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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

April 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 in virtual format. 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

Exercise with Travis

Travis Anderson, Recreation Coordinator for the Anacortes Parks and Recreation Department, recently partnered with the Anacortes Library to offer a fun and free online fitness program to the community. He would like to share these videos with seniors in this community to help promote fitness and healthy lifestyles. There are four videos, and you can find the links below. Do just the four videos once, or when you finish, you can start all over and do them again! Travis wishes you all the best on your wellness journey!

Week 1: <https://fb.watch/4blaL9tpBQ/>

Week 2: <https://fb.watch/4bl8Jc0K4i/>

Week 3: <https://fb.watch/4bl4LSEzyO/>

Week 4: <https://fb.watch/4bl1IxP2Hs/>



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. on Thursday, April 22. 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.

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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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, leads a variety of songs (singing and playing guitar) in virtual sessions. The sessions 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 any questions or to sign up. She will provide additional information to those who sign up.



Silver Foxes Is Available on YouTube

You can access the Silver Foxes videos to exercise at a time of your choosing by going to the following YouTube links. Part 1 takes you to a break midway through the class where you can stop and check your heartrate. The class then continues in Part 2.

- ♥ Part 1: <https://www.youtube.com/watch?v=TmLBBkdiqOI>
- ♥ Part 2: <https://www.youtube.com/watch?v=wQdB6A2CLA8>

Spanish Lessons

Learn Spanish at your own level and pace. 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 Mondays from 9 to 10 a.m. or Tuesdays 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 long as you like.



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 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. You will be able to ask Chef Jackie about the recipes and report your experiences. 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.



Virtual Coffee with Laurie

The Anacortes Senior Activity Center will host “Coffee with Laurie” with Mayor Laurie Gere from 1:30 to 3 p.m. on Wednesday, May 26. Look for the May newsletter for instructions on how to connect.

Wellness Day: How to Walk Safely

Join Andy Arvidson from 10:30 to 11:30 a.m. on Tuesday, April 27, for a virtual class on how to walk safely. Andy has been teaching walking classes for 18 years, and he can help you walk with more confidence and less work. Andy has found that most Americans do not walk correctly, making them at risk for falls. Learn to walk properly, safely, with less fall risks. Andy can help you find a comfortable and safe stride that will help keep you safe. To join this virtual program, click on <https://zoom.us/j/98290160337?pwd=K0RON0FlaGZyLytVclFGd2V6RStudz09>



MEALS ON WHEELS NEWS

Spring into Action: Help Meals on Wheels!

Because of the COVID-19 pandemic, there is an increasing need for meals to be delivered to local homebound seniors. And Meals on Wheels is so much more than just a meal delivery program. In addition to delivering hot, nutritious meals five days a week, volunteers and drivers also provide regular wellness checks and friendly, caring, in-person contact with isolated seniors. Providing these services relies not only on the help of an amazing group of volunteers who prepare and deliver meals, but it depends on the greatly on the generous financial support from many caring donors from within this community.

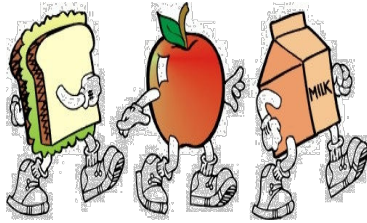
This year Meals on Wheels has again had to cancel its annual “March for Meals Bowling Bash” – its biggest annual fundraising event. This has created challenges in raising the funds needed to help cover the costs of this needed and valuable program. This year the March for Meals team is marching on to raise funds for the program in 2021.



Please “spring into action” and donate what you can to help feed and stay connected with vulnerable seniors.

- ♥ Make checks payable to “Skagit County Meals on Wheels” and mail them to Skagit County Meals on Wheels – P.O. Box 693, Mount Vernon WA 98273.
- ♥ You can also drop your check off at the Anacortes Senior Activity Center, Monday through Friday between 9 a.m. and 1 p.m. The Center is still closed to the public, so knock on the front door when you arrive and staff will come to the door to meet you.
- ♥ If you would like to pay by credit card or if you need additional information, go to the Meals on Wheels Bowling Bash website at www.bowlingbash.org.

