



# Mercer Island **SENIORS RISING** Newsletter

August 2026

Dear Island Seniors,

Summer activities are now in full swing—dancing to music in the park, playing Pickleball at Luther Burbank, shopping at the Mercer Island Farmer's Market, and so much more.

YFS reminds seniors that social activities, especially those outdoors, support mental health and reduce feelings of isolation. So too is volunteering at the Thrift shop for seniors with the stamina and mobility to keep it safe and fun (and your efforts support YFS - thank you!)

Sunny days are also a great time just to celebrate being a senior. In this spirit, YFS is excited to be hosting another free senior lunch this month to celebrate all the joy, inspiration, and immense value seniors bring to the community (details inside—we hope to see you there!).

Derek Franklin  
YFS Administrator



CITY OF MERCER ISLAND  
**YOUTH & FAMILY SERVICES**

## Seniors Scene



Islanders enjoy a game of softball at Homestead Field on a beautiful summer day.



Islanders move to the music at the City of Mercer Island's Mostly Music in the Park weekly summer event at Mercerdale Park.

# Be Prepared for Summer Heat

In the Pacific Northwest, we count down to the summer months waiting for the longer days and sunshine to return. The sun can benefit us by providing warmth and vitamin D, but too much heat is not safe for anyone. The sun and heat are even riskier if you are older or have health challenges.

Aging bodies can have a tougher time dealing with heat and humidity. The temperature, whether inside or outside, does not have to be too high to put you at risk for a heat-related illness. Hotter days make it difficult for the body to regulate its temperature. Additionally, older adults are more likely to have chronic medical conditions that affect the body's response to temperature or take prescription medicines that alter the body's ability to control temperature or sweat.



Take care of yourself by planning ahead for hot days. Too much sun or heat can make you feel sick and cause headache, confusion, dizziness, and/or nausea, which can be a sign of a heat-related illness. If you experience any of these symptoms, seek shade, hydrate, and try to cool down immediately. Go to the doctor or the emergency room if you need treatment.

## Tips to Stay Safe in Hot Weather

- **Drink plenty of liquids**, such as water, fruit or vegetable juices, or drinks that contain electrolytes. Avoid alcohol and caffeinated beverages.
- If you live in a home without air conditioning or fans, **try to keep your space as cool as possible**. Limit use of the oven; keep shades, blinds, or curtains closed during the hottest part of the day, and open windows at night.
- If your living space is hot, **try to spend time midday to early afternoon in a place that has air conditioning**. Go to the shopping mall, movies, library, a friend's home, or a local cooling shelter.
- **Dress for the weather**. Wear lightweight, light-colored, loose-fitting clothing. Natural fabrics such as cotton may feel cooler than synthetic fibers.
- **Avoid outdoor exercising and other physical activity when it is very hot**. Instead, try to find someplace you can be active while staying cool indoors.
- **Make sure to use a broad spectrum sunscreen**, SPF 30 or higher, and reapply it throughout the day, especially if you will have continuous sun exposure. Wear a hat and other protective clothing.
- **Ask your doctor if any of your medications can make you more sensitive to sunlight or more likely to become overheated**.

Source: [www.nia.nih.gov/health/safety/hot-weather-safety-older-adults](https://www.nia.nih.gov/health/safety/hot-weather-safety-older-adults)

# CHIT CHAT CHEW



## FREE SENIOR COMMUNITY LUNCH!

**Join us for lunch, grab a copy of the August Seniors Rising Newsletter, and connect with neighbors!**



**When:** Monday, August 10<sup>th</sup> -  
11:00am to 1:00pm

**Where:** Mercer Island Community  
and Events Center

**Serving:** Burgers, salads, chips,  
cookies, and refreshments!

**Brought to  
you by:**



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**YOUTH & FAMILY SERVICES**





# Partner Spotlight



Did you know that proceeds from the [Mercer Island Thrift Shop](#) directly fund [Mercer Island Youth and Family Services](#) (YFS) programs and services? In fact, the Thrift Shop was born out of a community passion to make mental health and school-based services accessible and affordable for all Mercer Islanders, across all generations.

Since 1975, the Mercer Island Thrift Shop has had a long history of volunteer participation. You might be surprised to learn that for many years, all operations were volunteer-powered. Even today, the amazing staff and Thrift Shop volunteers, committed to the mission of YFS, have been crucial in making these programs and services possible.



*Staff member, Aide (left), and long-time volunteer, Betty (right), work side-by-side in the MI Thrift Shop.*

In addition to offering financial support to YFS, the Thrift Shop provides a valuable service to the community, serving as a third place and community hub for volunteers.

