

Opportunity & Growth Through a Leadership Organization

Fall 2009

Message from the Chair

Hello WSASC Members,

I am very excited and looking forward to the challenge of serving as WSASC Board Chairperson for the next year. I joined the board shortly after starting my position at the Lakewood Senior Activity Center. Although I had many years of experience working with older adults, I was new to working at a Senior Center. Joining our Association has been an invaluable experience. The benefits of membership are priceless. Networking with other professionals, learning about other Centers' policies and procedures and problem solving are just a few of the worthwhile perks. Not only did I gain a wealth of knowledge through our Association, but I also made some great friends along the way.



Elizabeth Scheid,
WSASC Chair

Life is very unpredictable and can change in a split second! It has been a very difficult summer for my family, but we are blessed to have so many Senior Center and WSASC friends. Through this experience, I am reminded that I can make a difference. One of my favorite quotes is, "If it is to be, it is up to me!" Although I can't change all the circumstances that may arise, I am in charge of my attitude and my ability to turn the difficult times into something positive. I send my gratitude to Vince Guerrero for stepping up to the plate and taking charge while I was on a leave of absence. Thanks for your dedication to our Association.

My challenges to you are these: to continue to make a difference, and get involved in our Association. Volunteer to help at the conference, respond to the email questions sharing your knowledge with others, or help us spread the word and encourage other Senior Center professionals to join our Association. I challenge you to get involved. There is no time like the present to make a positive impact on others. Just do it!

Sincerely,

Elizabeth Scheid
WSASC Chair, 2009-2010

Check out the WSASC website. Don't forget this is a great way to be "in the know" of your association,
www.wsasc.org

Mission Statement

To Enhance, Educate, and Support professionals working with the aging population.

ENHANCE

Marketing Update

Here we go!

It is with pleasure that we begin our new Board Marketing positions on behalf of the WSASC. Our gratitude goes to Allie Mason and Jennifer Robinson for their years of hard work on the newsletter, website and all other marketing endeavors. Thanks to their great organizational skills and innovative ideas, it is easy to pick up where they left off.

Beginning in 2010, we have several new marketing goals: to update the website more frequently to ensure it is a constant, consistent tool for all members and senior professionals to use; to increase visibility of the WSASC; and to build community partnerships.

There will be several times each year that we ask for pictures, stories or information from members—please participate! It will only take a few moments of your time, and it goes a long way in continuing this supportive, inventive WSASC community that we all benefit from.

At any time, feel free to contact us with questions, comments, concerns, or great ideas. Please remember that we are here to communicate information to membership and represent you. All Board contact information can be found in the newsletter as well as on our website, www.wsasc.org.

Looking forward,

Emily Happy
Marketing Co-Chair

Jennifer Bacon
Marketing Co-Chair

Trips & Tours **Mark your calendars! Save the dates!!**

Your Seniors will not want to miss participating in Seniors on the Beach 2010!!! As tradition holds, we will again be visiting Seaside, Oregon, on May 4, 5, & 6. Consider taking your bus filled with Seniors to be part of the fun. There will be optional side trips to choose from with some new fun thrown in!

These trips are a blast and give your Seniors a chance to greet, meet, and befriend other Seniors from across the state. Cost of trip remains the same as the previous 2 years! Individual Centers may add to the cost to cover additional fundraising needs. Double Rate: \$265 Single Rate: \$395 .

To include your Center, please email or call Jacob McGee at jacob@eastcountyseniorcenter.org or by phone at 360-794-6359. Also remember to check our website for updates on this trip and other future trip information.

Membership renewal is right around the corner! New addition next year for members are workshops on hot topics. **Membership fees are \$45 for professionals, \$25 for retired professionals and students.** Those whose membership payment is received by March 15 will be eligible for the significantly reduced conference rate. Questions? Visit <http://www.wsasc.org/pages/membershipservices.html> for more information.

Membership Application

Washington State Association of Senior Centers

New
Renewal

Name _____ **Title** _____
Agency _____ **Address** _____
City _____ **County** _____ **State** _____ **Zip** _____
Phone _____ **Fax** _____ **Email** _____

Are you interested in volunteer opportunities with the WA State Association of Senior Centers? **Yes** ___ **No** ___
Dues are \$45.00 per fiscal year and membership is from January 1 to December 31, 2010.
Retired individual rate is \$25.00. Student rate is \$25.00.

Please include application with check.
W.S.A.S.C. members receive a \$5.00 discount on WA Recreation & Parks Association Dues.

Make checks payable to W.S.A.S.C.
Mail to: Bo Du, City of Burien Parks, Recreation and Cultural Services, 425 SW 144th St, Burien WA 98166

Capture the Moment

Please submit captured moments to **Jennifer Bacon** at jbacon@cityofbuckley.com.



Wine making at Bader Winery



Sock Hop Night at Wrinkle Ranch



MMmmm Good



Active Wellness



Conga



Luau Shenanigans



Getting in the spirit of Spring



A sunny snowshoe trip

2010 Conference: *Save the Date!*

WSASC Annual Conference: "Capital Connections"
May 25-27, 2010
Olympia, WA

Featuring a wide range of educational speakers and workshops, special events and inspired fun!

