



MID-COUNTY COMMUNITY CENTER

A Non-Profit Organization serving Midland, Summit, and surrounding areas...

May 2014

*Our Benefit Concert was a
HUGE success!*

We want to thank everyone for helping us make our 2014 benefit concert so successful! A BIG thank you to Danny and Marcia for a phenomenal performance once again. You are truly talented artists. We also thank and are so grateful to the sponsors and donors who helped make this event happen, we couldn't have done it without you.

Columbia Bank

Midland Automotive

Coopers Auto Repair Specialists

Wolfe Construction

Minuteman Press, Downtown Tacoma

Summit RV

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Costco Wholesale

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Driven By Design, Raquel M.

Steve Wolfe, eBay seller: Gamersteve5858

Donn and Barbara Brunson

Greg and Darlene Wolfe

Joe and Nancy Anderson

Jerron and Sue Fink

Jack and Julie Yurkanin

Bob and Louise Henkel

Clara Starr

Jim and Johan Akers

And thank you to everyone who volunteered to help before, during, and after the concert, *you made a difference!*

Lastly we want to thank everyone who attended this unforgettable concert, you helped make this an amazing benefit for MCCC!

"Thank you, Thank you very much!"

Farmer's Market Vouchers...

- Registration will start on Monday, May 5th and will continue until all available vouchers have been assigned;
- The ADRC phone lines are staffed Monday through Friday from 9 a.m. to 4 p.m. Callers must speak with an ADRC staff member to complete enrollment. The ADRC can be reached at (253) 798-4600 or (800) 562-0332;
- Callers should be prepared to provide their total household size and total household income when they call. This information is required to determine eligibility;

They will have 8 pick-up dates at 7 different locations throughout the County. Please see the flyer posted at the center for all the details on the site locations and pick-up days.

Eligibility criteria for participation in the Senior Farmers Market program is as follows:

- Participants must be 60 years of age or older at the time that they pick up their vouchers, Native Americans and Alaska Natives must be 55 years of age or older;
- Participants must have income at or below 185% of the Federal Poverty Level based upon their household size
 - o \$1,799 per month for a single-person household
 - o \$2,425 per month for a two-person household
 - o \$3,051 per month for a three-person household
- Participants must present a valid form of photo identification when they come to pick up their voucher.
- Participants must be residents of Pierce County;
- Participants must be able to come to the voucher distribution site in person on their assigned pick-up day. There will be no distribution via affidavit.

Relay for Life Tacoma

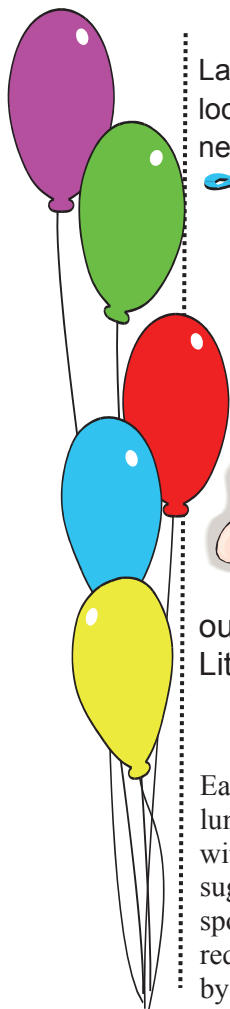
This important event will be held June 13th-14th this year, and Inice Stephenson's granddaughter Heather Dewey is participating in honor of her beloved grandfather George Stephenson whom was lost to cancer. Please check it out at www.tacomarelay.org for information on how you can help!

Members'

May

Birthdays

- Carol M.-1st
- Jane A.-1st
- Wanda B.-2nd
- Jane O.-2nd
- Joan S.-2nd
- Nancy A.-3rd
- Theresa B.-5th
- Theresa P.-8th
- Edna D.-7th
- Mary H.-7th
- Elisabeth S.-9th
- Don B.-11th
- Norma D.-16th
- Leitha J.-18th
- Louise P.-19th
- Nancy F.-20th
- Rosalie M.-20th
- Anne L.-22nd
- Frank A.-25th
- Judy M.-27th
- Ray W.-28th
- Marion H.-31st



Membership has its privileges...
 Larry Cooper was the lucky basket winner for April. Don't forget to look closely for your hidden Membership number in this month's newsletter. Good luck everyone!