Here's how you can get involved:

- Shop for quality goods at the Thrift Shop in-person or [online](#).
- Donate gently used clothing and household items during designated [donation drop-off times](#) or place smaller items in the bins outside these locations: the Thrift Shop, the south end Fire Department, or Covenant Living.
- Make a [financial contribution](#) via one of the Thrift Shop's fundraisers during back-to-school or the holidays.
- [Volunteer](#) your time and talents at the Thrift Shop.

We invite you to stop by the Thrift Shop to check out the great selection of clothing, jewelry, housewares, books, artwork, and more!

Each Wednesday is  
**SENIOR DISCOUNT DAY!**

Seniors(ages 60+ with ID) take  
20% OFF regular priced items  
at the MI Thrift Shop.

**SIGN UP** for Thrift Shop emails  
so that you don't miss out on  
customer coupons and news!

# Connect with Neighbors!

Islanders are invited to join communities across the country on August 4th for [National Night Out](#) (NNO). Host your own neighborhood event and connect with neighbors!

Getting to know your neighbors is key to a safer and more resilient community. NNO is a community-building event held the first Tuesday of August in cities across the country. The event is designed to increase awareness about police-community programs like Neighborhood Watch, Paws on Patrol, and emergency preparedness and safety efforts.

In addition to making our community safer, this is a great opportunity to meet your neighbors. Learn more at [www.mercerisland.gov/nno](http://www.mercerisland.gov/nno).

# OFC Adds a Session

[Old Friends Club](#) (OFC) at MI Presbyterian Church is excited to announce they are adding an additional program on Mondays from 10:00AM to 2:00PM.

OFC is a place of friendship and cognitive engagement for people with mid-stage dementia. In addition, the program provides much-needed respite and support for caregivers. The monthly cost is \$400 and scholarships are available.

If you would like information about participating in the OFC program or are interested in volunteering, visit <https://www.mipc.org/old-friends-club> or contact [ofc@mipc.org](mailto:ofc@mipc.org).

## Caregiver Corner

A [medical alert system](#) (also referred to as a personal emergency response system, health monitor, or fall monitor) can provide increased independence for loved ones and peace of mind for family caregivers — and maybe save a life. The devices are available in different forms and allow the user to notify or contact emergency services with the click of a button. These devices have proven to be valuable for seniors and people of any age living alone with disabilities, chronic illness, or serious health conditions.

There are a number of things to consider when selecting an alert system, including:

- Which type of device will most likely be worn?
- Which features are most helpful for supporting your loved one? For example fall detection, GPS tracking, live communication with a call center, etc.
- How easy is the device to use: Does it require use of fine motor skills? Does it include an adjustable volume? How does the device get charged?

For more tips, visit this article by AARP on [Choosing a Medical Alert System](http://www.aarp.org/caregiving/home-care/medic-alert-systems-options/) ([www.aarp.org/caregiving/home-care/medic-alert-systems-options/](http://www.aarp.org/caregiving/home-care/medic-alert-systems-options/))



# Give your items a new life!

## MIVAL - The Art of Visible Mending with Shannon & Jason

August 8, 10:00AM - 2:00PM  
MI Community & Events Center

Reclaim. Repurpose. Reinvent. Visible mending is rooted in the Japanese philosophy of *Mottainai* – the belief that nothing should be wasted and everything has inherent value. This workshop invites you to see worn and fraying textiles not as problems to solve but as surfaces waiting for something new!

In this four-hour workshop, participants will explore mending as an artistic practice, working through guided instruction and open exploration to create samples that live at the intersection of practical repair and textile art. If you have a beloved garment you have been meaning to repair or reimagine, bring it along!



The workshop fee is \$100 for MIVAL member and \$120 for non-members. All materials are included with a \$35 supply fee, payable directly to the instructors on the day of the class.

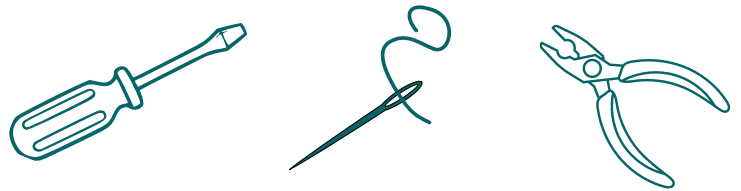
If you can hold a needle, you are already an artist!

For more information and to register, visit: [mival.org/art-of-visible-mending/](http://mival.org/art-of-visible-mending/)

## Community Repair Event - Free

August 29, 1:30-4:30PM  
MI Community & Event Center

Do you have items sitting around your house that are in need of repair? Bring your item to the free Community Repair Event and King County skilled volunteer "fixers" will try to repair and mend household items and clothing!



Residents are invited to bring in a household and/or personal item that is small enough to be carried by one person. Items to repair can include: some electronics, small furniture, and clothing/textiles. Service is first-come, first-served and will start with one item per person to ensure everyone is served.

