

STILLY VALLEY CENTER NEWS



October-December 2024

-Issue 16-

Message from the Director:

As the holidays approach we ask that you remember the Stilly Valley Center. The Stilly Valley Center has served as a gateway to the community for the past 54 years, connecting individuals to vital community services that will assist them in remaining healthy and independent. We were notified recently of a funding loss of \$85,000, so this makes our budget even tighter than usual.

Through the years the Center has grown from a community hall to a sprawling campus, including three HUD buildings and one Rural Development, totaling 154 units of low-income senior housing. SVC staff manage and maintain these facilities and provide social services to the residents. Currently services and programs being provided at the Center include health programming, crafts, games, and our Family Caregiving social services, which utilizes a care management protocol designed to support family members who are providing care to adults with dementia or other chronic health conditions.

We also provide a hot lunch meal program, exercise programs, social activities, foot care services, a food bank program, a food room program, a medical loan equipment program, support groups, open enrollment seminars annually for Medicare, day trips, volunteer opportunities and much more. Our goal is to continue expanding the Center's programs to meet the needs of the growing adult population.

SVC serves the greater Arlington community in northern Snohomish County. As with many areas in the Puget Sound region, northern Snohomish County is a fast-growing area. **The population age 60 and older is expected to rise from the current 18% in Snohomish County to 21% in just one year. The County anticipates that residents aged 65 and older will account for 52% of the county's population growth between 2010 and 2035 and will represent more than 1 out of every 5 county residents by that time.**

As our aging society grows due to longevity, and the baby boomer generation matures, the need for services to support seniors will only increase.

With your generous support, we can continue to be a warm and welcoming place for individuals to stay active and find meaning and purpose in their lives. Thank you for your partnership!

Sincerely,
Danette Klemens
Executive Director
360-653-4551 ex: 105



Looking ahead...

Monday, October 14th

Closed for Indigenous Peoples' Day

Thursday & Friday, November 28th & 29th

Closed for Thanksgiving

Monday, Tuesday & Wednesday, December 23rd-25th

Closed for Christmas

Hours:

Monday-Friday
8AM-4PM

18308 Smokey Point Blvd.
Arlington, WA 98223
[https://www.facebook.com/
StillySeniorCenter/
www.stillycenter.org](https://www.facebook.com/StillySeniorCenter/)
360.653.4551

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
Caregiver Specialists:	Bre Wammack Rebecca McIntosh
FCSP Intake/Screeners:	Terri Knowles

Stilly Thrift & Collectables

Thrift Store Manager:	Erica Jensen
Donation Assistant:	Erick Seyler
Cashiers:	Mary Allen Katelie Hoerner



Fall Bazaar *Saturday, October 12th* *9am-3pm*

Come shop local and check out over 30 vendors that offer fabulous handcrafted items, holiday gifts and much more!
We'll be having a food truck here hosted by **Miller Meats.**



Day Trip Schedule




<i>Thursday, October 10th</i>	Ellie's at the Airport
<i>Monday, October 28th</i>	Skagit Casino
<i>Thursday, November 14th</i>	Rockaway Bar & Grill
<i>Friday, December 13th</i>	Lights of Christmas
<i>Monday, December 30th</i>	Olive Garden



SHIBA Medicare Open Enrollment Help!

Thursday, November 21st

SHIBA can help you review Medicare plans and compare your options for coverage. Please call 425.290.1276 to get signed up.





Medicare Open Enrollment occurs Oct. 15 - Dec. 7
Help with Medicare is available in-person, by Zoom or phone
SHIBA can help you review Medicare Advantage plans and Part D plans, and compare your options for 2025 coverage.

Starting Oct. 1, you can schedule your free, unbiased consultation.
To request an appointment, here are your options:

1. Call our message line: 425-290-1276 (Snohomish) or 360-826-8828 (Skagit)
2. Email: shiba.OE@edmondswaterfrontcenter.org
3. Go to www.edmondswaterfrontcenter.org/ewc-programs/shiba
4. Use our QR code for an online appointment request form

We're your Statewide Health Insurance Benefits Advisors (SHIBA) program





FAMILY CAREGIVER SUPPORT PROGRAM received a grant from ARPA-American Rescue Plan Act for Senior Centers helping reduce social isolation among older adults.

The grant funds will be distributed through gas cards and SVC vouchers to family caregivers in order to encourage engaging in social activities and day trips.

In the pictures shown above is the first recipient caregiver and care receiver of this grant.

This grant will end on 12/31/2025 or upon completion of distributing the resources.



FAMILY CAREGIVER SUPPORT PROGRAM *of Snohomish County*

NOTE:
*If you are a new attendee, please RSVP to your
facilitator prior to attending*

Bre Wammack
bwammack@stillycenter.org
425 320-9546

Angeles Vesely
avesely@stillycenter.org
425 248-5156

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



SMOKEY POINT BRANCH

Rotary

Club of Arlington WA



The Stilly Valley Center relies on grants in addition to other fundraising efforts to support our center. We contract with a professional grant writer who assists us with our grant applications. We were awarded the following grants in the last quarter of this year:

<u>Name of Grant:</u>	<u>Award Amount</u>	<u>Grant Program area designation:</u>
Snohomish County Community Foundation	\$500	On behalf of our spaghetti dinner fundraiser
Snohomish County ARPA funds to Reduce Social Isolation in Older Adults	\$30,000	Family Caregiver Program for participants
Stillaguamish Tribal Foundation	\$5,000	General Operations
Global Credit Union	\$1,000	Food Room Operation
Snohomish County ARPA HVAC	\$49,999	Air conditioner for our kitchen and HVAC improvements in the main hall

These grants make a tremendous difference in our daily operation and our ability to provide services and programs within our center.

