



1701 22nd St. Anacortes, WA 98221  
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Normal hours 9 a.m. - 3 p.m. Mon - Fri



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# NEWSLETTER

November 2021

## The Latest from the Anacortes Senior Activity Center

Welcome to the November issue of the Anacortes Senior Activity Center newsletter. We are excited to offer this issue which is brimming with programs, services and celebrations of the Holiday season. We are thankful that our country has set aside a day in November to commemorate the work and sacrifice of our veterans and their families. We are also thankful for our City Facilities Department that provided air purifiers for the Center. These purifiers with UV technology are stationed throughout our building to keep the air clean and provide the safest environment possible for all who enter our facility. We hope you have a blessed month filled with thanksgiving and time with family and friends.

### NEW PROGRAMS & SPECIAL EVENTS

#### Thanksgiving Feast

Come and celebrate an early Thanksgiving Feast on Thursday, November 18. There will be two seatings: 11:30 a.m. and 12:30 p.m. **Reservations are required.** Call (360) 293-7473 or stop by the Reception Desk to make your reservation. The feast will include turkey with stuffing and mashed potatoes and gravy, along with a pumpkin dessert. The meal is a \$5 suggested donation for seniors 60 and older, and \$7 for anyone under 60. We hope to see you there!



#### Wellness Day: Dealing with Holiday Stress

Join Susan Shannon from 10:30 to 11:30 a.m. on Tuesday, November 16, for a free virtual program on how to “wire happiness back into our beings.” Susan will share ideas that can be implemented no matter where you are, what you are doing, or who you are with. Drawing from her experience as an Interfaith Minister with over 45 years of mindfulness practice, Susan will help you add new tools to your Holiday toolbox. Click on this link to join the Zoom session:  
<https://us06web.zoom.us/j/81479794944?pwd=b2dvOWNoWGsyS0R5b3VMbWFPbmxKdz09>

## ANACORTES SENIOR ACTIVITY CENTER

Karl Wolfswinkel, Administrator  
Lea DeVere, Administrative Assistant

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

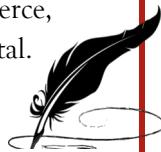
Join the many volunteers working at the Center. Contact Lea DeVere for more information.

## 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.

## Contributors

**Writer, Editor and Graphic Designer:** Lea DeVere  
**Distribution:** Kathryn and Lou D’Amelio, Merilee Huffman, Angela Marcoff, PK Mead, Amanda Miller, Elaine Oliphant, Suzette Richards, Bobbie Sherman, Barbara Smart, Ginger Thomas, Dani Usman



## Conversation with Mayor Gere

Mayor Laurie Gere invites you to join her in person at the Center between 1:30 and 3 p.m. on Wednesday, December 8. She will be available for a casual conversation about the City and issues that she has dealt with during her tenure as Mayor. Everyone is welcome.



## Holiday Closures

The Center will be closed on Thursday, November 11, in honor of Veterans Day. It will also be closed on Thursday, November 25, and Friday, November 26, for Thanksgiving. Normal operations will resume at 9 a.m. on Monday, November 29.

## Fiction Writer’s Seminar

The 2022 Fiction Writer’s Seminar will meet from 9 a.m. to noon every Friday from January 7 through May 6. This 18-week seminar is a comprehensive course on writing fiction with the objective of completing a long fictional work such as a novella or novel of at least 30,000 words. The seminar fee is a donation of \$70 to the Anacortes Senior Activity Center. There is a limit of 12 participants who wish to write, or have begun to write, a long work of fiction. Sign up and pay in advance at the Reception Desk. Contact Vince Henley at [vincehenley@earthlink.net](mailto:vincehenley@earthlink.net) for more information.

## Bake Sale

The Bake Sale is back! It will be held at the Center from 10 a.m. to 1 p.m. on Friday, December 3. Rather than in the lobby, the sale will be in one of our classroom spaces so we can conduct the sale safely for everyone. Come and get your fresh baked goodies! These wonderful baked goods, homemade by our many faithful bakers, bring much enjoyment and funds to help support the Center’s programs.



