



# Passport

## Senior Information & Assistance / Caregiver Outreach & Support

206-448-3110 or  
1-888-435-3377  
TTY 206-448-5025  
FAX 206-448-5748

## Mayor's Office for Senior Citizens

206-684-0500

## Senior Outreach

206-726-4926 or  
206-722-0317

## Senior Rights Assistance

206-448-5720

## Volunteer Transportation

206-448-5740 or  
1-800-282-5815

## Senior Shuttles

206-727-6262

[www.SeniorServices.org](http://www.SeniorServices.org)



## Senior Services

Promoting the well-being of older adults

2208 Second Avenue  
Seattle, WA 98121

## Pioneer LGBT Elder Study Seeks Participants

Participants are being sought for a ground-breaking study, "*Caring and Aging with Pride*," by the University of Washington School of Social Work. This national project seeks to better understand the health and aging needs of gay, lesbian, bisexual and transgender adults 50 years of age and older and their informal caregivers.

The study, funded by the National Institute of Health and the National Institute on Aging, will be headed by Dr. Karen I. Fredriksen-Goldsen, Associate Professor at the UW School of Social Work, Director of the Institute for Multigenerational Health and founder of the GSA Rainbow Research Group.

The pioneering project will advance knowledge and understanding of health disparities and the risk and protective factors impacting both physical and mental health outcomes among the study group.

It will also generate new scholarship and knowledge on health and aging within historically disadvantaged communities and contribute to the design of interventions to reduce adverse health consequences.

The study team would like LGBT elders to know that:

- The study is a partnership between Senior Services and The Institute for Multigenerational Health at the University of Washington.

- The study goal is to understand the aging and health needs of LGBT adults 50 years of age and older in our community for generations to come. LGBT elders are requested to voice their needs by completing the study questionnaire.
- Qualified participants who complete the questionnaire will be entered in a drawing that will award a \$500 Visa gift certificate to three randomly selected individuals.

To receive a questionnaire or for more information about the study, email [AgePride@uw.edu](mailto:AgePride@uw.edu) or call toll free at 1-800-558-8703.

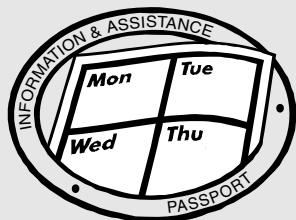
## Correction

### MOSC Healthy Aging Fair

"*Age Strong! Live Long!*" is the theme of the Mayor's Office for Senior Citizens (MOSC) Healthy Aging Fair to be held on Wednesday, May 26, from 9:00 am to 2:00 pm, at the Central Building, 810 Third Avenue in downtown Seattle.

The fair will include workshops, health screenings and exhibits by numerous organizations and government agencies serving seniors. For more information, visit [www.seattle.gov/seniors](http://www.seattle.gov/seniors) or call 206-684-0500 or 206-233-2778 TTY.

# Calendar



Senior Information and Assistance publishes the *I&A Passport* monthly. All material is offered as information to readers. We do not warrant, endorse or recommend any provider, program, or product mentioned within.

**Story Deadline:** The newsletter is distributed the 26th of each month. Submissions are due three weeks prior.

Send notices, photos, press releases, program news to:

**I&A Passport**

2208 Second Ave., Ste. 100  
Seattle, WA 98121-2055

or email:

[info@seniorservices.org](mailto:info@seniorservices.org)

or fax:

206-448-5748

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## Caregivers Conference Early Registration Deadline

Pre-registration is required for the Monday, June 7, *Giving Care, Taking Care* conference for family and paid caregivers to be held at the Tukwila Community Center from 9:00 am to 4:30 pm.

Reduced fees at \$25 for family and volunteer caregivers and \$50 for agency-based caregivers will apply until the early registration deadline of Monday, May 24.

Participants will learn how to:

- Plan for legal and financial issues
- Find helpful community resources
- Reduce family conflicts around caregiving
- Use stress management and relaxation techniques

For more information and to register, call 360-725-2544 or 1-800-422-3263.

## Low Vision Expo

May 1 is the registration deadline for *Insight: A Low Vision Expo* to be held Saturday, May 15, from 9:00 am to 3:00 pm at the Lynnwood Convention Center, 3711 196th Street Southwest in Lynnwood.

This free expo is specially designed for people with vision loss and members of their support systems.

