



MID-COUNTY COMMUNITY CENTER

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

October 2014

Medicare Open Enrollment

South Sound Outreach, as the Pierce County SHIBA administrators, will be holding open enrollment events through out the county from October 15 - December 7. Trained SHIBA volunteers will be available at these events to help medicare participants identify the best available plans for them.

Remember, if you have not checked your plan in more than a year...

YOU MAY BE PAYING TOO MUCH FOR TOO LITTLE COVERAGE!

The events at MCCC will be:

Monday October 6 ~11:00am-1:00pm

Monday November 3 ~11:00am-1:00pm

Monday November 10 ~12:00pm-3:00pm

Monday December 1 ~11:00am-1:00pm

Sign-up at MCCC and please remember to bring all Medicare and/or other Insurance cards with you, any letters or information sent to you by Medicare about program eligibility, and a list of all prescriptions you currently take including doses.

Moving to Music

Let us help you get motivated to fitness with our new Moving to Music session. This class will benefit your workout better by helping you last longer and enjoy it more!

For a fitness "pick-me-up" come get moving with this fun and easy aerobic workout!

Zumba has been canceled for an extended period of time so our Refresh Fitness Instructor, Cathy Schultz, will teach this class on Mondays from 11:30-12:30 and the cost is \$2.00 member, \$3.00 non-member per session.

We are going to Red Wind Casino!

We are planning a bus trip to the Red Wind Casino, on Friday November 14th. The bus will be leaving MCCC at 9am, so plan on meeting here around 8:30am and will return around 3:30. The fee for this trip is \$3.00. Seniors are eligible for a reduced price at the buffet! 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!

Cruisin' Into Wellness.....

Join us on Friday October 17th, anytime from 10am-3pm, for our FIRST EVER Senior Wellness Fair at MCCC.



Organizations/Vendors include:

Pierce County Community Connections

Pacific Lutheran University

Rite Aid

Diabetes Association of Pierce County

Alzheimer's Association

South Sound Outreach

SHIBA

Soundview Medical Supplies

Kings Manor

Priority Footwear- Liz Payton, CFTS

Always Best Care

Health 1st Chiropractic

Spring Ridge Assisted Living and Memory Care

Bryana Cross, Elder Law Attorney

Nutrition Authority-Brooke Douglas, RDN

MCCC will be serving a delicious homemade veggie soup from 11am-1pm for FREE!!!

Come explore tons of things that can help make you healthier and happier as you are "Cruisin' into Wellness" in the golden years! 414

Membership has its privileges...

Betty Simmons was the lucky basket winner for September. Don't forget to look closely for your hidden Membership number in this month's newsletter. Good luck everyone!


The Rockin' Red Hatters Hit the Farm!



Join your Red Hat sisters and visit the "Old Goats" farm in Graham in October. Margaret is coordinating it so please call her to find out the date/time information: 253-589-0132. The sister's will be eating lunch "out" together that day as well.

Home Cooked Meal

Each Tuesday, 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 1:00 pm on the preceding Thursday if possible.

NEW Tuesdays				
	10/7	10/14	10/21	10/28
	Bacon and Cheese Omelet Bake Hashbrown Cas-serole Peaches Spinach Salad	Chicken Fajita Salad Tortilla Chips Pineapple Mexi-Cali Soup	Sausage Gravy over Biscuits Sliced Tomatoes Cantaloupe Spinach Salad	Salmon Salad Sandwich w/ Lettuce & Tomato Tropical Fruit Potato Chips Split Pea Soup
Wednesdays				
10/1	10/8	10/15	10/22	10/29
Salisbury Steak Mashed Potatoes w/ Gravy Vegetable Blend Fruit Cocktail Romaine Salad	Soy Sesame Glazed Salmon w/ Stir Fry Veggies Steamed Rice Orange Wedges Asian Vegetable Soup	Hawaiian Chicken Salad w/ Lettuce & Tomato Dinner Roll Pineapple Tidbits Potato Soup	Polish Dogs w/ Sauerkraut Baked Beans Peaches Garden Salad	Halloween Party! Sweet&Sour Meat-balls over Rice Steamed Carrots orange Wedges Green Salad
Thursdays				
10/2	10/9	10/16	10/23	10/30
Crispy Chicken Sandwich w/ Let-tuce & Tomato Potato Chips Orange Wedges Veggie Soup	Pork Chop Stuffing Peas and Carrots Applesauce Garden Salad	Baked Potato Bar Toppings: Chili, Broc-coli, Cheese, Sour Cream, Bacon Bits, etc. w/ Fruit and Salad Bar	Salmon Noodle Casserole w/ Mixed Veggies Cantaloupe Romaine Salad	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**