## Chat with Karl

Join the Anacortes Senior Activity Center's administrator Karl Wolfswinkel for a meet-and-greet at 10 a.m. on Tuesday, November 9. Karl would like to get to know everyone who comes to the Center personally, so please join him for this event and get acquainted.



## Ukulele Class

Linda Zielinski will be teaching an intermediate-level ukulele class from 1:30 to 2:45 p.m. on Thursdays, November 4 through January 28. There is no cost, but donations to the Senior Activity Center are welcome. To lessen potential covid aerosols, this class will be completely instrumental ~ no singing. For questions regarding the class, email Linda [zuke.uke@gmail.com](mailto:zuke.uke@gmail.com) and include your phone number in the email.

## Help Spread Some Joy This Holiday!

The Meals on Wheels program will be collecting Christmas gifts for clients who may not receive gifts during the holidays. There will be a Giving Tree in the lobby of our Center, and also in all of the Skagit County senior centers. Help by giving new, unwrapped gifts valued between \$5 and \$20. Take a tag off of the Giving Tree, attach it to your gift and leave it with the receptionists at the front desk. If you prefer not to do the shopping, you may also leave a monetary donation. Make your checks out to Meals on Wheels. The deadline for dropping gifts off at the Center is Monday, December 10. Gifts will be distributed during the week of December 20. Here are some gift ideas:

- ♥ Flashlights, nightlights and candles
- ♥ Socks, hats, mittens and gloves
- ♥ Fleece throws or blankets
- ♥ 2022 calendars and mugs
- ♥ Hand soap, lotion, hand towels
- ♥ Kitchen towels and soaps
- ♥ Gift cards to local grocery stores



## Trinkets and Treasures

Find that special holiday gift at the Trinkets and Treasures sale in the lobby of the Center! Items are priced as marked, and all funds raised from sales benefit Center programs and services.

## MASTERING AGING

### Your Voice, Your Choice: Doing an Advance Healthcare Directive

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, January 28. 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, April 22.

### 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. Here are a couple of short videos that you might enjoy:

- ♥ Susan David talks about "How to Be Your Best Self in Times of Crisis" in this TED talk video: <https://www.youtube.com/watch?v=Xgyh0juINNI>
- ♥ Studies show that "Older People Are Happier" – enjoy this TED talk video with Laura Carstensen: [https://www.ted.com/talks/laura\\_carstensen\\_older\\_people\\_are\\_happier/discussion](https://www.ted.com/talks/laura_carstensen_older_people_are_happier/discussion)

## 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 first Thursday of each month. This month's meeting will be on December 2. 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.



## WELLNESS

### Wellness Tip: Living with Diabetes

Diabetes is one of the leading causes of disability and death in the United States. One in eleven Americans have diabetes, and another 86 million adults are at high risk of developing Type 2 diabetes. Serious health problems can develop as a result of diabetes. Some risk factors include being overweight, high blood pressure, high cholesterol, lack of exercise or having a family member with the disease. The good news is you can do a lot to prevent or delay getting Type 2 diabetes including watching your weight, eating a healthy diet, getting more physical activity, and get your blood pressure and cholesterol checked. Learn more about diabetes at the American Diabetes Associations website: [www.diabetes.org](http://www.diabetes.org).

### 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

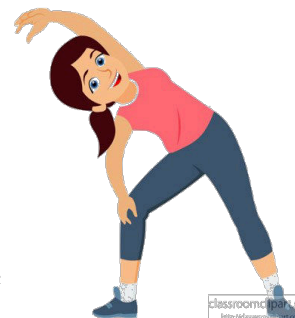


and fourth Wednesday of each month. During the Zoom sessions, you will be able to ask Chef Jackie about the new recipes and report your experience with previous recipes. Participants need to obtain their own ingredients so that they can prepare the recipe at home. If you would like to join Chef Jackie, email her at [chefjackiedavison@gmail.com](mailto:chefjackiedavison@gmail.com).