What NOT to bring:

- Any equipment that uses gasoline
- Cell phones, tablet computers, or microwaves
- Knives or tools for sharpening
- Items requiring lengthy reconstructive repairs
- Clothing requiring major alterations
- Items that require cleaning prior to fixing

For more information visit

[www.mercerisland.gov/publicworks/page/king-county-repair-event](http://www.mercerisland.gov/publicworks/page/king-county-repair-event)

# August Activities and Events

## MI Youth and Family Services

[www.mercerisland.gov/YFS](http://www.mercerisland.gov/YFS)

(206) 275-7657

- **8/10** [Chit, Chat, Chew](#) - FREE Senior Community Lunch, **11:00AM-1:00PM**, MICEC
- **8/11** [Living Alone Senior Group](#), **1:30-3:30PM**, Mercer island Community and Event Center
- **8/26** [Caregiver Support Group](#), **10:30AM-Noon**, MICEC, (Fourth Wednesday of each month)

## Stroum Jewish Community Ctr.

[sjcc.org](http://sjcc.org) (206) 232-7115

- **8/18** [SJCC Book Club](#) - A Tale of Love and Darkness, **6:30PM**
- **8/24** [Outdoor Art + Brunch](#), **10:30AM-12:30PM**
- **Ongoing**, [Mercer Crest Bridge Club](#) Lessons
- **Mondays** [Mahjong Mondays](#), **6:00-8:30PM** (Drop-in weekly & Beginner Classes monthly)
- **Monday-Friday**, [Aqua Fit](#), **9:00AM**
- **Tuesdays** [Senior Strong](#), **11:00AM**
- **Wednesdays** [Chair Yoga](#), **11:00AM**
- **Thursdays** [Balance & Stability](#), **11:00AM**

## Other Activities & Organizations

- [MIVAL](#) - 8/8 [Art of Invisible Mending](#)
- [Island Books](#) - book and virtual knitting clubs
- [Mary Wayte Pool](#)
- [Mercer Island Historical Society](#)
- [Mercer Island Library](#)
- [Mercer Island Sister City Association](#)
- [Mercer Island Women's Club](#)
- [Mosaic MI @ Aljoia](#) - First Thursdays 7-9PM
- [Old Friends Club](#)
- [OSHER Lifelong Learning Institute at UW](#)

## City of Mercer Island

[www.mercerisland.gov/calendar](http://www.mercerisland.gov/calendar)

(206) 275-7600

- **8/4** [National Night Out](#), various MI neighborhoods
- **8/6** [Bat and Beaver Night](#), **7:15PM**, Luther Burbank Park
- **8/6** [Mostly Music in the Park - Prom Date Mixtape](#), **6:30-8:30PM**, Mercerdale Park
- **8/11** [Bat Night](#), **8:15-9:15PM**, Clarke Beach
- **8/13** [Mostly Music in the Park - Mr. Pink](#), **6:30-8:30PM**, Mercerdale Park
- **8/14** [Emergency Well Water Training](#), **11:00-12:30PM**, Rotary Park
- **8/20** [Mostly Music in the Park - Diamond Star Halo](#), **6:30-8:30PM**, Mercerdale Park
- **8/20** [Bat Night](#), **8:00-9:00PM**, Ellis Pond
- **8/22** [Pet First Aid Class](#), **8:00AM-12:00PM**
- **8/25** [Senior Social Seminars - End of Life WA](#), **10:00AM**, MICEC
- **8/27** [Mindfulness Walk](#), **11:00AM-12:00PM**, Pioneer Park
- **8/28** [Open Art Studio - Plein Air Painting in the Park, Part 2](#), **10:00-11:30AM**, Luther Burbank Park
- **8/29** [King County Repair Event](#), **1:30-4:30PM**, MICEC
- **Thursdays** [Teal Thursdays for the Mariners](#), **9:00AM-12:00PM**, MICEC
- **Mondays, Wednesdays, Fridays** [Stay Active & Independent for Life \(SAIL\)](#) fitness program, **10:00-11:00AM** and **11:30-12:30PM**, MICEC

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*Please check the organization website or call to confirm program information. Events or programs may require registration and/or include a fee to participate. YFS has neither reviewed nor approved the non-City of Mercer Island programs, personnel, activities or organizations.*



CITY OF MERCER ISLAND  
**YOUTH & FAMILY SERVICES**

2040 84<sup>th</sup> Ave SE  
Mercer Island, WA 98040



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DIGITAL newsletter is emailed monthly.  
PRINTED newsletter is mailed quarterly (Feb, May, Aug, Nov)

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**To subscribe via USPS:** complete the form below and mail to  
YFS, 2040 84<sup>th</sup> Ave SE, Mercer Island, WA 98040

**To be removed from list:** [SeniorsRising@mercerisland.gov](mailto:SeniorsRising@mercerisland.gov) or call (206) 275-7657

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