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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

July 2021

## The Latest from the Anacortes Senior Activity Center

We are delighted to announce that the Center will once again be open to the public as of Tuesday, July 6! Our hours will be from 9 a.m. to 3 p.m. Monday through Friday. Hot meals will once again be served in the Great Room from 11:30 a.m. to 12:30 p.m. Many of our classes and programs have returned and others will be added over the next few weeks. Check the newsletter to find out information about your favorite activity. Masks are required if you are not yet vaccinated. If you are fully vaccinated, you are welcome to be inside the Center without your mask. We are thrilled to be able to open our doors once again and to welcome you back to our wonderful Senior Activity Center. If you have any questions or concerns, please do not hesitate to call us at (360) 293-7473.



### SPECIAL EVENTS

#### Anacortes 4<sup>th</sup> of July Parade

Join others from the Senior Activity Center to share your spirit of adventure and camaraderie in the return of the Anacortes 4<sup>th</sup> of July Parade. This spirited group of seniors will walk to a very simple marching tune, twirling the Center's iconic red umbrellas. Strollers with dogs, grandkids, and even walkers and wheelchairs are welcome to join in the fun. Text PK Mead at (360) 708-6187 or email her at [pkmead1@gmail.com](mailto:pkmead1@gmail.com) with your name, cell phone number and email. She will get back to you to let you know where and what time to meet.



## ANACORTES SENIOR ACTIVITY CENTER

Jonh Lunsford, Director, Parks & Recreation  
Lea DeVere, Administrative Assistant

Visit our website at [seniorcenter.cityofanacortes.org](http://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](http://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

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## Celebrate July in the Outdoor Café!

Come by and visit with your friends in our second outdoor cafe since the Center closed. There will be refreshments, coffee and tea, games and more un-



der covered awnings in front of the building. The Café will be held between 10 a.m. and 1 p.m. on Thursday, July 15. 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.

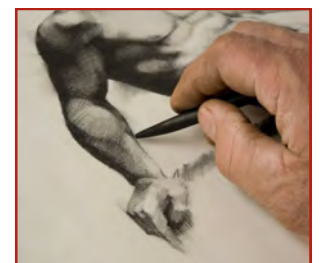
## Sales at Farmers' Market Support ASAC Foundation

The ASAC Foundation hosts a booth at the Anacortes Farmers Market the first Saturday of each month through September. You can browse for painted rocks, starter plants as well as mosaics for your garden. Your donations of plants for the sale, as well as painted rocks and garden art are most welcome. Foundation volunteers are available to pick up your donations. For more information or to arrange for a donation pickup, contact PK Mead at (360) 708-6187 or at [pkmead1@gmail.com](mailto:pkmead1@gmail.com).

## PROGRAMS

### Beginning Drawing 2

Greg Dugan will be teaching a beginning drawing class at the Center from 12:30 to 2 p.m. on Thursdays, July 1 through July 29. This class is for people with some drawing experience but still consider themselves beginners and want to focus on the basics. During the five-week class you will learn the basics of perspective, portrait and landscape drawing. Greg will also discuss the elements and principles of design, what they are and how to apply them in your drawings. The cost for the class is \$60. To register and arrange payment, email Greg at [GDuganArt@gmail.com](mailto:GDuganArt@gmail.com).



## Ukulele Chording Review

The Sunrise Room of the ASAC will be filled with the sounds of ukuleles from 1:30 to 2:30 p.m. Thursday, July 8, through August 26. Linda Zielinski will be holding chord reviews beginning with the easier shapes and working up to more advanced. You will be working on strumming, picking, and getting back into the ukulele groove of playing with other folks. The class is for those who have already had the FUN beginning class or who have played in the ukulele jams in the past. Class will be limited to 20 students. To sign up, email Linda [zuke.uke@gmail.com](mailto:zuke.uke@gmail.com).



## Woodcarving

Join instructor Dick Weber and other carvers from 9 a.m. to 12 p.m. on Mondays starting July 12. All skill levels are welcome. Carvers need to have their own tools and wood for their chosen projects. Assistance will be offered to help you find ways to attack problems that might develop in carving or in finishing a project. Dick will help beginning carvers learn how to obtain tools and wood, and he will make suggestions on appropriate projects that he feels the carver can successfully achieve. This class is all hand carving, no power tools or wood burning. There is a \$5 fee paid to the instructor week you attend.