To register, call Michael Craig at 206-525-5556 or email [mcraig@csbps.com](mailto:mcraig@csbps.com).

## WADSA Diabetes 101

Washington Adult Day Services Association (WADSA), Washington's coalition of adult day centers, will offer the following May workshop:

- *Diabetes 101 - What Every Eldercare Worker Needs to Know: Friday, May 21 from 12:30 to 4:30 pm*

The workshop will be held at the Tukwila Community Center in Tukwila. Discounts are available for family caregivers. To register, visit [www.adultday.org](http://www.adultday.org) or call 206-461-3899.

## JFS Workshop on Difficult Behaviors

*"Difficult Behaviors: Responding to Depression, Mental Illness and Substance Abuse"* will be the topic of the Caring for our Aging Parents Jewish Family Services workshop to be held Monday, May 3, from 7:00 to 9:00 pm at Seattle Kollel, 5305 52nd Avenue South in Seattle. Call Marjorie at 206-861-3146 or email [familylife@jfsseattle.org](mailto:familylife@jfsseattle.org) for more information.

## Job Search Workshop

A Job Search Workshop for seniors age 55 and over will be held Thursday, May 13, from 10:30 am to 12:00 pm, at the Mayor's Office for Senior Citizens (MOSC), 810 Third Avenue, Suite 350, in downtown Seattle.

Job counselors from the MOSC Age 55+ Employment Resource Center will discuss job coaching, job-related computer training classes, a job list, web site and other services. For more information, call 206-684-0500.

## Social Security 101

Kirk Larson, the Western Washington Public Affairs Specialist for the Social Security Administration, will give free "Social Security 101 - Everything You Wanted to Know" information meetings for all who are interested at two King County locations in May.

- Tuesday, May 4, 2:00 - 3:30 pm, Loyal Heights Community Center, 2101 NW 77th Street, Seattle
- Monday, May 10, 10:00 - 11:30 am, Kent Senior Activity Center, 600 East Smith Street, Kent

For more information, call 206-615-2650.

## It Takes a Village Information Program

"It Takes a Village" will be the topic of the Greenwood Senior Center *Avenues* program to be held at 3:00 pm Tuesday, May 25, at 525 North 85th Street in Seattle.

"Villages" are membership-driven organizations that coordinate access to affordable services including transportation, health programs, home repairs, social and educational activities and other day-to-day needs of seniors. Each "Village" is unique and depends on the needs and desires of its members.

To sign up for the meeting or for more information, call 206-297-0875 or visit the center's website at [www.greenwoodseniorcenter.org](http://www.greenwoodseniorcenter.org).

## American Diabetes Expo

The American Diabetes Association EXPO/Seattle will be held Saturday, May 1, from 9:00 am to 3:00 pm at the Washington State Convention and Trade Center in downtown Seattle.

The EXPO is free and will include health screenings, cooking demonstrations, product and service exhibitors. Leading experts will also be speaking about diabetes management and prevention.

To register, visit <http://main.diabetes.org/site/Calendar>. For more information, call Mark at 206-282-4616, Ext. 7212 or email [mjohnson@diabetes.org](mailto:mjohnson@diabetes.org).

## Asian Pacific Islander Kidney Health Fair

A free *Asian Pacific Islander Kidney Health Fair* will be held on Saturday, May 22, at the Great Wall Mall in Kent from 12:00 to 4:00 pm.

For more information, call 206-292-2771, ext. 5355 or email Syrenka at [syrenka@nwkidney.org](mailto:syrenka@nwkidney.org).

## Free Latina Health Fair

A free *Latina Health Fair* for Latinas, their families and friends will be held at North Seattle Community College, 9600 College Way North, in the Cafeteria Building on Saturday, May 15, from 10:00 am to 3:00 pm.

Information will be provided in Spanish and English. Visit [www.northseattle.edu](http://www.northseattle.edu) or call 1-800-756-5437 for more information. Bus service to the college is provided by Metro Routes 16 and 5.

# Resources



Call Senior Information and Assistance for further information: 206-448-3110 or 1-888-435-3377

"It always seems impossible until it's done."