Program Coordinator
Carol Gossett

Executive Assistant
Vanessa Bredl

Kitchen Manager
Rhonda Turner

Kitchen Assistant
DJ Gossett

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Gene Otis

Chaplain

Rev. Charles Rowe

*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 health challenges: Baby Evelyn, Dorothy Jacobson, Anne Lizotte, Bea Downs, Theda Anderson, Les Williams, and Sandy Clabough.

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



AUTUMN

In Autumn when the leaves turn brown
And red and gold, they all fall down
To paint a picture, oh so rare!
I know that God is there ...



To mastermind His ebb and flow;
To stage His wondrous Autumn show,
To brush His skies with molten gold;
I watch His art unfold.

No grander sight could I behold:
These leaves of brown and red and gold.
But Winter bodes its icy chills
Upon the snow-clad hills



I confront the season's thieves
That took my Autumn leaves.
But soon a softness in the air!
God paints a picture, Oh so rare.

Autumn leaves that all turn brown
And red and gold as they fall down.



October 2014

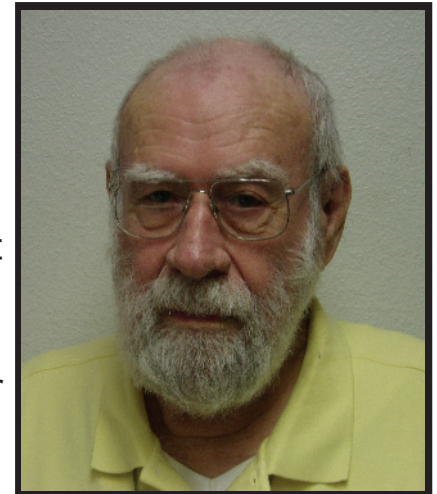
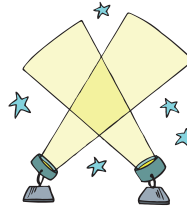
Monday	Tuesday	Wednesday	Thursday	Friday
<p>Trick or Treat!</p> <p>Calling all ghosts & goblins, witches & warlocks! Be prepared for a howlin' good time at our annual Halloween Lunch on Wednesday, October 29th. Wear a costume if you would like, there will be a prize for the best costume chosen by the lunch guests. Other prizes will also be given away!</p>		<p>1</p> <p>11:30am-12:30pm Mealsite Lunch</p> <p>10-11am & 12:30-3:00pm The Beady Bunch & Acrylic Painting</p> <p>12:30-3:00pm Pinochle</p> <p>1:30-2:30pm Refresh Fitness</p>	<p>2</p> <p>9:00-10:45am Linedancing Canceled</p> <p>Foot Care ~ by Appt.</p> <p>11:30am-12:30pm Mealsite Lunch</p> <p>1:15-2:15pm Yoga</p> <p>2:30-3:30 SAIL Exercise</p> <p><i>Food Bank Delivery</i></p>	<p>3</p> <p>Neighborhood Watch Meeting 7pm-9pm</p>
<p>6</p> <p>10-11am Refresh Fitness</p> <p>11am-1pm Medicare Clinic</p> <p>10am-12pm Sewing Circle</p> <p>11:30am-12:30pm Moving to Music</p> <p><i>Food Bank Delivery (3:30pm)</i></p>	<p>7</p> <p>9:00-10:45am Linedancing</p> <p>9:00am-11:00am Self-Led Art Group</p> <p>11:30am-12:30pm <i>Mealsite Brunch</i></p> <p>1:15-2:15pm Yoga</p> <p>2:30-3:30 SAIL Exercise</p> <p><i>Food Bank Delivery</i></p>	<p>8</p> <p>10-11am FREE Old Time Fiddler's Concert</p> <p>11:30am-12:30pm Mealsite Lunch</p> <p>10-11am & 12:30-3:00pm The Beady Bunch & Acrylic Painting</p> <p>12:30-3:00pm Pinochle</p> <p>1:30-2:30pm Refresh Fitness</p>	<p>9</p> <p>9:00-10:45am Linedancing</p> <p>11:30am-12:30pm Mealsite Lunch</p> <p>1:15-2:15pm Yoga</p> <p>2:30-3:30 SAIL Exercise</p> <p><i>Food Bank Delivery</i></p>	<p>10</p>
