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



Accredited by 
National Institute of
Senior Centers

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

NEWSLETTER

March 2021

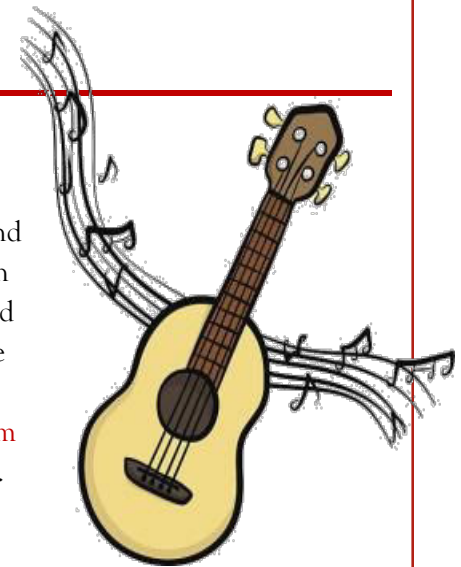
The Latest from the Anacortes Senior Activity Center

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

Have Fun Zoom Jamming!

Kay Garza, with many years of study in guitar, voice and piano, as well as jazz and bluegrass jamming and scramble band experience, will lead a variety of songs (singing and playing guitar) in virtual sessions starting March 25. The sessions will meet at 10 a.m. on the second and fourth Thursday of each month. A leader will lead a song (unmuted) and everyone else will stay on mute so they can sing and play along at home. People can take turns being the leader, and any participant can lead songs. Words and chords for each song will be emailed to participants the week before. Email Kay at kaybinabq@gmail.com with questions or to sign up. She will provide additional information when you sign up.



Join the Silver Foxes!

Join Dustin South and Travis Anderson of Anacortes Parks and Recreation for virtual, interactive Silver Foxes exercise sessions. These will be held at 10 a.m. every Monday, Wednesday and Friday morning. There is no charge, but you will need sign up in advance to participate in the virtual session. To register, go to <https://anacortesparksandrecreation.sportsites.com/player#ActIfa21c4fbd-4f05-44ca-8df4-2080705d717a0>. If you need assistance registering, call the Parks and Recreation office at (360) 293-1918. 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>

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

Don Campbell, Treasurer

Pat Buckley, Barbara Cooper, Colleen Craig, Lin Folsom, PK Mead, Barbara Smart, Nicholas Walsh



Meal Service

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

Volunteer Opportunities

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

Newsletter

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

Contributors

Writer: Lea DeVere

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Chef Jackie Has Two Cookbook Clubs!

Try out some new delicious and nutritious recipes that may just end up in an actual cookbook titled *Might as Well Eat Well!* Chef Jackie will send out recipes each month that will coincide with free virtual gatherings.

Jackie now has two groups. One group meets on the second and fourth Wednesday of each month, and the other meets on the second Saturday of each month. Both groups start promptly at 10 a.m. During the Zoom sessions, you will be able to ask Chef Jackie about the new recipes and report your experience with previous recipes. Participants need to obtain their own ingredients so that they can prepare the recipe at home. If you would like to join Chef Jackie, email her at chefjackiedavison@gmail.com.



Wellness Day: Aging and Disability Resources

Join ADR staff Shelly Agen, Program Specialist, and Michelle Richards, Family Caregiver Support Specialist, at 10:30 a.m. on Tuesday, March 23. Aging and Disability Resources helps people who are age 60 and older, people with disabilities, family members and caregivers access a wide variety of community resources and information, including medical transport, housing information, caregiver lists, and much more. ADR provides confidential services free of charge and can help you find the information and programs that meet your individual needs. Shelly and Michelle will talk about ADR programs and how they can help you find the resources and assistance you need. To join this virtual wellness meeting via Zoom, click on:



[https://zoom.us/j/93368465772?](https://zoom.us/j/93368465772?pwd=MGY1T3FobWxwUWxQcFhUUGJBYWtmZz09)

[pwd=MGY1T3FobWxwUWxQcFhUUGJBYWtmZz09](https://zoom.us/j/93368465772?pwd=MGY1T3FobWxwUWxQcFhUUGJBYWtmZz09)

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.



