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ASAC is the only nationally accredited  
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# NEWSLETTER

January 2021

## 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

#### Taking Care of Yourself in This Long Dark Winter

Join local naturopathic physician Dr. Alethea Fleming for a virtual wellness presentation at 10:30 a.m. on Tuesday, January 26. She will discuss tips and techniques for good self-care during this uniquely difficult winter. If you need a boost and some practical advice, please join Dr. Fleming for a lively discussion peppered with good humor. Topics will include sleep, healthy eating, exercise, finding happiness, and of course, COVID-19.

To join the Zoom meeting, copy this link into your browser: <https://zoom.us/j/92372054033?pwd=aIAyWIBjdEQzUHNZVVdIR2ZUZFNHQT09>.



#### 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

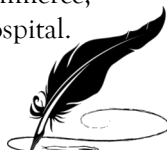
The *Anacortes Senior Activity Center Newsletter* is published monthly and is distributed free at the Senior Activity Center and at a number of locations in town, including the Chamber of Commerce, Library, Senior Housing, and Island Hospital.

### Contributors

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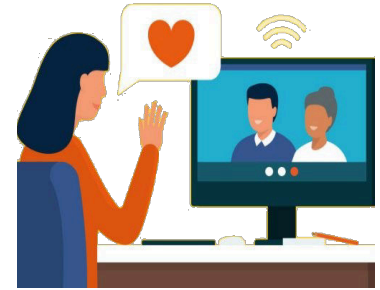
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### Zoom Room Help

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 need help joining and participating in Zoom virtual gatherings or if you simply want to sharpen your Zoom skills, join Dustin South from the Anacortes Parks and Recreation Department in his new Zoom Room help sessions. Dustin will be hosting sessions via Zoom at 10 a.m. starting on Thursday, January 14. 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 virtual meeting.

### 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? 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, contact Pat at (206) 200-3824 or at [pbuckl@aol.com](mailto:pbuckl@aol.com) by January 10. Date and time to be determined by participants.

### Virtual Bridge Games

The Senior Activity Center bridge players will soon be restarting games in a virtual format, with the assistance of Center and Parks and Recreation staff. The goal is to play games of bridge using online software while being in the same "room" together using Zoom, allowing players to visit and chat. Watch for details in the next newsletter.



## Silver Foxes

You can also watch the Silver Foxes video for free on YouTube any time you want. Just go to these links:  
Part 1: [www.youtube.com/watch?v=TmLBBkdiqOI](http://www.youtube.com/watch?v=TmLBBkdiqOI)  
Part 2: [www.youtube.com/watch?v=wQdB6A2CLA8](http://www.youtube.com/watch?v=wQdB6A2CLA8)



## 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, February 24. Watch for details including instructions on how to connect in the February newsletter.

## MEALS ON WHEELS NEWS

### Recipients Appreciate Volunteers

- ♥ *“Volunteers are people who selflessly give of their time, energy, and care for others. I have experienced the help-ful people at the Senior Activity Center and when I broke my arm and could not drive, I was a recipient of Meals on Wheels for six weeks. What a help, and the folks who delivered my lunch were friendly and always had a kind word when I answered the door. Thank you for your encouraging words and thoughtful deeds. Volun-teers are great!”*
- ♥ *“A volunteer is someone who has plenty of tasks to do at home but knows there’s somebody else in town that also has tasks but no longer the physical ability to accomplish them; so he signs up as a volunteer.”*

### Meals on Wheels and Pickup Meals

The Meals on Wheels delivery program is operating out of the Center every Mon-day through Friday. You can pick up five to ten meals once a week by calling (360) 293-7473. Ask for the Nutri-tion department. To sign up for Meals on Wheels home delivery, call (360) 416-1500.



## Thank You for Your Gifts

Skagit Senior Nutrition sincerely thanks Skagit Regional Health for the generosity extended to our Meals on Wheels program. Their remarkable talent and kindness helped fuel our mutual effort to provide gifts to all of Skagit County Meals on Wheels recipients. The staff at Skagit Regional Health is an inspiration of what a great community of compassion we live in.

