



# Orting Senior Center

March 2024 Newsletter

120 Washington Avenue North - Orting, WA 98360

112 Varner Avenue Southeast - P.O. Box 104

Monday thru Thursday 9:00am to 2:00pm

**(360) 893-5827**

*Hello Everyone,*

We are looking for volunteers to help at the front desk and in the kitchen, if you have a day or two you are free and want to help we would love it. I would like to hear from YOU ideas for classes, speakers and activities you would like to participate in this year. I am always up for new ideas you can chat in person, or you can email me your thoughts. [seniorcenter@orting.wednet.edu](mailto:seniorcenter@orting.wednet.edu). I just wanted to remind everyone that we do have a Code of Conduct that you have all signed. I am getting complaints of people being disrespectful to seniors, staff and even our volunteers. Orting Senior Center is a place to come, have fun, enjoy a wonderful meal and socialize with friends. Please be kind to one another and patient with staff and volunteers.

Staci

## **March – National Nutrition Month**

With March being National Nutrition Month it is only appropriate that Brooke, Our Registered Dietician/Nutritionist will be here Wednesday, March 6<sup>th</sup> to share some great tips for Seniors staying healthy.

Here are some additional tips for you all:

### **1. Keep in close contact with your primary care physician**

Studies have shown that having a primary care physician can drastically improve health outlook for seniors — and it's something New stresses.

### **2. Prioritize physical activity and focus knee and hip joint mobility**

When a senior's physical activity level decreases, it can often weaken the muscles surrounding the knees — so the tissue has to work harder.

### **3. Prepare small, fiber- and veggie-packed meals**

Seniors often do better with small, frequent meals or snacks throughout the day, as opposed to three large meals.

### **4. Plan for changes in taste perception and thirst**

We tend to have less sense of thirst, as well as taste sensations as we age.

### **5. Stay on top of screenings and vaccinations**

Routine screenings can alert to potential senior health problems, such as prostate cancer, breast cancer, prediabetes and heart disease.

## **2024 MEMBERSHIP INFORMATION**

Every membership helps pay for special things like entertainment, holiday extras, class supplies and so much more. As they say, "Nothing in life is free" and we need YOUR help to keep programming going.

**Fee:** \$48 per person per year OR 20 hours of volunteering per year. (all volunteer rules apply, application and possible background check) To be eligible for all member perks member dues must be paid in full for the 2024 year by the end of January UNLESS you are new to our center. No prorating will be done if paid after January.

### **Here is what your membership gets YOU:**

Monthly Birthday recognition, S.A.I.L. class, FREE meals at Mother's Day, Father's Day, Thanksgiving & Christmas (These holidays will now be celebrated on NON Mealsite service days.) The opportunity to help guide the center by voting in the election of our Advisory Board.

Memberships are optional and **ARE NOT** mandatory to attend any regular senior center function or receive meals. Fees for special events may be collected to attend for nonmembers.

We appreciate your continued support!

## BOARD OF DIRECTORS

The Board of Directors meets the second Wednesday of each month at 2:00pm. Board members are a valuable part of the Senior Center, and we appreciate any feedback you would like to share. Guests are welcome to meetings, but we encourage you to notify the President if you have a specific topic you would like to present or share at the meeting.

**President** – Ray Sneesby

**Vice President** – Bobbie Daniels

**Secretary** – Gayle Sneesby

**Treasurer** – Tammi Freebury

### General Members

Rick Allison

Kathi Dow

Vickie Williams

Mary Simpson

Sue Petersen

## SENIOR CENTER STAFF

**Director** – Staci Guirsch

seniorcenter@orting.wednet.edu

**Head Cook** – Emily Mowatt

ortingseniorkitchen@gmail.com

**Food Pantry Coordinator/**

**Senior Aide** – Dana Stiles – Davies

seniorfoodpantry@gmail.com

**Senior Aide** – Nita Merkel

senioraide@gmail.com

**Kitchen Assistants**

Carrie Saagim

seniorbakeshop@gmail.com

## Our Mission

The Orting Senior Center Organization's mission is to develop and maintain an active senior program in the Orting, Washington area that creates a welcoming atmosphere, provides opportunities, and encourages older adults to use their skills, develop their potential and continue their involvement in the community. To promote independent living for seniors to maintain their visibility within the community.

