



1701 22nd St. Anacortes, WA 98221
(360) 293-7473 / Fax: (360) 293-7834
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

May 2021

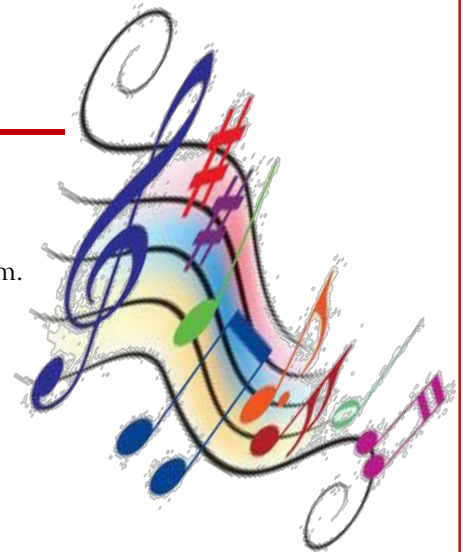
The Latest from the Anacortes Senior Activity Center

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

Wellness Day: Music-Supported Wellness

Have you ever found yourself saying, "Music is my therapy"? Then perhaps you may be interested in joining Mary Feagin, a Board-Certified Music Therapist at 10:30 a.m. on Tuesday, May 25, to look at the ways in which music can support your wellness goals. Mary will help you examine different ways, some of which may be surprising, in which music can help you lead a healthier life, overcome pandemic fatigue, and age more gracefully. To join the meeting via Zoom, go to: <https://zoom.us/j/96355228430?pwd=dVNOZVMxNGxwTmd5VExMR0xqVDR3Zz09>



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, 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.

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

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



Virtual Coffee with Laurie

The Anacortes Senior Activity Center is once again hosting "Coffee with Laurie." Mayor Gere will be available for a virtual question and answer session from 1:30 to 3 p.m. on Wednesday, May 26.



Register in advance for this webinar using this link:

- ♥ <https://us02web.zoom.us/j/83604257317?pwd=Sk5yZjlBVzdKN3F0QmhxNzZlOTBkQT09>

After registering, you will receive a confirmation email containing information about joining the webinar.

Silver Foxes Is Available on YouTube

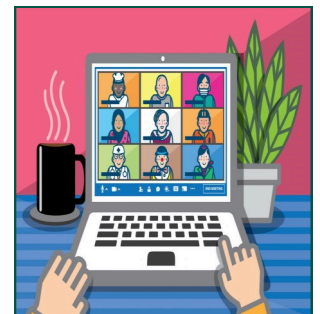
You can access the Silver Foxes videos to exercise at a time of your choosing by going to the following YouTube links. Part 1 takes you to the break midway through the class where you can stop and check your heartrate.

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>

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, May 11. For more information or to sign-up, email Dustin at dustins@cityofanacortes.org. He will send you a meeting link.



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/>

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.



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 from 9 to 10 a.m. or Tuesday 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.

Garden Sale Supports ASAC Foundation

The Foundation will be at the Anacortes Farmers Market on the first Saturday of the month from May 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.



MEALS ON WHEELS NEWS

Meals on Wheels Recipients Appreciate Volunteers

- ♥ "Many thanks to the Route 5 volunteers! Your smiles and kindness are appreciated! Meals on Wheels is a wonderful program and much-needed in the community! Rain or shine, you the volunteers - kitchen staff, drivers, deliverers, and supporters - are there to make a difference. The holiday gifts are also appreciated. Thanks to Beth who made beautiful lap quilts and to the stocking makers, as well. Bravo to one and all. Thank you!"
- ♥ "My delivery person is Angela. She is very friendly, and I look forward to seeing her on Fridays. She always smiles and says a few encouraging words."

Spring into Action: Help Meals on Wheels!

