

Seniors Soar Like Eagles

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April 2024
Volume 22 Issue 4

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



Tuesday, April 30th
1:00-3:00 (sign up required)
Succulent Planting

Enjoy an afternoon of learning about succulents and create your very own unique plant pot with all supplies included.
\$10 per person



Tuesday, May 21st
1:00-3:00 (sign up required)
Afternoon Tea Sampling

Treat yourself @ LSSC!
Indulge in the quintessentially British tradition with a variety of teas, delicious spread of finger sandwiches, scones, fruits, desserts and more for only \$10 per person.

Dress up is encouraged, but not required.
Photo shoot with Victorian backdrop. Please bring your own teacup with saucer and join us.



Van Trip
Sunday, April 14th
Skagit Tulip Festival & Salmon BBQ

Leave Center at 9:30 a.m.
Members: \$40 Non-Members: \$50

Stop by to sign up—Space is Limited



Van Trip
Monday, April 15th
Skagit Casino

\$20 Slot Play (with players card)

Leave Center at 10:00 a.m.
Members: \$15 Non-Members: \$25

Stop by to sign up—Space is Limited



LUNCH & MOVIE
TUESDAY, APRIL 9TH
12:00-3:00



THE HILL

The true story of Rickey Hill, the son of a travelling pastor who overcomes physical obstacles to pursue his dream of playing baseball in the major league.

LUNCH: GRILLED HAM & CHEESE SANDWICH

This is a FREE event.
Please call to RSVP.



REGULAR ACTIVITIES AT A GLANCE

Activity	Day of Month	Day of Week	Time
Yoga	every	Monday	8:00am-8:55am
Ukulele & Hula Classes	1st, 3rd, & 4th	Monday of each month	9:30am -11:30am
Pinochle	every	Monday	12:00pm -3:00pm
Hooks & Needles/Quilting Club	every 4th	Monday	10:15am –3:15pm
Watercolor Painting Class	2nd	Monday	12:30pm - 3:30pm
Free Lunch & Movie	Every 2nd	Tuesday	12:00pm –3:00pm
Exercise	every	Tuesday & Thursday	9:00am -9:50am
Book Club	every 4th	Wednesday	1:00pm -3:00pm
Lunch	every	Wednesday & Friday	11:30am -12:30pm
SHIBA (by appointment)	2nd	Wednesday	1:00pm -3:00pm
Hand & Foot Card Game	every	Wednesday	1:00pm -3:00pm
Exercise	every	Thursday	9:00am -10:00am
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
Lunch	every	Friday	11:30am -12:30pm
Mexican Train Dominoes	every	Friday	1:00pm -3:00pm

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.

SHIBA - Provides free, unbiased, and confidential assistance with Medicare and health care choices: 425.290.1276.

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, transportation@sssc.org.

Volunteer Appreciation Luncheon

Tuesday, April 16th @ 11:15

This event is in honor of our April 2023/ March 2024 volunteers (offering help @ least 3 times) who teamed up to work countless hours in support of the Lake Stevens Senior Center's programs and special events. **This is an invitation only event.** Please keep an eye out for invites to arrive in your mailbox.

Center Reminders

Building Rentals: The Senior Center 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.**

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.

Volunteer Hours: VERY IMPORTANT— We appreciate all of our volunteers very much! If you are a Center volunteer, **please fill out a time sheet for us each month.**

Medical Equipment Lending: Lake Stevens Senior Center lends out durable medical equipment.



LSSC Board

Officers:

Jerry Stumbaugh, President

Roy Hurtt, Vice President

Deborah Lyon, Secretary

Roger Sharp, Treasurer

Jack Pease, At Large

Nola Johnson Wayne Franz

Barbara Bucher Gina Sharp

Lin Henderson Ethel Morgan

Office:

Dawn Steidle: Office Manager

Holly Ivers: Office Assistant

April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8:00 yoga 9:30 Ukulele 10:30 Hula 12:00-3:00 Pinochle	2 9:00 Exercise 9:00-4:00 Carrie's Foot Care	3 11:30 Lunch 1:00-3:00 Hand & Foot	4 9:00 Exercise 1:00 Bingo 1:00-3:00 German Conversation	5 10:00-2:00 Chair Massage by Raena (by appt) 11:30 Lunch 1:00-3:00 Mexican Train Dominoes	6
7 1:00-3:00 Advanced Ukulele (Private)	8 No yoga today 10:00 Board Meeting 12:00-3:00 Pinochle 12:30-3:30 Watercolor Painting	9 9:00 Exercise 12:00-3:00 Lunch & a Movie 	10 11:30 Lunch 1:00-3:00 Hand & Foot 1:00-3:00 SHIBA	11 9:00 Exercise 1:00 Bingo	12 10:30-11:00 Blood Pressure Checks 11:30 Lunch 1:00-3:00 Mexican Train Dominoes	13
14 1:00-3:00 Advanced Ukulele (Private) Leave LSSC @ 9:30 for Skagit Tulip Festival & Salmon BBQ	15 8:00 yoga 12:00-3:00 Pinochle Leave LSSC @ 10:00 for Skagit Casino Trip	16 9:00 Exercise 11:15 Volunteer Appreciation Luncheon (by invitation only)	17 11:30 Lunch 1:00-3:00 Hand & Foot	18 9:00 Exercise 1:00 Bingo	19 10:00-2:00 Chair Massage by Raena (by appt) 11:30 Lunch 1:00-3:00 Mexican Train Dominoes	20 Private Rental 11-4 Private Rental 5-7
21 1:00-3:00 Advanced Ukulele (Private)	22 8:00 yoga 9:30 Ukulele 10:30 Hula 12:00-3:00 Pinochle	23 9:00 Exercise 9:00-4:00 Carrie's Foot Care 10:15 -3:15 Hooks & Needles and Quilting Club	24 11:30 Lunch 1:00-3:00 Hand & Foot 1:00-3:00 Book Club	25 9:00 Exercise 1:00 Bingo	26 11:30 Lunch 1:00-3:00 Mexican Train Dominoes	27
28 1:00-3:00 Advanced Ukulele (Private)	29 8:00 yoga 9:30 Ukulele 10:30 Hula 12:00-3:00 Pinochle	30 9:00 Exercise 1:00-3:00 Succulents Container Planting 	1 11:30 Lunch 1:00-3:00 Hand & Foot	2 9:00 Exercise 1:00 Bingo 1:00-3:00 German Conversation	3 10:00-2:00 Chair Massage by Raena (by appt) 11:30 Lunch 1:00-3:00 Mexican Train Dominoes	4

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

425.335.0345 • www.LakeStevensSeniorCenter.com

SPRING WORD SEARCH

A	U	H	B	B	N	D	Q	H	R	P	M	O	T	U	F	X	U	P	R
S	W	O	K	U	E	U	R	J	K	O	S	L	M	Q	D	P	K	B	T
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BLOOM
APRIL
TULIPS
BUNNY

