



The STILLY VALLEY CENTER NEWS

May - June 2022

- Issue 6 -



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Happy Spring! — Smiles Seen at SVC

It's so great to see everyone's smiling faces again! On Monday, March 14th, we removed our "Indoor" masking and vaccination requirement.



We would remind everyone that the population we serve are considered the most vulnerable, so while everyone's situation is different and thus their comfort levels, should you still wish to wear a mask, please feel free to do so. We would also ask that if you become ill, please stay home and take care of yourself so we also don't risk the health of others or yourself.

Don't forget to watch our Facebook page and our new website for all of the events occurring at the center!

Sincerely,

Danette Klemens, Executive Director

SVC Board Meetings

The Stilly Valley Board of Directors regularly meets on the 1st Monday of each month. Meetings are usually held in the Board Room in the Library, but have also been held by Zoom. Please contact the Center to find out more details.

(Exception: If the 1st Monday is a holiday, the meeting is moved to the following Monday, as the Center is not open.)

The meetings are open to the public. If you would like to present at a monthly meeting, please contact Dave Duskin, Board President, at dave.duskin@comcast.net to be added to the agenda.





Updated SVC COVID Policy

In response to Governor Inslee’s announcement that statewide mask orders will be ending for most indoor settings March 12th, masks will be optional at the SVC effective on that date.

The Governor’s announcement also states that masks will still be required in health care settings. As a result, masks will be required for providers and recipients of SVC health & wellness services. Proof of vaccines will no longer be required for program participants.

Masks will be optional while in the SVC

Exceptions

- ✓ Health and wellness providers and recipients (Acupuncture, Foot Care, etc.)

Proof of Vaccine will no longer be required

Exceptions

- ✓ **All employees and volunteers must show proof of vaccination or medical exemption**

We appreciate your patience. This has been difficult for all of us who are anxious to get back to normal. With safety of our staff, members, and visitors as our top priority this policy may change based on guidance from the Governor’s office, CDC, or Snohomish Health District in response to the course of COVID infections or new variants.

Danette Klemens, Executive Director

Dave Duskin, SVC Board Chair

Stilly Valley Center Staff

SVC Reception 360-653-4551
 Housing 360-657-4122
 Stilly Thrift Store - 360-658-4991

Executive Director	Danette Klemens
Director of Finance	Jonathan Gutierrez
Finance Manager	Suzie Coar
Staff Accountant	Antonia Ronnone
Operations Manager	Kaitlin Meissner
IT/Statistics Manager	Justin Bobrowski
Family Caregiver Coordinator	Angeles Vesely
Family Caregiver Specialist	Debra Cook
Outreach & Wellness Program Coordinator	Terri Knowles
Kitchen Manager	Brenda Marie
Maintenance Coordinator	Jaimie Hoag
Center Maintenance	Kevin Doyle
Program Coordinator	Bre Wammack
Receptionist	Shalane Davis
MTDP Case Manager	Isatou Conteh
MTDP Case Manager	Tracy Simms
Housing Project Manager	Haley Hjelmaa
Housing Services Coordinator	Grace Tsuffis
Housing Office Assistant	Joe Inzirillo
Housing Custodian	Georgia Hutchinson
Housing Maintenance	Andrew Candalaria
Housing Maintenance	Orion Webb
Thrift Store Manager	Linda Bowman
Asst. Thrift Store Mgr.	Erica Jensen

New Staff at the Center

Debra Cook
Family Caregiver
Specialist



Hello, I would like to introduce myself. My name is Terri Knowles. I am the new Outreach Coordinator at The Stilly Valley Center. I am quite familiar with the Center. My grandfather was the BINGO caller in the late 70's and early 80's. He and my grandmother would come from Seattle, picking up my great aunt in Lake Stevens every Tuesday and Friday to call BINGO. My mother, and sometimes my young daughter and I, would meet them here and play and visit. It was the best of times.



