

February 2016

Volume 14 Issue 2



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

CENTER NEWS & EVENTS

Volunteer of Month

Congratulations Ramona Brodland, you are the Senior Center's February volunteer of the month! Ramona is a long-time member who helps out regularly with our rest stop service, the annual craft sale and when the seniors serve at Ebenezer's Community Supper.

Thank you Ramona we greatly appreciate all you do for our Senior Center!

2016 Membership Benefits

We have been working on a program to add some benefits to your membership, therefore giving value to your membership cards. The back of your membership card will contain benefits from the following businesses:

Ace Hardware: 10% off your purchase of regular prices merchandise on the first Tuesday of each month.

Games Plus: 10% off regular price of any item in store. (Not to be combined with any sale or discount).

Greg's Custom Fishing Rods & Tackle: 10% discount (excludes WA state fishing & hunting licenses).

Jays Market: 10% off your shopping trip on Tuesdays (excludes stamps, alcohol, tobacco, money orders and lotto sales).

New Country Grill: (Special to be announced.)

Papa's Mexican Grill: 25% off members food only, not drinks. (Not valid with any other specials or coupons).

You must present your membership card to receive the discounts. Membership cards will be handed out during lunches, or you can ask in the office next time you are at the Center.

Girls Night Out Van Trip Feb. 4

Shop the night away with the girls! Enjoy wine tasting and dessert, shop your favorite vendors, win door prizes, raffles, giveaways and more. The transportation cost is \$5 for members and \$10 for non-members, **plus** \$10 at the door. The van will leave the Center at **5:30 p.m. on Thursday, February 4th** for the Snohomish Events Center and will plan the return trip by a popular consensus of the attendees.

Please contact Barb Franz at 206.719.7293 with any question, or cancelations before the event. I am very sorry if this disqualifies any of you, but you must be 21 or over to participate in this trip. ☺

Tacoma Glass Museum Feb. 18

Join us for a van trip to the Tacoma Glass Museum on Thursday, February 18, leaving the Center at 9:30 a.m. The cost is \$17 for members and \$22 for non-members (includes transportation and admission). Please sign-up and pay by Feb. 4.

There will be a hot shop demonstration by artist Lino Tagliapietra that day. Lunch will be on your own at the event.

BINGO Starting Feb. 19

Join us at the Lake Stevens Senior Center **every Friday** after lunch for **BINGO** from 1:00-3:00 p.m.

Lunch with the Chiefs Feb. 24

Lake Stevens Fire Chief Kevin O'Brien and Police Chief Dan Lorentzen will be joining us for lunch on Wednesday, February 24. They will eat lunch and then stay around after for any one who would like to meet them and ask questions.

Thank You

Thank you to the following businesses and individuals who donated to the Senior Center's annual funding campaign! Your continued support means a lot to everyone who participates in Center activities. We also thank the many people who donated anonymously!

- Ace Hardware
- DeLorm Family Dental
- Lake Stevens Ankle & Foot Clinic
- Lake Stevens Automotive
- Larsen Financial Services
- Steve's Lake Stevens Barber Shop
- Williams Real Estate Brokers
- Shirley Alderman • Don Bakker
- Ruth Bramall • Terence Buck
- Louise Collins • Wilma Daniels
- Anita DeCaigney • Luana DeFreitas
- Howard Espeseth • Annie Fallon
- Carolyn Hanson • Sunny Harris
- Kathryn Holder • Shirley Johnston
- Amelia Mimura • Pat Miser • Barbara Monro
- JD NeSmith • Warren & Dorothy Post
- Mary Provencio • Marian Robertson
- Carol Smith • Adabel Sparman
- Maureen Stang • Barbara Stoddard
- Sherrie Weaver • Kathleen Wilcots
- Linda Wright

Quilt Show Trip March 12

The Senior Center has planned a trip to the 35th Annual Quilters Anonymous Quilt Show at the Evergreen State Fairgrounds on Saturday, March 12th. This year's theme is "Quilting in Paradise" with over 500 quilts to be on display.

The cost of \$10 for members and \$15 for non-members and includes transportation and admission. Please pay by Friday, March 4th. The van will leave the Senior Center at 10:00 a.m. and leave the Fairgrounds to return at 2:00 p.m. Lunch is on your own at the event.

Classified Ads

Do you have dirt or clutter? Let me assist you with friendly cleaning services. Call or text Suzanne 425-232-0693 or 425-309-0122. References and senior discounts available.

