

Snohomish Seniors

High on Life

November 2020

Issue 156



THANK YOU VETERANS



Thanksgiving Dinner - Drive Thru

Over the years our Senior Center has observed a tradition of hosting a Thanksgiving Day feast. This year we are offering a take home meal (in a microwavable box) that will include sliced turkey breast, mashed potatoes, gravy, dressing, green beans and a roll with a choice of pumpkin or apple pie for dessert. **Curbside pickup will be held from 12:00 - 1:00 pm on Wednesday, Nov. 25th.** Refrigerate your boxed meal and warm it up to enjoy on Thanksgiving Day, Nov. 26th.



- Members must call to reserve a turkey dinner, up until Friday, Nov 20th at 2pm.
- Leave a message with your name, phone number and the number of turkey dinners you are reserving.
- Delivery to addresses within Snohomish city limits is available to those who are unable to drive. Delivery outside of Snohomish city limits will be decided on a case by case basis.

Member Spotlight

Meet Pat Bjerkan. Pat was born in Arlington and has been a local all her life, and absolutely “loves the Snohomish area.” Her love for the community is evident in her many years as a teacher (preschool-2nd grade & substitute music teacher) and her passion for volunteering. Pat has served at her church, teaching music at Sunday school for many years, the Moppets program and volunteered with the community kitchen. We’ve been blessed by her musical talents here at the center as well. You may have seen Pat performing during a birthday celebration or ladies’ tea before, but most recently she has entertained the Friday lunch drive through crowd, with tunes from her accordion, keyboard and even a small harp. Pat has found a way to spread joy through music and we happily soak it in.



Snohomish Senior Center

506 Fourth Street
Snohomish, WA 98290
360-568-0934
snohomishcenter.org
Temporarily Closed

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Carroll Brown
John Buckingham
Beth Buckley
Sharon Diel
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Timm Hall
Kyla McNulty
Judy Spaetig
James White
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Board Meets 3rd Wed every month 8:00am

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From the

EXECUTIVE DIRECTOR



Fall is here and before you know it the holidays will be here! It's been a beautiful summer and as the seasons change in our area, we appreciate the beauty that surrounds us in our town. Whether it's a short or long drive or even a walk, you are sure to find those special trees or foliage whose colors simply amaze you during fall.

We were surprised at how busy we've been at the center with our doors closed. This past month, successful one on one appointments brought great joy to those members who stepped into the center for the first time in months. Proper Covid-19 protocol was followed by members and volunteers. We're taking one step at a time to insure policies are correctly in place and that we will be prepared when we return at 100%.

It's so important to read your newsletter front to back and back to front. You just might miss something. The newsletter is a wonderful resource for you as is our website. Current updates and changes to the center can be found at snohomishcenter.org and our Facebook page, Snohomish Senior Center.

I want to emphasize to you that your center team is here for you. We know how important the center family is to our members. It's become more evident to us how important you are to us during this time too. So while it is still very difficult sometimes to understand the "why" is this happening in the world right now, we focus on reminding ourselves every day how grateful and thankful we are to be here for you.

Happy Thanksgiving & God Bless you all
Sharon



Election Day is Tuesday, November 3rd. Did you know there is a ballot drop box located across the street from the senior center at the Snohomish Library? Ballot drop boxes are conveniently located throughout the county. Drop boxes are open 24/7 from the date ballots are mailed until 8 p.m. on Election Day. To return your ballot by mail, simply drop your ballot in a mailbox; no postage necessary. Mail-in ballots must be in the box before the last pick-up time on Election Day to be postmarked on time.

MEMBERSHIP

Though the senior center is closed, there are still benefits to keeping your membership current.

As a member:

- You can receive a delicious, complimentary lunch every weekday.
- You will continue to receive the newsletter each month.
- You have access to free or discounted programs and services that are only available to members. We're introducing more appointment based services each month.
- Your dues help contribute to the center's annual expenses.