Because of the COVID pandemic, there is an increasing need for meals to be delivered to local homebound



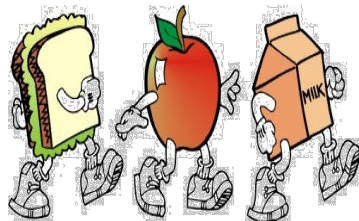
seniors. And Meals on Wheels is so much more than just a meal delivery program. In addition to delivering hot, nutritious meals five days a week, volunteers and drivers also provide regular wellness checks and friendly, caring, in-person contact with isolated seniors. Providing these services relies not only on the help of an amazing group of volunteers who prepare and deliver meals, but it depends 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 and Pickup Meals

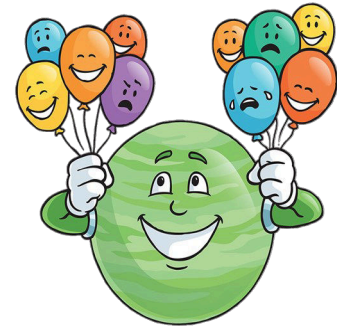
The Meals on Wheels delivery program is still operating out of the Center every Monday through Friday. You can pick up five to ten meals once a week by calling (360) 293-7473. Press "2" for the nutrition and meal program. To sign up for Meals on Wheels home delivery, call (360) 416-1500.

STAYING WELL

Six Dimensions of Wellness: Emotional Health

One of the six dimensions of wellness relates to emotions. The COVID-19 pandemic has disrupted our lives, and the lives of seniors have changed more than most. Here are a few tips to help you maintain emotional wellness:

- ♥ Keep regular contact with loved ones, by telephone, e-mail, social media or virtual interactive video such as Zoom.
- ♥ Keep regular routines and schedules as much as possible for eating, sleeping and activities you enjoy.
- ♥ Learn simple daily physical exercises to do at home. You can sign up for one of the Center's online exercise programs, listed in this newsletter.
- ♥ If you are able, take a walk around your neighborhood. Be sure to wear a face mask and keep social distance from others.
- ♥ Arrange for practical help when you need it. For example, arrange to get food when you are unable to get it yourself. There is a lot of information in this newsletter you might find useful.
- ♥ Do not be afraid to ask family members, friends or neighbors for support.



Remember, fear is a normal reaction in uncertainty. Sometimes fear is expressed in ways which are hurtful to other people, so please be kind. Any activity that gives you joy, happiness, cheerfulness, amusement, or that you feel good emotionally is good for your overall wellness.

Wellness Tip: Physical Fitness and Sports

Physical activity and exercise are good for just about everyone. No matter what your age you can gain a lot by staying active. Physical activity is anything that gets your body moving. Here are four types of exercise you might consider:



- ♥ Endurance activities increase your breathing and heart rate
- ♥ Strength exercises make your muscles stronger
- ♥ Balance exercises help prevent falls
- ♥ Flexibility exercises stretch your muscles

And here are just a few of the potential benefits:

- ♥ Maintaining and improving your physical strength
- ♥ Improving your ability to do the everyday tasks
- ♥ Improving your balance
- ♥ Managing and improving some diseases
- ♥ Improving mood and overall well-being
- ♥ Improving your mental functions
- ♥ Always check with your health care provider before starting an exercise program.

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 minuteformykidneys.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

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, May 11. Email CSO Wolfswinkel at



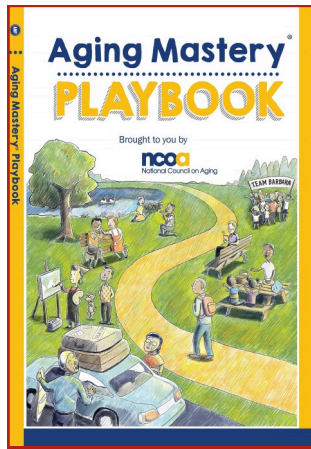
karlw@cityofanacortes.org or call (360) 293-4684 for a link to the meeting.

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.

Aging Mastery Starter Kits

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



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

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

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 May 4. If you would like to be sent a Zoom invitation, call Pat Buckley at (206) 200-3824.



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 May 6. For that meeting, the group will read *The Glass Hotel* by Emily St John Mandel. From the award-winning author of *Station Eleven*, this novel is set at the glittering intersection of two seemingly disparate events - a massive Ponzi scheme collapse and the mysterious disappearance of a woman from a ship at sea. The author takes readers through often hidden landscapes: campgrounds for the near-homeless, underground electronica clubs, the business of international shipping, service in luxury hotels, and life in a federal prison. Rife with unexpected beauty, *The Glass Hotel* is a captivating portrait of greed and guilt, love and



delusion, ghosts and unintended consequences, and the infinite ways we search for meaning in our lives. To receive a Zoom invitation to the meetings, contact Terri Bawden at (509) 670-4412 or at terri-bawden@hotmail.com.

