

# Positive Aging



Dolly Castillo

## Dolly Castillo: 2008 Inspire Positive Aging Award Winner

*It's hard to imagine a more welcoming place than the International Drop-In Center (IDIC) on Beacon Hill. The IDIC has been serving Filipino elders since 1972, and the very heart of the place, according to Executive Director Conrado "Sluggo" Rigor, is Dolly Castillo.*

Dolly Castillo is 84 years old and never seems to stop moving. When you watch Dolly Castillo direct the "Young Once" choral group at the IDIC, you can tell she was a schoolteacher. In a matter of moments, she has the boisterous, chatty group of women lined up, music in hand, singing. Every now and then she gently taps someone's sheet music to get them to look up and sing to her. Dolly has the firm but gentle attitude that gets things done and gets people moving, which makes her perfect for the role of Activities Coordinator at the IDIC.

Dolly was a school teacher for 40 years, 20 of them in the Seattle Public Schools. She taught Physical Education and says that being a gym teacher was the best training for getting older. In every school, she started a Filipino dance troupe and celebrated the multiple ethnicities of the schools. "Even though I was the teacher, I grew up in the Seattle Public Schools, it was the greatest education and I learned a lot from the children," Dolly says.

Dolly continues to encourage physical activity and health, but now in an older population. She directs folk dancing classes, leads walking groups, and

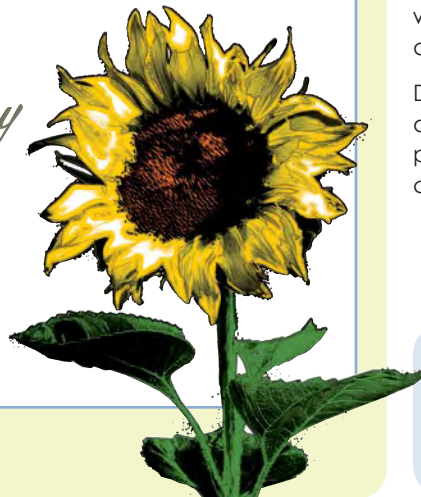
*Continued inside*

## Save the Date:

Senior Services Soirée  
Dinner & Auction

*An Evening in Tuscany*

Friday, September 19, 2008  
6:00-10:00 pm  
at the Seattle Westin  
RSVP online a [www.seniorservices.org](http://www.seniorservices.org)  
or by calling 206-727-6203.



## Senior Services Would Like to Thank

*the following companies for hosting information about Meals on Wheels and for their generous support of Senior Services:*

**Bartell Drugs** in Auburn, Bellevue, Bothell, Burien, Des Moines, Kent, Kirkland, Maple Valley, Newcastle, Seattle, Shoreline, Redmond, Renton, Sammamish, Tukwila

**Costco** in Federal Way, Issaquah, Kirkland, Seattle, Shoreline

**Fred Meyer** in Auburn, Bellevue, Burien, Covington, Federal Way, Issaquah, Kent, Kirkland, Lynnwood, Redmond, Renton, Seattle, Shoreline

**Safeway** in Auburn, Bellevue, Burien, Covington, Federal Way, Kent, Newcastle, Redmond, Renton, Sammamish, Seattle, Shoreline

### **Volunteer to Help Dale and Meals on Wheels**

Dale has four wonderful volunteers who help him regularly supply the stores: Joanne Snodgrass, Melody Frans, Linda Brown and Debbie Cloos. He's hoping to find some more help so that he can expand the program, especially north of Seattle.

The volunteers can visit the stores when it fits their schedule. Dale provides all the information, and it takes about 12-15 hours per month. The reward is ensuring that frail, homebound seniors get the information that they aren't alone and that there is help.

