

Seniors Soar Like Eagles

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PERMIT #44

March 2025
Volume 23 Issue 3

Senior Moments

LAKE STEVENS SENIOR CENTER

2302 Soper Hill Road (location)
PO Box 205 (mailing)
Lake Stevens, WA 98258

425-335-0345 • info@lakestevensseniorcenter.com

REGULAR ACTIVITIES AT A GLANCE

Activity	Day of Month	Day of Week	Time
Ukulele & Hula Classes	1st, 3rd, & 4th	Monday of each month	9:30am - 11:30am
Spanish Classes	1st, 3rd, & 4th	Monday of each month	2:30am - 3:30am
Pinochle	every	Monday	12:00pm - 3:00pm
Watercolor Painting Class	2nd	Monday	12:30pm - 3:30pm
Coffee & Chat	Every	Tuesday	10:30am - 11:30am
Balance Class	every other	Tuesday	4:00pm - 5:00pm
Line Dancing Lessons	every other	Tuesday	4:00pm - 5:00pm
Hooks & Needles/Quilting Club	every 4th	Tuesday	10:15am - 3:15pm
Footcare (by appt)	1st & 4th	Tuesday (+ 2nd Friday)	9:00am - 4:00pm
Free Lunch & Movie	Every 2nd	Tuesday	12:00pm - 3:00pm
Exercise	every	Tuesday & Thursday	9:00am - 9:50am
Book Club	every 3rd	Wednesday	1:00pm - 3:00pm
Lunch	every	Wednesday & Friday	11:30am - 12:30pm
Hand & Foot Card Game	every	Wednesday	1:00pm - 3:00pm
SHIBA (by appointment)	2nd	Wednesday	1:00pm - 4:00pm
Pinochle	Every	Thursday	10:00-1:00
Bingo	every	Thursday	1:00pm - 3:30pm
German Conversation Group	1st	Thursday	1:00pm - 3:00pm
Chair Massage	1st & 3rd	Friday	10:00am - 2:00pm
Mexican Train Dominoes	every	Friday	1:00pm - 3:00pm

THE LAKE STEVENS SENIOR CENTER

presents

St. Patty's Day Open Mic Talent Show

Saturday, March 15th 2:00-5:00

Call or come in today
to sign-up

Any age ~ Open talent

Van Trips

An Irish Celebration Sunday, March 16th

**Leave Center at 4:30 p.m.
Members: \$30 • Non-Members: \$40**

We will travel to the Marysville Opera House for an Irish Celebration featuring Geoffrey Castle and the Seattle Irish Dance Group. The cost includes transportation and ticket. Dinner will be at Buzz Inn in Marysville at your expense. *This trip is closed, but you can put your name on a cancellation waiting list.*

Chihuly Glass Museum Saturday, April 5th

**Leave Center at 10:00 a.m.
Members: \$30 • Non-Members: \$40**

The cost includes transportation and ticket. We will have lunch at the Poodle Dog at your expense. Payments due by **Wednesday, April 2nd. Sign-up early, space is limited.**

Skagit County Tulip Festival Sunday, April 13th

**Leave Center at 10:00 a.m.
Members: \$45 • Non-Members: \$55**

We will visit Tulip Town and go to the Kiwanis Salmon BBQ for lunch. The cost includes transportation, entry and lunch. **Payment due by April 9th. Sign-up early, space is limited.**

Van Trips continued on page 2

Van Trips (cont.)

Skagit Valley College Pow Wow Saturday, May 17th

Leave Center at TBD a.m.
Members: \$20 • Non-Members: \$30

Food will be available on site, at your expense.
Payments due by **Wednesday, May 14th**. Sign-up early, space is limited.

Upcoming Activities

- Several Enjoyable Trips
- Easter Cookie/Cupcake Decorating
Tuesday, April 15th
- “Fungal Fruits of the Forest”
Saturday, April 19
- Cinco de Mayo Celebration
Sunday, May 4th

NEW Morning Pinochle

Join us each Thursday, from 10:00-1:00 for an alternative morning Pinochle Group.

