

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

## Gathering for Seniors Fundraising Luncheon October 11 Noon—Bellevue Hilton

Veteran KING 5 meteorologist Jeff Renner is scheduled to serve again as master of ceremonies at the Gathering for Seniors luncheon 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, October 11 at the Bellevue Hilton on 112th Avenue SE in Bellevue. There is no charge to attend. Donations to Eastside Friends of Seniors will be solicited at the event.

Our generous sponsors are paying for the event's costs. *Attendees can rest assured that every dollar that they donate will go towards the support of our program.*

Our sponsors to date are:

- Platinum: **AmericanWest Bank**

- Gold: **Snoqualmie Valley Hospital and Swedish Medical Center**
- Silver: **Kiwanis Club of Providence Point and Accounting Professionals Inc.**
- Bronze: **Emeritus at Bellevue and Hansel Tierney**

We welcome our supporters to attend, and encourage you to invite others to learn about the great things we are doing in the community. Please RSVP today. Call Teresa at the office at 425-369-9120. Or you can email her at [teresa @eastsidefriendsof-seniors.org](mailto:teresa@eastsidefriendsof-seniors.org) with your complete contact information, including your postal and email address. Please let us know by October 1 if you are attending. We are looking forward to seeing you there!



Gathering  
for Seniors

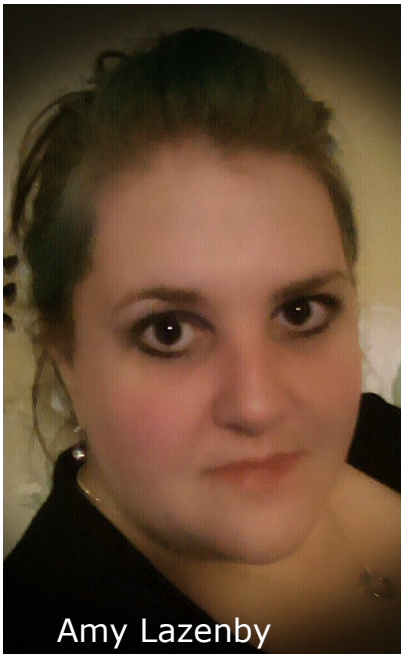
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*AmeriCorps Member*

## Welcome Amy, Our New AmeriCorps Member



Amy Lazenby

Amy Lazenby joins our team as our latest AmeriCorps member, starting September 3. Amy will be responsible for organizing

and supervising one-time group volunteering opportunities.

Amy comes to Eastside Friends of Seniors with a background in nonprofits, working as a manager of Sultan Food Bank. She has long experience in customer service, and an educational background in nursing. Amy plans to complete her AmeriCorps service and go on to complete her education in the medical field.

Please welcome Amy when you see her!

If you are a client with a home maintenance project suitable for a group of volunteers—washing windows, raking fall leaves, painting a room—please call Amy at 425-369-9120.

Clients are generally expected to provide materials—we can help with some tools and supplies.

Also, if you would enjoy receiving a free holiday meal at Thanksgiving and / or at Christmas, we have volunteers eager to cook and distribute these dinners. Again, call Amy at 425-369-9120.

## Keeping Seniors Warm for the Winter



Last autumn, volunteers knitted and crocheted scarves for our seniors for distribution at the winter holidays. We are doing this project again.

If you are a yarn crafter, we welcome your donations of scarves. We also will take hats, lap robes, and mittens. Please use acrylic yarn for easy washing.

## Discounts for Seniors!

With so many of not just our clients, but our volunteers being of a "certain age", we thought this list might be helpful. Please note the age or AARP membership requirements.

### **Alamo**

Up to 25% off, plus free unlimited mileage. (AARP)

### **AMC Theaters**

Discount Tuesdays. (60+)

### **Amtrak**

15% discount. (62+)

### **Applebee's**

10% off with free Golden Apple Card.

### **Arby's**

10% discount. (55+)

### **Avis**

Up to 25% off. (AARP)

### **Banana Republic**

10% off. (50+)

### **Best Western**

10%+ off regular room rates, plus other offers. (AARP/55+)

### **Budget Rent a Car**

Up to 20% off rates. (AARP)

### **Burger King**

Discounts vary. Often a free or discounted drink.

### **Chili's**

10% discount (55+).

