



# SeaTac Senior Flyer

Volume 25, Issue 2

February 2021

Senior Program  
SeaTac Community Center  
13735 24th Avenue South, SeaTac, WA 98168

Senior Program Hours  
Monday-Friday, 8:30 AM-4 PM  
Information: 206.973.4690

## February

### **Curbside Sweeties Luncheon • February 12, 11:45 AM-12:30 PM**

February is time to celebrate our Sweeties, and that means we are celebrating all of you! Swing by our curbside pickup for a delicious lunch featuring a salmon filet, wild rice, caesar salad, ice cream with rhubarb sauce, and a special treat! **Advance reservations required**, please call 206.973.4690. Suggested donation of \$4.50 for age 60+, price is \$6.50 for under 60.

### **Senior Lunch To Go**

Your SeaTac Café team is offering alternate meals for pickup four days a week. Our “drive-thru” is open Tuesday through Friday from 11:45 AM to 12:30 PM on a first come, first served basis. Please access the parking lot from the entrance on 24th Avenue South and pick up your meal in front of the Senior Program doors. We will be waiting with your packaged meal for you to take home and eat. Suggested donation for ages 60+ is \$4.50. Cost for under 60 is \$6.50. We have a 10-meal punch card available for a suggested donation of \$45.00, which we encourage you to purchase in order to minimize cash handling at this time. (Please have your check ready, made out to CCS.)

### **Remembrances**

Please keep in your thoughts our friend who has recently passed: Ralph Seely

### **COVID-19 Vaccine**

Washington has recently moved into the second phase of Covid vaccine eligibility. Everyone age 65 and over is now eligible to receive the vaccine. Those 50 or over who live in a household with 2 or more generations are also eligible. If you're unsure whether or not you qualify at this time, you can visit [findyourphaseswa.org](http://findyourphaseswa.org) and answer a series of questions to determine your eligibility phase.

Wondering where to get the vaccine? Health officials suggest that you start with your usual health care provider or network. For those without access to a health care provider, the vaccine will be available at pharmacies and a few mass vaccination sites in the near future. Keep in mind that while eligibility has expanded, supplies of the vaccine are still low and it may be difficult to get an appointment right away. Please keep trying, be patient, and rest assured that as vaccine production ramps up there will be enough supply for everyone to receive it.

While the vaccine gives us great reason to hope, please keep in mind that public health safeguards will remain in place for some time. The center remains closed and will continue to follow the state's reopening timeline and social distancing guidelines.

### **Holiday Closures**

Monday, February 15 ~ Closed for President's Day

Information • 206.973.4690 • [www.seatacwa.gov](http://www.seatacwa.gov)



## Virtual Programs

Our virtual programs are open to all seniors and welcoming to newcomers! You can join any of our virtual programs by video call or by telephone. Visit [www.zoom.us](http://www.zoom.us), click "Join a Meeting" and enter the Meeting ID number found below. To join by phone, call 253.215.8782, then enter the Meeting ID.

### Book Club • Tuesday, February 23, 10 AM **\*NEW\***

Love to read? Join our new book club! February book selection is "A Window in Copacabana" by L.A. Garcia-Roza. **Meeting ID 968 0319 7157.**

### Social Hour • Fridays, 10-11 AM

A time to chat, laugh, reconnect, and keep those quarantine blues at bay. Hosted by Senior Program staff. No preregistration necessary. **Meeting ID 975 0052 7347.**

### Grab-n-Go Cyber Crafts • Mondays, February 8 & 22, 1 PM

Let's craft together while we're apart! We'll provide a kit for you to pick up with everything you need for an easy craft, then the group will create it together over Zoom. If you are new to the group, please call Amy at 206.973.4683 to make arrangements for your kit. **Meeting ID 983 0319 7157**

**Starting in February, there is a \$5 charge for each craft kit to help defray the cost of materials. The preferred method of payment is to prepay for your kits using a \$25 "punch card." We can accept credit/debit cards and checks, cash is no longer accepted for SeaTac Recreation programs.**

*There has been a change from the crafts schedule in the Winter 2021 Recreation Guide. For Jan, Feb, and March, Grab-n-Go crafts will be held the 2nd & 4th Mondays.*

**Monday, February 8** - Valentine "Puzzle" Wreath

**Monday, February 22** - Terracotta Pot Wind Chime

## Comfort Keeper's Virtual Classes (Zoom Presentations)

Registration: Just email [southseattle@comfortkeepers.com](mailto:southseattle@comfortkeepers.com) or call Comfort Keepers at 253.945.1400. Attendees will receive a reminder the week of class along with handouts.