We also wish to extend a big thank you to all the generous individuals and organizations who so kindly gave gifts to our Meals on Wheels recipients. You very helped make this season bright!

## STAYING WELL

### Wellness Tip: Glaucoma

Glaucoma is a group of eye conditions that damage the optic nerve in your eye, which is vital for good vision.



It is one of the leading causes of blindness in the U.S. Vision loss cannot be recovered, but if glaucoma is recognized early vision loss can be slowed or prevented. The most common form has no warning sign and it can be gradual.

Here are a few risk factors:

- ♥ Over 60 years old
- ♥ Family history of glaucoma
- ♥ Eye injury
- ♥ Diabetes, heart disease

Here are some ways you can reduce your risk:

- ♥ Get regular eye exams (every two years if you are over 65 or are at risk.)
- ♥ Exercise regularly
- ♥ Eat a healthy diet
- ♥ Wear protective eyewear (sunglasses, goggles)

## Six Dimensions of Wellness: Spirituality

Do not ignore your spiritual wellness during this pandemic. Lean on what is important in your life and look for ways to nourish your positive emotions. Here are a few suggestions to stay spiritually strong:



- ♥ Take time for meditation and relaxation. It will free your mind and foster a stronger relationship with your spiritual wellness. Enjoy a quiet moment and it can help reduce stress.
- ♥ Keep a daily journal, like writing down at the end of the day, three positive things you are grateful for.
- ♥ Try yoga for seniors. Search for “free online yoga classes” or join the Seated Wellness class listed in this newsletter. Gentle yoga can help with stress, anxiety, depression, fatigue and insomnia, to mention just a few.
- ♥ Share love and compassion with others. Reach out to family members with encouraging words or a neighbor in need. We humans are social beings, and we need the connection with others via phone, texting or interactive video such as Zoom or Skype.
- ♥ Think kind thoughts or pray for yourself and others.
- ♥ Reflect on what is most important and valuable in your life with gratitude.

## PROGRAMS

### Seated Wellness with Rita Yribar

Rita Yribar teaches a free online chair yoga class via Zoom 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/).

### Coffee with Karl

Join CSO Karl Wolfswinkel with the Anacortes Police Department to discuss police matters affecting our community and nation. January’s “Coffee with Karl” event will focus on tips and tricks to use to avoid fraud and scams. The meeting will take place virtually at 10 a.m. on Tuesday, January 12. Email CSO Wolfswinkel at [karlw@cityofanacortes.org](mailto:karlw@cityofanacortes.org) or call (360) 293-4684 for a link to the meeting.

### 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 January 5. If you would like to be sent a Zoom invitation, call Pat Buckley at (206) 200-3824.



### 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 inspire and support others while continuing on your own 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).

## 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 January 7. For that meeting, the group will read *A Piece of The World* by Christina Baker

Kline. This novel is based on the life of Christina Olson who is tied to her home by health and circumstance, and she seems destined for a small life. Instead, she becomes Andrew Wyeth's first great inspiration, and the subject of one of the best-known paintings of the twentieth century, "Christina's World." For February, the group will read *Drive Your Plow over the Bones of the Dead* by Olga Tokarczuk. To receive a Zoom invitation to the meetings, contact Terri Bawden at (509) 670-4412 or at [terribawden@hotmail.com](mailto:terribawden@hotmail.com).

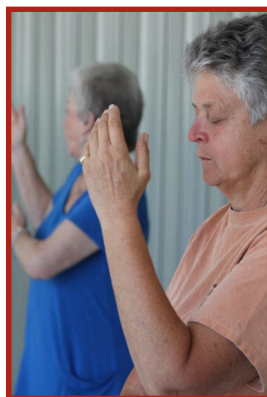


## Creative Circle

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](mailto:deborahfrancisfinearts@gmail.com).