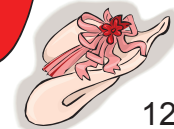


Welcome New Members!

**Patricia Firth, Terrie Asplund, Andrea Rhoades,
 and Don and Maggie Sweasy**

TOGETHER ... WE MAKE A DIFFERENCE

The [♪]Rockin'_♪ Red Hatters Celebrate 5 Years!!!



Join your Red Hat sisters to celebrate 5 years of "The Rockin' Red Hatters!" The gala is on May 12th at MCCC at 12:30pm and will include entertainment and a potluck, so bring a dish to share with your sisters and the entertainers. Since it is our birthday month we are ALL wearing our purple hats! Call Sharon Littlefield 253-445-4058 for more info. **12-532**

Home Cooked Meal

Each Wednesday and Thursday, Mid-County Community Center hosts a home-cooked lunch. It not only provides a nutritious meal but also affords the opportunity to socialize with old friends and to meet some new ones. Lunch is served at 11:30 a.m. for a suggested donation of \$3.00 for clients 60 years of age and over, caregivers and/or spouses of clients, and disabled clients of all ages; however, everyone is welcome! The required cost for all others is \$5.00. Thank you in advance for making your reservations by 12:00 pm on Tuesday if possible.

Wednesdays				
	5/7	5/14	5/21	5/28
	Fish Sandwich w/Lettuce & Tomato Macaroni Salad Fruit Cocktail Vegetable Soup	<u><i>Mothers Day Luncheon</i></u> Malibu Chicken Pasta Salad Tomato Slices Garden Salad Strawberry Shortcake	Roast Pork Mashed Sweet Potatoes Mixed Veggies Applesauce Garden Salad	Teriyaki Chicken & Vegetables Steamed Rice Pineapple Egg Drop Soup
	Thursdays			
	5/1	5/8	5/15	5/22
	Chicken Pot Pie Casserole (w/ Mixed Veggies and Biscuit crust) Orange Wedges Garden Salad	Taco Salad Bar Toppings: Taco Meat, Refried Beans, Cheese, Sour Cream, Salsa, Tortilla Chips, Lettuce, etc. Fruit and Dessert	French Dip Sandwiches w/ au jus Home Fries Coleslaw Side Salad	Sausage Dog w/ Sauerkraut Baked Beans Broccoli Salad Grapes Veggie Soup
				RHONDA'S FAMOUS BUFFET!

All meals served with milk, coffee, and dessert. **Menus are subject to change based on price and availability of ingredients and/or staffing.** We do our best not to serve foods with sulfites. If you think you may be sensitive to sulfites, please consult with the Mealsite staff before eating.

Administrative Staff

Executive Director
**Jeananne (Bunny)
Conwell**

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Carol Gossett

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Vanessa Bredl

Kitchen Manager
Rhonda Turner

Kitchen Assistant
Jean Smith

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*This newsletter is a monthly
publication of the Mid-County
Community Center.*

In Our Prayers...

Please keep these friends in your prayers as they struggle with and/or recover from challenges: Sandy Boettcher, Jerry Rhodes, Elfriede Beal, Bea Downs, Lowell Jackson, Mary Lou Taylor, Norma Groff and Roger Manary. And remember the families of Bertha Dejesus and Leitha Jackson whom recently passed away. They will both be greatly missed.

If you know of anyone not feeling well, please let us know so they can be included in the prayer corner.

THE SUN IS SHINING

If you know of someone who is ill, needs some cheer, or has a happy occasion to celebrate ...

Please contact: Barbara Brunson, Sunshine Chairman
253-539-3666 or barbarabrunson@juno.com



HAVE YOU EVER ???