<p>13</p> <p>10-11am Refresh Fitness</p> <p>10am-12pm Sewing Circle</p> <p>11:30am-12:30pm Moving to Music</p> <p><i>Food Bank Delivery (3:30pm)</i></p>	<p>14</p> <p>9:00-10:45am Linedancing</p> <p>9:00am-11:00am Self-Led Art Group</p> <p>11:30am-12:30pm <i>Mealsite Brunch</i></p> <p>1:15-2:15pm Yoga</p> <p>2:30-3:30 SAIL Exercise</p> <p><i>Food Bank Delivery</i></p>	<p>15</p> <p>11:30am-12:30pm Mealsite Lunch</p> <p>10-11am & 12:30-3:00pm The Beady Bunch & Acrylic Painting</p> <p>12:30-3:00pm Pinochle</p> <p>1:30-2:30pm Refresh Fitness</p>	<p>16</p> <p>9:00-10:45am Linedancing</p> <p>11:30am-12:30pm Mealsite Lunch</p> <p>1:15-2:15pm Yoga</p> <p>2:30-3:30 SAIL Exercise</p> <p><i>Food Bank Delivery</i></p>	<p>17</p> <p>Board Meeting Canceled</p> <p>"Cruisin' into Wellness..." 10am-3pm</p> <p>5:30-??? Potluck and Game Night</p>
<p>13</p> <p>10-11am Refresh Fitness</p> <p>10am-12pm Sewing Circle</p> <p>11:30am-12:30pm Moving to Music</p> <p><i>Food Bank Delivery (3:30pm)</i></p>	<p>21</p> <p>9:00-10:45am Linedancing</p> <p>9:00am-11:00am Self-Led Art Group</p> <p>11:30am-12:30pm <i>Mealsite Brunch</i></p> <p>1:15-2:15pm Yoga</p> <p>1pm-3pm FREE Bingo</p> <p>2:30-3:30 SAIL Exercise</p> <p><i>Food Bank Delivery</i></p>	<p>22</p> <p>11:30am-12:30pm Mealsite Lunch</p> <p>10-11am & 12:30-3:00pm The Beady Bunch & Acrylic Painting</p> <p>12:30-3:00pm Pinochle</p> <p>1:30-2:30pm Refresh Fitness</p>	<p>23</p> <p>9:00-10:45am Linedancing</p> <p>11:30am-12:30pm Mealsite Lunch</p> <p>1:15-2:15pm Yoga</p> <p>2:30-3:30 SAIL Exercise</p> <p><i>Food Bank Delivery</i></p>	<p>24</p>
<p>27 13</p> <p>10-11am Refresh Fitness</p> <p>10am-12pm Sewing Circle</p> <p>11:30am-12:30pm Moving to Music</p> <p><i>Food Bank Delivery (3:30pm)</i></p>	<p>28</p> <p>9:00-10:45am Linedancing</p> <p>9:00am-11:00am Self-Led Art Group</p> <p>11:30am-12:30pm <i>Mealsite Brunch</i></p> <p>1:15-2:15pm Yoga</p> <p>12:30pm-3pm Bingo & Ice Cream Social</p> <p>2:30-3:30 SAIL Exercise</p> <p><i>Food Bank Delivery</i></p>	<p>29</p> <p>11:30am-12:30pm Halloween Lunch</p> <p>10-11am & 12:30-3:00pm The Beady Bunch & Acrylic Painting</p> <p>12:30-3:00pm Pinochle</p> <p>1:30-2:30pm Refresh Fitness</p>	<p>30</p> <p>9:00-10:45am Linedancing</p> <p>11:30am-12:30pm Mealsite Lunch</p> <p>1:15-2:15pm Yoga</p> <p>2:30-3:30 SAIL Exercise</p> <p><i>Food Bank Delivery</i></p>	<p>31</p> <p>Happy Halloween!</p> 



