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Normal hours 9 a.m. - 3 p.m. Mon - Fri



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National Institute of  
Senior Centers

ASAC is the only nationally accredited  
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# NEWSLETTER

September 2021

## The Latest from the Anacortes Senior Activity Center

The Anacortes Senior Activity Center has now been open to in-person guests for two months. We have enjoyed being a part of the connections made with Anacortes residents and are daily reminded of the importance that the Center has in the lives of our guests, volunteers and staff. We are excited to be a part of the programs listed in this month's newsletter and have added several new offerings. Also please be aware that masks are required at all times inside the building. If you have any questions about our programs, contact Lea DeVere at (360) 293-7473.

### SPECIAL EVENTS AND PROGRAMS

#### Are You Ready to Cut the Cord?

With the high price of internet cable and services, many people are choosing to "Cut the Cable." Consumers are tired of ever-increasing charges for TV channels that they never use and for shoddy customer service. Computer assistance volunteer Martin Harris will help you cut the cable cord. Choose between one of two classes, at 1:30 p.m. on Wednesday, September 15, or at 1:30 p.m. on Thursday, September 16. Martin will help you assess the pros and cons of dropping those cable TV services and help you find ways to access your TV and entertainment sources via the internet. Martin will talk about the equipment and actions necessary to accomplish this switch and where you might find some cost savings. There is no charge. To sign up, email Martin at [svmystique@hotmail.com](mailto:svmystique@hotmail.com).

#### Meet Police Chief David Floyd

Join Police Chief Dave Floyd at 10:30 a.m. on Thursday, September 23, for a discussion about the Anacortes Police Department. Chief Floyd will talk about police matters that are affecting our community and nation.



## 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, 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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## What's New at the Museum?

Join staff from the Anacortes Museum from 1 to 2 p.m. on Wednesday, September 22, for an

update on what is happening at the museum. Learn about services, exhibits and other programs and happenings at this great local treasure.



## Chat with Karl

Join the Anacortes Senior Activity Center's new administrator Karl Wolfswinkel for a meet-and-greet at 10 a.m. on Tuesday, September 14. Karl would like to get to know everyone who comes to the Center personally, so please join him for this event and get acquainted.

## Medicare Open Enrollment Options for 2022

Join Ginny Brightwell, SHIBA volunteer, from 1 to 3 p.m. on Tuesday October 19, to review Medicare Options for 2022. During the annual Medicare Open Enrollment you can select a new Medicare Advantage plan or part D prescription drug plan. Ginny will review the plans available in Skagit County in 2022 and the timelines to make changes. This class will be limited to 30 attendees. Sign up in advance at the Reception Desk.

## Medicare Counseling at the Center

Volunteer counselors from Statewide Health Insurance Benefits Advisors (SHIBA) are once again available to assist you with all your Medicare questions. They provide free, unbiased, confidential counseling services for all Medicare enrollment, benefits, money saving programs and Medicare options. You can meet with a SHIBA counselor in person at the Center or via telephone or zoom. Call (360) 826-8828 to schedule an appointment.



## Energy Assistance

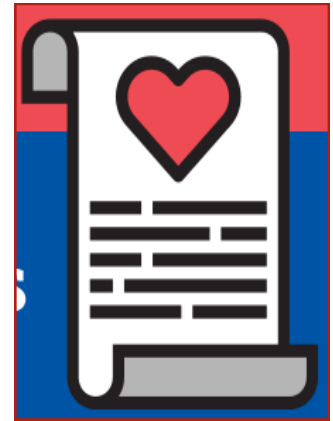
Energy Assistance appointments will be held at Center between 9 a.m. and 2 p.m. on Tuesday, October 26. Staff from Skagit Community Action will be available to assist seniors 60 years and older with their heating bills, Puget Sound Energy bills and Cascade Natural Gas bills. To find out if you qualify and to sign up for an appointment, call (360) 428-1011 starting September 1. The Community Action office is open from 8:30 a.m. to 5 p.m. Monday through Friday.



