



Mercer Island SENIORS RISING Newsletter

September 2025

The goal of “Seniors Rising” is to honor the vitality, wisdom, and contributions of the Mercer Island senior community by highlighting your contributions, sharing resources, and offering services.

I invite all Islanders to join me on Sunday, September 7 on National Grandparents Day to thank your grandparent, grandfriend, or grandfamily caregiver with a shared story, meal, walk, or gathering.

As we look out for one another, know there is support for seniors facing isolation, grief/loss, and chronic medical challenges. September is Suicide Prevention Awareness month and is a time to learn about how we can support one another. If you are struggling yourself or concerned about another senior, call the 9-8-8 Lifeline or the [Institute on Aging](#) Friendship Line at (888) 670-1360. [YFS](#) is also here for seniors and offers confidential case management and mental health counseling for those needing assistance at (206) 275-7657.

Derek Franklin
YFS Administrator

Seniors Scene



Island seniors are seen participating in MI emergency preparedness training.

ALERT: Prepare For Closure of I-90 On-ramps

The Washington State Department of Transportation (WSDOT) will close the I-90 Eastbound on-ramp at East Mercer Way and the HOV on-ramp at 80th Ave. SE **beginning Thursday, Sept. 18**, to complete essential roadway repairs and replace failing expansion joints on the East Channel Bridge. **This closure by WSDOT is expected to be highly disruptive.** Allow more time for travel on and off Island during this period. >> [More Info](#)

National Preparedness Month

Every September, the country takes time to recognize the importance of emergency preparedness. During National Preparedness Month, the community is reminded to take important steps to ensure that they, their families, and their neighborhoods are ready for emergencies of all kinds.

- **Prepare for Disasters.** Understand the hazards Mercer Island and the Puget Sound region may be vulnerable to and take stock of available resources.
- **Create a Plan.** Build a plan for your household. The City has a number of resources to help you. Visit www.mercerisland.gov/emergencyprep
- **Build a Kit.** Gather supplies that will last for 7-14 days after a disaster strikes.
> *See list on next page.*
- **Discuss and Practice your Plan.** Creating the plan is the first step. Making sure the entire household understands the plan is the next step.

The City offers a number of trainings and programs throughout the year to help the community better prepare for disasters.

Upcoming opportunities include:

- **Emergency Info at Farmers Market:** Emergency management staff and volunteers will be at the MI Farmers Market to share preparedness information and answer questions. September 7, 9:00am-3:00pm

- **Stop the Bleed Class:** Learn how to recognize life-threatening bleeding and the steps to take to stop it. Sept. 11, 6:00-7:30pm. Register www.mercerisland.gov/stb
- **Emergency Preparedness Workshop:** Presentation and demonstration at the MICEC. Sept. 23, 6:00-7:30pm. Register www.mercerisland.gov/prepworkshop
- **Emergency Response Team (CERT) Training:** Community Training in basic disaster preparedness and response skills. Sept. 25- 27. Register www.mercerisland.gov/cert

Community members can also take advantage of these opportunities:

- **Map Your Neighborhood:** Schedule Emergency Management volunteers to speak to your neighborhood and help prepare for an emergency.
- **Group Emergency Preparedness Presentations:** City staff and volunteers are available to meet and share emergency preparedness information with any group.

For more information on any of these programs or to schedule a presentation, contact Amanda Keverkamp, amanda.keverkamp@mercerisland.gov, 206-275-7905.

Visual Checklist for your Disaster Supply Kit



Access the supply kit list in other languages at
www.ready.gov/collection/emergency-supply-kit-checklist

