



Mercer Island SENIORS RISING Newsletter

July 2025

Welcome to the July issue of the Seniors Rising Newsletter where the focus is on elevating senior issues on Mercer Island.

[YFS Senior Services](#) and the activities offered by [Mercer Island Parks and Recreation](#) help support the behavioral health and recreation needs of our vibrant senior community. Seniors Rising hopes to reduce the isolation experienced by many seniors by connecting them to their community in meaningful ways.

We welcome seniors to reach out to our new Seniors Rising email (SeniorsRising@mercerisland.gov) with any questions, ideas, feedback, or to just share a story about being a senior in the community.

Let's Go Island Seniors!

Derek Franklin
YFS Administrator



CITY OF MERCER ISLAND
YOUTH & FAMILY SERVICES

Seniors Scene



Island Seniors, Jan, Mary, Jurene, and Marcia (L to R), seen enjoying community, connection, and coffee at the Mercer Island Met Market.



Members of the First Congregational Church along with Rev. Jennifer Castle were seen connecting with Islanders at the MI Juneteenth Celebration.

New Program!

YFS and MI Parks and Recreation are excited to launch the [Stay Active & Independent for Life \(SAIL\)](#) program. This evidence-based fitness program, developed by the WA Department of Health, focuses on building strength and balance, and reducing the risk of falls. The goal is to help seniors stay active and independent, while also making connections with other Island seniors.

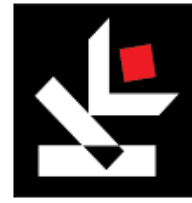
The program launches on July 7 and will be offered every Monday, Wednesday and Friday at 10:30-11:30am at the MI Community Event & Center. Contact MI Parks and Recreation for more information at 206-275-7609.



Did you know...

Researchers have discovered that communities that know each other have better survival rates and recover faster after disasters. Getting to know neighbors can be tough in this digital age, but summer is the perfect opportunity to get started. Consider hosting a gathering on Tuesday, August 5th for [National Night Out](#) -- America's night out against crime.

Partner Spotlight



King County Library System

The [Mercer Island Library](#), part of the King County Library System, is a longtime partner of YFS and a great resource for Island seniors. Librarian Ann Crewdson (crewdson@kcls.org) reminds us that the library is senior-friendly with automatic front doors, accessible restrooms and parking, and features assistive technology for those who need it.

Want to connect with other fans of the Library? The Friends of the Mercer Island Library meets twice a month on Thursday afternoons and has a [Facebook group](#) for seniors that use social media.

Visit the KCLS website to learn about other [senior programs](#) offered by the MI Library. Thank you KCLS for being such a strong community partner!

You can host a neighborhood gathering such as a potluck, BBQ or block party and invite a member of the MI Police Department staff come share crime prevention tips with you and your neighbors. The National Night Out encourages neighbors to get to know each other, exchange contact information, and meet police officers. Learn more at www.mercerisland.gov/nno.

Beat the Summer Heat



The glorious Northwest summer weather is finally here and it is a great time for able seniors to get outside. It also brings some challenges for seniors living in a region more accustomed to cool weather where home air conditioners are uncommon.

YFS Senior Services Specialist, Marjorie Carlson, reminds us that too much heat can be especially unsafe for seniors and those with health complications.

Here are some tips to stay safe in the heat:

- Pay attention to sudden dizziness, cramps, unusual change in pulse rate, feeling confused, or swelling of your ankles and feet—these are warning signs of potentially serious complications from the heat.
- When active, rest frequently in cool places, drink water, and put your legs up if you start to feel dizzy. Call 9-1-1 if the feeling does not go away.
- Wear protective clothing and sunscreen when in direct sunlight.

