



STILLY VALLEY CENTER NEWS

July-September 2024

-Issue 15-

Looking ahead...

Thursday, July 4th

Closed for Independence Day

Monday, September 2nd

Closed for Labor 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
360.653.4551



When the temperature climbs above 80°F, older adults need to be proactive and take precautions to avoid ailments due to excessive heat. Keep in mind the following tips when trying to stay cool.

- **Stay away** from direct sun exposure as much as possible. If possible, plan your outdoor activities either early in the morning or when the sun starts to set.
- **Air conditioning** is your friend in summer. Spend as much time as possible in air-conditioned spaces. If you don't have an air conditioner, go somewhere that is air-conditioned. For example, read a book at the library, walk around in indoor malls, watch that new movie at the theater, or meet your friends at the senior center. (Note: The federal Low-Income Home Energy Assistance Program (LIHEAP) helps adults 65 and older who have limited incomes cover the cost of air conditioners and utility bills. To reach your state's LIHEAP program, call 1-866-674-6327.)
- **Stay hydrated** by drinking plenty of cool water, clear juices, and other liquids that don't contain alcohol or caffeine. Alcohol and caffeine cause you to lose water in your body by making you urinate more.
- **Dress appropriately** whenever you can, try wearing loose, light-colored clothes. Avoid dark-colored clothes as they may absorb heat. Top it off with a lightweight, broad-brimmed hat and you are dressing like a pro! These simple changes will help you both stay cool and avoid sunburn.
- **Did someone say sunburn?** Buy a broad spectrum sunscreen lotion or spray with sun protection factor (SPF) of 15 or higher. Apply the sunscreen liberally to all exposed skin. Also, bugs are abundant in summer, so spray insect repellent when going outdoors.
- **Cool down!** Take tepid (not too cold or too hot) showers, baths, or sponge baths when you're feeling warm. Don't have the time? Then wet washcloths or towels with cool water and put them on your wrists, ankles, armpits, and neck.

STILLY VALLEY CENTER

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

| | |
|---------------------|--------------------|
| Executive Director: | Danette Klemens |
| Finance Director: | Jonathan Gutierrez |
| Finance Manager: | Julio Gama |
| 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/Screeners: | Terri Knowles |

Stilly Thrift & Collectibles

| | |
|-----------------------|-------------------------------|
| Thrift Store Manager: | Erica Jensen |
| Donation Assistant | Esmerelda Walker |
| Cashiers: | Mary Allen Katelie Hoerner |

Day Trip Schedule



| | |
|--|---|
| <i>Monday, July 15th</i> | Strikers/bowling & lunch at Angel of the Winds Casino (Arlington) |
| <i>Thursday, July 25th</i> | Cristianos/lunch (Marysville) |
| <i>Tuesday, August 6th</i> | Anthony's/lunch (Everett) |
| <i>Monday, August 26th</i> | Evergreen State Fair (Monroe) |
| <i>Thursday, September 19th</i> | Contos/lunch (Lake Stevens) |

Stilly Thrift Store and Collectables
18218 Smokey Point Blvd.
Arlington, WA 98223

Volunteers Needed:

To assist with jewelry, handbags and accessories.

****Must have jewelry knowledge and experience.****

Volunteers also receive 30% off regular tag priced items and lunch with your volunteer shift.

Please contact our Thrift Store Manager, Erica at: **360-658-4991** to apply.

Being a Caregiver is Hard Work. Read These Tips.

*Accept Assistance

An effective caregiver knows when it is time to seek out assistance and willingly does so. However, this is one of the toughest truths for caregivers to accept. To avoid hiring the wrong type of caregiver during this difficult time, enlist the help of a professional and licensed agency to find the best outside professional to assist in the home.

*Do Not Become a Martyr

It is easy to overlook your own physical, mental and emotional needs when you are caring for someone else. You must remember that you are human, you have limitations and you should never downplay any of your personal health needs. Always remember that you are as important as the person you are caring for.

*You Will Be Emotional

When you are caring for your loved one, you will feel all of the emotions that you normally would. You may get upset when you have to answer the same question 20 times in one hour, or you may feel frustrated because you believe there is nothing you can do to improve your loved one's condition. Know that it is normal to have a wide range of emotions when you are being a caregiver.

