



Mercer Island **SENIORS RISING** Newsletter

September 2026

Dear Island Seniors,

As I reflect on the last year since YFS announced the “Seniors Rising” initiative, I see both significant accomplishments as well as room for continued growth.

YFS successfully launched the Seniors Rising Newsletter, introduced the senior falls prevention (SAIL) classes, started new senior support groups, partnered for senior technology support at the Library, helped seniors learn how to ride the Light Rail, and recently started quarterly “Chit, Chat, Chew” senior lunches.

At the same time, I still hear about the risks of isolation, financial challenges of living on fixed incomes, coping with identity after the loss of a life-long spouse, and adult children struggling to support their aging parents.

YFS’s mission is to support the wellbeing of Islanders across the lifespan. Entering the second year of Seniors Rising, we hope to hear from YOU, Island Seniors, about how YFS can help. Look inside this electronic edition for a link to a short survey where seniors can share ideas about how YFS can continue to improve its Seniors Rising initiative. Thank you!

Derek Franklin
YFS Administrator



Seniors Scene



Island seniors enjoyed delicious food, great music, and lively conversation at the September “Chit, Chat, Chew” senior community lunch.



The quarterly “Chit, Chat, Chew” lunch was a hit with Island seniors!

This newsletter is supported by funding from MIYFS Foundation.

Stay Active & Prevent a Fall

Staying active as we get older helps us stay connected to our community. And one of the best ways we can stay healthy and connected as we age is to prevent falls.

Many people think, “It won’t happen to me.” But the truth is that more than one in four older adults falls every year in the U.S. You have the power to reduce your risk.

The Staying Active and Independent for Life (SAIL) class offered at the MI Community and Event Center by the Recreation Department and YFS is just one way for seniors to build strength and balance to prevent falls.

Review the National Council on Aging’s [6 Steps to Prevent a Fall](#) and complete a quick quiz to check your risk for a fall. www.ncoa.org/tools/falls-free-checkup/

Take Control of Your Health: 6 Steps to Prevent a Fall

Every **11 seconds**, an older adult is seen in an emergency department for a fall-related injury. **Many falls are preventable.**
Stay safe with these tips!



1

Find a good balance and exercise program

Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.



2

Talk to your health care provider

Ask for an assessment of your risk of falling. Share your history of recent falls.



3

Regularly review your medications with your doctor or pharmacist

Make sure side effects aren’t increasing your risk of falling. Take medications only as prescribed.



4

Get your vision and hearing checked annually and update your eyeglasses

Your eyes and ears are key to keeping you on your feet.



5

Keep your home safe

Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.



6

Talk to your family members

Enlist their support in taking simple steps to stay safe. Falls are not just a seniors’ issue.

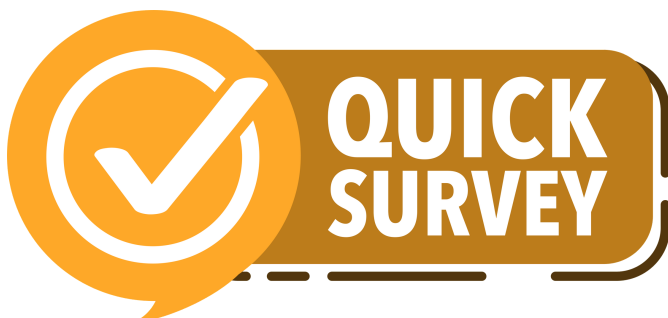
To learn more, visit ncoa.org/FallsPrevention.

Share Your Feedback!



The Seniors Rising Newsletter is celebrating a one year anniversary! YFS would love to hear from Mercer Island seniors. Please take a short survey to share your feedback, ideas, and suggestions:

<https://forms.cloud.microsoft/g/G8YJMEe8JM>



**QUICK
SURVEY**

Take a quick survey or
email your ideas to
Seniors Rising@mercerisland.gov

National Preparedness Month

September is [National Preparedness Month](#).

Do you feel prepared to respond in an emergency situation? Now is a great time to take small steps to make a big difference in being prepared. The City of Mercer Island's Emergency Management Department is offering the following preparedness programs at no cost to Mercer Island residents, businesses, and organizations.

