

Neighbor to Neighbor

Eastside
Friends
♥f Seniors

A Newsletter of Eastside Friends of Seniors

Eastside Friends of Seniors provides volunteer-based services for seniors facing the challenges of aging.

2012 Auction

a “**BONANZA**” for the Elderly

This year's auction broke all previous records! We raised \$80,000 to help provide vital services to the elderly in our community. In its fourth year, the annual auction has become a beloved tradition with fun themes, great auction items, delicious food, and fabulous company. This year's theme, “Bonanza”, featured hay bales and horses (saw horses), country music and “Gold Nugget Cocktails”, and saw attendees enjoying the evening in jeans and boots. And once again, bidders got to go home with fabulous and unique items. An exercise ball bike and bartending party were among the new items and trips to Disney and beautiful Lopez Island made a return appearance.

Eastside Friends of Seniors extends a special thank you to our **Gold Medal Sponsors:**

- Cardwell Consulting
- Sunset Funeral Home
- Swedish Hospital
- The Whitaker Foundation

And to **Silver Medal Sponsors:**

- Aegis Living
- American West Bank
- Bellewood Senior Living
- Kiwanis Club of Providence Point
- Synergy Home Care

The event's success would not have been possible without Brenda Shea, Event Chair, and Shira Firestone, Auction Coordinator. We also thank everyone who donated goods and services or came out to support the event.



Eastside Friends of Seniors

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Letter from the Director

Dear Friends:

I recently heard this story from a friend. Mr. H, was in his mid-80s, fiercely independent, and living on his own. His son and daughter-in-law, living out of state, visited him at Thanksgiving. He seemed to be doing just fine back then. They didn't know that he had quit driving distances that were longer than 10 minutes in the car. Mr. H didn't admit this to anyone. He didn't want to give up the freedom that came along with his car keys. But he just didn't feel safe driving, outside of the few familiar miles around the house. As a result, he hadn't been to medical appointments in more than a year.

When his son and daughter-in-law walked in the door this spring, they saw a man a ghost of who he had been just five months before. Mr. H had always been of a wiry athletic build, but now, he had lost about a third of his body weight and was skeletal. They went from the foyer of his house straight to the emergency room. He went from the ER to the hospital, and then into hospice. He shortly after.

What if this elderly man had been a client of ours? Our trained volunteers would have been able to alert our Client Services Coordinator. He would have received rides

to the doctor who could have monitored his condition. He might not have had months of suffering before getting help.

We need your help. If you're reading this it is because you already have a valued relationship with Eastside Friends of Seniors. Thank you. You are in the perfect position to help us spread the word and recruit new volunteers. Lately we have been getting an unprecedented number of requests for transportation to medical appointments. We need more volunteers or we have many service requests that will go unfulfilled. Here are some ways you can help: Can you ask if we can have a table at your church on Sunday? Would you be willing to host a house party where we can tell people about our program and enlist their support? Can you put a notice in your homeowners' association newsletter?

Your support of our community's seniors may save someone's life.

Warm Regards,

A handwritten signature in black ink that reads "Claire Petersky". The script is cursive and fluid.

Claire Petersky, Executive Director
Claire@eastsidefriendsofseniors.org
(425) 369-9120

Congregations Put their Faith in Action

Client Willa Hill is in her early 90s, living on a 10 acres in the more rural section of our service area. She maintains 6 acres of it, with a lovely garden. "I'm out here every day", she reports. But there's some heavier work to maintain the garden she can't quite tackle on her own. That's where our volunteers come in.

In Willa's case, she most recently got help from Sammamish Presbyterian Church members, as a part of their Day of Service. Members went out to two clients' properties to do yard chores.

The congregations that partner with our agency have been making a big difference for our community's elders through one-day service projects.

In addition to Sammamish Presbyterian Church, Sammamish Hills Lutheran Church, and Faith Church have recently taken on projects. A chavurah at Temple B'nai Torah is scheduled to do another one. And City Church's internship program has been a faithful partner, contributing

groups of young adults who have tackled both housework and yardwork projects with energy and enthusiasm.

