



1701 22nd St. Anacortes, WA 98221
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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

June 2021

The Latest from the Anacortes Senior Activity Center

While we still remain closed to walk-in visitors, we are offering some classes inside the building, with participants pre-registering and meeting in COVID-safe environments. We hope to add more of these programs soon. Over the summer we will also be holding monthly outdoor café-style social events so people can get together in person. For more information on these programs, look to the Programs section below. If you would like further information or have any questions, please call Lea DeVere at (360) 293-7473 or email her at lindad@cityofanacortes.org. Stay well and be safe, and we hope to see you soon.

NEW PROGRAMS

Celebrate June in the Outdoor Café!

Come by and visit with your friends in our first outdoor gathering since the Center closed. There will be refreshments, coffee and tea, games and more under covered awnings in front of the building. The Café will be held between 10 a.m. and 1 p.m. on Thursday, June 17. No registration is necessary. Just come by for a visit! If you have not yet been vaccinated, please be mindful and wear your mask. Thank you and we hope to see you there.



Beginning Drawing

Greg Dugan will be teaching a beginning drawing class at the Center from 12:30 to 2 p.m. on Thursdays, June 3 through June 24. With the right instruction, materials, and practice anyone can learn to draw. This four-week class will cover materials, techniques and different approaches to creating a drawing from start to finish. The class is open to all skill levels, especially beginners. A list of materials for the class will be given out at the first meeting. The class is by registration only and is limited to 12 students. While in the building masks and social distancing will be required in order to keep everyone safe. The cost for the class is \$45. To register and arrangement payment, email Greg at GDuganArt@gmail.com.

ANACORTES SENIOR ACTIVITY CENTER

Jonn 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

Dustin Johnson, Vice President

Kirk Kennedy, 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

Editor/Layout/Production: Lea DeVere

Distribution: Kathryn and Lou D'Amelio, Merilee Huffman, Angela Marcoff, PK Mead, Amanda Miller, Elaine Oliphant, Suzette Richards, Bobbie Sherman, Barbara Smart, Ginger Thomas, Dani Usman



Garden Sales for ASAC Foundation



The Foundation will be at the Anacortes Farmers

Market on the first Saturday of the month through September. There will be bulbs, seeds, plants, gardening supplies, painted rocks and COVID masks featuring art by local artists. Painted rock and plant donations are welcome. For more information contact PK Mead at (360) 708-6187 or at pkmead1@gmail.com.

Virtual Coffee with Laurie

The Anacortes Senior Activity Center will once again host "Coffee with Laurie" in August. Mayor Gere will be available for a virtual question and answer session from 1:30 to 3 p.m. on Wednesday, August 25. Watch for details in the August newsletter.

Wellness Day: Loneliness and Grief

Loneliness and grief have been a larger part of our world since the COVID-19 pandemic started. How do we cope with loneliness and grief for such a prolonged period of time? And how do we adjust to the new normal as we re-emerge into a time of increased contact with others? Explore these questions with Lisa R. Yeager LICSW, CPTR, Bereavement Counselor at Hospice of the Northwest on 10:30 a.m. on Tuesday, June 29. She will share with you some options for coping with uncertainty and change. To join this Zoom presentation, click on <https://zoom.us/j/93716858571?pwd=aC9BShBrY2hnT1pyZCttcHZTODdGZz09>

MEALS ON WHEELS NEWS

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.



Aktion Club Shout Out

The March for Meals fundraising efforts just reached a huge milestone: to date over \$1,000,000 has been raised. A big part of the success of this fundraiser is due to the program's partnership with the Aktion Club. Aktion Club is a group of young adults with developmental disabilities, and their club is sponsored by the Anacortes Kiwanis. The Aktion Club participates in the annual Bowling Bash, and one member sits on the March for Meals fundraising committee. This year the group hit the fundraising benchmark of \$100,000! Congratulations and thanks! Even through COVID, the Aktion Club and all the March for Meals volunteers and Meals on Wheels staff have made great strides in raising funds to support the Meals on Wheels program in Skagit County.



Meals on Wheels Recipients Appreciate Volunteers

- ♥ *"The delivery people are always on time (usually early!!!). They are always very friendly (today was very rainy!!!). I have never had a meal that I didn't like. I was a student in human ecology in college and studied nutrition. I appreciate good nutrition. Thank you!!"*
- ♥ *"Volunteers are worth more than any physical wealth, gold, silver, or even diamonds. They bring our meals with a smile and good cheer which starts the day off and with a hot meal also. Thank goodness for Anacortes Senior Center volunteers. They are indeed priceless. Thank you for all that you do."*

STAYING WELL

Wellness Tip: National Safety Month

Injuries are the leading cause of disability for people of all ages. Here are some easy things you can do to increase your personal safety:

- ♥ Check the expiration dates on



your medicines and, if they are out of date, dispose of them safely at the Anacortes Police Department.