## Six Dimensions of Wellness: Occupational

Occupational wellness recognizes personal satisfaction and enrichment through work. But in this pandemic time, when even volunteer work is limited, what can you do to maintain your health? You can always go back to basics:

- ♥ Start your day with a few stretches, yoga or meditation. That helps reduce stress and anxiety.
- ♥ Eat breakfast. Your first meal of the day is important. It is also a chance to sit down and take an inventory of your physical and emotional state that day.
- ♥ Find time to exercise. Take your pet for a walk or find a virtual exercise program and do it regularly.
- ♥ Set aside a regular time to check in with family or friends.
- ♥ Start a new project that inspires you. You can make a scrapbook, organize old photos or learn a new craft. Creativity is very important to brain health.
- ♥ Stay active intellectually. Besides reading, you can do internet searches to keep your brain active. Do crossword or jig saw puzzles, or sudoku – puzzles are great for brain health.
- ♥ During the pandemic, take extra care of your mental health. To help prevent anxiety or depression, choose any activity that is pleasurable. Go out into the backyard and listen to the birds. Take photos of a wonderful sunset. If you are experiencing increased anxiety and or depression, call your doctor.
- ♥ Get good sleep. Maintaining good sleep habits is a must.
- ♥ Maintain a daily routine. Get up at the same time each day. Get dressed and face the new day!



## Medicare Open Enrollment Is Coming

Plan ahead for Medicare Open Enrollment which is open through December 5. Schedule an appointment with a SHIBA volunteer to get the help you need. The volunteers are available via telephone or virtually via Zoom 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. Call (360) 826-8828 to schedule an appointment.



## Medicare Open Enrollment Options

Join SHIBA volunteer Ginny Brightwell for a free virtual program from 10:30 a.m. to 12:30 p.m. on Tuesday, November 9, 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. Contact Ginny Brightwell at [ginnyshiba@gmail.com](mailto:ginnyshiba@gmail.com) for more information.

Use the following link to get into the virtual class:

<https://us06web.zoom.us/j/5076508683>

## 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).

## 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>
- ♥ <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).

## CREATIVE EXPRESSION

### 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 (253) 514-3036. The workshop meets from 9:30 a.m. to 12 noon on Wednesdays. Some materials including glass, grout and tools are available to help you get started.

## Claire Lemberg Arts and Crafts Scholarship

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
- ♥ Mosaic and Stained Glass – Melody Hoover
- ♥ Basket Weaving – Jane Hyde

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.

## Basket Weaving

Jane Hyde teaches basket making from 9:15 a.m. to 3 p.m. With an eye to social distancing, Jane will offer two separate classes in November with a limit of 8 students per class. You can choose between a class on Wednesday, November 10, and or another class on Thursday, November 18. 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.

## 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](mailto:deedoyle11@gmail.com) or call her at (360) 630-0208.

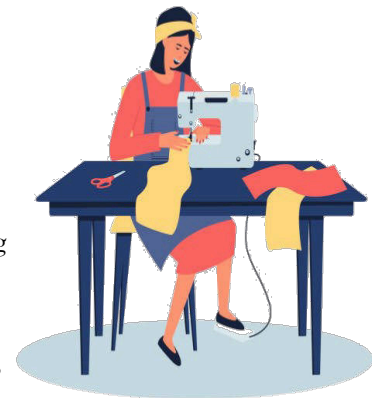


## Cultured Purls Knitting Guild

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 November 2 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>

## Sewing Seniors

Join the Center's monthly sewing group to work on your projects and share your love of sewing and quilting with other sewers. The group meets from 9:15 a.m. to 2:45 p.m. on the second Thursday of each month. NOTE: The group will not be meeting in November because the Center is closed on Veterans Day. The next meeting will be on Thursday, December 9. Bring your sewing machines, projects, sewing supplies, a small iron and ironing surface, and a cutting mat. You may also enjoy a hot lunch at the Center ... the buffet is open between 11:30 a.m. and 12:30 p.m.



## 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 [deborahfrancisfinearts@gmail.com](mailto:deborahfrancisfinearts@gmail.com).