*Take Respite

One of the most valuable assets for a 24/7 caregiver is respite. Respite will allow you to keep a positive attitude and a healthy state of mind. This private time will also help you physically recover from the demands of caregiving.

Being a caregiver is a job that is full of ups and downs. At times, you may find great joy in what you do, and other times you may be upset and angry. These feelings are normal, but never forget why you chose this role. Taking care of your personal needs and asking for help when necessary will help you be a more effective caregiver.

Life's journeys do not often drive on smooth roads, but we can always hope for a gentle wind at our backs. That gentle wind is always fortified by love, trust, and commitment. Come to think about it, aren't all relationships manifested in this way?

FAMILY CAREGIVER SUPPORT PROGRAM *of Snohomish County*

NOTE:

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

Rebecca McIntosh
rmcintosh@stillycenter.org
425 248-1539

Terri Knowles
tknowles@stillycenter.org
360 653.4551 ext. 103

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 TUESDAY each month 10:00am-12:00noon

(Bre Wammack)

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

2nd WEDNESDAY each month 9:00-10:00am

(Rebecca McIntosh)

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



Edward Jones

John V Meno, AAMS™



Lorena Vaca

360-653-4557

lorenavacaarlingtonagent.com

Dave & Kay Duskin

Arlington
Pharmacy
Your Personal Service Pharmacy

Shirley & Dean Case



Bailey, Duskin, Peiffle & Martin, P.S.

ATTORNEYS AT LAW



community
transit



Rotary
Club of Arlington WA



DL DWAYNE LANE'S
— AUTO FAMILY —



Corrie Hayes and her team at Windermere graciously awarded the Stilly Valley Center a check for \$1,000 from their foundation. John Casey presents a check here to Danette Klemens, Executive Director.

Welcome to the Center!

"Julio brings a wealth of experience to the Stilly Valley Center as the new Sr. Staff Accountant. Prior to joining the Center, Julio served as a Financial Manager, demonstrating a comprehensive understanding of financial operations and a commitment to ensuring financial health. With over six years in the real estate industry, he possesses a strong foundation in financial analysis, budgeting, and reporting. Julio is a highly motivated and detail-oriented professional, with a proven track record of accuracy and efficiency. He is proficient in various accounting software and practices, ensuring seamless integration into the Center's financial systems. Beyond professional expertise, Julio is a passionate advocate for the Stilly Valley Center's mission. He enjoys collaborating with colleagues and fostering a positive and productive work environment. Outside of the office, Julio enjoys spending time with his family and friends, often exploring new places with his wife and 3 dogs."





Stilly Thrift Store & Collectables
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



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

Friday's Entertainment Schedule



| | |
|--------------|-----------------------|
| July 5 | GoldRush |
| July 12 | Marcia Kesler |
| July 19 | Rick Cooper |
| July 26 | Larry Repman *NEW* |
| August 2 | GoldRush |
| August 9 | Country Jim *NEW* |
| August 23 | Marcia Kester |
| August 30 | Rick Cooper |
| September 6 | GoldRush |
| September 13 | Larry Repman |
| September 20 | Warm Beach Boys *NEW* |
| September 27 | Rick Cooper |



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

12:30-1:30PM



**STILLY VALLEY CENTER
FUNDRAISING EVENT!**



DANNY VERNON

ILLUSION OF ELVIS

WED, SEPT. 4TH

7:00PM-8:30PM

With the voice, look and passion
of the twentieth century icon,
Danny Vernon strives to re-
capture Elvis Presley's appeal of
an ever-growing audience.



TICKETS:
\$25 FOR MEMBERS
\$30 FOR NON MEMBERS
* TICKET PRICE INCLUDES
APPETIZERS AND GLASS OF WINE

18308 Smokey Point Blvd Arlington, WA 98223 360-653-4551 STILLYCENTER.ORG

The Stilly Valley Center relies heavily on local community funding from grants, donations, sponsorship, etc.