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**WANTED:** Room or area to rent. Willing to pay, or trade for housekeeping services. Also, furnishings for sale, low prices. Call Marie 425-903-4129.

## Mt. Rushmore / Black Hills Fundraising Trip

The Lake Stevens Senior Center will be sharing a Motor Coach trip to Mount Rushmore and the Black Hills of South Dakota with the Stillaguamish Senior Center from **August 20-28, 2016** (Saturday-Sunday).

The cost is \$899 per person, based on double occupancy, and includes motor coach transportation, 8 nights lodging, 14 meals (8 breakfast, 6 dinners) and entry into several local tourist destinations during the trip.

If you are interested please contact Nola Johnson at 425.309.0717, or DJ Winebrinner at 360.653.4551 (Stillaguamish Center).

## Center Reminders

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

**Snow Days:** For snow/ice closures, check the school reports. If Lake Stevens School District is closed, the Senior Center will also be closed.



**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.**

**Board Meetings:** The Lake Stevens Senior Center Board meets the **second Monday** of each month, at 10:00 a.m. here at the Center.



**Senior Center Apparel:** Center hats, t-shirts, and sweatshirts are available for purchase. Check in at the office for more info.

**Senior Center Library:** If you enjoy reading, please take some time to come by and check out our library. We have something for everyone; fiction and non-fiction, books and magazines, everything from romance and thrillers to history and self-help books.

## **OTHER NEWS & EVENTS**

### **Preventing Debilitating Diseases Among Women**

*By Kirk Larson, Social Security Washington Public Affairs*

Just about every minute, a woman dies of heart disease. But the majority of these deaths are avoidable. That's why Social Security encourages you to participate in **National Wear Red Day on February 5**, which aims to raise awareness about preventing heart disease and stroke among women.

Social Security plays an important role in many women's lives — nearly 60 percent of people receiving Social Security benefits are women. Social Security provides important financial assistance to women in times of need, including a sudden illness or an injury leading to disability. While many illnesses and injuries are difficult or impossible to prevent, there are steps that women can take to help prevent some health issues, so that they can live longer and healthier lives.

According to the American Heart Association, "heart disease is the number one killer of women, causing one in three deaths each year." But the American Heart Association reports that this is 80 percent preventable with education and lifestyle changes. Changes in diet and exercise can help prevent these events, along with obtaining preventative healthcare such as cholesterol checks. You can take part in raising awareness about this women's health issue by wearing red on February 5 to show your support. You can also learn more about heart disease and stroke prevention by visiting [www.goredforwomen.org](http://www.goredforwomen.org).

Raising awareness about women's health issues is important to improving quality of life for all women. Social Security is also committed to addressing the unique concerns that women may face in obtaining Social Security benefits, whether they're seeking benefits for health or other reasons. Women may face different situations than men throughout their lives that can affect their need for benefits. For instance, women are more likely than men to outlive their spouse. Working women earn less on average than men do. Women are more likely to be stay-at-home parents or spouses. All of these circumstances can cause women to have different Social Security needs than men have.

In order to address these concerns in one place, we have a website designed for women that provides pertinent information to women regarding Social Security's services. This website includes information that may be particularly useful to working women, women who receive Social Security benefits, brides,

## 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.*

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1st Reverse Mortgage USA

A division of Cherry Creek Mortgage Co., Inc.
425-438-1829 • John Harding, NMLS #118270
Email: jharding@1strmusa.com
Specializing in reverse mortgages for seniors

American Cremation & Casket Alliance

Judy Jewell • 360-651-9233
www.americancremationandcasket.com
Focused on helping families by providing low prices on funeral services, cremation options and burials

Ashley Pointe

Susan Jones • 425-397-7500
www.ashley-pointe.com
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"Small enough to care a little more"*

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Great products at an affordable price. Skin care, jewelry and more. Serving Lake Stevens, Marysville & Arlington.

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Email: Jerry@bellproperties.net
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Edward Jones is an investment firm that believes your financial goals deserve a face to face conversation

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www.fosterpress.com
Offset & digital printing, screen printing, copies, banners, trophies, awards & much more

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Don & Holly Forbis • 425-377-2850
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Gencare ~ Village at Granite Falls

Robbie Liechty • 360-691-1777
www.thevillageatgranitefalls.com
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Enjoy your retirement nestled among the natural, forest setting of the foothills, just minutes from Lake Stevens

Heritage Bank

Staci Lindstrand • 425-312-0000
629 SR 9 NE., Lake Stevens
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Humana

Hanson Susan • 425-330-0646
shanson11@humana.com
PO Box 244, Snohomish, WA 98291
Medicare Insurance: Medicare Advantage, Prescription Drug and Supplement Insurance Plans, plus more

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 over 30 years*

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 10:15am

Continued from page 3 . . .

