



1701 22nd St. Anacortes, WA 98221  
(360) 293-7473 / Fax: (360) 293-7834  
Normal hours 8 a.m. - 4 p.m. Mon - Fri



Accredited by   
National Institute of  
Senior Centers

ASAC is the only nationally accredited  
senior center in the state of Washington

# NEWSLETTER

December 2020

## The Latest from the Anacortes Senior Activity Center

While we remain closed to the public, we are continuing to provide as many familiar Center classes, activities and resources as we can. Plus we are adding new ones all the time! Please call Lea DeVere at (360) 293-7473 or email her at [lindad@cityofanacortes.org](mailto:lindad@cityofanacortes.org) if you have any questions or need more information. Stay well and be safe!

### NEW PROGRAMS COMING UP

#### Simple Ways to Stay Sane in Topsy Turvy Times

Join author and Happiness Coach Laura Lavigne at 11:30 a.m. on Tuesday, December 15, for a Wellness Day presentation on how to stay sane (and possibly even happy!) during these topsy, turvy times. Laura will share with us five simple and powerful ways to keep connected to a sense joy and feel good, even happy during these challenging times. There will be plenty of time for discussion as well. To join the Zoom meeting, click on this link: <https://zoom.us/j/97753505794?pwd=V2d6QWYyN3kxeG9EcFpFUUo2ZXhQUT09>.

#### Chef Jackie's Cookbook Club

Try out some new delicious and nutritious recipes that may just end up in an actual cookbook! Chef Jackie will send out two recipes each month that will coincide with free virtual gatherings via Zoom. During these Zoom sessions, you will be able to discuss all aspects of each new recipe with Chef Jackie, as well as report your success with previous recipes. Participants will need to obtain their own ingredients so that they can prepare the recipe. The Zoom meetings will start promptly at 10 a.m. on the second and fourth Wednesdays of each month. The first Zoom meeting will be held at 10.m. on Wednesday, January 13. Meetings will last approximately 30 to 60 minutes depending on the recipes and the number of participants. Email Chef Jackie at [chefjackiedavison@gmail.com](mailto:chefjackiedavison@gmail.com) to receive a Zoom invitation.



## ANACORTES SENIOR ACTIVITY CENTER

Jonh Lunsford, Director, Parks & Recreation  
Lea DeVere, Administrative Assistant

Visit our website at [seniorcenter.cityofanacortes.org](http://seniorcenter.cityofanacortes.org) to find our latest newsletter, calendar and menu.

### ASAC Foundation

The Anacortes Senior Activity Center Foundation advises staff and financially supports the Center. It holds 501(c)(3) status. Donations to the Anacortes Senior Activity Center Foundation are tax deductible within the limits of the law. Visit [asacfoundation.org](http://asacfoundation.org).

Michele Pope, President  
Kirk Kennedy, Vice President  
Dustin Johnson, Secretary  
Patty Howe, Treasurer  
Pat Buckley, Barbara Cooper,  
Colleen Craig, Lin Folsom, PK Mead,  
Barbara Smart, Nicholas Walsh



### Meal Service

Meals on Wheels for homebound seniors: hot meals delivered Monday through Friday; frozen meals available for the weekend. Meals are also available for pickup at the Center. Call Kelli at (360) 416-1500 to register for home delivery, or call Amanda at (360) 293-7473 to arrange for pickup from the Center.

### Volunteer Opportunities

Join the 150+ volunteers working at the Center. Contact Lea DeVere for more information.

### Newsletter

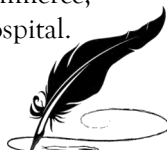
The *Anacortes Senior Activity Center Newsletter* is published monthly and is distributed free at the Senior Activity Center and at a number of locations in town, including the Chamber of Commerce, Library, Senior Housing, and Island Hospital.

### Contributors

**Writer:** Lea DeVere

**Editor/Layout/Production:** Lea DeVere

**Distribution:** Kathryn and Lou D'Amelio, Merilee Huffman, Angela Marcoff, PK Mead, Amanda Miller, Elaine Oliphant, Suzette Richards, Bobbie Sherman, Barbara Smart, Ginger Thomas, Dani Usman



### Virtual Coffee with Laurie

The Anacortes Senior Activity Center is once again hosting "Coffee with Laurie." Mayor Gere will be available for a virtual question and answer session from 1:30 to 3 p.m. on Wednesday, December 9. Register in advance for this webinar using this link:



[https://us02web.zoom.us/webinar/register/WN\\_xUHqiNcrRyWqIZivB\\_sLfQ](https://us02web.zoom.us/webinar/register/WN_xUHqiNcrRyWqIZivB_sLfQ). After registering, you will receive a confirmation email containing information about joining the webinar. Once on the webinar, you will need to follow these guidelines:

- ♥ When you first enter the webinar:
  - ⇒ join in "listen-only" mode - the host will unmute attendees one at a time to speak.
  - ⇒ enter your name, number or other chosen identifier. This will allow the Mayor and other panelists to identify who is speaking.
- ♥ You have the ability to virtually raise your hand if you have a comment or question. (If you are using a phone to access the Zoom meeting, press \*9 to raise your hand.) The host will unmute you and announce your name when it is your turn to speak.
- ♥ Attendees will be muted and not audible except during times they are designated to speak. When you are announced, you will be able to unmute yourself.
- ♥ For the best sound quality and to decrease background noise, please use headphones or a mic.

