

TUKWILA SENIOR SCOOP

A PUBLICATION OF TUKWILA PARKS AND RECREATION



Staying Safe - Staying Connected

Hello Friends,
It has been an honor to serve Tukwila's Older Adults in new and different ways throughout the past year. Throughout the Stay Home, Stay Safe mandates, the Operation Senior Meal Drop Program provided (drumroll) 18,851 frozen meals to over 117 Tukwila residents over the age of 60.

We recently decided to conclude this program as we learned many residents have become vaccinated and we are beginning to plan for in-person gatherings once again. We started the Duwamish Curb Café drive up meal program in February, and have had excellent turn out. It has been wonderful seeing many familiar faces again.

Meals on Wheels continues to offer home delivery for those that qualify. I'm hopeful that we may be able to begin offering in person meals again later this fall. I miss seeing all of you and look forward to when we can gather again for music, dance, friendship, and good food.

Sunny days ahead!

Sheri McConnaughey

Senior Programs Coordinator

sheri.mcconnaughey@tukwilawa.gov

206-767-2321

MAY / JUNE 2021

TUKWILA TRAILERS HIKING GROUP MEETUP

The Tukwila Trailers women's hiking group will resume in June! Hikers will meet at local walking trails with Parks and Recreation staff for gentle walks and hikes designed for all abilities. Please wear a mask and plan to enjoy visiting with friends. **Please register in advance by visiting: www.tukwilawa.gov/signup**

June 7, Highline Botanical Gardens, 13735 - 24th Ave S. SeaTac
Meet in the parking lot of Sea Tac Community Center at 10am.

June 21, Des Moines Creek Trail, 22030 Cliff Ave. South
Meet at Des Moines Beach Park parking lot at 10am.



NATURE WALKS WITH GREEN TUKWILA

Register in advance by visiting: www.tukwilawa.gov/signup

Duwamish Hill Preserve, May 10, 10am

Join Green Tukwila for an eco-stroll and learn about the unique Pacific Madrone grove, native plants, bats, and see the best view of Mt. Rainer in Tukwila. Park by the river, this walk does contain incline and stairs.

Green River Trail, June 14, 10 am

Walk and chat riverside with Green Tukwila, learn about why salmon are such a hot topic, and what is being done today to help wildlife in the Green-Duwamish River.



VOLUNTEER OPPORTUNITIES

Restoration

Resident Park Steward and Green Tukwila Staff just launched a new series of monthly work parties, Restoration at Riverton, first Tuesday of the month. All tools and training will be provided, sign up today and meet your neighbors! www.Tukwilawa.gov/greentukwila

Litter Clean-Up

Tired of seeing litter around Tukwila, want to keep plastic out of Puget Sound? Join community members and make a difference! The next litter clean-up event is May 20th, 10:00-11:30, Green River Trail, meet at Bicentennial Park. Sign up today, bags and grabbers will be provided: www.Tukwilawa.gov/Greentukwila



FREE Senior Zoom Classes w/ Christine

Each Monday, Wednesday, and Friday from 11:00am – 11:50am. Classes include 30 minutes of movement, followed by 20 minutes of social time. Attendees can request to have a fitness pack delivered to their door which includes small hand weights, ankle weights, an exercise ball, and exercise band. The packs are available for loan for as long as the program is offered virtually. For more information, email sports@TukwilaWA.gov or call 206-768-2822



DUWAMISH CURB CAFE

Hot, Healthy lunches available for curbside pick-up each Tuesday. Please call one week in advance to reserve: 206-767-2321 or 206-768-2822 and press 0. \$3 donation suggested for those 60+, \$6 donation for those 59 and under is required.

May 4 – Shrimp Scampi, Linguini Pasta, Strawberry Spinach Salad, Wheat Roll and Coconut Cream Pie

May 11 – Wild Rice Chicken Soup, ½ egg salad sandwich, oranges

May 18 – Honey Dijon Chicken, Potatoes, Beets, Peaches

May 25 – Omelet, Sausage Patty, Hashbrowns, Honey Dew Melon

MEALS ON WHEELS

Are you or someone you know homebound or having difficulty getting meals? We are part of “Meals on Wheels” network and deliver meals each week to those that are homebound. Orders are taken on Mondays and delivered Thursdays. Call 206-448-5767 for information or visit

www.seniorservices.org/foodassistance/mealsonwheels

Spring into Summer with Healthy FEET

Nurse Mary-Lou Payne accepts appointments the third Thursday of each month between 8am-1pm. Reserve a May or June appointment by calling 206-767-2321. Bring a towel and plan to wear a facemask while in the building. Basic health and temperature screening is required when entering the Tukwila Community Center. The fee is \$25 by cash or check, paid directly to Mary-Lou.

Jim Rogers and Sharon Flint walk their dogs at the Tukwila Community Center three to four days each week. You may recognize them from the Duwamish Curve Cafe when we could gather for music and dancing. Well, dancing hasn't stopped for this happy couple. If you see them two-steppin' at the TCC Spray Park feel free to flash a smile or join them (keeping a safe distance, of course).





Community Services

HYDE SHUTTLE: Need to go shopping? Get a haircut? Visit a friend? The Hyde Shuttle is a FREE van service for seniors and people with disabilities living in Tukwila. You can ride anywhere within the service area set up by Senior Services. Shuttle Hours are Monday-Friday from 9:00am-4:00pm. Call 206-727-6262 to schedule a ride.

MULTI-SERVICE CENTER'S ENERGY ASSISTANCE PROGRAM: Seniors experiencing financial challenges may qualify for assistance with utility bills. Payments are made directly to service providers and the level of assistance depends on type of housing, income, household size, and home energy use. Call 253-517-2263, listen carefully and have a pen and paper available.

VOLUNTEER TRANSPORTATION: Sound Generations of King County – Volunteer Transportation Program helps isolated, frail, low-income older adults who are without other transportation options to their medical appointments. Volunteers take people to and from appointments and wait with them until they are ready to return home. To be eligible you must be a King County resident age 60 or older, be able to transfer into a private vehicle with minimal assistance and have limited transportation options. Call (206) 448-5740 or 1-800-282-5815 at least one week in advance to schedule a ride.

Housing Support

Free Minor Home Repair for Qualified Tukwila Homeowners: Spring and summer are a great time to take care of preventative maintenance around your home. Tukwila's free minor home repair program can address a wide range of health and safety issues that include, but are not limited to repair or replace caulking, leaky sinks or toilets, plugged drains, secure or install railings, broken steps, stair grips, install accessibility modifications such as grab bars, and much more. Our contractors can handle small electrical, plumbing, and small carpentry. Qualification is easy - Tukwila Human Services staff will screen your work for eligibility and assign a contractor to your project. As funding is available homeowners are eligible for up to \$5,000 per household annually, with a maximum lifetime cap of \$10,000. For info, call Tukwila Human Services at 206-433-7180.

City of Tukwila: COVID-19 Rent/Utility Assistance Program: to qualify for this program you must be a Tukwila resident who is experiencing a loss of income, unemployment, or illness due to COVID-19. For details contact Human Services by calling 206-433-7182 or 206-433-7181.

COVID Rental Assistance: King County offers an Eviction Prevention and Rental Assistance Program (EPRAP) to help households economically impacted by COVID-19. This program helps people who are at risk or may become at risk for eviction from being unable to meet rent obligations due to COVID illness, income loss, or unemployment. If you would like to receive information on the program, please submit an EPRAP Interest Form. <https://tinyurl.com/EPRAPKC>