



STILLY VALLEY CENTER NEWS

April-June 2024

-Issue 14-

Looking ahead...

Tuesday, May 14th

We will be closing at 1:00PM to prepare for our Annual Lifetime Achievement Breakfast Fundraiser

Wednesday, May 15th

We will open at 11:30AM

Monday, May 27th

We will be closed for the Memorial Day holiday

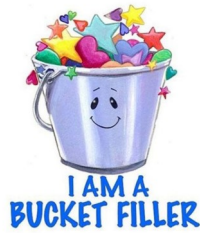
Wednesday, June 12th

Our Annual Health Fair will be held from 10AM-1PM

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
360.653.4551



What is bucket filling?

Bucket filling is a term that has become a popular metaphor when talking about positive attitudes and behaviors. Many education settings use the concept of bucket filling to educate people about feelings and emotions. The underlying message is that each person carries with them an invisible bucket and when that bucket is full, the person is feeling happy, confident, secure, calm and content. On the other hand, if a person is carrying an empty bucket, they are feeling upset, down, dissatisfied and unhappy. The goal is to help individuals monitor and understand how full or empty their bucket is as a gauge for determining how they are feeling. A 'bucket filler' is a person who behaves in a way that helps to fill another person's bucket. By being kind, empathetic and compassionate – we can help fill other people's buckets so that they too can feel better. **Filling someone's bucket actually helps fill our own bucket too!**

Ways to fill another person's bucket

- Maintain a positive attitude every day
- Shake someone's hand and introduce yourself
- Offer a hug
- Smile at someone
- Share something with them
- Let them overhear you saying something kind about them to someone else
- Practice gratitude with them
- Use your manners when speaking to others
- Create ways to *include* them
- Write a thank you note
- Tell someone you are proud of them, with a specific reason why
- Leave sticky notes for someone with kind messages on them
- Listen when someone needs you to listen
- Volunteer in your community



STILLY VALLEY CENTER STAFF

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

Executive Director:	Danette Klemens
Finance Director:	Jonathan Gutierrez
Finance Manager:	Antonia Ronnone
Program Manager:	Lisa Hundley
Kitchen Manager:	LaWana King
Maintenance Tech.:	Josh Hays
Receptionist:	Sonny Roman

Family Caregiver Department

Program Manager- FCSP & MTP:	Angeles Vesely
MTP Case Managers:	Katie Olson Heidi Grant Julie Pettigrew
Caregiver Specialists:	Bre Wammack Rebecca McIntosh
FCSP Intake/Screenener:	Terri Knowles

Stilly Thrift & Collectibles

Thrift Store Manager:	Erica Jensen
Assistant Manager:	Katrina Goodwin
Cashiers:	Mary Allen Katelie Hoerner

Day Trip Schedule



<i>April 9th</i>	The Alley Bar & Grill
<i>April 24th</i>	Monroe Senior Center
<i>May 2nd</i>	Olive Garden
<i>May 30th</i>	Price Sculpture Forest
<i>June 11th</i>	Snoqualmie Falls
<i>June 27th</i>	The Fountain Drive In

Narcan & Opioid Education

Wednesday, April 10th at 12:30PM



We invite you to join us in learning how to respond in an overdose emergency and how opioids are impacting our communities. Whether you know someone who uses opioids or not, you might be in a position to save someone's life.

- **Learn what opioids are**
- **Understand who is affected by an overdose**
- **Recognize an overdose**
- **Know how to use NARCAN and where to get it**
- **Learn strategies for preventing misuse of opioids**

Door Prizes for those attending

Medication Safety Presentation

Friday, June 7th at 12:30PM



Please join Danika from Homage Senior Services for an informative discussion about medication safety. Covering the following medication safety topics:

- ♦ **Common prescribed medications for older adults**
- ♦ **Safe use of Opioid and over the counter medication**
- ♦ **Medication storage and disposal of unused medications**
- ♦ **Drug take back locations in Snohomish County**
- ♦ **Hints to get the best results from your medication**

All attendees will receive a File of LIFE and a chance to win a FREE medication lockbox.

“POWERFUL TOOLS FOR CAREGIVERS” A CLASS FOR FAMILY CAREGIVERS

Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend, and someone who lives at home, in a nursing home, or across the country.

This 6-week educational series is designed to provide you, the Caregiver, with tools needed to take care of yourself while supporting your loved one. Classes consist of interactive lessons, discussions and brainstorming to increase your self-care and confidence in handling difficult situations, emotions and decisions.