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 Tuesday, March 9. For more information or to sign-up, email Dustin at the Parks and Recreation Department at dustins@cityofanacortes.org. A meeting invitation web-link will be emailed the day before the virtual meeting.

Virtual Bridge Games

Some of our 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 be able 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.



STAYING WELL

Wellness Tip: Urinary Tract Health

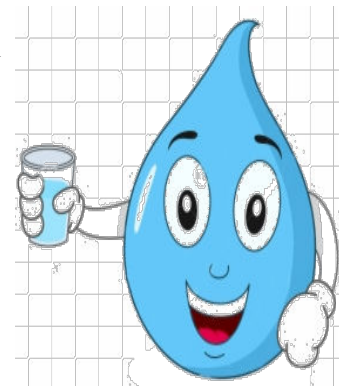
A urinary tract infection (UTI) is an infection in any part of your urinary system - kidneys, ureters, bladders and urethra. The most common UTI is when infectious bacteria in the bladder gets built up and causes an infection. This happens primarily in women. The infection can be painful. Make sure to take the antibiotics the doctor prescribes, which will slow and stop the infection. The infection can spread to the kidney, which can be painful and can lead to permanent kidney damage.

Here are some ways you can help prevent a UTI:

- ♥ Drink lots of water
- ♥ Urinate often and when you have the urge
- ♥ Wipe front to back

Symptoms may include:

- ♥ Pain with urination
- ♥ Frequent urination
- ♥ Cloudy urine
- ♥ Blood in the urine
- ♥ Strong smell
- ♥ Pain in the lower abdomen and back



If you have any of these symptoms contact your health care provider.

Six Dimensions of Wellness: Intellectual

Intellectual wellness is engaging in creative and mentally stimulating activities. What are some ways to continue to grow brain power during the pandemic? Here are ten simple habits to help boost your brain power:

- ♥ Get a good night's sleep, seven to nine hours.
- ♥ Drink lots of water. Staying hydrated can help boost your energy and keep the mind alert.
- ♥ Include more "brain food" in your diet. This includes olive oil, salmon and tuna, carrots, broccoli, grapes, and blueberries and much more.

Intellectual Wellness (continued)

- ♥ Take some “cat” naps. Power naps can help you quickly feel rejuvenated and boost your energy to carry you through.
- ♥ Train your brain with numbers; do easy math problems without your calculator.
- ♥ Learn to play an instrument or sing a song.
- ♥ Learn a language; play mind and memory games.
- ♥ Keep reading. Your brain is learning as you read, and a book can take you so many places.
- ♥ Journal by hand. Journal daily will help you concentrate and stay focused. Handwriting helps sharpen your mind.



PROGRAMS

Aging Mastery Alumni Club Meetings

If you have attended the Aging Mastery Program and want to continue learning about new aspects of healthy aging, join the Aging Mastery Alumni Club. Monthly virtual Zoom meetings are usually held from 11 a.m. to 12:15 pm on the fourth 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.

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, March 9. Email CSO Wolfswinkel at karlw@cityofanacortes.org or call (360) 293-4684 for a link.

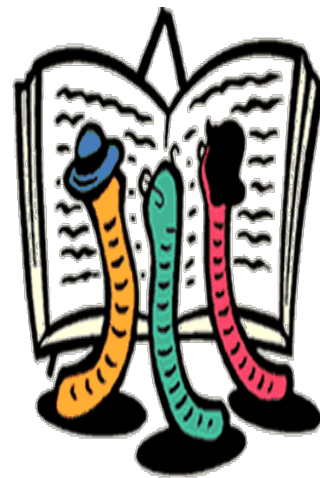


Creative Circle

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.