## 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](mailto:joan@mountaintopmusings.com).



## PC and Android Phone Consultations

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 anytime 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 conferencing that you can use to 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.



## 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).

## Aging Mastery Video

For more information on the Aging Mastery program, watch this great video put together by the National Council on Aging. Copy this link to your browser: <https://youtu.be/r0haI8SxijU>.

## Communication and 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.



## Council of the Blind

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 Saturday of each month. To join in this meeting call (857) 799-9325. For information on future meetings or if you have any questions, contact President Andy Arvidson at (425) 218-0190.

## NEWS AND NOTICES

### 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 newsletters to an organization, give us a call at (360) 293-7473.



## 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 at the back of this newsletter.

## Plant Sale

The ASAC Foundation is hoping to hold an outdoor plant and yard art sale sometime this spring in the parking lot of the Senior Activity Center. The timing of the event will depend on pandemic protocols at that time, so watch for details in upcoming newsletters. All the funds raised will go to support various activities at the Center. The Foundation will be looking for plant donations, so please start thinking about plants you might be able to contribute to the sale. You may want to donate plants that you have, bulbs or seedling starts. The sale will also include garden art to sell from local creative artists, and there will be painted rocks for sale as well. This is a good time to start thinking about spring! If you are interested in contributing plants or other items to the sale, contact Lin Folsom at (360) 941-1488 or email her at [linline@mac.com](mailto:linline@mac.com).



## Jigsaw Puzzles and Paperbacks Needed

Our supplies of puzzles and paperbacks are diminishing – we welcome any that you are finished with and would like to pass on (no hardback books, please). We have puzzles and books available for free 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. We would appreciate your donations so that we can keep the exchange going. When you are looking through the puzzles and books, please browse one at a time so that you can maintain social distancing, and do wear your mask. If someone is there when you arrive, we ask that you wait until that person has finished.

## CLASSES AT ISLAND HOSPITAL

Registration is required. Call (360) 299-4204 or email [communityed@islandhospital.org](mailto:communityed@islandhospital.org) to sign up.

### 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, planning and following through with a schedule becoming more difficult? If so, Island Hospital speech pathologists can help identify the nature of your difficulty and determine if you have a cognitive communication deficit. They can also provide strategies to help. Appointments are available on between 1:30 and 3:30 p.m. on Tuesday, January 12.



### Dietary Strategies for Managing High Cholesterol

Chronically elevated cholesterol levels increase risk for heart attack and stroke. Join Registered Dietitian Amber Phillips at 2:30 p.m. on Wednesday, January 13, for an informative 30-minute talk on small changes you can make to your diet besides the standard advice to reduce saturated fat and cholesterol intake.

### Doc Talk: Healthy Sleep Habits

Join Dr. Reyna, Medical Director of the Island Hospital Sleep Center, at 1 p.m. on Wednesday, January 20, for a review of healthy sleep habits to help you obtain a good night's sleep. You will learn how to develop a good bedtime ritual and to identify those behaviors that interfere with getting quality sleep. Dr. Reyna will outline normal sleep cycling and sleep patterns and how that impacts whether you wake up feeling refreshed.



### Doc Talk: Managing Your Mental Health

Join Dr. Hammer, a psychiatrist at Island Hospital Psychiatry and Behavioral Health Clinic, at 1 p.m. on Thursday, January 14, for a discussion on managing and maintaining mental health in the face of stress. You will learn how to manage stress, learn how to fight anxiety and depression, improve resilience and how to manage your emotions in crises. Dr. Hammer will discuss common myths and misconceptions about mental health, and you will gain some tools to help you live a fulfilling and mentally healthy life.

## 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).



### 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 for the spine.

### 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.

## ANACORTES LIBRARY PROGRAMS

### 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 blacksmithing, bee keeping, fly fishing, rock hounding, acrylic painting, and much more. To access the videos, go to [www.anacorteswa.gov/1083/AdultPrograms](http://www.anacorteswa.gov/1083/AdultPrograms).