Meals on Wheels Recipients Appreciate Volunteers



- ♥ *"I have been on Meals on Wheels for quite a while now. I have never seen the volunteers in a bad mood, they are always happy and very easy to talk to. They give up so much of their time and they are very much appreciated. Thank you."*
- ♥ *"I want to thank all the volunteer drivers and sub drivers for Meals on Wheels delivery! Because of them I am able to stay in my own home and I can't say enough or express to them how much this means to me. I always enjoy seeing their smiles and words of kindness and concern. They are compassionate and very caring. Thank you all and God bless you all!"*

Meals on Wheels and Pickup Meals

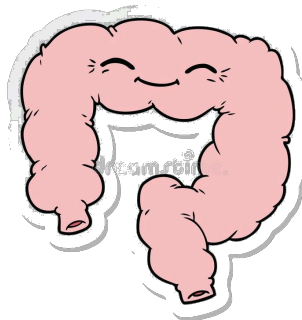
The Meals on Wheels delivery program is still operating out of the Center every Monday through Friday. You can pick up five to ten meals once a week by calling (360) 293-7473. Press "2" for the nutrition and meal program. To sign up for Meals on Wheels home delivery, call (360) 416-1500.

STAYING WELL

Wellness Tip: Colorectal Health

Colorectal cancer is the fourth most common cancer in the U.S. and is the second leading cause of death from cancer. This form of cancer usually occurs in people over 50 years old. Symptoms include blood in stool, stomach pain, cramps that do not go away, unexplained weight loss or a change in bowel habits. Here are some things you can do to make a difference:

- ♥ Get a colon/rectal cancer screening for early detection.
- ♥ Talk to friends and family about getting screened.
- ♥ Keep physically active.
- ♥ Eat lots of fruits, vegetable and whole grains.



- ♥ Eat less animal and processed meat.
- ♥ Avoid obesity and weight gain.
- ♥ Decrease alcohol and tobacco use.

Six Dimensions of Wellness: Occupation

Occupational wellness recognizes personal satisfaction and enrichment through work. But in this pandemic time, when even volunteer work is limited, what can you do to maintain your health? You can always go back to basics:

- ♥ Start your day with a few stretches, yoga or meditation. That helps reduce stress and anxiety.
- ♥ Eat breakfast. Your first meal of the day is important. It is also a chance to sit down and take an inventory of your physical and emotional state that day.
- ♥ Find time to exercise. Take your pet for a walk or find a virtual exercise program and do it regularly.
- ♥ Set aside a regular time to check in with family or friends.
- ♥ Start a new project that inspires you. You can make a scrapbook, organize old photos or learn a new craft. Creativity is very important to brain health.
- ♥ Stay active intellectually. Besides reading, you can do internet searches keep your brain activate. Do crossword or jig saw puzzles, or sudoku ~ puzzles are great for brain health.
- ♥ During the pandemic, take extra care of your mental health. To help prevent anxiety or depression, choose any activity that is pleasurable. Go out into the backyard and listen to the birds. Take photos of a wonderful sunset. If you are experiencing increased anxiety and or depression, call your doctor.
- ♥ Get good sleep. Maintaining good sleep habits is a must.
- ♥ Maintain a daily routine. Get up at the same time each day. Get dressed and face the new day!



REGULAR 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, April 20. Email CSO Wolfswinkel at karlw@cityofanacortes.org or call (360) 293-4684 for a link to the meeting.

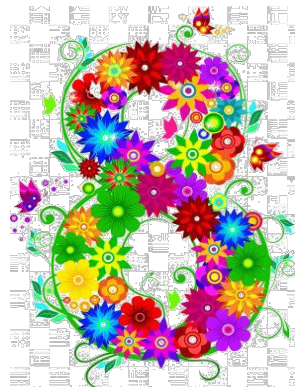


Aging Mastery Alumni Club Meetings

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 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.

Creative Circle

Since it is not possible to meet in person during the pandemic, the Creative Circle has been meeting 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.



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.

