



1701 22nd St. Anacortes, WA 98221
(360) 293-7473 / Fax: (360) 293-7834
Normal hours 9 a.m. - 3 p.m. Mon - Fri



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National Institute of
Senior Centers

ASAC is the only nationally accredited
senior center in the state of Washington

NEWSLETTER

December 2021

The Latest from the Anacortes Senior Activity Center

Happy Holidays from all of us at the Anacortes Senior Activity Center! The December issue provides some Holiday Season offerings as well as a preview of our early 2022 programs, so please read this issue carefully to find programs, services and opportunities that suit the needs of our diverse participants. Our hope is that you will find peace and joy this season and are able to spend time with the ones you care the most about. We also hope you will find time to spend with us in December and in the months to come.



SPECIAL PROGRAMS & EVENTS

Holiday Closures

The Center will be closed on Friday, December 24, and on Friday, December 31, for Christmas Eve and New Year's Eve.

Hazardous Weather

Throughout the winter season, plan for the Center to remain open regular hours. If hazardous weather such as snow, ice or extreme wind makes it feel risky to venture out, play it safe and stay at home. If you are an instructor and you want to cancel activity, contact staff or leave a voicemail at (360) 293-7473. If you are a participant, call the same number for class status. Meals on Wheels and on-site meal service may be cancelled in hazardous weather. Meals on Wheels clients are provided with frozen meals and/or shelf stable meals when hazardous weather disruption is anticipated. Let us all stay safe as we look forward to spring.

Chat with Karl

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

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, Wendy Drake,
Eric Johnson, 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

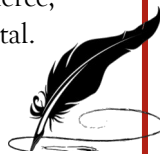
Join the many volunteers working at the Center. Contact Lea DeVere for more information.

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: Terri Antonio, Amanda Miller, Suzette Richards, Barbara Smart, Darcy Storme



Christmas Luncheon

Come and celebrate an early Christmas luncheon on Thursday, December 16. 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 roast beef, garlic mashed potatoes, Riviera beans, ambrosia salad, garlic clove bread, and a festive 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: Handling Holiday Stress

Join Susan Shannon from 10:30 to 11:30 a.m. on Tuesday, December 7, 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/86741862128>

Winter Wonderland at Washington Park

Grab a s'more and visit around the campfire with Center volunteers, ASAC Foundation members, and Center staff on Friday, December 10, and Saturday, December 11. The Winter Wonderland event runs from 5 to 8 p.m. both evenings at the Washington Park Campground. This annual event is a delightful holiday celebration that is offered to the entire community by the City's Parks and Recreation Department. It features festive lighting, campfires, special treats and visits with favorite holiday characters at sites throughout the campground. You will not want to miss it!



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.



The Realities of Advanced Medical Intervention

Dr. Bill Lombard will present on free program on the realities of advanced medical interventions at 10:30 a.m. on Thursday, January 20. He will discuss in layperson's terms what these interventions are, and he will explain possible outcomes for patients, for both the short and long term. CPR, mechanical ventilation, dialysis and the medicines to support blood pressure are detailed. This is an interactive session, including time for questions and dialogue. Dr. Lombard is a long-time nephrologist, who is the past medical director for the Mount Baker Kidney Center. You can attend in-person at the Center – just drop in. There is no registration necessary. If you would prefer to join virtually, click on the following link to connect via Zoom: <https://us02web.zoom.us/j/87340229693?pwd=MIA5ZXZidTJFUjFyWmdJaVhiYkFmQT09>

Bake Sale

The Bake Sale is back! It will be from 10 a.m. to 1 p.m. on Friday, December 3. It will be held 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 many faithful bakers, bring much enjoyment and funds to help support Center programs.



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 for information.

Center COVID-19 Vaccination Clinics

The Center is offering two clinics for free COVID vaccinations. The first will be on Friday, January 14, and the second will be on Friday, February 11. Drop in any time between 9:30 a.m. and 2:30 p.m. No appointment is necessary.

