



# Stilly Valley Center Newsletter



*January-March 2025*

*-Issue 17-*

## Top 5 New Year's Resolutions for Older Adults

### 1. Eat nutritious foods

Your health matters now more than ever. Adding more nutrient-dense foods to your diet can help you feel better and have better energy.

### 2. Move joyfully

Find a method of movement or exercise you truly enjoy, and incorporate it into your daily habits. Physical activity is especially important for older people as it supports heart health, strengthens joints, and reduces the risk of injury from falls.

### 3. Learn something new

What have you always wanted to do, but never had the time for? A language, sport, or hobby? Learn it now! Set a goal to keep learning throughout the year.

### 4. Sleep better

Stop settling for low-quality sleep! Find solutions to sleep problems you might have, create a better nighttime routine, or talk to your doctor about insomnia or other concerns you might have about your sleep.

### 5. Stay creative

Find creative outlets for your mind this year. You can try a new form of art, like watercolor painting or sculpting, or take up an old hobby you haven't visited in a while. Creativity is important for brain function, so prioritize being creative.



### Center Hours

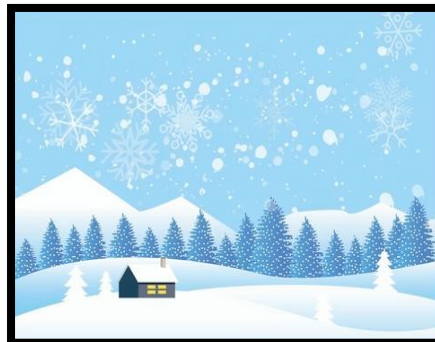
Monday-Friday  
8:00AM-4:00PM

### Front Desk Hours

Monday-Friday  
9:00AM-3:00PM

18308 Smokey Point Blvd.  
Arlington, WA 98223  
360.653.4551  
[www.stillycenter.org](http://www.stillycenter.org)

[https://www.facebook.com/  
StillySeniorCenter/](https://www.facebook.com/StillySeniorCenter/)



## Holiday Closures

**Wednesday, January 1<sup>st</sup>**  
*New Year's Day*

**Monday, January 20<sup>th</sup>**  
*Martin Luther King Jr. Day*

**Monday, February 17<sup>th</sup>**  
*President's Day*

## Stilly Valley Center Staff Directory

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

---

Executive Director:	Danette Klemens
Senior Staff Accountant:	Julio Gama
Program Manager:	Lisa Hundley
Kitchen Manager:	LaWana King
Maintenance Tech.:	Josh Hays
Receptionist:	Mindy Livingston

### 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 Store & Collectables

---

Thrift Store Manager:	Erica Jensen
Donation Assistant:	Kerry Leatherman
Associate:	Linda Bowman
Cashier:	Mary Allen
Cashier:	Katellie Hoerner

## Welcome!

Please help us in welcoming **Mindy Livingston** to our Stilly Valley team. Mindy will be taking over the Front Desk Receptionist position starting January 2<sup>nd</sup>. Mindy is excited to join our community and be a resource to all our members.



## Hearing Aid Cleaning

*by Stanwood Hearing*

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

**JANUARY 3<sup>RD</sup>**  
**MARCH 7<sup>TH</sup>**

## Book Club

**January-March 2025**  
**SVC Book Club Reads**



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

Red Paint: Autobiography	January 2025
Outlawed	February 2025
Damnation Spring	March 2025

## *Day Trip* *Schedule*



<i>January 14<sup>th</sup></i>	Snohomish Pie Company
<i>January 29<sup>th</sup></i>	Quil Ceda Creek Casino
<i>February 13<sup>th</sup></i>	The Fountain Drive In
<i>March 5<sup>th</sup></i>	Marysville School of Cosmetology
<i>March 27<sup>th</sup></i>	COA (Mexican Food)

## Volunteers Needed for Thursdays

We are looking for someone to help run our Food Room. If you have a couple hours and want to make a difference in our older adult's lives, please stop by for a volunteer application. We are needing at least 2 people to be here on **Thursdays, from 9:30-11:00AM.**





**Family Caregiver  
Support Program  
wishes everyone  
A Happy and  
Prosperous New  
Year!**

We received another set  
of grocery gift cards  
from Northwest  
Harvest to be  
distributed to our Family  
Caregiver Support  
Program members for the  
holiday celebration.

**A big Thank you for  
Northwest  
Harvest!!!**



### Legal Tips for the New Year:

Here are several guidelines to ensure the safety and good health of those being cared for by family members.

- Keep a written log of illnesses, symptoms and medications. This list should be taken to all appointments and shared with the doctor. Do not rely on memory. Oftentimes, several doctors are treating one patient, and each may not have the most recent medications, etc.
- Utilize a primary care physician who can assist with coordinating medical care. A family doctor serves as the central point of contact.
- Make copies of insurance cards and claims processing information. Take this information with you to each appointment.
- Obtain a power of attorney if necessary to provide you with the legal authority to make informed decisions regarding the patient.