Let's make connections!

2009 Conference Wrap-Up

The 2009 WSASC Conference held in Pasco, WA, at the Holiday Inn Express was a dynamic, well-attended Conference. Participants enjoyed a number of breakout workshop sessions that ranged from Risk Management, to 99 Seconds, to Oral Health Care and Stress Relief. One of our most popular breakouts was Emergency Preparedness, scoring almost 100% on its evaluation. We had many great deals at this year's Conference with free massages, two \$50 gift cards and a huge gift basket for each center, compliments of Humana, our Gold Sponsor for the Conference. Plus, thanks to our sponsors, we had a record-breaking number of dollars donated this year. We also had a record number of full and half scholarship applicants attend the Conference, a total of 8 people.

I would like to thank everyone who helped out at this year's Conference. You did a fantastic job. I also want to remind everyone that the 2010 Conference Planning Committee could use your help. Next year's Conference will be in our beautiful state capital, Olympia. If you are interested in helping, please contact Sue Hillberg with the Bonney Lake Senior Center, at 253-447-4327 or hillbergs@ci.bonney.wa.us.

Vince Guerrero
 Past Chair



Legislative Update

Updates from "the Other" Washington

On Monday, September 14th, I attended the National Institute of Senior Centers (NISC) Delegate Council meeting. NISC is in the process of reorganizing their direction to address the changing needs of senior centers. To achieve this purpose, NISC will streamline their committee work from nine committees down to six. **The new breakdown is:** Best Practices (research, training, programs and services, conference), Marketing and Product Development, Public Policy, Leadership Recruitment, Standards and Guidelines and Accreditation, State Association and Membership.

The focus will be on strengthening state associations, developing new leadership, public policy and accreditation. National Council on Aging (NCOA) is also focusing on our partnership, and the importance of senior centers to bring information and services to the community, by assigning a staff member to work with each of the NISC committees. NCOA has developed new membership costs and guidelines. Now senior centers, not individuals, can join for \$195, which includes your NISC membership as well as membership for all your staff.

Another welcome change is that the **manual for NISC accreditation will now be free**. The final version will be published soon, and you may obtain a copy through the website. There will still be a fee for accreditation, and there will no longer be re-accreditation. You must apply and complete the process at your renewal.

Key legislation address for **Advocacy Day on September 15th** was the Elder Abuse Act (S 795, H.R. 2006), Health Care Reform and Medicare Part D, and the refunding of the Older Americans Act. Marietta Bobba and I visited the offices of Maria Cantwell, Patty Murray and Dave Reichert. Marietta asked that each representative sign on to the Elder Abuse Act and to look at key wording in Project 2020, which aims to "build on the promise of home and community-based services." Marietta pointed out that, as written, our American Aging Association agencies have first right of refusal for money from this bill coming into our state through Aging Services, and that there is not an opportunity for senior centers to bid for the money directly. We want to make these funds available for open bidding.

I encourage everyone to begin to invite our senators and congressmen to your buildings to see firsthand what our senior centers are doing in the community. In many states, staff is on a first name basis with their representatives, who then are aware of issues concerning seniors. **As funding tightens and the senior population grows, it is imperative that we "foot our own horn"!**

Antonia Kerney

Representative for NISC

National Institute of Senior Centers

WSASC GRANTS FIRE DAMAGED CLE ELUM SENIOR CENTER \$1,000 EMERGENCY FUND

CLE ELUM, AUGUST 4, 2009: The Washington State Association of Senior Centers **granted \$1,000 in emergency funds** to be used as needed by the Cle Elum Senior Center.

Senior Center personnel from around the state were greatly saddened at the news of the devastating fire that destroyed the Cle Elum Senior Center on August 1, 2009. In order to communicate hopeful wishes for a bright future, and on behalf of members representing a statewide network of Senior Centers, the State Association moved quickly to provide support and funding. Our thoughts are with the staff, seniors, and community members of Cle Elum.

Senior Centers from around the state then jumped into action, and either donated funds directly to Cle Elum, or held fundraisers in their honor. Great work, everyone! When we support each other, it's amazing what can be accomplished. For more information on how you can help, **please visit their website: www.centennial-center.org**.

Spotlight Professional



Doug McCormick
Senior Services Supervisor
Puyallup Activity Center
Puyallup, WA

Describe your position in Senior Services and/or Recreation?

I am the Senior Services Supervisor at the Puyallup Activity Center and have the responsibility of managing the daily operations of the Center. This includes the senior programs, evening recreation programs, facility rentals, and maintenance needs.

How long have you worked with the senior population?

My first job working with seniors was in the spring of 1987, and I have been serving this population in several capacities ever since. I have worked for numerous organizations including private for-profit, private non-profit, and municipalities. I've been in my current position with the City of Puyallup Parks and Recreation Department for about 7 years.

What is your favorite senior event?