Volunteer Board Members Needed


The Lake Stevens Senior Center is looking for new board members to run for the upcoming term.

Would you like to make the commitment to serve our Senior Center and make a positive difference? We hope you will feel led to volunteer your time and talents. We are continually striving to better serve our members and your participation and suggestions are welcome.

The board meets once a month (second Monday at 10:00), exchanges thoughts & ideas, enjoys coffee & pastries, and votes on important matters that affect LSSC. The applications are available at the office. Come on in to complete, or call and we will be happy to mail one.

Debbie Lyon, Jerry Stumbaugh, or the office can answer any questions.

MARCH 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 1:00-3:00 Advanced Ukulele (Private)	3 9:30 Ukulele 10:30 Hula 12:00-3:00 Pinochle 2:30-3:30 Spanish Class	4 9:00 Exercise 9:00-4:00 Carrie's Foot Care (by appt) 10:30-11:30 Coffee & Chat 4:00-5:00 Line Dancing 5:30-6:30pm Private Rental	5 11:30 Lunch 1:00-3:00 Hand & Foot Card Game	6 9:00 Exercise 10:00-1:00 NEW Morning Pinochle 1:00 BINGO 1:00-3:00 German Conversation Group	7 10:00-2:00 Chair Massage by Raena (by appt) 10:30-11:00 Blood Pressure Checks 11:30 Lunch 1:00-3:30 Mexican Train Dominoes	1 Chair Cleaning 11:00 a.m. 8
9 <i>Daylight Savings</i> 1:00-3:00 Advanced Ukulele (Private)	10 10:00 Board Meeting 12:00-3:00 Pinochle 12:30-3:30 Watercolor Painting (sign-up required)	11 9:00 Exercise 10:00 Program Committee Meeting 10:30-11:30 Coffee and Chat Hour 12:00 Lunch and A Movie 4:00-5:00 Balance Class	12 11:30 Lunch 1:00-4:00 SHIBA (by appointment) 1:00-3:00 Hand & Foot Card Game 6:00-9:00pm Private Rental	13 9:00 Exercise 10:00-1:00 NEW Morning Pinochle 1:00 BINGO	14 9:00-4:00 Carrie's Foot Care (by appt) 11:30 Lunch 1:00-3:30 Mexican Train Dominoes	15  2:00-5:00 St Patty's Day Open Mic Talent Show
16 1:00-3:00 Advanced Ukulele (Private) 4:30 pm Irish Celebration Trip	17 9:30 Ukulele 10:30 Hula 12:00-3:00 Pinochle 2:30-3:30 Spanish Class ST. PATRICK'S DAY	18 9:00 Exercise 10:00-1:00 DSHS 10:30-11:30 Coffee and Chat Hour 4:00-5:00 Line Dancing	19 11:30 Lunch 1:00-3:00 Hand & Foot Card Game 1:00-3:00 Book Club	20 9:00 Exercise 10:00-1:00 NEW Morning Pinochle 1:00 BINGO	21 10:00-2:00 Chair Massage by Raena (by appt) 11:30 Lunch 1:00-3:30 Mexican Train Dominoes	22
23 1:00-3:00 Advanced Ukulele (Private)	24 9:30 Ukulele 10:30 Hula 12:00-3:00 Pinochle 2:30-3:30 Spanish Class	25 9:00 Exercise 9:00-4:00 Carrie's Foot Care (by appt) 10:15-3:15 Hooks & Needles and Quilting Club 10:30-11:30 Coffee & Chat 4:00-5:00 Balance Class	26 11:30 Lunch 1:00-3:00 Hand & Foot Card Game	27 9:00 Exercise 10:00-1:00 NEW Morning Pinochle 1:00 BINGO	28 11:30 Lunch 1:00-3:30 Mexican Train Dominoes	29
30 1:00-3:00 Advanced Ukulele (Private)	31 9:30 Ukulele 10:30 Hula 12:00-3:00 Pinochle 2:30-3:30 Spanish Class	Apr 1 9:00 Exercise 9:00-4:00 Carrie's Foot Care (by appt) 10:30-11:30 Coffee and Chat Hour 4:00-5:00 Line Dancing	Apr 2 11:30 Lunch 1:00-3:00 Hand & Foot Card Game	Apr 3 9:00 Exercise 10:00-1:00 NEW Morning Pinochle 1:00 BINGO 1:00-3:00 German Conversation Group	Apr 4 10:00-2:00 Chair Massage by Raena (by appt) 10:30-11:00 Blood Pressure Checks 11:30 Lunch 1:00-3:30 Mexican Train Dominoes	Apr 5 10:00 am Chihuly Museum of Glass Trip

