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Normal hours 8 a.m. - 4 p.m. Mon - Fri



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National Institute of
Senior Centers

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

NEWSLETTER

November 2020

The Latest from the Anacortes Senior Activity Center

FEATURED IN NOVEMBER

Wellness Day: Aging as a Mindfulness Practice

Join Joe Arellano from 11:30 a.m. to 12:30 p.m. on Tuesday, November 17, 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. We can find ourselves hijacked, derailed, or stuck in the tumults of life's stressful unknowns, and the "stripes" of wisdom we have earned through life experience may not be enough to get us through. 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 more information, visit his website at www.mindflower.net. For Zoom invitation to this free Wellness Day program, contact Lea DeVere at lindad@cityofanacortes.org or at (360) 293-7473.



Emotional Wellness in a Pandemic

One of the six dimensions of wellness relates to emotions. The COVID-19 pandemic has disrupted our lives, and the lives of seniors have changed more than most. Here are a few tips to help you maintain emotional wellness:

- ♥ Keep regular contact with loved ones, by telephone, e-mail, social media or virtual interactive video such as Zoom.
- ♥ Keep regular routines and schedules as much as possible for eating, sleeping and activities you enjoy.
- ♥ Learn simple daily physical exercises to do at home. Sign up for one of the Center's online exercise programs.
- ♥ Take a walk around your neighborhood. Be sure to wear a face mask and keep social distance from others.
- ♥ Arrange for practical help when you need it. For example, arrange to get food when you are unable to get it yourself. There is a lot of information in this newsletter you might find useful.
- ♥ Do not be afraid to ask family members, friends or neighbors for support.

Remember, fear is a normal reaction in uncertainty. Sometimes fear is expressed in ways which are hurtful to other people, so please be kind. Any activity that gives you joy, happiness, cheerfulness, amusement, or that you feel good emotionally is good for your overall wellness.

ANACORTES SENIOR ACTIVITY CENTER

Jonh Lunsford, Director, Parks & Recreation

Lea DeVere, Administrative Assistant

Visit our website at 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.

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

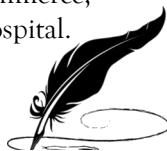
The *Anacortes Senior Activity Center Newsletter* is published monthly and is distributed free at the Senior Activity Center and at a number of locations in town, including the Chamber of Commerce, Library, Senior Housing, and Island Hospital.

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MEALS ON WHEELS NEWS

Help Spread Some Joy!

The Meals on Wheels program will be collecting Christmas gifts for clients who may not receive gifts during the holidays. Please help by giving new, unwrapped gifts valued between \$5 and \$20. If you prefer not to do the shopping, you may also leave a monetary donation ~ make checks out to Meals on Wheels. You may leave gifts or donations with Center staff by knocking on the front door during open hours (from 8 a.m. to 1 p.m. and 1:30 and 4 p.m. Mondays through Thursdays, and from 9 a.m. to 1 p.m. on Fridays). The deadline for dropping gifts off at the Center is Wednesday, December 9.



NOTE: Staff will not be in the building on November 11th, 26th or 27th. Gifts will be distributed during the week of December 14. Here are some gift ideas:

- ♥ Flashlights, nightlights and candles
- ♥ Socks, hats, mittens and gloves
- ♥ Fleece throws or blankets
- ♥ 2021 calendars and mugs
- ♥ Hand soap, lotion, hand towels
- ♥ Kitchen towels and soaps
- ♥ Gift cards to local grocery stores
- ♥ Large print playing cards
- ♥ Magnets

Meals on Wheels and Pickup Meals

The Meals on Wheels delivery program is still operating out of the Center 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 home delivery, call (360) 416-1500.



In Appreciation of Meal Helpers

The following words of appreciation for the Meals on Wheels volunteers and staff came from one of the recipients of the program. It is great to know how caring individuals affect people's lives!



"Both my husband and I cannot thank our Meals on Wheels delivery volunteers enough. They have been delivering to us for almost two years. All of them have been nothing but polite, caring and kind. These wonderful volunteers deserve a big THANK YOU! We sure appreciate them. They persevere in all of our weather elements here in Anacortes. We appreciate the bad weather bags and food, so they can be home, secure and dry. Amanda, we also appreciate you. You have been kind when we have had to cancel a delivery. You also have made deliveries to our home. THANKS!"