## FITNESS

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### Stretch and Move Yoga

Join Laifong Nelson for her Stretch and Move Yoga class. Her next class will be from 10 to 11 a.m. starting on Wednesdays, January 5 through February 2. 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 5-week class is \$50. 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](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>

### 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>



## 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](mailto:joan@mountaintopmusings.com).

## LANGUAGE AND DISCUSSION

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### 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](mailto:artstudio2120@gmail.com). The cost is \$60 per month and the class is ongoing.

### Fidalgo Book Group

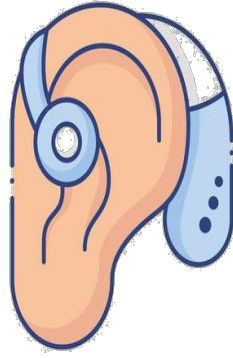
The group meets from 9:30 to 11 a.m. on the first Thursday of each month. The next meeting will be on November 4. For that meeting, the group will read *Middlesex*,



by Jeffrey Eugenides, who won the Pulitzer for this book. This is a sprawling tale centered on three generations of a Greek family that immigrates to the U.S. after the disastrous post-World War One attempt by Greece to seize more territory in modern-day Turkey from the ruins of the Ottoman Empire. The narrator, Callie/Cal, is third generation, born as a girl in Detroit in 1960 but discovered at puberty to have male genitalia as well. The doctor who discovers Callie/Cal’s condition wants to operate to keep her a girl, but the narrator has other ideas. S/He runs away and begins the search for his/her real identity. For the December meeting, the group will read *Nomadland* by Jessica Bruder. For more information, contact Terri Bawden at (509) 670-4412 or at [terribawden@hotmail.com](mailto: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.



## Spanish Conversation

If you would like to join a friendly group and practice your Spanish conversation skills, call Caroline Martin at (360) 298-6847 or email her at [cjmartin98006@gmail.com](mailto:cjmartin98006@gmail.com). Currently the group is meeting off-site because of mask requirements at the Center. Newcomers are welcome to join anytime.

## 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.



## 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 Center 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.

## 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). Notices of Center activities and programs are also in the 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.



## 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.



## 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.skagit seniors.org](http://www.skagit seniors.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 and press #2 for the nutrition office. 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.



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 earphones that broadcast sound customized for hearing loss. Hearing loops can also be used by people without hearing aids through the use of portable receivers. We have those available at the Center as well. If you have any questions or would like a demonstration of the loop system at the Center, call (360) 293-7473.

## Sorooptimist Home Health Loans

The Sorooptimist 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 Sorooptimist 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.



## COMMUNITY PROGRAMS

### Anacortes Senior College

The Anacortes Senior College plans to resume in-person classes this winter term starting in January after a long hiatus due to the pandemic. Classes will meet on Tuesday and Thursday afternoons from 4 to 6 p.m. at the Anacortes Middle School. Details about classes and meeting times are being finalized, so please check the website at [www.seniorcollege.org](http://www.seniorcollege.org) for the most up-to-date information about classes and registration. Printed class information and registration forms will be available at the Anacortes Senior Activity Center once details are finalized. CDC and Skagit County Health Department guidelines will be followed to provide a safe learning environment for students, instructors and volunteers. We are looking forward to having curious learners together again!

### Hearing Loop Locations

In Anacortes, you will find them at our Center, as well as in the City Council chamber, in the meeting room at the Anacortes Library and at the Anacortes Community Theater. Hearing



### 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](http://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](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.

## 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.

## Community Action Needs Volunteers

### ♥ Food delivery drivers

Drivers are needed on occasional weekday mornings to deliver 30- to 50-pound boxes of food to low-income seniors who have difficulty leaving their homes. A vehicle is provided. Volunteers go out in pairs from the Skagit Food Distribution Center in Sedro-Woolley. Current driver's license and proof of insurance required.



### ♥ Medicaid Transport Drivers

Help a senior or disabled neighbor by driving them to their Medicaid doctor appointments. This will require a flexible schedule. You must have a current driver's license, a safe working vehicle, proof of insurance, and the ability to keep a detailed record of each transport.