A huge thank you to each of these organization for their generous support!

Snow closure reminder

Our center follows the Arlington School District's severe weather schedule. If schools are closed for snow, we will be as well. If Arlington runs on a late start schedule, our operating hours are subject to change.

Check our Facebook page or tune into your local news station for delays. Please contact our office to confirm other delays due to inclement weather.



Summer EVENTS



We had a booth along with the Family Caregiver's at the Arlington Street Fair.



Happy Birthday to our new friend Robert!



Happy Birthday to the one and only Jackie! Marcia Kester singing him Happy Birthday!



Sid getting his hair cut from a local stylist who is volunteering her time to make sure our participants feel their best.



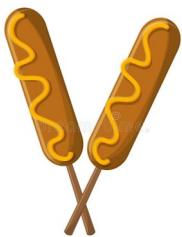
The EVERGREEN STATE FAIR MONROE, WA



Lisa & Karlene



Jeanette, Lisa & Geanice taking a break



Getting ready to leave after a long day





Earthquake Preparedness

Before an Earthquake:

- Eliminate hazards. Make it as easy as possible to get under a sturdy table or desk for protection.
- Secure special equipment such as telephones and tanks of oxygen.
- Keep a list of medications, allergies, special equipment, names and numbers of doctors, pharmacists and family members. Make sure you have the list with you at all times.
- Keep an extra pair of eyeglasses and medication with your emergency supplies.
- Keep walking aids near you at all times. Have extra walking aids in different rooms of the house.
- Put a security light in each room. These lights plug into any outlet and light up automatically if the power goes out. They operate for four to six hours and you can turn them off by hand.
- Make sure you have a whistle to signal for help.
- Keep extra batteries for hearing aids with your emergency supplies. Remember to replace them annually.
- Keep extra emergency supplies at your bedside.
- Find two people to check on you after an earthquake. Tell them your special needs, how to operate equipment you use and where you keep emergency supplies.
- Prepare to be self-sufficient for three days.

During & After an Earthquake:

- If you are in bed or sitting down, do not get up.
- If you are standing, duck and cover or sit down. You could be thrown to the floor if you are standing.
- Turn on your portable radio for instructions and news reports. For your safety, cooperate fully with public safety officials and instructions.
- Prepare for aftershocks by staying in a safe location.
- If you evacuate, leave a message at your home telling family members and others where you can be found.



Foot Clinic

Foot Clinic is here the
1st & 2nd weeks of the month
Monday, Tuesday & Wednesday
10:00am - 1:00pm
Located in the Rose Room

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



Hearing Aid Cleaning

by Stanwood Hearing

October 4th
November 1st
December 6th



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



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



The Thrift Store needs you!

We are looking for volunteers who are able to sort through our clothing. Must be able to stand and lift up to 30 lbs. **Flexible with times & days. Please stop by our store for an application today.**



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.

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, helps reduced depression, stress & anxiety.

Members \$3

Non members \$5

Friday's Entertainment Schedule



October 4	Marcia Kester
October 11	Mark Robison
October 18	Lee Howard
October 25	GoldRush
November 1	Rick Cooper
November 8	Rick Haugen
November 15	Doug Williams
November 22	Oyster Bay
November 29	CLOSED
December 6	Marcia Kester
December 13	Rick Cooper
December 20	GoldRush
December 27	Lee Howard



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





The North County Regional Fire Authority invited the community to Station 46 in downtown Arlington for the annual 9/11 Remembrance Ceremony. Members of the public, council members, police, and firefighters all gathered to honor and remember the lives lost and pay tribute to the first responders.

During this ceremony, the Phoenix award was presented to **Kevin Doyle** with the Stillaguamish Apartments Housing staff. The Phoenix Award is presented to individuals who made critical judgments and actions in efforts to preserve life in severely ill or injured patients on the scene of an emergency. Kevin Doyle, the maintenance man on duty, rushed to help the tenant who lives in the unit where the fire originated from. Kevin's efforts proved to be instrumental & lifesaving, making a significant difference in the outcome of the incident. In recognition of his actions, the North County Regional Fire Authority presented Kevin with the Phoenix Award during their annual 9/11 Remembrance Ceremony.



Book Club

October-December 2024
SVC Book Club Reads

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

<i>When Two Feathers Fell from the Sky</i>	<i>October</i>
<i>The Last List of Miss Judith Kratt</i>	<i>November</i>
<i>Unsheltered</i>	<i>December</i>



Medical Equipment Loan Program

We are pleased to offer an Equipment Loan Program to the members in our community. Please call us to check our inventory as it can change daily. Our program operates Monday-Friday, 9am-3pm. Equipment we accept *and* loan out are items such as...



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

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. Anyone younger than 60 is a required \$8.00 per meal. No eligible person is denied a meal for the inability to donate.



Schedule subject to change

Monthly Event Calendar

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	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	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	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	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	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 - 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	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	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 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 12:00p - Lunch 12:00p - Pinochle 1:00p - Wii Bowling	7:00p - AA Meeting