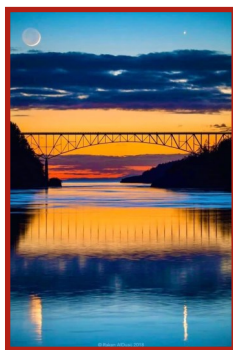
Advance Directives Online Course

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/

Photo Journey with Rakan Alduaiji

Have you ever wondered about the man behind the stunning photos of our scenic area? Join a virtual photographic journey by local photographer Rakan Alduaiji at 7 p.m. on Thursday, May 13.



Rakan will give a view of a day in the life of a professional photographer and will talk about what led to his interest in photography. The event is sponsored by the Anacortes branch of the American Association of University Women. To get a Zoom invitation, contact Nelle Jacobson at nelleadyj@gmail.com.

Communication / Technology Consults

Joel Bergsbaken from the Hearing Speech and Deaf Center in Bellingham is providing free virtual consultations for seniors and their family members. These virtual consultations include live captions you can read! Learn how hearing changes affect communication and techniques that can help you improve how you communicate. Joel can direct you to hearing assistance technology and will give you basic information about hearing aids and hearing tests so you can prepare for an evaluation by an audiologist. Call the Center at (360) 293-7473 if you would like a free consultation.

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.



Skagit /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. 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

Farmers Market Vouchers

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 vouchers are as follows:

- ♥ 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.

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.



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 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.



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 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.

AAUW Scholarships: Meet the Mermen!

Meet Pépé, 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 Pépé – 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/>

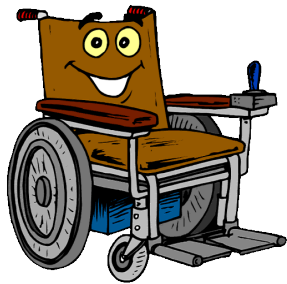
RESOURCES FOR SENIORS

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.



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. To access Benefits CheckUp go to www.benefitscheckup.org.

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. Here are two interesting presentations on healthy brains and memory.

- ♥ The first is titled "You are Your Memories," by Ryan Cummins, who discusses which events in our lives we remember, and how we can focus on making them meaningful: <https://www.youtube.com/watch?v=s-bdwJ60Ks>

- ♥ This presentation by Dr. Alan Castel is titled "How We Learn as We Age." Dr. Castel gives a presentation on how younger and older adults can selectively remember important information: <https://www.youtube.com/watch?v=g5jUjOr7G8M>



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.

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.



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.



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:

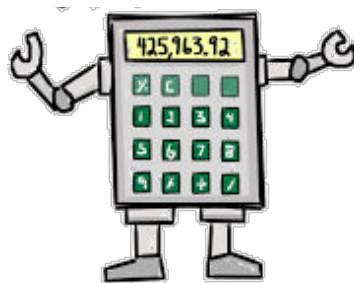
- ♥ Be 60 years of age or older
- ♥ Live in Skagit County
- ♥ Have a prescription from your physician or registered dietician (a new prescription will be needed every 6-12 months)

TAX ASSISTANCE

Free IRS Tax Program

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.



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

Virtual Programs from the Library

Visit library.cityofanacortes.org for more information, links to attend virtual programs or to access videos.



From Crime to Classroom

In this Humanities WA program at 7 p.m. on Wednesday, May 5, Omari Amili will lead a live Zoom discussion on the benefits of the "prison-to-college pipeline," where incarcerated and formerly incarcerated people can take college courses and receive a degree. Studies have shown that education is one of the best ways to reduce the chance of returning to prison, and Amili explores how we all benefit – as individuals and a society – from the new perspective, sense of direction, and confidence education provides. Amili is an author and community leader who has worked with South Seattle College, the ACLU of Washington, and Civil Survival. Registration is required.

Virtual Jazz Concert: The Alaska Suite

The Manieri Jazz Endowment and The Jazz Project present Nelda Swiggett's Alaska Suite, a story of beauty, loss, and hope inspired by the impacts of climate change, featuring the emotional power of multiple mediums — a five-piece chamber jazz ensemble, spoken words, images, and poetry. This virtual concert is available for viewing online beginning May 9.



