

# 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.*

## Downsize and benefit Eastside Friends of Seniors!

Eastside Friends of Seniors is accepting donations of used clothing and other household items to benefit its programs to help seniors living independently in our community.

We are partnering with Sight Connection, a local nonprofit that benefits the blind and the partially sighted. We already have a good working relationship with Sight Connection. We share many clients. And Sight Connection has provided specialized training for our volunteers. Sight Connection will collect the items on our behalf.

### To Schedule a Pick-Up

If you would like to schedule a pick-up, please call Sight Connection at (877) 870-3659.

**You must specify Eastside Friends of Seniors as the beneficiary, or we will not get credit for the donation!**

### Drop Off

Or drop off your used items at our collection station, at:

Vedic Cultural Center  
1420 228 Ave SE  
Sammamish, WA 98075

We are looking for more places to put our bin.

The items we can accept include:

- Clothing (all styles, sizes)
- Linens
- Small household goods

To get a detailed list of what you can donate, go to our website: <http://eastsidefriendsofseniors.org/donate-goods/>. Or call the office at 425-369-9120 for more information.

We are also setting up a partnership to accept your donation of used cars, too. Stay tuned!

### Eastside Friends of Seniors

#### Board of Directors

Tracy Fitzsimmons,  
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#### Staff

Claire Petersky  
*Executive Director*  
Ramona Lawrence,  
*Client Services  
Coordinator*  
Neeraja Sahay  
*Volunteer Outreach  
Coordinator*  
Teresa Lalk,  
*Program Assistant*

*Thank you for your support!*

## Office Staff Changes

### **Long-time staff member, Margie, Leaves for AZ**

Eastside Friends of Seniors had a long-time friend in Margie Costello. Margie



worked as a volunteer, and then as a staff member, for Eastside Friends of Seniors starting from when it was Interfaith Volunteer Caregivers, through our years as Faith in Action and then our transition to Eastside Friends of Seniors. Sadly for us, her husband was offered a job in Phoenix, and so she left at the end of the year for Arizona.

### **Ramona takes on ride scheduling**

Ramona Lawrence, our client services coordinator, has increased her hours, and taken on scheduling on-call rides for clients. If you need a ride to a medical appointment, or a one-time ride for another priority destination, she's the one who will call you back to let you know you have a ride. Ramona continues to do intakes, client home visits, and referrals to additional services in the community.



### **Volunteer recruitment and training**

If you read our previous newsletter, you know that Neeraja Sahay joined our



team as a member of AmeriCorps. She is taking over Margie's responsibilities in recruiting volunteers, and doing volunteer screening and training.

### **Through all our changes**

We remain committed to supporting our volunteers as they help seniors in the community.

## Schedule rides early

Demand for transportation for medical appointments and other “on-call” rides is at an all time high.

To be fair to all clients seeking rides, unless we’ve talked to you otherwise, please do not request more than one ride a week.

We will post additional ride requests only if all others have been filled.

We post rides on Wednesdays. Making ride request on a Tuesday before your appointment means you are more likely to get a ride, than if you make the same request on a Thursday before. Please give us

at least one week to schedule your ride—ten days is preferred. We especially need more time over holiday weekends.

If you have to cancel a ride, please give the office 48 hours notice. We will contact your driver.

And we extend a thank you to all our volunteer drivers, for their flexibility and generosity of their time



## Issaquah Food Bank ups accessibility

No more standing in line in the cold and rain! The Issaquah Food Bank is moving to a “take-a-number” system for its customers, with the top slots for seniors and those with disabilities.

Miss your chance at the food bank? Food from the food bank and other local businesses is available on

Thursdays at the Issaquah Senior Center after noon.

Food banks also exist in the Snoqualmie Valley communities of Fall City, Preston, North Bend, and Carnation. The Hopelink Food Bank serves Bellevue.

Food insecurity and difficulty with meal preparation is a problem for many sen-

iors. If you need help with accessing food, or with meal delivery, please call the office for help: 425-369-9120



# Thank You Donors!

Our donors from  
6/30/2012—12/31/2012

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

Harvest Foundation

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

City of Sammamish

Khaki Foundation

## **\$2,000—\$5,000**

City of Issaquah

Microsoft Matching Gifts  
Program

## **\$1,000—\$2,499**

AmericanWest Bank

Tracy & Michael Fitzsimons

John Jetter

Issaquah Kiwanis Club

Puget Sound Energy

Sammamish Presbyterian Church

Snoqualmie Valley Hospital

Marie Taylor

## **\$500—\$999**

Accounting Professionals

Paul Brynes

Tina Butt

Cardwell Consulting

Alice & Peter Chang

Greg Hulett

Kimberly Jenkins &

Lauren Coulon

Naomi & William Ken-  
namer

Kiwanis Club of Provi-  
dence Point

Douglas & Ramona Law-  
rence

Claire Petersky & David  
Levine

The Ridge Women's Golf  
Club

John Rittenhouse

## **\$250 –\$499**

Kristina & Mark Achzen-  
ick

Lesley Austin

Dan & Susan Aznoff

Starlene Beahan

Lisa Bialek

Doreen Booth

Manuel Coltorti

Doug & Shari Eglington

Michael Davis

Andrew & Michelle Goer-  
del

Nolen Holcomb

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ger

Teresa Lalk

Lon & Teresa Lindo

Margaret R. Moore

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Printing Control

Gloria Renner

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Douglas & Christine  
Watson