If your membership is up for renewal, you can send your check in the mail to:
506 Fourth St, Snohomish, WA 98290.

You may also call and leave a message on our voicemail requesting a call back if you'd like to pay by credit card over the phone. Membership dues are \$35/year. Keeping your membership current is one way you can support your Senior Center.

LUNCH

TO GO LUNCHES

The center team has committed to provide lunches to **our members** Monday-Friday through a curbside pickup. For the time being, we will offer this program at no cost to our members thanks to the Nourishing Neighbors grant and donations from the community and our members. Lunch is served from 12:00-12:30 pm.

- Call ahead at least 1 day in advance, before 2pm to get on the lunch list. **(360-568-0934)**
- Leave a message with your name and phone number and the days you would like to receive lunch. We are currently taking sign ups one week in advance, but it is subject to change due to circumstances.
- **Delivery** is available to those who are **unable to drive**. Please specify in your message if you need delivery. Deliveries are limited to addresses within Snohomish city limits. Anyone needing delivery outside of Snohomish city limits will be decided on a case by case basis.

The lunch menu will be available one week in advance, rather than the full monthly listing. Check our website (snohomishcenter.org) or call the center for an updated message. Be aware that the menu may change due to availability of items.

Don't be shy about asking for lunch delivery if you need it. We are happy to provide this service.



***FYI:** You don't have to get a lunch to join the drive through line. You can simply share a wave and a hello with some familiar friends. Stop by sometime!*

CENTER NEWS

Book Club

The book club has been meeting at outdoor locations, while socially distancing. Future meetings are TBD due to the weather. If you would like information about joining in, please contact the center.

Foot Clinic

Foot Clinic appointments are available for the following days:

Friday, November 13th (10-1:30)

Friday, December 11th & Friday December 18th (10-1:30)



Call the center and leave a message with your name and phone number to request an appointment. You will get a call back to confirm your time. Clients will be spaced a minimum of 6' apart and required to wear a mask the entire time they are in the center.

Grief Support

Grief support meets on the **first and third Wednesday of each month from 12:30-1:45pm** through Zoom. If you would like information about joining in, please contact the center.

Lunch Cancellation Dates

We will not be distributing lunches on **Thursday, November 26th (Thanksgiving) or Friday, November 27th**. Drive thru lunch will resume on Monday, November 30th.

Medicare Questions

Do you have questions about Medicare? Call the center to schedule a one on one appointment with Medicare specialists Hillary Blanchard & Greg Larsen. Appointments are available on **Friday, November 13th from 10am-2pm**.

Nail Clinic

Katie Tran of KT Nails in Snohomish will be offering free manicures to our members. Katie, along with two of her nail technicians, will be using COVID safe procedures, including separation shields. Call the center to schedule your appointment and get ready to be pampered. Appointments are available on **Sunday, November 22nd from 10am-12pm**.



Surveys

There was great participation in the surveys sent out in September. Thank you for taking the time to share your thoughts. We're compiling the data and thoughtfully processing your responses. Congrats to Fred Allen for winning the raffle prize by returning the survey by 9/30. If you haven't sent your survey in, it's not too late.

The senior center is still currently closed. Appointments are necessary for one on one clinics & consultations. Masks must be worn the entire time you are in the center.

