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Normal hours 9 a.m. - 3 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

October 2021

The Latest from the Anacortes Senior Activity Center

We are excited to offer this issue of the Anacortes Senior Activity Center newsletter. Please read the content carefully because we continue to offer new programs to serve our guests, and visitors. Our programs are carefully planned and implemented by caring professionals, volunteers and staff who value the place that the Center has in the lives of all who visit. Safety guidelines like masks indoors, social distancing, and appropriate room ventilation provide a great environment to learn and engage. If you have any questions about our programs, please call us at (360) 293-7473.

SPECIAL EVENTS AND PROGRAMS

Wellness Day: Family Caregiver Support

Shelley Agen and Jaime Crosina, your local Aging and Disability Resource (ADR) specialists, will present a free virtual program at 10 a.m. on Tuesday, October 26. They will give a brief overview of the programs and services ADR offers to help older and disabled people stay in their own homes. Learn about COPES (Community Options Program Entry System), Tailored Supports for Older Adults and Family Caregiver Support. They will discuss eligibility requirements for these programs and the process for accessing them. Go to the following link to join the Zoom meeting:

<https://us06web.zoom.us/j/86949907364?pwd=QS9ra1U4REorQ2FpVVVqbyRTGxqZz09>

White Cane Awareness Day

Join Andy Arvidson from 10 to 11:30 a.m. on Friday, October 15, to learn more about the importance of the white cane as a tool for independence, mobility and safety for those who are blind or experiencing decreasing vision. Information on resources and services to maintain a full lifestyle, in spite of vision loss, will be provided by the Center's Low Vision Support Group, Anacortes Lions Club, and Skagit and Island Counties Council of the Blind. For more information, contact Andy at (425) 218-0190, or email him at arvidsonandy@gmail.com.



ANACORTES SENIOR ACTIVITY CENTER

Karl Wolfswinkel, Administrator
Lea DeVere, Administrative Assistant

Visit our website at seniorcenter.cityofanacortes.org to find our latest newsletter, calendar and menu, or find us on Facebook under “Anacortes Senior Activity Center”

ASAC Foundation

The Anacortes Senior Activity Center Foundation advises staff and financially supports the Center. It holds 501(c)(3) status. Donations to the Anacortes Senior Activity Center Foundation are tax deductible within the limits of the law. Visit asacfoundation.org.
Michele Pope, President
Dustin Johnson, Vice President
Kirk Kennedy, Secretary
Don Campbell, Treasurer
Pat Buckley, 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 many 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.

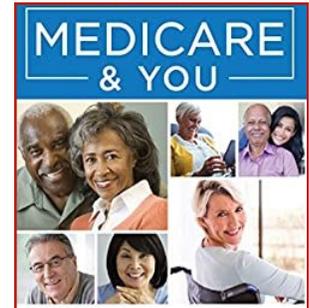
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Medicare Open Enrollment Is Coming

Plan ahead for Medicare Open Enrollment which happens October 15 through December 5. Schedule an appointment with a SHIBA volunteer to get the help you need. The volunteers are available at the Center to provide free, one-on-one, unbiased and confidential help with Medicare and Medicaid. These volunteers are highly trained to counsel residents of all ages and backgrounds regarding choices, options and problems with health insurance, affordable prescription drugs, and Medicare. SHIBA (Statewide Health Insurance Benefits Advisors) is part of the Washington State Office of the Insurance Commissioner’s consumer protection services. You can meet with a counselor via telephone or virtually via Zoom. Call (360) 826-8828 to schedule an appointment.



Medicare Open Enrollment Options

Join SHIBA volunteer Ginny Brightwell for a free virtual program 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. There is a second class that will meet virtually from 10:30 a.m. to 12:30 p.m. on Tuesday, November 9. Contact Ginny Brightwell at ginnyshiba@gmail.com for a link to the virtual class.

Chat with Karl

Join the Anacortes Senior Activity Center’s administrator Karl Wolfswinkel for a meet-and-greet at 10 a.m. on Tuesday, October 12. Karl would like to get to know everyone who comes to the Center personally, so please join him for this event and get acquainted.



Energy Assistance

Energy Assistance appointments will be held at the 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. The Community Action office is open from 8:30 a.m. to 5 p.m. Monday through Friday.