**If you're interested in volunteering to help Dale distribute brochures, and can make a commitment of at least 6 months, please contact Paul Lacine at 206-727-6241.**



## Man on a Mission

*From his previous career as a salesman, Dale Hoover knows the value of real estate inside a store. "Every inch of space is worth money," he says. From his current job working with Meals on Wheels doing client assessments, he knows the value of the Meals on Wheels program. Because he's a smart and personable guy, Dale has fused these two interests and created an outreach program so simple, and yet so effective, that it seems obvious. One of those "duh!" programs that actually involves a tremendous amount of organization, footwork, determination and a person like Dale to get the program going. The problem is universal: how to get information to people who need it. Dale's solution: put it where they go most—in the case of seniors, the pharmacy.*

"Pharmacists are who a lot of people talk to. People go in for their prescriptions every few weeks, and they ask the pharmacists for all kinds of help. That's why I wanted to get Meals on Wheels materials into stores. It's just blossomed in the past three years. We're now in over 100 stores throughout King County. It's a big investment on the part of these stores, and if it wasn't for their partnership, we wouldn't be able to do it."

Over the past 3 years, thousands of Meals on Wheels brochures have been distributed through the stores. This outreach program has been effective in reaching caregivers and clients, and it has also educated those on the frontline—the pharmacists, many of whom didn't know about Senior Services before they met Dale. "I'm tremendously grateful for them—they really advocate for us. This isn't just about meals. It helps to open people's eyes to all of the resources available through Senior Services."

It's Dale's personal mission to educate people about the availability of help. "You know, just next door, my neighbor was sick and her husband had cancer. They were suffering. We got them on Meals on Wheels and they thought it was the best thing. They were right next door, and we didn't know that they needed help. It's up to us to be on the look out for others."

For information about **Meals on Wheels**, call toll-free **1-888-308-6325 (MEAL)**.

# The 2008 Spring Luncheon was wonderful!

*With more than 400 guests in attendance, Senior Services launched our first Spring Luncheon on May 8th at the Seattle Westin. Emcee Margo Myers of KIRO TV News highlighted the theme of "Positive Aging", offering guests the opportunity to reconsider their preconceptions about growing older.*

Three finalists for the 2008 Inspire Positive Aging Award were introduced as examples of living life with enthusiasm, creativity, energy and grace. The Inspire finalists were Dolly Castillo (age 84); Alma Chastain (age 81) and Don Rogers (age 79).

Denise Klein, Senior Services' Executive Director, spoke about the "Tipping Point" of baby boomers changing the demographics of the country, and potentially changing the world. Post-career volunteerism and new ideas of what "getting old" looks like promise an unprecedented cultural shift. As an example, Denise mentioned that Mick Jagger's 65th birthday is only a few months away!

Gwendolyn Townsend talked about Senior Services' Kinship Caregiver program, which has supported her family since she and her husband became the primary caregivers for their grandson when he was an infant. Gwendolyn made a strong case that

by supporting extended families who are raising children, we are investing in our future. At the end of her talk, Gwendolyn's grandson joined her on stage. The love they showed for each other was a powerful testament to the importance of Kinship Caregivers. Read an interview with Gwendolyn on page 4.

Steve Melton of the Senior Services' Board of Directors invited guests to make an investment in the agency's work and offered a few numbers to consider:

- 55,000 – the number of seniors and their families helped in 2007
- \$280 – the cost of a month of meals for a homebound senior through Meals on Wheels
- \$1,680 – the cost of SIX months of meals from Meals on Wheels

At the end of the program, Margo and Steve announced the winner of the 2008 Inspire Positive Aging Award: Dolly Castillo. For more information about the indomitable Dolly, read the article on page 1. She is truly an inspiration.

The Luncheon raised over \$89,000 through the generosity of guests and sponsors. One guest remarked that the event was "uplifting, heartening and a delightful experience."

If you'd like to host a table at next year's Luncheon, please email the Fund Development team at [development@seniorservices.org](mailto:development@seniorservices.org) or call (206) 727-6203.



## Thank You to the Generous Sponsors of the 2008 Spring Luncheon.

### Title Sponsor:



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Seattle Westin

### Table Sponsors:

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## Thanks to the Stellar 2008 Luncheon Committee

Megan Cifala, Seattle Storm  
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Margo Myers, KIRO TV 7  
Theanne Strand, OfficeTeam

Uma Vanmane, KeyBank  
Loree Wagner, Merrill Gardens  
Amanda Warren,  
Era Living



# Kinship Caregivers



Gwendolyn Townsend

## What do you want people to know about your experience as a grandmother raising her grandson?

It's just so rewarding — I can't emphasize that enough. We're investing in the future — of our family and our country.