### ♥ Wood Choppers/ Movers

Looking for a free workout? Volunteers are needed on Saturdays to chop, stack, and deliver wood to those who heat with wood but are no longer able to chop it themselves. Assistance with moving is also needed. A pick-up truck is handy, but not necessary.

## 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](mailto:Samantha@anacortesfamily.org). Samantha will arrange a time for you to pick up the food.

## 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.

## Property Tax Reduction

Seniors are not required to file with the IRS to receive the property tax exemption. If you have filed and want an exemption, you will need to show your tax return to verify your eligibility. The Assessor's Office service counter is not currently open to the public. There are several ways to provide information to the auditors: mail, non-secure email, fax or by dropping information in the locked drop box at 700 S Second St, Room 204, Mount Vernon, WA 98273. 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](http://asacfoundationanacortes.org). Below are examples of some of the ways that the Foundation helps:

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



## 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

### Balance Screening

Island Hospital physical therapists are available for free in-person appointments between 10:30 a.m. and 12:30 p.m. on Tuesday, November 2. They can help determine where your body is vulnerable and help you develop strategies to prevent falls. Appointments are required; 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 for a free and informative virtual talk from 2:30 to 3 p.m. on Wednesday, November 3. Amber will talk about small changes you can make to your diet beyond the standard advice to reduce saturated fat and cholesterol intake. Registration required; call (360) 299-4204 or email [communityed@islandhospital.org](mailto:communityed@islandhospital.org) to sign up.

### Grief and Loss

Join an expert from Hospice of the Northwest at 10 a.m. on Thursday, November 4, for a free virtual discussion on grief and loss. Understand how grief can manifest and learn tools for coping with and normalizing loss. Tips on self-care and available community resources will be reviewed. Registration required; call (360) 299-4204 or email [communityed@islandhospital.org](mailto:communityed@islandhospital.org) to sign up.

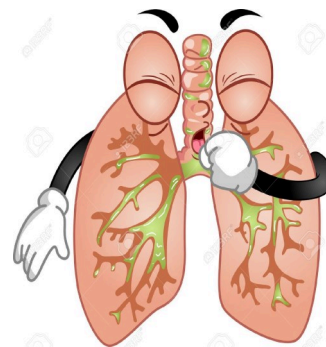


### Memory Screening

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? Island Hospital Speech Language Pathologists are available for free in-person appointments between 1:30 and 3:30 p.m. on Tuesday, November 9. They 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. Appointments are required; call (360) 299-4204 or email [communityed@islandhospital.org](mailto:communityed@islandhospital.org) to sign up.

### Living well with Chronic Obstructive Pulmonary Disease (COPD)

Join Respiratory Therapist Sarah Edwards for a free and informative virtual conversation on COPD at 1 p.m. on Tuesday, November 9. Sarah will discuss how COPD affects the pulmonary arteries and other organs. She will also discuss diagnosing COPD and common treatments. Strategies to make living with COPD easier, including breathing techniques and proper use of medications will be included. Registration required; call (360) 299-4204 or email [communityed@islandhospital.org](mailto:communityed@islandhospital.org) to sign up.



### Healthy Digestion

The human body transforms food into fuel which sometimes leads to belching, heartburn, bloating, diarrhea or constipation. Take a journey into the digestive system with Registered Dietitian Amber Phillips in this free virtual class at 10 a.m. on Tuesday, November 16. Learn common symptoms of digestive distress and nutrition strategies to improve gut health. Registration required; call (360) 299-4204 or email [communityed@islandhospital.org](mailto:communityed@islandhospital.org) to sign up.

## 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, schedule a free in-person appointment speech-language pathologist between 1:30 and 3:30 p.m. on Tuesday, November 16, to determine if you might have a swallowing disorder. Appointments are required. Appointments are required; call (360) 299-4204 or email [communityed@islandhospital.org](mailto:communityed@islandhospital.org).