These are some of the grants we are fortunate to have received this year:

| | |
|---|-----------|
| William E. Wockner Foundation for general operations | \$ 10,000 |
| Haggens Foundation for the food room operation | \$ 250 |
| Alaska Credit Union for the food room operation | \$ 1,000 |
| Snohomish County HVAC Maintenance for Senior Centers Serving as Warming, Cleaner Air, and/or Cooling Centers (Funded by the American Rescue Plan Act -ARPA) | \$ 49,999 |
| Community Foundation of Snohomish County towards The Spaghetti Dinner Fundraiser Sept. 26, 2024 | \$ 500 |
| Senior Centers Helping Reduce Social Isolation Among Older Adults for the Family Caregiver Program (Funded by the American Rescue Plan Act –ARPA) | \$ 30,000 |



REGIONWIDE EVENT

Spaghetti Dinner

FUNDRAISER

Celebrating National Senior Center Month

TICKETS ARE FREE!

RSVP TO THE CENTER
OF YOUR CHOICE



THIS EVENT IS A
FUNDRAISER- PLEASE
COME PREPARED TO
MAKE A DONATION
TO SUPPORT THE
PROGRAMS OF YOUR
CENTER.

THANK YOU!

FIND YOUR LOCAL CENTER



MARYSVILLE PARKS,
CULTURE AND RECREATION
360-363-8400
WEDNESDAY SEPT 11 12:00PM



CamanoCenter

CAMANO
CENTER
360-387-0222
THURSDAY SEPT 12 12:00PM



CASCADE
SENIOR CENTER
360-436-0646
FRIDAY SEPT 13 4:30PM



LAKE STEVENS
SENIOR CENTER
425-335-0345
MONDAY SEPT 16 5:00PM



LYNNWOOD
SENIOR CENTER
425-670-5050
WEDNESDAY SEPT 18 5:00PM



EDMONDS WATERFRONT
CENTER
425-774-5555
FRIDAY SEPT 20 12:00PM



MONROE COMMUNITY
SENIOR CENTER
360-794-6359
FRIDAY SEPT 20 5:00PM



STILLY VALLEY
CENTER
360-653-4551
THURSDAY SEPT 26 4:00PM



SNOHOMISH
SENIOR CENTER
360-568-0934
THURSDAY SEPT 26 4:30PM



LINCOLN HILL
CENTER
360-629-7403
FRIDAY SEPT 27 5:00PM



SKY VALLEY
CENTER
(360) 793-2400
SATURDAY OCT 19 4:30PM

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

August 2nd
September 6th

11:00am-12:00pm
(side room of main hall)



Book Club

July-September 2024

SVC Book Club Reads



Meets on the 3rd Wednesday of the month
in the Multipurpose Room
1:00-2:30pm

My Brilliant Friend

July

Crying in H Mart: A Memoir

August

The Many Daughters of Afong May

September

Lunch Tickets- Please be advised that you are no longer able to “call in” for your lunch ticket. **You must be here** to pick up your lunch ticket in person.



Credit and Debit card fee-

Please note that we now have a 4% credit & debit card processing fee. We recommend using cash or a check to prevent being charged this fee.



Come join us in our **air conditioned building!** General public is welcome. Bring a book, a friend, or just come meet our great staff & some new friends!



Zumba will be on hold for July & August. But will resume back in September.



HOW SLEEP AFFECTS YOUR HEALTH

May 20, 2024

Dorothea Vafiadis

Senior Director of NCOA's Center for Healthy Aging

Unhealthy sleep can interfere with daily activities and is associated with lower quality of life and risk of chronic disease, such as diabetes and obesity. There is a connection with poor sleep and unhealthy weight gain because sleep regulates hormones that tell your body when you are hungry and signals when you feel full. This may cause you to eat more, and reach for unhealthy food choices without thinking ahead about good nutrition throughout the day. Getting enough sleep is also important for mental health, a good immune system and controlling emotions. Sleepiness in the daytime is associated with higher falls risk, injuries, and accidents. People with sleep disturbances may have slower response times.

How much sleep do I need?

Older adults need a similar amount of sleep as all adults. 7 to 9 hours on average each night. Around 30-39% of older adults report having some difficulty sleeping, according to a survey by the National Sleep Foundation. As you age, it is common to take longer to fall asleep and have more awakenings in the night. Difficulty staying asleep for the entire night is ok if you can fall back to sleep, but quality and quantity is important.

