

# 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.*

## Gathering for Seniors

Veteran KING 5 meteorologist Jeff Renner is scheduled to serve as master of ceremonies at the Gathering for Seniors luncheon next month to help fund the free services provided by volunteers from Eastside Friends of Seniors.

A limited number of seats are still available for the luncheon at noon on Friday, Nov. 9 at the Bellevue Hilton on 112th Avenue SE in Bellevue. Donations to Eastside Friends of Seniors will be solicited at the event, but corporate sponsors and individual donors have contributed to cover the cost for the luncheon.

Our Sponsors include:  
Platinum: **Snoqualmie Valley Hospital**  
Gold: **AmericanWest Bank**  
Silver: **Kiwanis Club of Providence Point, Cardwell Consulting, Accounting Professionals Inc.**

The luncheon is a new effort to support the free services of Eastside Friends of Seniors. The organization had supplemented grants from foundations, corporations and congregations over the past several years with an annual auction.

We welcome our supporters to attend, and encourage you to invite others to learn about the great things we are doing in the community. If you have received an invitation in the mail, please RSVP today! Call Teresa at the office at 425-369-9120. Or RSVP via <http://www.gatheringforseniors.org>. Or email [RSVP@gatheringforseniors.org](mailto:RSVP@gatheringforseniors.org) with your complete contact information, including your postal and email address. Please let us know by November 1. We are looking forward to seeing you there!

### Eastside Friends of Seniors

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## Meet Neeraja, our AmeriCorps Member!

We are welcoming aboard Neeraja Sahay. She's a AmeriCorps member recruited in cooperation with our partner, FullLife Care.



You may have met Neeraja before she started work here, as a volunteer, driving clients to medical appointments.

Her experience extends beyond her volunteering: for two years she was the Senior Program Coordinator for the India Association of Western Washington, where she planned and carried out activities for older adults from India who are resident in the US.

She is fluent in English and Hindi.

Neeraja is working to get more us volunteers so we can not just serve our existing service area better, but also Bellevue, too.

She's also going to do customer service research to ensure that volunteers and clients are happy with our programs.

Please join us in welcoming her to Eastside Friends of Seniors!

## Interns learn valuable skills at EFS

Eastside Friends of Seniors has benefited from having great interns work with us, while they learn valuable job skills.

This summer, we had Amanda Lin serving with us, through the Teens in Public Service (TIPS) program. Amanda interviewed and photographed clients and their volunteers, and did a lot of help around the office. Amanda attends the

International Community School.

Vincent Wu worked for us through the school year, and then this summer. Vincent attends Skyline High School. This summer, Vincent was in charge of our Welcome To Bellevue event, and also did a lot of help around the office. He has helped with the auction earlier this year. We appreciate his cool head

and a quiet sense of humor.

Our intern this fall is Sue Zhang. She just graduated from the University of Georgia, with a BA in international relations. She's helping us with Gathering for Seniors, and gaining job and office experience while she's looking for a job in her field.

Thank you, interns, for all your work!

## We Expand to Bellevue!

Eastside Friends of Seniors kicked off its Bellevue expansion on September 13, 2012 with a party at the Microsoft Store in downtown Bellevue.

According to the 2010 Census, 2788 seniors in Bellevue are living independently, but need the kinds of services that our volunteers provide: help with transportation, shopping and errands, housework, yardwork, and handyman chores.

From the same census, we know that 36% of Bellevue's seniors are at or below the federal standard for "low-income", and are unlikely



to be able to afford to pay for services on their own.

From our existing program in the greater Issaquah, Sammamish, and Snoqualmie Valley communities, we have a good idea of how these older Bellevue residents are patching it together. Over-extended family members, who live in the general Puget Sound region, may come by on the weekend to help. Or, these seniors simply give up on keeping the house neat, or getting to a medical appointment, causing their health and well-being to decline. It's no wonder, then, that we launched our program in Bellevue with a waiting list, and many elderly residents ready for our volunteers' help.

The City of Bellevue decided not to fund us in this biennium for this extension of our program, so we are depending on expanding the number of our supporters to be

able to meet this critical need.

We will be reaching out to Bellevue congregations, civic groups, and other potential partners through the



rest of this year, establishing and growing relationships to recruit volunteers.

Often our seniors' struggles to maintain their independence are hidden away, in their own homes, and we do not see them. With the help of our volunteers and donors, they are not forgotten.

# Thank You Donors!

Our donors from  
1/1/2012—6/30/2012

## **\$10,000 and more**

Real Networks Founda-  
tion

## **\$5,000- \$9999**

City of Sammamish

## **\$2,000—\$5,000**

Kristina and Michael  
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ander

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Jared Eglington

Jenny Fredericks

David Ghilchrist

Andrew and Michelle

Goerdel

Gail Guilliot

Julie Heise

## First Half of 2012 Donors (cont'd) —Thank You!

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		Ann Lowry	

Clients, don't forget: please give us an extra week to find volunteers, when scheduling services around the following holidays.