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). 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/r0ha18SxijU>

## Where There's a Will, There's a Way

Join Adrienne Doucette for a detailed workshop that will guide you through completing an advance healthcare directive so someone can be prepared to speak for you if you become unable to speak for yourself. The next class will meet from 1:30 to 3p.m. on Friday, October 22. Adrienne will use the Honoring Choices PNW form, a simple, user-friendly and very effective document. The cost is \$20. Sign up and pay in advance with cash or a check made out to Adrienne Doucette at the Reception Desk. Space is limited and classes fill up fast. This class will be offered quarterly with the next one scheduled on Friday, January 28, 2022.



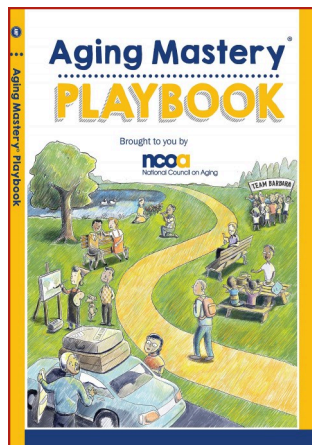
## AGING WELL

### 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 meetings are held from 11 a.m. to 12:15 p.m. on the last Thursday of each month (with exception of holidays). This month's meeting will be on September 30. 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. If you have taken the 10-week Aging Mastery class, and would like to join the alumni group meetings, email Bonnie Nelson, Program Coordinator, at [amp4alumni@gmail.com](mailto:amp4alumni@gmail.com) and she'll get you on the list.

### Aging Mastery Starter Kits

Get your own FREE Aging Mastery Program Starter Kit! This self-paced kit can help you take small steps to improve your health and quality of life. It includes a playbook, exercise DVDs, activity cards, and a weekly check-in notepad. You do not need a computer to use the Starter Kit. If you are



### Ideas for Aging Well: Future Self

Bonnie Nelson, Coordinator for the Center's Aging Mastery program, shares videos and online articles that offer inspiration on aging well. This month Bonnie shares two TED talk videos on envisioning your future self.

- ♥ The first is by Harvard Psychologist Dan Gilbert, titled *The Psychology of Your Future Self*:  
[https://www.ted.com/talks/dan\\_gilbert\\_the\\_psychology\\_of\\_your\\_future\\_self?referrer=playlist-talks\\_to\\_make\\_you\\_feel\\_good\\_ab#t-388763](https://www.ted.com/talks/dan_gilbert_the_psychology_of_your_future_self?referrer=playlist-talks_to_make_you_feel_good_ab#t-388763)
- ♥ The second is by Bob Stein, titled *The Rite of Passage for Late Life*:  
[https://www.ted.com/talks/bob\\_stein\\_a\\_rite\\_of\\_passage\\_for\\_late\\_life?language=en#t-336272](https://www.ted.com/talks/bob_stein_a_rite_of_passage_for_late_life?language=en#t-336272)

## CREATIVE EXPRESSION

### Claire Lemberg Arts & Crafts Scholarship

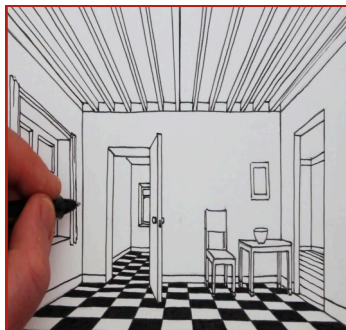
A new scholarship program is now available at the Center for low-income people who want to take one or more of the Center's arts and crafts classes. Here are some examples of the classes taught by well-known local artists that you could participate in with a scholarship:

- ♥ Watercolor and Acrylics - Dee Doyle
- ♥ Weaving on a Table Loom - Liz Moncrief
- ♥ Drawing Classes - Greg Dugan
- ♥ Mosaic and Stained Glass - Melody Hoover
- ♥ Basket Weaving - Jane Hyde

This scholarship program is possible thanks to a generous donation from the family of Claire Lemberg and other generous donors. Claire taught arts and craft classes at the ASAC for a number of years, and after she stopped teaching, she continued to be active in Center activities. If you are interested in receiving a scholarship, contact Sally Hill or Lea De Vere at (360) 293-7473 or stop by and to talk with either of them.

### Drawing in Perspective

Greg Dugan will be teaching a class on drawing in perspective from 12 to 1:30 p.m. on Thursdays, September 2 through September 30. This class is for both beginners and those who have drawn before but want a better understanding of how to put dimension into their drawings. The class will cover the basics of one and two-point perspective. Greg will discuss eye level line, vanishing points, and how to use them in the creation of your drawings. The cost for the class is \$60. To register and arrange payment, email Greg at [GDuganArt@gmail.com](mailto:GDuganArt@gmail.com).