Thank you to our wonderful Program Committee and Kitchen Staff for the amazing Valentine Lunch Party!



Check out the calendar on our website for updates throughout the month.

425.335.0345 • www.LakeStevensSeniorCenter.com • www.facebook.com/lsseniocenter



Senior Assistance Resources

Below is some contact information for programs that can be helpful for Seniors . . .

Homage Senior Services: Connecting older adults to services. To consult with a specialist about local resources and receive individualized assistance, call Senior Information and Assistance at 425.513.1900 Monday through Friday, 8:30 a.m. - 4:30 p.m. More info at www.seniorservices.org.

Senior Services of Snohomish County
Minor Home Repair Program: 425.265.2222

Meals on Wheels: 425.347.1229

Washington State **Basic Food Program:**
425.347.1229

Property Tax Exemption and Property Tax Deferrals for Seniors & Disabled: Snohomish County Assessors Office: 425.388.3540

Senior Services Nutrition Program:
425.347.1229, basicfood@sssc.org

Senior Services **Dial-A-Ride Transportation:**
425.347.5912, transportation@sssc.org

Senior Services Of Snohomish County
Transportation Assistance Program (TAP):
425.423.8517

LSSC Reminders

Office Hours: Monday through Friday from 9:00 a.m. until 4:00 p.m. The Center is also open at other times based on scheduled events.

Medical Equipment Lending: LSSC lends durable medical equipment when available such as walkers, wheel chairs, and shower chairs. Donations also welcome.



Building Rentals: LSSC is often rented out for private events. During these events, the center is not available for member use.

Please respect private use and conduct business during regular business hours.



Snow Days: For snow/ice closures, check the school reports. If Lake Stevens School District is closed, the Senior Center will also be closed. If the school is on a 2-hour late start, the center will be open at 11:00 AM. (Lunch may be cancelled on late start days).

Volunteer Hours: VERY IMPORTANT

We appreciate all of our volunteers very much! If you are an LSSC volunteer, **please complete a time sheet for us each month.** The office can help if you have questions.

Please Note: Volunteer hours are ONLY those hours that you spend working. Eating lunch and participating in programs is not part of your volunteer hours.



www.facebook.com/lsseniocenter

LSSC Board

Officers:

Jerry Stumbaugh, President

Roy Hurtt, Vice President

Deborah Lyon, Secretary

Roger Sharp, Treasurer

Jack Pease, At Large

Gina Sharp Marti Westphal

Lin Henderson Ethel Morgan

Wayne Ahrendt Nola Johnson

Office Staff:

Donna Foster: Office Manager

Admin. Assistant: Yolanda Vincent

RAMPATHON 2025

April - July

The Master Builders Association is accepting applications for its annual Rampathon® building project. Members of the Master Builders Association of King and Snohomish Counties will build free access ramps for homeowners in need within King and Snohomish Counties.

Rampathon applications will close Friday, March 21 2025.

Applications are available at mbaks.com/ramp.

Please note:

- Include 3-4 pictures of the location where the ramp is to be constructed. Applications without pictures will NOT be considered. Photos should be taken within the last year, NO Google Maps Photos.
- Applications indicate a desire to have a ramp added to the external entrance to the home and the understanding applicant will accept ramp if selected. Cancelling at the last minute denies someone else the opportunity to receive a ramp.
- Potential recipients, if not minors or severely disabled, must be aware of application—NO SURPRISE RAMPS. Applicants must notify the recipient of the application and confirm that the recipient wishes to receive a ramp if the applicant is not the recipient.
- Rampathon only takes place in King and Snohomish counties. If you would like additional resources relating to the county you are in, please email stewardship@mbaks.com or call 425.460.8238.