The Onliest Monk

This three-part video presentation, beginning at 7 p.m. on Wednesday, May 12, features the life and music of the one and only Thelonious Monk. Hear saxophonist Brent and his colleagues in the “Monkstone Theocracy” quartet as they explore the Monk heritage. Between the performances, Brent explains Monk's remarkable musical innovations and why he is seen as a founding genius in the jazz revolution that began in the nineteen forties.

Sounding for Harry Smith

Anacortes Museum Director Bret Lunsford will present *Sounding for Harry Smith: Early Pacific Northwest Influences* at 7 p.m. on Wednesday, May 26. This a new self-published book features the Anacortes childhood years of Harry Smith, famous artist, filmmaker, ethnomusicologist and Grammy-winner.

CLASSES AT ISLAND HOSPITAL

Registration is required for all classes. Call (360) 299-4204 or email communityed@islandhospital.org.

Balance Screening

Meet in person with a hospital physical therapist on Tuesday, May 11, to determine where your body is vulnerable and help you develop strategies to prevent falls. Free appointments are available between 10:30 a.m. and 12:30 p.m.



Dietary Strategies for Managing High Cholesterol

Chronically elevated cholesterol levels increase risk for heart attack and stroke. Join Registered Dietitian Amber Phillips for an informative online talk on small changes you can make to your diet. Phillips will cover strategies that go beyond the standard advice to reduce saturated fat and cholesterol intake. This program is available from 2:30 to 3 p.m. on Wednesday, May 5, and again from 11 to 11:45 a.m. on Tuesday, May 18.

Swallow Screening

Concerned about your swallow? Do you cough or clear your throat frequently when eating or drinking, have wet sounding vocal quality, have congestion with repetitive colds or pneumonia, have difficulty with chewing and/or require multiple swallows with bites or sips? If you are experiencing one or more of these symptoms, meet with a speech-language pathologist on Tuesday, May 4. Free appointments are available between 1:30 and 3:30 p.m. to determine if you might have a swallowing disorder.



Spot the Signs of Stroke: Learn to “BE FAST”

Learn to quickly identify signs of a stroke with the helpful BE FAST tool. Island Hospital's specialized Stroke Coordinator Lisa Edwards offers an in-depth look at what you really need to know about stroke, how to quickly identify a stroke, and when to call 911. Class is online from 1 to 2 p.m. on Thursday, May 6, and again from 1 to 2 p.m. on Tuesday, May 18.

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, May 10, to learn more about traditional Medicare coverage, Medicare Advantage Plans, prescription Drug Coverage, gaps, enrollment and fraud protection. There is no charge.

Sleeping Your Way to Health

Join Bridgett Bell Kraft, a provider with Island Hospital's Sleep Wellness Center, for an online conversation to improve your understanding of what sleep is, how sleep patterns change with aging, and the symptoms of sleep miseries you can address with natural solutions. This program will be held from 9 to 10 a.m. on Tuesday, May 8, and again from 9 to 10 a.m. on Friday, May 21.



Hospice 101

Join Community Outreach and Education Specialist Käaren Flint with Hospice of the Northwest from 12 to 1 p.m. on Monday, May 17. In this free online presentation, learn about the goals and services of hospice care. Learn how hospice is paid for, when and how to refer, and what kinds of support is offered.

Exercise for Osteoporosis

Learn what types of exercises are most beneficial for your bones from Island Hospital physical therapist Allison Blackwell in a free online program from 9 to 10 a.m. on Wednesday, May 19. Be prepared to try some exercises you will be able to do at home.

Osteoporosis and Nutrition

Dietary habits play an important role in your risk of developing osteoporosis and managing these habits can be particularly important as we age. A diet without enough calcium and vitamin D can contribute to weak bones. Calcium is a key building block for your bones, while vitamin D helps your body to absorb calcium. Join Registered Dietitian and Certified Diabetes Educator Mary Beth Robinson for a free online discussion from 10 to 10:30 a.m. on Wednesday, May 19. You will get nutritional tips to help maintain good bone health.