### **Choice Hotels**

10% off with Mature Travelers rate. (50+)  
20-30% off with Sixty Plus Rate. (60+)

### **Claim Jumper**

10% off food and drinks for up to six people. (AARP)

### **Denny's**

20% discount off the total check amount from 4pm-10pm. (AARP) Coffee is \$1 a cup round the clock for members and guests.

### **DoubleTree**

Senior rate. (62+)

### **Enterprise**

5% off rental, plus free upgrade; 20% in Florida. (AARP)

### **Goodwill**

10% off one day a week. Varies by location. (55+)

### **Greyhound**

5% discount. (62+)

### **Hampton Inn**

10% off. (AARP)

### **Hertz**

Up to 25% off. (AARP)

### **Holiday Inn**

**Express**  
Discount varies. (62+)

### **Hyatt**

Up to 50% off. (62+)

### **IHOP**

10% discount. (55+)

### **Jiffy Lube**

Discount varies. (55+)

### **Kellogg's**

Special coupons. (AARP)

### **Kohl's**

15% off Wednesdays. (62+)

### **La Quinta**

Up to 10% (AARP)  
Also a senior discount (65+)

### **Marriott Hotels**

At least 15% off (62+).

### **McDonald's**

Discounted coffee (55+)

### **Michael's**

Discount Tuesdays (AARP).

### **Motel 6**

10% discount. (60+)

### **Mrs. Fields**

10% off at participating locations. (60+)

### **National Car Rental**

Up to 25% off (50+/AARP)

### **US National Parks**

Free entrance with purchase of \$10 America the Beautiful Senior Pass.

### **Norwegian Cruise Line**

5% discount. (AARP)

### **Radisson**

10% off. (60+)

### **Regal Cinema**

Discounted movie ticket. (60+)

### **Ross**

10% off Tuesdays. (55+)

### **Starwood Hotels**

Many different brand hotels in this chain. Up to 20% off. (AARP/ 50+)

### **SuperCuts**

\$2 off hair cut. (60+)

### **Taco Bell**

Free drinks for seniors at participating locations. (60+)

### **TCBY**

10% discount. (55+)

### **Teleflora**

20% off. (AARP)

### **Wendy's**

Free drink. (55+)

### **Wyndham**

Many different brand hotels in this chain. Up to 20% off (AARP). 10% off (Non-AARP members 50+)

Please note that many discounts are not at all locations. Restrictions may apply. Please contact the business to see if the discount applies; and for travel discounts, call before booking.

# Thank You Donors!

Our donors from  
January—June 30,  
2013.

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

RealNetworks  
Foundation

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

City of Sammamish  
IM Satterburg  
Foundation  
Norcliffe Foundation

## **\$2,000—\$5,000**

Microsoft Matching  
Gifts Program  
Wilkins Charitable  
Foundation  
Opus Community  
Foundation

## **\$1,000—\$2,499**

A.M. Turner  
Foundation  
City of Issaquah  
Mary Queen of  
Peace Parish  
Pine Lake Covenant  
Church  
Sammamish  
Presbyterian  
Church

## **\$500—\$999**

Anonymous donors  
United Way of King  
County



Brian Urban

## **\$250 –\$499**

Pat Caiarelli  
Carol & Monte  
Clodt  
Sue Detwiller  
Seattle Foundation  
Lee Chumbley  
Paul Brynes  
Mitzi Vaughn  
Doug and Christine  
Watson  
Damian Evans  
Douglas & Shari  
Eglington  
Beatrice Hecht  
Virginia Johnson  
Lon & Teresa Lindo  
Nolen Holcomb  
W. W. Grainger, Inc

## **\$100—\$249**

Andy & Michelle  
Allred  
Starlene Beahan

Mary Jo Bellflower  
Acar Bill

Janet Bradshaw  
Linda Calbom  
Jonathan Campbell  
Ruby Godfrey  
Sandra Haynes  
Ann Lowry  
Ruth Petersky  
Clara Robinson

## **Under \$100**

Roberta Anderson  
Suzanne Ashton  
Erna Atkerson  
Beeta Baker  
Ethel Bauer  
Carol & Gary Bergan  
Kim Brady  
Eve Brown  
Lynn Chapman  
Laverta Dauterman  
Melanie DePaoli  
Herman Dinken  
Ilene Dye  
Leeann Eckert

Virginia Ellis

Employees

Community Fund  
of Boeing

Phyllis Ferrara

Tracy & Michael

Fitzsimmons

Marie Freitas

Laura Beth Gilbert

Allie Henninger

Naomi & William

Kenamer

Carole Kogan

Nora Lindberg

Nora A. Mangold

Elizabeth Matthews

Estrellita Merza

Brenda Michaels

Mary Morgan

Nancy Peterson

Karen Rose

Rose Schwartz

Helen Smart

Suzanne Soong

William Stewart

Velta Svinis

Harriet Twitchell

Joseph Waytime

Jean Waytime

Barbara Weber

Davis Youzhong  
Chen



## Learn more at Caring Hearts



Eastside Friends of Seniors has been holding a monthly series of events, called Caring Hearts, introducing the organization and its services to potential Friends of Seniors. They have been held at different times and locations around the community to maximize their reach.