## Watercolor and Acrylic Classes

Art instructor and artist Dee Doyle will be teaching and coaching students from 9:30 a.m. to noon on Mondays for acrylics and Fridays for watercolors. The cost for each class is \$15, paid directly to the instructor. Drop-ins are welcome. Some experience is preferred, but not necessary. For further information and supply list, contact Dee Doyle at [deedoyle11@gmail.com](mailto:deedoyle11@gmail.com) or call her at (360) 630-0208.



## Spanish Conversation Is Back at the Center

If you would like to join a friendly group and practice your Spanish conversation skills, come the Center on Tuesday afternoons from 1 to 2:30. For more information, call Caroline Martin at (360) 588-6847 or email her at [cjmartin98006@gmail.com](mailto:cjmartin98006@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. Look for details in the August newsletter.

## Wellness Day: Small Steps = Big Changes

Are you curious about how taking small steps can help you develop daily practices which may lead you to a healthier and more productive life? Join Bonnie Nelson, Program Coordinator for the Aging Mastery Program, at in person at the Center starting at 10:30 a.m. on Tuesday, July 20, and learn how to change and develop good habits by adding tiny steps into your routine, which should result in bigger and long-lasting positive results. There is no charge.



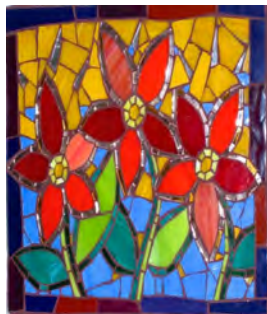
## Creative Circle

Creative Circle is now meeting both virtually via Zoom and also in person at the Center. Hybrid virtual and in-person meetings are held every Monday, starting at 9:30 a.m. Those meeting at the Center will be able to chat with those joining in via Zoom. 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](mailto:deborahfrancisfinearts@gmail.com).



## Mosaic and Stained-Glass Workshop

Instructor Melody Hoover will guide you in making your best choice for a project, be it for your home or your yard. If you would like to join this in-person workshop, contact Melody at (360) 755-2214. 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.



## 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](mailto:amp4alumni@gmail.com).

## 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>

## T'ai Chi Chih

Joan Roulac, who leads the Center's moving meditation classes, now offers beginning and intermediate T'ai Chi Chih classes online using Zoom. For more information or to sign up, call Joan at (360) 298-2789 or email her at [joan@mountaintopmusings.com](mailto: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/>

## 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](mailto:chefjackiedavison@gmail.com) to receive a Zoom 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](mailto: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 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

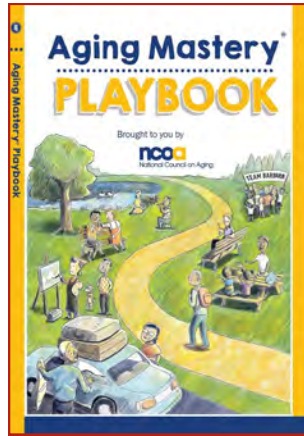
[lindad@cityofanacortes.org](mailto:lindad@cityofanacortes.org). A new discussion group is forming for folks who want to work through the kits together, sharing ideas and support. For more information on the Aging Mastery program, watch this great video put together by the National Council on Aging. Click on <https://youtu.be/r0haI8SxijU>

## 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](mailto:artstudio2120@gmail.com).

The cost is \$60 per month and the class is ongoing. Join for as many months as you like.



## Seated Wellness with Rita Yribar

Rita Yribar is offering a free chair yoga class that is available simultaneously via Zoom as well as in person at the Center for those who do not choose to do the class virtually. Rita's classes are 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](mailto:rita.chairclass@gmail.com).

## 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.



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



## 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.

## Advance Directives Online Course

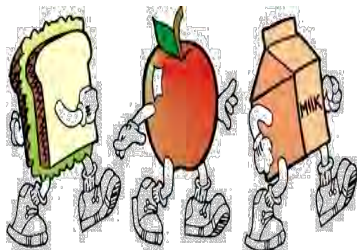
Adrienne Douchette who normally teaches a class on advance directives at the Center has let us know that there is a great website program that you can watch to get help doing your own advance care planning. The link to that website is [https://cedar.wvu.edu/pci/lectures\\_events/advance\\_care\\_planning/9/](https://cedar.wvu.edu/pci/lectures_events/advance_care_planning/9/)

## MEAL PROGRAM 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.



## Meals on Wheels Recipients Appreciate Volunteers

- ♥ “I greatly appreciate the efforts of the volunteers who provide the meals at the senior center. They are always most gracious, kind and helpful. I’ve been to several of the special meals, most particularly the Mardi Gras lunch. I’m very impressed with the effort and planning that went into creating this special meal. As well as the good food and decorations, the ‘king cake’ cupcakes were a hit.”
- ♥ “Meals on Wheels provides a wonderful service to those folks who can’t go out for a meal. The drivers are kind and patient and the kitchen staff that prepare and pack the meals put a lot of love in each meal. We are lucky to have these selfless volunteers.”