### Build a Better Back • February 4, 10 AM

Back pain is the "common cold" of the musculoskeletal systems and all human beings experience back pain at some point in their lifetime. Is there anything we can do about it? This talk will address back pain in seniors as well their caregivers. Come learn strategies to "build a better back" so you can enjoy life to the fullest.

Presented by: Brett Neilson, DPT Physical Therapist & Comfort Keepers In home Care

### CapTel no cost phone for the hearing impaired- Federal Program

#### February 10, 10 AM

Enjoy learning about the CapTel Captioned Telephone no cost service for those experiencing hearing challenges. Now more than ever being able to stay connected to people on the telephone is so important. This is a solution regardless of hearing challenges.

Presented by: Jeretta Scott-Outreach, Education & Installations & Sheila Goodfellow, CSA-Transitional Care Manager- Comfort Keepers

*Continued on page 3.*



### **Comfort Keeper's Virtual Classes (Zoom Presentations)**

Registration: Just email [southseattle@comfortkeepers.com](mailto:southseattle@comfortkeepers.com) or call Comfort Keepers at 253.945.1400. Attendees will receive a reminder the week of class along with handouts.

#### **What are my options when I need a Caregiver? • February 18, 10 AM**

If you are like most people, you want to live at home. With some help, most seniors can. In fact, getting some help often increases your options for staying independent. This class will provide information on hiring a caregiver.

Presented by: Sheila Goodfellow, CSA-Transitional Care Manager for Comfort Keepers

#### **Eating Well to Reduce Fatigue • February 24, 10 AM**

Fatigue or exhaustion is a common clinical complaint among older adults. It can significantly interfere with a person's ability to function at home. This workshop will identify factors that affect fatigue. Learn some coping skills and what foods and vitamins can help.

Presented by: Christy Goff, MS, RDN, CD, Pacific Medical Centers, Dietician for Living Well Alliance & Comfort Keepers In Home Care

---

### **SHIBA Appointments for Insurance Questions are Available**

Steve Lewis, SHIBA volunteer is available to assist with open enrollment and other insurance questions you may have regarding your insurance coverage. Steve is currently making telephone appointments. Please call 206.973.4690 to schedule a time. Appointments usually take one hour. There is also the State Office of Insurance Commission available to assist you at 1.800.562.6900.

### **Foot Care Services Now Available**

Tina Williams, RN has returned to provide foot care services. Please call the Senior Desk to schedule an appointment 206.973.4690. The cost of the appointment is \$35.

### **Free Legal Assistance with Mary Henderson, Attorney at Law**

Mary Henderson returns to provide local seniors with a 30-minute appointment for free legal assistance. You must call the Senior Desk and make an appointment, 206.973.4690. There will be no drop-in appointments available at this time.

**Time:** 1:00-3:00 PM

**Dates:** Thursdays ~ February 4 & March 4

### **Free Masks Available for Seniors**

Face coverings are available for seniors who are 55 and over. These masks are reusable and can be washed with soap and water, hang to dry and reuse. You can pick up two free masks per senior by car during our curbside lunch service hours, Tuesday-Friday, 11:45 AM – 12:30 PM in the senior parking lot while supplies last. For more information, please call 206.973.4690.



**Connect with us by Email**

Would you like to receive the Senior Flyer and other updates by email? Keeping up to date with local happenings can be awfully difficult right now, but with circumstances changing day to day it’s more important than ever to stay connected. If you use email, we want to connect with you! We’ll send you the digital version of the Flyer with helpful links and keep you informed of changes in our programs and services as soon as they happen. Don’t worry, we promise not to spam you! Just email [aoliverson@seatacwa.gov](mailto:aoliverson@seatacwa.gov) and let us know you’d like to be added to our email list.

**Find Us Online**

We are always available to answer questions or offer assistance by phone, but it’s easy to keep up with us online as well! If you’re on Facebook, be sure to follow us. It’s the easiest way to keep up-to-date on important announcements, online classes, and other fun stuff. “Like” us at: [facebook.com/seatacseiorcenter](https://facebook.com/seatacseiorcenter). You can always find current Senior Flyers, menus, and information on the SeaTac Senior Program website: [www.seatacwa.gov/services/senior-program](http://www.seatacwa.gov/services/senior-program).

