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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

February 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 if you have any questions or need more information. Stay well and be safe!

NEW PROGRAMS COMING UP

Silver Foxes Are Back!

Join Dustin South and Travis Anderson of Anacortes Parks and Recreation for virtual, interactive Silver Foxes exercise sessions. These will be held at the same time as always, 10 a.m. every Monday, Wednesday and Friday morning starting February 1. There is no charge, but you will need signup in advance to participate in the virtual session. To register, go to <https://anacortesparksandrecreation.sportsites.com/player#Act1fa21c4fbd4f0544ca8df4-2080705d717a>. Join any time! You can also access the Silver Foxes videos to exercise on your own by going to the following YouTube links:

Part 1: <https://www.youtube.com/watch?v=TmLBBkdiqOI>

Part 2: <https://www.youtube.com/watch?v=wQdB6A2CLA8>



Wellness Day: Breath Relaxation, Balance and Hydration

Join Rita Yribar, instructor of the Center's Seated Wellness class, for a virtual presentation at 10:30 a.m. on Tuesday, February 23. In this interactive program, Rita will teach you some exercises for using your breath to help you relax. She will also give you some basic techniques you can use to help strengthen your physical balance, and she will give some suggestions on how to keep hydrated. To join this virtual wellness meeting via Zoom, click on this link:

<https://zoom.us/j/99886084882?pwd=WTNBaWtmdzI1OGhuZ2QrWUNhZUIyUT09>.

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



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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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. Register in advance for this webinar using this link:



<https://us02web.zoom.us/j/83604257317?pwd=Sk5yZjlBVzdKN3F0QmhmNzZIOTBkQT09>.

After registering, you will receive a confirmation email containing information about joining the webinar. Once on the webinar, 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. (NOTE: 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.
- ♥ For the best sound quality and to decrease background noise, please use headphones or a mic.

Virtual Bridge Games

Senior Activity Center bridge players are working on 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 at the same time being in the same "room" together using Zoom so that players can visit and chat. If you are interested in joining the group, contact Lea DeVere at (360) 293-7473 or at lindad@cityofanacortes.org.



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. 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 next Zoom meetings will be held at 10 a.m. on Wednesdays, February 10 and February 24. Meetings will last approximately 30 to 60 minutes depending on the recipes and the number of participants. Email Chef Jackie at chefjackiedavison@gmail.com to receive an invitation.



As a result of popular demand, Chef Jackie will be starting a second group soon. Watch for details in next newsletter.

Spanish Lessons

Learn Spanish at your own level and pace. Center volunteer Melanie Dugan has over 25 years of experience teaching languages. The lessons will be held via Zoom for an hour each week. Participants will learn together and then have one hour of drop-in time to ask questions or get help with your assignments. Choose either Monday mornings from 9 to 10 a.m. or Tuesday evenings from 6:30 to 7:30 p.m. To register, email Melanie at artstudio2120@gmail.com.

The cost is \$60 per month and the class is ongoing. Join for as many months as you like. Payment is prorated if you join in the middle of the month.



Aging and Spiritual Wellness

Spaces are still available in a new online discussion group focusing 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, call Pat at (206) 200-3824 or email her at pbuckl@aol.com by February 15. Date and time to be determined by participants.

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, February 11. For more information or to sign-up, email Dustin at the Parks and Recreation Department at dustins@cityofanacortes.org. A meeting invitation weblink will be emailed the day before the virtual meeting.



MEALS ON WHEELS NEWS

Meals on Wheels Recipients Thank Volunteers



- ♥ *"They are so precious to us and to God. They don't have to volunteer but they know the value of giving. The volunteers for Meals on Wheels should be shown appreciation for their time and energy to help this community in a wonderful way. I certainly am nourished and uplifted by their diligent effort. Thank you from my heart!"*
- ♥ *"What kind of price can you put on a smile - especially on a wet, cold, grey day? The seasonings sprinkled into our meals are the smiles, pleasant and happy conversations during preparations - these seasonings go on to touch our days and those we are in contact with during the day. Bless each and every one of them for their care."*

Meals on Wheels and Pickup Meals

Meals on Wheels is available Monday through Friday. You can pick up five to ten meals once a week by calling (360) 293-7473. To sign up for Meals on Wheels home delivery, call (360) 416-1500.