## Lunch Is Served!

Delicious, well-balanced hot lunches are served from 11:30 a.m. to 12:30 p.m. Monday through Friday. The menu is in our newsletter and also at

[www.skagitseniors.org](http://www.skagitseniors.org). In addition to the listed menu items, soup and salad are served most days. The suggested donation for seniors 60+ is \$5 per meal; cost for non-seniors is \$7 per meal. Reservations are not required. For more information, call (360) 293-7473. The same menu is also delivered to home-bound seniors. Contact (360) 416-1500 for more information and to sign up for Meals on Wheels. Meals are provided by Skagit County Senior Nutrition Program.



## STAYING WELL

### Reduce Traffic Deaths to Zero

Washington Traffic Safety Commission has set a goal to reduce traffic-related deaths on our roads to zero by 2030. This video can help you plan for your driving future. In it a 77-year-old driver 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](mailto:CLanham.WTSC@Outlook.com).



## Wellness Tip: July Is “UV Safety” Month

Here are a few tips to help you enjoy the summer sun and stay safe:

- ♥ To avoid the risk of skin cancer from excessive sun exposure, wear clothing that covers your skin and use sunscreen.
- ♥ To protect your eyes from UV radiation, wear sunglasses. Check the label for the UVA and UVB protection ratings and pick the pair with the highest rating. Darker lenses are not always better. The best sunglasses fit close and wraparound to protect your eyes.
- ♥ Wear a hat to shield your eyes and protect your skin.
- ♥ Be aware that water, snow, ice, sand and higher altitudes make the sun’s rays more intense.



## Six Dimensions of Wellness: Spirituality

Here are a few suggestions to stay spiritually strong:

- ♥ Take time for meditation and relaxation. It will free your mind and foster a stronger relationship with your spiritual wellness. Enjoy a quiet moment and it can help reduce stress.
- ♥ Keep a daily journal, like writing down at the end of the day, three positive things you are grateful for.
- ♥ Try yoga for seniors. Search for “free online yoga classes” or join the Seated Wellness class listed in this newsletter. Gentle yoga can help with stress, anxiety, depression, fatigue and insomnia, to mention just a few.
- ♥ Share love and compassion with others. Reach out to family members with encouraging words or a neighbor in need. We humans are social beings, and we need the connection with others via phone, texting or interactive video such as Zoom or Skype.
- ♥ Pray or think kind thoughts for yourself and others.
- ♥ Reflect on your life with gratitude.



## 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](http://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](mailto:micki98226@aol.com).

## Inspiration 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 about methods of communication with those suffering from dementia or memory loss:

- ♥ The first is an interview with Teepa Snow and Joan Lunden: <https://www.youtube.com/watch?v=8OubTWj995Q>
- ♥ The second is a great presentation by Teepa Snow on the 10 early signs of dementia: <https://www.youtube.com/watch?v=pqmqC-702Yg&t=2s>



## NEWS AND NOTICES

### Red Bag Pantry Is Back

The Red Bag Pantry is now back at the Center. Pick up food items that you need during our open hours from 9 a.m. to 3 p.m. Monday through Friday. The Pantry is also available at the Anacortes Fire Department on 13<sup>th</sup> Street and the Anacortes Library on 10<sup>th</sup> Street. Those pantries are just outside the buildings and are available 24 hours a day. All of the pantry locations are re-stocked frequently.

## 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.



## Sale on Masks Featuring Anacortes Artists

Take advantage of a last-minute sale on masks. 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. Many Center volunteers handmade these beautiful masks. The cost is now \$10. Place your order online at [www.asacfoundation.org](http://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 first Saturday of each month through September.

## Senior Activity Center Newsletters

There are copies of the ASAC newsletter available at the Center, and at [seniorcenter.cityofanacortes.org](http://seniorcenter.cityofanacortes.org). 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.