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 April 1. For that meeting, the group will read *Caste: The Origins of Our Discontents* by Isabel Wilkerson. In this brilliant book, Wilkerson gives us a masterful portrait of an unseen phenomenon in America as she explores, through an immersive, deeply researched narrative and stories about real people, how America today and throughout its history has been shaped by a hidden caste system, a rigid hierarchy of human rankings. For May, the group will read *The Glass Hotel* by Emily St John Mandel. To receive a Zoom invitation to the meetings, contact Terri Bawden at (509) 670-4412 or at terribawden@hotmail.com.



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.

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

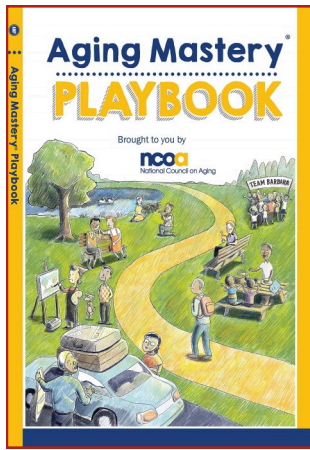
You do not need a computer to use the Starter Kit. If you are interested in receiving a free kit, contact Lea DeVere at the Senior Activity Center by calling (360) 293-7473 or email her at lindad@cityofanacortes.org. A new discussion group is forming for folks who want to work through the kits together, sharing ideas and support. For more information on the program, this is a great video: <https://youtu.be/r0haI8SxijU>

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

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 April 6. If you would like to be sent a Zoom invitation, call Pat Buckley at (206) 200-3824.

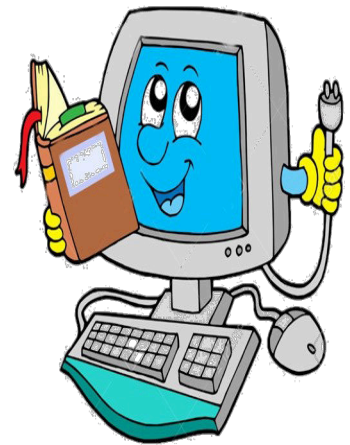


Advance Directives Online Course

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.



Skagit and 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. Virtual meetings via Zoom are happening monthly from 1 to 3 p.m. on the second Saturday of each month. For information on future meetings and to receive a Zoom invitation, contact President Andy Arvidson at (425) 218-0190.

NEWS AND NOTICES

Support the Center with a Legacy Gift

Making a plan for a legacy gift to support the Anacortes Senior Activity Center would serve seniors in this 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 call the Center at (360) 293-7473.



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.

Newsletters Available at the Center

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



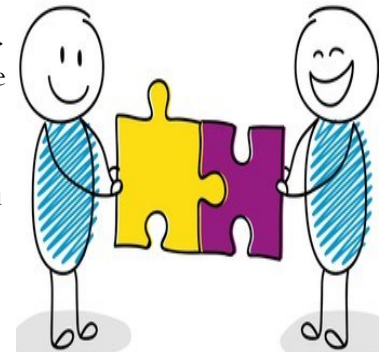
No “Trinkets and Treasures” Donations

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.

Jigsaw Puzzles and Paperbacks

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 please wear your mask. If someone is there when you arrive, wait until that person has finished.



RESOURCES FOR SENIORS

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.

Ideas for Aging Well

Bonnie Nelson, Coordinator for the Center's Aging Mastery program, shares videos and online articles that offer inspiration on aging well. What makes some of us optimists while others are pessimists? It is not as simple as you thought!



- ♥ Here is a good video on "Getting Stuck in the Negatives" by Dr. Alison Ledgerwood, Professor at University of California Davis: www.youtube.com/watch?v=7XFLTDQ4JmK&t=2s
- ♥ This is an interesting article on "Optimism vs Pessimism" – find it at www.9changes.com/optimism-vs-pessimism-what-about-realism/
- ♥ Here is another interesting article: "Scientists Think They've Found the Part of the Brain that Makes People Pessimistic" – find it at www.sciencealert.com/we-found-the-brain-region-for-pessimism

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.