In retrospect, what comes to mind was an event I coordinated while working in the Seattle area. The

program was a "Speakeasy" fundraiser for our senior center and a local theatre group and the business community supported us, thus making it a fairly lucrative event. The evening was quite elaborate, offering great food, live music, floor shows and a casino. However, philosophically speaking, I don't believe I really have a favorite event. All of our centers and programs provide what is most import to our seniors, and that is being connected through services, socialization, learning, fun and play! We're all about helping our seniors sustain themselves in our communities.

How does your membership to WSASC contribute to your professional life?

WSASC is imperative to individuals and agencies working with older adults. Its unique group of members, resources, legislative knowledge, newsletter, and annual conference are all excellent reasons to belong. Simply put, it's highly beneficial to be linked to other professionals and agencies in the Senior Services field.

How do you enjoy spending your leisure time?

Well, we all know the importance to our happiness quotients and stress levels to have at least one leisure activity in our lives. For me, it's throwing tomatoes into fans, building home made parachutes, or playing hopscotch with real scotch. But seriously, I'm a parent with three kids, so a lot of my spare time is reserved for parenting responsibilities, including chauffeuring them around to school related activities and other endeavors. Other than that, it's

spending unscheduled time doing things I like such as riding my bike, walking the dog, playing my guitar, working on the house/yard/cars, or going out and catching up with friends, and just doing whatever... goofing off (as my youngest son would say).

What makes your senior/activity center unique?

I could literally go on and on with this question, but I will condense it by saying our people, programs, facility, location, staff, and volunteers. The Puyallup Activity Center has wonderful and dynamic programs that are provided in a really nice building that is three years young. We have plenty of space, and are housed in a building that also has a coffee establishment, health food restaurant, and condominiums located above. In addition, Puyallup has all the resources and assets of a larger city while retaining the charm of a small town. It's truly a special place and a great environment to work in.

What is a typical day for you?

I wake up and smack the alarm clock with a baseball bat....then it's off to the races. All kidding aside, I probably do the same type of things most of you do including paperwork, reports, meetings, numerous phone calls, and "other duties as assigned." But most importantly I have fun, because I get to meet, greet, and interact with a lot of really interesting people. In closing, I always remember to be thankful for each day and what I have.

Do You Know Your Board of Directors?

Officers

Elizabeth Scheid, Chair

Lakewood Senior Activity Center
9112 Lakewood Dr. SW
Lakewood WA 98499
253.798.4090
escheid@cityoflakewood.us
Term: through 5/10 as chair,
through 5/11 as past chair

Rocky Kirwin, Treasurer

Auburn Senior Activity Center
808 9th St SE
Auburn WA 98002
253.288.7442
253.288.7444 (fax)
rkirwin@auburnwa.gov
Term: through 8/11

Kathleen Cummings, Secretary

SeaTac Senior Program
13735 24th Ave S
SeaTac WA 98168
206.973.4683
kcummings@ci.seatac.wa.us
Term: Through 5/10

Vince Guerrero, Past Chair

Pasco Senior Center
1315 N. 7th Ave
Pasco WA 99301
509.545.3459
guerrerov@ci.pasco.wa.us
Term: Past Chair Through 5/10

Board Members at Large

Jacob McGee, Fundraising

East County Senior Center
PO Box 602
276 Sky River Parkway
Monroe WA 98272
360.794.6359
Jacob@eastcountyseniorcenter.org
Term: through 5/10

Emily Happy, Marketing

Point Defiance-Ruston Senior
Center
4716 N. Baltimore
Tacoma WA 98407
Ph: 253.756.0601
Fax: 253.752.9617
Ehappy@franketobeyjones.com
Term: Through 5/10

Jennifer Bacon, Marketing

Buckley Senior Center
811 Main Street
PO Box 147
Buckley WA 98321
Ph: 360.829.0190
Fax: 360.829.9363
jbacon@cityofbuckley.com
Term: Through 5/11

Sue Hilberg, Member Services

2010 Conference Chair
Bonney Lake Senior Center
19304 Bonney Lake Blvd
Bonney Lake WA 98391
Term: through 5/11
hilbergs@ci.bonney-lake.wa.us

David Schmidt, Fundraising

City of Federal Way
PO Box 9718
Federal Way WA 98063
253.835.6925
Fax: 253.835.6939
david.schmidt@cityoffederalway.com
Term: Through 5/11

Bo Du, Member Services

City of Burien Parks, Recreation
and Cultural Services
425 SW 144th St
Burien WA 98166
206.988.3700
Fax: 206.243.2784
bopharyd@burienwa.gov
Term: through 5/10

Board appointments:

Antonia Kerney, NISC

Village Concepts
909 S 336th #200
Federal Way WA 98003
253.838.3460
antonia@villageconcepts.com

Eileen McKenzie Sullivan

Senior Lobby, second delegate

EDUCATE, ENHANCE & SUPPORT



Opportunity & Growth Through a Leadership Organization

Washington State Association of Senior Centers

City of Burien Parks, Recreation and Cultural Services

C/O Bo Du

425 SW 144th St

Burien WA 98166

WASHINGTON STATE ASSOCIATION OF
WSASC
SENIOR CENTERS