Tuesday Mornings
May 7th – June 11th
10:30am - 12:00pm

Classes are free but space is limited & registration is required.

There is a \$25 book fee (scholarships are available for those in need)

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

Bre Wammack (425-248-5276)
bwammack@stillycenter.org

Terri Knowles (360-653-4551) x 236
tknowles@stillycenter.org

STILLY VALLEY CENTER
Library - Board Room
18308 Smokey Point Blvd.
Arlington, WA 98223



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

Bre Wammack

bwammack@stillycenter.org
425.320.9546

Terri Knowles

tknowles@stillycenter.org
425.248.1539



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
(Terri Knowles)

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

Dave & Kay Duskin



Shirley & Dean Case



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



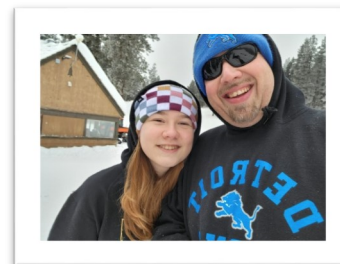
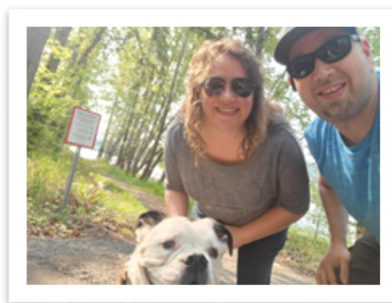
Rotary 
Club of Arlington WA



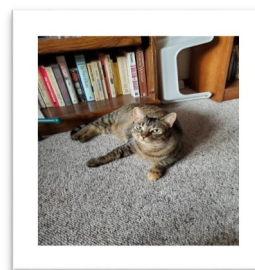
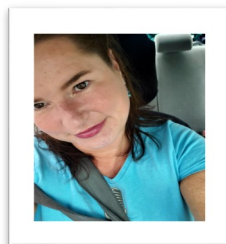
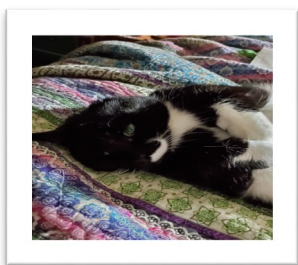
Welcome to the Center!



Please join Stilly Valley Center in welcoming the latest addition to our team! **Josh Hays**. Josh started SVC in January with a wealth of expertise to bring to the role of Maintenance Technician. We are thrilled to welcome Josh and he has been a wonderful asset to staff & participants. When Josh is not busy making SVC safe and in tip top shape, he enjoys dirt biking with his son, racing his car at Evergreen Speedway and spending time with his family. Welcome Josh!



We welcome **Julie Pettigrew** as our new MTP Case Manager! She will be starting on March 25th. Julie was born and raised in Bellingham, WA and a true Pacific Northwest lover who spends her free time hiking and camping. Julie's career in non profits began as a teen when she started volunteering for various agencies. She continued on this path since despite dipping her toes into other arenas, such as massage therapy. Julie's children are her two cats and she is also an auntie to her sister's 10 year old son. Reading, art, and music are important to her and she loves libraries, theater and concerts. Welcome Julie!



We said goodbye to our wonderful receptionist Rebecca. She didn't go far at least, as she's working in our Family Caregiver Department. We wish you all the best!

We have been busy training our new Receptionist Sonny, who is doing an amazing job! Welcome Sonny!



Stilly Thrift Store & Collectibles
 18218 Smokey Point Blvd
 Arlington, WA 98223
 360.658.4991

Store Hours:
 Monday-Saturday
 10:00AM-4:00PM

Sunday
 -Closed-

Donation Hours:
 Monday & Wednesday
 10:00AM-2:00PM

Volunteers Needed!



General Help

Saturday 10:00AM-1:00PM
 Saturday 1:00-4:00PM

Donation Help

Monday 10:00AM-3:00PM
 (Must be able to lift and have good decision making skills)

Gentle Joint & Muscle Relief

Monday 9:30-10:15AM in the side room. Learn how to ease the stiffness of your own joints & muscles with a few easy techniques. Exercises change weekly.

Suggested \$5 donation to support SVC.

Comedy Hour

Monday 10:30-11:30AM in the side room. We're excited to bring you the Southern Comedy stylings of Jeanne Robertson (in DVD form).

Suggested \$5 donation to support SVC.

Gentle Yoga

Tuesday 10:00-11:00AM in the Multipurpose Room. Come try out gentle yoga. Bring a yoga mat or thick towel. All ages and abilities are welcome!