Benefits CheckUp

Benefits CheckUp is a free service of the National Council on Aging 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 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, call Island Hospital's health plan assisters at (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.

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.



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 make arrangements. To qualify, you need to:

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

CLASSES AT ISLAND HOSPITAL

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

Medicare 101: Understanding Your Medicare Choices

Do you need help deciphering the Medicare puzzle? Join a free virtual presentation from 1 to 2:30 p.m. on Monday, April 12, to learn more about traditional Medicare coverage, Medicare Advantage Plans, Prescription Drug Coverage, gaps, enrollment and fraud protection.



Memory Screening

Do you have difficulty paying attention or keeping up in a conversation, staying on topic, or remembering information and names? If so, a Speech Language Pathologist can help identify the nature of your difficulty and determine if you have a cognitive communication deficit. Screenings will be held between 1:30 and 3:30 p.m. on Tuesday, April 13. Appointments are required.

Improving Your Aging Memory

Is your memory not quite what it used to be? Join speech-language pathologist Libby Lewis, online from 10:30 to 11:15 a.m. on Wednesday, April 21, to learn strategies and activities to improve your memory and keep your mind sharp.

Healthy Sleep Habits

Join Bridgett Bell Kraft, a provider at Island Hospital Sleep Center, online from 1 to 1:30 p.m. on Wednesday, April 28, for a review of healthy sleep habits to help you obtain a good night's sleep.



Managing Your Mental Health

Learn how to manage stress, learn how to fight anxiety and depression, improve resilience, and how to manage your emotions in crises. Join Dr. Paul Hammer online from noon to 1 p.m. on Thursday, April 22, to discuss common myths and misconceptions about mental health. 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. 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.

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.



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 tanding support.

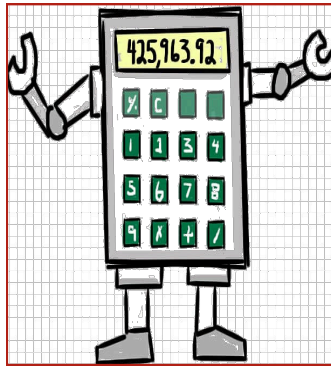
Flow Yoga

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.

TAX ASSISTANCE

Free IRS Tax Help

If you are computer savvy, or know someone who is available 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.



AARP Tax Assistance Program Is Full

Although the Skagit County AARP Tax-Aide program will officially close on April 15, all appointment slots now are filled for the remainder of this tax season. Due to coronavirus restrictions, the tax volunteers could not access their usual site for in-person tax preparation and were unable to assist the usual number of taxpayers. They plan to be back next year for the full tax season. Watch for details at www.taxaideskagit.org.

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. 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.



ANACORTES LIBRARY PROGRAMS

All of the following programs are virtual. Call (360) 293-1910 or visit library.cityofanacortes.org for more information and links to attend.

Together We Discover: Padilla Bay Farm

In this newest virtual video program, visit Padilla Bay Farm with Public Works Director Fred Buckenmeyer at his daughter's farm. The program will air at 7 p.m. on Wednesday, April 7. You will get a peek at a local farm, meet some tiny lambs, tour the facility, and get your daily dose of baby animal cuddles.

Deep Sea Volcanoes: A Fiber-Optic Look at Eruptions, Hot Springs and Life Forms

Join this live-streaming video at 7 p.m. on Friday, April 16. The video stream from the world's most advanced submarine observatory off our own coast as it opens a window into one of the most extreme environments on Earth. The program will be presented by University of Washington professor Dr. Deborah Kelly and is sponsored by Friends of Skagit Beaches. Visit www.skagitbeaches.org for details.



She Traveled Solo: Strong Women in the Early 20th Century

Join artist and writer Tessa Hulls for a Humanities WA program at 7 p.m. on Wednesday, April 21. Using historical photographs, primary documents, and hand-drawn illustrations, Tessa Hulls will take participants into the lives of intrepid female adventurers who lived through the turn of the 20th century – before the right to vote or the right to own property. In sharing these stories and her own, Hulls illuminates the power of history in today's world and demonstrates why female role models are vital in affecting social change.