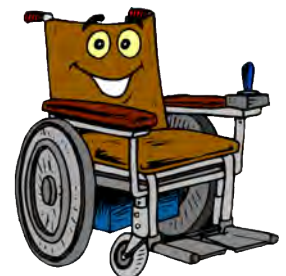
## RESOURCES FOR SENIORS

### Farmers Market Vouchers

Skagit County Public Health has received an 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. 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.



### 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 3 p.m. on Fridays only. The program is located at the Soroptimist Thrift Shop located at 1107 3<sup>rd</sup> 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 help you 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](http://www.benefitscheckup.org).



## Get Ensure 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)

## 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.

## 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](mailto:ADRCskagit@dshs.wa.gov).

## 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.



## ISLAND HOSPITAL CLASSES

Registration is required for all classes. There is no charge for any of these classes. Call (360) 299-4204 or email [communityed@islandhospital.org](mailto:communityed@islandhospital.org) to sign up.

### Dietary Strategies for Managing High Cholesterol

Chronically elevated cholesterol levels increase risk for heart attack and stroke. Join Registered Dietitian Amber Phillips from 2:30 to 3 p.m. on Wednesday, July 7, for an informative 30-minute virtual presentation 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.

### Balance Screening

Island Hospital physical therapists can help determine where your body is vulnerable and help you develop strategies to prevent falls. Appointments are available on Tuesday, July 20, between 10:30 a.m. and 12:30 p.m.

## 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 an Island Hospital speech-language pathologist on Tuesday, July 13, to determine if you might have a swallowing disorder. Appointments are available between 1:30 and 3:30 p.m.



## 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, July 19, to learn more about traditional Medicare coverage, Medicare Advantage Plans, Prescription Drug Coverage, gaps, enrollment and fraud protection.

## Managing Your Mental Health

Learn how to manage stress, learn how to fight anxiety and depression, improve resilience, and how to manage your emotions in crises. Join Paul S. Hammer, MD, from 12 to 1 p.m. on Thursday, July 29, for a virtual discussion of common myths and misconceptions about mental health. You will gain some tools to help you live a fulfilling and mentally healthy life.

## Healthy Sleep Habits

Join Dr. Reyna, Medical Director of the Island Hospital Sleep Wellness Center, from 1 to 1:30 p.m. on Wednesday, July 28, for a free virtual discussion of healthy sleep habits to help you obtain a good night's sleep. Learn how to develop a good bedtime ritual and to identify those behaviors that interfere with getting quality sleep. Dr. Reyna will outline normal sleep cycling and sleep patterns and how that impacts whether or not you wake up feeling refreshed in the morning.



## 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](http://www.fidalgopool.com).

### SilverSneakers® Classic

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

### Flow Yoga

This class meets from 10:15 to 11 a.m. on Tuesdays and Thursdays and



emphasizes dynamic movement, seamlessly stringing postures together, one to another, connected through breath. It is both supportive and self-paced.

### Core and More

This class meets from 8 to 8:45 a.m. on Mondays and Fridays and focuses on proper activation of the deep core muscles and how to integrate them into entire body movements to enhance muscular-skeletal health. Stability, mobility and flexibility exercises for the spine will be practiced.

## 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](http://www.themarketswa.com/anacortes). Shopping in the store is available for at-risk individuals only between the hours of 6 and 7 a.m.

## Grocery Assistance

- ♥ 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](mailto: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 offer information and referrals for access to food and energy assistance, and grocery and prescription delivery wherever possible. Volunteers 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 to volunteer 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 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 Senior Activity Center from 9 a.m. to 3 p.m. Monday through Friday. Pantries are also located at the Anacortes Fire Department on 13<sup>th</sup> Street and the Anacortes Library on 10<sup>th</sup> Street. Both of those 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](mailto: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](http://asacfoundationanacortes.org).

Below are examples of some of the ways that the Foundation helps:

- ♥ Copy machine
- ♥ Internet access
- ♥ Newsletter
- ♥ Furnishings
- ♥ Equipment
- ♥ Office supplies
- ♥ Postage
- ♥ Staff support
- ♥ Kitchen supplies
- ♥ Coffee and tea
- ♥ Fundraising expenses
- ♥ Special projects
- ♥ Building improvements
- ♥ Landscaping
- ♥ And much more!

