

# SeaTac Senior Flyer

Volume 25, Issue 3

March 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

## March

### St. Patrick's Day Luncheon To Go

**March 17, 11:45 AM-12:30 PM**

Don't forget to wear green on Wednesday, March 17th for a corned beef and cabbage lunch. The menu will also include potatoes, carrots, biscuit, and apple crisp for dessert.

**Advance reservation required by Wednesday, March 10.**

Please call 206.973.4690 to make a reservation. Suggested donation is \$4.50 for those 60+, cost is \$6.50 for those under 60. On behalf of the senior program we would like to wish you a Happy St. Patrick's Day.



### 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: Lorraine Shaff

### Seniors Working Out returning in March

The instructor will start class slowly with warm ups, stretching with bands, chair exercises, strengthening and balance activities, and some hand weight exercises. Weights will be available to check out at the front desk or you may bring your own equipment from home. This is an instructor-led class, not the open walking/exercise group. This class is open to seniors 55+. Class meets on M/W/F, 8-9 AM and registration is required. To register for the class, please call 206.973.4680.

There will be social distancing and you must wear a mask while in the building. This class may be subject to change due to current and/or future state restrictions related to Covid.

- March 8-19 (Two week trial session. No fee)
- March 22-31 (\$5)

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, March 23, 10 AM**

Love to read? Join our new book club! March book selection is "A Man called Ove" by Fredrik Backman. **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, March 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 so we can be sure to make enough kits for everyone. **Meeting ID 983 0319 7157**

*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.*

**Monday, March 8** – St. Patrick's Day Earrings

**Monday, March 22** – Curious Bunny Spring Decorations

## 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.

Presented by Comfort Keepers



### **Planning for Long Term Care • Wednesday, March 10, 10 AM**

Learn about options to pay for Long Term Care. The new Washington State Public Long-term Care Trust Act will be discussed. Proper planning is a gift you give to you and your family.

Presented by: Attorney - Michelle Siebenaler

### **Your Plan for Aging in Place • Wednesday, March 17, 10 AM**

Regardless of life's changes and challenges, having a plan in place proactively will help seniors to live their days in the comforts of their own home. Many Seniors want to live in their homes and be active in their community. This class will help homeowners make their home a safe and comfortable living environment for those who want to age in place. Many new and innovative products are emerging, and service providers are focusing their businesses on creating new home renovations. Participants will receive a 24-page workbook that is designed to help you make your own plan for aging in place.

Presented by: Sheila Goodfellow, CSA- Transitional Care Manager

*Continued on page 3.*



**Eat Better, Feel Better: Nutrition & the Digestive System • Wed., March 24, 10 AM**

As we age, our digestion and absorption of certain nutrients can change. Participants will learn about the mechanisms and steps within the digestive process. We will discuss ways to increase our body's absorption of certain nutrients and how to improve overall gastrointestinal health and digestion.

Presented by: Christy Goff, MS, RDN, CD, & Comfort Keepers In Home Care

**Make an Emergency "Grab & Go" Notebook • Thursday, April 1, 10 AM**

The first 30 participants to register will receive a free notebook by mail to create and record an "In-Case-of-Emergency" booklet. This will contain documents to keep you and your loved ones informed. This notebook has 21 sections with forms and checklists to help you easily record your personal information. A Zoom class will assist you with completing the notebook and answer any questions. This class is sponsored by Village Green Retirement Campus. The cost of the notebook will be \$15 after the first 30 participants have registered.

**Dizziness & Imbalance in Older Adults • Thursday, April 15, 10 AM**

This class will discuss common causes of dizziness, vertigo and balance problems in older adults. We'll cover the vestibular (inner ear) system and its role in helping maintain balance, as well as common causes of vertigo and their symptoms and treatment options for dizziness and balance problems. Topics of interest will include Benign Positional Vertigo (BPPV) and Meniere's disease.

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**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 ~ March 18 (for March only) & April 1

**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.



### COVID-19 Vaccine Update

While many seniors have begun receiving Covid-19 vaccine shots, we know that many are still struggling to find appointments. If you have been unable to get an appointment, we are available to help! We can help with eligibility questions, finding vaccination locations, online appointment scheduling and transportation information. Please call us at 206.973.4690.

Other vaccine assistance resources:

- WA State COVID-19 Assistance Hotline: 1-800-525-0127
- King County COVID-19 Call Center: 206-477-3977
- Vaccine Finder Website: covidwa.com (This website is frequently updated with locations that are offering vaccine appointments.)

### 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 |
| <i>Referral agencies that provide information and resources on senior related issues:</i> |              |
| Senior Information & Assistance ...   | 206.448.3110 |
| Community Living Connections.....   | 206.962.8467 |