### Silver Foxes Coming Soon

Starting soon, probably in January, the Silver Foxes exercise group will be available via Zoom at the usual of 10 a.m. on Mondays, Wednesdays and Fridays. Watch for details in the January newsletter. You can also watch the Silver Foxes video for free on YouTube any time you want.

Just go to these links:

First half: <https://www.youtube.com/watch?v=TmLBBkdiqOI>

Second half: <https://www.youtube.com/watch?v=wQdB6A2CLA8>



## Thorne Metals Studio

The Senior Activity Center, in collaboration with the Anacortes Library and Anacortes Senior College, presents a virtual program at 7 p.m. on Wednesday, December 9, featuring local master blacksmith Paul Thorne. Get a glimpse inside his studio and learn about his artistry, work and life as a blacksmith as he shares tales, talks history and demonstrates some forging. Paul is a Master Blacksmith, and his architectural and sculptural work can be found in homes throughout the Pacific Northwest. To view the video, go to <https://www.anacorteswa.gov/220/Library> or <https://m.facebook.com/AnacortesPublicLibrary>.



## Aging as a Mindfulness Practice

Join Joe Arellano from 11:30 a.m. to 12:30 p.m. on Tuesday, December 8, via Zoom to learn simple practices to help you better navigate these unprecedented times. We were not born with an owner's manual to help handle life's ups and downs. The good news is that techniques for resilience, insight and mindful awareness can help. Joe, who considers himself a "seasoned citizen" is a Certified Mindfulness Teacher, Licensed Bodywork Therapist and owner of the Mindflower Project. For Zoom invitation to this free Wellness Day program, contact call Joe at (360) 708-5374 or email him at [wellopt@comcast.net](mailto:wellopt@comcast.net).

## Free Christmas Dinner

The Free Community Christmas Dinner (pandemic style) will be provided curbside and contactless to your car between 11 a.m. and 2 p.m. on Friday, December 25, at Anacortes Lutheran Church, located at 2100 "O" Avenue. Please enter the parking lot on "O" Avenue and proceed as directed to the alley to pick up meals. Homebound? To schedule home delivery, call church office at (360) 293-9586 no later than noon on Wednesday, December 23. For information, contact Anne Barry, Coordinator.

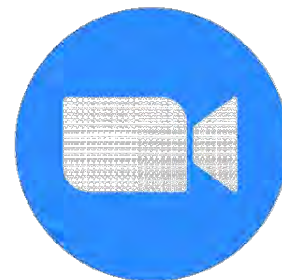


## Aging and Spiritual Wellness

A new online discussion group will focus on spirituality which is one of the six dimensions of wellness (physical, emotional, intellectual, occupational, social and spiritual). Spiritual wellness involves values and beliefs that provide a purpose in our lives. Have you ever had an opportunity to talk about what gives your life meaning and to listen with an open mind to what others believe? How has your spirituality changed as you age? This group will be facilitated by Pat Buckley who has a Doctorate in Ministry and enjoys group process. If you are interested in this topic-focused non-denominational monthly Zoom meeting, call Pat at (206) 200-3824 or email her at [pbuckl@aol.com](mailto:pbuckl@aol.com). Depending on interest, the group is likely to meet on the second Wednesday afternoon each month, beginning in January.

## Zoom Room Help

Do you want to join one of the Center's virtual programs? Would you like to be able to chat with friends and family using this new technology? If you want help joining in Zoom virtual gatherings or if you simply want to sharpen your skills, join Dustin South from the Anacortes Parks and Recreation Department in his new Zoom Room help sessions. Dustin will be hosting virtual Zoom meetings at 10 a.m. starting on Tuesday, December 15. This will be the first of several monthly Zoom help sessions. For more information or to sign-up, email Dustin at the Parks and Recreation Department at [dustins@cityofanacortes.org](mailto:dustins@cityofanacortes.org). A meeting invitation weblink will be emailed the day before the meeting.



## MEALS ON WHEELS NEWS

### Meals on Wheels and Pickup Meals

Meals on Wheels operates every Monday through Friday. Meals are also available for pickup at the Senior Activity Center once a week. You can pick up five to ten frozen meals. If you would like to pick up meals, call (360) 293-7473 and ask for the Nutrition staff. To sign up for Meals on Wheels, call (360) 416-1500.

## Meal Recipients Thank Volunteers



- ♥ *"The dedication of the volunteers is amazing! Those receiving the service are so appreciative for each day that they can rely on food and friendship. If we had to pay the volunteers, we could not afford to have Meals on Wheels. Thank you volunteers!"*
- ♥ *"The people who volunteer to provide my meals are irreplaceable in my life. They are a huge part of the support I need to stay living independently instead of in a bed in a corner of some facility that is not able to support my diet (egg free, beef free, shellfish free due to allergies). My thank to you seems so small compared to all they do week after week for me. But it is all I have to say about these very special people."*

## STAYING WELL

### Wellness Tip: Reducing Holiday Stress

While wonderful in so many ways, the holidays can also be stressful. Here are some suggestions on ways you can manage stress and better enjoy your holiday season.