STAYING WELL

Wellness Tip: Blood Pressure

High blood pressure (hypertension) is a symptomless "silent killer" that quietly damages blood vessels and leads to serious health problems such as stroke, kidney disease and more. Most of the time there are no symptoms and signs of high blood pressure. The best way to know if your blood pressure is in a healthy or unhealthy range is to get it checked. Using medications as prescribed and making positive lifestyle changes can help enhance your quality of life and reduce your risk of hypertension related health diseases.



Six Dimensions of Wellness: Physical Wellness

Physical wellness focuses on maintaining a healthy quality of life that allows you to get through your daily activities without undue fatigue or physical stress. To achieve this requires a combination of regular activity, exercise and healthy eating habits. One of the big questions right now is "how do I stay active during Covid-19?" Here are some tips:

- ♥ Reduce long periods of time spent sitting. Take a break of three to five minutes every 20 to 30 minutes. Simply stand up and stretch or take a walk around the house.
- ♥ Plan a physical activity or an exercise break by yourself or join an online class. Set a time and stick to it.
- ♥ Get enough rest at night. A cool, dark room is best. For good physical health, most people need seven to nine hours of sleep per night to function at their best.
- ♥ Eat a balanced diet. This means eating a wide variety and the right amount of food.
- ♥ Keep yourself hydrated. Drink eight eight-ounce glasses of water each day.
- ♥ Take preventative measures against injury. Once a year, review your medications with your doctor and have your vision checked.
- ♥ Find ways to improve your balance and strength. Make changes in your home to help you prevent falls.
- ♥ Remove throw rugs, improve quality of light, and put grab bars in the shower or by the toilet.
- ♥ Use a shower bench in the shower.
- ♥ In the kitchen, move items you use daily to lower shelves.
- ♥ Practice good lifting techniques and wear proper footwear inside and outside.



ONGOING PROGRAMS

Coffee with Karl

Join CSO Karl Wolfswinkel with the Anacortes Police Department to discuss police matters affecting our community and nation. The meeting will take place virtually at 10 a.m. on Tuesday, February 9. Email CSO Wolfswinkel at karlw@cityofanacortes.org or call (360) 293-4684 for a link to the meeting.



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 4th 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, email Bonnie Nelson, Program Coordinator at amp4alumni@gmail.com.

Creative Circle

Since it is not possible to meet in person during the pandemic, the Creative Circle is meeting virtually via Zoom. 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.



Aging Mastery Starter Kits

Get your own FREE Aging Mastery Program Starter Kit! 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:

- ♥ 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. Contact Lea DeVere for a kit by calling (360) 293-7473 or email her at lindad@cityofanacortes.org. A new discussion group is forming for folks who want to work through the kits together, sharing ideas and support. For more information on the Aging Mastery program, watch this great video put together by the National Council on Aging. Click on <https://youtu.be/r0haI8SxijU>.

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 February 4. For that meeting, the group will read *Drive Your Plow over the Bones of the*



Dead by Olga Tokarczuk. In a remote Polish village, Janina devotes the dark winter days to studying astrology, translating the poetry of William Blake, and taking care of the summer homes of wealthy Warsaw residents. Her reputation as a crank and a recluse is amplified by her not-so-secret preference for the company of animals over humans. Then a neighbor, Big Foot, turns up dead. Soon other bodies are discovered, in increasingly strange circumstances. As suspicions mount, Janina inserts herself into the investigation, certain that she knows whodunit. If only anyone would pay her mind... A deeply satisfying thriller cum fairy tale. For March, the group will read *The Lacuna* by Barbara Kingsolver. To receive a Zoom invitation to the meetings, contact Terri Bawden at (509) 670-4412 or at terribawden@hotmail.com.

T'ai Chi Chih 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.



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.

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/.

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 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.



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 February 2. If you would like to be sent a Zoom invitation, call Pat Buckley at (206) 200-3824.



Skagit/Island Counties 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

Offices Closed for Presidents Day

The Center offices will be closed on Monday, February 15, for the Presidents Day holiday. Regular office and meal service will resume on Tuesday, February 16.

Newsletters Available

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.