NEWS AND NOTICES

Puzzle and Book Exchange

Puzzles and books are available on the bench 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, especially 500 pieces, so that we can keep the exchange going. We are also welcoming donations of paperback books at this time. Please, no hardback books. When you are looking through the puzzles and books, please browse one at a time so that you can maintain appropriate social distancing, and please wear your mask. If someone is there when you arrive, we ask that you wait until that person has finished.



Wellness Tip: Living with Diabetes

Diabetes is one of the leading causes of disability and death in the United States. One in eleven Americans have diabetes, and another 86 million adults are at high risk of developing Type 2 diabetes. Serious health problems can develop as a result of diabetes. Some risk factors include being overweight, high blood pressure, high cholesterol, lack of exercise or having a family member with the disease. The good news is you can do a lot to prevent or delay getting Type 2 diabetes including watching your weight, eating a healthy diet, getting more physical activity, and get your blood pressure and cholesterol checked. Learn more about diabetes at the American Diabetes Associations website: www.diabetes.org.

Newsletters Available at the Center

There are paper copies of the ASAC newsletter available on the bench 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. We will hand them to you through the front door.

Strength and Balance Class Cancelled

Jennifer Eddleman, who has been teaching the Center's Strength and Balance classes for many years, is retiring from the fitness business. We will miss her greatly, and we wish her well in her new adventures. She asked that we share her thanks to all who have participated in her classes. Says Jennifer, "We exercised our minds and bodies, had some fun, created communities, and developed relationships ~ all goals I had when launching Inspire Fitness eight years ago." Jennifer, you will be missed!

PROGRAMS

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. Watch for details, including instructions on how to connect, in the December newsletter.

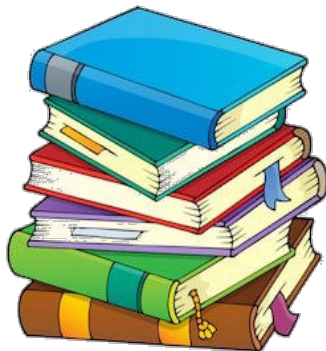


T'ai Chi Chih Available Online

Joan Roulac, who leads the Center’s moving meditation classes, now offers 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.

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 November 5, and the group will read *Ordinary Grace* by William Kent Krueger. The Twins played their debut season, ice-cold root beers were sold out at the soda fountain and comic books were a mainstay. It was a time of innocence and hope. But for thirteen-year-old Frank, it was a grim summer in which death visited frequently and assumed many forms. Told from his perspective forty years later, this is a brilliantly moving account of a boy standing at the door of his young manhood, trying to understand a world that seems to be falling apart around him. For December, the read will be *The Storied Life of A. J. Fikry* by Gabrielle Zevin. To receive a Zoom invitation, contact Terri Bawden at (509) 670-4412 or at terribawden@hotmail.com.



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 deborahfrancisfinearts@gmail.com.

Seated Wellness

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. If you need help with Zoom, you can also get help from Martin Harris (see next page).



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.

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/.



How Do I Keep My Kidneys Healthy?

Join a virtual free talk from 2 to 3 p.m. on Thursday, November 19. Taught by a Renal Dietitian, this class will teach you kidney basics including functions of the kidney and nutrition basics for kidney health. You will also learn some tips and tools to keep your kidneys working well. To register and get the link for this online class, call (425) 259-1907 or email kidneytalk@pskc.net.

Cultured Purls Knitting Guild

Join other 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 November 3. If you would like to receive a Zoom invitation, call Pat Buckley at (206) 200-3824.

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 prior arrangement. Martin especially wants to help new users connect and use the internet for basic functions such as email, entertainment apps and Zoom that you can use to connect with friends and family via your smartphone or tablet. Call the Center at (360) 293-7473.



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.

Coffee with Karl

Join CSO Karl Wolfswinkel with the Anacortes Police Department to discuss police matters affecting our community and nation. November's Coffee at 10 a.m. on Tuesday, November 10, will include a visit from several volunteers with the Auxiliary Patrol Unit who act as extra "eyes and ears" for the department. They will share their experiences and stories involving volunteer work with the Anacortes Police Department. Email karlw@cityofanacortes.org or call (360) 293-4684.