Contributors to poor sleep

There are many reasons for not getting the high-quality sleep you need. Feeling sick or being in pain can make it hard to sleep (consider a mattress designed to ease back pain). Some medicines can keep you awake. And the experience of losing a loved one is another factor that may contribute to sleep problems.

If you are feeling excessively sleepy in the daytime, this could be a sign of obstructive sleep apnea (OSA), cognitive impairment, or cardiovascular issues. With respect to OSA, weight on the upper chest and neck contributes to blocking the flow of air. Drowsiness and snoring are the most common complaints, but some older adults may notice gasping, wake up with a dry mouth or morning headache. The prevalence of OSA increases with age in adults and can lead to poor quality of life, an increased risk of motor vehicle accidents and more. It's also associated with obesity, and experts say it can be part of a vicious cycle in which the sleep deprivation it causes can lead to even more obesity, which in turn aggravates the condition.

Overeating and eating too much of certain foods can also cause sleep problems. For example, meals with low fiber and high amounts of added sugars and saturated fat, which are found in butter, cheese, red meat and other animal-based foods, have been related to interrupted sleep.

If you think you have sleep apnea, another chronic condition or suspect that your current medication is interfering with your sleep, you should consult your health care provider. You may benefit from a CPAP machine.

How to fall asleep

No matter what the reason for poor sleep, there are foundational steps that experts recommend you can take as part of living a healthy lifestyle and improve your sleep. Here are some practices to consider:

- **Reserve your bedroom as a place for sleep.** Keep the temperature comfortable and keep out TVs, tablets, smart phones, and computers. The goal is to associate the bedroom and bed with sleep and intimacy. Avoid eating or working in your bedroom.
- **Don't worry if you wake up during the night.** If it takes more than 15 minutes to fall back to sleep, get out of bed and try reading or listening to soft music for a little while until you feel sleepy. Then try again.
- **Keep a ritual for winding down before going to bed.** Limit light exposure from digital technology late in the evening and refrain from social media or any type of upsetting news coverage, too. Try journaling before bed or listening to relaxing music.
- **Limit certain foods and drinks before bedtime.** Alcohol and sleep aids are not good ideas because they can be more likely to cause sleep disturbances. Avoid large, heavy meals before bed and stay away from caffeine in the afternoons which can stay in your system for as long as 10-12 hours and keep you awake at night.
- **Engage in daily activities that nourish you.** Connect and visit with family and friends. When it is not possible to have in-person visits due to social distancing practices, reach out using the telephone and through video calls, or send emails, cards and hand-written letters.

Be physically active every day and get outside. Exercise early in the day to bolster your mood and help you get the natural sunlight you need, signaling to your brain that it is daytime and establish a rhythm of your sleep and wake cycle.

Give these practices a try and stick with it for a while. Over time you may notice that improving sleep can positively impact your health and well-being. Lastly, if you are in the market for a new bed, you may want to consider purchasing a new mattress or an adjustable bed, which also can help improve sleep quality.



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.

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 are 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 sometimes delivers food on Sunday evening. We put food out in our Main Hall in the morning. Please don't miss this opportunity to grab a few goodies.

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.



Schedule subject to change

Monthly Event Calendar

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

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|---|--|---|--|--|
| | 9:30a - Gentle Joint & Muscle Relief 10:30a - Comedy Hour 10:00a - Foot Care Clinic 12:00p - Lunch 12:30p - Tapping 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 12:30p - 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 10:00a - Mexican train 11:15a - Line Dance 11:30a - Bridge 12:00p - Lunch 12:30p - 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 |
| | 9:30a - Gentle Joint & Muscle Relief 10:30a - Comedy Hour 10:00a - Foot Care Clinic 12:00p - Lunch 12:30p - Tapping 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 12:30p - Chair Dance 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 10:00a - Mexican train 11:15a - Line Dance 11:30a - Bridge 12:00p - Lunch 12:30p - 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 |
| | 9:30a - Gentle Joint & Muscle Relief 10:30a - Comedy Hour 12:00p - Lunch 12:30p - Tapping 6:00p - NA Meeting 6:00p - Zumba | 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 12:30p - Chair Dance 1:00p - Cribbage | 9:00a - Sew Days 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 10:00a - Mexican Train 11:15a - Line Dance 11:30a - Bridge 12:00p - Lunch 12:30p - 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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