Orting Senior Center's lunches are part of a **CONGREGATE** meal program. The program is funded through a variety of sources, including federal funds. We also rely on the suggested donation of \$6 from each senior (age 60) who is dining with us. But we are always ready to feed any senior regardless of their ability to pay for their meal. This program addresses two needs facing seniors: the need for nutritious & delicious meals and the need for socialization –

ie: spending time socializing with others.

Age Fee: 60 & older Suggested donation of \$6

Under 60 is \$7.

These two needs are so critical among seniors that our grant funders make it a **requirement** that all seniors dining with us stay and socialize as they enjoy their lunch at the Center. We DO NOT exist as a “meals to go” program.

## March Birthday Celebration

Wednesday, March 13th

**Live Music with Mark Stern starting at 10am and dessert sponsored by Brandy Paxton with Humana!**

Ramona Hess 3<sup>rd</sup>

Mary Darling 4<sup>th</sup>

Connie Taggart 14<sup>th</sup>

Mandy Barber 15<sup>th</sup>

Cathy Larson 15<sup>th</sup>

Dorothy Wells 18<sup>th</sup>

Jim Scott 21<sup>st</sup>

Karen Smith 25<sup>th</sup>

Nada Lemmen 29<sup>th</sup>



## Beyond The Borders



Beyond the Borders transportation service helps eligible riders in east and south Pierce County, who are outside of the Pierce Transit service area, access public transit, medical services, employment, and shopping. The service is free for eligible riders including people with disabilities, seniors 65+, youth aged 12-17, and those who identify as low income. All riders must be approved for Beyond the Borders before accessing transportation. Apply by calling 2-1-1.

**The chances you would qualify for a FREE RIDE to the center are very good!**

### Outside Food & Drinks

Outside food and drinks are not allowed with our licensing from the Health Department. This is not something we have actively enforced due to some seniors having specific dietary limits. Due to the continued spillage and mess left behind on the carpets from some outside drinks we are asking that you **DO NOT** bring in drinks that are not completely enclosed. Our space is a rented space and we need to be respectful of the carpet.

### **VOLUNTEERS NEEDED!**

We are always looking for new volunteers to help with many different activities and programs. Please contact Staci if you would like to Volunteer. If you have a specialty that you would like to share with the seniors, please give us a call. 360-893-5827.

Donation pick ups (Weekdays & Weekends)

Social Media Expertise

Craft Classes

Fundraising

Massage

Health Services

Hair Cuts

Music/Entertainment

Computer/Tech Classes

Game Days

Shuttle Drivers

## **THIS SPACE COULD BE YOURS! ADVERTISING SPACE AVAILABLE!**

We are looking to begin advertising in our newsletter again to help support our senior programs. Please call Staci to get more information at (360) 893-5827. We can do anything from just a business card to an entire page! This is great way to get your businesses information out! Seniors love Orting businesses!

**Business Card \$10 month**

**¼ Page \$15 month**

**½ Page \$20 month**



### **Ready Set Sign Mobile Notary**

Monday – Sunday

9am to 8pm

(253) 332-7995

### **Gentle Yoga**

**Monday & Wednesday 10:15am**

**FREE FREE**

**A gentle yoga class can be suitable for**

**beginners.** It strengthens bones and joints. As we age, our bones lose density and our joints become stiffer. Osteoporosis becomes a problem for some people. A gentle yoga practice can be very effective in preventing or slowing down the loss of bone density, relieving bone and joint pain and is safe for people with osteoporosis.

## **THANK YOU 2024 Volunteers & Contributors!**

The Orting Senior Center Organization would like to give a HUGE Thank You to all those who donate, volunteer, and support our center. We could not do it without all of you! We look forward to being able to fill this page AGAIN in 2024!