ASSISTANCE GETTING SUPPLIES

Grocery Assistance

- ♥ The Market of Anacortes is offering curbside pickup. Call (360) 588-8181 to make arrangements. For a shopping list and more information go to 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/#>
- ♥ 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.

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, 1:10 to 3:30 p.m. - (360) 293-6682.
- ♥ Helping Hands Food Bank - 1211 M Avenue, Wednesdays, 11 a.m. to 2 p.m. - (360) 293-6445. They will do deliveries if someone is unable to leave home.
- ♥ Red Bag Pantry is available at the 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.
- ♥ 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!

Sharing Your Stimulus Check Can Make an Impact!

The Anacortes Senior Activity Center offers countless ways to stimulate the lives of seniors through classes, activities and community. While the Center



building remains closed during the pandemic, there is a lot happening virtually ~ details are available in the Center's monthly newsletter. The ASAC Foundation provides financial support to the Center as it continues during this tough time and prepares for the day when the Center doors are once again open. Be part of the future by sharing all or a portion of your stimulus check. To make a donation to the Foundation, go to asacfoundation.org/donate.

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.

Four Signs That It Is a Scam (continued)

- ♥ 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. 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 being made available in Washington State. Here are some links to help you locate available vaccines:

- ♥ This link from the Washington Department of Health shows a map of all locations in the state providing vaccinations: vaccine-locator.doh.wa.gov. Put in your zip code and it brings up many places where you can find available COVID vaccines in your area.



- ♥ [VaccineFinder.org](https://vaccinefinder.org) is an tool you can use. It 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.
- ♥ For more information, visit the Washington Department of Health information website at covidvaccinewa.org. You can also call the state health department at (800) 525-0127 or email COVID.Vaccine@doh.wa.gov.

Continue to Wear 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



QUESTIONS?

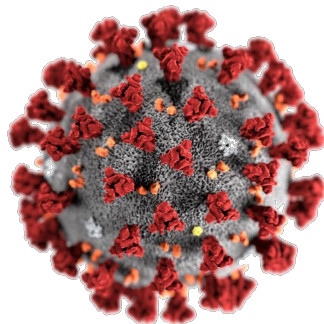
Call the Center if You Have Questions

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. Press 1 for the office staff and press 2 for the meals program, including Ensure.

For the Latest on COVID-19

For the updated 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



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.



April 2021 Menu

Anacortes (360) 299-4135, Burlington (360) 755-0942,
Mount Vernon (360) 416-1589, Sedro-Woolley (360) 855-1531

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Easter Luncheon Baked Ham served with Scalloped Potatoes and Specialty Cake	2 Home-style Chicken Bowl served with a Biscuit
5 Turkey a La King served with Roasted Potatoes	6 Honey Mustard Chicken served with a Wild Rice Pilaf	7 Hawaiian Slider Casserole served with Vegetable Salad	8 Swiss Steak with Tomatoes served with Grapes	9 Baja Fish Sticks with Tortillas and Slaw served with a Key Lime Dessert
12 Teriyaki Chicken with Steamed Rice served with a Carrot Salad	13 Bacon Cheeseburger served with a Pear Coconut Bar	14 Cheesy Chicken and Rice served with Orange Slices	15 Minestrone Soup served with a Tortellini Salad	16 Meatloaf with Mashed Potatoes served with a Blueberry Parfait
19 Meatball Chowder served with a Bean Salad	20 Cornflake Chicken served with Mashed Potatoes and Gravy	21 Pulled Pork Sandwich served with Mixed Berries	22 Schnitzel served with Hot Potato Salad	23 Vegetarian Quiche served with Apricots
26 Cheese Omelet served with Baked Apples	27 Panko Breaded Fish served with Roasted Potatoes	28 Chicken Fried Steak served with Mashed Potatoes and Gravy	29 Mac & Cheese with Kielbasa served with a Spinach Salad	30 Supreme Cobb Salad served with Birthday Cake

Menu substitutions or changes are sometimes necessary.

Thank you for your understanding.