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 March 4. For that meeting, the group will read *The Lacuna* by Barbara Kingsolver. The Mexican American writer-protagonist experiences the political and artistic turmoil of the 30s, 40s and 50s through associations with Frida Kahlo, Diego Rivera and Leon Trotsky in Mexico City and the McCarthy witch-hunts in Washington, DC. For April, the group will read *Caste: The Origins of Our Discontents* by Isabel Wilkerson. To receive a Zoom invitation to the meetings, contact Terri Bawden at (509) 670-4412 or at terribawden@hotmail.com.



T'ai Chi Chih

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) 298-2789 or email her at joan@mountaintopmusings.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.



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 Center by calling (360) 293-7473 or email her at lindad@cityofanacortes.org. 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/r0hal8SxijU>.

Cultured Purls

Join fellow knitters online or 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 March 2. If you would like to be sent a Zoom invitation, call Pat Buckley at (206) 200-3824.



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 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.

Skagit and Island 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

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 and click on “Shop” – masks are also available for sale at Scott Milo Gallery, Watermark Books and Gilian G Salon.

Support the Center with a Legacy Gift

Making plan for a legacy gift to support the Anacortes Senior Activity Center would serve seniors in our community in a deeply meaningful way, possibly well into the future. You can make a planned gift at any time as a monetary donation or you can give assets such as stocks, life insurance, retirement distribution or real estate. Your gift will help sustain and grow the numbers of seniors the Center is able to reach each year and will help expand programs and services. For more information about how to give a legacy gift and how that legacy might be acknowledged, please call the Center office at (360) 293-7473.



MEALS ON WHEELS NEWS

Recipients Appreciate Meals Volunteers

“I would like to thank the volunteers in the kitchen for their dedication and hard work. I’m sure they have bad days at times, but one would never know because they always smile. Their courtesy, smiles, and helpfulness are an inspiration to so many of us. Thank you.”

“Happiness is cheerful volunteers bringing hot, delicious lunches each weekday; sometimes there is even a jar of home-made berry jam or a beautiful flower (or two). These kind volunteers give us the gift of their time from their own lives. Thank you, Meals on Wheels volunteers, for bringing to this grandma in Sunset Lane in Anacortes a ray of sunshine and a very ‘happiness is’ that lasts all day.”

Meals on Wheels and Pickup Meals

The Meals on Wheels delivery program is operates out of the Center every Monday through Friday. You can pick up five to ten meals once a week. Calling (360) 293-7473. Press “2” for the nutrition and meal program. To sign up for home delivery, call (360) 416-1500.



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.

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 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.



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.

CLASSES AT ISLAND HOSPITAL

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

End-of-life Paperwork

What documents should you have prepared for end-of-life? Hospice of the Northwest presents Käaren Flint, Community Outreach and Education Specialist, at 10 a.m. on Thursday, March 4, for a free online class. Learn about POLST (Physicians Orders for Life-Sustaining Treatment), Advanced Directives, and Health Care Durable Power of Attorney (HCDPOA). All documents are provided to you free of charge.

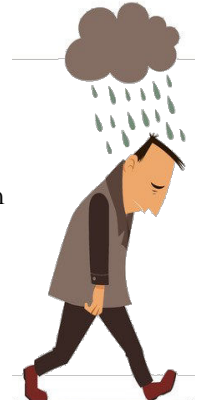


Medicare 101: Understanding Your Medicare Choices

Do you need help deciphering the Medicare puzzle? Join a virtual presentation from 1 to 2:30 p.m. on Monday, March 8, to learn more about traditional Medicare coverage, Medicare Advantage Plans, Prescription Drug Coverage, gaps, enrollment and fraud protection. There is no charge.

Grief and Loss

Hospice of the Northwest presents Käaren Flint, Community Outreach and Education Specialist, at 10 a.m. on Thursday, March 11, for a discussion on grief and loss. Understand how grief can manifest and learn tools for coping with and normalizing loss. Tips on self-care and available community resources will be reviewed. There is no charge.



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. Below 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.

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.

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.