Client Harriet Twitchell used to spend hours in her garden. Now, as full-time caregiver for her husband with Alzheimer's, she doesn't have the time or the energy any more. "The interns from City Church did a great job—thank you so much for sending them to me!"

How do these projects work? We match an elder that can use the help of a group of people for all or part of a day.

For example, due to illness or disability, some of our clients can not tackle heavy housework. A team of housework volunteers can these jobs that still need to get done, such as washing windows or scrubbing baseboards.

Group volunteers also help clients with yardwork. Many clients had winter storm damage to their properties, and some are still waiting for help with broken and fallen tree branches and shrubs.

Group projects can also address security concerns. One client has his pick-up truck regularly washed, even if no one drives it anymore—it gives the impression that someone active is living in the house. Another client needs to have shrubs trimmed back so potential burglars don't have cover and can be seen on the street.

If your congregation would like to give a day of service, why not to one of seniors? Contact Margie, our Volunteer Coordinator, at 425-369-9120 and find out who needs your help today.



Rain doesn't daunt a Sammamish Presbyterian Church volunteer from helping client Willa Hill with gardening.

Bonanza Auction Item Donors - Thank You!

12th Avenue Café	Fine Wine & Cigars	Northwest Outdoor Center	Sleeping Bull Dog Bed and Breakfast
59er Diner	Fit One	Office of Senator Patty Murray	Smith Brothers Farms
5th Avenue Theatre	Fitness Together Issaquah	Olympus Spa	Stila Cosmetics
88 Keys	Frankie's Pizza	Pacific Bicycle	Tefft Cellars
Accounting Professionals	Fred Meyer	Pacific Learning Center	The Anabella Hotel
Ace Hardware	Friends of Dave Reichert	Pacific Marketing International	The Crab Pot
Active Transformations	Gallery Concerts	Pacific Science Center	Tom Bihn, Inc.
Adriatic Grill Italian Cuisine and Wine Bar	Good Samaritan Episcopal Church	Paradiso Olive Oils and Vinegars	Tom Estes Mt. Si Stables
Adventure Kids	Great Clips	Parlor Billiards and Spirits	TPC Snoqualmie Ridge
Alpine Acupuncture	Great Play of Redmond	Patty's Hair Design	Trader Joe's
AMF Sun Villa Lanes	Green Mountain Coffee	Petticoat Junction	Tutoring Club
Andelcare	Gymboree	Pine Lake Ale House	Vacation Internationale
Anonymous	Half Price Books	Plateau Motors	Washington Federal Savings Bank
Anthony's Restaurants	Henri P. Gaboriau, M.D.	Progressive International	Wheel of Fortune
Applebee's	Hollyhock Lifelong Learning Center	Providence Marianwood	White Horse Toys
Argosy Cruises	Huntington Learning Academy	Providence Senior and Community Services	Wings Aloft
Bagpipediscs.com	Icicle Outfitters and Guides, Inc.	Redmond Inn	Woman Spirit Center
Barbara Roser Photography	Inn at the Market	Redmond Work and Western Wear	Women of Faith
Bear Creek Country Club	Ivar's	Rhonda Newton DDS	World Mark by Wyndham
BECU Credit Union	Janie's Nails	Ristorante Simone	Yo Plateau
Bed Bath & Beyond	Jazzercise Issaquah Community Center	Rotary Club of Sammamish	
Bequette Heating LLC	Jenny Pho	Roy Spain Salon	
Bill Speidel's Underground Tour	John Howie Restaurants	Sabra Limo, LLC	
Black Horse Art Studio	Kahler Glen Golf and Ski Resort	Salon 74	
Boehm's Candies	Kalalach Lodge	Salon Ciba	
Bright Now! Dental	King 5 Television	Salsa N'Seattle LLC	
Built-A-Bear	LA Fitness	Sammamish Hills Lutheran Church Sanctuary Choir Members	
Canlis Restaurant	Lakeside Memories	Sammamish Family Dental Clinic	
Canvas On Demand	Lazy River Winery	Sammamish Highlands Veterinary Clinic/Hospital	
Cashmere Museum and Pioneer Village	Mary Queen of Peace Book Club	Sammamish Hot Yoga	
Cedar Grove Compost	Marymoor Self Storage	Sammamish Point Espresso	
Christophe LLC	Massage Envy Spa	Sammamish Presbyterian Church	
Civilized Nature	Master Chorus Eastside	Sammamish Symphony	
Columbia Fitness Sammamish	Michael's Chevrolet of Bellevue	Seattle Aquarium	
Cookies by Design	Microsoft Store Bellevue	Seattle Pro Musica	
Creatively Yours Ceramic Painting Studio	Mode Organic Salon	Seattle Sun Tan	
Delille Cellars	Moore Bros. Music	Shakti Vinyasa Yoga	
Dirk's Drycleaning	Motel 6 Issaquah	Sherwin Williams	
Disneyland	New York Cupcakes	Silver Age	
Dreamshare Media	Next Step Archery	Silver Platters	
Dry Clean USA	Nice Cuts		
Elements Therapeutic Massage - Issaquah	Northwest Chamber Chorus		
Elliott's Oyster House			
Experience Music Project			