RESOURCES FOR SENIORS

Ensure Available at the Center

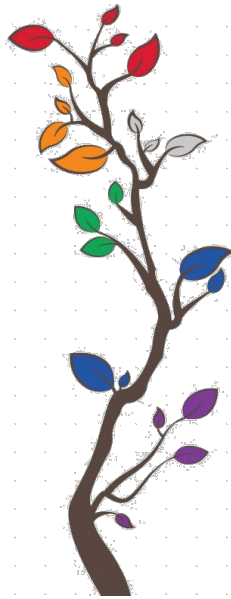
The Skagit County Senior Nutrition Program offers liquid meal supplements (Ensure Plus) to seniors on a suggested donation basis of \$30. Ensure is available at the Center between 8:30 a.m. and 1 p.m. To qualify, you need to:

- ♥ 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 available. Call the Center at (360) 293-7473 if you have any questions.

Inspiration Resources for Aging Well

Bonnie Nelson, Coordinator for the Center's Aging Mastery program, each month shares some great videos and online articles that might offer inspiration to you on reframing what it means to be a senior. Here are some links to videos on mindfulness and gratitude, plus a delightful conversation between a little boy and an older man about life:



- ♥ A Ted Talk on meditation and mindfulness with Andy Puddicombe: https://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes?language=en
- ♥ Giving Unexpected Gratitude To Those Who Need It Most with Ryan Duffy: https://www.youtube.com/watch?v=MCGGI_qAxE
- ♥ An Experiment in Gratitude: The Science of Happiness: <https://www.youtube.com/watch?v=oHv6vTKD6lg>
- ♥ A young boy and an older man talk about life: <https://www.youtube.com/watch?v=BqSxjmvXzzy>

Ways to Save

Benefits CheckUp is a free service of the National Council on Aging (NCOA), a nonprofit service and advocacy organization based in Washington DC 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 Benefits CheckUp questionnaire, go to www.benefitscheckup.org.



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 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.

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.



Mental Health Support Group

NAMI of Skagit is holding 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.

CLASSES AT ISLAND HOSPITAL

Balance Screening

Island Hospital physical therapists can help you determine where your body is vulnerable and help you develop strategies to prevent falls.



Appointments are required. (360) 299-4204 or go to www.islandhospital.org/classes to register.

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. These classes will be held from 1 to 2:30 p.m. on the following dates:

- ♥ Tuesday, November 3
- ♥ Wednesday, November 11
- ♥ Tuesday, November 17

Registration is required. Call (360) 299-4204 or go to www.islandhospital.org/classes to register.

Healthy Eating Habits for the Holidays

'Tis the season! Be proactive with your health by learning strategies to navigate holiday eating in a free class from 2:30 to 3 p.m. on Wednesday, November 11. Taught by an Island Hospital Dietician, this class is geared toward individuals with diabetes, heart disease and/or high cholesterol. Avoid the New Year's guilt by implementing healthy swaps, tips for fitting in physical activity and ways you can enjoy traditional holiday foods while celebrating this season. To register, call (360) 299-4204 or go to www.islandhospital.org/classes.

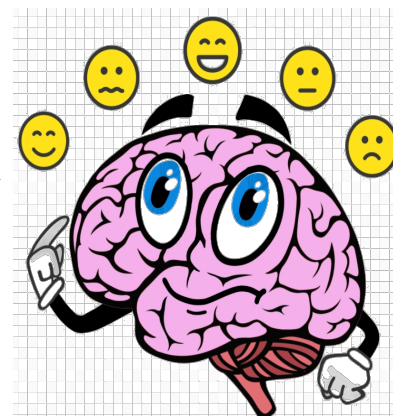


Dietary Strategies for Managing High Cholesterol

Chronically elevated cholesterol levels increase risk for heart attack and stroke. Join Registered Dietitian Amber Phillips from 2:30 to 3 p.m. on Wednesday, November 4, for a free informative talk on small changes you can make to your diet. Amber will cover strategies that go beyond the standard advice to reduce saturated fat and cholesterol intake. To register, call (360) 299-4204 or go to www.islandhospital.org/classes.