Years later my mother, Betty, along with my dad taught a ceramic class here at the Center. I filled in more then a few times for her. I also volunteered my time doing some of the residents hair that couldn't get out. So I have fond memories of the Center and now I am employed here.

I have two grown children and two grandsons that are the highlights of my life. I am a Seattle Seahawks fan. I love Sprint Car Racing as well as NASCAR. I became unemployed in 2020 due to COVID, retired in 2021. However, I was bored and wanted to be useful again, so here I am.

I will be coordinating the Health and Wellness Resource Fair and taking care of the supply room. If you need help with a wheelchair, cane, etc., please see me. I look forward to helping in any way I can. My office door is always open. I will be here Tuesday and Wednesday 8:00 to 4:30 and Thursday 8:00 to 12:00.



Kaitlyn Meissner
Operations
Manager



(l to r) Shalane Davis, Receptionist,
Antonia Ronnone, Staff Accountant,
Kevin Doyle, Maintenance



Food Room Helper

Wednesday, Thursday, and Friday
10:30 am - 12:15 pm

Food Truck Drivers or Loaders
Monday - Friday, 8:00 am - 10:30 am

Thrift Store Help

Wednesday, Thursday and Saturday afternoons

Game Leaders

Looking for people to lead Bunco,
Canasta and Cribbage

Volunteer applications available at
the front desk or on our website.

Questions?
Contact Bre at 360-653-4551 ext 228

Stretch & Breathe

Wednesdays - Side Room - 9:30 am

\$3 Members
\$4 Non-members

Give yourself the gift of a
deep breath! Join us for a
gentle hour of nourishing
stretching and breathing.
Accessible and open to all!



Join us for Book Club

2nd Wednesday of the month

Board Room from 1 - 2p

- Upcoming discussions -

May 11th

Autumns

author Nina Willner

June 8th

Manhattan Beach

author Jennifer Egan

July 13th

The Smell of Other People's Houses

author Bonnie-Sue Hitchcock

August 10th

The Readers of Broken Wheel Recommend

author Katarina Bivald



THANK YOU

SPONSORS

Olympic Place
By Bonaventure


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AT SMOKEY POINT


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HOMES



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& ENGINEERING, INC.

Dean & Shirley
Case

Craig & Karri
Chase

Dave & Kay
Duskin

Kristin
Garcia

Leeside Manor



PACIFIC OFFICE
AUTOMATION
— PROBLEM SOLVED —

 **State Farm**
Jim Minifie



VILLAGE CONCEPTS



Computer Clinic

2nd and 4th Tuesday

1:00p - 2:00p

SVC Library

Having issues figuring out your laptop, smart phone or smart watch? Stop by our clinic to get some help from Tony Orr with Reliable Computer Repair.

Sponsored by the City of Arlington

New Food Room Hours

Wednesday, Thursday and Friday

11:00a - 12:00p



Now Offering

Lunch on Tuesdays!

Come enjoy some food and conversation.





Join us on the 3rd Thursday of each month at 12:45p in the main hall.

Sponsored by Grandview Village



Coffee & Conversations

Tuesdays in the Main Hall

from **9:00am** to **10:00am**



Writers Group

Bring your work in progress and learn how to write your book and make it better.

Meet Thursdays from 11:00a - 1:00p in the Board Room.

Recommended donation \$5 per month.



Workshop



Day Trips

See Front Desk for details on each trip.

May 24
Edmonds Senior Center
Tour and Lunch



June 6
Olive Garden & Outlet Mall
Lunch and Shopping

June 22
Woodland Park Zoo

July 6
AquaSox Game



Open Game Play

Mondays at 9:30am

Come out and play the games you know and love. Or learn a new game!

We currently have a group of five that are playing Mexican Train if you want to join in!