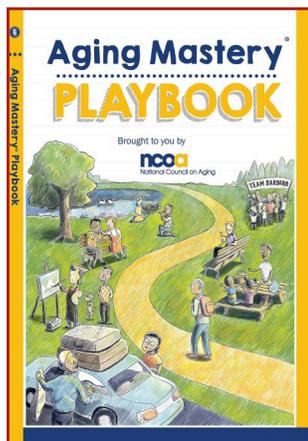
AGING MASTERY

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.

Last Chance for FREE Aging Mastery Starter Kit!

These great tools for aging well will be available for FREE only until the end of October. The self-paced kit can help you take small but valuable steps to improve your health and quality of life. The kit 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 interested in receiving a



free kit, contact Lea DeVere at (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>

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 October 28. 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 and she will get you on the list.



Ideas for Aging Well: Life Lessons from COVID

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 a video by Harvard professor Dr. Arthur Brooks who talks of the effects of living with the pandemic for the past 16+ months. He gives suggestions on how to come out of this experience on a positive note. Here is the link: <https://www.youtube.com/watch?v=4LdLj6gMjMk>



WELLNESS

Join Chef Jackie's Cookbook Club

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 at 10 a.m. on the second and fourth Wednesday of each month. 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.



Wellness Tip: National Breast Cancer Awareness Month

Breast Cancer is the second most common kind of cancer in women. About one in eight women born today in the U.S. will get breast cancer, and men can get it as well. With this disease, abnormal (unusual) cells can turn into cancer that can spread to other parts of the body. If you notice a lump or under your armpit or a change in size, shape or feel of your breast, contact your healthcare provider. The good news is that many women and men can survive this form of cancer if it is found and treated early. Mammograms can help with a diagnosis. Talk to your healthcare provider about your risks, common symptoms and how you can decrease your risk of developing breast cancer.

Reduce Traffic Deaths to Zero

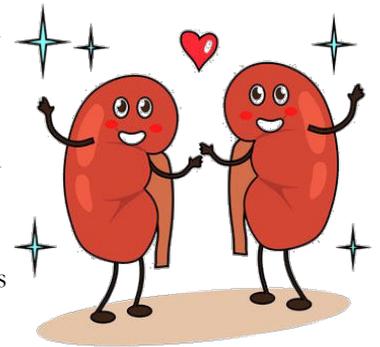
The Washington Traffic Safety Commission has set a goal to reduce traffic-related deaths on our roads to zero by 2030. Carr Lanham, Target Zero Manager for this region,



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 reflects on his driving past and what his future on the road might look like. Go to: <https://youtu.be/jWrV7GxC5p0> or <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.

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.

CREATIVE EXPRESSION

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 October with a limit of 8 students per class. One class will be on Thursday, October 21, and there will be another class on Thursday, October 28. 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.

Claire Lemberg Arts & Crafts Scholarships

We have a scholarship program available 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 local artists that you could participate in:

- ♥ 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 Lea DeVere at (360) 293-7473.



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, including glass and grout, and tools are available to help you get started.

Watercolor and Acrylic Classes

Art instructor and artist Dee Doyle teaches and coaches students from 9:15 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 or call her at (360) 630-0208.



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, from 9 a.m. to noon. 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 deborahfrancisfine-arts@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 meeting on October 5 will be held both onsite at the Center and simultaneously on Zoom. If you would like more information, call Pat Buckley at (206)



200-3824. Here is the link to join via Zoom: <https://us06web.zoom.us/j/87140402084?pwd=SzdoclhGa29IcXB3OXd4aDU5aEV1dz09>

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 October 6 through November 10. 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 Do not use you will lose.” The cost of the 6-week class is \$60. Drop-ins are welcome at \$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. You can also visit her website at Anacortesyoga.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>



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 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.

LANGUAGE AND DISCUSSION

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.



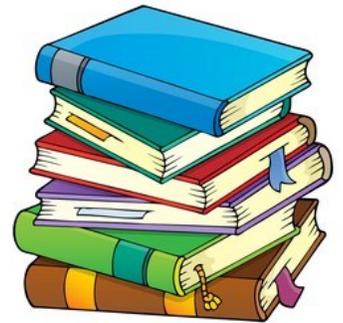
Spanish Lessons

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. To register, email Melanie at 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. on the first Thursday of each month.