- If no A/C at home: limit the use of the oven, dryer, and dishwasher; pull the window shades during the day or cover with a sheet, and open windows (if safe) at night to keep cool.
- Cool off at places with A/C like the MICEC, open Monday-Saturday and extended hours during extreme heat periods. Spending a few hours at the Mercer Island Library, mall, and other public places can help take the edge off during the dog days of summer.
- Wildfire smoke may also become a challenge this summer. Check the air quality at [AirNow.gov](https://airnow.gov). An air quality index (AQI) of 101+ can become dangerous for seniors or people with asthma or respiratory and heart conditions, so staying indoors is recommended.
- You can improve indoor air quality on smoky days by closing windows and doors, installing air purifiers, or setting up a clean air room using a HEPA or DIY box fan filter. For more tips, visit kingcounty.gov/wildfiresmoke.

Here at Seniors Rising, we look forward to seeing many Island seniors safely enjoying the sunny weather this summer.



July Activities and Events

MI Youth and Family Services

www.mercerisland.gov/YFS

(206) 275-7657

- 7/8 [Living Alone Group](#), 1:30-3:30pm, MI Community and Event Center (MICEC), (Second Tuesday of each month)
- 7/16 [Death Cafe](#), 4:00-6:00pm, MICEC
- 7/22 [Discussion Session of Living Alone Group](#) 1:30-3:30, YFS Office at Luther Burbank (Fourth Tuesday of each month July-Aug.)
- 7/23 [Senior Support Group](#), 10:30am-Noon, MICEC, (Fourth Wednesday of each month)

City of Mercer Island

www.mercerisland.gov/calendar

(206) 275-7657

- **Tuesdays & Fridays** Community Coffee at the Community and Event Center (MICEC), 9:30am-11:30am
- **Wednesdays** [MI Thrift Shop Senior Discount Day](#), 20% off regular priced items (60+ with ID)
- 7/3 [Restoration Event Volunteer Opportunity](#), 12:00-2:00pm, Native Plant Nursery at the Caretaker's building in Luther Burbank Park
- 7/7 [Stay Active & Independent for Life \(SAIL\)](#) fitness program, 10:30-11:30am, MICEC (Repeats every Monday, Wednesday and Friday)
- 7/10 [Shakespeare in the Park](#), 6:00pm, Luther Burbank Park (Repeats 7/23, 7/24, 7/26)
- 7/12 Mercer Island [Summer Celebration](#)
- 7/15 [Mindfulness Walk](#), 1:00-2:00pm, Pioneer Park
- 7/17 [Mostly Music in the Park](#), 6:30-8:30pm, Mercerdale Park (Every Thursday, repeats 7/24, 7/31)
- 7/17 [Plant ID Walk](#), 12:00-1:30pm, Pioneer Park

Mercer Island Library

kcls.org (206) 236-3537

- 7/1 [Navigating the Journey: Supporting Aging Parents](#), 6:00-7:00pm
- 7/7 [Mercer Island Chinese Association ESL Classes](#), 10:00am-12:00pm (Meets every Monday)
- 7/9 [Aging in Place Workshop](#), 6:00-7:00pm
- 7/16 [Sleep! Learning to Let Go & Get the Rest You Need](#), 1:00-2:00pm
- 7/24 [Hospice Care Coverage](#) 安寧療護／臨終關懷, 2:00-5:00pm

Mercer Island Visual Arts League

<https://mival.org/> (206) 414-4981

- **Mondays** [Drop-in Artmaking](#), 1:00-3:00pm
- **Fridays** [Fiber Friday Drop-In](#) (knitting, crochet and stitchery group), 1:00-3:00pm

Other Activities & Organizations

- [Island Books](#) - 7/30, [Open Book Club: The Great Divide](#), 7:30-9:00pm, Mercerdale Park
- [Mary Wayte Pool](#)
- [Mercer Island Farmers Market](#) - Every Sunday from 10:00am-2:00pm, near Mercerdale Park
- [Mercer Island Historical Society](#)
- [Mercer Island Sister City Foundation](#)
- [Mercer Island Women's Club](#)
- [Old Friends Club](#)
- [OSHER](#) Lifelong Learning Institute at the UW
- [Stroum Jewish Community Center](#)

Please check the organization website or call to confirm program information. YFS has neither reviewed nor approved the program, personnel, activities or organizations included in the calendar.