In the business I'm in, I see lots of negatives for kids when they don't have someone.

Kids in foster care go from house to house to house, sometimes a different home every few months. I look at my grandson and think "there but for the grace of God."

## What would you tell other grandparents in your situation?

You can do it! There are supports and resources, and people to help you. They will hold your hand, listen and walk you through what you need. You aren't alone.

And always remember why you're doing it. Not every day is roses, but you've got to keep the bottom line in mind: this is a human being you are investing in. The potential of this human child — you have to hold onto that.

## What has been the biggest challenge? The greatest reward?

The first challenge was that because I work in the child welfare system, I thought I knew all the resources. I've been a foster parent, an adoptive parent and a biological parent. But as a kinship caregiver, I wasn't any of these things for my grandson. We didn't have any legal rights to the child. I was trying to get through the bureaucracy by myself because I didn't know there was help. Because I wasn't legally recognized as his caregiver, I couldn't even take him to the doctor. The Kinship Caregiver program helped me get a legal agreement that gives us caregiver rights.

The Kinship navigators have helped when there were financial situations. There was one time when my car broke down and my husband was out of town and I had to take my grandson to the doctor. It was a big problem. But the navigator helped me out, told me that they would help me with my transportation. They knew exactly what to do, and this big problem was taken care of.

They've stepped in during those "what am I going to do?" times — those not good times. If the [Kinship Caregiver] program hadn't been there, we would have made it anyway. But it would have been so much harder. I don't really want to think about it — I don't know what would have happened.

But the reward? The reward is my grandson. His life is a reward. I'm looking forward to seeing what he's going to do and the impact that he's going to make on the world. Because it's going to be great!

Gwendolyn Townsend was a featured speaker at the 2008 Spring Luncheon on May 8th. She has worked in the child welfare arena for over 20 years, but she is also a grandmother raising her 7 year old grandson.

Gwendolyn has first-hand knowledge of Senior Services' Kinship Caregiver Program, which supports adults who are raising others' children.

The Kinship Caregiver program was a collaborative effort launched in 2001, in response to a dramatic increase in the number of grandparents raising grandchildren.

Numerous studies have proven the tremendous benefit to the child and the community of keeping kids with extended family and/or family friends. It is also much more cost-effective to provide services and support to caregiver families than the standard child welfare model of foster care.

**If you are a Kinship Caregiver, we can provide you with information about services, resources and support that are available to you and your family. These include advocacy and referrals to medical, dental and mental health services; legal assistance; help with applying for federal and state subsidies; help navigating through the educational system; and emergency support funds. Call 206-448-3110 and ask to speak with a Kinship Care Navigator.**



Dolly Castillo, leading the "Young Once" Choral group.

instructs chair aerobics and fitness classes at the IDIC and the Filipino Community Center. Dolly sees her primary goal as helping other seniors improve their outlook on life. "Activity makes you young, and having fun with

people. I tell everyone the need to ENJOY themselves and keep busy."

*Dolly was the first female President of the Filipino Community Center of Seattle and was instrumental in getting it registered as a non-profit, tax-exempt organization. She remains actively involved as an Advisor to the FCC.*

Dolly's two children, Mimi and Gabe, were on-hand at the Senior Services Spring Luncheon on May 8th to see their mom honored as the winner of the 2008 Inspire Positive Aging Award. The crowd was thoroughly charmed by Dolly. When emcee Margo Myers asked Dolly what she thought was the best thing about aging, Dolly replied, "You can make all the mistakes you want and nobody cares."

## Recognizing Special Friends:

- Thanks to the employees of **Boeing, Microsoft** and **Nordstrom** for providing holiday gifts to needy seniors in December. Their generosity was overwhelming! Thanks also to **Eastshore Unitarian Church** for their wonderful gift program.
- Thanks to **Shiao-Yen Wu** for hosting a fabulous house party on May 9th. 100 guests enjoyed the live jazz provided by **John Ellis, Patti Payne** and **John Guillani** at the award-winning home on Lake Washington.