*"Sheriff"
Nolen Holcomb
keeps the peace.*

Second Half of 2011 Donors—Thank You!

Our donors from
7/1/11—12/31/11:

Over \$10,000

Employees Community Fund
of Boeing

Over \$5,000

City of Sammamish
City of Issaquah
Khaki Foundation

\$2,000—\$5,000

Kawabe Memorial Fund
Sammamish Presbyterian
Church

\$1,000—\$2,499

Microsoft Matching Gifts Pro-
gram

\$500—\$999

Dexter Horton
Northwest Washington Synod
of the Evangelical Lutheran
Church of America
The Ridge Women's Golf
Club

\$100—\$499

Acar Bill
Dan Aznoff
Paul Brynes
Tina Butt
James & Janet Carson
Carol & Monte Clodt
Evelyn Constable
Don Cumming
Leeann Eckert
Paula & Ted A. Gates
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Point
Marion and Ron Krueger
Shirley Lambert
Lon & Teresa Lindo
Ruth and Millard Petersky
Clara Sun
The Seattle Foundation
Harry and Claradell Shedd
Doug and Christine Watson
Patricia Welles

Less than \$100

Jill Anderson
Susan E. Bell
Claire Brady
Bob & Meryl Burkhardt
Arlene Carter
Margaret & Patrick Costello
Sharon Dahl
Ann Dennis
Captain Charles Dorian
Richard Drumm
Virginia Ellis
Phyllis Ferrara
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Estrellita Merza
Sheri O'Neel
Boyd & Nancy Peterson
June Pierce
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Maria Schroeder
Emillie M. Shepard
April Stevens
Velta Svinis
Donna Swanberg
Richard & Joann Swanson
Frances Takacs
Harriet Twitchell
Carol Urbain
Charles & Daphne Willmore
Rochelle Wyatt
Willie Zamba



*A ride to the doctor's
office give a client
greater independence.*



*Our volunteers help keep
seniors connected in the
community.*

REMEMBER...

Please give the office an extra
week's notice to arrange rides and
services on National Holidays. The
office will be closed on July 4 for
Independence Day and September
3 for Labor Day.