The next meeting will be on October 7. For that meeting, the group will read *The Indigo Girl* by Natasha Boyd. The book takes place in 1739. Eliza Lucas is 16 years old when her father leaves her in charge of the three



plantations in rural South Carolina. For the November meeting, the group will read *Middlesex*, by Jeffrey Eugenides, who won the Pulitzer for this book. For more information, contact Terri Bawden at (509) 670-4412 or at terribawden@hotmail.com.

Communication and Technology Consults

Joel Bergsbaken from the Hearing, Speech and Deaf Center in Bellingham is providing free virtual consultations for seniors and their family members. These virtual consultations include live captions you can read! Learn how hearing changes affect communication and pick up some tips 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.

SERVICES AT THE SENIOR CENTER

Footcare

Footcare services with Donna and Lynn are now available at the Center. 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.



Trinkets and Treasures

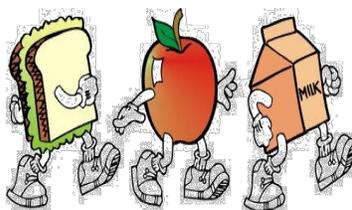
If you have small items in good condition that you would like to donate to the Center for resale in support of our programs, drop by between 9 a.m. and 3 p.m. Monday through Friday or give us a call at (360) 293-7473. Please do not leave donations outside of our normal hours of operations. Thank you!

Hearing Loops in Anacortes

You will find loops at our Center, as well as in City Council chamber, at the Anacortes Library and the Anacortes Community Theater. Hearing loop systems take sound straight from the source and deliver it right into the listener's hearing aid without extraneous noise or blurring. It turns hearing aids into wireless ear-phones that broadcast sound customized for hearing loss. Hearing loops can also be used by people without hearing aids through the use of portable receivers which we have at the Center. If you have any questions or would like a demonstration of the loop system at the Center, call (360) 293-7473.

Meals on Wheels and Pickup Meals

The Meals on Wheels delivery program operates 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.



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 13th Street and the Anacortes Library on 10th Street. Those pantries are just outside the buildings and are available 24 hours a day. All of the pantry locations are restocked often.

Newsletters at the Center and Online

There are paper copies of the ASAC newsletter available at the Center, and the newsletter is also online at seniorcenter.cityofanacortes.org. Notices of Center activities and programs are also in Anacortes American and the Clamdigger each week.

You can find us on Facebook by searching "Anacortes Senior Activity 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.



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. 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.

COMMUNITY RESOURCES AND PROGRAMS

Soroptimist Home Health Equipment 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 Tuesdays and Fridays. The program is located at the Soroptimist Thrift Shop located at 1107 3rd Street in Anacortes. Give them a call at (360) 293-7251 during the hours the program is open.



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 for up-to-date information about the resumption of classes.

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.

Skagit and 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.



Benefits CheckUp

Benefits CheckUp is a free service of the National Council on Aging (NCOA) that can assist you in finding resources to help you cover the costs of basic needs such as medications, food, utilities, legal aid, health care, housing, in-home services, taxes, transportation and employment training. Benefits CheckUp is an online questionnaire that asks you a series of questions and then creates a personalized report identifying programs that might be useful to you. To access the questionnaire, go to www.benefitscheckup.org.

Aging and Disability Resources

Aging and Disability Resources (ADR) helps people who are age 60 and older, people with disabilities, and family members access a wide variety of community resources, information, services and programs, including food assistance, housing information, caregiver lists, medical transport and much more. ADR provides confidential services free of charge and can help you find the information and programs that meet your individual needs. ADR specialists are available to assist you by appointment between 8 a.m. and 5 p.m. Monday through Friday. Call (360) 428-1309 or e-mail ADRCskagit@dshs.wa.gov.



Ensure Available at the Center

The Skagit County Senior Nutrition Program offers liquid meal supplements (Ensure Plus) to seniors for a suggested donation of \$30 per case. Ensure is available 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)

Community Action Volunteer Services

Program staff offer information and referrals for food and energy assistance, as well as grocery and prescription delivery. Volunteers can pick up your local grocery orders if you have already paid for your order online or by phone. Your groceries 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 Skagit County Resource Assistance Line at (360) 416-1892 from 10 a.m. and 2 p.m. daily. Leave a message and wait for a response in about 24 hours.