Memory Screening

Do you have difficulty paying attention or keeping up in a conversation, staying on topic, or remembering information and names? Are finding words, expressing thoughts, or planning and following through with a schedule becoming more difficult? If so, speech-language pathologists will be available from 1:30 to



2:30 p.m. on Tuesday November 3 to help you identify the nature of your difficulty and determine if you have a cognitive communication deficit. They can also provide strategies to help you improve in these areas of difficulty to help you succeed. Appointments are required. Call (360) 299-4204 or go to www.islandhospital.org/classes to register.

ANACORTES LIBRARY PROGRAMS

Make a Gratitude Collage

This live zoom workshop at 7 p.m. on Wednesday, November 18, is open to crafters of any skill level. Lisa Jackson will teach you to make a gratitude-themed collage, just in time for the holidays. Registration is required. Go to library.cityofanacortes.org to sign up. Supply kits will be available to registered attendees for pickup at the library the week before class.

Always On: How to Turn Up the Volume on Everyday Communication



Join a live Zoom event at 7 p.m. on Wednesday, November 4, with philosophy and psychology, actor and public speaking expert Monica Viharo. Drawing from her experiences, Monica explores the roles we play in our lives and the performances all around us – and shows how to communicate confidently in all situations and mediums. This interactive discussion also introduces practice exercises for combating performance anxiety, honing your on-line persona, and being a confident public speaker. This program is presented by Humanities WA. Visit library.cityofanacortes.org or facebook.com/anacortespubliclibrary for the Zoom link to the event.

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. Drawing on her own experience as an activist and writer, Mayumi explores how these women inspired others and changed our state and our society. This program is presented by Humanities WA.



Visit library.cityofanacortes.org or facebook.com/anacortespubliclibrary for the Zoom link to the event.

Together We Discover

The Anacortes Library has a great selection of 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, acrylic painting, and much more. To access these videos, go to www.anacorteswa.gov/1083/Adult-Programs to find the Anacortes Library’s “Together We Discover” programs.

ASSISTANCE GETTING SUPPLIES

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. 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 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 are accepted.



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.

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.



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 13th Street and the Anacortes Library on 10th 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. 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. Below are examples of the ways that the Foundation helps:

- ♥ Copy machine and office supplies
- ♥ Internet access
- ♥ Newsletter and postage
- ♥ Furnishings and equipment
- ♥ Staff support
- ♥ Kitchen supplies, coffee and tea
- ♥ Fundraising expenses
- ♥ Building improvements and landscaping

BEWARE OF SCAMS

Avoiding Scams During the Pandemic

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

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.

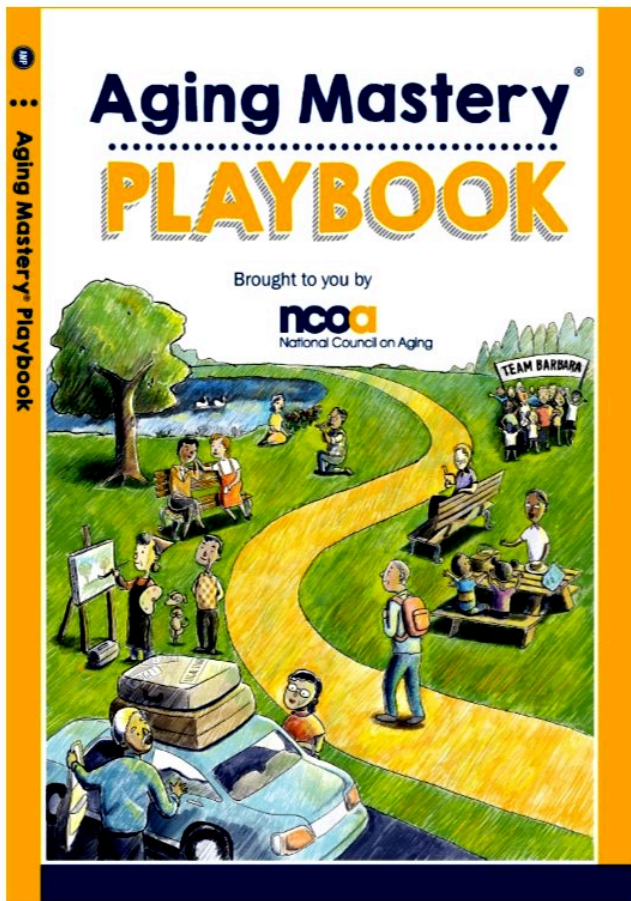
Stay Safe
AND
Healthy

AGING MASTERY STARTER KITS

Get Your Free Starter Kit !