## Upcoming Events at the Senior Centers

### Special Event benefiting Central Area Senior Center & Southeast Senior Center:

- June 6: ART NOW! Senior Art Show and Auction Fundraiser 5:30 - 8:30 pm at Rainier Valley Cultural Center, 3515 S. Alaska, Seattle, WA 98118. More info: (206) 726-4926

### Ballard NW Senior Activity Center (5429 32nd Ave NW, Seattle, WA 98107; 206-297-0403)

- June 13 & 14: Rummage Sale at the Ballard NW Senior Activity Center.

### Central Area Senior Center (500 30th Ave S, Seattle, WA 98144; 206-726-4926)

- August 17: 8th Annual Charity Golf Tournament at Maplewood Golf Course in Renton.

### Northshore Senior Center in Bothell: (10201 East Riverside Drive, Bothell, WA 98011; 425-487-2441)

- August 7-9: "Ransacked Attic Rummage Sale"
- September 7: Woodinville Senior Center's "Grandparent's Day Picnic" at Cottage Lake Park
- September 27: Antique Appraisal Day

### Senior Center of West Seattle (4217 SW Oregon, Seattle, WA 98116; 206-932-4044)

- Rainbow Bingo featuring Sylvia O'Stayformore and the Sisters of Perpetual Indulgence. Call 932-4044 ext.1 for reservations.
- August 22: "Hot Summer Nights" Theme
- October 24: "Halloween" Theme

### Shoreline-Lake Forest Park Senior Center (18560 1st Ave NE #1, Shoreline, WA 98155; 206-365-1536)

- June 28 & 29: Annual Arts Festival Breakfast from 8:30 am-12 pm both days.
- September 19: Annual Aloha Luau Dinner, featuring entertainment by the Hokulani Hula Studio and the Center's Kupuna Dancers.

### Sno-Valley Senior Center (4610 Stephens Ave, Carnation, WA 98014; 425-333-4152)

- Grandma's Homemade Pie and Burgers: Fundraising booth at the Carnation Farmers' Market every other Tuesday from 3 pm-7 pm.

## Farewell to a Good Friend

Senior Services is saddened to say goodbye to Alice Sandstrom, who passed away on March 3, 2008. Alice was part of Senior Services for many years, as a Board member, donor and activist. She was involved in many community organizations throughout her life, but Senior Services remained close to her heart. In her bequest, Alice left a last contribution to continue the work to which she was so committed. Board member Nancy Hooyman said

of Alice, "In my 30 year history with Senior Services, one of my most vivid impressions was Alice's unwavering support for and commitment to Senior Services. She was at the forefront in recognizing the importance of supporting community-based services to ensure elders' quality of life."

We are grateful for Alice's dedication, her incredible spirit of generosity and for the time that we got to spend with her.



Alice Sandstrom



## Senior Services

Promoting the well-being of older adults

Lillian Rice Center  
2208 2nd Ave, Suite 100  
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206-448-5766 F  
[www.seniorservices.org](http://www.seniorservices.org)

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## Volunteer Opportunity:

### SENIOR TRANSPORTATION

Senior Transportation is seeking dedicated and caring volunteers to drive King County seniors to their medical appointments. Use your own vehicle, choose the days, times and areas you wish to drive and receive reimbursement for mileage and parking, plus supplemental liability insurance. For more information, call (206) 448-5740 or visit [www.seniorservices.org](http://www.seniorservices.org)

## Help is Always Available!

For information about Senior Services, please visit our website at [www.seniorservices.org](http://www.seniorservices.org) or call Senior Information and Assistance at 206-448-3110; toll-free 1-888-435-3377; TDD 206-448-5025. Our Advocates can connect you with thousands of resources for adults age 60 and older and their caregivers.

## Donate your vehicle to Senior Services

***Do you have a used auto, truck or boat that you'd like to donate to a good cause?***

Contact Northwest Charity Donation Service at 1-800-961-6119 or [nwcd.com](http://nwcd.com) and tell them you want the proceeds from your donation to go to Senior Services.

They will pick up your vehicle and take care of all the paperwork. It's easy and the proceeds will benefit seniors in our community.