Food Banks and Other Food Assistance

- ♥ Volunteer Services, Community Action of Skagit County ~ (360) 610-0809
- ♥ Salvation Army Food Bank – 3001 R Avenue, Mondays and Wednesdays from 1:10 to 3:30 p.m. Call (360) 293-6682.
- ♥ Helping Hands Food Bank – 112 M Avenue, Tuesdays from 11 a.m. to 2 p.m. Call (360) 856-2211. Drive through – please stay in your car
- ♥ Anacortes Family Center has emergency packs of food. Request via email at Samantha@anacortesfamily.org. Samantha will arrange a time for you to pick up the food.



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.

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

- ♥ Copy machine and newsletter
- ♥ Internet access
- ♥ Furnishings and equipment
- ♥ Office supplies and postage
- ♥ Staff support
- ♥ Kitchen supplies, coffee and tea
- ♥ Fundraising expenses
- ♥ Special projects
- ♥ Building improvements
- ♥ Landscaping
- ♥ And much more!

Foundation Farmers Market Booth

The ASAC Foundation be at the Anacortes Farmers Market on Saturday, October 2. This will be the final opportunity to pick up seasonal plant starters and hand-painted decorative rocks for gifting or for your gardens. There will also be a special offering of masks for children as well as custom-made masks for hearing aid wearers. And while you are visiting the booth, remember to enter the drawing!



Support the Center with a Legacy Gift

Making a plan for a legacy gift to support the Anacortes Senior Activity Center serves 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.

CLASSES AT ISLAND HOSPITAL

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

Aging in Place

Join Käaren Flint, Community Outreach and Education Specialist from Hospice of the Northwest, to learn tips and strategies for healthy aging and how to stay in your home longer. This free virtual program will be from 10 to 11 a.m. on Thursday, October 7. Register in advance.

Osteoporosis: Exercise and Nutrition

Join Island Hospital physical therapist Amber Phillips to learn what types of exercises are most



beneficial for your bones and which foods will help keep your bones strong. Amber's free virtual program will be from 11 a.m. to 12 p.m. on Wednesday, October 6. Come prepared to try some exercises you will be able to do at home. Register in advance.

Spot the Signs of Stroke: Learn to BE FAST

This free virtual class will meet from 1 to 2 p.m. on Tuesday, October 12. You will learn how to quickly identify signs of a stroke with the helpful BE FAST tool. Island Hospital's specialized Stroke Coordinator Lisa Edwards will give you an in-depth look at what you really need to know about stroke, how to quickly identify a stroke, and when to call 911. Stroke care has progressed greatly in the last few years, with more options to lessen or eliminate symptoms completely. Unfortunately the longer it takes to get care for someone, the more limited their options become. Register in advance.

Grandparenting Class

Are you an expecting grandparent? Join nationally certified Child Passenger Safety Technician Teri Shilling for a free virtual class from 12 to 1:30 p.m. on Thursday, October 14. Learn what has stayed the same and what has changed over the years in childbirth, infant care and early development. This class describes ways grandparents can offer support and assistance to a new family, whether they live close or faraway. Class will include detailed information on car seat safety. Register in advance.



End-of-Life Paperwork

What documents should you have prepared for end-of-life? Join Käaren Flint, Community Outreach and Education Specialist from Hospice of the Northwest, to learn more about POLST (Physicians Orders for Life-Sustaining Treatment), Advanced Directives, and Health Care Durable Power of Attorney (HCDPOA). This free virtual class will be held from 10 to 11 a.m. on Tuesday, October 19. All documents are provided to you free of charge. Register in advance.

Healthy Lifestyles: Sleeping Your Way to Health

Join Bridgett Bell Kraft, a provider with Island Hospital's Sleep Wellness Center, for a 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 free virtual program will be from 1 to 2 p.m. on Wednesday, October 27. Register in advance.



ISLAND HOSPITAL'S HEALTH & WELLNESS CENTER

Community Health Needs Assessment

You can help shape the future of health and wellness in our region. Island Hospital's future Health & Wellness Center will offer preventative and chronic care management classes. Classes will be based on the needs and wants of our community – that's you! By taking a short survey, you will be helping to influence the variety of classes that will be offered. As a thank you, the first 50 people to respond will receive a \$5 gift card. To take the survey, go to <https://redcap.link/IslandHospitalSurvey> to take the survey. For more information, call Community Education at (360) 299-4204.