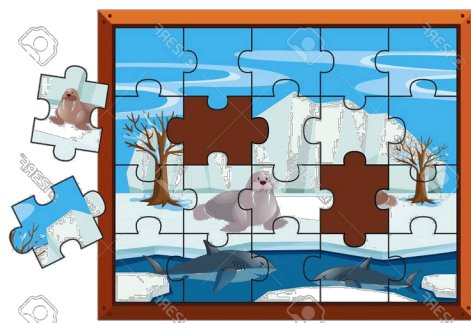


Masks Featuring Anacortes Artists

Local artists Al Currier, Ann Schrievogl and Jennifer Bowman have generously donated art to create COVID-19 masks with 100% of the proceeds benefiting Senior Activity Center. These masks have been very popular, and they are selling fast! Many volunteer hands have been busy sewing up these beautiful masks, making sure that we get them into as many hands as possible. The cost is \$25. Place your order online at www.asacfoundation.org (click “shop”) or contact Michele Pope at popejm@comcast.net.

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.) Puzzles and books are available for free 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 appreciate your donations so that we can keep the exchange going. When you are looking through the puzzles and books, browse one at a time so that you can maintain social distancing and wear your mask. If someone is there when you arrive, wait until that person has finished.



CLASSES AT ISLAND HOSPITAL

Registration is required. Call (360) 299-4204 or email communityed@islandhospital.org to sign up. There is no charge for these classes/appointments.

Living Better with Diabetes

Today diabetes affects one in nine adults in the U.S. To derail that trend, more Americans must commit to lead healthier, more active lives. If you have or are at risk of developing diabetes, there are positive steps you can take to control your health. Join Registered Dietitian and Certified Diabetes Educator Mary Beth Robinson, MS, RD/LD, CDE from 10 to 10:30 a.m. on Wednesday, February 3, for a virtual discussion on healthy eating, being active, and reducing risks to help manage diabetes.

Balance Screening

Island Hospital physical therapists can help determine where your body is vulnerable and help you develop strategies to prevent falls. Appointments are required between 10:30 a.m. and 12:30 p.m. on Tuesday, February 2, at Physical, Occupational and Speech Therapy at Island Hospital.



Medicare 101: Understanding Your Medicare Choices

Do you need help deciphering the Medicare puzzle? Join a virtual presentation from 1 to 2:30 p.m. on Monday, February 8, to learn more about traditional Medicare coverage, Medicare Advantage Plans, Prescription Drug Coverage, gaps, enrollment and fraud protection.

Improving Your Aging Memory

Is your memory not quite what it used to be? Join an Island Hospital speech-language pathologist Libby Lewis (MA, MEd, CCC-SLP) from 10:30 to 11:15 a.m. on Wednesday, February 10, for a virtual presentation to learn strategies and activities to improve your memory and keep your mind sharp.

Swallow Screening

Concerned about your 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? Meet with a speech-language pathologist to determine if you might have a swallowing disorder on Tuesday, February 16. Appointments are available between 1:30 and 3:30 p.m. at Physical, Occupational and Speech Therapy at Island Hospital.



Nutrition and Osteoporosis

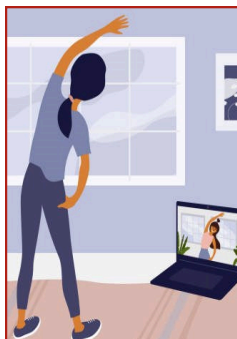
Dietary habits play an important role in your risk of developing osteoporosis. Managing these habits can be particularly important as we age. A diet without enough calcium and vitamin D can contribute to weak bones. Calcium is a key building block for your bones, while vitamin D helps your body to absorb calcium. Join Registered Dietitian and Certified Diabetes Educator Mary Beth Robinson (MS, RD/LD, CDE) from 10 to 10:30 a.m. on Wednesday, February 17, for a virtual discussion on nutritional tips for good bone health.

Aging in Place

Join Kären Flint, Community Outreach and Education Specialist from Hospice of the Northwest, from 10 to 11 a.m. on Thursday, February 25, for a virtual program to learn tips and strategies for healthy aging and how to stay in your home longer.

FIDALGO POOL & FITNESS CENTER

You can access fitness classes in virtual format 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.



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. Stability, mobility and flexibility exercises for the spine will be practiced.



ANACORTES LIBRARY PROGRAMS

All programs are virtual. For links to attend, visit library.cityofanacortes.org links to attend.

Stay Fit @ Home

Looking to get fit from home? Join Parks and Recreation Coordinator Travis Anderson at 7 p.m. beginning on Wednesday, February 3, for a low impact, high-rewards at-home workout routine you can do in your living room! Travis will guide you through a four-part video series including beginning exercises, a warmup and a workout each week in February with options for all fitness levels. Grab your water bottle and get ready to have fun!

