



**The South Sound Care Connection** provides in-home caregiver placement, long-term care planning, family consultations, support group facilitation, and Alzheimer's Disease education and support. For families wondering what to do next, this program provides the connection between families needing in-home care services and qualified independent caregivers.

**Services available include:**

- Housekeeping
- Companionship
- In-home meal preparation
- Personal care
- Twenty-four hour care
- End-of-life care
- Uninterrupted caregiver coverage

Also provided are consultation services to seniors and their families who may have needs other than in-home care, such as Alzheimer's care concerns, residential placement assistance, and questions about other resources. For more information please call Care Connection's direct line at 360.586.4491.

**- YOU CAN HELP -**

Senior Services for South Sound is a private, non-profit corporation governed by a volunteer board of directors and has served Thurston and Mason counties since 1973. It is funded by private contributions, the United Way, HSRC, the LMT Area Agency on Aging, and private grants. Services are offered to all seniors regardless of their income. No senior is ever turned away if unable to contribute for services. Private contributions are essential for being able to serve so many.

**Ways you can help . . .**

- Make vitally important cash gifts.
- Donate stocks or bonds which often provide excellent tax advantages.
- Make a planned gift from an estate.
- Name Senior Services for South Sound as a beneficiary in a life insurance policy.
- Attend special events.
- Volunteer your time.

**360.586.6181**

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**Senior Services for South Sound**

*Celebrating Life*

*Helping Seniors Stay Active*



**New to the area?  
Recently retired?  
Need resources?**

*Senior Services*  
FOR SOUTH SOUND

If you are new to the area or recently retired, Senior Services for South Sound is for you. Whether it's taking a class, finding respite from care giving, volunteering, taking a trip, or inquiring about community resources, our staff and volunteers can help you rediscover and preserve your independence, self-esteem, and joy for life.



The **Senior Nutrition Program** is designed to provide balanced, nutritional meals to the vulnerable, elderly population in Mason and Thurston counties. To assist with healthier meal choices, nutritional counseling is also available to those seniors with dietary restrictions. Meals are served at the Olympia Center, the Yelm Senior Multi-purpose Center, the Tenino Quarry House, the Rochester Lion's Club, the Belfair Thelar Center, and the Shelton Senior Center. For those seniors unable to leave their homes, home delivered meals are available.

# Senior Services for South Sound Celebrating Life

The **Senior Center Activities Program** provides educational, recreational, health improvement, and volunteer opportunities at two Thurston County senior centers. Activities in both the Olympia and Lacey senior centers are designed to enhance the quality of life and well being of seniors in the community. Our senior centers encourage participants to remain active and promote healthy lifestyles, improve overall long-term health, and when necessary, become the link enabling seniors to access vital services both on site and outside the agency.

**S**ervices and opportunities available include:

- **Recreation and lifelong learning** ~ aerobics, art, pool, computer classes, ballroom dances.
- **Travel adventures** ~ day, short, and extended stay trips to local and exotic destinations.
- **Clubs and companionship** ~ newcomer group, coffee bar, cards, woodcarving, chess.
- **Health and wellness** ~ foot care, blood pressure checks, support groups, massage.
- **Volunteer opportunities** ~ boutique, coffee bar, entertainer, greeter, office receptionist, driver.



The **STARS and Respite Care Program** offers supervised therapeutic activities in a group setting for frail seniors and disabled adults. With our wonderful staff and volunteers, STARS is able to offer fun and creative client focused activities along with excellent personal care. While their family member is enjoying the day at STARS, caregivers are able to receive a needed break, enabling them to continue to give loving care. Visit a site and witness the magic and special friendships that flourish.