First class is free.

Sew Days

Every other Wednesday 9:00AM-4:00PM All in Stitches Quilt Guild will meet 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. Feel free to bring your lunch, or enjoy lunch at the center in the main hall.

Tai Chi/Qi Gong

Friday 9:00-10:00AM in the Multipurpose room. Benefits better sleep, improved mood, increased physical activity, more clarity & focus, reduced depression, stress & anxiety.

Members \$3

Non members \$5

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.

Free!

Lifetime Achievement Breakfast *Fundraiser*

Honoring
Kay and Dave Duskin



WEDNESDAY | 15 MAY 2024 | 7-9AM

Please note our **change of hours** for Stilly Valley Center
on the following days

TUESDAY, MAY 14TH 8:00AM-1:00PM

WEDNESDAY, MAY 15TH 11:30AM-4:00PM



Feet and Aging



The process of aging brings with it a myriad of changes to our body and that includes our feet! These sturdy pillars that carry us through life, are not immune to aging. Let's delve into common foot problems that often afflict people as they age. Solutions exist for all of them, so let's focus on maintaining healthy, resilient, happy feet.

Osteoarthritis

A prevalent foot condition that affects aging adults is osteoarthritis. It is a degenerative joint disease characterized by the breakdown of cartilage. As the protective cushioning diminishes, the joints become painful, stiff, and inflamed. This hindrance decreases mobility and reduces the overall quality of life. Studies have shown that targeted exercises, such as gentle range-of-motion and strengthening routines, can reduce pain and improve joint flexibility. The more movement in the foot, the more fluids are able to circulate. When the fluids circulate, it acts like oil on rusty parts, making it easier to move, and less painful to go about day-to-day activities.

Peripheral Neuropathy

Peripheral neuropathy, a common result of aging, is a nerve disorder that impacts sensation in the feet and legs. Diabetic neuropathy, in particular, is prevalent among seniors with diabetes. This condition leads to reduced foot sensitivity and an increased risk of injuries. Checking your feet daily, wearing appropriate footwear, and practicing meticulous foot care are ways to prevent complications like foot ulcers and infections. In short, being aware of your feet with your other senses, outside of touch, will be the key to preventing and maintaining healthy feet with this condition, and many others.

Bunions and Hammertoes

Another common issue aging adults may encounter is foot deformities, like bunions and hammertoes. These structural irregularities can result from a lifetime of mechanical stress and poorly fitted footwear. The good news is, healing can happen when addressing the patient's current shoe choices! Making the changes in footwear will alleviate the pain using orthotics as well. Another way to actively help the foot is by performing foot-strengthening exercises. This can alleviate discomfort and prevent further progression of deformities.

Bone Spurs

Bone spurs, also known as osteophytes, are bony projections that often develop on the edges of bones, including those in the feet! As we age, the wear and tear on our bones and cartilage can lead to the formation of these spurs. To prevent and manage bone spurs, it's essential to adopt a proactive approach. Increasing joint health through maintaining a lower weight as well as regular low-impact exercises can be an easy fix. Low-impact exercises can include swimming or cycling. These activities also promote joint flexibility and strengthen supporting muscles, further aiding against bone spur formation.

Taking Care of Your Feet

Supportive footwear with extra cushioning can give your feet the love they deserve while keeping those spurs from causing trouble. If symptoms of bone spurs do arise, seeking immediate medical attention is important. A healthcare professional can provide tailored treatment options. Such options can include pain management, physical therapy, and, if necessary, surgical intervention, to help maintain joint function and enhance overall mobility. Embracing the golden years with healthy and resilient feet is a journey well worth undertaking. Armed with scientific evidence and a proactive mindset, aging adults can tackle common foot diseases head-on by preventing and maintaining healthy feet. By incorporating gentle exercises, meticulous foot care, appropriate footwear choices, and regular medical check-ups, seniors and their support team can nurture their feet's well-being and stride confidently into this new chapter of life. As we celebrate the milestones of age, let us remember that caring for our feet is not just an act of self-preservation but an expression of love and appreciation for the remarkable mechanisms that have carried us through a lifetime of memories and adventures.

