



Orting Senior Center

July 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

Pancake Breakfast/Food Drive

Saturday, July 20th 7am to 11am

Come join us for a yummy breakfast of pancakes (Plain or blueberry), sausage, eggs, fresh fruit, coffee or juice for only \$10 per adult or \$5 for kids 12 and under!

We will be having a drive-up food drive to help stock the Senior Food Pantry. Our seniors are on fixed incomes, and most are very low income so they rely on the Food Pantry to supplement their grocery bills. We would love your donation of non perishable that are NOT EXPIRED.

We appreciate all who attend and help support our Senior Center!



What are the benefits of congregate meals?

Congregate meals offer a variety of benefits, especially for older adults who live alone. These benefits include:

Improved nutrition: As we age, our dietary requirements change.

Through congregate meals, older adults receive nutritious, well-balanced meals on a regular basis.

Dietary variety: Congregate meals give older adults the chance to enjoy meals they may not want to or be able to prepare themselves.

Social connection: Social isolation can lead to loneliness and depression as well as higher blood pressure and early-onset dementia.

Greater food security: Having regular access to nutritious food is a vital aspect of overall health. Congregate meal programs help fill the gaps for many older adults, with 54% of participants reporting that a congregate meal supplies at least half of their total food for the day.

ADDITIONAL CONGREGATE MEALSITE DAYS ADDED TO CALENDAR!

Beginning in July, we will be open for congregate meals just like the rest of the week on 2 (TWO) Fridays per month. Typically they will be the 2nd and 4th Friday unless there is a holiday or center closure we need to work around. Lunch will be served at the same time as our other days. Our hope is to be open 5 days a week by 2025.

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.

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
Jennifer Taylor
Jackie Eastridge

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.

July Birthday Celebration

Wednesday, July 10th

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

Gloria Schultz 1st
Tommy Bainbridge 6th
Starr Kanikeberg 10th
John Watts 12th
Kathi Dow 21st
Cheri Zavaglia 25th
David Beyer 28th
Marlene Bartram 31st

Oralyn Fleming 2nd
Al Albert 9th
Mary Simpson 12th
Juanita Coyle 14th
Bill Drake 21st
Karin Ralph 28th
Pat Lynch 29th

★HAPPY★
BIRTHDAY!

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
 Gayle & 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

Herfy's
 Gloria Schultz
 Nita Merkel
 Trudy Liebe
 Jackie Baccus
 Keith Hicks
 Nick & Debbie Williams
 Carrie Simmons of
 SnA Financials
 Amanda & Bruce Thompspon of
 Thompson Appliance
 Darrel & Patricia Mack
 Robey Angel
 Keith Hicks
 Starr Kanikeberg
 Majestic View Estates
 Beverly & Gary Schilling
 Nothing Bundlt Cakes
 Deb Cresto
 Deb Moulton
 Mary Jo Cowan
 Kim Presley
 Franceen Wharton
 Theone Mokuau (Tweet)
 Penny Yoro @ Pennies Events
 Shelley Mahlsted
 Family of Merle McKitrick
 Kaycie Deady @ SteeleBrook Boards
 Julie Carmichael @ Orting Valley
 Lavender Posies
 David Moss
 Marlene Kullmann
 Vi & Milt Merkel
 Orting School District
 John Watts
 David Moss
 John Parks
 Blue Ribbon Catering
 Mark Ward
 Bob & Denise Webster
 Claudia Rankin
 Barbara Olson

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

Did you know you can donate to the Senior Center to help support our programs just by scanning the QR codes below with your phone camera??? We could not do all we do for our amazing seniors without YOUR support!



venmo



Senior Footcare

Friday, August 16th
BY APPOINTMENT

\$45 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, September 4th.**

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.