CENTER NEWS

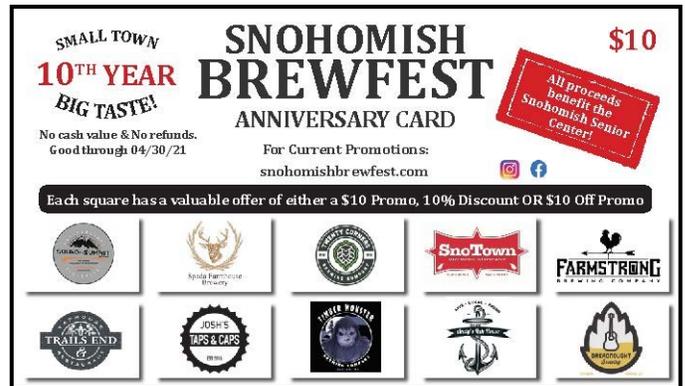
Brewfest 10 Year Anniversary

November is here and you know what that means around here, it's time for Brewfest. You got it, our biggest fundraising event of the year! I know what you're thinking, "how can we do that?" Well, with some creative brainstorming and thinking outside of the box, we found a way. Beginning on November 2nd, we will be selling online and at the center, the first ever Snohomish Brewfest Anniversary Card. Each card will sell for \$10, offering a variety of promotional offers from our past Brewfest participants - breweries, cideries & business sponsors. Cards are valid through 4/30/2021 and make a great stocking stuffer or birthday gift.

We understand the hardship many of our brewers and businesses have endured this past year and ask that you join us in gratitude by purchasing a \$10 card or supporting their businesses. For a complete listing of these businesses, visit our website:

SnohomishBrewfest.com or SnohomishCenter.org

We are beyond thankful to Wolfe Plumbing/Wolfe Fire Protection, for continuing to support our center as the Premier sponsor from 2017-2020. Their financial support will make a huge impact to our center.



Front of Card, more businesses included on backside.

COMMUNITY BREAKFAST CURBSIDE PICKUP

Saturday, November 7th * 8:30AM-10AM *

To Go Menu:

**PANCAKES, SCRAMBLED EGGS
& SAUSAGE LINKS**

OR

BISCUITS & COUNTRY SAUSAGE GRAVY

Suggested
Donation
\$5

(Includes a fresh cup of Vista Clara Coffee, compliments of Owner, Dave Stewart)

On the first Saturday of each month we'll be serving curbside breakfast to the community. Join the line of cars cruising by the Senior Center. You'll be greeted with a cup of hot coffee and served a breakfast to go for your convenience and enjoyment.

*Please note that there will be no seating available. All food must be picked up to go.



CENTER NEWS

New Paint Job

Thank you to the City of Snohomish for the beautiful new look to our center! The Snohomish Senior Center is so fortunate to have a wonderful relationship with our city who maintains the exterior upkeep of our center. Our roof and gutters were cleaned by Access Roofing and the center's exterior was pressure washed and nicely prepped and repaired before receiving its new colors by Cortez Painting. All of this at no expense to the center.

We are also grateful to the City of Snohomish landscape crew who maintain our property grounds throughout the year. Between the city and our garden volunteers who beautify our flowers & beds, we have a pretty good looking location here!

The city has also agreed to pressure wash and repaint our curbs once the building painting is completed. Thank you for all that you do for our senior center!



Before



After

CENTER NEWS

Merle Kirkley Honored

Last month Merle Kirkley was honored by the City of Snohomish for his dedication and service to the city. Mayor Kartak presented Merle with a Public Service Award and a key to the city. This recognition comes as no surprise to us as we also experience Merle’s spirit of service here at the senior center. Currently, Merle serves as our board president and volunteers weekly at Fabulously Frugal. We can always count on his help with events and activities throughout the year. Congratulations to you, Merle, and thank you for all you do.



-Photos by Kristin Kirkley Baylor

FROM THE BOARD PRESIDENT



Happy November Everyone,
The weather is changing very quickly and it is now getting dark early and the sun is rising later. Please make sure you dress warm and be prepared for rain cold or snow (UGH). Did you get your Flu shot?
We have our senior center Thanksgiving Dinner coming up and getting ready for turkey day with family. We are still having drive through lunches and they are DELICIOUS.
We hope sometime soon or not so soon we can be together again. I sure miss seeing all of you.

Happy Thanksgiving,
Merle



Each month, Village Concepts sponsors a yummy taco salad lunch for our members. We are grateful for their continued support. If you haven’t tried it yet, make sure you sign up. Taco salad is the 3rd Tuesday of each month.



