

There's a lot of this and that going on this week that I think are worthy of the blog.



Tomorrow (Dec. 10) is the annual Stillwater's Christmas Dinner for residents. The Gathering Place is all decorated and festive tables are set for the occasion. The Williams family has been cooking and baking for months in preparation for this big gift to Stillwaters residents. The grandchildren (the younger ones anyway) each have a turn at helping their Nana make cookies for the holidays. At tomorrow's event residents will be treated to the many varieties they make. Then with the remaining cookies, the Williams prepare cookie trays for local vendors and offices they work with throughout the year. What a great tradition that we, as residents, get to participate in.

Tonight is the annual Lighted Tractor Parade at 6:00 p.m. This is the eighth year and it is easily one of my favorite parades. If you can, make a point of going and joining in the fun. It's worth it, even with the cold and crisp evening being forecast. Click [HERE](#) for more information.

## **AND ON ANOTHER TOPIC:**

Lewis County Senior Programs will begin serving the five Lewis County Senior Centers January 1, 2018.

As a new non-profit, with a newly formed board, the program will provide nutrition and enrichment (classes) programs in senior centers across the county. These programs were previously operated by Lewis County and funded by the county and a small amount of user fees. As of January 1, 2018 the county is only subsidizing about one-third of the program and after a period of transition the plan is that subsidies will cease. Starting on January 1 it is going to be up to donations by the communities served to support the Senior Programs.



Keeping active is important for good health!

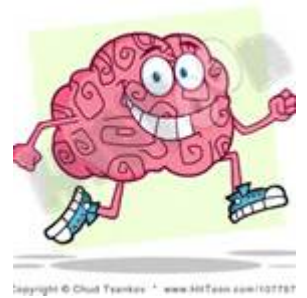
The importance of Senior Centers goes beyond the opportunity to socialize. For many this is the place to get a good hot meal. Nutrition services are supported by a contract with the Lewis Mason Thurston Area Agency on Aging. Its funds come from state and federal sources intended to support senior nutrition. In the Twin Cities Senior Center next to the fairgrounds, lunches are served five days a week and having had lunch there myself I have to say they are quite delicious. Previously, the senior center asked for a small donation to cover costs and hopefully they will be able to continue this practice.

Here is my plug for the enrichment programs. Participating in activities at the

Senior Center is a proven way to keep the body and mind active and minimize the impact on our aging minds and bodies. The latest issue of AARP magazine (Vol. 58, No. 10 "Four Steps to a Better Brain") cites physical activity, eating healthy social activity as critical in "guarding your memory".

The Lewis County Senior Board says:

*"Statistics show that a major contributor to senior depression, mental deterioration and early death is a result of limited and/or non-existent services that provide good nutrition and opportunities for socialization... They provide nutrition, activities, companionship and guidance for countless older adults that would otherwise be completely isolated...Your local senior centers contribute to the physical and mental well-being of our growing older adult population."*



Given all that is happening with changes to the senior center funding and our (yes, all of us Stillwaters residents) need for these services and activities, I am giving a plug here for donating to the non-profit organization. The Lewis County Senior Board has to raise between \$100,000 and \$150,000 a year to deliver the nutrition and enrichment programs needed in the county. It would be fantastic if Stillwaters Estates residents were a major contributor to this most worthy 501(c)3 non-profit organization!

Your donations are tax deductible and the beneficiaries of your donations are local seniors. Consider making a year-end donation or maybe a monthly donation to: Lewis County Seniors, PO Box 984, Chehalis, WA 98532.

## Quote of the Week:



Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence. – Helen Keller