- ♥ Reach out. If you are feeling lonely, seek out the company of others through phone calls and virtual formats such as FaceTime, Skype and Zoom.
- ♥ Acknowledge your feelings. It is OK if you do not feel happy.
- ♥ Be open to new traditions. Holidays do not have to be perfect or like they were in the past.
- ♥ Welcome humor. A good laugh goes a long way.
- ♥ Do not abandon healthy habits: balanced diet, good sleep and physical activity.
- ♥ Take a breather. Make time for yourself.
- ♥ Learn to say no. You cannot do everything for everybody.
- ♥ Stick to your budget.
- ♥ Accept that you cannot control everything. Put stress in perspective.



## Maintaining Social Wellness

Social wellness refers to the ability to interact well with others. With the COVID-19 pandemic, it is more vital than ever to feel connected to and supported by others. Here are some tips:

- ♥ Start a healthy self-care program that includes a balanced diet, plenty of rest and exercise. Learn to handle stress and enjoy something you love.
- ♥ Connect with family on the phone or through email or video-chat. Let them know you care and ask for help and support.
- ♥ Keep your friendships close: set goals to help you connect regularly. Even a "just because I care" card is a wonderful way to nourish a friendship.
- ♥ Join a virtual community, such as one of the ones listed in this newsletter. They are very welcoming!
- ♥ Go for a walk with a friend and get your exercise in the process. It can brighten both your days!
- ♥ And if you find yourself struggling to stay connected, and are feeling down, ask for help. You do not have to do this alone.



## PROGRAMS

### Aging Mastery Alumni Club Meetings

If you have attended the Aging Mastery Program and want to continue learning about new aspects of healthy aging, join the Aging Mastery Alumni Club. Monthly virtual Zoom meetings are usually held from 11 a.m. to 12:15 pm on the 4<sup>th</sup> Thursday of each month (with exception of holidays). A variety of topics are discussed, and you will have a chance to aspire and support each other while continuing on the path to good physical and mental health. For more information, call Lea DeVere at the Center at (360) 293-7473, or email Bonnie Nelson, Program Coordinator at [amp4alumni@gmail.com](mailto:amp4alumni@gmail.com).

## Coffee with Karl

Join CSO Karl Wolfswinkel with the Anacortes Police Department to discuss police matters affecting our community and nation. December's "Coffee with Karl" event will include holiday and winter safety tips to keep you and your family safe this season. The December meeting will take place virtually at 10 a.m. on Tuesday, December 8. Email CSO Wolfswinkel at [karlw@cityofanacortes.org](mailto:karlw@cityofanacortes.org) or call (360) 293-4684 for a link to the meeting.



## Creative Circle

Since it is not possible to meet in person during the pandemic, the Creative Circle has been meeting virtually via Zoom. Virtual meetings are every Monday, starting at 10 a.m. Some of the projects that people work on include beading, knitting, crocheting, felting, jewelry making, polymer clay, egg art and more. New members are welcome! Join us to meet new people and get your projects done. There is no cost; just bring your projects and dial in. To receive an emailed Zoom invitation or for more information on Creative Circle, contact Deborah Francis at (360) 720-2699 or email her at [deborahfrancisfinearts@gmail.com](mailto:deborahfrancisfinearts@gmail.com).

## Herbs and Spices 101

Join a free virtual talk entitled "Flavor-Fill Your Meals without Adding Salt" at 2 p.m. on Tuesday, December 15. Taught by a Renal Dietitian, this virtual class will teach you the basics of how to use herbs and spices in cooking and how to reduce salt intake without giving up flavor. This session includes a cooking demonstration and the opportunity to learn a tasty, new recipe. To register and get the link for this online class, call (425) 259-1907 or email [kidneytalk@pskc.net](mailto:kidneytalk@pskc.net).



## Fidalgo Book Group

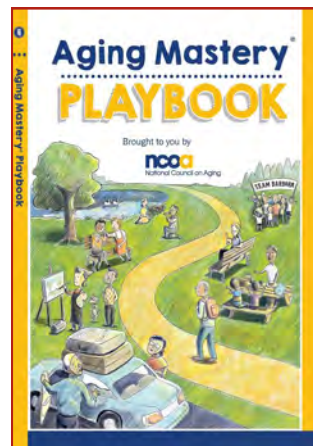
The group meets from 9:30 to 11 a.m. via Zoom on the first Thursday of each month. The next meeting will be on December 3. For that meeting, the group will read *The Storied Life of A. J. Fikry* by Gabrielle Zevin. A.J. Fikry's life is not at all what he expected it to be. His wife has died; his bookstore is experiencing the worst sales in its history; and now his prized possession, a rare collection of Poe poems, has been stolen. And then a mysterious package appears at the bookstore. Its unexpected arrival gives A.J. the opportunity to make his life over, the ability to see everything anew. It does not take long for everything to twist again into a version of A.J. did not see coming. For January, the group will read *A Piece of The World* by Christina Baker Kline. To receive a Zoom invitation to the meetings, contact Terri Bawden at (509) 670-4412 or at [terribawden@hotmail.com](mailto:terribawden@hotmail.com).