Dina Perkins  
Mary Albert  
Marlene Bartram  
Paula Kepler & The Yoga Group  
DL Henrickson  
Roland Gutierrez –  
    In memory of Bill Cope  
Tugboat Willy's  
Anonymous Donor (*S.A.I.L. program*)  
Sue Petersen  
Gayl & Ray Sneesby  
Evan & Dana Davies  
Rick Allison  
Robin Martin & Sienne  
Pepsi Co  
Grocery Outlet  
Karin & John Ralph  
Julia Soler  
Tracy Enoch  
Mona Mitchell  
Ray & Ramona Butler  
Louie Selman  
Bob Rogers  
Frank Fischbach  
Karman Presley Lundell  
Lisa & Ron Sears  
Bryce & Cindy Carpenter  
Glen Cook  
Teresa Clark  
Denise & Allan Dalla Santa  
Tammi & Bruce Freebury  
Kathi Dow  
Bobbie Daniels  
Mary Simpson  
Vicki Williams  
Randy & Trudy Morey  
Brandy Paxton – Humana  
David Duggan  
OSC Quilting Group  
Cheryl Cavanaugh  
PSE Warm Hearts Fund  
Tommy Bainbridge  
Pam Erhardt  
Jackie Ward  
Marty DeJarlais  
Kitty Coleman  
Sharon East

Nita Merkel  
Trudy Liebe  
Jackie Baccus

*We believe "It takes a Village"  
and we are so grateful to our  
volunteers and donors! There  
are many ways you help  
support the Senior Center and  
we would love to tell you how!  
Give us a call! (360) 893-5827*

  
Thank  
you  


## Senior Footcare

Friday, April 19th  
BY APPOINTMENT  
\$40 CASH/CHECK

Please bring a towel

Senior Footcare is a health care service provided by R.N.'s and L.P.N.'s for seniors, diabetics and others who are in need of care for their feet.

Foot and toenail disorders affect over eighty percent of the population and are very common for seniors. Keeping your feet healthy increases comfort and functionality and can prevent limb-threatening complications.

Our nurses trim and file toenails, work on fungal and ingrown nails and provide non-invasive treatment of corns and callouses. We also offer practical tips for self-care. If problem areas are identified, we will recommend podiatrists or physicians in the area for a thorough evaluation and follow-up treatment. People who benefit from this service include those with diabetes, arthritis, strokes, limited vision and difficulties caring for their feet.



## Stay Active & Independent for Life

Monday, Wednesday & Friday 9:00am

112 Varner Avenue Southeast

Stay Active and Independent for Life (SAIL) is an evidence-based strength, balance, and fitness program for adults 65 and older. Performing exercises that improve strength, balance and fitness are the single most important activity that adults can do to stay active and reduce their chances of falling. The entire curriculum of activities in the SAIL Program can help improve strength and balance, if done regularly. Class is FREE with Center membership. A donation of \$3per class for non members.

## Aging and Disability Resources (ADR)

is designated by the Washington State Department of Social and Health Services / Aging and Long-Term Support Administration as the Area Agency on Aging (AAA) for Pierce County. The **Aging and Disability Resource Center (ADRC)** is a program of ADR and serves as the front-door to the local LTSS delivery system, providing unbiased information, community outreach / education, help accessing services and person-centered care planning / care coordination to meet the individual needs of older adults, persons with disabilities and their caregivers. For assistance, please call the Aging and Disability Resource Center at 253-798-4600 or 800-562-0332 between 8 a.m. and 4:30 p.m.

## Ladies Quilting Group

Tuesdays at 1pm

Come join a very talented group of ladies. They love helping people with projects and learning to quilt! No need to sign up just come on down!



## Medical lending Closet

We have a large variety of medical equipment to **loan** to anyone who is in need. Wheelchairs, walkers, commodes, crutches, safety rails and more. We also have an assortment of adult undergarments and bed pads. If you or someone you know is in need, just give us a call.

(360) 893-5827

## Senior Nutrition Education

Our Registered Dietician and Nutritionist Brooke Douglas visits every quarter. Brookes next visit will be **Wednesday, March 6th.**

Brooke also offers one on one consultations privately. The number to call for booking private phone or in-person consults with a Registered Dietitian-Nutritionist is 1-855-EAT-4LIFE. Email is [info@nutritionauthority.com](mailto:info@nutritionauthority.com).