- Nelson Mandela

First democratically elected South African State President 1994 Nobel Prize for Peace 1993

# Consumer Corner



For information about Substitute Decision Making, Estate Planning, Consumer Protection, Consumer Debt/Bankruptcy, Landlord/Tenant, Homeowner, Social Security, Kinship Care, End-of-Life issues and Assistance for Victims of Crime contact:  
Senior Rights Assistance  
206-448-5720

## Simple Wills Available at Seattle Elder Law Legal Clinic

*by Judith Shoshana, Senior Rights Assistance Program Legal Director and  
Melissa Mitchell, Senior Rights Assistance Program Coordinator*

Planning for the end of life is something that must be considered at any age, but many find it a more pressing issue as they transition into the last stages of life.

An important piece to have in place is a valid will. Many elders need basic simple wills drafted or updated, but can't afford to hire an attorney.

Volunteers and staff of Senior Rights Assistance have long recognized this gap in services and recently began a program to address it.

The Wills Project was realized as a necessary addition to the Seattle Elder Law Legal Clinic, coordinated by Senior Right Assistance (SRA) and the King County Bar Association (KCBA).

At the clinic, clients can meet with a volunteer attorney for one-half hour and receive free legal advice on various elder law topics.

Strengthening the Seattle clinic's offerings, the Wills Project was piloted beginning in January 2010 for seniors age 55 and over.

Over the course of two months, volunteer attorneys from the clinic met with clients to update or draft a will. The results were so successful that the Wills Project is being extended through June 2010.

Agency programs and community partners, as well as interested seniors, should feel free to refer clients with simple estate situations to SRA at 206 448-5720. SRA Intake will conduct eligibility screening for

clients who want to have a will created or updated.

Clients who do not meet Wills Project eligibility requirements will be referred to appropriate community resources or sent a list of elder law attorneys in the area.

SRA is dedicated to making elder law services accessible to seniors.

It is a goal that the program will continue to strive toward and the Wills Project is testimony!

**To make a  
Wills Project  
appointment  
or to schedule  
an appointment  
with the  
Seattle or Kent  
Elder Law Legal  
Clinic,  
call  
206-448-5720**

## Auntie? Are You There?

by Daria Sawochka, Caregiver Program

The world is our oyster. And oh do some of us love to wander all around this globe of ours. Whether for employment possibilities or just tired of certain regional weather patterns, we are becoming more migratory than ever before.

There seems to be fewer and fewer family members living in the same town or state, let alone living in the same neighborhood. So what happens when you have a concern about a loved one who does not live nearby?

One family found themselves in just such a predicament. Fifty years earlier, Aunt Martha married and moved to the Pacific Northwest from her tiny town in northeastern Michigan.

She and her husband set out on the adventure of their lifetime. Having no children of her own, Aunt Martha and her husband both worked and created a sweet life for themselves.

Now in her eighties, and her husband several years gone, Aunt Martha had been managing her life in her retirement fairly well...that is, until her health began to change recently.

Now, with achingly painful knees that make standing and walking more challenging and feeling tired more often, Aunt Martha has begun to notice getting through the day takes much more effort than it used to.

And no longer able to travel "back home" as she once did with regularity, Aunt Martha finds herself maintaining her close relationships

with her beloved nieces and sister-in-law mostly over the phone now with the occasional visit from her Michigan family coming out here.

Last week, one of her nieces from Michigan found Senior Services in an online search for local resources near where her aunt lives.

Concerned by what Aunt Martha was sharing with her, this niece was realizing how hard everyday life was fast becoming for her dear aunt and wondered what could be done to help.

Together, community programs and various in home service options were discussed as well as some assisted living facilities located in the area.

This niece was willing to fly out immediately if that's what it took to help. A meeting with Aunt Martha was scheduled to provide an opportunity to sit down with her and discuss some possible services and resources so she could then decide what will best meet her specific care needs and financial considerations.

It is truly amazing the vital role a long distance caregiver can play in the life of an older relative. In this family, a niece from clear across the country was able to track down and locate a program right here in her aunt's neighborhood and get the ball rolling at this end.

Perhaps we should never underestimate the power one caring person has in the life of an aging loved one. In fact, it just might make all the difference in their world.



## Caregiver Connection



To find out more about local Caregiver and Kinship resources and support, contact:

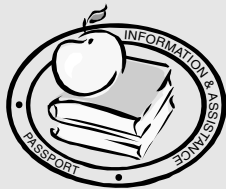
Senior Information and Assistance  
206-448-3110

Men's Caregiver Support Group  
Greenwood Senior Center  
Third Thursdays  
Next meeting  
May 20

3:30 - 5:00 pm -  
Facilitated by  
Alan Wittenberg, MSW  
Call 206-297-0875  
for info

# Classes & Events

Call the numbers listed to register for a class or to request a newsletter with full class schedules.