*Have you ever gone out walking
On a lovely day in spring?
Have you ever paused to listen
To the song the wee brooks sing?*

*Have you ever searched for violets
In the woodlands where they grow,
Though it seems just yesterday
The ground was deep with snow?*

*Have you ever caught the notes
Of a robin way up high?*

*Or the soft whir from the wings
Of a hummingbird nearby?
Have you listened to a cricket
When the evening shadows fall?*

*Have you ever watched the twinkle
Of that first bright evening star?
Have you ever stopped to ponder
At the beauty of it all?*

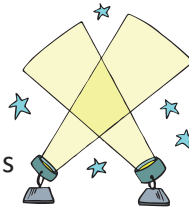
*And to say,
"Dear God, I thank you"*

May 2014

Monday	Tuesday	Wednesday	Thursday	Friday
Microwave Cooking Class Join us on the 2nd Tuesday in May, from 11:15am to 1:00pm. Cost is FREE for members and only \$1.00 per class for non-members. May Recipe: For the May class we will attempt to make a microwave soufflé; if it does not turn out it will be called an omelette. ☺			1 9:00-10:45am Linedancing Foot Care ~ by Appt. 11:30am-12:30pm Mealsite Lunch 1:15-2:15pm Yoga 2:30-3:30 SAIL Exercise <i>Food Bank Delivery</i>	2 Neighborhood Watch Meeting 7:00pm
5 Refresh Fitness~10-11am 10am-12pm Sewing Circle Medicare Clinic ~ Canceled 11:30-12:30 Zumba Gold <i>Food Bank Delivery (3:30pm)</i>	6 9:00-11:00am Linedancing 9:00am-11:00am Self-Led Art Group 1:15-2:15pm Yoga 2:30-3:30 SAIL Exercise <i>Food Bank Delivery</i>	7 11:30am-12:30pm Mealsite Lunch 10-11am & 12:30-3:00pm The Beady Bunch & Acrylic Painting 12:30-3:00pm Pinochle 1:30-2:30pm Refresh Fitness	8 9:00-10:45am Linedancing 11:30am-12:30pm Mealsite Lunch 1:15-2:15pm Yoga 2:30-3:30 SAIL Exercise <i>Food Bank Delivery</i>	9
12 Refresh Fitness~10-11am 10am-12pm Sewing Circle 11:30-12:30 Zumba Gold 12:30 Red Hat "5" Year Birthday Party and Potluck <i>Food Bank Delivery (3:30pm)</i>	13 9:00-11:00am Linedancing 9:00am-11:00am Self-Led Art Group 11:15-1pm Microwave Cooking Class 1:15-2:15pm Yoga 2:30-3:30 SAIL Exercise <i>Food Bank Delivery</i>	14 11:30am-12:30pm <i>Mother's Day Lunch</i> 10-11am & 12:30-3:00pm The Beady Bunch & Acrylic Painting 12:30-3:00pm Pinochle 1:30-2:30pm Refresh Fitness	15 9:00-10:45am Linedancing 11:30am-12:30pm Mealsite Lunch w/ Presentation from Ora Clark on writing your memoirs 1:15-2:15pm Yoga 2:30-3:30 SAIL Exercise <i>Food Bank Delivery</i>	46 10am BoD Meeting 5:30-??? Potluck and Game Night
19 Refresh Fitness~10-11am 10am-12pm Sewing Circle 11:30-12:30 Zumba Gold <i>Food Bank Delivery (3:30pm)</i>	20 9:00-11:00am Linedancing 9:00am-11:00am Self-Led Art Group 1:15-2:15pm Yoga 1pm-3pm FREE Bingo 2:30-3:30 SAIL Exercise <i>Food Bank Delivery</i>	21 11:30am-12:30pm Mealsite Lunch 10-11am & 12:30-3:00pm The Beady Bunch & Acrylic Painting 12:30-3:00pm Pinochle 1:30-2:30pm Refresh Fitness	22 9:00-10:45am Linedancing 11:30am-12:30pm Mealsite Lunch 1:15-2:15pm Yoga 2:30-3:30 SAIL Exercise <i>Food Bank Delivery</i>	23
26 Closed in Observance of Memorial Day	27 9:00-11:00am Linedancing 9:00am-11:00am Self-Led Art Group 1:15-2:15pm Yoga 12:30pm-3pm Bingo & Ice Cream Social 2:30-3:30 SAIL Exercise <i>Food Bank Delivery</i>	28 10:00-11:00am Old Time Fiddler's Concert 11:30am-12:30pm Mealsite Lunch 10-11am & 12:30-3:00pm The Beady Bunch & Acrylic Painting 12:30-3:00pm Pinochle 1:30-2:30pm Refresh Fitness	29 9:00-10:45am Linedancing 11:30am-12:30pm Mealsite Lunch 1:15-2:15pm Yoga 2:30-3:30 SAIL Exercise <i>Food Bank Delivery</i>	30 Trip to Snoqualmie Casino Bus leaves at 9am \$20 <i>Receive \$10 free play voucher and a free buffet lunch.</i> MUST pre-register and pay in advance. We need a minimum of 40 for this trip!!!