ENTERTAINERS

May 13	Doug William
May 20	Esquires
May 27	Rick Cooper
June 3	Marcia Kester
June 10	Gerry Albin
June 17	Salt Grass Dirt Band
June 24	Lee Howard

A Family Caregiver

Being a caregiver of a loved one, part of the sandwich generation taking care of a family member who has a chronic or debilitating disease can take a toll on you physically and emotionally especially when it comes to your joy.



During this season in your life, at times it may feel as if you're robotic as you move through your day to day responsibilities of caring for a loved one. It may feel as if you have forgotten what makes your heart sing with joy. And you may even suppress it out of guilt. Infusing joy and laughter back into your life though will help you better deal with the stress of being a caregiver. Laughter specifically strengthens your immune system and releases certain 'feel good' endorphins.

The Four R's Of Coping

- **RE-ORGANIZE: Re-organize your life.** What do you need to focus on at this time? By reorganizing your life, you can better structure your needs and the needs of others.
- **RE-THINK: Re-think your priorities.** What is most important to you? By taking a good look at what is most important in your life, you can focus and channel your energy in that area.
- **RELAX: Find relaxation in exercise, hobbies, meditation.** What is the best way that you can find peace? By finding a method of relaxation, you can recharge your energy so that you will be better able to face daily challenges.
- **RELEASE: Let go!** What can you let other people do? By taking a good look at what others can do, you can ask for and accept assistance. Caregiver.com

FAMILY CAREGIVER SUPPORT PROGRAM of Snohomish County

MONTHLY SUPPORT GROUP SCHEDULE
(Meetings are not held on major holidays.)
NOTE: If you are a new attendee, please RSVP facilitator prior to attending

Angeles Vesely
avesely@stillycenter.org
425-248-5156

Jeanne Karr
jkarr@stillycenter.org
425-480-2638



1st and 3rd WEDNESDAYS 2:00 -3:30pm
(Jeanne Karr)

Stilly Valley Center, Conference – FCSP Office
Meeting Room
18308 Smokey Point Blvd., Arlington WA 98223

1st THURSDAY 1:00 -2:30pm
(Jeanne Karr)

Verdant Community Wellness Center
Teaching Kitchen
4710 196th St. SW, Lynnwood, WA 98036

1st TUESDAY 10:00am -12:00noon
(Angeles Vesely)

Lincoln Hill Retirement Center
(formerly Stanwood Senior Center)
7420 276th St. NW, Stanwood, WA 98292

2nd WEDNESDAY 9:00am -10:00am
(Angeles Vesely)

Affinity of Arlington
Meeting Room - For Residents Only
3721 169th St. NE, Arlington, WA 98223

3rd WEDNESDAY 10:00am -11:30am
(Angeles Vesely)

Jennings Memorial Park
6915 Armar Rd., Marysville, WA 98270

2nd and 4th THURSDAYS 9:00 -10:00am
(Angeles Vesely)

Snohomish Senior Center – Library Room
506 Fourth Street, Snohomish, WA 98290



Foot Clinic

2nd & 3rd Wednesdays 10a - 12p
2nd & 3rd Thursdays 10a - 3p

\$20 per visit By appointment only
Call Kathy Epperson
425-355-0852



Acupuncture & Vitamin B12 Shots

An **SVC Members Only Benefit**

Wednesdays 7a - 12p

Prices vary

Sign up at the Front Office
Reception Desk

HEARING AID CLEANING

Side Room - 11a to 12p

June 3rd
July 1st
August 5th

STANWOOD HEARING

9300 271st St NW, Suite B-5
Stanwood, WA 98292
(360) 572-4422
www.stanwoodhearing.com



alzheimer's association®

Healthy Living for Your Brain and Body

Tips From the Latest Research

Watch with us on Monday, May 23rd from 10:00 - 11:00

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how lifestyle choices may help you keep your brain and body healthy as you age.

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.