## Aging Mastery Starter Kits

Get your own FREE Aging Mastery Program Starter Kit! (See the flyer at the back of this newsletter for more information.) This self-paced kit can help you take small steps to improve your health and quality of life. It includes a playbook, exercise DVDs, activity cards, and a weekly check-in notepad. The playbook presents the six dimensions of aging:

- ♥ Gratitude and mindfulness
- ♥ Health and well-being
- ♥ Finances and future planning
- ♥ Learning and creativity
- ♥ Connections and community
- ♥ Legacy and purpose

You do not need a computer to use the Starter Kit. If you are interested in receiving a free kit, contact Lea DeVere at the Senior Activity Center by calling (360) 293-7473 or email her at [lindad@cityofanacortes.org](mailto:lindad@cityofanacortes.org).



## T'ai Chi Chih

Joan Roulac, who leads this moving meditation classes at the Center, is now offering beginning and intermediate T'ai Chi Chih classes online using Zoom. For more information or to sign up, call Joan at (360) 588-4018 or email her at [joan@mountaintopmusings.com](mailto:joan@mountaintopmusings.com).



## Seated Wellness with Rita Yribar

Rita Yribar is offering a free online chair yoga class via Zoom. These classes will be held every Tuesday from 2 to 3:15 p.m. The class is designed to allow for each person's physical needs. The class is free, but donations to the ASAC are encouraged. If you have any questions, contact Rita at [rita.chairclass@gmail.com](mailto:rita.chairclass@gmail.com).

## Advance Directives Online Course

Adrienne Douchette who normally teaches a class on advance directives at the Center has let us know that there is a great website program that you can watch to get help doing your own advance care planning. The link to that website is [https://cedar.wvu.edu/pci/lectures\\_events/advance\\_care\\_planning/9/](https://cedar.wvu.edu/pci/lectures_events/advance_care_planning/9/).

## PC and Android Consultation

Computer assistance volunteer Martin Harris is available for phone consultations from 10 a.m. to 12 noon on Tuesdays and Thursdays to help with PC and Android tablets, and smartphones. He is also available Monday through Friday by appointment. Martin wants to help new users connect and use the internet for basic functions such as email, entertainment apps and Zoom conferencing so you can connect with friends and family via your smartphone or tablet. Call the Senior Activity Center at (360) 293-7473, and we will connect you with Martin.



## Communication / Technology Consults

Joel Bergsbaken from the Hearing Speech and Deaf Center in Bellingham is providing free virtual consultations for seniors and their family members. These virtual consultations include live captions you can read! Learn how hearing changes affect communication and techniques that can help you improve how you communicate. Joel can direct you to hearing assistance technology and will give you basic information about hearing aids and hearing tests so you can prepare for an evaluation by an audiologist. Call the Center at (360) 293-7473 if you would like a free consultation with Joel.

## Cultured Purls Knitting Guild

Join fellow knitters online for knitting, conversation and occasionally speakers from 11 a.m. to 12:30 p.m. on the first Tuesday of the month. The next meeting is December 1. If you would like to be sent a Zoom invitation, call Pat Buckley at (206) 200-3824.



## Council of the Blind (Skagit and Island)

The purpose of Skagit and Island Counties Council of the Blind is to promote opportunity, equality, and independence for visually impaired and legally blind people. In spite of COVID19 virtual meetings are happening monthly from 1 to 3 p.m. on the second Monday of each month. To join in this meeting call (857) 799-9325. For information on future meetings or other information, contact President Andy Arvidson at (425) 218-0190.

## NEWS AND NOTICES

### No "Trinkets and Treasures" Donations

We are unable to process any donations of physical items at this time, other than puzzles and paperback books. (We welcome monetary donations.) You can take food donations to the food banks listed in this newsletter. Otherwise, you might want to hold off on your winter cleanup!

## Newsletters at the Center

There are paper copies of the ASAC newsletter available outside the front door of the Center.

If you have a friend or family member who does not have access to the online version of the newsletter, please pick up a copy for them at the Center. If you would like to take a bunch of newsletters to a group or organization, give us a call at (360) 293-7473 and let us know how many you would like.



## Paperback Books and Puzzles Needed

Puzzles and books are available on the carts outside the front door of Center between 8 a.m. and 4 p.m. Monday through Thursday, and 9 a.m. to 1 p.m. on Friday. There is no charge for the puzzles, but we would appreciate donations of puzzles so that we can keep the exchange going. We also welcome donations of paperback books. **No hardback books!** When you are looking through the puzzles and books, browse one person at a time so that you can maintain appropriate social distancing, and please wear your mask. Please wait until the person before you has finished.

## CLASSES AT ISLAND HOSPITAL

### Living Better with Diabetes

If you have or are at risk of developing diabetes, there are positive steps you can take. Join Registered Dietitian and Certified Diabetes Education Mary Beth Robinson, MS, RD/LD, CDE, in a free discussion at 10 a.m. on Tuesday, December 1. Learn how to stay active, eat well, reduce your risks and manage your diabetes. Registration is required. Call (360) 299-4204 or email [communityed@islandhospital.org](mailto:communityed@islandhospital.org).



## Medicare Open Enrollment Classes

Join a free virtual online class to learn about the annual Open Enrollment period and your opportunity to make changes to Medicare Prescription Drug Coverage (Part D) and Medicare Advantage Plans (Part C) for 2021. Important timelines for making changes and information on how to research your options will be covered. This free class will be held from 1 to 2:30 p.m. on Tuesday, December 1. Registration is required. Call (360) 299-4204 or email [communityed@islandhospital.org](mailto:communityed@islandhospital.org).