CENTER PICS



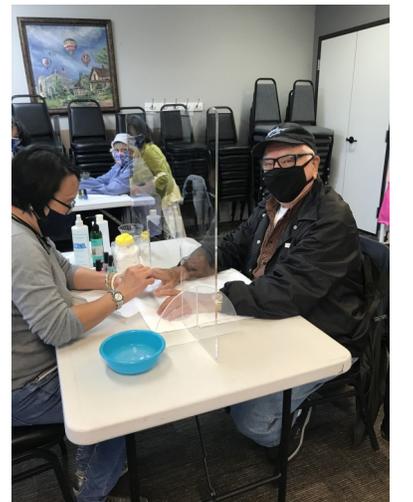
Perfect weather and a great turnout from the City and our members for the First Responders' BBQ-Drive Thru.



CENTER PICS



Thank you KT Nails for treating our members to an afternoon of pampering with manicures.



FLU INFO

Influenza, more commonly called the flu, is a highly contagious respiratory illness. Flu seasons can be unpredictable and severe. Hospitalizations and deaths related to flu occur every year in Snohomish County, yet less than half of all adults get vaccinated yearly as recommended.

This year, getting the flu vaccine and taking other illness prevention measures are especially important. Reducing the spread of flu and the number of severe flu-related complications can help preserve capacity in our healthcare system to address the ongoing COVID-19 pandemic.

Help keep yourself and your community healthy this year by:

- Staying home if you are ill
- Limiting your interaction with people outside your household
- Covering coughs and sneezes
- Washing your hands thoroughly with soap and water, and using hand sanitizer when soap and water isn't available
- Covering your mouth and nose with a cloth mask in shared spaces
- Getting a flu shot to protect against influenza

FLU TREATMENT

If you are sick with the flu, you may be ill for a week or longer. Most children and adults with the flu who are generally in good health will recover without needing to visit a health care provider. Things to remember if you or a loved one are sick:

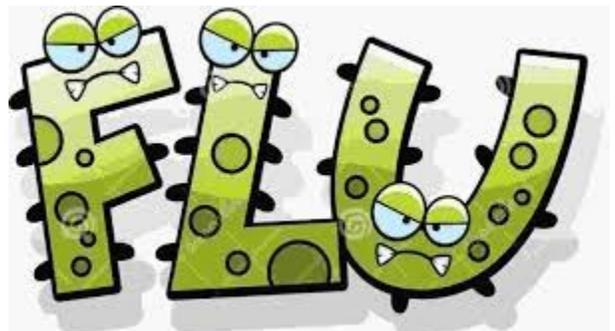
- Please stay home, except if you need medical care or other necessities
- If you leave the house to seek medical care, wear a facemask.
- Cover your coughs and sneezes with a tissue or the sleeve of your elbow.
- Drink plenty of fluids and rest as much as possible.
- Wash your hands frequently with warm water and soap or use a hand sanitizer.

Do not return to work or school until your fever is gone for at least 24 hours without the use of fever-reducing medicine like acetaminophen (Tylenol) or ibuprofen (Motrin).

WHEN TO SEEK MEDICAL CARE

If you are pregnant or have an underlying health condition, call your health care provider to get advice on whether you need to be seen. If you become ill and experience any of the following warning signs, please seek emergency care:

- Being so irritable that the child does not want to be held
- Bluish or gray skin color (call 911 immediately)
- Fast breathing or trouble breathing
- Fever in infants younger than 3 months old
- Not able to drink or keep liquids down
- Not waking up or not interacting
- Sudden dizziness or confusion

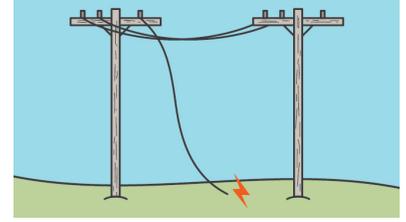


SAFETY TIPS

Safety Tips From PSE

See downed lines? Stay 35 feet away!