ANACORTES PUBLIC LIBRARY

International Observe the Moon Night

Join Island County Astronomical Society from 6:30 to 8:30 p.m. on Saturday, October 16, at Seafarer Memorial Park for a close-up look at our moon. Try out telescopes of varying sizes and see if you can spot a variety of features on the moon's surface. Peek at far off planets and galaxies. There will be activities, hot chocolate and light snacks. Bring your own telescope, blankets and chairs if you wish.



A Nicer Kind of Murder

Murder is not what it used to be. Explore the shifting role of the victim in detective novels, and how that shift reflects broader social changes. This Humanities WA program will be held at 6 p.m. on Wednesday, October 20, as a live Zoom event. From Poe and Sherlock Holmes to British cozies and hardboiled pulps, author Matthew Sullivan traces the many influences on the postwar and modern eras of the mystery genre and shows how empathy plays a unique role in contemporary crime novels—especially I today's literary mysteries. Registration required. Visit library.cityofanacortes.org or facebook.com/anacortespubliclibrary to sign up.

CLASSES AT FIDALGO POOL & FITNESS CENTER

A variety of fitness classes are offered on-site and 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.



SilverSneakers® Classic

This class meets from 9 to 9:50 a.m. on Mondays, Wednesdays and Fridays. It 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 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.



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. 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.
- ♥ Do not 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. Do not 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, tell someone – a friend, a family member, a neighbor – what happened. Talking about it could help you realize it is a scam.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Every Week 9 Creative Circle 9-12 Footcare 9-12 Men's Pool 9:30-11:30 Computer Assistance 9:15 Acrylics 11:30-12:30 LUNCH 12 Scrabble 1 Footcare	Every Week 9:30-11:30 Computer Assistance 10-12 Women's Pool 11:30-12:30 LUNCH 1 Spanish Conversation 2 Seated Wellness	Every Week 9:30 Mosaics and Stained Glass Art Workshop 10 Move & Stretch Yoga 11 Cribbage 11:30-12:30 LUNCH 12 Double Deck Pinochle	Every Week 9:30-10:30 Computer Assistance 11:30-12:30 LUNCH	Every Week 9-12 Men's Pool 9:15 Watercolor 11:30-12:30 LUNCH 12:15 Cultured Palette 12 Pinochle
 <h1 style="font-size: 4em; margin: 0;">October 2021</h1> 				
4 11 Receptionists Meeting	5 11 Cultured Purls 10 Chat with Karl	6	7 9:30 Fidalgo Book Group 11:30 Needlepoint Guild	8
11	12	13	14 9 Sewing Seniors	15 10 White Cane Day Demo
18	19 10 ASAC Foundation Meeting	20	21 9:15 Basket Weaving 11 AMP Alumni Meeting	22 1:30 Advance Directives Workshop
25	26 9-2 Energy Assistance Appointments	27	28 9:15 Basket Weaving	29

October 2021 Menu

Anacortes (360) 299-4136, Burlington (360) 755-0942

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

Monday

Tuesday

Wednesday

Thursday

Friday

				1 Honey Mustard Chicken served with a Caesar Salad
4 Spaghetti and Meatballs served with a Cookie	5 Oriental Chicken Salad served with Pickled Beets	6 Swiss Chicken & Stuffing served with Mashed Potatoes	7 Octoberfest Lunch 8 Schnitzel with Hot Potato Salad and Kraut	8 Baked French Toast served with Sliced Strawberries
11 Patty Melt served with Sweet Potato Fries	12 Jambalaya with Rice served with a Caesar Salad	13 Apricot Glazed Pork served with Orange Slices	14 Turkey Croissant served with an Apple Broccoli Salad	15 Meatloaf served with Mashed Potatoes and Gravy
18 Chicken Saag served with Basmati Rice	19 Pulled Pork Sandwich served with Baked Beans	20 Supreme Pizza Soup served with a Cookie	21 Butternut Squash Lasagna served with a Bean Salad	22 Glazed Chicken Thigh served with Mandarin Fruited Jello
25 Pub Style Battered Fish served with Coleslaw	26 Hawaiian Chicken served with a Spinach Salad	27 Hot Turkey Sandwich served with a Blueberry Parfait	28 Halloween Lunch Bats and Cobwebs Casserole served with Carmel Apple Slices	29 Potato Corn Chowder served with Birthday Cake

Menu substitutions or changes are sometimes necessary.

Thank you for your understanding.