## Blood Pressure Checks

2<sup>nd</sup> & 4<sup>th</sup> Wednesdays 10am to Noon

Karin & John will be here to check your blood pressure, keeping an eye on your BP is vital!



# ***PLEASE READ NEW UPDATES From Our Kitchen....***

We offer hot, home cooked meals Monday thru Thursday at 11:45am.

**Lunch is served PROMPTLY at 11:45am. Please show up early to avoid interrupting our serving times.**

**ALL MEALS ARE IN PERSON DINING ONLY**

Lunch served daily with fruit, dessert & milk  
Hot Meal OR Salad Bar Plate Suggested Donation:

\$6.00 age 60 and over

All those 59 and under are \$7.00

NO Senior shall be denied a meal due to inability to pay!

Menu Subject to change due to product restrictions.

9:00am to 10:00am Pastries, Coffee, and Tea  
available for suggested donation of \$1.00

***Please notify our Cook, Emily for any religious or dietary restrictions***



## **BUYING OR SELLING A HOME?**

**LET'S WORK TOGETHER!**

**Buying or selling a home can be a stressful process if you don't have the right real estate agent.**

**Call for a complimentary consultation.**

**Angela Anderson**

**ANGELA@GALLAGHERREALESTATE.COM**

**253-307-7184**

**GALLAGHER REAL ESTATE GROUP**



### **Legacy Giving**

The Orting Senior Center not only takes cash Donations, but many employers will also match your charitable donations. Ask your supervisor or HR rep how to go about requesting a match/company sponsored employee contribution plan. Make a big impact with a future gift. Consider the Orting Senior Center for inclusion in your will; designation in a retirement account or trust; beneficiary of an insurance policy; charitable gift annuities/appreciated securities. Your continued support helps our seniors lead an active and fulfilling life that they truly deserve. Thank you and please share this information with your friends and family.

### Shuttle Transportation

We offer FREE rides to and from the Senior Center Monday through Thursday. Pick ups are once in the morning and rides home are once in the afternoon. Please call the day prior to schedule your ride.  
(360) 893-5827

### BINGO!

Wednesdays at 12:45pm

Come and play FREE Bingo and win fun FREE prizes! We are currently looking for a back up Bingo caller to volunteer each week!

### DSHS Mobile Truck

Tuesday, March 5th – 10:10am to 2:00pm

Each Mobile CSO unit is staffed by experienced program specialists who are able to determine financial eligibility for the cash and food assistance programs. They process new applications, reviews and changes for active cases; they issue EBT cards and receive documents. The Mobile CSO specialists also determine eligibility for Medicare Savings Programs and Aged, Blind, or Disabled Medicaid.

### Gold Star Families

Wednesday, March 20th 11:00am

Providing Honor, Hope, and Healing for grieving military families who have lost a loved one while serving on active duty, regardless of military loss. Come and meet Jane Hughes and learn more about this amazing program.

### St. Patrick's Luncheon

Thursday, March 14th

Sign up is required so we know how much food to make. Come and celebrate the Luck O the Irish!

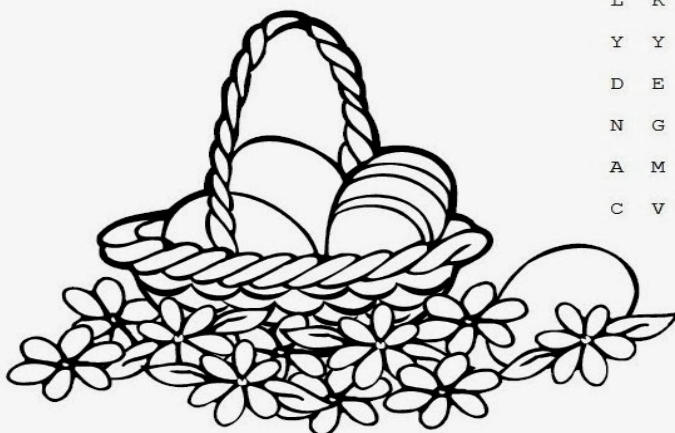
### Easter Luncheon

Thursday, March 28th

Sign up is required so we know how much food to make. Come and let your inner child come have some traditional easter fun! We have several surprises for you all and we will also be coloring eggs!