BUTTERFLY
CHIRP
DAFFODIL
FLOWERS

GREEN
GROW
SEEDS
RAIN

SUNSHINE
BLOSSOM
CHICK
GRASS

SHOWERS
EGGS
GARDEN
CATERPILLAR

Stories According to Grandpa

By: Jerry Stumbaugh

The Day A Car Rolled Over The Bank It was a nice summer day and I had walked to a girls house that I was seeing. She lived in Inns Arden of the Richmond Beach area. We were standing in her back yard talking when we heard what sounded like a dump truck unloading a lot of rocks. I looked around and saw the trees moving on the bank of Richmond Beach Road (at the end of her yard). I ran to see what had caused the racket and trees to move. When I got closer to the trees and bank, I saw a car on it's side rocking back and forth. I ran to the car and saw a woman in the front seat halfway on the dash. She was crying and screaming. I yelled to her to stay calm and tell me what was happening. She said that the baby was in the car and she was trying to find it. I came up on the down hill side which was the passenger side of the car. The window was open (I don't remember if it was open or broken out). I hopped up inside the car through the window and tried to calm her. I heard a whimper coming from the area next to the passenger door and seat. I moved some stuff and found a baby laying there. I lifted up the child and showed the woman that I had found her child and I was going to take the baby to a safe place, then come back for her. I moved the child out of harms way and laid her in a area that I knew would be safe. I went back for the woman. I went back through the window into the car and was helping her untangle herself from what ever was all around, i.e. blankets, coats, the normal stuff in a car that has a baby. The car started to rock and move. I told the woman we had to hurry as it seemed the car was going to roll further down the embankment. I saw a man poke his head in the car and reach for the steering wheel. He had climbed up the car on the undercarriage. I yelled at him "what the h--- are you doing?!" He said he wanted to make sure that the key was turned off. I told him to remove himself from the car; that I was standing on the ground through the passenger window and he was going to make the car roll down the hill more and possibly kill me or at least break my legs!!! He left, I got the woman free and helped her out the window to her child and safety. I asked what had happened? She said that the baby was on the front seat of the car and had lost her bottle, she reached for it as it rolled onto the floor. When she did that, she pulled the steering wheel to the right which turned the car to the right and off of the road into the trees and down the embankment. (this was before seat belts were required or even available) All turned out OK for both mother and child. The car not so good.

Opioids: How to Identify and Respond to an Overdose

If someone takes more opioids than their body can handle, they can pass out, stop breathing, and possibly die. Follow the steps below to possibly save their life.

1. Look for signs of an opioid overdose

- Slow or no breathing
- Gurgling, gasping, snoring
- Clammy skin
- Blue nails or lips

2. Try to wake them up

- Rub your knuckles hard over their chest bone. If they don't wake up, they need medical help right away.

3. Call 911

- Notify 911 of the situation
Remember: You cannot be held liable for volunteering to provide medical support to someone in need of care. This is the Good Samaritan Law

4. Administer Naloxone

If you have a Naloxone/Narcan kit from a local pharmacy, use it as directed to stop the adverse effects of an opioid overdose.

On the Go Crime Prevention Tips

It's important to take precautions when going out to reduce the risk of theft. Some common ways to reduce theft risk when on the go include the following:

- Avoid carrying all of your identification cards or credit cards at one time. If your credit cards are stolen, it can take time to have them replaced. Having another credit card at home leaves you with a card you can use and reduces the number of cards that can be stolen.
- Carry your purse or bag close to your body, and do not leave it in a shopping cart. If the bag is too heavy to carry, consider leaving some items at home or securely in your trunk. (A crossbody bag is a great option)
- Avoid carrying a lot of money.
- Be careful using a cell phone when out and about. Cell phones are useful for contacting family, friends, or for getting help in an emergency. If you don't need your phone while you're out, keep it stored out of sight. People often steal phones right out of peoples' hands.
- Walk or travel with a friend in case of emergency. Wearing a whistle may help as an alarm system if needed.
Keep car safety in mind too!
- Close doors and windows and keep them locked especially when parked or stopped at a red light.
- Keep up with your car maintenance and repairs, and keep a full tank of gas to help avoid breakdowns.
- Do not pick up hitchhikers under any circumstances.
- Check the interior of your car, including the back seats, before getting into the vehicle. Someone could be hiding in the car waiting for you to return.
- If your car breaks down, pull over to the side of the road and raise your car's hood to signal that you need help. Call your automotive service if you have one, a friend or relative, or wait for the police to arrive.
-

Financial Protection Tips

With over 30 million people in the U.S. being victims of fraud each year, it's essential to keep your finances secure.

- Watch your bank accounts and bills for unexpected withdrawals, charges, bounced checks, or missing checks.
- Use permanent ink when filling out checks to keep people from changing the information.
- Monitor your credit reports to watch for any suspicious accounts opened in your name.
- Use direct deposit for benefit checks to avoid theft at the mailbox.



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.

St. Thaddeus Care Home, LLC

Karina Galanga, LPN * 425-374-7596
Email - st.thaddeuscarehome@outlook.com
9606 11th Place SE Lake Stevens
Adult Family Home, Assisted Living for the
Elderly, & Long Term Care.

