



STILLY VALLEY CENTER NEWS

January-March 2024

-Issue 13-

New Year's Resolutions for Older Adults



Who said that New Year's Resolutions are only for young people? They can also be for older adults. It's an excellent opportunity to start fresh and establish new habits, take stock of their lives, and decide what they would like to change. They could be big or small changes, the important thing is to make the decision to change them.

We know that it's difficult to change some habits in older adults; however, it's never too late to try to create a healthier and happier lifestyle. If you consider some of these tips, you are more likely to be successful in your resolutions.

- ♦ Don't try to go it alone. Share your goals with a friend or relative that will hold you accountable. If you live in residential housing, share it with others you live with to see if they will participate too. Everything is better with a friend and they can help you stay accountable!
- ♦ Set goals that are manageable and achievable in terms of your time and finances.
- ♦ Chart your progress on a calendar or have a visual photo of your goal handy.
- ♦ Give yourself some credit for small victories throughout the process and don't be hard on yourself if you have a set-back.
- ♦ Don't give up too easily. On average, it takes 66 days to form a new habit.

We hope these tips help you keep your New Year's Resolutions and make some long-term changes in your life. We wish you much success!



**January 1st
New Year's**

**January 15th
Martin Luther King**

**February 19th
President's Day**

**Hours:
Monday-Friday
8AM-4PM**

18308 Smokey Point Blvd.
Arlington, WA 98223
[https://www.facebook.com/
StillySeniorCenter/](https://www.facebook.com/StillySeniorCenter/)
www.stillycenter.org

Stilly Valley Center Staff

SVC Reception 360-653-4551
Stilly Thrift Store 360-658-4991

Executive Director	Danette Klemens
Finance Manager	Antonia Ronnone
Program Manager- FCSP & MTP	Angeles Vesely
Family Caregiver Specialists	Cherry Taylor Bre Wammack
Finance Director	Jonathan Gutierrez
Center Maintenance	Josh Hays
Program Manager	Lisa Hundley
MTDP Case Managers	Katie Olson Lauren Reynolds Heidi Reynolds
FCSP Intake/Screeners	Terri Knowles
Kitchen Manager	LaWana King
Receptionist	Rebecca McIntosh
Thrift Store Manager	Linda Bowman
Asst. Thrift Store Mgr.	Erica Jensen Katrina Goodwin
Thrift Store Cashiers	Mary Allen Katelie Hoerner

Fee Increase

Due to rising operation costs, it is necessary to increase our membership fees effective January 1, 2024.

We want to thank you for your continued loyalty and support to the Stilly Valley Center.

Single membership \$40.00 (Annual)
Couple membership \$65.00 (Annual)



We'd like to give a huge Thank You to all of our volunteers! They have put in so many hours with us. We couldn't do it all without them...The Thrift Store, Administration/Reception, Maintenance, our Rose Gardener, our Food Truck Drivers & helpers, our Food Room, our Kitchen, & our Dishwasher.

Hearing Aid Cleaning

by Stanwood Hearing

January 5th

February 2nd

March 1st

11:00AM-12:00PM

(In the Side Room)

Foot Clinic

Foot Clinic is here on the
**1st & 2nd weeks of the
month on
Monday, Tuesday &
Wednesday
10:00AM - 1:00PM**

Call Kathy Epperson to
Schedule your appointment
425-355-0852

Day Trip Schedule

*Stop by the Center or call
for details on each trip.*

January 10th Attic Secrets

January 31st Duck In Cafe

February 21st Quil Ceda Casino

March 4th Omega Pizza & Pasta



FAMILY CAREGIVER SUPPORT PROGRAM

of Snohomish County

If you are a new attendee, please RSVP to your facilitator prior to attending.

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

Cherry Taylor
ctaylor@stillycenter.org
425-248-1539

Bre Wammack
bwammack@stillycenter.org
425-320-9546

Do you have an unpaid family member or a friend who you help out with shopping, housecleaning, doctor's appointments, activities of daily living and other support services?

If you are NOT receiving Medicaid-funded long-term care services, you may be eligible for the *Family Caregiver Support Program*.

The Family Caregiver Support Program is located at the Stilly Valley Center. Our goal is to help support family caregivers to take care of themselves so they can take care of their love ones. We use the term "family caregiver" to identify you and to offer support.