Available vaccinations will include first and second shots of the Moderna and Pfizer-BioNTech vaccines, as well as the single first-time shots of the Johnson & Johnson vaccine. Booster shots of all three will be available. These clinics are sponsored by the Center's Wellness Committee and are being provided by Bird's Eye Medical.



Start Writing Your Memoir Today

Join local author Kathleen Kaska for a how-to presentation on memoir writing at 1:30 on Friday, January 28. Kathleen will discuss how to begin writing your memoir. Topics will include setting up your writing schedule, establishing your writing goals, publishing your work, and the options of working with a writing coach. Kathleen has fourteen traditionally published books and has been teaching writing classes for ten years. The presentation is free, and no reservations are required. For more information, visit www.metaphorwritingcoach.com.

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 Friday, 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
- ♥ Soap, lotion, hand and kitchen towels
- ♥ 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.

Ukulele Class

Linda Zielinski will be teaching an intermediate-level ukulele class from 1:30 to 2:45 p.m. on Thursdays through January 27. 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 and include your phone number in the email.



Medicare Open Enrollment Ends Soon

Plan now for Medicare Open Enrollment which ends December 5. Schedule an appointment with a SHIBA volunteer via telephone or 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.

MASTERING AGING

Your Voice, Your Choice: Advance Directive

Join Adrienne Doucette for a 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.

Aging Mastery Alumni Club Meetings

If you have attended the Aging Mastery Program and want to continue learning about 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 class, and would like to join the alumni group meetings, email Bonnie Nelson, Program Coordinator, at amp4alumni@gmail.com

WELLNESS

Wellness Tip: Reducing Holiday Stress

While wonderful in so many ways, the holidays can also be stressful. Here are some suggestions on ways you can manage stress and better enjoy your holiday season.



- ♥ Reach out. If you are feeling lonely, seek out the company of others.
- ♥ Acknowledge your feelings. It is OK if you do not feel happy.
- ♥ Be open to new traditions. Holidays do not have to be perfect or like they were in the past.
- ♥ Welcome humor. A good laugh goes a long way.
- ♥ Do not abandon healthy habits. Balanced diet, plenty of sleep, physical activity.
- ♥ Take a breather. Make time for yourself.
- ♥ Learn to say no.
- ♥ Stick to your budget.
- ♥ Accept that you cannot control everything.

Cooking Demonstrations at the Center

Chef Jackie will conduct a cooking demonstration at the Center from 10 to 11:30 a.m. on Wednesday, February 23. You can join in person or watch the demonstration virtually from the comfort of your own home. Jackie will demonstrate new recipes on the fourth Wednesdays in April, June, August, October and December. Participants who want to attend the cooking demonstrations in person and taste samples will need to register and pay \$10 in advance at Reception Desk. In person class size will be limited to 8 participants so everyone can be safely distanced. There is no limit to online participation and there is no charge for the virtual class. You will have fun enjoying the lively, “edu-taining” discussion whether you attend virtually or in person. For more information and to get a link to the virtual demo, email chefjackiedavison@gmail.com.



Replacing a COVID Vaccination Card

If you have lost or misplaced your COVID vaccination card, or if you want to find information on other vaccinations you have gotten in the past, visit <https://waverify.doh.wa.gov/> or <https://wa.myr.net/ror!next=/>. If you got your COVID vaccine at Island Hospital, email the hospital’s Medical Records Department at records@islandhospital.org or call (360) 299-1326. You can also contact your primary care provider. For further information, visit www.islandhospital.org/coronavirus.

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 10:00 a.m. on the second 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.



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. 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.

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. Visit:

- ♥ <https://youtu.be/jWfV7GxC5p0>
- ♥ <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.

CREATIVE EXPRESSION

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 \$20, 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.

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.



Arts and 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
- ♥ 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 Center for many years. If you are interested in receiving a scholarship, contact Lea DeVere at (360) 293-7473.