## Caring for the Caregiver

In this season of isolation and uncertainty, the role of compassionate caregiving has never been more important for our community and in the lives of those most in need. At the same time, providing for the physical and emotional needs of family members, clients and friends has never been more demanding. Those who watch caregivers up close know how important it is to care for the caregiver. Join a panel of experienced caregivers and their supporters to share encouragement, best practices, resources and a healthy dose of self-care. This free virtual program will happen at 1 p.m. on Wednesday, November 17. Registration required; call (360) 299-4204 or email [communityed@islandhospital.org](mailto:communityed@islandhospital.org) to sign up.

## Pelvic and Bladder Health

Are you having a tough time staying dry when you sneeze? Do you leak or have sudden urges to void? There are physical therapy interventions



that can help. Join PT Amy Harrington for a free virtual talk on bladder leakage and urinary incontinence at 2 p.m. on Thursday, November 18. She will break down the types and causes for urinary incontinence, what physical therapists specifically trained in pelvic health look for as part of an assessment, and how a PT can treat urinary incontinence. You will get some tips that you can start with right away. Registration required; call (360) 299-4204 or email [communityed@islandhospital.org](mailto:communityed@islandhospital.org) to sign up.

## CLASSES AT FIDALGO POOL AND FITNESS

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](http://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.

## CLASSES AT FIDALGO POOL AND FITNESS (CONTINUED)

### 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.



## ANACORTES PUBLIC LIBRARY PROGRAMS

American Democracy's Indigenous Roots and Future Humanities WA presents a free live Zoom event at 6 p.m. on Wednesday, November 17. History books teach us that the Founding Fathers birthed American democracy, but do not reveal the Indigenous sources of inspiration that guided their vision. Join storyteller Fern Renville as she shares stories both mythic and personal that reframe and highlight the history, present, and future of Indigenous female power and leadership in America. Fern Naomi Renville (she/her) is a Sisseton Wahpeton Dakota, Omaha, and Seneca-Cayuga storyteller, theatre director, and playwright. Registration required. Visit [library.cityofanacortes.org](http://library.cityofanacortes.org) or [facebook.com/anacortespubliclibrary](https://facebook.com/anacortespubliclibrary) to sign up.

## 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

## What You Can Do to Avoid a Scam (continued)

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.

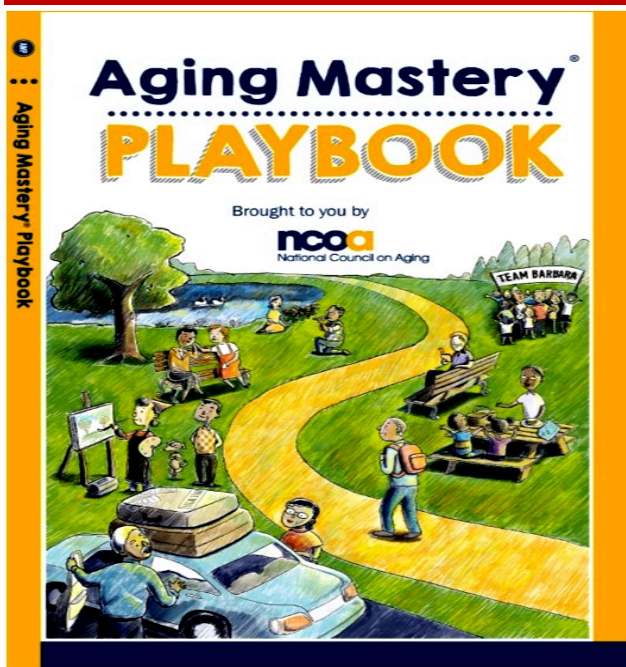
## QUESTIONS?

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 during open hours from 9 a.m. to 3 p.m. Monday through Friday. Press #1 to reach the office staff; press #2 to reach the nutrition program. Please leave a message if you reach the answering machine.



## AGING MASTERY STARTER KITS



### Aging Mastery Starter Kit — FREE!

This self-paced kit includes a playbook, exercise DVDs, activity cards, and a weekly check-in notepad — all designed to help you take small steps to make your life better and to help you improve your health and quality of life as you age.