MONTHLY SUPPORT GROUP SCHEDULE

(Meetings are not held on major holidays)

1st and 3rd WEDNESDAY each month 1:00-2:30pm
(Bre Wammack)

Stilly Valley Center – Board Room (Library)
18308 Smokey Point Blvd., Arlington WA 98223

1st and 3rd WEDNESDAY each month 10:00-11:30am
(Cherry Taylor)

Marysville Community Center – Baxter Room
1015 State Ave., Marysville WA 98270

1st THURSDAY each month 1:00 -2:30pm
(Bre Wammack)

Verdant Community Wellness Center – Birch Room
4710 196th St. SW, Lynnwood, WA 98036

1st TUESDAY each month 10:00am -12:00pm
(Bre Wammack)

Lincoln Hill Retirement Community - Library
7420 276th St. NW, Stanwood, WA 98292

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

Affinity of Arlington (Meeting Room 2nd floor)
3721 169th St. NE, Arlington, WA 98223
(for Residents Only)

2nd and 4th THURSDAY each month 9:00-10:00am
(Angeles Vesely)

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



Stilly Valley Center Sponsors

Platinum



Edward Jones®
John V Meno, AAMS™

Gold



Bailey, Duskin, Peiffle & Martin, P.S.
ATTORNEYS AT LAW



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Duskin



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COMMUNITY BANK
SMOKEY POINT BRANCH





WINTER SAFETY TIPS FOR OLDER ADULTS

- ♦ **Check the weather.** Before leaving home, be sure to view the forecast so you are aware of any special weather statements. Change your plans and stay indoors if needed.
- ♦ **Bring a walking aid if necessary.** If you have a cane or walker, be sure to grab it before you leave.
- ♦ **Stick to the path.** When outdoors, be sure to watch out for ice and use hand rails.
- ♦ **Invest in good footwear.** Warm, waterproof, anti-slip boots are key for winter.
- ♦ **Plan ahead when going outdoors.** Pack a snack, water, and medication you may need in case your trip lasts longer than expected.
- ♦ **Bundle up.** Be sure to dress in several layers suitable for cold weather, including a hat, scarf, and mittens.
- ♦ **Let others know** where you are going and when you expect to return whenever leaving the house.
- ♦ **Eat a healthy diet and stay hydrated.** Winter can lead to a deficiency in vitamin D due to lack of sun exposure. Consume vitamin D rich foods to prevent deficiency. Drink plenty of water throughout the day to stay hydrated.



Food Programs available at our Center



The Arlington Mobile Food Bank will be in the north end of the parking lot with a **free market** on the 2nd and 4th Tuesdays of each month from 11:00AM-12:00PM.

The Food Room is open from 10:00-11:30AM on Thursdays only. We ask that you stop in at the front desk to sign in, then you'll be given a food room ticket. You may then wait over in the Arts and Crafts Room until your number is called.

Costco delivers food every Sunday evening. We put food out in our Main Hall in the morning. Please don't miss this opportunity to stock up.

Homage Lunch Program Monday through Friday from 12:00-12:30PM for a suggested donation of \$4 for eligible persons 60 and older. No eligible person is denied a meal for the inability to donate.

SNOW DAY CLOSURES

We follow the Arlington School District schedule for inclement weather. When the District is closed, **we are as well**. If school is delayed, please call the center to see if we're open. Also, be sure to check out our Facebook page for the most current updates regarding closures.



Store Hours

Monday - Saturday

10:00AM-4:00PM

Sunday

-Closed-



Donations Accepted

Monday and Wednesday

10:00AM-2:00PM



Volunteers Needed

General Help

Saturdays 10:00AM-1:00PM

Saturdays 1:00-4:00PM

Donations Help

**Must be able to lift and have good
decision making skills.**

Saturdays 10:00AM-3:00PM

Please contact:

Stilly Thrift Store 360.658.4991



Katellie, Mary, Linda & Erica

Ice Cream Social

Join us on the **3rd Thursday** each month, at **12:45PM** in the Main Hall.

Senior Yoga

Tuesdays at 10:00AM in the Multipurpose Room. Come try out gentle yoga! First class is free, bring a mat or thick towel. All abilities are welcome.

Sew Days

All in Stitches Quilt Guild will meet every other Wednesday in the Arts & Crafts Room. Bring your projects, sewing machines and join for one-on-one instructions, collaboration and team projects. Have fun and connect. Grow your skills by teaching, listening and working together.

Tai Chi/Qi Gong

Fridays at 9:00AM in the Multipurpose room.

Library

Come visit our library! No need to check out books, you don't have to return them. Pass them along to your friends, we have plenty! We also have computers for you to use.

