service seniors in our valley. We’re looking for a group of dedicated volunteers who would be willing to offer a couple hours per week helping seniors tackle chores in their home that they are no longer able to manage independently. Examples would be: vacuuming, grocery shopping and putting groceries away, window washing, light yard work, changing bedding, laundry, mopping floors, etc.

These volunteers would NOT be providing personal care, but rather assisting in the maintenance of a clean and safe home environment. Our objective is to have enough volunteers to form a “Core” of people who could assist with requests on a one-time or repeating basis. You would decide how much time you would be able to spend, as well as the specific assignment you would accept.

If you have been wanting to volunteer in a way that makes a difference to lives of people in our community and this opportunity sounds interesting to you, please respond to this email, kiraa@soundgenerations.org for more information and to learn about an upcoming meeting to discuss more about this program.

Hyde Shuttle

Hyde Shuttle provides door-to-door service throughout the Snoqualmie Valley. Our drivers can take you to the store, the Sno-Valley Senior Center, local medical appointments, or local errands.

Who is eligible? All aged 55 and older, people living with disabilities, and riders living within Redmond Ridge, Duvall, Carnation, or Fall City.

Phone: 206-727-6262

How it works:

- Register by phone - no forms to fill out.
- Make reservations no later than noon, three days before your ride.
- Hyde Shuttles only travel inside their local service area.
- Interpreter services are available.
- No cost to ride, but donations are welcome.
Donations

- Alan Savage
- Allan & Betty Gilstrap
- Angie & Kendall Hartung
- Annette & Terry Olson
- Anonymous
- Barbara Swenson
- Bernie & Doyle Goolsby
- Bruce & Melissa Thayer
- Carol Kautz
- Cecelia McCorkle & Dana Theodorsen
- Christy Servi
- Connie Bergquist
- David Kelley
- Dawn Estepa
- Denise Emerald
- Diane & Charley Moody
- Duvall Advanced Family Eyecare
- Eastside Property Solutions
- Edward Jones Financial
- Ellen Potter
- Gregor Kradenpoth
- Herbert Altmann
- Jan & Don Smith
- Joan Eklof
- Joan Forcier
- John & Sara Lambert
- John Kutz
- Judy West & Butch Harviston
- Karen & Larry Bergeron
- Kate Wren & Michael Dennis
- Kay Smoke
- Kimberly Smith
- Kris & Richard Kirby
- Lonnie Hughes
- Marcia Breshears
- Margie Bardsley
- Martha Jean Denton
- Mary & Dennis Lampson
- Maureen Cleary
- Maureen Krause
- Mike & Patricia Chapman
- Paige & Steve Denison
- Pat Beagle
- Patricia Hinneburg
- Paula & Brian Rogers-Pugh
- Ralph Westermann
- Rebecca Chaney
- Renate & Harry Oestreicher
- Rich & Joe Ann Rucker
- Richard Weber
- Robert Scharer
- Roberta Epps
- Rochelle Downs
- Roger Thorson
- Rosemary Neff & Dot Patteson
- Roya Soleymani
- Sally & George Chambers
- Sam & Bob Charles
- Scott Massey
- Sheila Brooks
- Sheila Brooks
- Shirley Gibb
- Sno Falls Credit Union
- Stan & Glenda Surdam
- Sue Beauvais
- Suzanne Maxon & Jean Vrbka
- Teri Remlinger
- Thomas & Cathy Shives
- Tiffany Welton
- Tonya McGrew
- Vince & Claudia Kaelin
- Willa Richards

Honors & Appreciation

In Honor of Barb Haugan's 90th Birthday! Amos Family
In Appreciation of Jerry Sprute Sharon & Ron Conn

Memorials

In Loving Memory of Scott Wallace B. Jean Morgan
In Memory of Howard E Richmond Jr. Shirley Richmond
In Memory of Fritz Evenson Amos Family
In Memory of Scott Wallace Patricia & Jeff Amos
In Memory of Mac & Joan Magruder Zenna O'brien & Ron Balazs
In Memory of Fran & Leonard Carlson Thomas Wasmund
In Memory of Edith Wasmund Gladys Ellsworth
In Memory of Richard Ellsworth Sr. & Carrie Ellsworth Read
In Memory of Sonja Massey Susan Miller & Tony Dambrava and Gerald Koethe
In Memory of Annie Szabo Shirley Gibb

HAPPY BIRTHDAY!

All members with a Birthday this month enjoy a free lunch on Friday, May 20. RSVP at 425-333-4152.

May Birthdays

Compiled from current members (it was suggested we remove the actual birthdates to avoid issues around fraud).

Diane Amos
Colliene Becker
Larry Bergeron
Rowland Brasch
Velma Briney
Mairi Brooks
Madhzub Dershem
Joan Eklof
Ralph Lease
Janice Marcus
Luc Martini
Martha Masden
Fred McGee
John Moore
Joanne Moore
Lucy Oaks
Cindy Parks
Peggy Poehlein
Cecil Pollard
Paul Ritzenthaler
Paul Rogers
Pugh
Paul Skewis
Kay Smoke
Melissa Thayer
Thomas White
Lisa Yeager

New SVSC Member Tea!
Tuesday, May 10 at 2:00pm

Are you a new member to the Sno-Valley Senior Center? Did you join during COVID? Or do you just want to know about the programs and services we offer? Join us for a complimentary tea and talk with current volunteers, members, and staff to have your questions answered, and learn where you'll find new friends, fun events, and more (hint: it's everywhere!).
The Sno-Valley Senior center has been serving Valley Seniors and their families since 1975. We inspire, support and empower seniors to lead healthy, enriched lives.

Flamingo Luau Rainbow Bingo
Friday, June 3 at 7:00pm (doors open at 6:30pm)

Aloha! Join us for a fun, luau-inspired Rainbow Bingo, hosted by the wonderful Sylvia O’Stayformore! Tickets are $15 per person, $25 per couple (paid at the door). Registration and attendance includes:

- 10 bingo games and the chance to win great prizes
- Buy-in games to win cash & gift cards
- Cash bar will serve beer, wine and Jell-O Shots!

Register at the Front Desk or online at www.snovalleysenior.org

Save the Date! 4th of July Strawberry Shortcake
Monday, July 4 from 10:30am-1:00pm

Pre-order delicious Strawberry Shortcake for just $6 each and pick-up or eat at the center, between 10:30am-12:30pm on Monday, July 4. The Grand Parade starts at 11:30am at E. Rutherford, heading south on Stossel to Memorial Park.

Go to www.snovalleysenior.org to learn more and place your order!