# Easter

## WORD SEARCH



H O P Y Y N N U B Z C  
Y E F F E T D H A R M  
B V Z I A H J G O H Y  
M Y C P S N I S G U K  
A P D L T I S I Y H T  
L K W A E R K V C J E  
Y Y U F R M J R E J K  
D E L B I B U S L W S  
N G T M K H U Y J Q A  
A M L Y C S M H F S B  
C V Q P P Q N E G G S

BASKET      CROSS  
BIBLE      EASTER  
BUNNY      EGGS  
CANDY      JESUS  
CHURCH      LAMB



# Orting Senior Center Organization March 2024 Menu

MEALSITE: 120 Washington Avenue N - ACTIVITIES BUILDING: 112 Varner Avenue SE

Mailing Address: P.O. Box 104 Orting, Washington 98360

Phone: 360.893.5827 – Email: [seniorcenter@orting.wednet.edu](mailto:seniorcenter@orting.wednet.edu)

OPEN: 9:00am to 2:00pm

Monday	Tuesday	Wednesday	Thursday
<p><i>Meals are a SUGGESTED DONATION of \$6.00 for seniors age 60 and over, no senior will be denied a meal due to inability to donate.</i></p> <p><i>For those 59 and under the meal cost is \$7.00</i></p> <p>We are a congregate meal site, socialization is vital to the wellbeing of seniors. We do not offer TOGO meals.</p>			
<p>4 White Chicken Chili Cornbread Salad Bar Fruit/Dessert/Milk</p>	<p>5 Meatloaf Mashed Potatoes w/Gravy Mixed Veggies Salad Bar Fruit/Dessert/Milk</p>	<p>6 French Toast Bake Scrambled Eggs Sausage Salad Bar Fruit/Dessert/Milk</p> <p style="text-align: center;"><i>Pajama Day!</i></p>	<p>7 Chicken Enchilada Bake Rice/Beans Salad Bar Fruit/Dessert/Milk</p>
<p>11 Cheeseburger Sliders Coleslaw Jo Jo's Salad Bar Fruit/Dessert/Milk</p>	<p>12 Stuffed Pork Chops Mashed Potatoes w/Gravy Green Beans Salad Bar Fruit/Dessert/Milk</p>	<p>13 <b>BIRTHDAY DAY WITH MARK!</b> Combination Pizza Italian Green Salad Fresh Fruit NO Salad Bar Dessert/Milk</p>	<p>14 <b>St Patrick's Lunch</b> Corned Beef &amp; Cabbage Potatoes &amp; Carrots Soda Bread NO Salad Bar Fruit/Dessert/Milk</p>
<p>18 Soup &amp; Salad Bar <i>Taco, Tomato Basil &amp; Ham &amp; Potato Soup</i> Cheesy Garlic Bread Fruit/Dessert/Milk</p>	<p>19 BBQ Pork Ribs Macaroni Salad Marinated Bean Salad Salad Bar Fruit/Dessert/Milk</p>	<p>20 French Dip Tater tots Cucumber/Tomato Salad Salad Bar Fruit/Dessert/Milk</p>	<p>21 Rueben Sandwich Potato Salad Salad Bar Fruit/Dessert/Milk</p>
<p>25 Chicken Ceasar Wrap Pea Salad Chips Salad Bar Fruit/Dessert/Milk</p>	<p>26 Ham &amp; Bean Soup Egg Salad Sandwich Salad Bar Fruit/Dessert/Milk</p>	<p>27 Spaghetti &amp; Meatballs Garlic Bread Salad Bar Fruit/Dessert/Milk</p>	<p>28 <b>Easter Luncheon</b> Ham Scalloped Potatoes Broccoli Bacon Salad NO Salad Bar Fruit/Dessert/Milk</p>
<p>The following "Special Event" days require pre-registration. (Just so we know how much food to make)</p> <p>You can sign up by coming in or calling to reserve your seat (360) 893-5827 Reservations are required no later than 3 days prior to the event. St Patrick's Day – Easter Luncheon</p>			
<p><b>Pancake Breakfast</b> <b>Saturday, March 30<sup>th</sup></b> <b>7am to 11am</b> <b>\$10 adults / \$5 kids</b></p>			