There's no sure way to tell if downed lines are energized or "hot," so treat them, and anything they touch, as if they could kill you. Fences, tree limbs, telephone lines and even the ground around a downed line can electrocute you if they're in contact with a power line. And did you know power lines can look just like telephone lines? Take no chances: Call the power company and stay away.



Car touching a downed line? Wait for help to arrive.

If you find yourself in a vehicle that is touching a downed line or electrical equipment, and you're not in imminent danger, stay put. Call 911, if you can, and wait until the power company can de-energize the line. Even if there's no sign of sparking, the vehicle and the ground around could electrocute you as you try to leave. The same is true for anyone who tries to approach you from the outside the vehicle. Don't approach to help unless the power company has verified that the line is de-energized.

-How To Stay Shock Free, Puget Sound Energy

COVID LISTEN LINE

Phone reassurance program for dementia caregivers

The COVID Listen Line is a phone reassurance program in Snohomish County for family caregivers supporting a loved one with dementia. Many are facing increased stress and isolation due to the pandemic.

Call us to:

- Have a casual and friendly conversation with someone who understands what you're going through.
- Talk about how things are going for you during the pandemic and connect to resources as needed.
- Discuss coping strategies and ways to focus on your health and mental health during this difficult time.

COVID Listen Line
(206) 529-3890

Monday-Friday
8:30 a.m. - 4:30 p.m.



Business Members

Medicare Questions?
Call Hillary Blanchard
(805) 651-0091
My services are no cost to you!

Harvey Airfield
9900 Airport Way Snohomish
(360) 568-1541 x222
Foundation for the Future

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Formerly Eve Rutherford, DDS
229 Avenue D, Snohomish, WA
(360) 568-6017

Yoga Circle Studio
Karen Guzak
707 Pine Ave #A103
(360) 568-1000 KarenGuzak@gmail.com

Skydive Snohomish
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2801 Bickford Ave, Ste 101 98290
Marie Auriol (360) 563-1112
marie.auriol@peoplesbank-wa.com

The Stupey Agency
John H. Stupey
PO Box 64 Mukilteo, WA 98275
(425) 374-3704 stupey52@comcast.net

Columbia Bank
Kim Harrison—VP Branch Manager
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Snohomish, WA 98290

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360-217-8396

New York Life
Pamela Taubenheim
605 2nd St. Ste 201
360-568-6436

Business Membership

If you are a business around or about Snohomish and have a passion for the Snohomish Senior Center, what it brings to the community and the programs and services it provides seniors, then you might consider becoming a member. The annual fee is \$100.00.

Support our senior community and join today!
(360) 568-0934

| | | |
|---|---|--|
| Edward Jones Sterling Gurney, CFP Financial Advisor (360) 563-1042 | Spirited Ambiance Candle Foundry Hand-poured soy wax in upcycled Beer - wine - liquor - cider bottles www.SpiritedAmbiance.com | Snohomish Chamber of Commerce 21 Ave A Ste 1 PO Box 135, Snohomish 98291 (360) 568-2526 |
| Healthy Life Chiropractic Clinic Improving the Community One spine at a time Kari Gibson (360) 568-8800 | The Health Spot Dedicated to the health of our community Since 1984 417 Maple Ave, Snohomish | Rolling Gate Stables 11104 Springhetti Rd. Snohomish, WA 98296 (425) 319-3904 |
| Theramu All Natural CBD Victoria Walsh - 907-232-3361 SHOPTHERAMU.COM/VICTORIAWALSH Safe, Effective, Guaranteed, Tested | American Family Insurance Please call with your insurance questions We are here to listen and help (360) 794-0678 | Julianne McKeown Gilpin Realty, Inc. Now Is The Time, Let's Make Your Move! mckeownhomes.com 425-330-4709 |
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New Member!