Foot Clinic

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

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



Hearing Aid Cleaning

by Stanwood Hearing

11:00AM-12:00PM

(In the Side Room)

Friday, April 5th
Friday, May 3rd
Friday, June 7th



Book Club

April-June 2024

SVC Book Club Reads



In the Unlikely Event **April**

Small Great Things **May**

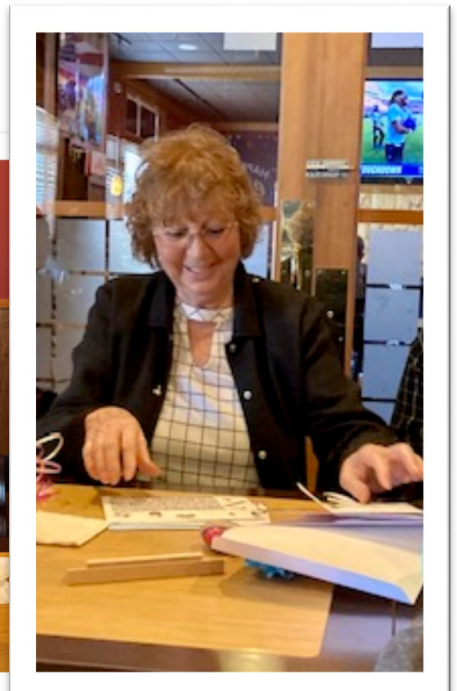
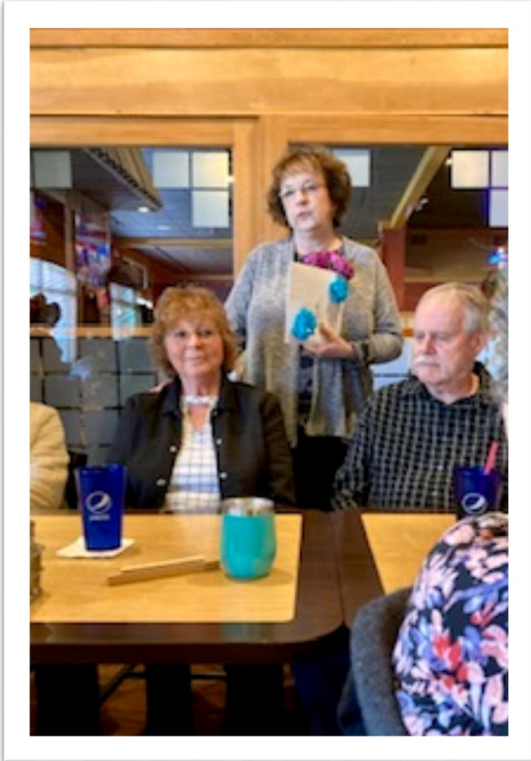
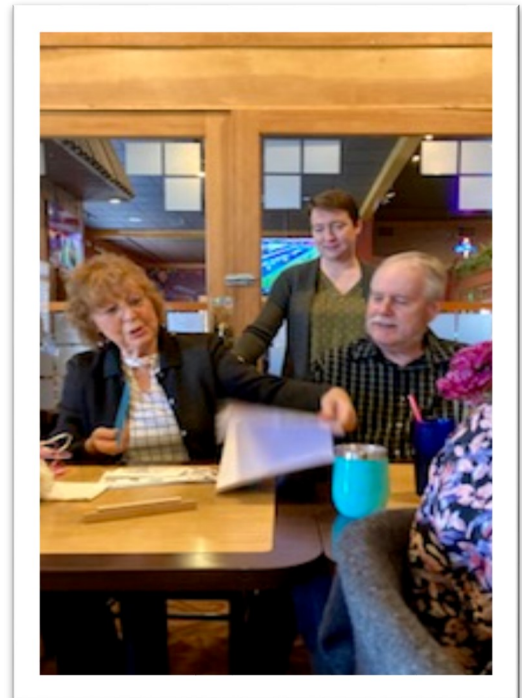
Clark and Division **June**



Larry & Norma Serreyn, long time members of the Stilly Valley Center, celebrated their 60th wedding anniversary here at the center, hosted by their wonderful daughters who were kind enough to share all the goodies with our staff & participants. We wish you many more years of happiness!



Congratulations Linda! We will all miss seeing you every day, we hope you feel continuous love and happiness during your retirement. This place just won't be the same without you. Miss you already!





Valentine's
Dinner &
Fundraiser
Evening



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.



Important message from the Kroger Company (Fred Meyer & QFC)

The Kroger Co. Family of stores is committed to bringing hope and help to the local neighborhoods we call home. Our stores are on a mission to not just be part of, but to help create a stronger community. We recognize that every community has unique causes that need support. Thank you for being such an important part of our community.

We would like to encourage you to link your rewards card to our organization. Community Rewards is easy to use, the more supporters that shop with Kroger, the more money our organization will earn.