Blood Pressure Checks

2nd & 4th Wednesdays 10:30am 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

Future Dates to Remember:

July 4th CLOSED in observance of Independence Day

July 20th Pancake Breakfast & Food Drive

August 9th Luau lunch

Pacific Northwest PACE Partners

Monday, July 22nd @ 10:45am

For many seniors, living in the comfort of your own home as you age is what's most important to you. That's one reason we're proud to offer Pacific Northwest PACE Partners. It's designed for seniors just like you — and it's intended to provide you an array of services from health care to housekeeping — so you can remain home and close to friends, family and the activities important to you. Because PNW **PACE Partners is specially designed for seniors who wish to live at home, there are a few program qualifications, including:**

You are age 55 or older

You meet the state of Washington's requirements for nursing home level of care

You can live safely in your community

You reside in our service area



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.

FREE BINGO!

Wednesdays at 12:30pm

Come and play FREE Bingo and win fun FREE prizes!!



Orting Library Days

Starting in August, Cory will be providing Tech Help on 1st and 3rd Tuesdays from 10-11:30 am at the Senior Center monthly. The scheduling/handling of appointments will not change – staff at the Senior Center will continue to book/cancel them. Cassie will continue to offer Crafts at the Senior Center, 4th Wednesday of each month from 10-11 am.

Food Pantry

The Orting Senior Center exists for the benefit and support of our local seniors. We offer a place for gathering, socializing, participating in activities and enjoying a nutritional lunch with others. The senior center is not self-sustaining and relies on grants from Pierce County as well as donations from members, supporters and local community. The funding we receive from the county is directly linked to seniors participating in the activities, programs and having lunch. Thank you for remembering to check into MySenior for the activities you are participating in each day as this shows the county that our services are being used. By remembering to press finish when you are checking in all the activities you are doing that day it completes and counts toward our funding. We have noticed that you are getting better so that your participation is being counted. Reminder: The meal site only recommends a \$6 dollar donation for lunch. This is a recommendation not a requirement. No one will be turned away. The Food Pantry was started by members as a benefit for those that participated at the senior center. When Covid hit, the pantry and meal site opened up to all seniors with the service being outside with the help of extra Covid money from the government to help fight hunger. The pantry does not receive any outside funding. It relies on donations, food drives and the monthly pancake breakfast. The pantry would not and cannot exist without the meal site. Please keep this in mind that your participation in the senior activities and lunch does matter!



Senior Summer Safety with Central Pierce Fire & Rescue

Tuesday, August 6, 2024 10:15am

As your local fire department, we offer a class on fall prevention, emergency preparedness, and aging with independence. In addition to the topics covered, we build in plenty of time for Q&A with residents. The presentation is 60 minutes long and delivered by one of our public educators.

Movie Matinee Friday!

Friday, July 26th movie will start at 12:15pm!

We will be featuring Oklahoma!

Feel free to bring your lawn chair, blanket, anything to get comfortable!

The Movie is FREE and we will have a snack bar open to purchase movie treats! Please bring cash and we will not be able to make change. Most snacks will be around \$1 each.

Team Trivia

Friday, July 12th trivia will start at 12:15pm!

Grab your friends and make up your team of 2 to 4 players. We will have 4 rounds of 5 questions. First trivia day is Trivia by the Decade starting with the 1960's! Teams will win fun prizes!! Pre register your team in the activities binder!



Orting Senior Center Organization July 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

OPEN: 9:00am to 2:00pm

Monday

Tuesday

Wednesday

Thursday

Friday

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.

For those 59 and under the meal cost is \$7.00

We are a congregate meal site, socialization is vital to the wellbeing of seniors. We do not offer TOGO meals.