KT Nails

**Manicures, Pedicures, Waxing
& Facials**

**255 Cypress Street, Snohomish
(360) 217-7045**



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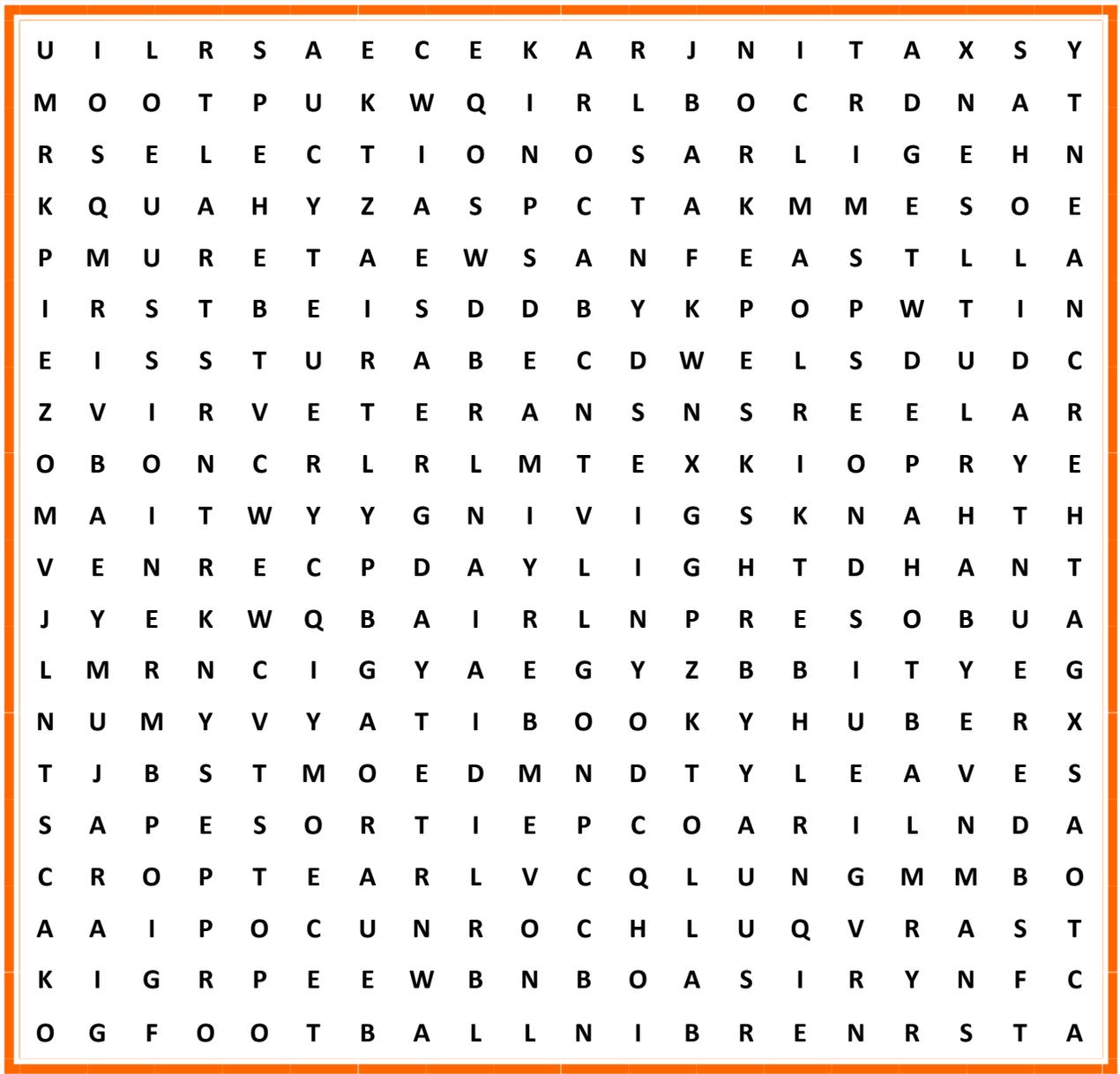
Vision & Hearing