- ♥ Use prescription drugs including painkillers only as prescribed.
- ♥ Take steps to avoid falls. The Center offers regular strength and balance classes and holds "Fall Prevention" events in September every year.
- ♥ Write down the poison control number (800-222-1222) and put it in your phone's memory.
- ♥ Learning first aid and CPR can be fun so sign up for a class.
- ♥ Do not talk on the phone or text while driving.
- ♥ Think about how you can increase safety in your life. Be happy, healthy and safe.
- ♥ If you have questions about your medication, talk to your pharmacist or health care provider.

Six Dimensions of Wellness: Social Health

Social wellness refers to the ability to interact well with others. During the COVID-19 pandemic, it is become more vital than ever to feel connected to



and supported by others. Here are some tips:

- ♥ Connect with family on the phone or through email or video-chat. Let them know you care and ask for help and support.
- ♥ Keep your friendships close: set goals to help you connect regularly. Even a "just because I care" card is a wonderful way to nourish a friendship.
- ♥ Join a virtual community, such as one of the ones listed in this newsletter. They are very welcoming!
- ♥ Go for a walk with a friend and get your exercise in the process. It can brighten both your days!
- ♥ And if you find yourself struggling to stay connected, and are feeling down, ask for help. You do not have to do this alone.

Kidney Health: The Silent Epidemic

The Mount Baker Foundation has rolled-out a “Kidney Health Awareness” initiative intended to raise awareness of this silent epidemic. One in three individuals is at risk for kidney disease and yet they do not know it. Kidney disease is typically diagnosed when it is advanced, at a stage when it is harder to treat. The two primary causes of kidney failure are diabetes and high blood pressure. Take a one-minute risk test at minuteforyourkidneys.org. You can also learn more by watching a presentation by, Dr. Bill Lombard, Nephrologist. His presentation titled “One in Three of Us Is at Risk for Kidney Disease – Are YOU the One?” is available at: <https://www.youtube.com/watch?v=zeEGNWpGDaw>. For more information, contact Micki Jackson at micki98226@aol.com.



PROGRAMS

Creative Circle

Creative Circle is now meeting both virtually via Zoom and also in person at the Center by prior arrangement. If you want to meet at the Center, please contact Deborah Francis and let her know to expect you. NOTE: While at the Center, you will need to wear a mask at all times and maintain appropriate COVID-safe social distancing. Virtual meetings are held every Monday, starting at 10 a.m. and those meeting at the Center will be able to join the virtual meeting as well. 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! There is no cost. To receive an emailed Zoom invitation or if you want to come to the Center, contact Deborah Francis at (360) 720-2699 or deborahfrancisfinearts@gmail.com.



Mosaic and Stained-Glass Workshop

Now back for onsite classes at the Center, instructor Melody Hoover will guide you making your choice of project, be it for your home or your yard. If you would like to join this workshop, contact Melody at (360) 755-2214. You must pre-register with Melody. While at the Center, you will need to wear a mask at all times and maintain appropriate COVID-safe social distancing. The workshop meets from 9:30 a.m. to 12 noon on Wednesdays. Some materials ~ glass and grout – and tools are available to help you get you started.

Coffee with Karl

Join CSO Karl Wolfswinkel with the Anacortes Police Department to discuss police matters affecting our community and nation. This month’s event will include a discussion on homelessness in Anacortes. The meeting will take place virtually at 10 a.m. on Tuesday, June 8. 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.

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.

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/>

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>

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 June 1. If you would like to be sent a Zoom invitation, call Pat Buckley at (206) 200-3824.



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.

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 to receive an invitation.



Fidalgo Book Group

The group normally meets from 9:30 to 11 a.m. via Zoom on the first Thursday of each month. The group will be taking a summer vacation and will be back in September with more interesting books to read and discuss. Watch for details in the August newsletter. For more information, contact Terri Bawden at (509) 670-4412 or at terribawden@hotmail.com.

