



Greater  
Maple Valley  
Community Center



October, 2016

## DateWise is Keeping Teens Safe



*Peer Educators at a DateWise presentation*

October is Domestic Violence Awareness month so it's time to begin our recruitment for DateWise peer educators.

DateWise is a Community Center program that uses high school students to teach 9th graders how to recognize the signs of an unhealthy dating relationship and how to extricate themselves from that relationship in a safe manner.

Why is this program important?

- Nationwide, nearly 1.5 million high school students experience physical abuse from a dating partner in single year.
- One in three adolescents in the U.S. is a victim of physical, sexual, emotional or verbal abuse from a dating partner, a figure that exceeds rates of other types of youth violence.
- 10% of high school students have been hit, slapped or physically hurt by a boyfriend or girlfriend.

The DateWise program is offered at Tahoma Jr High and Lindbergh High School (Renton). Peer educators should be of high school age and in good academic standing. Contact the Community Center at (425) 432-1272 for more information.

# \$30,000 United Way Funding Cut to Impact Growing Senior Population

\$30,000.

That's the impact of United Way's change in funding strategy to our senior-focused Health & Wellness programming.

United Way's priorities have shifted away from supporting our traditional senior programs in favor of providing support for homeless individuals. As a result, we no longer receive a \$30,000 annual allocation from United Way to provide programs that empower seniors to manage their own health by maintaining a high quality of life and decreasing social isolation.



*Senior Lunch Program*

This loss of funding is already being felt. With an ever growing senior population at the Community Center, we are faced with providing more services with fewer resources.

We project that our Monday-Wednesday-Friday senior lunch

program will exceed its 2016 budget by the end of October. "Our seniors aren't going to have their needs go away just because United Way stops supporting them," states Tracy Jones, the Community Center's Director of Health & Wellness programming. "While we won't stop serving these meals - the most nutritious and filling meal of the day for many seniors - we will need to reallocate funds from other services to fill the gap. The irony of the situation is that by reducing resources available to fixed-income seniors we are increasing their vulnerability to becoming homeless," according to Jones.



*Exercise and fitness is essential to our Senior Program*

The importance of helping seniors is especially poignant in this community because so many of our elders no longer live near family members. A recent study of unmarried "boomers" found that nearly one-quarter of Americans over age 65 are, or may become, physically or socially isolated. These seniors are referred to as "elder orphans." The risk of a senior finding themselves without a support system - because the majority of care provided as we get older is provided by family - may be increasing.

United Way's priority shift may also impact our ability to serve teens. The focus on homelessness means that United Way will no longer fund our traditional positive social development programs offered through the Den. We will know in late October if United Way will continue to fund any Community Center teen programs. If not, we will lose another \$30,000 in funding for 2017.

The trend toward focusing funding on homelessness to the detriment of other demographics is not isolated to United Way. A significant portion of governmental and philanthropic funding for non-profits now prioritizes programs for the homeless while de-funding other efforts.

# Thank You To Our Dedicated Volunteers

Those who can, do. Those who can do more, volunteer. That is the mantra of the volunteer corps who bring so much value to our organization. Each year, more than 170 volunteers donate over 10,000 hours of time to support the Community Center and our programs.

These talented volunteers do everything from answer phones at our front desk, assist with the maintenance and upkeep of our facility, serve on our Board of Directors, and provide direct program support. "In many ways, our volunteers are our ambassadors in the community and are an invaluable part of our history," says Cindy Frey, the Community Center's Facilities and Office Manager. " We couldn't operate without them and we can never thank them enough."



*Sandy working our phones*

But volunteerism seems to be a dying concept. In large part, this is why our summer program targeting teens is structured around

community service. Our teen spent the summer preparing and serving meals at a Seattle homeless shelter, planting crops at Elk Run Farm to benefit local food banks, preparing back to school supplies for foster children and doing yardwork for senior citizens. Our goal is to instill a sense of giving back so that we develop a group of young adults who will be ready to join our service clubs, serve on our PTAs, lead scout troops, coach teams, deliver Meals on Wheels, serve at the food bank, participate at Make A Difference Day and fill so many other roles that make our community special.



*Teens in our summer program  
volunteering at Treehouse*

Contact Cindy Frey at (425) 432-1272 or [cindyf@maplevalleycc.org](mailto:cindyf@maplevalleycc.org) for information on volunteer opportunities at the Community Center.

## Oktoberfest is Coming!

# Greater Maple Valley Community Center



## Advance Tickets

Available September 19th  
At the GMVCC office or on-line at  
[www.maplevalleycc.org/oktoberfest](http://www.maplevalleycc.org/oktoberfest)

**Adult Admission \$25**

**Senior (60+) Admission \$15**

**Children (2-17) \$8**

**Children 2 and under FREE**

Your ticket includes one dinner and  
two drink tickets

**Family of Four Admission \$60**

Includes two adult dinners, two  
Kid dinners, four soft drinks, and  
four adult drink tickets

## Event Day Tickets

**Adults \$30**

**Seniors (60+) \$20**

**Children (Age 2 - 17 ) \$8**



**THANK YOU TO OUR  
SPONSORS!**



**Friday, October 21, 2016  
6:00 - 9:00 p.m.**

at

**Greater Maple Valley  
Community Center Main Hall**

**Festive fun for the  
whole family!**

**6:00-8:00 p.m.**

**Full German Bratwurst Dinner**

Beer (and wine) Garden (Age 21 and older)

**6:30-9:00 p.m.**

**Live Music and dancing with**

**Happy Hans Band**

For more information or to purchase tickets on-line go to our website at

[www.maplevalleycc.org/oktoberfest/](http://www.maplevalleycc.org/oktoberfest/)