The next Caring Hearts will be on September 25, at 6:30 PM, at the

Microsoft Store in the Bellevue Square Mall.

(We are not holding one in October—please come to Gathering for Seniors instead!)

The one following that will be Thursday, November 14, 10:30 to 11:30 at the Senior Center in Carnation. We plan to hold another one at the other end of the Valley, either in Snoqualmie or North Bend in December. We will let you know the date and location as soon as it has been finalized.

If you can't make either of these, but would still like to attend, check out our Facebook page or our blog ([www.eastsidefriendsofseniors.org/blog](http://www.eastsidefriendsofseniors.org/blog)) for more opportunities.

If you know you want to come, please call the office at 425-369-9120, or email us at [Teresa@eastsidefriendsofseniors.org](mailto:Teresa@eastsidefriendsofseniors.org) to reserve a spot.

## Our programs bolstered with used item donations

You may remember from the last newsletter that we are collecting used clothing and household goods to benefit our programs.

We have collection bins at the following locations:

- Vedic Cultural Center  
1420 228th Ave SE,  
Sammamish.
- Sophia's Thrift Shop  
13219 NE 20th St Ste  
200, Bellevue.

- Muslim Association of  
Puget Sound, 17550 NE  
67th Court, Redmond.  
(Go around to the back  
of the building.)

We are now looking for a location in Issaquah—*can you help?* Earned income from the sales of the used goods strengthens our programs, and we appreciate your support.



## Volunteers for the First Half of 2013

### Volunteers for the first half of 2013 were:

☺ Brian Ainsworth	Melanie DePaoli	☆ Marion Krueger	Katherine Schleg
☺ Danielle Allen	☆ Dick Drumm	Gomathi Kumar	Lorrie Schleg
☺ Rachel Allen	Gabriel Dunatov	☆ Michelle Kumar	Brenda Shea
☺ Bridgett Amadeck	Pat Durand	Teresa Lalk	Jennifer Shute
Ronald Andresen	Douglas Eglington	Ulrich Lalk	☺ Beatriz Sousa
☺ Pierre Antoine	Alex Elevathingal	☺ Doug Lawrence	☺ Lisa Supinski
☺ Fatima Aviquivil	Tony Elevathingal	Elliot Lawrence	Steve Thues
Dan Aznoff	Damian Evans	10 Ramona Lawrence	Nancy Tochko
☺ Daniel Bailey	10 Janell Faletto	☺ Qingmo Li	Margaret Waldron
☺ Carter Bechtel	Carol Fare	☆ Lon Lindo	☺ Zandra Walker
☺ Clifford Bechtel	Tracy Fitzsimmons	☺ Erin Linscott	Norma Wilcox
☺ Connor Bechtel	Mitzi Fritz	☺ Stuart Linscott	☺ Daniel Wilke
Kim Bentler	Scott Gardiner	Peggy Loshin	☺ Marilyn Wilke
☺ Marie Bentler	☺ Krystal Garvin	☺ Stephen Lussier	Wendy Woodward
Carol Bergan	☺ Kyle Garvin	10 DeeAnn Maher	☺ Grace Wu
Lisa Bialek	☺ Brianne Gernaey	Sara Mathy	Vincent Wu
Paul Bialek	Laura Beth Gilbert	☺ Gina Mazzaferro	Rochelle Wyatt
☺ Carol Blankenship	Jennifer Good	☺ Adarsh Mital	Scott Wyatt
☺ Janis Blodnick	☺ Ajita Gopikrishnas	John Mizenko	Helen Yantus
John Blodnick	☺ Cheryl Gorder	Deborah Morgan	☆ Rochelle Wyatt
☺ Charles Bovenzi	James Gorringer	Melvin Morgan	Scott Wyatt
10 Janet Bradshaw	Debra Gottschalk	Kelly Munn	Helen Yantus
Kim Brady	Brian Grospe	Stanley Pasin	Alexandro Zambrano
Patricia Bringardner	Li Hao	Mercy Pathiyamoola	
Paul Brynes	Sandra Haynes	Alan Peksa	
☺ Garrett Buck	Geoffrey Hazel	Claire Petersky	
Tina Butt	Ron Heinrichs	☆ Mary Powell	
☺ Bhavya Chabra	☆ Allie C. Henninger	10 John Rittenhouse	
Raman Chikkamagalur	Bobbie Hinckley	☺ Patrick Ritter	
☺ Lee Chumbley	☆ Nolen Holcomb	☆ Herb Roberts	
Sarah Clark	10 David Humphrey	☺ Robert Jaeger	
☺ Ryan Cornwall	☺ Mark Husby	Roedel	
Sharon Dahl	Kim Jenkins	☆ Karen Rose	
Ryan Dantzler	Hanna Junus	10 Margaret	
	☺ David Keith	Rosenow	
	☺ Kim Keith	Renee Rossi	
	Naomi Kennamer	☺ Neel Sahay	
	Noriko Kilambi	Neeraja Sahay	
	Marie Krack	John Schleg	