ANACORTES LIBRARY PROGRAMS

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

The Country That Fiction Built

Join University of Washington professor Michelle Liu at 7 p.m. on Wednesday, March 24, for a Humanities WA presentation. Professor Liu invites you to think about how works of fiction still fundamentally shape, as well as limit, how we think about skin color, morality, and who counts as human. How can fiction help us imagine building more empathy and openness to those with experiences different from our own?

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.

Studio Tour with Artist Sue Roberts

Join this virtual program at 7 p.m. on Wednesday, March 10, and get a behind-the-scenes tour of sculptor and artist Sue Roberts' Guemes Island studio. Learn about pottery and sculpture and find out how to take classes just a ferry ride way.



Introducing the Asian Giant Hornet

Join Friends of Skagit Beaches at 7 p.m. on Friday, March 19, and learn about these large invasive hornets from Asia, the threats they pose and how to prevent their expansion into our local communities. The program will be presented by Cassie Cihorz, outreach and education specialist from the WSDA. Visit www.skagitbeaches.org for more information.

RESOURCES FOR SENIORS

Ideas for Aging Well

"Most of us lead far more meaningful lives than we know ... finding meaning is not about doing things differently; it is about seeing familiar things in new ways." -Rachel Naomi Remen

Bonnie Nelson, Coordinator for the Center's Aging Mastery program, shares videos and online articles that offer inspiration on aging well. This month she shares a TED Talk video on what makes life meaningful, presented by Michael Steger, professor of Psychology at Colorado State University:

<https://www.youtube.com/watch?v=RLFVoEF2RI0>.



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 Lanham, 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>

For more information, contact Carr Lanham at (360) 815-4243 or at CLanham.WTSC@Outlook.com.

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.



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.

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



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 food assistance, housing information, caregiver lists, 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.

TAX ASSISTANCE

AARP Tax Assistance

The AARP tax folks in Anacortes hope to open their annual TaxAide Services and are awaiting confirmation that that will have a site to work from. Due to the pandemic, they will not be preparing returns in person this year. Instead they will scan your records so that the counselors can work on them from their homes. Counselors will interview you either over the telephone, or by video conference if you have a computer with a camera and microphone. Provided that they are able to open, they will only be able to prepare a limited number of returns. Please visit their website at www.taxaideskagit.org for detailed information. To request an appointment, email taxprep@taxaideskagit.org (preferred) or call (541) 649-2599.



Free IRS Tax Program

If you are computer savvy, or know someone who is able to help you, and your income is below \$72,000, the IRS has a free e-filing program at www.irs.gov/filing/free-file-do-your-federal-taxes-for-free. This free filing option will guide you through your tax preparation with simple-to-answer questions. And it does all the math for you.

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 Street, 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.



- ♥ 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 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.

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 6 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/#>



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 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.

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. Please visit the Foundation's website at asacfoundationanacortes.org. Below are examples of some of the ways that the Foundation helps:

- ♥ 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!



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.

Four Signs That It Is a Scam (continued)

- ♥ 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



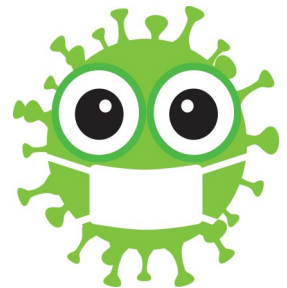
you think it is real, it is still best not to click on any links. Instead, contact them using a website you know is trustworthy. Or look up their phone number. Don't call a number they gave you or the number from your caller ID.

- ♥ 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.

COVID-19 INFORMATION

Vaccines for COVID-19

The COVID-19 vaccines are beginning to be available in Washington State. Here are some links to help you find a place to receive your vaccination:



- ♥ [VaccineFinder.org](https://www.vaccinefinder.org) is a free, online service where users can search by zip code for locations that offer vaccinations. VaccineFinder is operated by epidemiologists and software developers at Boston Children's Hospital and is co-sponsored by the CDC, Harvard Medical School and Castlight.
- ♥ This link from the Washington Department of Health shows a map of all locations in the state providing vaccinations: <https://www.doh.wa.gov/YouandYourFamily/Immunization/VaccineLocations>. You can then visit each site for details on vaccine availability and procedures for scheduling appointments.
- ♥ For more information, visit the Washington Department of Health information website at [covidvaccinewa.org](https://www.covidvaccinewa.org). You can also call the state health department at (800) 525-0127 or email COVID.Vaccine@doh.wa.gov.