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. NOTE:

There will be no meeting in December. The next

meeting will be on January 4 and 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=SzdoclhGa29IcXB3OXdl4aDU5aEV1dz09>

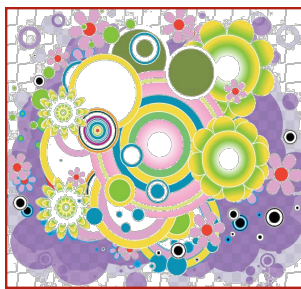


Sewing Seniors

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 a.m. to 2:30 p.m. on the second Thursday of each month. 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 in the lunchroom ... 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.



FITNESS

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 five-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. You can also visit her website at Anacortesyoga.com.

Seated Wellness

Rita Yribar offers free chair yoga that is available simultaneously via Zoom as well as in person at the Center. 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

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

American Sign Language Practice Group

The American Sign Language (ASL) Practice Group is meeting again on Tuesdays from 9:15 to 10:15 a.m. All levels and all ages are welcome to come, learn and practice together. The group is free. Drop in any time.

Fidalgo Book Group

The group meets from 9:30 to 11 a.m. on the first Thursday of each month. At the next meeting on December 2 that group will discuss *Nomadland* by Jessica Bruder. The “houseless” live in a niche just above the homeless on the socio-economic continuum. Who are these people and how did they arrive at this place in their senior years? *Nomadland* foreshadows the future that may await many as wealth inequality pushes more people out of the middle class. It celebrates the exceptional resilience and creativity of those who have given up ordinary rootedness to survive. The next meeting will be on January 6. For that meeting, the group will read *The Nickel Boys* by Colson Whitehead. 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.



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 re-stocked frequently.

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.



GAMES

Pinochle

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

SERVICES AT THE SENIOR CENTER

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. Thank you!

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; cash is preferred.

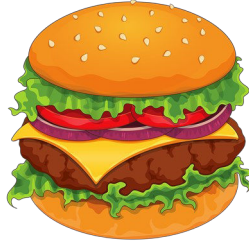


Newsletters Available at the Center and Online

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

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 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.



OTHER RESOURCES & PROGRAMS

Skagit and Island Council of the Blind

The Skagit and Island Counties Council of the Blind promotes opportunity, equality, and independence for visually impaired and legally blind people. Virtual meetings happen 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.

Aging and Disability Resources

Aging and Disability Resources (ADR) helps people who 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 8 a.m. and 5 p.m. Monday through Friday. Call (360) 428-1309 or e-mail ADRCskagit@dshs.wa.gov.



Anacortes Senior College

The Anacortes Senior College has a wonderful slate of courses with enthusiastic and experienced instructors ready to go when the time is right, and they are eager to resume classes. Since 2007, the College has provided a curriculum of intellectually satisfying programs for people aged 50 and above, led by retired professors and other instructors volunteering their time and expertise. With no required books, tests or credits, and a nominal fee for classes, students participate for the sheer joy of learning while meeting other curious students along the way. For up-to-date information about the winter term that starts in January, check the Anacortes Senior College website at www.seniorcollege.org or call (360) 503-1255.

Hearing Loops in Anacortes

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 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.

Soroptimist Home Health Loans

The Soroptimist International of Anacortes has reopened its free home health loan program. The hours are 8:30 a.m. to 3 p.m. on Tuesdays and Fridays. The program is located at the Soroptimist Thrift Shop located at 1107 3rd Street in Anacortes. You can also give them a call at (360) 293-7251 during the hours the program is open.

AARP Smart Driver Courses

The Center is not able to offer the AARP Safe Driving course in person at this time, but the safe driving course is available virtually.



When you take the online course, you may be eligible for a multi-year discount on your auto insurance. Plus the course teaches proven driving techniques to help keep you and your loved ones safe on the road. You will learn:

- ♥ Important facts about the effects of medication on driving.
- ♥ Age-related physical changes and how to adjust your driving to compensate.

The next virtual class will be held from 10 a.m. to 12 p.m. over the course of three days:

- ♥ Tuesday, January 11,
- ♥ Thursday, January 13
- ♥ Thursday, January 20.