Health & Wellness

Resource Fair

10 AM to 1 PM

Wednesday June 22, 2022

Over 40 Vendor Booths

Free Health Screenings, Social Service Resources

Visit with Wellness and Healthcare Professionals

Meet with Our Own Family Caregiver Support Team

Monthly Event Calendar

Please see our monthly "What's Happening" calendar for more event dates
 Schedule subject to change



STILLY VALLEY CENTER

18308 Smokey Point Blvd.
 Arlington, WA 98223
 (360) 653-4551

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:30a - Open Game Play 11:00a - Tapping (EFT) 12:00p - Lunch	9:00a - Coffee & Conversations 10:00a - Mexican Train 11:00a - Line Dance 12:00p - Lunch 12:30p - Chair Dance 12:30p - Diamond Dot 1:00p - Mahjong	7:00a - Acupuncture Clinic 9:00a - Stretch & Breathe 11:00a - Food Room 12:00p - Lunch 2:00p - Family Caregiver Support Group	9:00a - Knitting & Crochet 11:00a - Food Room 11:00a - Writing Group 11:00a - Line Dance 11:30a - Bridge 12:00p - Lunch 12:00p - TOPS 1:00p - Chair Dance 5:30p - Pinochle (to 9 pm)	10:45a - Live Music 11:00a - Food Room 12:00p - Lunch 12:00p - Pinochle 1:00p - Wii Bowling	6:00p - AA Meeting
	9:30a - Open Game Play 11:00a - Tapping (EFT) 12:00p - Lunch	9:00a - Coffee & Conversations 10:00a - Mexican Train 11:00a - Line Dance 12:00p - Lunch 12:30p - Chair Dance 12:30p - Diamond Dot 1:00p - Mahjong	7:00a - Acupuncture Clinic 9:00a - Stretch & Breathe 10:00a - Foot Clinic 11:00a - Food Room 12:00p - Lunch 1:00p - Book Club	9:00a - Knitting & Crochet 10:00a - Foot Clinic 11:00a - Food Room 11:00a - Writing Group 11:00a - Line Dance 11:30a - Bridge 12:00p - Lunch 12:00p - TOPS 1:00p - Chair Dance 5:30p - Pinochle (to 9 pm)	10:45a - Live Music 11:00a - Food Room 12:00p - Lunch 12:00p - Pinochle 1:00p - Wii Bowling	6:00p - AA Meeting
Happy Hoppers meets 2x a Month	9:30a - Open Game Play 11:00a - Tapping (EFT) 12:00p - Lunch	9:00a - Coffee & Conversations 10:00a - Mexican Train 11:00a - Line Dance 12:00p - Lunch 12:30p - Chair Dance 12:30p - Diamond Dot 1:00p - Mahjong	7:00a - Acupuncture Clinic 9:00a - Stretch & Breathe 10:00a - Foot Clinic 11:00a - Food Room 12:00p - Lunch 2:00p - Family Caregiver Support Group	9:00a - Knitting & Crochet 10:00a - Foot Clinic 11:00a - Food Room 11:00a - Writing Group 11:00a - Line Dance 11:30a - Bridge 12:00p - Lunch 12:30p - Chair Dance 12:45p - Ice Cream Social 5:30p - Pinochle (to 9 pm)	10:45a - Live Music 11:00a - Food Room 12:00p - Lunch 12:00p - Pinochle 1:00p - Wii Bowling	6:00p - AA Meeting
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Coming To Smokey Point
**ARLINGTON FARMERS MARKET
AT SMOKEY POINT**

*Fridays at the Stilly Valley Center
North Parking Lot 4 PM-7PM*



JUNE 3 TO AUGUST 26, 2022.

Fresh Fruits and Vegetables, Local Food.

18308 SMOKEY POINT BLVD.



INFO@STILLYVALLEYCHAMBER.COM



STILLY VALLEY CENTER

18308 Smokey Point Blvd.
Arlington, WA 98223



360 · 653 · 4551



info@stillyvalleycenter.org



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