Visit

[www.SeniorServices.org](http://www.SeniorServices.org)  
and click on  
"Find a  
Senior Center"  
for a list of  
King County  
Senior Centers  
and their  
website address

Visit

[www.scn.org/seniors](http://www.scn.org/seniors)  
for  
online  
topics of  
interest  
to Seniors

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## Ballard NW Senior Program 206-297-0403

- ◆ **AARP Mature Driver Safety Class:** Wednesday and Thursday, May 26 and 27, 9:00 am - 1:00 pm
- ◆ **Gentle Yoga:** Thursdays, 9:30 - 10:45 am
- ◆ **Laughter Yoga:** Thursdays, 11:00 - 11:50 am
- ◆ **Computer Classes:** Every Thursday, 1:00 - 2:30 pm

## Burien Senior Program 206-988-3700

- ◆ **AARP Safe Driving Course:** Tuesday and Wednesday, May 18 and 19, 12:30 - 4:30 pm

## Central Area Senior Center 206-726-4926

- ◆ **Intermediate Computer Classes -** Call for dates and time.
- ◆ **Chair Massage -** Thursdays, 9:00 am - 11:00 pm. Call for appointment.
- ◆ **Diabetes Awareness Education Workshops:** Thursdays, thru May 13, 10:00 am - 12:00 pm
- ◆ **SHIBA Medicare and Prescription Drug Info:** Every third Wednesday of month, 9:00 am - 12:00 pm. Call for appointment.
- ◆ **Foot Care:** Mondays, 8:00 am - 4:00 pm. Call for appointment.

## Des Moines Activity Center 206-878-1642

- ◆ **Move It or Lose It!** Tuesday, May 18, 11:00 - 11:45 am

- ◆ **Wake Up - Shape Up!** Mondays and Wednesdays, 9:30 - 10:30 am, May 3 thru May 26 (no class May 31)
- ◆ **Brain Agility:** Tuesdays, thru June 1, 6:30 - 7:30 pm
- ◆ **Adult CPR:** Monday, May 24, 8:30 am - 12:00 pm or 5:30 - 9:00 pm

## Evergreen Hospital Medical Center 425-899-3000 Registration required for all classes Call the numbers below to register

- ◆ **T'ai Chi for Back Pain:** Tuesday, May 4, 2:00 - 3:00 pm; Brittany Park, 425-402-7100
- ◆ **How to Follow a Heart Healthy Diet:** Thursday, May 6, 10:00 - 11:00 am
- ◆ **Managing High Blood Pressure:** Friday, May 7, 12:45 - 2:00 pm; Peter Kirk Community, 425-587-3360
- ◆ **When to Worry:** Tuesday, May 25, 12:45 - 2:00 pm; Northshore Senior Center, 425-487-2441
- ◆ **Manage Your Blood Pressure Through Nutrition:** Monday, May 17, 11:00 am - 12:00 pm; Kenmore Senior Center; 425-489-0707
- ◆ **Spirituality and Aging:** Wednesday, May 12, 10:00 - 11:00 am; Mill Creek Senior Center, 425-948-7170
- ◆ **How to Stay Healthy with Diabetes:** Wednesday, May 26, 10:00 - 11:15 am; Redmond Senior Center, 425-556-2314
- ◆ **Summer Travel - Keep Moving:** Friday, May 14, 1:00 - 2:00 pm; Fairwinds Redmond, 425-558-4700

- ♦ **Communicating When the Diagnosis is Dementia:** Thursday, May 13, 4:00 - 5:00 pm; Aegis Totem Lake, 425-814-2841
- ♦ **Senior Strength:** Thursday, May 13, 2:00 - 3:00 pm; Madison House, 425-821-8210
- ♦ **Learn to Hear Again!** Wednesday, May 19, 2:30 - 3:30 pm; Merrill Gardens Kirkland, 425-828-2570

- ♦ **Gastrointestinal (GI) Blues:** Monday, May 14, 1:00 - 2:30 pm; North Bellevue Community/Senior Center, 425-452-7681
- ♦ **Take a Stand Against Strokes:** Wednesday, May 12, 11:30 am - 12:30 pm; Bellevue YMCA, 425-746-9900
- ♦ **Understanding Peripheral Vascular Disease:** Wednesday, May 19, 10:30 am - 12:00 pm; Redmond Senior Center, 425-556-2314