Computer Clinic

2nd and 4th Tuesday each month from **1:00-2:00PM** in the Library. Having issues figuring out your laptop, smart phone or smart watch? Make an appointment with the front desk to get a complimentary 15 minutes of help with Tony Orr with Reliable Computer Repair, sponsored by the City of Arlington.

Bible Study

Thursdays in the Board Room from **1:00-4:00PM**. This is a bible study with non-affiliation to denominations or churches. Come in early for lunch at 12:00PM. All are welcome!

Save the date!

Lifetime Achievement Breakfast
May 15, 2024

Honoring
Kay and Dave Duskin



Our Christmas Lunch, sponsored by the Arlington Rotary







Happy Well Earned Retirement!

Linda Bowman has been at the Stilly Thrift Store for over 17 years. Starting as a volunteer and moving up to store manager, she was the only paid staff at the store for 13 years. Linda has trained well over 100 volunteers and brought a store that was making very little money, to what it is today - more a boutique than an ordinary Thrift Store. She has put a lot of hard work and pride into making it appealing to the customers. The Thrift Store provides about a third of the revenue needed for the Stilly Center's daily operation. Sales at the store have increased steadily over the years. Linda and her husband plan on doing some traveling, spending time in their RV and visiting longtime friends. It is hard for her to leave because of the love for the job and the volunteers. She is thankful and grateful to have worked with such wonderful people who are just as passionate about the store and the Stilly Center.

Happy Retirement Linda!

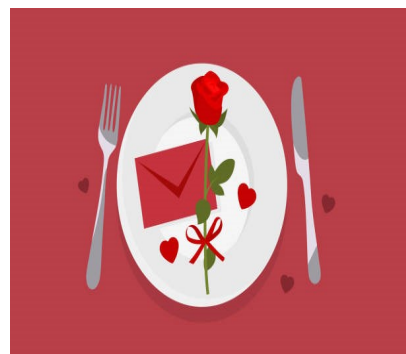
ENTERTAINER SCHEDULE



January 5	Lee Howard
January 12	Oyster Bay
January 19	Deanos
January 26	Marsha Kester
February 2	Gerry Albin
February 9	Esquires
February 16	The Shed Players
February 23	Old Time Fiddlers
March 1	Deanos
March 8	Lee Howard
March 15	Gold Rush
March 22	Old Time Fiddlers
March 29	Oyster Bay

VALENTINE'S DAY FUNDRAISER

\$20.00 per person



Wednesday, February 14th

3:30-5:00PM Music by Marsha Kester

5:00-6:00PM Dinner

Monthly Event Calendar

Schedule subject to change



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30a - KISS Group	10:00a - Foot Care Clinic 12:00p - Lunch 12:30p - Karaoke 6:00p - NA Meeting 6:00p - Zumba	10:00a - Foot Care Clinic 10:00a - Mexican Train 10:00a - Senior Yoga 10:45a - Beginner Line Dance 11:15a - Line Dance 12:00p - Lunch 12:30p - Diamond Dot 12:45p - Chair Dance 1:00p - Cribbage NEW!	10:00a - Foot Care Clinic 10:00a - Canasta/Samba 12:00p - Lunch 1:00p - Family Caregiver Support Group 6:00p - Zumba 7:00p - CA Meeting	9:00a - Knitting & Crochet 10:00a - Food Room 10:45a - Beginner Line Dance 11:15a - Line Dance 11:30a - Bridge 12:00p - Lunch 12:45p - Chair Dance 1:00p - Bible Study 5:30p - Pinochle (to 9 pm)	9:00a - Tai Chi 10:45a - Live Music 11:00a - Hearing Aid Cleaning 12:00p - Lunch 12:00p - Pinochle 1:00p - Wii Bowling	9:00a - Zumba 7:00p - AA Meeting
10:30a - KISS Group Happy Hoppers two Sundays a Month	10:00a - Foot Care Clinic 12:00p - Lunch 12:30p - Karaoke 6:00p - NA Meeting 6:00p - Zumba	10:00a - Foot Care Clinic 10:00a - Mexican Train 10:00a - Senior Yoga 10:45a - Beginner Line Dance 11:00a - Mobile Food Truck 11:15a - Line Dance 12:00p - Lunch 12:30p - Diamond Dot 12:45p - Chair Dance 1:00p - Computer Help 1:00p - Cribbage NEW!	9:00a - Sew Days 10:00a - Canasta/Samba 10:00a - Foot Care Clinic 12:00p - Lunch 6:00p - Zumba 7:00p - CA Meeting	9:00a - Knitting & Crochet 10:00a - Food Room 10:45a - Beginner Line Dance 11:15a - Line Dance 11:30a - Bridge 12:00p - Lunch 12:45p - Chair Dance 1:00p - Bible Study 5:30p - Pinochle (to 9:00p)	9:00a - Tai Chi 10:45a - Live Music 12:00p - Lunch 12:00p - Pinochle 1:00p - Wii Bowling	9:00a - Zumba 7:00p - AA Meeting
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Driving: When Aging and Illness Makes it Difficult