Living Better with Diabetes

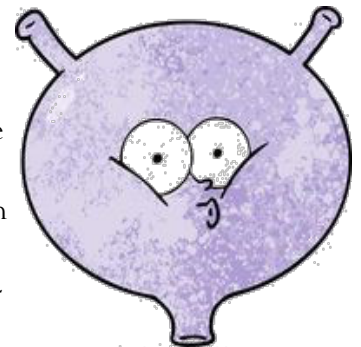
If you have or are at risk of developing diabetes, there are positive steps you can take to control your health. Join Registered Dietitian and Certified diabetes Educator Mary Beth Robinson for a free online discussion from 1 to 1:30 p.m. on Wednesday, May 19. Learn about healthy eating, being active and reducing risks to help manage diabetes.

Out of the Pandemic: Returning to the New Normal

As we emerge from the pandemic lifestyle of the last year, we may feel disoriented or out of sorts. Join Dr. Paul Hammer online from 9 to 10 a.m. on Thursday, May 20, for a free discussion on mental health aspects of life transitions. Learn tips on successfully transitioning to the new normal.

Pelvic and Bladder Health

Are you having a tough time staying dry? If so there are Physical Therapy interventions that can help. Join PT Amy Harrington for a free online talk from 3 to 4 p.m. on Wednesday, May 19, on bladder leakage and



urinary incontinence. She will explain ways in which pelvic health PTs help treat urinary incontinence and give you some tips to start with right away.

Caring for the Caregiver

Join a panel of experienced caregivers and their supporters in a free online panel discussion from 3 to 4 p.m. on Thursday, May 20. Share encouragement, best practices and resources for yourself and other family members and friends who are caregivers for others.

Advanced Care Planning

Learn more about Physicians Orders for Life-Sustaining Treatment (POLST), Advanced Directives, and Health Care Durable Power of Attorney (HCDPOA) with Käären Flint, Community Outreach and Education Specialist with Hospice of the Northwest. Join her free online from 12 to 1 p.m. on Friday, May 21 to learn how to best use the free documents that you will be provided.



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 a few of the classes offered. To register or for more information, call (360) 293-0673 or visit www.fidalgopool.com.

SilverSneakers® Classic

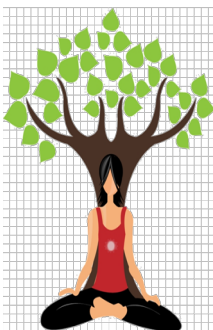
This class meets from 9:15 to 10 a.m. on Mondays and Wednesdays and offers exercises designed to increase muscular strength, range of motion and activities aiding daily living. Hand-held weights, elastic tubing with handles and a ball are all offered for resistance. A chair is used for seated and/or 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.



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 anacortesfood-coop@gmail.com or call (360) 299-3562. The Coop will call to confirm your email order. Payment can be made with cash, check or credit card. No debit cards with pins accepted. Fulfillment may take a few hours depending on staff availability.



Individuals at Risk or in Isolation

If you are an at-risk individual who is on quarantine or in isolation, and you find yourself in need of assistance in getting and/or picking up supplies or food, or if you need help finding out who to call to get supplies or food delivered to you, call the Skagit County Resource Assistance Line at (360) 416-1892 between 10 a.m. and 2 p.m. daily. Leave a message and wait for a response in about 24 hours.

Volunteer Services Can Help

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 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. Samantha will arrange a time for you to pick up the food. Request via email at Samantha@anacortesfamily.org.



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 and 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

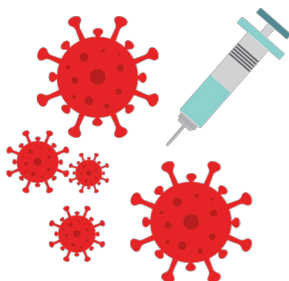
- ♥ Block unwanted calls and text messages. Take steps to block unwanted calls and to filter unwanted text messages.
- ♥ Don't give your personal or financial information in response to a request that you did not expect. Legitimate organizations will not call, email, or text to ask for your personal 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.



COVID-19 INFORMATION

COVID-19 Vaccines

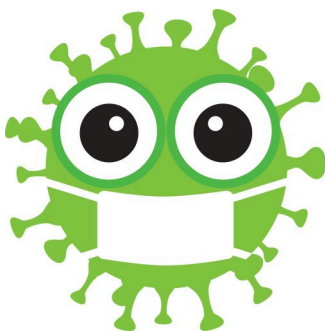
The COVID-19 vaccines are being made available in Washington State. Here are some links to help you locate available vaccines:



- ♥ 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.

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

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 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 return your call. Press 1 for the office staff and press 2 for the meals program and Ensure.