Mission Statement of Lake Stevens Senior Center:

To promote the well-being of people over the age of 55 through physical, emotional, intellectual, and economic opportunities.

Our services are intended to provide a place for participation, learning and socializing. We continually strive to offer a variety of programs and services that will enhance the lives of older residents of the greater Lake Stevens Community.



Thursdays - 1:00 p.m.

(Doors Open @ 12:00)

\$8 Buy-in • Four percentage games available \$1 each
\$1 Progressive Black Out • \$13 One of everything
Daubers and glue sticks available

All are welcome!

Regular Activities

Ukulele & Hula Lessons: Our beginner Ukulele and Hula Classes will be taking on new students, and starting them out with the basics, on their return **January 20th**. Amelia Mimura and Yolanda Taufaasau-Vincent are very patient and knowledgeable instructors. **Classes are every Monday morning (except the 2nd Monday) beginning with Ukulele at 9:30, followed by Hula at 10:30.**

Exercise, Balance Class & Line Dancing: It's the time of year when people vow to get off the couch and get active. If you have made this commitment, then a wonderful way to stay fit is to participate in LSSC's Exercise Groups. Kim is a skilled **Exercise** instructor and teaches **every Tuesday and Thursday morning from 9:00-10:00** and Loretta is a very knowledgeable instructor for both **Balance Class and Line Dancing**, which happen every alternating **Tuesday from 4:00-5:00.**

Hooks & Needles and Quilters: Do you have a long forgotten project in your closet that needs to be finished, or perhaps you will be starting a new project for the new year? Come to LSSC on the **fourth Tuesday of each month at 10:15 a.m.** and work on your project with a fun group of ladies (check the calendar for exact dates). This is a great way to get help on your project, get new ideas and/or share your expertise with others. It's a great way to make new friends.

Pinochle, Hand & Foot and Mexican Train Dominoes: If a fun game of cards or dominoes is your preferred way to socialize, join us every **Monday** at noon or **Thursday** at 10:00 for **Pinochle**, every **Wednesday** at 1:00 for **Hand & Foot** and every **Friday** at 1:00 for **Mexican Train Dominoes**. There is always friendly competition and great company to be had.

Bingo: Join us for a fun afternoon of **Bingo** every **Thursday at 1:00 p.m.** All are welcome, so bring your friends, family and/or neighbors!

Lunch & Coffee and Chat: If food and fellowship are more your style you don't want to miss the delicious lunch that is served every **Wednesday and Friday at 11:30 a.m.** (come early and socialize with our friendly group) or our **Coffee and Chat** every **Tuesday from 10:30-11:30** (refreshments provided).

(See the back page for our regularly scheduled events)



Kitchens for Cooks

Gary P. Hartz — 425-293-4442
www.KitchensForCooksOnline.com
Residential & Commercial Interior Design

Lake Stevens Ankle & Foot Clinic

425-397-7401 • www.ankleandfootclinic.org
9514 4th Street NE #201, Lake Stevens, WA 98258
Dedicated to providing exceptional
service for all of your foot and ankle needs

Lake Stevens Assembly of God Church

425-334-3700 • www.lakestevensag.org
9805 31st Pl NE, Lake Stevens, WA 98258
Church with a daycare M-F 6am-6pm
Services: Sunday - 10:00 am / Wednesday - 7:00 pm

Lake Stevens Automotive

Call: 425-309-7725 • Text: 425-397-9830
www.selectautomotivecenters.com/lake-stevens
9015 Vernon Rd #8, Lake Stevens, WA 98258
Automotive repair services.