Medicare Questions?

call Greg Larsen • 425-512-9666

First Legacy Financial: Offering Medicare Supplemental & Medicare Advantage Plans

Opus Bank

Melissa Hemrich • 425-334-8880

8915 Market Place (Inside Haggens)

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new mothers, wives, divorced women, caregivers, and widows. Our website for women provides information on retirement, survivors, disability, and Supplemental Security Income benefits. Our website also contains links to Social Security publications relevant to women's issues, such as our publications *What Every Woman Should Know* and *Understanding the Benefits*. You can visit our website for women at www.socialsecurity.gov/people/women.

Senior Assistance Resources

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

Senior Services of Snohomish County:

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.

Dedicated Care Solutions - Elder care advisor offering **FREE resources and referrals for all senior needs:** Call Greg at 425.737.3865; www.dedicatedcaresolutions.com.

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.

Do you like being old?

As I've aged, I've become kinder to myself, and less critical of myself. I've become my own friend.

I have seen too many dear friends leave this world, too soon; before they understood the great freedom that comes with aging.

Whose business is it, if I choose to read, or play, on the computer, until four in the morning, or sleep until noon? I will dance with myself to those wonderful tunes of the 50, 60 & 70's, and if I, at the same time, wish to weep over a lost love, I will.

I will walk the beach, in a swim suit that is stretched over a bulging body, and will dive into the waves, with abandon, if I choose to, despite the pitying glances from the jet set. They too, will get old.

I know I am sometimes forgetful. But there again, some of life is just as well forgotten. And, I eventually remember the important things.

Sure, over the years, my heart has been broken. How can your heart not break, when you lose a loved one, or when a child suffers, or even when somebody's beloved pet gets hit by a car? But, broken hearts are what give us strength, and understanding, and compassion. A heart never broken, is pristine, and sterile, and will never know the joy of being imperfect.

I am so blessed to have lived long enough to have my hair turning gray, and to have my youthful laughs be forever etched into deep grooves on my face. So many have never laughed, and so many have died before their hair could turn silver.

As you get older, it is easier to be positive. You care less about what other people think. I don't question myself anymore. I've even earned the right to be wrong.

So, to answer your question, I like being old. It has set me free. I like the person I have become. I am not going to live forever, but while I am still here, I will not waste time lamenting what could have been, or worrying about what will be. And I shall eat dessert every single day (if I feel like it).

Senior Center Board

Officers:

Joyce Matthews, President

Cheryl Jones, Vice President

Art Alessi, Secretary

Loren Hole, Treasurer

Board Members:

Joyce Bell

Ann Buckner

Wayne Franz

Amelia Mimura

Jack Pease

Jim Raymond

Gary Wolfe

RENT THE SENIOR CENTER

It's the perfect venue for meetings, parties, reunions, and church services for up to 100 people! The spacious, commercial kitchen will fulfill all your food preparation needs.

Lake Stevens Senior Center is available to rent for **meetings, parties, reunions, etc.**, mornings before 9 a.m., evenings after 4 p.m. and weekends. Basic rates are:

- \$50 per hour for the first 4 hours (\$100 minimum)
- \$25 per hour after 4 hours
- \$50-\$75 per event for use of commercial kitchen

To schedule or for more details, call Donna at 425-335-0345.