The Lawn Guys.WA

Josh Conrad — 425-263-9722
9433 4th Street NE #101 Lake Stevens, WA 98258
lawnguys.wa@gmail.com
www.yardbook.com/hp/125541
Lawn Care and Maintenance

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 &
community.*

Digital Face Media

Randal Southam—425-224-7709
PO Box 723, Lake Stevens, WA 98258
randal@southamgroup.com—
www.digitalfacemedia.com
*We help customers engage, inspire, & motivate
audiences*

Like Family Adult Day Care, LLC

Degua Temenso—206-802-5982
Email - sami.dt6@gmail.com
1202 96th Ave. SE, Lake Stevens, WA 98258
Adult Day Care—Helping People with activities to
make their day bright.

The Medicare Guy

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

Crosson's Auto Repair

Parker Davis—425-334-2024
Email - crossonsautorepair@gmail.com
www.crossonsautorepair.com
2011 123rd Ave NE, Lake Stevens, WA 98258
Automotive Service & Repair

Community Transit

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

Windermere RE

Marlene Rouleau - 206-409-6041
E-Mail—marlener@windermere.com
Website: marlenerouleauhomes.com
2630 Cedar Road #B Lake Stevens, WA 98258
Real Estate Agent

Right at Home Snohomish County

Victoria Johnson - 425-290-1714
Website: [www.rightathome.net/
snohomishcounty](http://www.rightathome.net/snohomishcounty)
1612 4th Street Suite 100, Marysville, WA 98270
Serving Seniors in their homes.

Kitchens for Cooks

Gary P. Hartz - 425-293-4442
Website: www.KitchensForCooksOnline.com
8430 15th Place SE #15, Lake Stevens, WA 98258
Residential & Commercial Interior Design



You guys hear about the new corduroy pillow? It's making headlines everywhere.

I told my doctor that I broke my arm in three places. He said, "You should stop going to those places."

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 while you are there.

Thank you!

Accessibath, LLC

1-866-375-BATH (2284) info@accessibath.com
www.accessibath.com

14815 Chain Lake Rd Suite J, Monroe WA 98272
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katie.aldrich@sincerisl.com

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Big enough to make a difference!

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Jay's Market

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Jill Mutcheson — 425-308-4496
108 Union Ave. Snohomish, WA 98290
Email: jillmutcheson@johnlscott.com
Website: jillmutcheson.johnlscott.com
Real Estate Agent, Senior Real Estate Specialist
SRES designation

Lake Stevens Ankle & Foot Clinic

425-397-7401 • www.ankleandfootclinic.org
9514 4th Street NE #201, Lake Stevens, WA 98258
We are dedicated to providing exceptional and
efficient, family friendly 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
"Loving God, Loving People, and Reaching the World."
Sunday - 10:00 am / Wednesday - 7:00 pm

Lake Stevens Automotive

425-397-9830 • www.lakestevensautomotive.com
9015 Vernon Road #8 • Lake Stevens, WA 98258

Lamb of God Lutheran Church

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

NPR Fence

Jennifer Andrews — 425-335-1117
12901 28th Pl NE, Suite 1, Lake Stevens, WA 98258
NPRfence.com
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Williams Real Estate Brokers

Juanita Williams — 425-334-1600
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development

Continued ...

Lake Stevens Senior Center



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Spring Song



Author Unknown

Frogs croak
Rains soak
Chicks peep
Crickets leap
Bees hum
Robins come
Birds sing
It's spring!