Laliberte Home

Jamie Laliberte — 425-783-9231
lalibertehomes.jamie@gmail.com
www.lalibertehomes.com
16419 84th St NE, PMB 131, Lake Stevens, WA 98258
Real Estate Agents for eXp Realty
Serving Snohomish & Skagit Counties

Lamb of God Lutheran Church

425-377-2173
3923 103rd Ave SE, Lake Stevens WA 98258
www.lambofgod-lakestevens.org
A vibrant and growing congregation of the Lutheran
Church Missouri Synod. Sunday Service 10:15 a.m.

McCarthy Electric and Technologies

Ryann McCarthy — 425-877-5572
mccarthyelectricservice@gmail.com
mccarthyelectricandtechnologies.com
Panel Replacements, Ceiling Fans, Wall Heaters,
Can Lights, RV Circuits & Troubleshooting

The Medicare Guy

Greg Larsen — 425-501-8120
Glarsen@firstlegacyfinancial.net
11027 Vernon Road, Lake Stevens, WA 98258
Medicare Plans

Next Step Senior Advisory

Sue Rowell, CSA — 360-294-4912
www.nextsteptransitions.com
Family Advisory Services helping provide solutions and
pathways across the Senior Living Experience.

NPR Fence

Jennifer Andrews — 425-335-1117
12901 28th Pl NE, Suite 1, Lake Stevens, WA 98258
NPRfence.com • Serving the NW for over 30 years

Raena Bennett, LMT, LLC

Massage Therapy
Raena — 425-293-4756
\$10 Discount for Seniors 60+ and Military
Book appointment online www.MassageGroupLS.com
2nd Floor of Lake Stevens Athletic Club
1904 125th Ave NE, Lake Stevens, WA 98258
Chair Massage at Senior Center 1st & 3rd Fri

Right at Home Snohomish County

Victoria Johnston — 425-290-1714
www.rightathome.net/snohomish-county
1612 4th Street Suite 100, Marysville, WA 98270
Serving Seniors in their homes

Snohomish Health & Rehab

Scott Ernst — 425-530-6404
scotternst@cascadiahc.com
www.snohomishrehabcascadia.com
800 10th St, Snohomish WA 98290
Skilled Nursing Community

TAILored Pet Services LLC

Antigone Killingstad — 425-923-7791
scheduling@tailoredpetservice.com
www.tailoredpetservices.com
Pet Care Company
Dog walks, vacation care and training

Taylor's Plumbing Solutions, LLC

William and Jessica Taylor — (425) 330-1230
PO Box 1372, Lake Stevens, WA 98258
Owner-operated family plumbing business.
We value service, excellence, honesty, transparency,
family and community.

Windermere RE

Marlene Rouleau — 206-409-6041
marlener@windermere.com
marlenerouleauhomes.com
Real Estate Agent

Thank you for your
support!

Support Our Business Members

These local businesses support our Senior Center as business members. Please make an effort to support their businesses and be sure to thank them for their support.

Ashley Pointe

SuZanne Kennedy • 425-397-7500
www.sinceriseniorliving.com/ashley-pointe
11117 20th St NE, Lake Stevens, WA 98258
Assisted and Independent Senior Living
Providing specialized care specifically tailored to each resident's unique needs

Chapel Hill Family Dentistry

Tracy Delorm, DDS & Jessica Carroll, DMD
425-334-4001
9514 4th St NE Unit 102, Lake Stevens, WA 98258
www.chapelhillfamilydentistrywa.com
General Dentistry

Community Transit

Lisa Richter • 425-599-9665
Lisa.richter@commtransit.org
www.communitytransit.org
2300 Kasch Park Road, Everett, WA 98204
Transit Agency

Craven Insurance

Bob Craven — 425-334-7200
Mailing: 6300 Storkson Rd #1B, Clinton, WA 98236
Physical Address: 10515 20th St. SE, Ste 114
Lake Stevens, WA 98258
Insurance Agency

Crosson's Auto Repair

Parker Davis — 425-334-2024
CrossonsAutoRepair.com
2011 123rd Ave NE, Lake Stevens, WA 98258
Automotive Service, Repair and Maintenance

Debbie Welch Homes

Debbie Welch — 360-631-8148
DebbieWelchHomes.com
Automotive Service, Repair and Maintenance