## Swallow Screening

Concerned about how well you swallow? Do you cough or clear your throat frequently when eating or drinking, have wet sounding vocal quality, have congestion with repetitive colds or pneumonia, have difficulty with chewing and/or require multiple swallows with bites or sips? If you are experiencing one or more of these symptoms, meet with a speech-language pathologist to determine if you might have a swallowing disorder. Free appointments are available between 1:30 and 3:30 p.m. on Tuesday, December 8. Appointments are required. Call (360) 299-4204 or email [communityed@islandhospital.org](mailto:communityed@islandhospital.org).



## FIDALGO POOL & FITNESS CENTER

A variety of fitness classes are offered in virtual format that you can access from the comfort of your own home. These are just a few of the classes offered. Pre-registration is required. To register or for more information, call (360) 293-0673 or visit [www.fidalgopool.com](http://www.fidalgopool.com).

### SilverSneakers® Classic

This class meets from 9:15 to 10 a.m. on Mondays and Wednesdays and offers exercises designed to increase muscular strength, range of motion and activities aiding daily living. Hand-held weights, elastic tubing with handles and a ball are all offered for resistance. A chair is used for seated and/or standing support.

## Flow Yoga

This class meets from 10:15 to 11 a.m. on Tuesdays and Thursdays and emphasizes dynamic movement, seamlessly stringing postures together, one to another, connected through breath. It is both supportive and self-paced.



## Core and More

This class meets from 8 to 8:45 a.m. on Mondays and Fridays and focuses on proper activation of the deep core muscles and how to integrate them into entire body movements to enhance muscular-skeletal health. Practice stability, mobility and flexibility exercises.

## ANACORTES LIBRARY PROGRAMS

### Together We Discover

The Anacortes Library has great short videos for adults presenting interesting people in the Anacortes community who share their passions a wide variety of activities such as bee keeping, fly fishing, rock hounding and acrylic painting. To access these videos, go to [www.anacorteswa.gov/1083/AdultPrograms](http://www.anacorteswa.gov/1083/AdultPrograms).

### Washington's Undiscovered Feminists

Join a live Zoom event at 7 p.m. on Wednesday, December 2, with writer Mayumi Tsutakawa. Mayumi presents five "woman warriors" in the arts and journalism from the past century whose stories inspire. Meet the pioneering photographer Imogen Cunningham, Black American jazz musician Ruby Bishop, Chinese American artist Priscilla Chong Jue, Leftist journalist Anna Louise Strong, and Native American linguist Vi Hilbert. This program is presented by Humanities WA. Visit [library.cityofanacortes.org](http://library.cityofanacortes.org) or [facebook.com/anacortespubliclibrary](https://facebook.com/anacortespubliclibrary) for the Zoom link to the event.



## RESOURCES FOR SENIORS

### Inspiration Resources for Aging Well

Bonnie Nelson, Coordinator for the Center's Aging Mastery program, each month shares videos and online articles that offer inspiration on aging. Here are some links to videos facing the future without fear, and how to have helpful conversations:

- ♥ Rabbi Lord Jonathan Sacks: a TED Talk titled *How We Can Face The Future Without Fear, Together* - [https://www.ted.com/talks/rabbi\\_lord\\_jonathan\\_sacks\\_how\\_we\\_can\\_face\\_the\\_future\\_without\\_fear\\_together?language=en](https://www.ted.com/talks/rabbi_lord_jonathan_sacks_how_we_can_face_the_future_without_fear_together?language=en)
- ♥ Celeste Headlee: a TED talk titled *10 Ways to Have A Better Conversation* - [https://www.ted.com/talks/celeste\\_headlee\\_10\\_ways\\_to\\_have\\_a\\_better\\_conversation?language=en](https://www.ted.com/talks/celeste_headlee_10_ways_to_have_a_better_conversation?language=en)
- ♥ Ronnie Polaneczky: a TED Talk titled *The Power of Deliberate Listening* - <https://www.youtube.com/watch?v=A343tIP5iUA>

### Ways to Save

Benefits CheckUp is a free service of the National Council on Aging (NCOA) that can assist you connect to resources to meet the costs of basic needs such as medications, food, utilities, legal aid, health care, housing, in-home services, taxes, transportation and employment training. Benefits CheckUp is an online questionnaire that asks you a series of questions and then creates a personalized report identifying programs that might be useful to you. To access the questionnaire, go to [www.benefitscheckup.org](http://www.benefitscheckup.org).



### Mental Health Support Group

NAMI of Skagit holds open support groups online for those living with mental illness, and family members, partners and supportive friends. The group meets from 7 to 8:30 p.m. on the fourth Tuesday of each month. Call Marti with questions at (360) 770-5666.



## Aging and Disability Resources

Aging and Disability Resources (ADR) helps people who are age 60 and older, people with disabilities, and family members access a wide variety of community resources, information, services and programs, including medical transport and much more. ADR provides confidential services free of charge and can help you find the information and programs that meet your individual needs. ADR specialists are available to assist you by appointment between 8 a.m. and 5 p.m. Monday through Friday. Call (360) 428-1309 or e-mail [ADRCskagit@dshs.wa.gov](mailto:ADRCskagit@dshs.wa.gov).