### Family Trivia Night

Join this fun Zoom event at 7 p.m. on Wednesday, January 27. Do you always have the answers when you watch Jeopardy? Are you way smarter than those families you see on Family Feud? Do you always solve the puzzle before Vanna reveals all the letters? Now is your chance to show off your smarts! Sign up for this family-friendly trivia night in groups of one to five players and compete for prizes and prestige. Registration is required, visit [library.cityofanacortes.org](http://library.cityofanacortes.org) for more details and to sign up.

### The Sound of a Dry Martini: The 1960s

Join in this virtual Jazz Series program at 7 p.m. on Wednesday, January 27. The Anacortes Library's jazz series offers "The Sound of a Dry Martini: Remembering Paul Desmond," with Brent Jensen.

This is the second of three episodes covering the 1950s through 1970s, sponsored by the Manieri Endowment to continue in 2021. Visit [library.cityofanacortes.org](http://library.cityofanacortes.org) for links to view previous episodes.



## RESOURCES FOR SENIORS

### Ideas 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 well. This month learn how starting new tiny habits can bring big positive changes to your life.

- ♥ Enjoy this TED talk video with Stanford behavioral scientist BJ Fogg: [www.youtube.com/watch?v=AdKUJxjn-R8&list=PL0BAXbXvxCCKbCL21fj-joY99aj125JW&index=5&t=0s](https://www.youtube.com/watch?v=AdKUJxjn-R8&list=PL0BAXbXvxCCKbCL21fj-joY99aj125JW&index=5&t=0s)
- ♥ And here is an NPR interview with Dr. Fogg that explains his ideas in more detail: [www.npr.org/2020/02/25/809256398/tiny-habits-are-the-key-to-behavioral-change](https://www.npr.org/2020/02/25/809256398/tiny-habits-are-the-key-to-behavioral-change)

### Benefits CheckUp

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.



## 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 appointment by calling SHIBA at (360) 299-4212 or e-mailing [Julie.McKee@islandhospital.org](mailto:Julie.McKee@islandhospital.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 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).

## 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. Monday through Friday. 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

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



## TAX ASSISTANCE

### Property Tax Reduction

Seniors are not required to file with the IRS to receive the property tax exemption. If you have filed, the Assessor's Office needs to see your tax return to verify your eligibility. For 2021, the Assessor's Office will resume auditing participants. Their service counter is not currently open to the public, although they are hopeful that they will be resuming in-person service. Until that happens there are several ways to provide information to them: mail, non-secure email, fax or by dropping information in the locked drop box in their hallway. They are located at 700 S Second St, Room 204, Mount Vernon, WA 98273.

Note: income limits have increased and \$42,390 is the new Combined Disposable Income Limit. In addition, for 2020 the requirement for two witness signatures has been eliminated.



### Tax Assistance Program

The Skagit County AARP Tax-Aide program is currently awaiting advice from our National AARP Program as to whether or not they will be preparing tax returns next year. If that service is able to return, we will bring you information about it. Watch for details in upcoming newsletter.

## 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](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.

## Grocery Assistance

- ♥ 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.

Volunteers from the program can pick up pre-paid grocery orders from local stores that offer call-in and/or online ordering 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. They will do deliveries if someone is unable to leave home.
- ♥ 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 restocked frequently.
- ♥ Anacortes Family Center has emergency packs of food. Email [Samantha@anacortesfamily.org](mailto:Samantha@anacortesfamily.org) to arrange pickup.



## 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. Leave a message and wait for a response in about 24 hours.

## 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.

Below are examples of some of the things the ASAC Foundation supports:

- ♥ Copy machine
- ♥ Internet access
- ♥ Newsletter
- ♥ Furnishings
- ♥ Equipment
- ♥ Office supplies
- ♥ Postage
- ♥ Staff support
- ♥ Kitchen supplies
- ♥ Coffee and tea
- ♥ Fundraising expenses
- ♥ Special projects
- ♥ Building improvements
- ♥ Landscaping
- ♥ And much more!