Elim Lutheran Church

425-334-1911 • office@elimlutheran.net
www.elimlutheran.net
11504 26th Street NE, Lake Stevens, WA 98258
Worship: 10am Sunday Morning
Nursery, Preschool, Kindergarten available

Empowering Success 101 • Christina Brewer

425-407-2676
christina@empoweringsuccess101.com
3355 Inverner St, Mount Vernon, WA 98273
Health & Wellness and Life Skills Coaching

Expedia Cruises

Maureen Phillips & Mary Lynne Bracewell
360-799-4142
maphillips@expediacruz.com
www.expediacruises.com/maureenphillips
2809 Bickford Ave. Ste. B, (Snohomish Station)
Snohomish, WA 98290
Travel Agency

Flourish Wellness

Carrie Hutchinson
425-512-9212
angie@flourishwellspa.com
FlourishWellSpa.com
9327 4th St NE, Ste 5, Lake Stevens, WA 98258
Health & Wellness Spa

GenCare ~ Village at Granite Falls

Roxie — 360-691-1777
www.thevillageatgranitefalls.com
302 N Alder Avenue, Granite Falls, WA 98252
Enjoy your retirement nestled among the natural, forest setting of the foothills, just minutes from Lake Stevens

Grandview Village

Village Concepts of Marysville
Joanne Acton — 360-653-2223
www.villageconcepts.com/Grandview-Village
5800 64th Street NE, Marysville, WA 98270
Independent & Assisted Living Community
Creating a village that feels like a family!

Home Instead

Gus Vanderkolk — 425-549-3100
HomeInstead.com/828
909 SE Everett Mall Way Ste C302, Everett, WA 98208
Care they deserve, in the home they love. Home Instead helps aging adults live well at home.

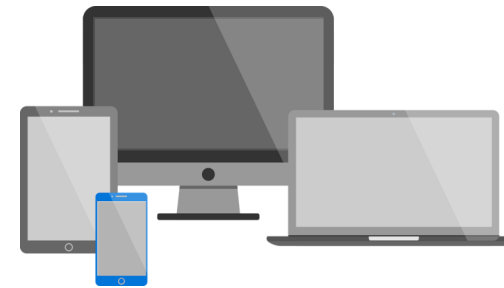
Jay's Market

Keith & Corie Perry — 425-334-1256
1809 Main Street, Lake Stevens
Your friendly, hometown grocery store, plus much more.
Serving Lake Stevens for more than 30 years
SRES designation

Tech Help Available

LSHS technology instructor, Gwen Sarault and student helpers will be here to offer one-on-one help with devices (computer, laptop, smart phone, tablet, etc. on the **2nd & 4th Friday** of each month.

Please sign-up for your 30-minute appointment and let us know what type of device you have so we can be sure you get the help you need.



Lunch & Movie Tuesday, March 11th - 12:00

"Darby O'Gill and the Little People"

A touch O'Blarney...a heap O'Magic and a load O'Laughter

A wily old codger matches wits with the King of the Leprechauns and helps play matchmaker for his daughter and the strapping lad who has replaced him as caretaker.



This is a FREE event with a deli lunch and popcorn provided.

Please sign-up, or call to RSVP!

The Lake Stevens Senior Center is supported, in part, by Snohomish County Department of Human Services



March Lunch Menu

In-Person Dining

Wednesday and Friday ~ 11:30 a.m.

**Suggested Donation:
\$5.00 Member/\$6.00 Non-Member**

Menu is subject to change

Wednesday, March 5th: Brunswick Chicken, coleslaw, cornbread, fruit, cake and pie

Friday, March 7th: Hamburgers, chips, carrot & raisin salad and carrot cake

Wednesday, March 12th: Fish sticks, tater tots, coleslaw, fruit and dessert

Friday, March 14th: Sponsored by **Gencare:** Clam chowder or veggie soup, spinach salad, rolls, fruit and dessert

Wednesday, March 19th: Sponsored by **Grandview:** Corned beef & cabbage, or Guinness stew, small red potatoes & baby carrots, fruit and Irish bread pudding