Many family members or caregivers are understandably hesitant to tell their loved one that it's time to cut back on driving or stop driving all together. There are some circumstances that warrant a caregiver taking steps to ensure their loved one's safety and well-being.

One of the best ways to determine if an older driver is having problems driving is to be in the car as a passenger to observe what happens during real driving conditions. There are several questions caregivers can ask when looking at whether or not it's time to limit or stop driving:

1. When exiting a highway or interstate, does the driver seem confused?
2. Does the driver seem nervous or agitated when driving?
3. Does he/she fail to stop at red lights or stop signs?
4. Is there confusion over the gas or the brake pedal?
5. Are there unexplained dents in the paint of the car, mailbox, garage, or other objects/vehicles at the home?
6. Can he/she read and understand traffic signs?
7. Does the driver stop for no apparent reason?
8. How do other drivers react to the older driver on the road?
9. Are turns, especially left ones, difficult to navigate?
10. Is he/she aware of potentially dangerous situations or activity on the side of the roadway?

While these are not the only areas to consider, they will provide the caregiver with a method to begin evaluating how well the older driver is navigating on the roadway on their own. An objective evaluation is necessary in order to take the steps to keeping loved ones safe while on the road. *Caregiver.com*

Medical Equipment Loan Program



We are pleased to offer an Equipment Loan Program to the members in our community. Please call us between 9AM-3PM to check our inventory as it can change daily. Equipment we accept *and* loan out are items such as...

- ♦ Wheelchairs
- ♦ Transfer Chairs
- ♦ Seated Walkers
- ♦ Metal Walkers
- ♦ Knee Scooters
- ♦ Portable Commodes
- ♦ Toilet Seat Risers
- ♦ Shower Transfer Bench
- ♦ Shower Chairs
- ♦ Crutches
- ♦ Canes
- ♦ Incontinence Products

We can only accept items that are in **good working order and clean**. Items will be accepted at our discretion. To support the continuation of our Loan Program, a suggested **\$5 DONATION OR MORE** would be greatly appreciated when accessing the program. You are welcome to use the equipment for as long as needed.



Winter Word Search



S H B W L W N O R T U W M S D
O N S N O W F L A K E I I N T
I K J Y L J H B R C H N T O O
V I Q Y Q E O I H A H T T W B
S U C E O U T B C S M E E B O
K M H K C E C X L I C R N A G
A N I G Z P H F S I C A S L G
T Q L P C F O V S H Z L R L A
I B L L O F C L V N O Z E F N
N V Y O L V O I M F O V A B S
G L S W D Q L S I I F W E R B
I N N G H O A K Y C Z J M L D
B B O O T S T I O D Y J O A N
Z Z W N Q X E G X F X R F Z N
N F R E E Z I N G J O M V G W



hotchocolate

snowflake

snowball

freezing

blizzard

skating

snowman

shovel

icicle

boots

chilly

scarf

snow

icy

toboggan

mittens

Winter

cold

plow

ski



SHIBA

(Statewide Health Insurance Benefits Advisors)

Bob comes to our center on the 3rd Tuesday of each month. He provides free, unbiased and confidential help with Medicare. He can help people of all ages and backgrounds. Our volunteer advisors, located around the state, can help you assess your health care needs. Please call our office to make an appointment with a SHIBA representative.



Don't forget to check out the Stilly Valley Center to host your next private event! Stop by our front desk to pick up a rental brochure, or check out our website. We look forward to helping you celebrate soon!



The holidays are the season of giving; giving love and giving thanks. The holidays are also about showing appreciation, and helping those in need. Your gift to our non-profit Stilly Valley Center makes it possible for us to offer engaging classes, programs & activities for our valued members and a place to connect for peers in our community. We appreciate your gifts in any amount! Help us develop the full potential of every senior in our community.



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