Aging Mastery Starter Kits

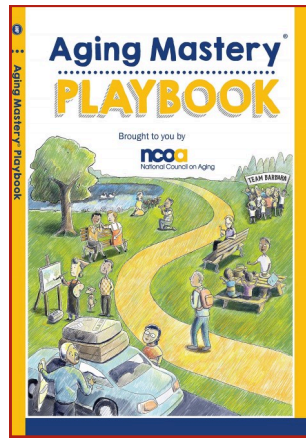
Get your own FREE Aging Mastery Program Starter Kit! (See the flyer at the back of this newsletter for more information.) This self-paced kit can help you take small steps to improve your health and quality of life. It includes a playbook, exercise DVDs, activity cards, and a weekly check-in notepad. The playbook presents six dimensions of aging:

- ♥ Gratitude and mindfulness
- ♥ Health and well-being
- ♥ Finances and future planning
- ♥ Learning and creativity
- ♥ Connections and community
- ♥ Legacy and purpose

You do not need a computer to use the Starter Kit. If you are interested in receiving a free kit, contact Lea DeVere at the Senior Activity Center by calling (360) 293-7473 or email her at lindad@cityofanacortes.org. 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>

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 are unable to do the class online, the Center is now able to accept a very limited number of students onsite by prior arrangement. If you have any questions, contact Rita at rita.chairclass@gmail.com.

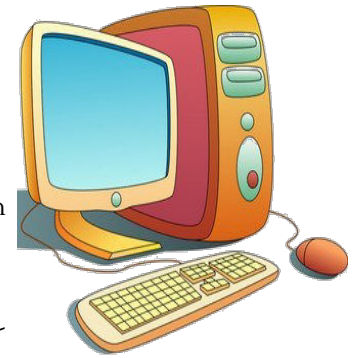


Advance Directives Online Course

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 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 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.



FARMERS MARKET VOUCHERS

Vouchers Available June 1

Skagit County Public Health will soon receive its allotment of farmers market vouchers. The Senior Farmers Market Nutrition Program, funded by the USDA, provides lower income seniors with \$40 in vouchers redeemable for fresh produce and herbs and honey at approved farmers market and farm stands. Eligibility criteria for Senior Farmers Market vouchers include:

- ♥ Age 60+ or age 55+ for Native Americans
- ♥ Income below 185% of federal poverty level
- ♥ \$23,828 annual or \$1,986 monthly for one person
- ♥ \$32,227 annual or \$2,686 monthly for two people
- ♥ Add \$700 monthly for each additional person who is a resident of Washington State

To apply for vouchers, call Skagit County Public Health at (360) 416-1500 beginning Tuesday, June 1. Once the affidavit is completed, the vouchers will be mailed to you along with nutrition education materials, copies of authorized markets and farm stores, rights and responsibilities and market information. The vouchers will be distributed while supplies last.



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 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, call the Center at (360) 293-7473.

Newsletters Available at the Center

There are paper copies of the ASAC 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.



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, Gilian G Salon and at the Anacortes Farmers Market on the last Saturday of each month through September.

AAUW Scholarships: Meet the Mermen!

Meet P  p  , our local Merman. He is looking for a few good Mermen to join him in the first “Mermen of Anacortes” contest. There will be a Mermen float in the next 4th of July parade and a 2022 photo calendar of the twelve finalists. Mermaids and Merkids can get involved too and be in the calendar and parade. All proceeds go to scholarships for local women organized by the Anacortes American Association of University Women (AAUW). The contest ends June 12, but donations are welcome anytime. Sponsors and Donors will be listed on the calendar. Be watching for P  p   – you might see him being photographed in various locations around town. Here is a link for registration and instructions: <https://anacortes-wa.aauw.net/events/fundraisers/>

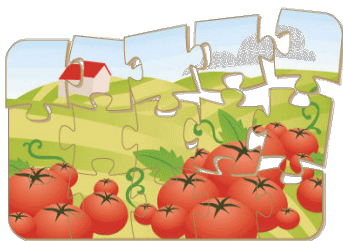


No “Trinkets and Treasures” Donations

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 Needed

Our supplies of puzzles and fiction 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.



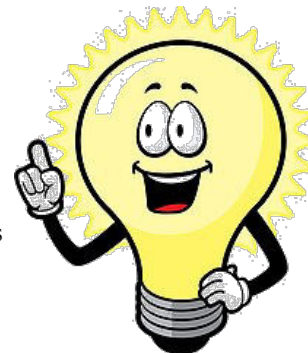
RESOURCES FOR SENIORS

Soroptimist Home Health Loans

The Soroptimist International of Anacortes has reopened its free home health loan program. The hours are 8:30 a.m. to 11:30 a.m. and 1 to 3 p.m. on Tuesdays, and 8:30 a.m. to 3 p.m. on Fridays. The program is located at the Soroptimist Thrift Shop located at 1107 3rd Street in Anacortes. You can also give them a call at (360) 293-7251 during the hours the program is open.

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. This month she shares two interesting presentations:



- ♥ The first video is a Ted Talk titled *The Power of Vulnerability*: https://www.ted.com/talks/brene_brown_the_power_of_vulnerability?language=en#t-2670
- ♥ The second video is from *60 Minutes*: <https://www.youtube.com/watch?v=e257BL851Uw>

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.