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



More Information on COVID-19

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

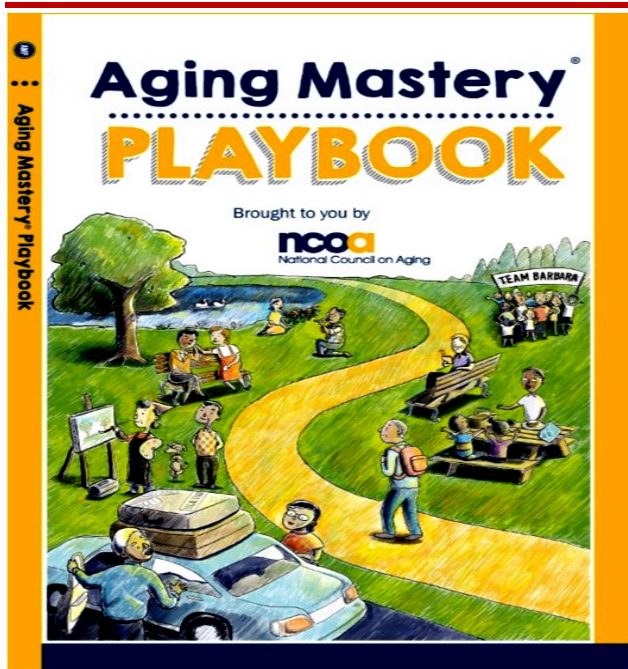
- ♥ Centers for Disease Control and Prevention:
www.cdc.gov/coronavirus/2019-nCoV/index.html
- ♥ Washington State: coronavirus.wa.gov
- ♥ Skagit County Public Health:
www.skagitcounty.net/Departments/HealthDiseases/coronavirus.htm. In addition, Skagit County has set up call lines to answer questions 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 so we can call you back.

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

March Menu

Anacortes (360) 293-7473, Burlington (360) 755-0942, Clear Lake (Wednesday),

Mount Vernon (360) 416-1589, Sedro-Woolley (360) 855-1531

Monday	Tuesday	Wednesday	Thursday	Friday
1 Tater Tot Casserole served with a Hawaiian Roll	2 Lemon Chicken Tagine served with a Spring Salad	3 Chili Cheese Baked Potato served with Banana Pudding	4 Cordon Bleu Casserole served with a Caesar Salad	5 Baked French Toast served with a Hot Fruit Compote
8 Hot Turkey Sandwich served with a Peanut Butter Bar	9 Coconut Curry Pollack served with Jasmine Rice	10 Zesty Steak Salad served with an Apple Crisp	11 Sweet Potatoes, Kale and Sausage Bake served with a 7 Layer Bar	12 Asian Glazed Chicken served with an Oriental Salad
15 Bacon Cheese-burger served with a Pasta Pea Salad	16 Cheese Omelet served with Baked Apples	17 St. Patrick's Day St. Patty's Casserole served with a Pistachio Dessert	18 Maple Glazed Pork Roast served with Mashed Potatoes	19 Supreme Pizza Soup served with a Cheese Roll
22 Pub Battered Fish served with JoJo Potatoes and Coleslaw	23 Swiss Chicken and Stuffing served with Grapes	24 Salisbury Steak served with Mashed Potatoes and Gravy	25 Baked Manicotti served with a Caesar Salad	26 Beef Pot Pie served with Birthday Cake
29 Hamburger Gravy served over Mashed Potatoes	30 Broccoli Cheddar Soup served with a ½ Deli Sandwich	31 Chicken Cacciatore served with a Blueberry Parfait		

Menu substitutions or changes are sometimes necessary.

Thank you for your understanding.