Stop the Bleed Class

September 16, 2026, 6:30-8:00PM
Mercer Island Community and Event Center

Injuries happen every day. At home, work, or while on the road. Attend the Stop the Bleed class to learn how to recognize life-threatening bleeding and the steps to take to stop it. Registration is required:

www.mercerisland.gov/stb

Emergency Preparedness Workshop

Wednesday, September 30, 2026
2 options - 1:30pm or 5:30pm
Mercer Island Community and Event Center

Participants will:

- Understand local hazards and impacts
- Plan for emergencies at home and work
- Learn about disaster kit item list
- Create a family emergency plan
- Prepare together with your neighbors
- Discuss steps to stay safe during a disaster
- Gather senior specific tips!

www.mercerisland.gov/prepworkshop

Community Emergency Response Team (CERT) Training

October 1-3, 2026

Mercer Island Community and Event Center

In a disaster, professional responders and resources will be stretched thin and may not be immediately available to provide assistance. Join the Community Emergency Response Team (CERT) training to gain basic disaster preparedness and response skills.

Registration is required

www.mercerisland.gov/cert

More resources at www.ready.gov

Mercer Island
Mid Autumn Festival
Carnival
默瑟岛中秋嘉年华
SEP. 20, 2026 SUNDAY, 10 AM - 2 PM
九月二十日 (周日) 上午10点-下午2点
MERCER ISLAND COMMUNITY & EVENT CENTER
默瑟岛社区活动中心

KUNGFU | 功夫
TRADITIONAL DANCE | 传统舞蹈
PEKING OPERA | 京剧
RESOURCE FAIR | 社区资源展
FOOD TRUCKS | 餐车
CULINARY DELIGHTS | 美食佳肴

CHINESE LACQUER FAN | 漆扇
CALLIGRAPHY | 书法
CHINESE KNOTS | 中国结
FACE PAINTING | 脸部彩绘
CHINESE STONE RUBBING | 拓印
TRADITIONAL GAMES | 传统游戏

MICA
Mercer Island Chinese Association
默瑟岛华人协会

CULTURE

COMMUNITY FUND

September Activities and Events

MI Youth and Family Services

www.mercerisland.gov/YFS

(206) 275-7657

- **9/8 [Living Alone Senior Group](#), 1:30-3:30PM**, Mercer island Community and Event Center
- **9/30 [Caregiver Support Group](#), 10:30AM-12:00PM**, MICEC, (Fourth Wednesday of month)

City of Mercer Island

www.mercerisland.gov/calendar

(206) 275-7657

- **9/3 [Beaver Night](#), 6:30-8:30PM**, Luther Burbank
- **9/8 [Bat Night](#), 7:30-8:30PM**, Clarke Beach
- **9/16 [Stop the Bleed Class](#), 6:30-8:00PM**, MICEC, registration required
- **9/20 [MI Mid Autumn Festival](#), 10:00AM-2:00PM**, MICEC
- **9/24 [Bird ID Walk](#), 9:00-11:00AM**, Luther Burbank
- **9/25 [Open Art Studio: Impressionism](#), 10:00-11:30AM**, MICEC
- **9/29 [Senior Social Seminars: Food, Mood & Function](#), 10:00AM**, MICEC
- **9/30 [Emergency Preparedness Workshop](#), 1:30 & 5:30PM**, MICEC
- **Mondays, Wednesdays, Fridays [Stay Active & Independent for Life \(SAIL\)](#)** fitness program, 10:00-11:00AM & 11:30AM-12:30PM, MICEC
- **Sundays [Mercer Island Farmers Market](#), 10:00AM-2:00PM**, near Mercerdale 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.

Mercer Island Library

kcls.org (206) 236-3537

- **9/8 [MI Library Book Club: Co-Intelligence](#) by [Ethan Mollick](#), 1:30-3:00PM**
- **9/9 & 9/23 [Let's Dance!](#), 3:30-4:30PM**
- **9/30 [Film Screening: Ultimate Citizens](#), Q&A with the filmmaker, 6:00-7:30PM**

Stroum Jewish Community Ctr.

sjcc.org (206) 232-7115

- **9/15 [Traditions from the Kitchen: Rugelach + Lunch](#), 10:30AM**
- **9/16 [Dance Party Remix](#), 1:30-2:30PM**
- **9/24 [Local Author Talk: "The Remarkable Rachel Romain"](#), 10:30AM**
- **9/29 [Volunteer with City Fruit: Harvest for the Community](#), 10:00 AM**
- **9/30 [Learn how to Play Canasta!](#), 10:00AM-12:30PM**
- **Ongoing [Mercer Crest Bridge Club](#) Lessons**
- **Mondays [Mahjong Mondays](#), 6:00-8:30PM**
- **Mon, Wed, Friday [Aqua Fit](#), 9:00AM**
- **Tuesdays [Senior Strong](#), 11:00AM**
- **Wednesdays [Chair Yoga](#), 11:00AM**
- **Thursdays [Balance & Stability](#), 11:00AM**

Other Activities & Organizations

- **[MIVAL](#) - 9/26 [Fieldwork to Studio](#), 10:00AM-2:30PM**
- [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](#)