Please visit the Foundation's website at [asacfoundationanacortes.org](http://asacfoundationanacortes.org).

## BEWARE OF SCAMS

### Four Signs That It Is a Scam

Scammers PRETEND to be from an organization you know.

- ♥ Scammers often pretend to be contacting you on behalf of the government. They might use a real name, like the Social Security Administration, the IRS, or Medicare, or make up a name that sounds official. Some pretend to be from a business you know, like a utility company, a tech company, or even a charity asking for donations.
- ♥ They use technology to change the phone number that appears on your caller ID. So the name and number you see might not be real.

Scammers say there is a PROBLEM or a PRIZE.

- ♥ They might say you are in trouble with the government. Or you owe money. Or someone in your family had an emergency. Or that there is a virus on your computer.
- ♥ Some scammers say there is a problem with one of your accounts and that you need to verify some information.
- ♥ Others will lie and say you won money in a lottery or sweepstakes but have to pay a fee to get it.



Scammers PRESSURE you to act immediately.

- ♥ Scammers want you to act before you have time to think. If you are on the phone, they might tell you not to hang up so you cannot check out their story.
- ♥ They might threaten to arrest you, sue you, take away your driver's or business license, or deport you. They might say your computer is about to be corrupted.

Scammers tell you to PAY in a specific way.

- ♥ They often insist that you pay by sending money through a money transfer company or by putting money on a gift card and then giving them the number on the back.
- ♥ Some will send you a check (that will later turn out to be fake), tell you to deposit it, and then send them money.

## What You Can Do to Avoid a Scam



- ♥ Block unwanted calls and text messages. Take steps to block unwanted calls and to filter unwanted text messages.
- ♥ Don't give your personal or financial information in response to a request that you did not expect. Legitimate organizations will not call, email, or text to ask for your personal information, like your Social Security, bank account, or credit card numbers.
- ♥ If you get an email or text message from a company you do business with and you think it is real, it is still best not to click on any links. Instead, contact them using a website you know is trustworthy. Or look up their phone number. Do not call a number they gave you or the number from your caller ID.
- ♥ Resist the pressure to act immediately. Legitimate businesses will give you time to make a decision. Anyone who pressures you to pay or give them your personal information is a scammer.
- ♥ Know how scammers tell you to pay. Never pay someone who insists you pay with a gift card or by using a money transfer service. And never deposit a check and send money back to someone.
- ♥ Stop and talk to someone you trust. Before you do anything else, tell someone – a friend, a family member, a neighbor – what happened. Talking about it could help you realize it is a scam.

## LATEST ON COVID-19

### Vaccines for COVID-19

The COVID-19 vaccines have begun to arrive and are being distributed in Washington State. Two vaccines have been authorized for emergency use by U.S. Food and Drug Administration (FDA) and both vaccines have also passed independent review by medical experts in the Scientific Safety Review Workgroup, as part of the Western



States Pact. The Washington State Department of Health has information on the new vaccines, how they are made, how they work in your body, and information on the distribution plan in our state. Visit the Department of Health information website at [covidvaccinewa.org](https://covidvaccinewa.org) for more information.

### Continue to Wear Cloth Face Coverings

Even as vaccines are beginning to be distributed, it is important to continue practicing social distancing and wearing 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.