## **\$100—\$249**

Jill Anderson

Beata Baker

Acar Bill

Eve Brown

Marilynn M. Brown

Dennis Butler

Pankaj Chhabra

Lilly De Castro

Carol & Monte Clodt

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Sandra Flynn

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Stacy Goodman

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Hank & Jacklyn Thomas

Margaret Waldron

Whitaker Foundation

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## **Under \$100**

Ali Alami

Roberta Anderson

Lisa Marie Andrews

Crystal Anguay

Libby Bigger

Kevin Bail

Carolyn Baker

James Baker

Claudia Balducci

Vilma Baron

Janet Barry

Ethel Bauer

Ruth Bedford

William & Dorris Berg-  
strom

Margaret Boman

Claire Brady

Patricia Bringardner

Arlene Carter

David Clymer

Colleen Dixon

Joan Dixon

Matt Dixon

Charles Dorian

Joyce T. Eckerich

Leeann Eckert

Virginia Ellis

Brooke Englishe

Damian Evans

Antero Freitas

Marie Freitas

Susan Geisler

Laura Beth Gilbert

James Gorringer

James Grimshaw

Jennifer Grohs

Jeanne Gross

Dino Guzzetti

Delores Hansen

Mary Ketcham Haynes

Donna Hecker

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

Allie Henninger	Mary Francis Masters	Thomas Odell	Suzanne Soong
Heide Hudson	Christine McDade	Amara Oden	Kathryn & Bill Stainfield
Robin Kelley	Charlotte Meiburg	Cherry O'Neill	Thomas Stauffer
Carole Kogan	Ann Mecklenburg	Alan Peksa	Velta Svinis
Donna Lawrence	Estrellita Merza	June Pierce	Donna Swanberg
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Linda Liaw	Barbara Morson	Lorna Richardson	Margaret Watt
Peggy Mellman Loshin	Jane Nelson	Karen & Stephen Ridlon	Joseph & Jean Waytime
Chris Lutgen	Joyce Nelson	Helen Smart	Rita Zohav
Nora A. Mangold	Clarence Norman	Waldo Solonar	

## Event Series Introduces our Program

Eastside Friends of Seniors will be holding a monthly series of events introducing the organization and its services to potential Friends of Seniors.

any way—by volunteering for a senior, by donating, by connecting us into the community—please let them know about these events.

If you know of someone who can help our cause in

Our first one will be April 23, at Swedish Hospital

Conference Center at 7:00 PM. If you, or someone you know would like to come, or wants the dates of future events, please email [info@eastside-friendsofseniors.org](mailto:info@eastside-friendsofseniors.org), or call the office: 425-369-9120.

## Paid Summer Internships

Eastside Friends of Seniors will be offering two part-time paid internships this summer.

The first is to help us cover a series of staff vacations during the summer. Our ideal candidate is a college

student or someone just out of college looking for hands-on experience in nonprofits or social work. Please see <http://eastsidefriendsofseniors.org/about/careers/> to download the job description.

The other internship is through the Teens in Public Service (TIPS) program. The application phase is now closed. TIPS is reviewing potential candidates.

Please welcome our interns when they join the staff!



# Thank You, Volunteers

Volunteers for the second half of 2012 were:

Ali Alami ☺  
 ☆Ronald Andresen  
 Ariel Atwood ☺  
 Dan Aznoff  
 Jason Baum ☺  
 Cody Behymer  
 Nick Behymer  
 Carol Bergan  
 Santiago Bernal ☺  
 Lisa Bialek ☺  
 Paul Bialek ☺  
 Michael Birdsall  
 John Blodnick ☺  
 Janet Bradshaw  
 Kim Brady ☺  
 Beata Brewerska  
 Elena Brewerska  
 David Brewerski ☺  
 Lauren Breynaert  
 Patricia Bringardner  
 Paul Brynes  
 Nicole Busacca ☺  
 Tina Butt  
 Susan Calabro  
 Amulya Cherala ☺  
 Prasanna Cherala ☺  
 Raman Chikkamagalur  
 Larry Christianson ☺  
 Margaret Christianson ☺  
 Angelique Cilliers  
 Sarah Clark ☺  
 Samantha Coe ☺  
 Dion Cole ☺  
 Melody Correia  
 Margaret Costello 10  
 Sharon Dahl  
 Kim Daly ☺  
 Ryan Dantzler ☺  
 Melanie DePaoli  
 Steve Detwiller ☺  
 Susan Detwiller ☺  
 DeAnne Dodson ☺