## Health Insurance Assistance

The Health Resource Center and SHIBA continue to be closed to the public until further notice. However, Julie McKee, Health Resource Coordinator and SHIBA Volunteer Coordinator, is in the office from 9 a.m. to 4 p.m. on Tuesdays, Wednesdays and Thursdays. She is accommodating Medicare beneficiaries by providing SHIBA services over the phone and e-mail. Your patience is appreciated while staff works to adjust methods of providing valuable information to the community. You may set up a phone appointments by calling SHIBA at (360) 299-4212 or e-mailing [Julie.McKee@islandhospital.org](mailto:Julie.McKee@islandhospital.org).

## Ensure Available at the Center

The Skagit County Senior Nutrition Program offers liquid meal supplements (Ensure Plus) to seniors for a suggested donation of \$30 per case. Ensure is available at the Center between 8:30 a.m. and 1 p.m. To qualify, you need to:

- ♥ Be 60 years of age or older
- ♥ Live in Skagit County
- ♥ Have a prescription from your physician or registered dietician (a new prescription will be needed every 6-12 months)

There are a variety of flavors. Contact Amanda Miller at (360) 293-7473.



## ASSISTANCE GETTING SUPPLIES

### Individuals at Risk or in Isolation

If you are an at-risk individual who is on quarantine or in isolation, and you find yourself in need of assistance in getting and/or picking up supplies or food, or if you need help finding out who to call to get supplies or food delivered to you, call the Skagit County Resource Assistance Line at (360) 416-1892 between 10 a.m. and 2 p.m. daily.

### Grocery Assistance

- ♥ The Market of Anacortes is offering curbside pickup. Call (360) 588-8181 to make arrangements. You can access a shopping list and more information on their website at [www.themarketswa.com/anacortes](http://www.themarketswa.com/anacortes). Shopping in the store is available for at-risk individuals only between the hours of 6 and 7 a.m.
- ♥ Safeway has “Golden Hours” that allows shopping for those over 60 between 7 and 9 a.m. on Tuesdays and Thursdays. They also offer grocery delivery through “Instacart.” Details of both programs are on the Safeway website at <https://local.safeway.com/safeway/wa/anacortes/911-11th-st.html> or at <https://delivery.safeway.com/#>.
- ♥ Instacart is a service that offers delivery from Safeway, Costco and Fred Meyer. Go to their website at <https://www.instacart.com/>.
- ♥ Anacortes Food Coop is offering curbside pickup. Email your order to [anacortesfoodcoop@gmail.com](mailto:anacortesfoodcoop@gmail.com) or call (360) 299-3562. The Coop will call to confirm your email order. Payment can be made with cash, check or credit card. No debit cards with pins accepted. Fulfillment may take a few hours depending on staff availability.



## Volunteer Services Can Help

Due to the pandemic, Community Action's Volunteer Services Program has

made some changes to their program, focusing on the immediate needs of the senior and disabled community. Program staff are working hard to reach out to each and every client, assessing their current needs, offering information and referrals for access to food and energy assistance, and offering grocery and prescription delivery wherever possible for those who currently either do not feel safe or are unable to leave their homes at this time.

Once you are registered with the Volunteer Services Program, you can order and pre-pay for groceries at The Market in Anacortes, or from Safeway in Mount Vernon, WalMart, Haggen or Fred Meyer. Volunteers from the program will then pick up your order and deliver it to your home. Your order will be left on your porch. You can also order and pre-pay for your medications at a pharmacy of your choice, and the volunteers will pick up and deliver your medications to you.

Volunteers are also providing firewood to those clients who depend on wood as their only source of heat, and volunteers can also help with yardwork. If you would like help or know of someone who could use some help, contact Diane Aldridge at (360) 610-0809 to sign up for the program.

## Food Banks and Other Food Assistance

- ♥ Volunteer Services, Community Action of Skagit County ~ (360) 610-0809
- ♥ Salvation Army Food Bank - 3001 R Avenue, Mondays



and Wednesdays from 1:10 to 3:30 p.m. Call (360) 293-6682.

- ♥ Helping Hands Food Bank - 1211 M Avenue, Wednesdays from 11 a.m. to 2 p.m. Call (360) 293-6445.
- ♥ Red Bag Pantry is available at the Anacortes Fire Department on 13<sup>th</sup> Street and the Anacortes Library on 10<sup>th</sup> Street. Both pantries are just outside the buildings and are available 24 hours a day. They are re-stocked frequently.
- ♥ Anacortes Family Center has emergency packs of food. Request via email at [Samantha@anacortesfamily.org](mailto:Samantha@anacortesfamily.org). Samantha will arrange a time for you to pick up the food.

## YOUR SUPPORT HELPS THE CENTER

### The ASAC Foundation Financially Supports the Center with the Help of People Like You!

The Foundation raises funds to support the Center, and donations of any size are most welcome and appreciated.

The support from our many generous donors helps maintain the Center as a vibrant, fun and inspirational community center. The Foundation's goal is

to "Help Seniors Thrive!" It is a 501(c)(3) non-profit organization, and all donations are tax deductible. Please visit the Foundation's website at [asacfoundationanacortes.org](http://asacfoundationanacortes.org). Below are examples of some of the ways that the Foundation helps:

- ♥ Copy machine and newsletter
- ♥ Internet access
- ♥ Furnishings and equipment
- ♥ Office supplies
- ♥ Postage
- ♥ Staff support
- ♥ Kitchen supplies, coffee and tea
- ♥ Fundraising expenses
- ♥ Special projects
- ♥ Building improvements and landscaping
- ♥ And much more!