Thank You, Volunteers for the Second Half of 2011

Brownie Troop 43279
 John Abercrombie
 Dorothy Amidei
 Ronald Andresen ☆
 Dan Aznoff ☺
 Matthew Bailey
 Linda Beahan ☺
 Brianne Bennett
 Rebecca Berg
 Carol Bergan
 Michael Birdsall ☆
 Ruth Bodine
 Janet Bradshaw ☆
 Beata Brewerska ☺
 Alan Brewerski
 Lauren Breynaert ☺
 Patricia Bringardner
 Mason Britsch
 Catherine Bruckner
 Paul Brynes
 Annie Bunten
 Tina Butt ☺
 Susan Calabro
 Susan Castelazo
 Daniel Chang
 Raman Chikkamagalur ☺
 Angelique Cilliers
 Linda Cloes
 Randy Cloes
 Mark Corigon
 Melody Correia ☺
 Margaret Costello ⑩
 Jasmine Crowder
 Sharon Dahl
 Yinka Daramola
 Kim Doshi
 Richard Drumm ☆
 Patricia Durand
 Douglas Eglington
 Kate Ellis
 Stephanie Ellis
 Damian Evans ☺
 Lorelei Evert ☺
 Janell Faletto ☆
 Carol Fare ☆

Barbara Fears
 Tracy Fitzsimmons
 Kristina Fortygio
 Valerie Franzke-Munro ☆
 Mitzi Fritz
 Robert Fritz
 Shanthan Gangupantula
 Scott Gardiner ☺
 Sam Goldbloom ☺
 Glenna Gorlick
 James Gorringer ☆
 Debra Gottschalk
 Mitch Gottschalk
 James Grimshaw ☺
 Emma Guenette ☺
 Marie Guenette ☺
 Anne Hall
 Zack Hall
 Erik Halvorson
 Ali Hammond
 Yuling Hao ☺
 Joan Harlow
 Geoffrey Hazel
 Ron Heinrichs
 Allie C. Henninger
 Bobbie Hinckley
 Nolen Holcomb ☆
 Sherry Holthe
 David Humphrey ⑩
 Sonia Izquierdo ☺
 Donna Jaske ☆
 Kim Jenkins
 Megan Jenson
 Dan Johnson
 Linda Johnson ☺
 Brad Jones
 Connor Jones
 Patrick Kelly ☺
 Naomi Kennamer
 Noriko Kilambi ☺
 Esther Kile
 Marie Krack
 Jillian Kraker
 Conlan Kroes
 Marion Krueger ☆

Nannette Krueger
 Ronald Krueger
 Teresa Lalk
 Ulrich Lalk
 Felice Lam
 Ramona Lawrence ☆ ⑩
 Eun Jin Lee
 Man Jae Lee
 David Levine
 Lon Lindo ☆
 Hiroko Lindsey
 Nathan Long
 Peggy Loshin ☺
 DeeAnn Maher
 Sara Mathy
 Trenton Mathy
 Patrick McClintock
 Theresa McHenry
 Kim Meissner
 Korina Meyer
 John Mizenko
 Makyla Morrison
 Marilyn Morrow ☺
 Michelle Moss
 Ken Mozlowski
 Andrew Newbold
 Raney Newman ☺
 Naomi Nkinsi
 Sheri O'Neel ☺
 John Paris
 Stanley Pasin
 Mark Payne
 Alan Peksa ☺
 Alan Peralta
 Victor Perez
 Claire Petersky
 Troy Picou
 Alecsis Piscuc
 Allison Reid
 John Rittenhouse ⑩
 Herbert Roberts ☆
 Wayne Roling
 Gary Rosenow ⑩
 Margaret Rosenow ⑩
 Renee Rossi ☺
 Kevin Selkowitz

Sahil Shah
 Brenda Shea
 Jennifer Shute ☺
 Barbara Simonson ☺
 Robert Simonson
 Laura Simpson
 Natalie Simpson
 Brian Smith
 Christine Sollom
 Morgan Stewart
 Dana Sturm ☺
 Smrithi Sukumar ☆
 Amy Summers ☺
 Joann Swanson
 Leonard Taylor
 Tammy Taylor
 Hank Thomas ☆
 Nancy Tochko
 Mathy Trenton
 Catherine Ullakko
 Daytin Verdi
 Chris Vernon
 Margaret Waldron ☆
 Madeline Wall
 Brian Walsh
 Doug Watson
 Tim Wells
 Ruth Winbauer
 Martin Wood ☺
 Shannon Wood
 Susan Wood ☺
 Vincent Wu ☺
 Rochelle Wyatt ☆
 Scott Wyatt
 Helen Yantus
 Ashley Young ☺

Symbol Key

- ☺ New volunteer in 2nd half of 2011
- ⑩ 10 or more years of service
- ☆ Super Volunteer - 50 or more hours contributed in the 6 month period.