# SeaTac Alternate Lunch Menu ~ March 2021



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

| Monday | Tuesday  | Wednesday   | Thursday  | Friday   |
|--------|--|---|---|--|
| 1      | 2<br>Lime Fish<br>Zucchini Linguine<br>Strawberry & Rhubarb<br>Compote                                   | 3<br>Swiss Cheese Burger<br>Lettuce & Tomatoes<br>Sweet Potatoes Fries<br>Mixed Berries   | 4<br>Spaghetti W Beef<br>Green Beans<br>Garlic Bread<br>Pears   | 5<br>Beef & Rice Burrito<br>Salsa, Guacamole<br>Sour Cream<br>Cucumber Tomato Salad<br>Sautéed Cinnamon Apples |
| 8      | 9<br>Omelet<br>Sausage Patty<br>Hash Browns<br>Honeydew Melon<br>Apple Juice                             | 10<br>Pork Tenderloin Bake<br>Spinach<br>Butternut Squash<br>Grapes<br>Oatmeal Cookies  | 11<br>Vegetable Lasagna<br>Green Beans<br>Sautéed Cinnamon<br>Apples  | 12<br>Amandine Fish<br>Broccoli<br>Wheat Roll<br>Orange<br>Lemon Bar   |
| 15     | 16<br>Salisbury Steak w/ Gravy<br>Mashed Potatoes<br>Sautéed Spinach<br>Fig Newton                       | 17<br><b>St. Patrick's Day Lunch</b><br>Corned Beef & Cabbage<br>Potatoes & Carrots<br>Biscuits<br>Apples Crisp<br><b>Reservations Required</b> | 18<br>Beef Barley Soup<br>Caesar Salad<br>Fresh Apple<br>Ginger Snaps   | 19<br>Pork Soft Tacos<br>Mexicali Veggies<br>Rice<br>Salsa & Sour Cream<br>Banana                              |
| 22     | 23<br>Chicken Fajita W/<br>Bell Peppers & Zucchini<br>Rice<br>Salsa, Guacamole,<br>Sour Cream<br>Peaches | 24<br>Macaroni & Cheese<br>Brussel Sprouts<br>Wheat Roll<br>Strawberries  | 25<br>Chefs Salad W/ Turkey<br>Cheese & Egg<br>Beans & Peas<br>Breadsticks<br>Peaches   | 26<br>Sweet & Sour Pork<br>Vegetables<br>Rice<br>Fortune Cookie<br>Ice Cream                                   |
| 29     | 30<br>Honey Dijon Chicken<br>Potatoes<br>Beets<br>Peaches  | 31<br>Lemon Pepper<br>Baked Cod<br>Potatoes Au Gratin<br>Pineapple Upside<br>Down Cake  | <ul style="list-style-type: none"> <li>• Suggested donation of \$4.50.</li> <li>• Punch cards are available for a suggested donation of \$45 for ten meals.</li> <li>• Meals will be given out on a first, come first served basis.</li> <li>• Currently no reserved orders will be available.</li> </ul> |  |





# Activity Calendar ~ March 2021

## SeaTac Senior Program • 206.973.4690



| Sunday                            | Monday   | Tuesday                                     | Wednesday   | Thursday   | Friday   | Saturday |
|-----------------------------------|--|---|---|--|--|----------|
|                                   | 1  | 2<br>11:45-12:30 Lunch                      | 3<br>11:45-12:30 Lunch  | 4<br>11:45-12:30 Lunch   | 5<br>9:00 Foot Care, by appt<br>10:00 Virtual Social Hour (V)<br>11:45-12:30 Lunch                                     | 6        |
| 7                                 | 8 8:00-9:00 Senior Working Out (Gym)<br><br>9:00 Foot Care, by appt<br>1:00 Grab-n-Go Crafts (V) | 9<br>11:45-12:30 Lunch                      | 10 8:00-9:00 Senior Working Out (Gym)<br>10:00 *Class: Planning for Long-Term Care (V)<br>11:45-12:30 Lunch                   | 11<br>11:45-12:30 Lunch  | 12 8:00-9:00 Senior Working Out (Gym)<br><br>10:00 Virtual Social Hour (V)<br>11:45-12:30 Lunch                        | 13       |
| 14<br>Daylight Saving Time Begins | 15 8:00-9:00 Senior Working Out (Gym)  | 16<br>11:45-12:30 Lunch                     | 17 8:00-9:00 Senior Working Out (Gym)<br>10:00 *Class: YourPlan for Aging In Place (V)<br>11:45-12:30 St. Patrick's Day Lunch | 18<br>11:45-12:30 Lunch<br>1:00 SHIBA by apt<br>1:00 Legal Help, by appt | 19 8:00-9:00 Senior Working Out (Gym)<br>9:00 Foot Care, by appt<br>10:00 Virtual Social Hour (V)<br>11:45-12:30 Lunch | 20       |
| 21                                | 22 8:00-9:00 Seniors Working Out (gym)<br>9:00 Foot Care, by appt<br>1:00 Grab-n-Go Crafts (V)   | 23 10:00 Book Club (V)<br>11:45-12:30 Lunch | 24 8:00-9:00 Seniors Working Out (gym)<br>10:00 *Class: Eat Better, Feel Better (V)<br>11:45-12:30 Lunch                      | 25<br>11:45-12:30 Lunch  | 26 8:00-9:00 Seniors Working Out (gym)<br>10:00 Virtual Social Hour (V)<br>11:45-12:30 Lunch                           | 27       |
| 28                                | 29 8:00-9:00 Seniors Working Out (gym)   | 30<br>11:45-12:30 Lunch                     | 31 8:00-9:00 Seniors Working Out (gym)<br>11:45-12:30 Lunch   |  |  |          |

- (V) indicates that activity is held virtually. See Senior Flyer or website for details.
- Lunch is served by drive through pickup only.
- All classes are currently virtual. Contact Comfort Keepers for details or registration: 253.945.1400
- Foot Care and Legal Help are by appointment only; call the senior desk at 206.973.4690