### Drawing Figures and Faces

Greg Dugan will be teaching a class on how to draw people and portraits in pencil from 1:45 to 3:15 p.m. on Thursdays, September 2 through September 30. This class is for those who have some drawing experience and want to learn the basics of drawing the face and figure. The class will cover how to draw the features of the face, as well as the parts of the body and how they work together in a drawing. Greg will discuss shape, proportion, gesture, and line action, and how to use them in drawing people of every size, shape, and age. The cost for the class is \$60. To register and arrange payment, email [Greg at GDuganArt@gmail.com](mailto:Greg at GDuganArt@gmail.com).

### Basket Weaving

Jane Hyde teaches basket making from 9 a.m. to 2 p.m. With an eye to social distancing, Jane will offer two classes in September with a limit of 8 students per class. One class will be on Thursday, September 23, and there will be another class on Thursday, September 30. You will need to sign up in advance. Call Jane at (360) 661-7477 to sign up and to get information on the baskets being taught and the cost of the class.



### Color in Watercolor Landscape

Watercolor artist Catherine Gill will teach a one-day workshop on using color in doing watercolor landscape. The workshop will be held from 9:30 a.m. to 3 p.m. on Wednesday, September 22, and is designed for intermediate level artists. You will paint from enlarged photos indoors, and weather permitting, go to a nearby location to paint landscape on site for the afternoon. You will need to bring your own materials - ask for a supply list when you sign up. The cost is \$100, with checks made payable to Catherine Gill. No refunds will be made if you are unable to attend. For more information, contact: Linda Henley at [lindahenley@earthlink.net](mailto:lindahenley@earthlink.net).

## 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 started.



## 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).

## Cultured Purls Knitting Guild

Join fellow knitters 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 September 7 in person at the Center. If you would like more information, call Pat Buckley at (206) 200-3824.



## LANGUAGE AND DISCUSSION

### 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 will be able to join a Zoom office hour to ask questions or get help with your assignments. Class is on Tuesday evenings from 7 to 8 p.m. and the time for the Zoom office hour will be determined at the first class on September 7. To register, email Melanie at [artstudio2120@gmail.com](mailto:artstudio2120@gmail.com). The cost is \$60 per month and the class is ongoing.

### Fidalgo Book Group

The group meets from 9:30 to 11 a.m. at the Center on the first Thursday of each month. The next meeting will be on



September 2. For that meeting, the group will read *The Heart* by Maylis de Kerangal. Just before dawn on a Sunday morning, three teenage boys go surfing. While driving home exhausted, the boys are involved in a fatal car accident on a deserted road. Two of the boys are wearing seat belts; one goes through the windshield. The doctors declare him brain-dead shortly after arriving at the hospital, but his heart is still beating. *The Heart* takes place over the twenty-four hours surrounding the resulting heart transplant, as life is taken from the young man and given to a woman close to death. In gorgeous, ruminative prose, it examines the deepest feelings of everyone involved as they navigate decisions of life and death.

For the October meeting, the group will read *The Indigo Girl* by Natasha Boyd. For more information, contact Terri Bawden at (509) 670-4412 or at [terribawden@hotmail.com](mailto:terribawden@hotmail.com).

## Spanish Conversation

If you would like to join a friendly group and practice your Spanish conversation skills, come to 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).



## 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 with Joel.

## FITNESS

### Stretch and Move Yoga

Join Laifong Nelson for her Stretch and Move Yoga class. Her class meets from 10 to 11 a.m. on Wednesdays, September 8 through November 10. Yoga is for everyone. The class will focus on stretching and moving your body to create balance and core strength, while cultivating breath awareness. Laifong says give it a try because "what you don't use you will lose." The cost of the 10-week class is \$100. Drop-ins are welcome and the fee is \$13 per class.

Sign up and pay at the Reception Desk.