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 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
- ♥ Get a prescription from your physician or registered dietician (a new prescription is needed every 6-12 months)



Mental Health Support Group

NAMI of Skagit holds open support groups online for those living with mental illness, and family members, partners and supportive friends. The group meets from 7 to 8:30 p.m. on the fourth Tuesday of each month. Call Marti with questions at (360) 770-5666.

Health Insurance Assistance

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.

TAX ASSISTANCE

Property Tax Reduction

Seniors are not required to file with the IRS to receive the property tax exemption. If you have filed, the Assessor's Office needs to see your tax return to verify your eligibility. For 2021, the Assessor's Office will resume auditing participants. Their service counter is not currently open to the public, although they are hopeful that they will be resuming in-person service. Until that happens there are several ways to provide information to them: mail, non-secure email, fax or by dropping information in the locked drop box in their hallway. They are located at 700 S Second St, Room 204, Mount Vernon, WA 98273. Note: income limits have increased and \$42,390 is the new Combined Disposable Income Limit. In addition, for 2020 the requirement for two witness signatures has been eliminated.

ANACORTES LIBRARY

To register for classes, visit library.cityofanacortes.org for links to virtual programs and videos.

Comic Book Reality: Superheroes and the Power of Representation

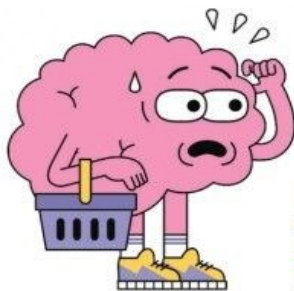
Since their debut in the 1930s, comic books have been a regular part of our pop-culture landscape. These pulp treasures also provide a fascinating lens through which to view our nation's past, present and potential future. In this live interactive Humanities WA presentation at 7 p.m. on Wednesday, June 30, journalist and educator T. Andrew Wahl explores how everything from social movements to business concerns to changing demographics have shaped the reality seen in the pages of comics. Drawing from comics, Wahl shows how four-color heroes are not merely confined to paper — they shape the world we live in. Visit library.cityofanacortes.org to sign up.



CLASSES AT ISLAND HOSPITAL

Memory Screening

Do you have difficulty paying attention or keeping up in a conversation, staying on topic, or remembering information and names? Are finding words, expressing thoughts, or planning and following through with a schedule becoming more difficult? If so, the speech-language pathologists can help identify the nature of your difficulty and determine if you have a cognitive communication deficit. They can provide strategies to help you improve in these areas of difficulty in order to help you succeed. Free appointments are available from 1:30 to 3:30 p.m. on Tuesday, June 22, 1:30 - 3:30 p.m. at Physical, Occupational and Speech Therapy at Island Hospital. Call (360) 299-4204 or email communityed@islandhospital.org.



Improving Your Aging Memory

Is your memory not quite what it used to be? Join an Island Hospital speech-language pathologist to learn strategies and activities to improve our memory and keep your mind sharp in a virtual presentation from 10:30 to 11:15 a.m. on Wednesday, June 23. 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 virtual presentation from 1 to 2:30 p.m. on Monday, June 14, to learn more about traditional Medicare coverage, Medicare Advantage Plans, Prescription Drug Coverage, gaps, enrollment and fraud protection.

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.

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.

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.

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/#>
- ♥ 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.



Community Action’s Volunteer Services

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 work 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.

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.

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.

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 of a Scam

Scammers PRETEND to be from an organization you know.

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



Scammers say there is a PROBLEM or a PRIZE.

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

Scammers PRESSURE you to act immediately.

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

Scammers tell you to PAY in a specific way.

- ♥ They often insist that you pay by sending money through a money transfer company or by putting money on a gift card and then giving them the number on the back.

- ♥ Some will send you a check (that will later turn out to be fake), tell you to deposit it, and then send them money.

What You Can Do to Avoid a Scam

- ♥ Block unwanted calls and text messages. Take steps to block unwanted calls and to filter unwanted text messages.
- ♥ Don't give your personal or financial information in response to a request that you did not expect. Legitimate organizations will not call, email, or text to ask for your personal information, like your Social Security, bank account, or credit card numbers.
- ♥ If you get an email or text message from a company you do business with and you think it is real, it is still best not to click on any links. Instead, contact them using a website you know is trustworthy. Or look up their phone number. 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.



LATEST INFORMATION ON COVID-19

COVID-19 Vaccines

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: vaccinelocator.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 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.

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

QUESTIONS?

Call the Center if You Need Information

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.