- ◆ We partner with local doctors and the Lions Sight & Hearing Foundation of Snohomish County w/ glasses & hearing aids costs for qualified low-income recipients
- ◆ Helping our local schools vision screen K-8 students
- ◆ Collecting used eyeglasses to meet a worldwide gap of 2 billion people to see clearly
- ◆ We partner with SightLife/NW Lions Foundation to help eye surgery costs for qualified low-income recipients



Have you experienced difficulty wearing or using your hearing aids? We can help—ask us!

WORD SEARCH



NOVEMBER

FEAST

THANKSGIVING

FAMILY

ELECTION

CORNUCOPIA

HOLIDAY

VETERANS

TURKEY

BALLOT

PIE

LEAVES

CRANBERRY

VOTE

FOOTBALL

DAYLIGHT

GATHER

YAMS

RAKE

SWEATER



GENERAL MEMBERSHIP

SEPTEMBER DONORS

| | | |
|------------------|-------------------|-------------------|
| Boeing | Heinzer, Carl | Lunch Donors |
| Collins, Dixie | Knittel, Jerry | Oie, Sidney |
| Dreves, Jim | Krigbaum, Bob | Seahawk Fan Group |
| Bartell Drugs | Baumann, Frank | Fisher, Anita |
| Bashaw, Patricia | Bjerkan, Patricia | Fred Meyer |



November Birthdays - Happy Birthday!!

| | | | | | |
|---------------------|-------|-------------------|-------|------------------|-------|
| Darla Lane | 11/2 | Mechelle Phillips | 11/13 | Frances Calafato | 11/26 |
| Maureen Loomis | 11/3 | Kathleen Reid | 11/13 | Janet Bacon | 11/26 |
| Rita Harrigan | 11/3 | Julie Bruck | 11/13 | Susan Pineda | 11/28 |
| Sidney Oie | 11/3 | Rod Kleitz | 11/16 | Michael Glaser | 11/28 |
| Carol Presley | 11/6 | Diane Eden | 11/16 | Danny Moore | 11/28 |
| Michael Page | 11/6 | Sylviane Quinn | 11/18 | Francoise Smyrl | 11/29 |
| Gerard Jorgensen | 11/6 | Dana Farmer | 11/18 | Mimi Biermann | 11/30 |
| Dan Humphrey | 11/7 | Barbara Morris | 11/18 | Dawn Humphrey | 11/30 |
| Marilyn Hart | 11/9 | Penny Zettlemoyer | 11/19 | Karen Bresheare | 11/30 |
| Sarah Swanson | 11/10 | Jim Vanalstine | 11/19 | | |
| Joanne Christianson | 11/10 | Yvonne Stanik | 11/25 | | |
| Ernest McClellan | 11/11 | Elizabeth Heckel | 11/25 | | |
| Vicky Smithson | 11/12 | Retha Rutkowski | 11/25 | | |



Is there something you'd like to share with our readers? Email your submission to: info@snohomishcenter.org or mail it to us at 506 4th St. Snohomish, WA 98290 for consideration.



Catherine Parks shared a picture of the 45 hats and 15 lap blankets she crafted during a 3 month period.



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Your renewal date.

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November Specials

VHS Tapes, Books, Furniture,
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Current Hours

M-Sat 10a-5:30p, Sun 12-4p
(Donations accepted until 4pm)

Stay Connected With The Latest Updates

Online:

snohomishcenter.org

Phone: 360-568-0934

Facebook:

Snohomish Senior Center

*Follow us on Facebook for
pictures and fun posts.*

*"Gratitude is the ability to experience life
as a gift. It liberates us from the prison of
self-preoccupation."*

-John Ortberg