



# Mercer Island SENIORS RISING Newsletter

June 2026

Dear Island Seniors,

YFS hosted the first Senior Community Lunch last month at the MI Community and Event Center, and we enjoyed seeing so many seniors connecting and enjoying lunch together!

I had the pleasure of grilling the hot dogs for the lunch and meeting all of you who were able to join us. Look for details for another Senior Lunch coming in August and invite your senior friends and neighbors to join us. Thank you to the MI Community Fund and the MIYFS Foundation for providing funding for the lunch.

This month's Seniors Rising Newsletter highlights supporting brain health in aging, which includes staying active, strengthening social connections, and exposing yourself to new ideas and experiences. Here's to a great summer ahead for Island seniors!

Derek Franklin  
YFS Administrator



## Seniors Scene



Island seniors gathered at the MI Community and Event Center for the May "Chit, Chat, Chew" Senior Community Lunch.



YFS Administrator Derek Franklin, YFS Senior Services Specialist Marjorie Carlson, and YFS Health Promotion and Prevention Coordinator Michelle Ritter enjoyed meeting and serving Island seniors at "Chit, Chat, Chew."

# MI Farmers Market Opening Day



It's that time of year – the Mercer Island Farmers Market is back!

The Market is open every Sunday May 31 through October 31 from 10:00AM-2:00PM and is located near Mercerdale Park in the town center. Visit the Market for fresh produce, baked goods, music, artisan crafts, and food vendors and enjoy connecting with other Islanders!

For more information visit [www.mifarmersmarket.org](http://www.mifarmersmarket.org)

## Volunteer with Old Friends Club

Old Friends Club (OFC) at MI Presbyterian Church is a place of friendship and cognitive engagement for people with mid-stage dementia. In addition, OFC provides much-needed respite and support for caregivers.

The OFC program is hoping to expand the current program, which meets on Thursdays, by adding a program on Mondays from 10:00AM to 2:00PM. Expansion is dependent on securing volunteers to support the additional program date.

In order to make this program a reality, OFC is seeking volunteers to serve Mondays between 9:30 a.m. and 2:30 p.m. Volunteers will support adults with mid-stage dementia by assisting with projects, games, and puzzles;

preparing lunch or morning treats for approximately 20 participants; and helping create a warm, welcoming environment for everyone involved.

Because consistency is especially valuable for our participants, volunteers who can make a regular commitment are preferred. Experience working with people with dementia or older adults is helpful, but a caring attitude and willingness to learn are most important.

**If you are interested in volunteering or if you would like information about participating in the OFC program, please contact [dawnr@mipc.org](mailto:dawnr@mipc.org).**

**“One person caring about another represents life’s greatest value.” —John Rhon**



# Brain Health in Aging

**By Emily H. Trittschuh, PhD**  
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Education and Clinical Center at  
VA Puget Sound and Professor,  
University of Washington

Many people begin to think about brain health as they age to be proactive and to delay, or possibly prevent, dementia. Top risk factors for dementia, such as age or genetics, cannot be changed, however; seniors can focus on modifiable risk factors to decrease the chance of dementia.

Research suggests that up to 45% of dementia risk is modifiable. Modifiable risk factors include: physical inactivity, high blood pressure, smoking, excessive alcohol use, social isolation, hearing loss, untreated vision problems, obesity, depression, and high LDL cholesterol.



Lifestyle and behavior shifts can contribute to reducing the risk of dementia and improve brain health.

Be proactive by:

- eating healthy
- ensure adequate and quality sleep (includes treating sleep apnea)
- exercise regularly
- strength your social connections
- exercise your brain with continuing education and new experiences

Check out the calendar of events on the next page and challenge yourself to try a new experience. Consider inviting a friend or family member to join you for the Brain Health Block Party on June 26<sup>th</sup>. Any of these activities will support your mental health and wellbeing while strengthening your brain health in the process!

## Brain Health Block Party

Friday, June 26, 2026

11:00am - 2:00pm

SEATTLE First Hill Neighborhood

F R E E

You're invited to join the fourth annual Brain Health Block Party in the Seattle First Hill Neighborhood. Enjoy an outdoor brain-healthy activity such as puzzles, music, stretching, and more. Healthy snacks included.

This free event for all ages is coordinated by [The Memory Hub](#): A Place for Dementia-Friendly Community, Collaboration and Impact. More information at:

[thememoryhub.org/event/brain-health-block-party/](https://thememoryhub.org/event/brain-health-block-party/)



# June Activities and Events

## MI Youth and Family Services

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

(206) 275-7657

- **6/9 [Living Alone Senior Group](#), 1:30-3:30PM**, Mercer Island Community and Event Center
- **6/17 [Caregiver Support Group](#), 10:30AM-12:00PM**, MICEC, (Fourth Wednesday of month)

## City of Mercer Island

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

(206) 275-7657

- **6/11 [Restoration Event - Native Plant Nursery](#), 12:00-2:00PM**, Luther Burbank Caretaker Bldg.
- **6/12 [Open Art Studio: Create a Children's Story Illustration](#), 10:00-11:30AM**, MICEC
- **6/16 [Mindfulness Walk](#), 11:00AM-12:00PM**, Pioneer Park
- **6/25 [Mindfulness Walk](#), 11:00AM-12:00PM**, Pioneer Park
- **6/30 [Senior Social Seminars](#), 10:00AM**, 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 & 11:30AM-12:30PM**, MICEC

## Other Activities & Organizations

- [MIVAL - Block Party Quilters Exhibit](#) at MICEC through June 19
- [Island Books](#) - book and virtual knitting clubs
- [Mary Wayte Pool](#)
- [Mercer Island Historical Society](#)
- [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](#)

## Mercer Island Library

[kcls.org](http://kcls.org) (206) 236-3537

- **6/10 and 6/24 [Let's Dance!](#), 3:30-4:30PM** (every 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month)
- **Mondays [Tech Support for Older Adults](#), 3:15-4:45PM** (repeats every Monday)
- **Saturdays [Tech Support for Older Adults](#), 3:00-4:30PM** (repeats every Saturday)

## Stroum Jewish Community Ctr.

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

- **6/1 [Coffee + Connections](#), 10:00AM-12:00PM** (First Monday of each month)
- **6/2 and 6/9 [Memory and Brain Health: What to Know Now](#), 10:30AM-12:00PM**
- **6/17 [Adult Picnic in the Park](#), 11:30AM**, Mercerdale Park
- **6/24 [Seattle Asian Art Museum Tour](#), 12:30-1:30PM**
- **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**

## Area Juneteenth Celebrations

- **6/13 [Bellevue Community Celebration](#), 11:00AM-5:30PM**, Crossroads Park
- **6/19 [Northwest African American Museum](#), 10:00AM-5:00PM**, Judkins Park

*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.*