**November 22 & 23** Thanksgiving Day and the day after Thanksgiving

**December 24 & 25** Christmas Eve and Christmas Day

**January 1** New Year's Day

**January 21** Martin Luther King Day

**February 18** Presidents' Day

**March 29** Good Friday

**April 1** Easter Monday



# Thank You, Volunteers

Volunteers for the first half of 2012 were:

Ian Achzenick  
 Kristina Achzenick  
 ☺Robert Anderson  
 ☺Brad Anderson  
 ☆Ronald Andresen  
 ☺Niki Ang  
 Dan Aznoff  
 ☺Amelia Barlow  
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 John Bratmon  
 Beata Brewerska  
 ☺Elena Brewerska  
 ☺David Brewerski  
 Alan Brewerski  
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 Patricia Bringardner  
 Catherine Bruckner  
 Paul Brynes  
 Tina Butt  
 Susan Calabro  
 Jon Campbell  
 ☺Jackie Campbell  
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 ☺Erik Choi  
 ☺Jinny Choi  
 Angelique Cilliers  
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 ☺Kelsie Davisson  
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 Valerie Franzke-Munro  
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 ☺Dick Gram  
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 Emma Guenette  
 ☺Alan Guo  
 ☺Miriam Hacker  
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 ☆Bob Hinckley  
 ☆Nolen Holcomb  
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 ☆Marion Krueger  
 ☺Kimberly Kutz  
 ☺Conrad Lalk  
 Teresa Lalk  
 Ulrich Lalk  
 ☺Alexander Lalk  
 ☺Laura Landstad

☺Liz Landstad  
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 ☆Lon Lindo  
 ☺John Lorette  
 Peggy Loshin  
 ☺Dave Lowery  
 ☆DeeAnn Maher  
 ☺Max Marks  
 Sara Mathy  
 ☺Tom McCollough  
 Lee McCollough  
 ☺Jannah McGrath  
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 ☺Alyssa Meissner  
 ☺Bryan Meissner  
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 Allison Reid  
 ☺Pam Rittenhouse  
 John Rittenhouse  
 ☺Gary Rittenhouse  
 ☆Herb Roberts  
 Margaret Rosenow  
 ☺Patrick Schad  
 ☺Lorrie Schleg  
 ☺Clayton Schleg  
 ☺John Schleg

☺Katherine Schleg  
 ☺Meryl Seah  
 Brian Shea  
 Brenda Shea  
 Riley Shea  
 Emily Shea  
 Jennifer Shute  
 Laura Simpson  
 ☺Katarina Smigoc  
 ☺Stefan Smigoc  
 Fransisca Soerjono  
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 ☺Kyle Stafford  
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## Symbol Key

- ☺ New volunteer
- 10 10 or more years of service
- ☆ Super Volunteer - 50 or more hours contributed

# Leave a Legacy



*Your gift can transform the life of others*

Some of the most important decisions that you make in your life may be the decisions that you make about leaving a legacy gift through your estate. What lasting contribution will you make to help the people, causes and charities that you have supported? What gifts will you make that will change the lives of others, beyond your lifetime? Your estate gift can vitally support for Eastside Friends of Seniors' charitable work.

## Ways to Give Through Your Estate

- Establish a charitable gift in your will or living trust.
- Designate assets to Eastside Friends of Seniors while receiving a life income through a charitable gift annuity or charitable trust.
- Leave a gift of stocks, real estate or personal property to Eastside Friends of Seniors.
- Make the Eastside Friends of Seniors a beneficiary of your life insurance policy, pension plan or IRA.

If you would like to make a gift to Eastside Friends of Seniors through your estate plan, we encourage you to contact your attorney to review your will or living trust to make sure that it is up to date and that it reflects your charitable objectives.

Sample language for a bequest to Eastside Friends of Seniors:

"I hereby bequeath to Eastside Friends of Seniors, located at 1121 228th Ave SE, Sammamish WA 98075 [insert percentage or amount] to be used for [insert area of choice or "Area of Greatest Need"]."

We hope you will let us know when you have included Eastside Friends of Seniors in your estate plans, so we may include you as an member of our [legacy giving] Society. The Society is our way of recognizing the generosity and vision of individuals whose thoughtful planning will help ensure that every senior who needs a friend, has one.



## 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:

- Wayne Axelson
- Alfred Twitchell

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

## Our Deepest Sympathy



# Eastside Friends ♥f Seniors

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:

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Please make checks payable to: Eastside Friends of Seniors

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Acct number:

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

*Thank you for your generous donation!*