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**Greenwood Senior Center** **206-297-0875**

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- ♦ **Exploring Wellbeing:** Wednesday, May 26, 11:00 am - 12:00 pm
- ♦ **Greenwood Strollers:** Tuesdays, 10:00 am
- ♦ **SAGE Project - Community Gardens and Food Justice:** Tuesday, May 11, 3:00 pm
- ♦ **Computer Basics:** Tuesday and Thursday, May 4 and 6, 10:00 am - 3:00 pm

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**Northshore Senior Center** **425-487-2441**

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- ♦ **AARP Defensive Driver Safety Program:** Tuesdays, May 11 and 18; 10:00 am - 3:00 pm
- ♦ **Senior Strength:** Tuesdays and Thursdays, 8:30 - 9:15 am (no class May 25)
- ♦ **How to Buy a Computer:** Tuesday, May 11, 10:00 - 11:30 am
- ♦ **Men Get Depression:** Monday, May 24, 10:00 am to 12:00 pm. Call Stefanie at 425-286-1047 to register.

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**Overlake Hospital Medical Center** **425-688-5800**

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- ♦ **Matter of Balance:** Wednesdays and Fridays, May 5 thru May 28, 10:00 am - 12:00 pm; Bellevue College, North Campus
- ♦ **Posture and Balance Clinic Refresher:** Tuesday, May 25, 1:00 - 2:30 pm; Bellevue College, North Campus

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**Renton Senior Activity Center** **425-430-6633**

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- ♦ **Computer Lab:** Mondays, 10:30 am - 12:00 pm; Wednesdays, 12:30 - 2:30 pm; Fridays, 9:30 - 11:30 am
- ♦ **Exercise with the Aid of a Chair:** Wednesdays and Fridays, 10:45 - 11:30 am
- ♦ **Fitness Room:** Weekdays, 9:00 am - 4:00 pm
- ♦ **Disaster Preparedness for Seniors:** Tuesday, May 18, 12:30 pm

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**Sno-Valley Senior Center** **425-333-4152**

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- ♦ **Naturopathic Clinic:** Fridays, 12:30 - 3:30 pm
- ♦ **Veteran Services:** Third Thursday of every month, 8:00 - 9:00 am. Call Joel at 206-612-2816 or 206-296-7570.

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**Southeast Seattle Senior Center** **206-722-0317**

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- ♦ **Gentle Stretching:** Tuesdays and Thursdays, 10:15 - 11:15 am
- ♦ **Chair Exercise:** Tuesdays and Thursdays, 12:00 - 1:30 pm
- ♦ **Free Blood Pressure Check:** Wednesday, May 12, 9:00 - 11:00 am

### Farmers Market Senior Nutrition Voucher Program Begins

The Application Period for the King County Senior Farmers Market Voucher Program is now open and will continue through Friday, May 28.

The signed and completed forms must be postmarked **no later** than Friday, May 28. Aging and Disability Services (ADS) also reminds applicants to put their apartment number, if applicable.

The \$40 vouchers will allow shoppers to purchase fresh produce directly from local growers that bring their fresh produce to many Farmers Markets throughout the state. A few in King County include those located in Bellevue, Capitol Hill, Columbia City, Lake City, Magnolia, Phinney Ridge, West Seattle and the University District.

Applicants must be age 60 or over or age 55 and over for Native Americans.

ADS emphasizes that there is only **one** application per household and that this is **not** a “first-come, first serve program.” All qualified applications will have the same chance of being chosen during a random selection process during the first week in June.

Income guidelines are up to \$20,036 annually or \$1,669 monthly income for one person and up to \$26,955 annually or \$2,246 monthly for two persons.

Applications are available for printing at [www.agingkingcounty.org](http://www.agingkingcounty.org), the ADS website. For a complete list of Farmers Markets that accept the vouchers, visit [www.nutrition.wsu.edu/markets/listings.html](http://www.nutrition.wsu.edu/markets/listings.html).

ADDRESS SERVICE REQUESTED

Non-Profit Org.  
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PERMIT NO. 1148



info@seniorservices.org • www.seniorservices.org

(f) 206-448-5748 • (TDD) 206-448-5025

206-448-3110 • 1-888-435-3377

2208 Second Ave, Suite 100, Seattle WA 98121

Senior Information & Assistance

Senior Services