Trivia Night: 21 Questions for 2021

Do you always solve the puzzle before Vanna reveals all the letters? Are you smarter than those families on Family Feud? Join this live virtual event at 6 p.m. on Wednesday, February 17 and have your chance to show off your smarts! One lucky team, randomly drawn from the list of participants, will win a team prize!



Author John Hoyte: *Persistence of Light*

Join a special live Zoom event at 7 p.m. on Wednesday, February 10, with author John Hoyte as he shares his book *Persistence of Light*. This is the story of John's journey from childhood in China in a Japanese prison camp in World War II, to leading a British expedition over the Alps with an elephant, to being an entrepreneur and inventor in Silicon Valley. John now lives in Bellingham with his wife, the poet Luci Shaw.

Together We Discover

The library has a great selection of short videos 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/AdultPrograms to find the Anacortes Library's "Together We Discover" programs.

The Sound of a Dry Martini: The 1970s

Join in this virtual Jazz Series program at 7 p.m. on Wednesday, February 24. The Anacortes Library's jazz series continues with Episode 3 of "The Sound of a Dry Martini: Remembering Paul Desmond," with Brent Jensen. This is the finale of three episodes covering the 1950s through 1970s, sponsored by the Manieri Jazz & Swing Endowment. For links to view previous episodes. Visit library.cityofanacortes.org.



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.

- ♥ Here is a TED Talk about what makes for a happy life, presented by Robert Waldinger and based on a 75-year study: <https://www.youtube.com/watch?v=8KkKuTCFvzI&t=3s>
- ♥ And this is a TED Talk called "The Power of Deliberate Listening" by Ronnie Polanczky: <https://www.youtube.com/watch?v+A343tIP5iUA>

Reduce Traffic Deaths to Zero

The Washington Traffic Safety Commission has set a goal to reduce traffic-related deaths on our roads to zero by 2030. Carr Latham, Target Zero Manager for this region, wants to share this video interview done by the Commission to help seniors plan for their driving future. In the interview, a 77-year-old driver who reflects on his driving past and what the future on the road might look like. Go to:



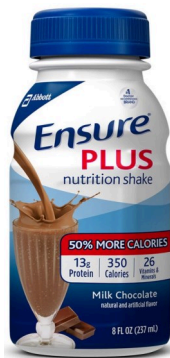
- ♥ <https://youtu.be/jWrV7GxC5p0>
- ♥ <https://www.facebook.com/Northwest-Region-Target-Zero-110513107512843>

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.

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

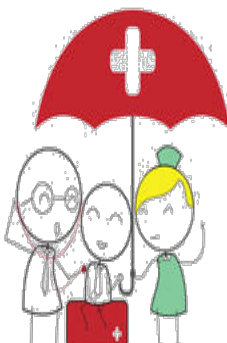
Contact Amanda at (360) 293-7473 with any questions.

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.

Health Insurance Assistance

For health insurance not related to Medicare, Island Hospital's health plan assisters are available by calling (360) 299-4924. For Medicare, phone appointments with a SHIBA volunteer can be made by calling (360) 299-4212. The Health Resource Center and SHIBA continue to be closed to the public until further notice. However, SHIBA volunteers will be checking the SHIBA helpline on Mondays, Wednesdays and Fridays. SHIBA volunteers are 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.



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.

TAX ASSISTANCE

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 newsletters.

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.

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 anacortesfood-coop@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.



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.



Volunteer Services Can Help

Due to the pandemic, Community Action’s Volunteer Services Program is focusing on the immediate needs of the senior and disabled community. Program staff are reaching out to clients, 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 pre-pay for your medications and volunteers will pick up and deliver your medications to you. Volunteers also provide firewood to those clients who depend on wood as their only source of heat, and volunteers can also help with yardwork. Contact Diane Aldridge at (360) 610-0809 for more information.



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 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 restocked 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

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 some of the ways that the Foundation helps:

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

BEWARE OF SCAMS

Four Signs That It Is a Scam

Sign #1: 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.

Sign #2: 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.

Sign #3: 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.

Sign #4: 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. Don't 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.