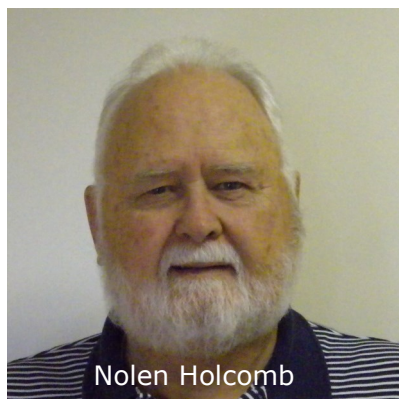
### Symbol Key

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

## Our Volunteers Recognized

Our outstanding volunteers are receiving attention locally and nationally.

At the beginning of the year, volunteer and board member Reverend Nolen Holcomb received the Community Spirit award at the 2013 SAMMIs for his community service.



Nolen Holcomb

The National Volunteer Caregiving Network recognized Eastside Friends of Seniors' volunteer, Allie Henninger, earlier this year.

One of Allie's regular clients testified: "We consider her the most wonderful person we have ever dealt with. She has been infallible to us, I can go on forever...she is a wonderful person, we treasure her and love her to death."



Allie Henninger

Allie has been a volunteer at Eastside Friends of Seniors since 2009. At age 84, she's our oldest volunteer driver, sometimes driving people ten and fifteen years younger than herself!

She has contributed more than six hundred hours of dedicated service. Over her lifetime, she has driven more than 4,500 miles on the behalf of our clients, getting one couple regularly to the grocery store; and then driving other clients as needed to medical appointments.

Tony Elevathingal, an incoming senior at Skyline High School, was honored by United Way of King County for giving up parts

of his weekends to help seniors on the plateau.

Tony Elevathingal



Tony was one of several teenagers spotlighted during the annual Food for Thought Breakfast on May 23 as part of National Volunteer Week.

Tony donated his Friday nights to help three elderly residents of Sammamish organize their attics and move boxes. In addition to his heavy lifting, Elevathingal has done a variety of routine maintenance for all three seniors, including painting, yard cleanup, and vacuuming.

We are proud that our volunteers' contributions to the community are being recognized. Congratulations!

## Do we have your email address?

We are now mailing our newsletter in a paper format to our all our clients, and those donors for whom we do not have an email address.

receiving this newsletter via postal mail, please let us know your email address. We will not sell or lend your email address to anyone else.

[www.eastsidefriendsofseniors.org](http://www.eastsidefriendsofseniors.org). Or call the office at 425-369-9120. Thank you for your help!

If you are a supporter of our organization and are

Please sign up to receive the newsletter via email on the front page of our website:



## You Can Put Light into a Senior's Life Give the Gift of Independence Today

Give the gift of independence to the seniors in our community. Please give to Eastside Friends of Seniors. Your donation makes it possible for us to recruit, screen, train, and then mobilize volunteers to help elders in need, with free services. If you are receiving this newsletter in electronic form, please go to [www.eastsidefriendsofseniors.org/donate/](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 ☐\$100 ☐\$250 ☐\$500 ☐Other: \$\_\_\_\_\_

Name:

Mailing address:

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:

CVC:

☐ My employer will match:

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

*Thank you for your generous donation!*