There will be virtual classes offered in February and March as well. Look for details in upcoming news-letters. Go to <http://aarp.cvent.com/DSVirtual> to register. If you have questions or have difficulty getting registered, call (425) 830-1409 or email aarpwashingtondriversafety@gmail.com.

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 the Nutrition Program 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 is needed every 6-12 months)



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.

Mental Health Support Group

NAMI of Skagit holds open support groups online for those living with mental illness, and family members, partners and supportive friends. The group meets from 7 to 8:30 p.m. on the fourth Tuesday of each month. Call Marti with questions at (360) 770-5666.

Community Action Needs Volunteers

- ♥ **Food delivery 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.



Property Tax Exemptions

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.



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 in quarantine or if you find yourself isolated, you may need assistance in either picking up or having food and/or supplies or food delivered to you. If so, call the Skagit County Resource Assistance Line at (360) 416-1892 between 10 a.m. and 2 p.m. daily. Leave a message; you will receive 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.

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:

- ♥ Internet access, newsletter
- ♥ Office supplies, postage
- ♥ Furnishings and equipment
- ♥ Staff support
- ♥ Kitchen supplies, coffee and tea
- ♥ Fundraising expenses
- ♥ Special projects
- ♥ Landscaping and building improvements
- ♥ 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. Call the Center at (360) 293-7473.



CLASSES AT ISLAND HOSPITAL

Advanced Care Planning

Learn about Physicians Orders for Life-Sustaining Treatment (POLST), Advanced Directives, and Health Care Durable Power of Attorney (HCDPOA) with Käaren Flint, Community Outreach and Education Specialist, Hospice of the Northwest. At this free virtual presentation from 10 to 11 a.m. on Thursday, December 2, Käaren will talk about how to best use these documents, which will be provided to you free of charge. Registration is required; call (360) 299-4204 or email communityed@islandhospital.org to sign up.

Healthy Sleep Habits

Join Dr. Reyna, Medical Director of the Island Hospital Sleep Center, from 1 to 1:30 p.m. on Wednesday, December 1, for a free virtual review of healthy sleep habits to help you obtain a good night's sleep. You will learn how to develop a good bedtime ritual and to identify those behaviors that interfere with getting quality sleep. Dr. Reyna will outline normal sleep cycling and patterns and how that impacts whether or not you wake up feeling refreshed in the morning. Registration is required; call (360) 299-4204 or email communityed@islandhospital.org.

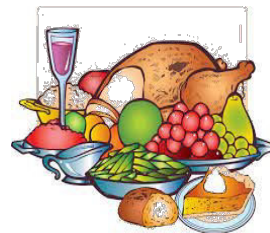


Cooking for Parkinson's Disease

Parkinson's disease affects one million Americans and their loved ones. Join Speech-Language Pathologist Libby Lewis and Chef Michael Hannah for a free virtual course from 1:30 to 2:30 p.m. on Tuesday, December 7. They will talk about how to support the nutrition of people with PD. Learn how nutrition impacts cognition and other PD symptoms and view a live cooking demonstration with recipes shared. Registration is required; call (360) 299-4204 or email communityed@islandhospital.org to sign up.

Healthy Eating for the Holidays

Be proactive with your health this season. Registered Dietitian Amber Phillips will offer a free virtual presentation from 2:30 to 3 p.m. on Wednesday, December 8, to help you learn strategies to navigate holiday eating. This class is geared towards individuals with diabetes, heart disease and/or high cholesterol. Avoid the New Year's guilt by implementing healthy swaps, tips for fitting in physical activity, and ways you can enjoy traditional holiday foods while celebrating with family and friends. Recipes and food samples will be provided. Registration is required; call (360) 299-4204 or email communityed@islandhospital.org.



FIDALGO POOL & 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.

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. Call (360) 293-0673 or visit www.fidalgopool.com to sign up.

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. Call (360) 293-0673 or visit www.fidalgopool.com to sign up.