MCCC Spotlight...

Introducing: Warren and Judy Hartle



Judy was born and raised in Puyallup. Warren was born in Tacoma in 1937 and his family moved to Puyallup in 1943.

They grew up not far from each other on South Hill and were married in 1960. They have two children Rhonda and Robert and four grandchildren Duncan 17, Ethan 13, Genna 12 and Austin 12.

Warren worked for the Puyallup Police department for 31 years and as a Kitsap Court security for 5 years. Judy worked for the Puyallup Fair for 30 years retiring in 2004. They are both very active in their Church, the Masonic order, and the community. Judy is on the Mid County Community Center Board currently serving as secretary and is a volunteer receptionist for the Puyallup Senior Center 4 hours a week. Warren and Judy both believe in giving back to the community and helping others.

After retirement Warren decided, that to keep busy, he would restore a 1936 Nash 400. Little did Judy know when he told her he was going to buy a car to restore that it was in boxes that had sat in a barn for many years. It took him many hours "in his room" in the shop to get it finished. They have had a lot of fun showing it in car shows, community events and as a "getaway car" for a number of weddings. Judy, not wanting to be outdone, decided she wanted a car of her own so... Warren bought her an I951 Nash Rambler convertible, just like the one in the Superman series that Lois Lane drove. They belong to two car clubs that also keeps them busy.

Judy's hobbies include knitting, sewing, crocheting, volunteering and spending as much time as she can with family and grandchildren. Warren's hobbies include reading, playing cards and family activities.

The highlight of Judy & Warren's volunteer years was organizing a free Thanksgiving dinner at the Puyallup Masonic Center in Puyallup. This is for people who are alone or homeless that are invited to come and enjoy a home cooked Thanksgiving dinner.

Judy and Warren participate in our meals on Thursdays and enjoy visiting with others. They are so good about getting a takeout meal for their friend Bill. They also bring Judy's mother on occasion too. Judy serves on our Board of Directors as our Secretary. The Hartles are both very active and we love their energy towards life! We are blessed to have Judy and Warren in our family!

ACTIVITY FEE SCHEDULE:	ACTIVITY FEE SCHEDULE (cont.):
M=Member, NM=Non-Member	M=Member, NM=Non-Member
SAIL~FREE	Lunch~Suggested Donation of \$3.00 Senior/Disabled; all others \$5.00 required fee unless posted otherwise.
Yoga~\$3.00 M;\$4.00 NM	FREE Bingo~FREE
Zumba Gold~\$4.00 M;\$5.00 NM	Bingo & Ice Cream~\$5.00
Linedancing~\$2.00 M; \$3.00NM	Pinochle~FREE
Art Groups~FREE M; \$1.00NM	Microwave Cooking Class~ FREE M; \$1.00 NM
Refresh Fitness~FREE M; \$1.00 NM	
Beady Bunch~FREE	
Footcare~\$30.00	
Sewing Circle~FREE	

Old Time Fiddlers are back!!!

Join us on Wednesday May 28th for a FREE concert performed by member's of our local Old Time Fiddler's chapter. The concert will be from 10am to 11am, before our mealsite lunch. If you plan to come for the concert and STAY for our mealsite lunch, please chose both the concert and lunch when you arrive and sign-in on the computer. *Thank you!*

Minuteman Press
DOWNTOWN TACOMA

Jeffery A. Brunson
General Manager

253 383-4377
800 953-4377
fax 383-4735
print@mmptacoma.com

1111 A Street • Tacoma, Washington 98402

FREE Dental Cleanings for Seniors at MCCC!

Our next clinic has been re-scheduled for June 11th!