 Water	 Food	 Medications	 First Aid Kit	 Baby Supplies	 Pet Supplies	 Bleach & Eye-Dropper
 Emergency Blanket	 Blankets	 Sleeping Bags	 Glasses & Eye Protection	 Extra Clothing	 Personal Hygiene Items	 Sani-Wipes
 Towels	 5-Gallon Bucket	 Trash Bags/ Plastic Sheets	 Tent	 Backpack	 N95 Mask	 Work Gloves
 Flashlight	 Batteries	 Matches	 Candles	 Lightsticks	 Medical Gloves	 Multi-purpose Tool w/ Knife
 Wrench, Pliers & Crowbar	 Rope/Cord	 Duct Tape	 Can Opener	 Kitchen Items	 Scissors	 Fire Extinguisher
 Games	 Pen & Paper	 Radio	 Cell Phone & Charger	 Whistle	 Signal Mirror	 2-Way Radios
 Paper Towels	 Toilet Paper	 WD-40	 Hard Candy	 Trail Mix	 Bug Spray	 Sun Screen
 Emergency Plan	 Family ID Documents	 Maps	 Compass	 Extra Keys	 Cash & Bank Checks	 Phonebook

References

Check your kit every 6 months and replace outdated supplies, just like you would your smoke detector batteries.

This Kit Last Checked: _____ **Next Due:** _____

September Activities and Events

MI Youth and Family Services

www.mercerisland.gov/YFS

(206) 275-7657

- **9/9 [Living Alone Senior Group](#), 1:30-3:30pm**, Mercer Island Community and Event Center (MICEC), (Second Tuesday of each month)
- **9/23 [Discussion Session of Living Alone Senior Group](#), 1:30-3:00pm**, YFS Office at Luther Burbank
- **9/24 [Caregiver Support Group](#), 10:30am-Noon**, MICEC, (Fourth Wednesday of each month)

City of Mercer Island

www.mercerisland.gov/calendar

(206) 275-7657

- **Monday-Friday [Community Coffee](#)** at the Community and Event Center (MICEC), **9:30am-11:30am** (Expanded to 5 days a week!)
- **Wednesdays [MI Thrift Shop Senior Discount Day](#)**, 20% off regular priced items (60+ with ID)
- **9/1 [Stay Active & Independent for Life \(SAIL\)](#)** fitness program, **10:30-11:30am** and **12:00-1:00pm**, MICEC (Repeats every Monday, Wednesday and Friday) *Now offering 2 classes!*
- **9/10 [BAT Night](#), 7:00-8:00pm**, Clarke Beach
- **9/11 [Stop the Bleed Class](#), 6:00-7:30pm**, MICEC
- **9/16 [Mindfulness Walk](#), 11:00am-12:00pm**, Pioneer Park SE
- **9/23 [Emergency Preparedness Workshop](#), 6:00-7:30pm**
- **9/25 [Bird Walk](#)**, 9:00-11:00am, Luther Burbank Park
- **9/25-27 [Community Emergency Response Team \(CERT\) Training](#)**

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 list.

Mercer Island Library

kcls.org (206) 236-3537

- **9/1 [Mercer Island Chinese Association ESL Classes](#), 10:00am-12:00pm** (Meets every Monday)
- **9/8 [Tech Support for Older Adults](#), 3:15-4:45pm** (Every Monday)
- **9/9 [MI Library Book Club](#), 1:30-3:00pm**
- **9/13 [Tech Support for Older Adults](#), 3:00-4:30pm** (Every Saturday)

Island Books

<https://islandbooks.com> (206) 232-6920

- **9/11 [Virtual Knitting Book Club](#), 6:00pm**, Zoom
- **9/28 [Open Book Club](#), 7:30pm**

Stroum Jewish Community Center

<https://sjcc.org> (206) 232-7115

- **Mondays [Mahjong Mondays](#) 6:00-8:30pm** (see specific [dates](#))
- **9/11 [Japanese Community Experience During WWII](#), 10:30am-12:00pm**
- **9/15 [Ageism: "Death by a Thousand Cuts"](#) 10:30am - 12:00pm**

Other Activities & Organizations

- [Mary Wayte Pool](#)
- [Mercer Island Farmers Market](#) - Every Sunday through 9/28, **10:00am-2:00pm**, near Mercerdale Park
- [Mercer Island Historical Society](#)
- [Mercer Island Sister City Foundation](#)
- [Mercer Island Visual Arts League](#)
- [Mercer Island Women's Club](#)
- [Old Friends Club](#)
- [OSHER](#) Lifelong Learning Institute at the UW