Conversation Groups Are Forming Now to Help You Get the Most from the Program

A great way to make the most of the material in the Starter Kit is to join one of the virtual small discussion groups organized by the Anacortes Senior Activity Center. You get a chance to share your insights on aging with other seniors, get support in reaching your goals, and enjoy lively and inspiring conversations. If you are interested in joining a discussion group, please contact Lea DeVere at (360) 293-7473 or email her at lindad@cityofanacortes.org



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.



Aging Mastery Program

National Council on Aging

Meals on Wheels



GIVING TREE



We are collecting Christmas gifts for Meals on Wheels clients who may not otherwise receive gifts during the holiday season.

To help, purchase a new, unwrapped gift valued between \$5 - \$20. If you prefer, you may leave a monetary donation with a staff member to go toward purchasing gifts. Checks should be made out to Meals on Wheels. Please leave gifts and donations with a senior center staff member by knocking on the front door during business hours.

Mondays – Thursdays: 8 am – 4 pm (closed 1 – 1:30 for lunch)

Fridays: 9 am – 1 pm

DEADLINE: DECEMBER 9th

GIFT IDEAS

- FLASHLIGHTS
- SOCKS
- SCARVES
- HAND TOWELS
- HATS
- HANDSOAP
- FLEECE THROWS
- 2021 CALENDARS



- MITTENS/GLOVES
- MUGS
- CANDLES
- PICTURE FRAMES
- HAND LOTION
- NIGHTLIGHTS
- GIFT CARDS TO LOCAL GROCERY STORES

Do you have high heating bills?

We might be able to help!

If you need help with Wood, Propane, oil , Puget Sound Energy and Cascade Natural Gas bills, please contact Community Action.



How do you apply?

- Call 360-428-1011
- Phone lines open 8:30-5:00 M-F starting September 14, 2020 for seniors 60 years and older.
- Appointments will be completed all over the phone on scheduled days in October and November.

Income Eligibility Guidelines

1 = \$1595.00 4 = \$3275.00
 2 = \$2155.00 5 = \$3835.00
 3 = \$2715.00 6 = \$4395.00

Community
 Action of Skagit County
 330 Pacific Place, Mount Vernon
 Phone: 360-428-1011



November 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

| | | | | |
|---|---|---|--|---|
| 2 Cheese Omelet served with Hashbrowns | 3 Ginger Chicken w/ Peaches served with an Oriental Slaw | 4 Navy Bean soup served with a ½ Deli Sandwich | 5 Shrimp Louis Salad served with a Corn Muffin | 6 Hot Beef Sandwich served with Mashed Potatoes and Gravy |
| 9 Beef Stew served with a Kale Salad | 10 Hawaiian Slider Casserole served with a Vegetable Salad | 11 CLOSED  | 12 Polenta & Black Beans served with Spanish Rice | 13 Teriyaki Chicken w/ Steamed Rice served with a Green Salad |
| 16 Baked Bone-in Chicken served with Caesar Salad | 17 Fish w/ Cilantro Sauce served with a Tex-Mex Salad | 18 Bacon Cheeseburger served with Onion Rings | 19 Thanksgiving Feast Turkey & Stuffing w/ Mashed Potatoes served with a Pumpkin Dessert | 20 Meatball Chowder served with Birthday Cake |
| 23 Chicken Fried Steak served with Mashed Potatoes and Gravy | 24 Chicken Caesar Salad served with Coconut Cake | 25 Biscuit & Gravy served with a Hot Fruit Compote | 26 CLOSED  |  |
| 30 Turkey A La King served with Roasted Potatoes | | | | |

Menu substitutions or changes are sometimes necessary.

Thank you for your understanding.