

Food Bank News- As of March 24th



North Helpline is still running on normal distribution hours and will have pre-packaged bags available W, Th, and Sat.

Ballard Food Bank is running on normal distribution hours and will have pre-packaged bags available M, T, W and TH.

University Food Bank is operating on normal distribution hours and will have pre-packaged bags available M, T, TH, and F.

Telephone Topics with Mather

Mather is an organization focused on healthy aging and is providing FREE telephone topics for seniors across the nation. With Telephone Topics, you simply call a toll-free number to listen to a wide range of interesting discussions and programs. Dial into...Wellness programs, Education programs, Discussion topics, Music reviews, and Live performances-

<https://www.mather.com/neighborhood-programs/telephone-topics>



For questions or help getting signed up, contact Emily at 206-707-1865



Staying Healthy

It is a very important time to practice staying healthy. This includes:

- Eating healthy foods
- Getting daily exercise
- Minimizing contact with others

If you have a cough, fever, or other respiratory problems, speak with your healthcare provider before going to a medical facility. Do not go to an emergency room. If you believe you are experiencing life-threatening symptoms, call

9-1-1.

Getting around on ACCESS and other Public Transportation



Effective March 23st

Seattle Metro and King County Public Transportation will be operating on "reduced fares" This means entering the back of the bus if possible and not tapping your Orca card or giving money to the driver. If you need the bus to kneel to you, please go through the front. You do NOT need to pay. Buses are also on reduced schedule and may not come as often.

ACCESS can be scheduled for a "reduced fare" meaning you do NOT need to pay as of now.



Lake City Seniors' update

March 24, 2020

Starting on March 23rd, Governor Inslee issued a "Stay at Home" order for the state of Washington for the next two weeks. What does this mean for you?

- You're still allowed to go outside and take a walk but make sure to practice social distancing- this means staying at least 6 feet away from other people.
- You're allowed to grocery store, especially during times specified for seniors; there is a great chart on the next page.
- You're still allowed do other essential business like go to the doctors, check your mail, and other essential things for your health and wellbeing.
- You're allowed to get a to-go lunch with us at Lake City Senior because it is considered "Essential Business".

Things that are prohibited would be going to church, weddings, any group meetings at home or in public, leisurely shopping, etc. in person. If it is not essential to your wellbeing please do not engage in it. All in-person group gatherings are banned if it is for a nonessential purpose.

Lake City Seniors shares your concerns about the rapidly evolving and expanding global novel coronavirus (COVID-19). At this time, there are no cases of COVID-19 at Lake City Seniors, nor any staff with symptoms.

March 23th-27th Highlights
Lake City Community Center
12531 28th Ave NE, Seattle, 98125

Lake City Seniors will continue to be closed except for essential programs listed below through April 13th following the Seattle School Closure notice and recommendations from the King County Department of Public Health.

Lake City Seniors ESSENTIAL PROGRAM UPDATE

- Community Dining – To-go lunches in the Lake City Community Parking Lot are available between 12:00 p.m. – 1:00 p.m.
- Hyde shuttle may be able to help with food deliveries. Please call 206-707-1865.
- Social Workers are continuing outreach and will have available for individuals as needed.
- Staff will be making reassurance calls for any participants who would like one. To sign-up please call 206-707-1865 or email emilyb@soundgenerations.org
- We are offering recorded fitness videos online at lakecityseniors.org including chair yoga, Tai Chi, and fitness dancing videos for older adults.

Please call Lake City Seniors at 206-268-6740 if you have questions about these services or know of an older adult in need of a meal or outreach.

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SEATTLE AREA GROCERY STORE

Special Senior Shopping Hours

For Seniors and those with compromised immune systems

Updated 22 MAR 2020

 Tuesday & Thursday 7:00 am – 9:00 am	 Everyday 7:00 am – 8:00 am	 Tuesday & Thursday 8:00 am – 9:00 am <i>* Must have a Costco membership</i>	 Tuesday & Thursday 7:00 am – 9:00 am
 Tuesday & Thursday 7:00 am – 9:00 am	 <i>No Dedicated Hours</i>	 Wednesday 7:00 am – 8:00 am	 Tuesday & Thursday 7:00 am – 9:00 am
 Monday thru Thursday 7:00 am – 8:00 am	 Everyday <i>Westlake Location</i> 7:00 am – 8:00 am <i>Broadway Location</i> 8:00 am – 9:00 am <i>West Seattle Location</i> 8:00 am – 9:00 am	 Tuesday 6:00 am – 7:00 am	 Everyday 7:00 am – 8:00 am
 Monday thru Thursday 7:00 am – 8:00 am		 Everyday 8:00 am – 9:00 am	Special Senior shopping hours available during COVID-19 outbreak quarantine. Hours subject to change.