Calendar of Events

February 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	February 1 9:30 am - 10:30 am <u>Ukulele Lessons</u> 10:30 am - 11:30 am <u>Hula Lessons</u> 12 pm - 3 pm <u>Pinochle</u>	2 Groundhog Day 9 am - 10 am <u>Exercise</u> 10 am - 12:30 pm <u>Hooks & Needles</u> 10 am - 1 pm <u>Computer Classes</u>	3 11:30 am <u>Lunch</u> 1 pm - 2:30 pm <u>Art</u> 1 pm - 4 pm <u>Computer Classes</u> 3 pm - 4 pm <u>Creative Writing</u>	4 9 am - 10 am <u>Exercise</u> 12 pm <u>Bridge</u> 5:30 pm <u>Girls Night Out</u>	5 11:30 am <u>Lunch</u>	6
7	8 10 am - 12 pm <u>Board Meeting</u> 12 pm - 3 pm <u>Pinochle</u>	9 9 am - 10 am <u>Exercise</u> 10 am - 1 pm <u>Computer Classes</u> 1 pm - 3 pm <u>BUNCO</u>	10 11:30 am <u>Lunch</u> 1 pm - 2:30 pm <u>Art</u> 1 pm - 4 pm <u>Computer Classes</u>	11 9 am - 10 am <u>Exercise</u> 12 pm <u>Bridge</u>	12 Lincoln's Birthday 11:30 am <u>Lunch</u>	13
14	15 President's Day Washington's Birthday 9:30 am - 10:30 am <u>Ukulele Lessons</u> 10:30 am - 11:30 am <u>Hula Lessons</u> 12 pm - 3 pm <u>Pinochle</u>	16 9 am - 10 am <u>Exercise</u> 10 am - 12:30 pm <u>Hooks & Needles</u> 10 am - 1 pm <u>Foot Care - Julie</u>	17 11:30 am <u>Lunch</u> 1 pm - 2:30 pm <u>Art</u> 1 pm - 4 pm <u>Computer Classes</u> 3 pm - 4 pm <u>Creative Writing</u>	18 9 am - 10 am <u>Exercise</u> 9:30 am <u>Tacoma Glass Museum Trip</u> 12 pm <u>Bridge</u>	19 10:45 am - 11:30 am <u>Blood Pressure Checks</u> 11:30 am <u>Lunch</u> 1 pm - 3 pm <u>BINGO</u>	20
21	22 9:30 am - 10:30 am <u>Ukulele Lessons</u> 10:30 am - 11:30 am <u>Hula Lessons</u> 12 pm - 3 pm <u>Pinochle</u>	23 9 am - 10 am <u>Exercise</u> 10 am - 1 pm <u>Computer Classes</u>	24 11:30 am <u>'Lunch with the Chiefs'</u> 1 pm - 2:30 pm <u>Art</u> 1 pm - 4 pm <u>Computer Classes</u>	25 9 am - 10 am <u>Exercise</u> 9 am - 4 pm <u>Foot Care - Michael</u> 12 pm <u>Bridge</u>	26 11:30 am <u>Lunch</u> 1 pm - 3 pm <u>BINGO</u>	27 3 pm - 12 am <u>Private Rental</u>
28	29 9:30 am - 10:30 am <u>Ukulele Lessons</u> 10:30 am - 11:30 am <u>Hula Lessons</u> 12 pm - 3 pm <u>Pinochle</u>	1 9 am - 10 am <u>Exercise</u> 10 am - 12:30 pm <u>Hooks & Needles</u> 10 am - 1 pm <u>Computer Classes</u>	2 11:30 am <u>Lunch</u> 1 pm - 2:30 pm <u>Art</u> 1 pm - 4 pm <u>Computer Classes</u> 3 pm - 4 pm <u>Creative Writing</u>	3 9 am - 10 am <u>Exercise</u> 12 pm <u>Bridge</u>	4 11:30 am <u>Lunch</u> 1 pm - 3 pm <u>BINGO</u>	5

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

425.335.0345 • www.LakeStevensSeniorCenter.com



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Seniors Soar Like Eagles

REGULAR ACTIVITIES AT A GLANCE

Activity	Day of Month	Day of Week	Time
Ukulele Class	most	Mondays	9:30-10:30
Hula Class	most	Mondays	10:30-11:30
Pinochle	every	Monday	12pm-3pm
Exercise	every	Tuesday & Thursday	9am-10am
Computer Classes	every	Tuesday (by appt.)	10am-1pm
Bunco	every 2nd	Tuesday	1pm-3pm
Hooks & Needles	every other	Tuesday	10am-12pm
Lunch	every	Wednesday & Friday	11:30am
Computer Classes	every	Wednesday (by appt.)	1pm-4pm
Creative Writing	1st & 3rd	Wednesday	3pm-4pm
Art	every	Wednesday	1pm-2:30pm
Bridge	every	Thursday	12pm
Bingo	every	Friday	1:00-3:00pm

NEWS

On the Web

Get the most up-to-date calendar, newsletter and activity information at:
www.LakeStevensSeniorCenter.com