# Orting Senior Center Organization March 2024 Calendar

MEALSITE: 120 Washington Avenue North

ACTIVITIES BUILDING: 112 Varner Avenue Southeast

Mailing Address: P. O. Box 104 Orting, Washington 98360 - Phone: 360.893.5827

OPEN: 9:00am to 2:00pm



**Monday**                      **Tuesday**                      **Wednesday**                      **Thursday**                      **Friday**

*Call us for a ride to the center (360) 893-5827*

The following "Special Event" days require pre-registration. (Just so we know how much food to make)  
 You can sign up by coming in or calling to reserve your seat (360) 893-5827. Reservations are required no later than 3 days prior to the event.

**St Patrick's Day – Easter Luncheon**

<p><b>4</b></p> <p>9:00 S.A.I.L.                      10:15 Gentle Yoga                      11:45 LUNCH                      1:00 Cardmaking Class</p>	<p><b>5</b></p> <p>9:30 Pinochle  <b>10:00 DSHS Mobile Van</b>                      11:45 LUNCH                      1:00 Quilting</p>	<p><b>6</b> <i>Pajama Day!</i></p> <p>9:00 S.A.I.L.                      9:30 Nutritionist                      10:15 Gentle Yoga                      11:45 LUNCH                      12:45 Bingo</p>	<p><b>7</b></p> <p>10:00 Mens Coffee                      9:30 Pinochle                      11:45 LUNCH</p>	<p><b>8</b></p> <p>9:00 S.A.I.L.</p>
<p><b>11</b></p> <p>9:00 S.A.I.L.                      10:15 Gentle Yoga                      11:45 LUNCH                      1:00 Cardmaking Class</p>	<p><b>12</b></p> <p>9:30 Pinochle                      11:45 LUNCH                      1:00 Quilting</p>	<p><b>13</b> <i>Birthaday Day WITH Mark!</i></p> <p>9:00 S.A.I.L.                      10:00 Blood Pressure Checks                      10:15 Gentle Yoga                      11:45 LUNCH                      12:45 Bingo                      2:00 Board Meeting</p>	<p><b>14</b></p> <p>10:00 Mens Coffee                      9:30 Pinochle                      11:45 LUNCH</p> <p><i>St Patrick's Lunch</i></p>	<p><b>15</b></p> <p>9:00 S.A.I.L.</p>
<p><b>18</b></p> <p>9:00 S.A.I.L.                      10:15 Gentle Yoga                      11:45 LUNCH                      1:00 Cardmaking Class</p>	<p><b>19</b></p> <p>9:30 Pinochle                      11:45 LUNCH                      1:00 Quilting</p>	<p><b>20</b></p> <p>9:00 S.A.I.L.                      10:15 Gentle Yoga  <b>11:00 Gold Star Families</b>                      11:45 LUNCH                      12:45 Bingo</p>	<p><b>21</b></p> <p>10:00 Mens Coffee                      9:30 Pinochle                      11:45 LUNCH</p>	<p><b>22</b></p> <p>9:00 S.A.I.L.</p>
<p><b>25</b></p> <p>9:00 S.A.I.L.                      10:15 Gentle Yoga                      11:45 LUNCH  <b>1:00 Staff/Volunteer Meeting</b></p>	<p><b>26</b></p> <p>9:30 Pinochle                      11:45 LUNCH                      1:00 Quilting</p>	<p><b>27</b></p> <p>9:00 S.A.I.L.                      10:00 Blood Pressure Checks                      10:15 Gentle Yoga                      11:45 LUNCH                      12:45 Bingo</p>	<p><b>28</b> <i>Easter Lunch</i></p> <p>10:00 Mens Coffee                      9:30 Pinochle                      11:45 LUNCH</p>	<p><b>29</b></p> <p>9:00 S.A.I.L.                      Pancake Breakfast                      Tomorrow 3/30                      Zam to 11am                      →</p>