1 Turkey Burger Macaroni Salad Salad Bar Fruit/Dessert/Milk	2 Spaghetti Garlic Bread Salad Bar Fruit/Dessert/Milk	3 Independence Lunch BBQ Chicken Potato Salad/Corn on Cob Baked Beans NO Salad Bar Watermelon/Fun Dessert/Milk	4 CLOSED In observance of Independence Day	5 CLOSED
8 Tuna Melt Pea Salad Salad Bar Fruit/Dessert/Milk	9 Chicken Fried Rice Egg Rolls Salad Bar Fruit/Dessert/Milk	10 BIRTHDAYS WITH Mark! Pork Ribs Pasta Salad/Fruit Salad Rolls NO Salad Bar Dessert/Milk	11 Cheeseburgers Potato Wedges Salad Bar Fruit/Dessert/Milk	12 Taco Soup Fiesta Salad Cheese Quesadilla NO Salad Bar Fruit/Dessert/Milk
15 Salad Trio Day Marinated Bean/Chicken Ceasar Pasta/Ambrosia Salad Bar Dessert/Milk	16 Roast Beef Sandwich w/Cheddar, Tomato & Lettuce Mac N Cheese Salad Bar Fruit/Dessert/Milk	17 Loaded Chicken Soft Taco Mexi Rice Street Corn Salad Salad Bar Fruit/Dessert/Milk	18 BLT Wrap Creamy Cucumber & Tomato Salad Salad Bar Fruit/Dessert/Milk	19 CLOSED
22 BBQ'd Hot Dogs BLT Pasta Salad Salad Bar Fruit/Dessert/Milk	23 Chili Cornbread Salad Bar Fruit/Dessert/Milk	24 Baked Ham Scalloped Potatoes Mixed Veggies Salad Bar Fruit/Dessert/Milk	25 Broccoli Beef Over Rice Salad Bar Fruit/Dessert/Milk	26 Tomato Soup Grilled Ham & Cheese Fresh Fruit Bowl NO Salad Bar Dessert/Milk
29 Pork Chops Garlic Pasta Salad Bar Fruit/Dessert/Milk	30 Teriyaki Chicken & Veggies Noodle Bowl Salad Bar Fruit/Dessert/Milk	31 Chef Salad Cheesy Garlic Bread NO Salad Bar Fruit/Dessert/Milk	What are the most patriotic flowers? Yankee Doodle Dandylions.	

Orting Senior Center Organization July 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
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Call us for a ride to the center (360) 893-5827

1 9:00 S.A.I.L. 10:15 Gentle Yoga 11:45 LUNCH	2 9:30 Pinochle 11:45 LUNCH 1:00 Quilting	3 Independence Lunch 9:00 S.A.I.L. 10:15 Gentle Yoga 11:45 LUNCH 12:30 Bingo	4 CLOSED In observance of Independence Day	5 9:00 S.A.I.L.
8 9:00 S.A.I.L. 10:15 Gentle Yoga 11:45 LUNCH	9 9:30 Pinochle 11:45 LUNCH 1:00 Quilting	10 Birthdays WITH Mark! 9:00 S.A.I.L. 10:00 Blood Pressure Checks 10:15 Gentle Yoga 11:45 LUNCH 12:30 Bingo 2:00 Board Meeting	11 10:00 Mens Coffee 9:30 Pinochle 11:45 LUNCH	12 9:00 S.A.I.L. 11:45 LUNCH 12:15 Team Trivia
15 9:00 S.A.I.L. 10:15 Gentle Yoga 11:45 LUNCH	16 9:30 Pinochle 11:45 LUNCH 1:00 Quilting	17 9:00 S.A.I.L. 10:15 Gentle Yoga 11:45 LUNCH 12:30 Bingo	18 10:00 Mens Coffee 9:30 Pinochle 11:45 LUNCH	19 FOOTCARE
22 9:00 S.A.I.L. 10:15 Gentle Yoga 10:45 Pacific NW PACE Partners 11:45 LUNCH	23 9:30 Pinochle 11:45 LUNCH 1:00 Quilting	24 9:00 S.A.I.L. 10:00 Blood Pressure Checks 10:15 Gentle Yoga 11:45 LUNCH 12:30 Bingo	25 10:00 Mens Coffee 9:30 Pinochle 11:45 LUNCH	26 9:00 S.A.I.L. 11:45 LUNCH 12:15 Movie Matinee
29 9:00 S.A.I.L. 10:15 Gentle Yoga 11:45 LUNCH	30 9:30 Pinochle 11:45 LUNCH 1:00 Quilting	31 9:00 S.A.I.L. 10:15 Gentle Yoga 11:45 LUNCH 12:30 Bingo	Pancake Breakfast/Food Drive <i>Saturday, July 20th 7am to 11am</i> Everyone is WELCOME! \$10 adults and \$5 for kids 12 and under	