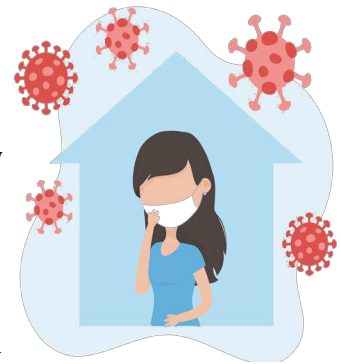
experts in the Scientific Safety Review Workgroup, as part of the Western States Pact. The Washington State Department of Health has information on the new vaccines, how they are made, how they work in your body, and information on the distribution plan in our state. Visit the Department of Health information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

For the latest on vaccine availability go to:

- ♥ Skagit County Public Health at www.skagitcounty.net/Departments/HealthDiseases/coronavirusvaccine.htm
- ♥ Island Hospital at www.islandhospital.org

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 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



Information on COVID

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
- ♥ Washington State: coronavirus.wa.gov
- ♥ Skagit County Public Health: 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

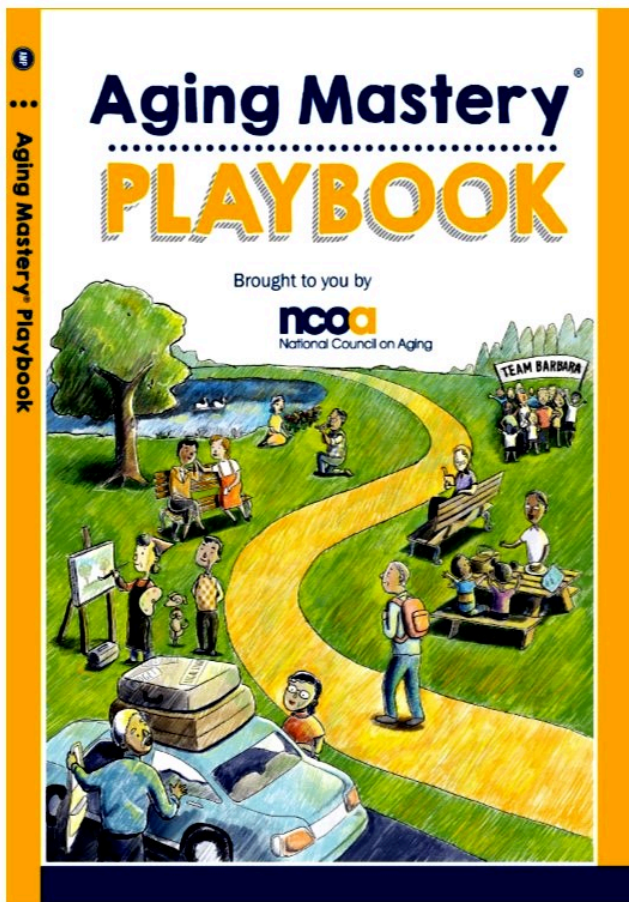
QUESTIONS?

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.



Aging Mastery Program
National Council on Aging

Masks Featuring Anacortes Artists Still Available


Local artists Al Currier, Ann Schrievogl and Jennifer Bowman have generously donated art to create COVID-19 masks with 100% of the proceeds benefiting Senior Activity Center. These masks have been very popular, and they are selling fast! Many volunteer hands have been busy sewing up these beautiful masks, making sure that we get them into as many hands as possible. The cost is \$25. Place your order online at www.asacfoundation.org (click “shop”) or contact Michele Pope at popejm@comcast.net.



February 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 Oriental Chicken Salad served with a Hawaiian Roll	2 Greek Chicken Florentine served with Mango Chunks	8 Sauerbraten served with Red Cabbage and a Soft Pretzel	4 Seasoned Chicken served with a Mushroom Ravioli	5 Biscuits & Gravy served with Hot Fruit Compote
8 Beef Tips with Mashed Potatoes served with a Spinach Salad	9 Split Pea Soup served with a ½ Deli Sandwich	10 Oven Baked Cornflake Chicken served with a 3 Bean Salad	11 Valentine's Day Scallop Scampi with Pasta served with Mixed Berries	12 Chicken Verde Casserole served with Navajo Peach Crisp
15 CLOSED 	16 Mardi Gras Luncheon Shrimp & Sausage Gumbo served over Steamed Rice	17 Pork Roast and Gravy served over Mashed Potatoes	18 Spaghetti & Meatballs served with a Green Salad	19 Ham & Swiss Quiche served with a Pea Salad
22 Chicken Fried Steak served with Mashed Potatoes & Gravy	23 BBQ Chicken Wrap served with a Macaroni Salad	24 Sweet & Sour Chicken over Rice served with Oriental Vegetable	25 Stuffed Pepper Cup served with Sunshine Carrots	26 Butternut Squash Lasagna served with Birthday Cake

Menu substitutions or changes are sometimes necessary.

Thank you for your understanding.