Friendly Visitors Provide Much Needed Support



Making a new friend enlivens your life.

Joyce lives by herself in a modest home. She eats cheerios for breakfast, a bologna sandwich for lunch, and a frozen dinner for supper, every day. She doesn't leave her house except to go to the grocery to shop for these items, and to go to medical appointments. She reports having no friends. Her only family, a sister in Florida, visits her a couple of times a year. She otherwise is alone. Her days consist mostly of watching TV.

Joyce started out preferring being alone. But after the snow storms we had in January, the power went out. For three days, she sat by herself in her cold dark house, without being able to turn on the TV, and without the ability to heat up her frozen dinner. It made her think. After that, she called Eastside Friends of Seniors. She told us she'd like to have a friendly visitor come by, "so if I died here in the house, someone might notice".

When Ramona Lawrence, our Client Services Coordinator came by to do the home visit, she noticed that the house could use some cleaning, too. Joyce didn't do a lot of housework for a long time because there was no one to keep it up for - she had no visitors. It just slowly got worse and worse, and then it just became overwhelming. It got so bad she felt like she couldn't have anyone over. She was embarrassed.

It took a while, but Margie Costello, our Volunteer Coordinator, found a friend for Joyce. They gave it a trial, and it's working well enough that we're calling it a match. Joyce may still prefer mostly being alone, but now she also has a friend that stops by regularly. Someone who can give a hand around the house, but more importantly, provide a human connection in Joyce's life.

Our volunteers give our clients rides, help with shopping and chores, and provide companionship, for seniors living independently, who face the challenges of aging. Do you want to join them? You can make a difference in someone's life. Please call Margie at 425-369-9120, or email her at Margie@eastsidefriendsofseniors.org.



Clients Live on In Our Hearts

While Eastside Friends of Seniors provides services, our clients return to us the gift of their stories, their spirits, and their lives.

Losing a client is difficult for staff and volunteers. Our circle is made smaller by the loss of the following individuals:

- Jeanne Bononcini
- William Shonk
- Rosemarie Olsen

We honor the memory of each one, and share with family and friends our condolences.



Eastside Friends of Seniors

formerly Faith in Action

1121 228th Ave SE
Sammamish WA 98075

WE'RE ON THE WEB AT
EASTSIDEFRIENDSOFSENIORS.ORG

Phone: (425) 369-9120

*Supporting Senior Independence
Since 1998*

Put Light into a Senior's Life—Give the Gift of Independence

Give the gift of independence to the seniors in our community. Please give to Eastside Friends of Seniors. If you are receiving this newsletter in electronic form, please go to <http://www.eastsidefriendsofseniors.org/donate/>. If you are receiving this as a paper newsletter, please use the envelope enclosed. Or, if you'd like, cut off the section below and return it to us.

----- My
donation is: ☐\$50 ☐\$75 ☐\$100 ☐\$250 ☐\$500 ☐Other: \$_____

Name: _____

Mailing address: _____

City: _____ State: _____ Zip: _____

Email Address: _____ Phone: _____

Please make checks payable to: Eastside Friends of Seniors

Or please charge my ☐Visa ☐Mastercard ☐American Express

Acct number: _____ Expiration: _____ Security Code: _____

☐ My employer will match: _____

Mail this to: Eastside Friends of Seniors, 1121 228th Ave SE, Sammamish WA 98075

Thank you for your generous donation!