## BEWARE OF SCAMS

### Avoid Pandemic Scams

Scammers are taking advantage of fears surrounding the Coronavirus. Here is some information from the Federal Trade Commission on avoiding scams.



- ♥ Hang up on robocalls. Do not press any numbers. Scammers are using illegal robocalls to pitch everything from scam Coronavirus treatments to work-at-home schemes. The recording might say that pressing a number will let you speak to a live operator or remove you from their call list, but it might lead to more robocalls, instead.
- ♥ Fact-check information. Scammers, and sometimes well-meaning people, share information that has not been verified. Before you pass on any messages, contact trusted sources. Search on the internet for “What the U.S. Government is Doing” to find links to federal, state and local government agencies.
- ♥ Know who you are buying from. Online sellers may claim to have in-demand products, like cleaning, household, and health and medical supplies when, in fact, they do not.
- ♥ Do not respond to texts and emails about checks from the government. Anyone who tells you they can get you the money is a scammer.
- ♥ Do not click on links from sources you do not know. They could download viruses onto your computer or device.
- ♥ Watch for emails claiming to be from the Centers for Disease Control and Prevention (CDC) or experts saying they have information about the virus. For the most up-to-date information about the Coronavirus, visit the Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO).



- ♥ Ignore online offers for vaccinations. There currently are no vaccines, pills, potions, lotions, lozenges or other prescription or over-the-counter products available to treat or cure Coronavirus disease 2019 (COVID-19) – online or in stores.
- ♥ Do your homework when it comes to donations, whether through charities or crowdfunding sites. Do not let anyone rush you into donating. If someone wants donations in cash, by gift card, or by wiring money, do not do it.

## LATEST INFORMATION ON COVID-19

### Prevent the Spread of COVID-19: Wear Cloth Face Coverings

COVID-19 can be spread by people who do not have symptoms and do not know that they are infected. That is why it is important for everyone to practice social distancing and wear cloth face coverings in public settings. While wearing a mask may protect you, it is more likely to protect others if you are a carrier of the virus without knowing it. COVID-19 spreads mainly from person to person through respiratory droplets produced when an infected person coughs, sneezes or talks. These droplets can land in the mouths or noses of people who are nearby or can be inhaled into the lungs. Studies and evidence on infection control report that these droplets usually travel around six feet (about two arm’s length). Cloth face coverings provide an extra layer to help prevent the respiratory droplets from traveling in the air and onto other people. Stay well and help the other people around you stay well by wearing a mask.

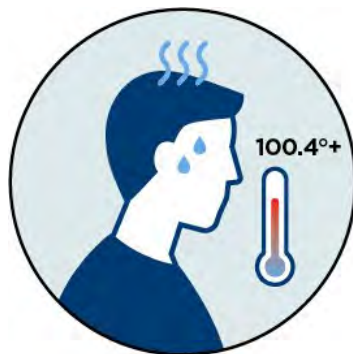


*Sources: CDC, National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases, and Washington State Department of Health*

## More Information on COVID-19

For the latest information on the COVID-19 pandemic, look to these sites for reliable information:

- ♥ Centers for Disease Control & Prevention: [www.cdc.gov/coronavirus/2019-nCoV/index.html](http://www.cdc.gov/coronavirus/2019-nCoV/index.html)
- ♥ Washington State: [coronavirus.wa.gov](http://coronavirus.wa.gov)
- ♥ Skagit County Public Health: [www.skagitcounty.net/Departments/HealthDiseases/coronavirus.htm](http://www.skagitcounty.net/Departments/HealthDiseases/coronavirus.htm). In addition, Skagit County has set up call lines to answer questions and bring resources to the public. You can call (360) 416-1500 between 8:30 a.m. and 4:30 p.m. 7 days a week.
- ♥ City of Anacortes: [www.cityofanacortes.org](http://www.cityofanacortes.org)



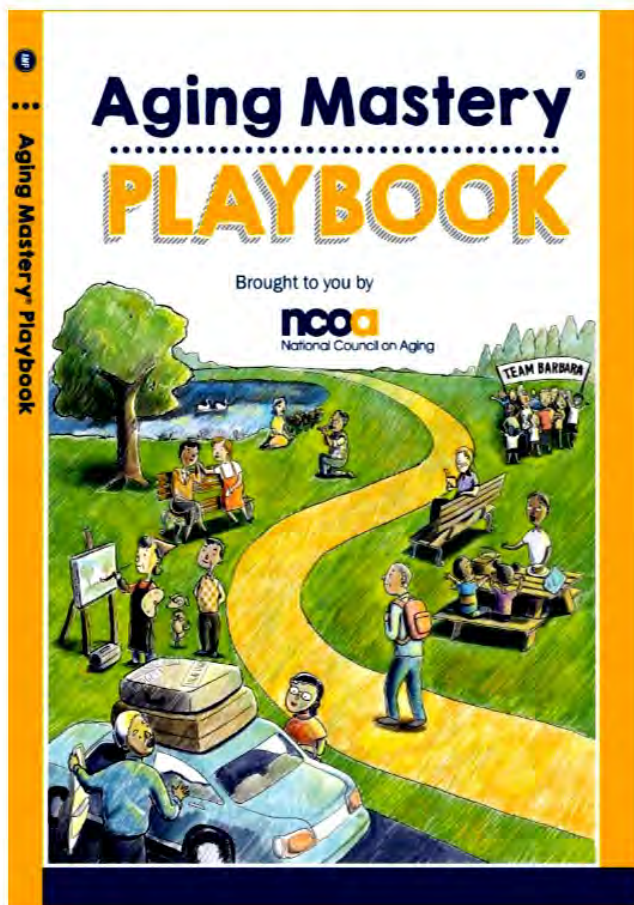
## QUESTIONS?