Friday, March 21st: Sponsored by **Ashley Point:** BBQ chicken, mac & cheese, green beans and lemon bars

Wednesday, March 26th: Beef barley soup, spinach salad, tropical fruit and dessert

Friday, March 28th: Roast pork, mashed potatoes w/gravy, green beans, applesauce and dessert



March
national
days
word
search



Printable
from
Always
the
Holidays

A P I Y Y D A Y A D D O O F H S I R I A Z Y
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ST PATRICKS DAY	PROPOSAL DAY	RESCUE CAT DAY
WOMENS DAY	GIRLS WRITE NOW DAY	PI DAY
HOLI	ARTICHOKE HEARTS DAY	COCKTAIL DAY
DAYLIGHT SAVINGS	GODDESS OF FERTILITY DAY	JOE DAY
FIRST DAY OF SPRING	SPINACH DAY	PLANT A FLOWER DAY
ZERO DISCRIMINATION DAY	IRISH FOOD DAY	TEENAGER DAY
DOWN SYNDROME DAY	EARMUFF DAY	MARIO DAY
SOCIAL WORK DAY	CANADIAN BACON DAY	JOHNNY APPLESEED DAY
CUDDLY KITTEN DAY	PROM DAY	FRENCH BREAD DAY
PANDA DAY	GOOF OFF DAY	OK DAY
PEANUT BUTTER LOVERS DAY	AG DAY	LANDLINE TELEPHONE DAY
	WAFFLE DAY	

OPIOID AWARENESS

OPIOID MEDICATION & PAIN: What you need to know if you've had an injury, surgery or major dental work. You are likely to have pain. Pain is a normal part of life and healing. Talk with your doctor about how you can get the most effective pain relief with the least risk.

NON-OPIOID PAIN TREATMENTS HAVE FEWER RISKS: For pain that will likely be gone in a week or two, it is always best to start with non-opioid pain treatments. Opioids may help control pain at first, but they are usually not necessary. Consider other options that may work just as well but have far fewer risks, such as, Over-the-counter pain relievers, Physical therapy, Exercise and/or Professional help coping with the emotional effects of pain.

OPIOIDS ARE STRONG PRESCRIPTION MEDICATIONS: Opioids can be the right choice for treating severe pain, such as from cancer or immediately after major surgery. However, medications such as Vicodin, Percocet and OxyContin are very powerful and can be deadly. Even if you take them as directed, ALL opioids have serious side effects such as addiction and overdose.

OPIOIDS ARE CHEMICAL COUSINS OF HEROIN AND ARE HIGHLY ADDICTIVE: You can build up a tolerance to opioids over time, so you need to take more and more to get the same relief. The higher the dose, the more dangerous opioids are. You can even become addicted after a short time. If you are prescribed an opioid for short-term pain, the prescription should only be for a three to seven-day supply (often this is as few as 10 pills). Take the lowest dose possible for the shortest period of time. Always talk with your doctor about managing your pain better without taking prescription opioids. Some commonly prescribed opioids are Codeine, Dilaudid, Fentanyl, Hydrocodone (Vicodin), Hydromorphone, Methadone, Meperidine, Morphine, MS Contin, Oxycodone (Opana), Oxycodone (OxyContin) and Percocet. These are only some of the prescription opioids. If you get a prescription for pain, ask your doctor if it is an opioid.

THE OPIOID EPIDEMIC TEENS AND OPIOIDS KEEPING KIDS & TEENS SAFE: Sometimes kids and teens are prescribed opioids when they shouldn't be. Or they may be given a prescription for more pills than they need. Teens may also experiment with drugs they find in your medicine cabinet. Follow these 3 simple guidelines whenever possible: 1) DON'T FILL a prescription for more than a 3-day supply (maximum 10 pills) for anyone 20 years old or younger. 2) SECURELY STORE opioids away from kids and teens. 3) SAFELY DISPOSE of extra opioids when you are done. Don't keep them around. Visit www.takebackyourmeds.org to learn more or talk with your pharmacist about disposal options.

(Information collected from the Snohomish County Health District Website)