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. Call (360) 293-0673 or visit www.fidalgopool.com 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 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.

What You Can Do to Avoid a Scam

- ♥ 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.

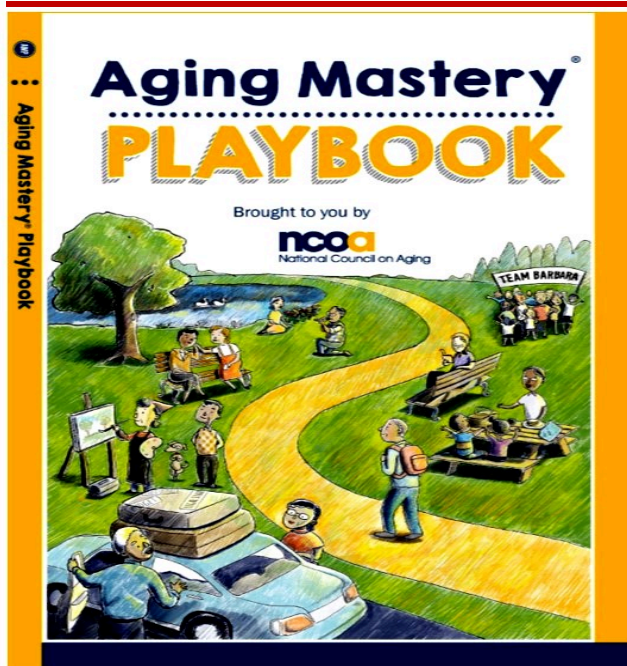


QUESTIONS?

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 well-being
- Finances and future planning
- Learning and creativity
- Connections and community
- Legacy and purpose

You do not need a computer to use the Starter Kit 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.





Aging Mastery Program

National Council on Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Every Week 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	Every Week 9:15 American Sign Language Practice 9:30-11:30 Computer Assistance 10-12 Women's Pool 11:30-12:30 LUNCH 2 Seated Wellness	Every Week 9:30 Mosaics and Stained Glass Art 11 Cribbage 11:30-12:30 LUNCH 12 Double Deck Pinochle	Every Week 9:30-10:30 Computer Assistance 11:30-12:30 LUNCH 1:30 Ukulele Class (intermediate level)	Every Week 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
December 2021				
11 Receptionists Meeting 6	11 Cultured Purls 7	1:30 Coffee with Laurie 8	9:30 Fidalgo Book Group 11 AMP Alumni Meeting 9	9-1 BAKE SALE 10
13	10 Chat with Karl 14	15	16	17
20	21	22	23	24 CLOSED
27	28	29	30	31 CLOSED

December 2021 Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Country Pork and Kraut served with a Soft Pretzel	2 Salisbury Steak served with Mashed Potatoes and Gravy	3 Chef Salad served with a Seven Layer Bar
6 Broccoli Cheese Soup served with a half Sandwich	7 Deluxe Cheeseburger served with a Green Salad	8 Hot Turkey Sandwich served with a Peanut Butter Bar	9 Lemon Chicken served with Citrus Couscous	10 Philly Cheesesteak Peppers served with Rice
13 Baja Fish Sticks served with a Cilantro Lime Coleslaw	14 Chicken, Broccoli and Rice served with a Spinach Salad	15 Cheese Omelet served with a Sausage Patty	16 Christmas Day Lunch Roast Beef served with Garlic Mashed Potatoes and Specialty Dessert	17 German Sausage served with Birthday Cake
20 Orange Chicken served with a Brownie	21 Chili Cheese Baked Potato served with Green Beans	22 4-Cheese Pasta served with a Bean Salad	23 Milanese Minestrone Soup served with a Pecan Bar	24 CLOSED 
27 Sloppy Joes served with Peaches	28 Mediterranean Chicken served with a Caesar Salad	29 Swedish Chicken and Pear Hash served with a Cookie	30 Baked Ham served with Au Gratin Potatoes	31 CLOSED 

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