**Weather Related Closures**

The Senior Program follows the Highline School district weather related closures. If the schools are closed, we do not have lunch or scheduled programs/classes. We encourage everyone to be safe and stay home to avoid icy and snowy conditions. We generally are able to update our phone message to indicate whether we are open. The number to call is 206.973.4690. This is a good time of the year to stock up on a few extra days of supplies including non-perishable food, water, medication and any pet needs as well. It’s always good to be prepared.

**Handy Reference Numbers**

- SeaTac Senior Program..... 206.973.4690
- SeaTac Community Center ..... 206.973.4680
- SeaTac City Hall..... 206.973.4800
- Hyde Shuttle..... 206.727.6262
- Meals on Wheels..... 206.448.5767
- Minor Home Repair..... 206.973.4815
- Referral agencies that provide information and resources on senior related issues:*
- Senior Information & Assistance ... 206.448.3110
- Community Living Connections..... 206.962.8467





# SeaTac Alternate Lunch Menu ~ February 2021



**Curbside pickup only • 11:45-12:30 PM • 206.973.4690**

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Split Pea Soup 1/2 Ham Sandwich Berry Crisp	3 BBQ Pork Open Face Sandwich Green Beans Carrot Raisins Salad	4 Chicken Cheese Taco Cauliflower Salsa & Guacamole Caramelized Bananas	5 Fish & Chips Coleslaw Yogurt Strawberry Rhubarb Compote
8	9 Meatloaf Potatoes & Gravy Carrots Oranges	10 Chicken Cacciatore Zucchini & Tomato Medley Wheat Roll Pears	11 Philly Cheese Sandwich Brussel Sprouts Grapes	12 <b>Sweeties Luncheon</b> Filet of Salmon Wild Rice Caesar Salad Ice Cream & Rhubarb Sauce <b>Reservation Required</b>
15 <b>Closed For President's Day</b>	16 Hungarian Goulash Broccoli Pound Cake Strawberries & Whip Cream	17 Spinach Pasta Bake Carrot & Raisin Salad Berries W/ Whip Cream	18 Broccoli Cheese Soup 1/2 Turkey Sandwich Apple Crisp	19 Beef Stir Fry Fried Rice W/ Egg Peas & Carrots Fortune Cookie
22	23 Pork Chops With Apples Cucumber Tomato Feta Salad Rice Pudding	24 BBQ Chicken Pasta Salad Green Beans BBQ Pinto Beans Ice Cream & Pineapple Sauce	25 Beef Macaroni Broccoli Wheat Roll Apple Sauce	26 Creamy Tomato Fettuccine Green & Yellow String Beans Wheat Rolls Tropical Fruit Cocktail

- Suggested donation of \$4.50.
- Punch cards are available for a suggested donation of \$45 for ten meals.
- Meals will be given out on a first, come first serviced basis.
- Currently no reserved orders will be available.





# Activity Calendar ~ February 2021

## SeaTac Senior Program • 206.973.4690



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 11:45-12:30 Lunch	3 11:45-12:30 Lunch	4 10:00 *Class: Build a Better Back 11:45-12:30 Lunch 1:00 Legal Help, by appt	5 10:00 Virtual Social Hour (V) 11:45-12:30 Lunch	6
7	8 9:00 Foot Care, by appt 1:00 Grab-n-Go Crafts (V)	9 11:45-12:30 Lunch	10 10:00 *Class: Captel No-cost Phones for Hearing Impaired 11:45-12:30 Lunch	11 11:45-12:30 Lunch	12 10:00 Virtual Social Hour (V) 11:45-12:30 Sweeties Lunch, Reservation Req'd	13
14	15 <b>CLOSED FOR PRESIDENT'S DAY</b>	16 11:45-12:30 Lunch	17 11:45-12:30 Lunch	18 10:00 *Class: My Options When I Need a Caregiver 11:45-12:30 Lunch	19 9:00 Foot Care, by appt 10:00 Virtual Social Hour (V) 11:45-12:30 Lunch	20
21	22 1:00 Grab-n-Go Crafts (V)	23 10:00 Book Club (V) 11:45-12:30 Lunch	24 10:00 *Class: Eat Well, Reduce Fatigue 11:45-12:30 Lunch	25 11:45-12:30 Lunch	26 10:00 Virtual Social Hour (V) 11:45-12:30 Lunch	27
28	<ul style="list-style-type: none"> <li>• (V) indicates that activity is held virtually. See Senior Flyer or website for details.</li> <li>• Lunch is served by drive through pickup only.</li> <li>• *All classes are currently virtual. Contact Comfort Keepers for details or registration: 253.945.1400</li> <li>• Foot Care and Legal Help are by appointment only; call the senior desk at 206.973.4690</li> </ul>					