### Call the Center If You Have Questions

If you do not see the resources you need, or cannot access them due to lack of computer, call (360) 293-7473. Staff is in the office Monday through Thursday from 8 a.m. to 4 p.m. and on Fridays from 9 a.m. until 1 p.m. Please leave a message if you reach the answering machine.



## AGING MASTERY STARTER KITS



### Aging Mastery Starter Kit – FREE!

This self-paced kit includes a playbook, exercise DVDs, activity cards, and a weekly check-in notepad – all designed to help you take small steps to make your life better and to help you improve your health and quality of life as you age.

The playbook presents the six dimensions of healthy aging:

- Gratitude and mindfulness
- Health and well-being
- Finances and future planning
- Learning and creativity
- Connections and community
- Legacy and purpose

You do not need a computer to use the Starter Kit materials. If you are interested in receiving your own free starter kit (and maybe even get one for a friend so you can support each other) call Lea DeVere at the Senior Activity Center at (360) 293-7473 or email her at [lindad@cityofanacortes.org](mailto:lindad@cityofanacortes.org).



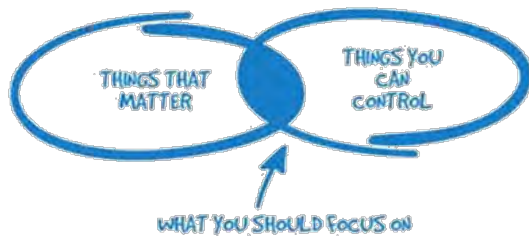
**Aging Mastery Program**  
National Council on Aging

# REAL-TIME RESILIENCE OVERVIEW

Here are some practical strategies that can work to help you deal with the stresses of the COVID-19 pandemic.



**Choose where you focus your attention.**  
»» What is still good?



*Do the things that make you happy.  
Talk to the people that make you happy!  
Love; joy; hope; pride; thankful; calm; interested; inspired.*

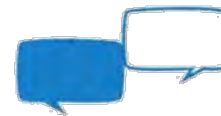


**Strong relationships = strong wellbeing.**  
»» Keep texting, talking, emailing, chat.



**Help yourself by helping others.**  
»» Stops you thinking too much about you.

*Find the right people to talk to...  
People that make you feel good.*



*Give your brain a holiday from COVID-19  
Find distractions.*



**Put a timer on.**  
»» Worry / be sad for ONE minute ... then call a friend.



**Keep safe!  
Don't be careless.**  
»» This is a marathon, not a sprint.

*A little kindness will go a long way.  
A lot of kindness is even better!*



*Keep helpful daily routines ...  
or make new ones!*



**Is the news helping or harming you?**  
»» Choose your sources carefully  
»» Switch it off!

# December 2020 Menu

Anacortes (360) 293-7473, Burlington (360) 755-0102, Clear Lake (Wednesday),  
Mount Vernon (360) 416-1589, Sedro-Woolley (360) 855-1531

Monday

Tuesday

Wednesday

Thursday

Friday

	1 Chili Cheese Baked Potato served with Green Beans	2 4-Cheese Pasta served with a Bean Salad	3 Country Pork & Kraut served with a Soft Pretzel	4 Chicken, Broccoli & Rice served with a Spinach Salad
7 German Sausage served with a Cheese Roll	8 Salisbury Steak served with Mashed Potatoes and Gravy	9 Alpine Chicken served with Baked Apple Slices	10 Milanese Minestrone Soup served with a Cookie	11 Philly Cheesesteak Peppers served with Rice
14 Fish Sandwich served with Coleslaw	15 Chicken Almond Casserole served with Beets	16 Cheese Omelet served with a Sausage Patty	17 Christmas Day Lunch Roast Beef served with Garlic Mashed Potatoes & Special Dessert	18 Lemon Chicken served with Birthday Cake
21 Mediterranean Chicken served with a Caesar Salad	22 Deluxe Cheeseburger served with a Grape Salad	23 Chef Salad served with a Macha Brownie	24 Orange Chicken served with a Vegetable Eggroll	25 <b>CLOSED</b> 
28 Broccoli Cheese Soup served with a ½ Pastrami Sandwich	29 Hot Turkey Sandwich served with a Peanut Butter Bar	31 Sloppy Joes served with Peaches	31 Baked Ham served with Au Gratin Potatoes	Jan 1, 2021 <b>CLOSED</b> 

Menu substitutions or changes are sometimes necessary.

Thank you for your understanding.