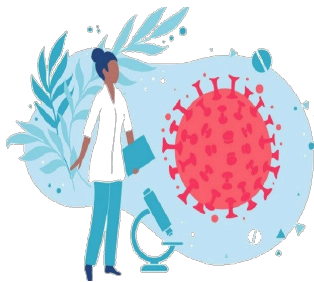


Studies and evidence on infection control report that these droplets usually travel around six feet (about two arm's length). Cloth face coverings provide an extra layer to help prevent the respiratory droplets from traveling in the air and onto other people. Stay well and help the other people around 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*

## Latest 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?

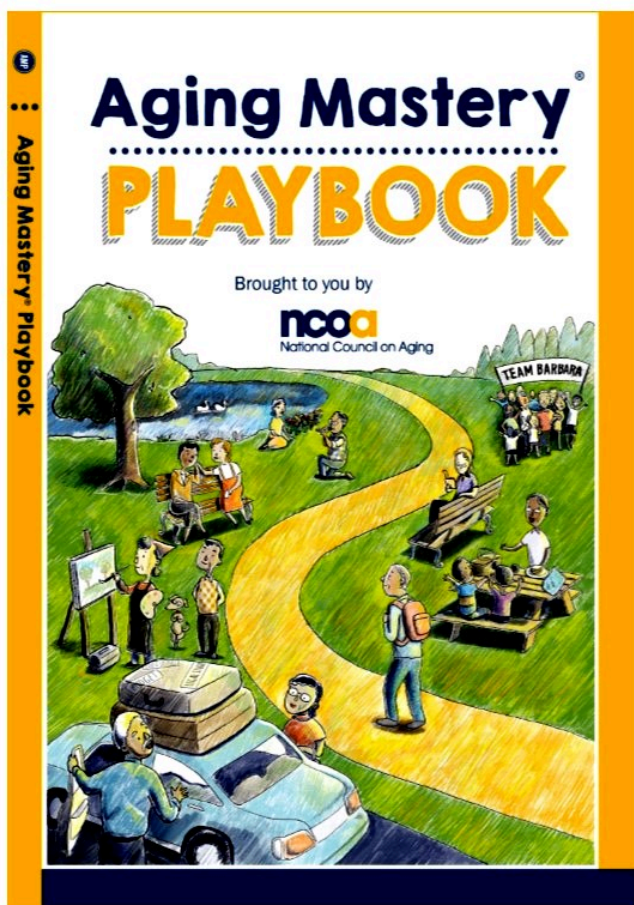
### Staff Is Available at the Center to Answer Questions About Programs and Services

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.

If we are away from the phone or if you call after office hours, please leave a message on 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<sup>®</sup>

National Council on Aging

# January 2021 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 <b>Closed</b><br> |
| 4<br>Krabby Cake served with Pasta Alfredo  | 5<br>Mushroom-Swiss Burger served with a Chocolate Chip Cookie               | 6<br>Teriyaki Chicken w/ Sticky Rice served with Green Beans | 7<br>Manicotti w/ Marinara served with a Zesty Quinoa Salad | 8<br>Chicken Marbella w/ Mashed Potatoes served with a Roll  |
| 11<br>Baked Bone-in Chicken served with Smashed Baby Bakers   | 12<br>Pork Roast served with Mashed Potatoes & Gravy                         | 13<br>Impossible Taco Pie served with a Tex-Mex Salad        | 14<br>Hungarian Mushroom Soup served with a ½ Deli Sandwich | 15<br>Gyro w/ Tzatziki Sauce served with Mango Chunks  |
| 18 <b>Closed</b><br> | 19<br>Home-style Chicken Bowl served with a Biscuit                          | 20<br>Chili Mac w/ Hot Dog served with Taffy Apple Salad     | 21<br>Pulled Pork Sandwich served with Peach Crisp          | 22<br>Inside Out Ravioli served with a Pepperoni Salad   |
| 25<br>Chicken Fried Steak served with Mashed Potatoes   | 26<br>Butternut Squash w/ Italian Sausage Soup served with a ½ Deli Sandwich | 27<br>Lemon Pepper Fish served with Sliced Apples            | 28<br>Turkey Pot Pie served with a Green Salad              | 29<br>Meatball Sub Sandwich served with Birthday Cake  |

Menu substitutions or changes are sometimes necessary.

Thank you for your understanding.