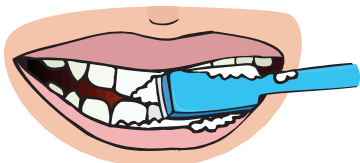
To be eligible to receive free services, clients must:

- Be 60 years of age or older
- Have household income less than 200% of the FPL (\$1,915 per month for a single person household, \$2,585 for a two-person household- ADRC staff will help callers walk through this piece)
- Have no dental coverage
- Have had no dental care in the past 24 months

Call the ADRC at (253)798-4600 to register for this wonderful FREE program! This funding may not be available next year, so sign-up FAST!!!

Tamara Shearer is a Registered Dental Hygienist who has received certification from the Washington State Department of Health to offer oral exams and cleaning services to older adults at senior centers and long-term care facilities. She will assess each client's overall oral health, and depending upon the client's needs, will administer a basic cleaning or a deep cleaning, including administration of fluoride treatments. She may also make recommendations for additional treatment and care. Tamara is not allowed to administer anesthesia, or perform any type of invasive procedure such as filling cavities or extracting teeth.

To sign up for the service, clients should call the ADRC at (253) 798-4600. When they call, they will be asked to provide their contact information, DOB, confirm that they do not have dental insurance and have not received any dental care for the past 24 months, and they will be asked to provide their monthly household income. All callers must also provide the name and contact information of their primary care physician. Ms. Shearer is required to obtain physician consent to perform the dental cleaning. With the caller's permission, she can fax the physician consent form directly to the doctor's office. She can also mail the form to the caller and they can take the form to the physician's office themselves, but this may slow down the process.



Closed for Memorial Day

MCCC will be closed Monday, May 26th in observance of Memorial Day.

We hope everyone has a safe long weekend and we look forward to seeing you on Tuesday.

We are going to Snoqualmie Casino!



We are planning a bus trip to the Snoqualmie Casino, on Friday May 30th.

The bus will be leaving MCCC at 9am, so plan on meeting here around 8:30am. The fee for this trip is \$20.00 and needs to be paid in advance, BUT it includes roundtrip transportation on a luxury motor coach directly from MCCC to the casino and you get a free play voucher for \$10 and a FREE LUNCH! We will return around 4:00pm. We NEED 40 people to attend, so ask your friends to go with you!

Please fill out the sign-up sheet, including players club number, address, and phone number. Join us for lots of fun....and winning we hope!

COMMUNITY



CORNER

MCCC Heads Up:

Note: Prairie Chickens are a Threatened Species. The ramifications of this designation are too numerous to remember "-)

Pet Support: Need a pet food coupon- take one, See one-leave one.

Most recently: Check out the new monolith on the corner of 99th & Portland Ave: "Welcome to Historical Midland." The 1st Wed every month @ 7PM the Midland Residents Assoc. meet in the old Midland utility office. Last month they hosted a plant expert--Rita Butler--who pointed out multiple desirable native plants & a few we might want to invite elsewhere.

Medicare related info: Pharmaceutical Patient Assistance Programs: Folks receiving income \$11.6k-\$58.3k yrly w/no drug insurance, but may have discount card, may be eligible for drug price support via: needymeds.org; -rxassist.org; -pparx.org; -goodrx.com & others.

Every 3rd Tuesday: free admission for seniors to Pt. Defiance Zoo and Every 3rd Thursday: 5PM-8PM free admission to Tacoma Art Museum & Wa St. Museum

Recent weather couldn't be better: Temperature is just right for short walks & no wind. Try it. You'll like it!

If you have information, discounts, or special events you want to share in the Community Corner, please email sboone3@yahoo.com or leave a message at 253-222-0425.

Thanks!

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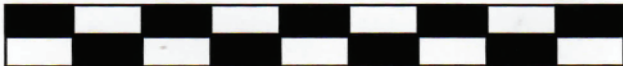
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MID-COUNTY COMMUNITY CENTER

May Newsletter and Events Calendar

Volume 14 Issue 5

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Non-Profit Org.

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Apple Physical Therapy

Clara Starr

Joan Ellis

Wanda Bagley

Evelyn Kinkella

and many, many more...

Thank you for your support!

Our Mission...

Mid-County Community Center provides a broad range of programs and services which meet the changing needs of older adults in mid-Pierce County, enhancing lives and uniting the community.

Location

10205 44th Avenue East

Tacoma, WA 98446

Phone

Fax

253-531-8412 253-536-6333

Office Hours

Monday~Thursday

8:00am to 4:00pm

www.mccctacoma.org

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