April Lunch Menu

In-Person Dining
Wednesday and Friday
11:30

2024 Suggested Donation:
\$5.00 Member/\$6.00 Non-Member

Menu is subject to change

Wednesday, April 3rd: Chicken Sliders,
Broccoli Salad, Pears, & Birthday Cake

Friday, April 5th: Chili, Cornbread,
Peaches, Coleslaw, & Various Pies

Wednesday, April 10th: Pork Loin
Chops, Mashed Potatoes, Corn,
Mandarin Oranges, Rolls, & Assorted
Cakes

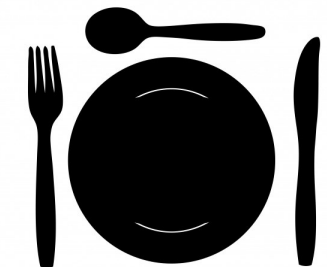
Friday, April 12th: GENCARE: Clam
Chowder, Egg Salad Sandwich, Rolls,
Spinach Salad, & Peach Cobbler

Wednesday, April 17th: GRANDVIEW:
Beef Stew, Green Salad, Biscuit, Tropical
Fruit, & Brownies

Friday, April 19th: Breakfast Burritos,
Bacon, Mixed Fruit, & Apple Crisp

Wednesday, April 24th: Chicken Cordon
Bleu, Green Beans, Rolls, & Various Pies

Friday, April 26th: Meatloaf, Mashed
Potatoes & Gravy, Corn, & Pineapple
Parfait



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



Member Spotlight

Our April members in the spotlight are Nola Johnson, and Marti & Barry Westphal. Nola formerly served as LSSC Board President, helps create our wonderful trips, coordinates our annual holiday bazaar, and is also very involved in our bingo program, among many other things. Marti jumped right into volunteering for our trips planning, she helped coordinate our holiday bazaar, organized our Mexico cruise, and is a vital member of our programming committee. Barry was recently crowned our Mardi Gras King and supports Marti and us with many activities. Thank you all for your valued contributions. We appreciate you very much.

Nola Johnson and Marti & Barry Westphal were asked and answered some or all of the following questions:

Q. What's something about you (a fun fact) that not many people know?

Nola: I worked as a bartender for about 6 years and learned how to shoot pool. I became very good at it and won many trophies. I took it very seriously and played to win during a time that women only played for fun.

Marti: In 2006, I did the Susan G. Comer breast cancer 3 day (60 mile) walk.

Barry: I like to sing karaoke.

Q. What's your favorite hobby:

Nola: Writing short stories & planning trips for the senior center are my hobbies.

Marti: Crocheting

Barry: Car shows & events

Q. What's the last book you read and are you binge-watching any shows?

Nola: Read *True Crimes* by Ann Rule and is watching *Jamestown* & *Call the Midwife*

Marti: Read *Route 66 Travel Book* and watching *Genius-MLK/X*

Barry: Read *Where The Crawdads Sing* and watching *Law & Order* reruns

Q. What's the first concert you ever attended?

Nola: Elvis Presley in 1956 at Sick's Seattle Stadium

Marti: Billy Joel, but I went to 2 Prince concerts as well

Barry: Johnny Rivers oldies concert

Q. What's the next place on your travel bucket list?

Nola: Honduras where my son owns property

Marti: Canada and New England Land and Cruise Tour

Barry: Retrace Route 66

Q. If you had to eat one meal every day for the rest of your life, what would it be?

Nola: Turkey dinner & all the trimmings or Mexican food

Marti: Anything with bacon

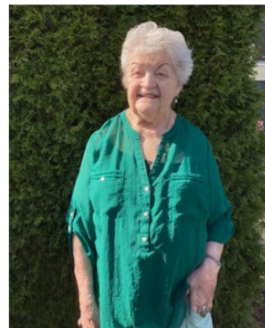
Barry: Brunch

Q. What's one item you cannot live without?

Nola: I love my coffee

Marti: Coffee

Barry: Margaritas



A BIG thank you to our Programming Committee, kitchen volunteers, Jutta, and all the other helpful people who jumped in and made our Mardi Gras event such a great celebration!

We were so happy to see many of our members and friends enjoying Dianne Campbell's Gumbo and Red Beans & Rice, Marti Westphal's King Cakes, and the many other treats offered. Although Bev O'Reilly wasn't able to join us this year, the thought of her Jumbalaya can keep us dreaming until next year. We sure did "pass a good time" while making masks, grooving to Greg's tunes, doin' the Mardi Gras strut and crowing our Queen (Dianne Campbell) & King (Barry Westphal). We look forward to making this an annual tradition of letting the good times roll.