MCCC Spotlight...

Introducing: Ora Clark

Ora Clark was born in Mishawaka, Indiana and grew up living in the house that his maternal grandfather built near Hamilton Lake, Indiana. That house was built in 1880 and it is still standing today!



Ora moved his family to the Pacific Northwest in early 1961 and has lived at various locations ever since except for a few years in San Jose, California during the 1960's and Oak Ridge, Tennessee during the 1980's.

His first wife (Thais Marie Seidel) and Ora were together for forty eight years until she was called home in August 1995 after a short battle with cancer. They had four sons and one daughter. He later made contact with the girl (Barbara Niles) who jilted him during World War Two and they were married in 1998. She passed away unexpectedly in 2011.

Today Ora has ten grandchildren and twelve great grandchildren with another one due this coming August. Congratulations!

His career as a metrologist (Not a meteorologist) began in South Bend, Indiana where he worked for Bendix. He also worked in Seattle, Washington, Oak Ridge, Tennessee and Lockheed in Sunnyvale, California. During that time he served on several national engineering committees and he was also the Boeing liaison person for metrofication during the 1970's.

Ora retired in 1987 and took up genealogy memoir writing as his major hobby. He also volunteered at the local elementary schools after retirement before he lost his hearing.

Ora has been affiliated with MCCC for eight years. He enjoys our mealsite and having great conversations with friends. He even has spoken to our clients about how to write memoirs.

We are so glad to have you as a part of our family! Be sure to ask him questions on genealogy and memoirs if your interested when he visits us here at MCCC. He is a fountain of knowledge on those subjects.

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
Moving to Music~\$2.00 M;\$3.00 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 M; \$1.00NM	
Footcare~\$30.00	
Sewing Circle~FREE	

Looking for Laptop Bags...

We are launching a new Laptop Loaner program and still need more bags. If you have any extra ones please drop them off at the main office. Thank you!

TOGETHER ...

WE MAKE A DIFFERENCE

Minuteman Press
DOWNTOWN TACOMA

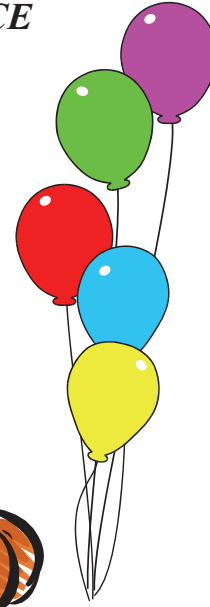
Jeffery A. Brunson
General Manager

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

1111 A Street • Tacoma, Washington 98402

Welcome New Members!
Lynn Arneson and Peggy Schmidt

TOGETHER ... WE MAKE A DIFFERENCE



- Members**
October Birthdays
- Gene S.-1st
 - Peggy S.-2nd
 - Sandy C.-9th
 - Dick M.-9th
 - Pauline T.-10th
 - Bev M.-10th
 - Fern H.-12th
 - Diana D.-13th
 - Trudy S.-16th
 - Dianne R.-17th
 - Maria P.-18th
 - Judy H.-18th
 - Elaine R.-19th
 - Jim M.-20th
 - Lowell J.-21st
 - Darlene M.-23rd
 - Fran S.-30th

Estate Planning: What Is It, and How Does It Affect Me?