For more information, contact Laifong at (360) 202-2323 or at

[ngyoga82@gmail.com](mailto:ngyoga82@gmail.com). You can also visit her website at [Anacortesyoga.com](http://Anacortesyoga.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 heart rate. 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: Moving Meditation

Joan Roulac will be teaching "Moving Meditation" via Zoom from 12:30 to 1:30 on Tuesdays, September 7 through September 28. This 4-week Series is designed for beginners who want to relieve pain and stress, improve balance and strengthen your immune system. T'ai Chi Chih's gentle movements release stress by relaxing and rejuvenating the body while refreshing the mind. A former student commented "What I like the most is you can do as much or as little as you are physically or mentally able to without judgment. And it works! My balance is so much better." The fee for this series is \$75. To sign up, call Joan at (360) 298-2789 or email her at [joan@mountaintopmusings.com](mailto:joan@mountaintopmusings.com).



## Jump Start with Joan

Joan Roulac will start a new Zoom program in September entitled "Quiet the Mind and Strengthen the Body" ... this program will be held from 9 to 9:15 a.m. on Wednesdays, September 8 through September 29. This 15-minute 4-week energy healing Qigong Series helps you relax, get centered, loosen tense muscles, strengthen the spine and elevate our energy. One student from a past class said: "This was a great way to start the morning. I love those simple yet powerful moves you taught us and I am so grateful for that moment of calm and focus." The cost for the series is \$40. For more information or to sign up, call Joan at (360) 298-2789 or email her at [joan@mountaintopmusings.com](mailto:joan@mountaintopmusings.com).

## Seated Wellness

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. To join the Zoom meeting click on the following link:  
<https://us06web.zoom.us/j/98995344128>

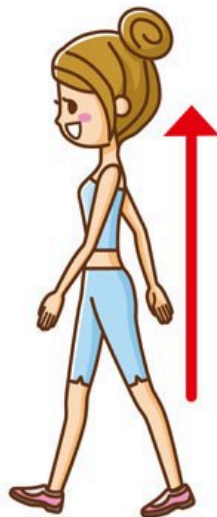


## WELLNESS

### Wellness Tip: Lower Your Fall Risks

September is Falls Prevention month. Here are some ideas to help you lower your risk of falling:

- ♥ Review all of your medications with your doctor or pharmacist. Some medicines can make you dizzy or sleepy and cause falls.
- ♥ Have your vision checked every year and get new glasses when they are prescribed.
- ♥ Have your hearing checked every year. Difficulty hearing can lead to balance problems.
- ♥ Physical activity can help improve balance and strength.
- ♥ Add grab bars inside and outside your bathtub or shower.
- ♥ Put non-skid mats in the bathtub or shower.
- ♥ Put railings on both sides of stairs.
- ♥ Take up throw rugs.
- ♥ Create good lighting in all of your rooms. Keep a light on at night in the bathroom.
- ♥ Keep a phone near your bed and favorite chair.



### Wellness Day: Safe Walking

Join Andy Arvidson from 10:30 to 11:30 a.m. on Tuesday, September 28, for an in-person class on how to

walk safely. Andy has been teaching walking classes for 18 years, and he can help you walk with a new spirit of energy and ease. Learn to walk properly, safely, with less fall risks. Andy can help you find a comfortable and safe stride that will help keep you safe. There is no charge or prior registration required for the class, so drop in and enjoy this great presentation.

## Chef Jackie Has Two Cookbook Clubs

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



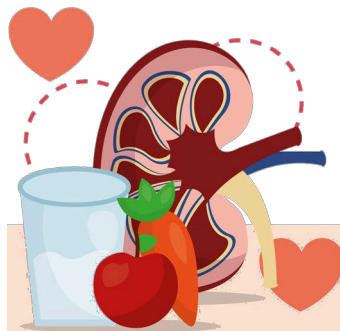
## Six Dimensions of Wellness: Intellectual

Intellectual wellness is engaging in creative and mentally stimulating activities. Here are some simple habits to help boost your brain power:

- ♥ Get a good night's sleep, seven to nine hours.
- ♥ Take some "cat" naps. Power naps can help you quickly feel rejuvenated and boost your energy to carry you through your day.
- ♥ Drink lots of water. Staying hydrated can help keep the mind alert.
- ♥ Include more "brain food" in your diet such as olive oil, salmon, tuna, carrots, broccoli and blueberries.
- ♥ Train your brain with numbers; do easy math problems without your calculator.
- ♥ Learn to play a musical instrument or sing a new song.; learn a new language; play memory games.
- ♥ Keep reading. Your brain is learning as you read, and a book can take you so many places.
- ♥ Journal by hand. Handwriting sharpens your mind.