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 Alex Elevathingal ☺  
 Tony Elevathingal ☺  
 Maya Ensey ☺  
 Damian Evans  
 Janell Faletto 10  
 Carol Fare  
 Barbara Fears  
 Tracy Fitzsimmons  
 Laura Franklin ☺  
 Robert Franklin ☺  
 Michael Fritscute ☺  
 Mitzi Fritz  
 Scott Gardiner  
 Cynthia Gaudio ☺  
 Laura Beth Gilbert ☺  
 43279 Girl Scout  
 Group  
 Jennifer Good ☺  
 James Gorringer  
 Debra Gottschalk  
 Elizabeth Guthridge ☺  
 Anne Hall  
 ☆Li Hao ☺  
 Sandra Haynes ☺  
 Geoffrey Hazel  
 Ron Heinrichs  
 Allie C. Henninger  
 George Higashiyama ☺  
 Monica Hill ☺

Bobbie Hinckley  
 ☆Nolen Holcomb  
 Donna Jaske  
 Kim Jenkins  
 Shu Jing ☺  
 Linda Johnson  
 Melissa Johnson ☺  
 Suhas Joshi ☺  
 Hanna Junus ☺  
 KeKoa M. Kaiet ☺  
 Naomi Kennamer  
 Noriko Kilambi  
 Vivekanand Kirubananandan ☺  
 Allie Knechtel ☺  
 Barbara Knigge  
 Marie Krack  
 ☆Marion Krueger  
 Gomathi Kumar ☺  
 Michelle Kumar ☺  
 Alexander Lalk  
 Teresa Lalk  
 Ulrich Lalk  
 Holly Lasker ☺  
 Elliot Lawrence ☺  
 Ramona Lawrence 10  
 Eun Jin Lee  
 Man Jae Lee  
 William Leighton ☺  
 Amanda Lin ☺  
 ☆Lon Lindo  
 Peggy Loshin  
 DeeAnn Maher 10  
 Allie Matheny ☺  
 Sara Mathy  
 Ann Mecklenburg ☺  
 John Mizenko  
 Deborah Morgan ☺  
 Melvin Morgan ☺  
 Marilyn Morrow  
 Kelly Munn ☺  
 Jill Myre ☺  
 Chris Norby ☺  
 Daniel North ☺  
 Sheri O'Neel  
 Forest Paluh ☺

Haley Parcher ☺  
 Stanley Pasin  
 Mercy Pathiyamoola ☺  
 Alan Peksa  
 Carolinia Piavis ☺  
 Katrina Pierce ☺  
 Mary Powell ☺  
 John Rittenhouse 10  
 Herbert Roberts  
 Karen Rose ☺  
 Margaret Rosenow 10  
 Neeraja Sahay ☺  
 Josh Schach ☺  
 Brenda Shea  
 Shideh Shirangi ☺  
 Jennifer Shute  
 Kevin Slover ☺  
 Sydney Smith ☺  
 Isaac Stinson ☺  
 Alexa Strom ☺  
 Erik Stromswold ☺  
 Alex Thompson ☺  
 Steve Thues ☺  
 Nancy Tochko  
 Catherine Ullakko  
 Sinan Ussakli ☺  
 Victoria Vargas ☺  
 Margaret Waldron  
 Kevin Williams ☺  
 Wendy Woodward ☺  
 Vincent Wu  
 Rochelle Wyatt  
 Scott Wyatt  
 Amy Young  
 ☆ShuJing Zhang ☺

## Symbol Key

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

## Do you need an assistive device?

If you use a walker, wheelchair, cane, hearing aid, toilet lift, or other assistive device, you're like most of our clients.

Sometimes our clients can not afford the device that they need. Or, they can get the device under Medicare, or other health insurance, but by the time they get through all the paperwork, they no longer can use the item.

This is where Bridge Ministries comes in. They have a storehouse of these items, and they distribute them for free. If they have the item

in stock, you can pick it up that day.

Many of these items are donated, used, to Bridge Ministries. They have special sterilizer that can clean the largest wheelchair. Their expert volunteers inspect and repair all items so that they are safe and in excellent condition.

If you need an item, please call Bridge Ministries at 425-885-1008 to



see if they have it in stock. If you need to have a volunteer pick up an item for you, or you need a ride to Bridge so you can be fitted for the item (such as for a walker), please contact our office at 425-369-9120.

And if you have equipment to donate—a potty chair left over from when you had a hip replacement, your late husband's wheelchair—please consider donating it to Bridge, so that they can refurbish it, and then give it to someone else in need.



### 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:

- Bob Burkhardt
- Geraldine Emmanuels
- Lee Ferrara
- Kathryn Garrity
- Dorothy White
- Jeanette Lukoskie

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

*Our Deepest Sympathy*



## 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.

If you are a supporter of our organization and are receiving this newsletter via post-

al mail, please let us know your email address. We will not sell or lend your email address to anyone else.

Please sign up to receive the newsletter via email on the front page of our website: [www.eastsidefriendsofseniors.org](http://www.eastsidefriendsofseniors.org).

Thank you for your help!

## 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. 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 <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!*