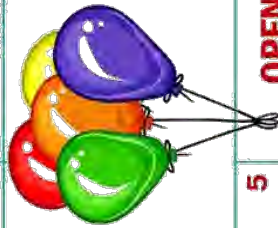


## BEWARE OF SCAMS

### 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.





# July 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>5</b> <b>CLOSED FOR INDEPENDENCE DAY</b>	<b>6</b> <b>OPENING DAY!</b> 10-12 Women's Pool 10-12 Ham Radio Group 11:30-12:30 LUNCH 2 Seated Wellness 2 Spanish Conversation	<b>7</b> 9:30 Mosaics and Stained Glass 11:30-12:30 LUNCH 12 Partner Bridge	<b>1</b>	<b>2</b>
<b>12</b> 9 Creative Circle 9 Woodcarving 9-12 Men's Pool 9:30 Acrylics 11:30-12:30 LUNCH 12 Bridge	<b>13</b> 10-12 Women's Pool 10-12 Ham Radio Group 11:30-12:30 LUNCH 2 Seated Wellness 2 Spanish Conversation	<b>14</b> 9:30 Mosaics and Stained Glass 11:30-12:30 LUNCH 12 Partner Bridge	<b>15</b> 10-1 Outdoor Café 12:30 Beginning Drawing 2 1:30 Ukulele Chording Review	<b>16</b> 9-12 Men's Pool 9:30 Watercolor 11:30-12:30 LUNCH 12 Pinochle 12:30 Cultured Palette
<b>19</b> 9 Creative Circle 9 Woodcarving 9-12 Men's Pool 9:30 Acrylics 11:30-12:30 LUNCH 12 Bridge	<b>20</b> 10-12 Women's Pool 10 ASAC Foundation 10-12 Ham Radio Group 10:30 Wellness Day Program 11:30-12:30 LUNCH 2 Seated Wellness 2 Spanish Conversation	<b>21</b> 9:30 Mosaics and Stained Glass 11:30-12:30 LUNCH 12 Partner Bridge	<b>22</b> 12:30 Beginning Drawing 2 1:30 Ukulele Chording Review	<b>23</b> 9-12 Men's Pool 9:30 Watercolor 11:30-12:30 LUNCH 12 Pinochle 12:30 Cultured Palette
<b>26</b> 9 Creative Circle 9 Woodcarving 9-12 Men's Pool 9:30 Acrylics 11:30-12:30 LUNCH 12 Bridge	<b>27</b> 10-12 Women's Pool 10-12 Ham Radio Group 11:30-12:30 LUNCH 2 Seated Wellness 2 Spanish Conversation	<b>28</b> 9:30 Mosaics and Stained Glass 11:30-12:30 LUNCH 12 Partner Bridge	<b>29</b> 12:30 Beginning Drawing 2 1:30 Ukulele Chording Review	<b>30</b> 9-12 Men's Pool 9:30 Watercolor 11:30-12:30 LUNCH 12 Pinochle 12:30 Cultured Palette

# July Menu

Anacortes (360) 293-7473, Burlington (360) 755-0102, Clear Lake (Wednesday),  
 Mount Vernon (360) 416-1589, Sedro-Woolley (360) 855-1531

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Independence Day Lunch Pulled Pork Sandwich served with Baked Beans	2 Moroccan Chicken Soup served with Apricots
5 CLOSED 	6 Spaghetti with Meatballs served with a Caesar Salad	7 Aztec Pork with Spanish Rice served with a Cookie	8 Beef Tips served with Mashed Potatoes and Gravy	9 Chef Salad served with Grapes and a Cookie
12 Pesto Chicken served with Smashed Baby Bakers	13 Pumpkin-Sage Ravioli Bake served with a Brownie	14 Salisbury Steak served with Mashed Potatoes and Gravy	15 Fish in Cilantro Sauce served with a Berry Cobbler	16 Mac & Cheese with Keilbasa served with a Green Salad
19 French Dip Sandwich served with a Pumpkin Bar	20 Pork Roast served with Mashed Potatoes and Gravy	21 Tarragon Chicken served over Herbed Pasta	22 <b>NO MEAL SERVED DUE TO ALL-DAY STAFF RETREAT</b>	23 Stuffed Pepper Cups served with Garlic Bread
26 Country Pork and Kraut served with a Soft Pretzel	27 Beef in Peanut Sauce served with Carrot Coins	28 Fish Sandwich served with Apple Crisp	29 Butternut Squash Lasagna served an Oatmeal Cookie	30 Chicken Divan served with Birthday Cake

Menu substitutions or changes are sometimes necessary.

Thank you for your understanding.