## 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).



## SERVICES AT THE SENIOR CENTER

### Free Computer Clinic Assistance

Skilled computer volunteers are available by appointment on Monday, Tuesday, Thursday and Friday. Appointments are available at 9:30 a.m. or 10:30 a.m. If the computer volunteers do not have scheduled appointments, they may be able to accommodate drop-ins. Call (360) 293-7473 to schedule an appointment. We want to thank our dedicated volunteers Doug Johnson, Paul Denham and Martin Harris for all their time and skillful computer assistance.

### Red Bag Pantry Is Back

The Red Bag Pantry is now back at the Center. Pick up food items that you need for the next few days 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.

### 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, shares a video interview with a 77-year-old driver as he reflects on his driving past and what his 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).

### Footcare

Footcare services with Donna and Lynn will once again be available at the Center beginning September 13. If you would like to make an appointment, call the Center at (360) 293-7473. The cost is \$30 for toenails, \$6 for fingernails. Payment is made to the providers. Checks are accepted, but cash is preferred.



## GAMES

### Pinochle

If you enjoy playing pinochle and would like to join a fun group, come by on Friday afternoons. There is a group that plays from 12 to 2:45 every Friday and they are looking for new players.



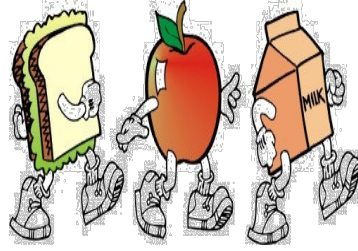
### Newsletters at the Center and Online

There are paper copies of the ASAC newsletter available at the Center, and the newsletter is also available online 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.



## Lunch Is Served!

Delicious, well-balanced hot lunches are served at the Center from 11:30 a.m. to 12:30 p.m. Monday through Friday. The menu is available 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 homebound 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.



## Meals on Wheels and Pickup Meals

The Meals on Wheels delivery program operates out of the Center Monday through Friday. Call (360) 293-7473 and press “2” for information on the nutrition and meal program. To sign up for Meals on Wheels home delivery, call (360) 416-1500.

## OTHER RESOURCES & PROGRAMS

### Anacortes Senior College

Regrettably, the Anacortes Senior College is cancelling their Fall term classes due to the recent increase in COVID 19 cases. The College hopes to resume classes in January or as soon thereafter as possible, bringing intellectually satisfying experiences to the community. Please continue to check the website at [www.seniorcollege.org](http://www.seniorcollege.org) for up-to-date information about the resumption of classes.

### Skyline Garden Club

The Skyline Garden Club invites you to attend a presentation at 1:30 p.m. on Monday, September 20, of “Wire art by C & C” by Cheri Bricker of Greenbank. It has been a few years since Cheri



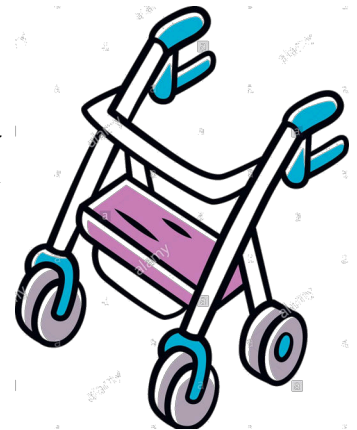
presented her creative wire art, designed to protect plants from our grazing garden visitors so it will be great to see what Cheri has been working on. The presentation will be at the Skyline Beach Club at 6041 Sands Way, Anacortes. The cost is \$5. Non-members are welcome. For more information, call (360) 399-7957.

## Skagit and Island County 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.

## 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 assist you connect to resources to meet the costs of basic needs such as medications, food, utilities, legal aid, health care, housing, in-home services, taxes, transportation and employment training. Benefits CheckUp is an online questionnaire that asks you a series of questions and then creates a personalized report identifying programs that might be useful to you. To access the questionnaire, go to [www.benefitscheckup.org](http://www.benefitscheckup.org).

## 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)



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.