Having proper estate planning documents such as wills and durable powers of attorney is an essential part of planning for and protecting your future. Elder Law and Estate Planning attorney Bryana M. Cross will lead a discussion about estate planning basics and walk you through what you need to know. She will answer important questions such as: What are the most important Estate Planning documents to have, and what can happen if a person does not have those documents? Hear a small intro for the presentation on November 5th during lunch then her whole presentation will be on November 19th from 10am-11am. Hope to see you there!



FREE Concert



Join us on Wednesday October 8th for a FREE concert performed by member's of our local Old Time Fiddler's chapter. The concert will be from 10am-11am, before our mealsite lunch. We would also love to have you sign-up for lunch also and stay and have a a delicious, nutritious, and FUN meal with your friends at MCCC following the concert.

COMMUNITY

MCCC Heads Up:

Pet food discount coupons: See one: leave one; Need one: take one 55+ comprehensive discount list: 3 pages, copies from Carol by request.
October 15 starts Medicare Open Enrollment. Please review you Advantage and/or Part D 2014 experience. Are you satisfied? Premiums changed?
SHIBA volunteer available Monday, Oct6, to explore other options. Apmts available w/Carol. SHIBA help line always available: 253-596-0918.
For those w/Original Medicare and a Supplement, you can always switch IF the receiving company will accept you. Though there may be Special Enrollment dates, there is no Open Enrollment.
Did you know? The Affordable Care Act, besides shrinking the donut hole, also requires states to provide comprehensive information on nursing homes, including inspection reports and complaints, making it easier to file complaints and ensuring no retaliation against the consumer.
The 9/13 Cancer Survivor's Conference @ UPS offered very valuable workshops and great weather on a beautiful campus. And their cafeteria lunches are delicious.

Did you know? There are over 13,000,000 cancer survivors in the US today. Yeah us!!

Midland residents: October 7, Midland Association meets in the old utility building on 99th @ 7P. Midland Matters is local Internet site MidlandMattersNews@gmail.com accessible by membership only "keeping community members informed of issues relating to Midland" esp new area businesses and suspicious folks and vehicles. Just the other day a new detailing business opened.

The Washington State Fair was a "different" blast this year, what with the new name and all. If you missed all the fun, 4H and animals, the 2015 event starts 9/11 w/free admission for non perishable food donation.

Did you know? A few extra pounds may stretch your jeans but also fills out your face wrinkles and is cheaper than botox. Sixty minutes says a few extra pounds may also extend your life. The operative word here is "few."

Pierce County Alert is available through your smart phone or ipad. Sign up at <http://www.piercecountywa.gov/>. Land lines will be called for all.

End of summer has arrived. All those food rich holidays are ahead. Talk to Carol about exercise schedule. Zumba forever!!!

Clutter your world with random acts of kindness, Susanne
 If you have information, discounts, or special events you want to share email sboone3@yahoo.com or leave a message at 253-222-0425. Thanks!

Neighborhood Watch Heads Up:

AVOID AUTO THEFT AND THEFT FROM YOUR AUTO

- **Park in a well- lighted area**
- **Close all windows**
- **Lock doors/not with a remote**
- **Don't leave ANYTHING in sight**
- **Put all valuables in trunk**
- **Keep garage door opener out of sight**
- **Hide registration and insurance papers**

In The Community Spirit
 Donn 253-539-3666
 Neighborhood Action Team Coordinator

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- Septic Installation & Repairs
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Bill Wolfe, *President*

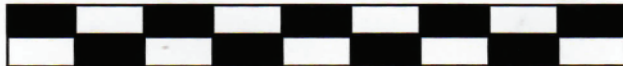
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MID-COUNTY COMMUNITY CENTER

October Newsletter and Events Calendar

Volume 14 Issue 10

10205 44th Avenue East

Tacoma, WA 98446

Non-Profit Org.

US Postage

PAID

Puyallup, WA

Permit No. 25

A special thanks to our donors...

Puyallup Tribe of Indians

Summit Waller Community Association

Living Church of God

Health Care Providers Council of Pierce County

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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