Entertainment Schedule



April 5	Gerry Albin
April 12	Esquires
April 19	The Shed Players
April 26	GoldRush
May 3	Old Time Fiddlers
May 10	GoldRush
May 17	Oyster Bay
May 24	Marcia Kester
May 31	Doug Williams
June 7	Gerry Albin
June 14	GoldRush
June 21	Rick Cooper
June 28	Country Jim-NEW!



Line Dancing

Tuesday & Thursday

10:45-11:15AM •Free beginner class
11:15AM-12:15PM •Regular Line Dancing

Dancing Fees:

Members \$2 (both classes)
Non-Members \$3 (both classes)



Chair Dancing

Tuesday & Thursday

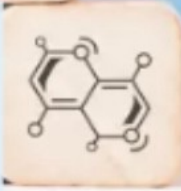
12:45-1:45PM



Stilly Valley Center HEALTH & RESOURCE FAIR

Wed., June 12, 2024

**Location:
18308 Smokey Point Blvd.,
Arlington, WA 98223**



**Over 40
community
vendors in
attendance.**

**Time:
10:00am - 1:00pm**



**VENDORS REGISTER BY
CONTACTING:**

360-653-4551

Danette Klemens @
dklemens@stillycenter.org

www.stillycenter.org

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 Tuesday of each month from **11:00AM-12:00PM**. All our welcome to check this out.



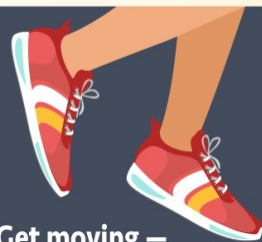
The Food Room is open from **10:00-11:30AM** on Thursday only. We ask that you stop in at the front desk to sign in, then you'll be given a food room ticket. You may then wait over in the Arts and Crafts Room until your number is called.

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.

Tips To **BOOST** Your Health as You Age

Did you know that making lifestyle changes can help you live longer and better? Try these tips to get started.



Get moving — try gardening, biking, or walking.



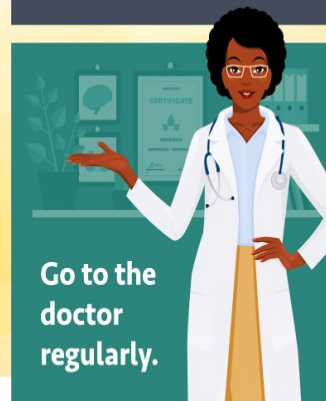
Choose healthy foods rich in nutrients.



Manage stress — try yoga or keep a journal.



Learn something new — take a class or join a club.



Go to the doctor regularly.



Connect with family and friends.

Learn more about steps you can take to promote healthy aging at www.nia.nih.gov/healthy-aging.



Monthly Event Calendar

Schedule subject to change



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30a - KISS Group	9:30a - Gentle Joint & Muscle Relief NEW! 10:30a - Comedy Hour NEW! 10:00a - Foot Care Clinic 12:00p - Lunch 6:00p - NA Meeting 6:00p - Zumba	10:00a - Foot Care Clinic 10:00a - Mexican Train 10:00a - Gentle Yoga 10:45a - Beginner Line Dance 11:15a - Line Dance 12:00p - Lunch 12:30p - Diamond Dot 12:45p - Chair Dance 1:00p - Cribbage	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 5:00p - AA Meeting 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	9:30a - Gentle Joint & Muscle Relief NEW! 10:30a - Comedy Hour NEW! 10:00a - Foot Care Clinic 12:00p - Lunch 6:00p - NA Meeting 6:00p - Zumba	10:00a - Foot Care Clinic 10:00a - Mexican Train 10:00a - Gentle 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	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 5:00p - AA Meeting 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
10:30a - KISS Group	9:30a - Gentle Joint & Muscle Relief NEW! 10:30a - Comedy Hour NEW! 12:00p - Lunch 12:15p - Karaoke 6:00p - NA Meeting 6:00p - Zumba	10:00a - Mexican Train 10:00a - Gentle Yoga 10:45a - Beginner Line Dance 11:15a - Line Dance 12:00p - Lunch 12:30p - Diamond Dot 12:45p - Chair Dance 1:00p - Cribbage	10:00a - Canasta/Samba 12:00p - Lunch 1:00p - Family Caregiver Support Group 1:00p - Book Club 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 12:45p - Ice Cream Social 1:00p - Bible Study 5:00p - AA Meeting 5:30p - Pinochle (to 9 pm)	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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