## 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 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.

## 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. 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).

## 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.

## Community Action Volunteer Services

Program staff offer information and referrals for access to food and energy assistance, and grocery as well as prescription delivery



## 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.
- ♥ 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.



## 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.



- ♥ Staff support
- ♥ Kitchen supplies, coffee and tea
- ♥ Fundraising expenses
- ♥ Special projects
- ♥ Building improvements and landscaping
- ♥ And much more!

## Sales at Farmers' Market Support ASAC Foundation

The ASAC Foundation has a booth at the Anacortes Farmers Market on Saturday, September 4. This will be the last of the season, so you won't want to miss it. You can browse for painted rocks, starter plants as well as mosaics for your garden.



## 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.

## FROM THE ASAC FOUNDATION

### 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



## CLASSES AT ISLAND HOSPITAL

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

### Balance Screening

Our physical therapists can help determine where your body is vulnerable and help you develop strategies to prevent falls. Appointments are required. Free appointments are available between 10:30 a.m. and 12:30 p.m. on Tuesday, September 7, at Island Hospital's Physical, Occupational and Speech Therapy center.

## Practical Mediterranean Diet

The Mediterranean diet has been shown to support healthier blood pressure, cholesterol and body weight. Join Registered Dietitian Amber Phillips from 10 to 11 a.m. on Thursday, September 9, for an overview of this exciting eating style and practical tips for making it work for you! This program is online and there is no charge.



## Suicide Prevention: It's the Little Things That Count

Although September is suicide prevention month, suicide prevention is much more than intervening in an emergency. In this free online class from 12 to 1 p.m. on Thursday, September 9, Dr. Hammer will discuss crisis intervention and strategies for addressing mental health problems with family, friends and co-workers. Time for questions will be provided at the end of class.

## 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 for a free appointment to determine if you might have a swallowing disorder. Appointments are available between 1:30 and 3:30 p.m. on Tuesday, September 21.

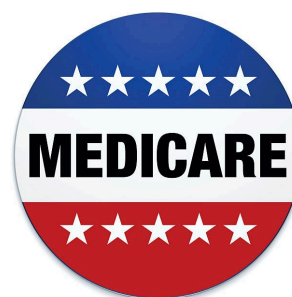


## Memory Screening

Do you have difficulty paying attention or keeping up in a conversation, staying on topic, or remembering information and names? Are finding words, expressing thoughts, or planning and following through with a schedule becoming more difficult? If so, Island Hospital speech-language pathologists can help identify the nature of your difficulty and determine if you have a cognitive communication deficit. They can also provide strategies to help you improve in these areas of difficulty in order to help you succeed. Free appointments are available between 1:30 and 3:30 p.m. on Tuesday, September 14.

## Medicare 101

Do you need help deciphering the Medicare puzzle? Join us to learn more about traditional Medicare coverage, Medicare Advantage Plans, Prescription Drug Coverage, gaps, enrollment and fraud protection. Join a volunteer from SHIBA from 1 to 2:30 p.m. on Monday, September 20, for a free online presentation.



## 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, September 15, for a free online informative 30-minute 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.

## Improving Your Aging Memory

Is your memory not quite what it used to be? Join an Island Hospital speech-language pathologist Libby Lewis from 10:30 to 11:15 a.m. on Wednesday, September 29, for a free online class to learn strategies and activities to improve our memory and keep your mind sharp.

## ANACORTES PUBLIC LIBRARY

### Second Sunday Jazz Concert

Enjoy a free concert at The Heart of Anacortes from 2 to 3:30 p.m. on Sunday, September 12, featuring jazz musician Brent Jensen with Jamie

Findlay on guitar, Chris Symer on bass, and Steve Tate on drums. The quartet will perform selections including Paul Desmond's *Take Ten*, *Bossa Antigua*, and *Desmond Blue* along with other jazz standards. This "More from a Dry Martini" event is sponsored by the Manieri Endowment.



### Syncopated Rhythm: Jazz and Dance

Dmitri Matheny presents a lecture at the library from 2 to 3:30 p.m. on Thursday, September 23, as part of the Library's Jazz Lecture series. Dmitri will focus on the rhythms found in jazz music meant for dancing. This free discussion is open to all and is sponsored by the Manieri Endowment.