The playbook presents the six dimensions of healthy aging:

- Gratitude and mindfulness
- Health and wellbeing
- Finances and future planning
- Learning and creativity
- Connections and community
- Legacy and purpose

You do not need a computer to use the Starter Kit materials. If you are interested in receiving your own free starter kit (and maybe even get one for a friend so you can support each other) call Lea DeVere at the Senior Activity Center at (360) 293-7473 or email her at [lindad@cityofanacortes.org](mailto:lindad@cityofanacortes.org).



**Aging Mastery Program**

*National Council on Aging*

# Meals on Wheels



## GIVING TREE



We are collecting Christmas gifts for Meals on Wheels clients who may not otherwise receive gifts during the holiday season.

To help, purchase a new, unwrapped gift valued between \$5 and \$20.

If you prefer, you may leave a monetary donation with a staff member to go toward purchasing gifts. Checks should be made out to Meals on Wheels.

## DEADLINE: DECEMBER 10<sup>th</sup>



## GIFT IDEAS



- FLASHLIGHTS
- SOCKS
- SCARVES
- HAND TOWELS
- HATS
- HANDSOAP
- FLEECE THROWS
- 2022 CALENDARS
- MITTENS/GLOVES
- MUGS
- CANDLES
- PICTURE FRAMES
- HAND LOTION
- NIGHTLIGHTS
- GIFT CARDS TO LOCAL GROCERY STORES



<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 9-12 Men's Pool 9-15 Acrylics 9:30-11:30 Computer Assistance 11:30-12:30 LUNCH 1-3 Footcare	<b>Every Week</b> 9:30-11:30 Computer Assistance 10-12 Women's Pool 11:30-12:30 LUNCH 2 Seated Wellness	<b>Every Week</b> 9:30 Mosaics and Stained Glass Art 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 1:30 Ukulele Class (intermediate level)	<b>Every Week</b> 9-12 Men's Pool 9-15 Watercolor 9:30-10:30 Computer Assistance 11:30-12:30 LUNCH 12:15 Cultured Palette 12 Pinochle
11 Receptionists Meeting	11 Cultured Purls	3	4 Fidalgo Book Group 11:30 Needlepoint Guild	5
8	9 Chat with Karl	10	<b>CLOSED FOR VETERANS DAY</b>	12
15	16	17	18 Basket Weaving	19
22	23	24	 <b>CLOSED FOR THANKSGIVING HOLIDAY</b>	<b>CLOSED FOR THANKSGIVING HOLIDAY</b>
29	30	 <h1>November 2021</h1>		

# November 2021 Menu

Anacortes (360) 299-4136, Burlington (360) 755-0102,  
Mount Vernon (360) 416-1589, Sedro-Woolley (360) 855-1531


Monday

Tuesday

Wednesday

Thursday

Friday

1 Cheese Omelet served with Hashbrowns	2 Hot Beef Sandwich served with Mashed Potatoes and Gravy	3 Lasagna served with a Caesar Salad and Garlic Bread	4 Shrimp Louis Salad served with a Cheesy Roll	5 Hawaiian Slider Casserole served with a Salad
8 Turkey A La King served with Roasted Potatoes	9 Ham and Swiss Quiche served with a Spinach Salad	10 Chicken Fried Steak served with Mashed Potatoes and Gravy	11 CLOSED 	12 Fish with Cilantro Sauce served with a Tex-Mex Salad
15 Biscuit and Gravy served with a Hot Fruit Compote	16 Tomato Basil Soup served with a ½ Egg Salad Sandwich	17 Ginger Chicken with Peaches served with an Oriental Slaw	18 Thanksgiving Feast Turkey and Stuffing with Mashed Potatoes served with a Pumpkin Dessert	19 Bacon Cheeseburger served Birthday Cake
22 Baked Bone-In Chicken served with a Green Salad	23 Chicken Caesar Salad served with a Garbanzo Bean Salad	24 Polenta and Black Beans served with Spanish Rice	25 CLOSED 	26 CLOSED 
29 Meatball Chowder served with a Chocolate Chip Cookie	30 Teriyaki Chicken with Steamed Rice served with an Oriental Salad			

Menu substitutions or changes are sometimes necessary. Thank you for your understanding.