## 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.



## 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 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.

## 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.

## Four Signs of a Scam (continued)

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.



## QUESTIONS?

### Call the Center if You Need Information

If you do not see the resources you need, or cannot access them due to lack of computer, call (360) 293-7473. Staff is in the office Monday through Thursday from 8 a.m. to 4 p.m. and on Fridays from 9 a.m. until 1 p.m. Please leave a message if you reach the answering machine.

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Every Week</b> 9 Creative Circle 9-12 Footcare (starts 9/13) 9-12 Men's Pool 9:30-11:30 Computer Assistance 9:15 Acrylics 11:30-12:30 LUNCH 12 Scrabble 12-3 SHIBA Appointments 1 Footcare (starts 9/13)	<b>Every Week</b> 9:30-11:30 Computer Assistance 10-12 Women's Pool 10 Ham Radio Group 11:30-12:30 LUNCH 1 Spanish Conversation 2 Seated Wellness	<b>Every Week</b> 9:30 Mosaics and Stained Glass Art Workshop 10 Move & Stretch Yoga (starts 9/8) 11 Cribbage 11:30-12:30 LUNCH 12 Double Deck Pinochle	<b>Every Week</b> 9:30-10:30 Computer Assistance 11:30-12:30 LUNCH 12 Perspective Drawing 1:45 Drawing Faces and Figures	<b>Every Week</b> 9-12 Men's Pool 9:15 Watercolor 9:30-11:30 Computer Assistance 11:30-12:30 LUNCH 12:15 Cultured Palette 12 Pinochle
		<b>1</b>	<b>2</b>	<b>3</b>
<b>CLOSED FOR LABOR DAY</b> 6	7 11 Cultured Purls (offsite)	<b>8</b>	<b>9</b>	<b>10</b>
11 Receptionists Meeting <b>13</b>	10 Chat with Karl <b>14</b>	1:30 Cutting the Cord <b>15</b>	9 Sewing Seniors <b>9</b> 1:30 Cutting the Cord <b>16</b>	9 Table Loom Weaving Pt 2 <b>10</b> <b>17</b>
<b>20</b>	10 Meet and Greet Police Chief Floyd <b>21</b>	9 Watercolor Workshop with Catherine Gill 1 What's New at the Anacortes Museum <b>22</b>	9 Basket Weaving 11 AMP Alumni Meeting <b>23</b>	<b>24</b>
<b>27</b>	9:30-10:30 Blood Pressure Checks <b>28</b>	<b>29</b>	9 Basket Class <b>30</b>	

# September 2021 Menu

Anacortes (360) 293-7473, Burlington (360) 755-0102, Clear Lake (Wednesday),

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

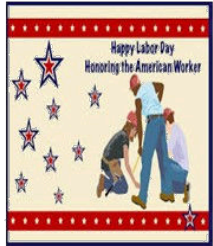
Monday

Tuesday

Wednesday

Thursday

Friday

		1 Baked Sliced Ham served with Scalloped Potatoes	2 Orange Chicken served with an Almond Cookie	3 Beef Pot Pie served with a Roasted Potato Medley
6 <b>CLOSED</b> 	7 Krabby Cake with Tartar Sauce served with Jo Jo Potatoes	8 Cheese Omelet served with Potatoes Romanoff	9 Chili Dog with Cheese served with a Watermelon Feta Salad	10 Cornflake Chicken served with Sweet Potato Fries
13 Kielbasa Bean Bake served with Baked Apples	14 Club Wrap served with a Pea & Cheese Salad	15 Swedish Meatballs served with Peach Crisp	16 Baked Manicotti served with a Caesar Salad	17 Moussaka served with Greek Potatoes
20 Alpine Chicken served with Wild Rice Pilaf	21 Pork Roast served with Mashed Potatoes and Gravy	22 Cabbage Roll Casserole served with Cucumber Salad	23 Cheeseburger Salad served with Orange Slices	24 Cheesy Chicken and Rice served with Birthday Cake
27 Sloppy Jos with Cheese served with Pears	28 Broccoli Cheese Soup served with ½ Turkey Sandwich	29 Lemon Pepper Fish Served with a Green Salad	30 Swiss Steak with Tomatoes served with Mashed Potatoes	

Menu substitutions or changes are sometimes necessary.

Thank you for your understanding.