Visit the Health Claims Arbitration Office or local courthouse to review your state's defendant index. Consumers can conduct their own research to determine if a physician has been disciplined or had claims filed.

By Jonathan Schochor, JD

## **FAMILY CAREGIVER SUPPORT PROGRAM** *of Snohomish County*

### **NOTE:**

***If you are a new attendee, please RSVP with 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  
425.248.5276

## **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-12:00pm**

**(Bre Wammack)**

**Lincoln Hill Retirement Community (Library)  
7420 276<sup>th</sup> St. NW.  
Stanwood, WA 98292**

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

**(Rebecca McIntosh)**

**Affinity of Arlington (Meeting Room 2<sup>nd</sup> floor)  
3721 169<sup>th</sup> 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™



Dave & Kay Duskin

Kathy & George  
McCone



Lorena Vaca  
360-653-4557  
lorenavacaarlingtonagent.com



## **Inclement Weather Notice**

SVC follows the Arlington School District (ASD) when it comes to weather delays & closures.

If ASD is CLOSED, SVC will also close. All activities, classes, trips, appointments and classes will be cancelled.

IF ASD has a 2 hour late start, SVC will open at 10am.

**Follow the local news for Arlington School District updates. You can also check Stilly Valley Center's Facebook page for additional information, sign up to be on our email/text distribution list, or give us a call before you head out.**





## HOW TO BEAT

# Winter Blues

1. **Be grateful.** Give thought to what you're grateful for... a beautiful snowy day, friendships, hot apple cider.
2. **Stay active.** A daily 30-minute walk may help prevent depression, so get out there!
3. **Engage in social activity.** Even a small amount of social engagement can help you feel energized.
4. **Get enough sleep.** A lack of sleep can take a toll on your mood - aim for 7-9 hours each night.
5. **Adjust holiday expectations.** Don't let visions of perfection spoil everything. Appreciate and enjoy what you do have.
6. **Let yourself indulge in little things.** Participate in activities that bring comfort, warmth and peace.

## Food programs available at the Center

**The Arlington Mobile Food Bank;** in the north end of the parking lot with a **free market** on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month from **11:00AM-12:00PM**. All are welcome to check this out.



**The Food Room;** open from **10:00-10:30AM** on Thursdays. Tickets are given out from **9:30-10:00AM** only in the main hall, once you receive your number, you will then head over to the Arts & Crafts room.

**Costco;** Volunteers brings donated items from Costco on Sundays. We put food out in our Main Hall during the week. 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.

**Please be here by 11:30 to get your lunch ticket.**

**\*\*No eligible person is denied a meal for the inability to donate.\*\***

# Stilly Valley Center Grant Awards for 2024

Our organization is extremely grateful for the following grants that we've received this year:

<u>Grantor:</u>	<u>Focus area:</u>	<u>Grant amount:</u>
William E. Wockner Foundation	Operations	\$10,000
Haggens	Food Room	\$250
Global Credit Union	Food Room	\$1,000
Snohomish County (US Treasury ARPA Grant)	Main Hall, HVAC improvements & A/C units in the kitchen	\$49,999
Community Foundation of Snohomish County	Spaghetti Dinner Fundraiser	\$500
Snohomish County ARPA Grant	Family Caregiver Department	\$30,000
OPTUM Foundation	Family Caregiver Department	\$1,000
Stillaguamish Tribal Foundation	Operations	\$5,000
Global Credit Union	Food Room	\$1,000
Community Foundation of Snohomish County ARPA Grant	Operations	\$25,000
<b>Total Grant Awards:</b>		<b>\$123,749</b>

# Zip Shuttle is coming to Arlington!



## Community Transit is piloting a new transportation option in Arlington



*Details of the Zip Shuttle pilot above may change as the pilot is developed.*

Community Transit will be piloting a new ride service to help people travel easier in Arlington.

Zip Shuttle can get you around town for \$2.50 or less per ride — plus youth 18 and younger ride for free!

Zip makes local trips easy — whether it's running to the groceries, getting to medical appointments, commuting to work, or participating in social and community events. Zip gives you the freedom to go.

Zip is scheduled to begin service in Arlington by the end of 2024.

## Be one of the first to ride Zip — for FREE!

Be among the first to download our app and start traveling easier with Zip when the pilot starts in Arlington. Sign up for our early interest list now to receive a special Zip Shuttle commemorative ORCA card and ride FREE for one month!\*

*\*Restrictions may apply. Visit website for full ORCA offer details.*

**Sign up at [ctgo.org/zip-arlington](https://ctgo.org/zip-arlington)**  
**Questions about Zip? Call us at (800) 562-1375**



## Zip is made possible by our most important partner: YOU!

The Zip Shuttle pilot in Arlington will provide vital information on how Zip works in this community and the ways people use it to get where they need to go. The more riders we have try the service, the more informed we will be, so we invite Arlington residents to try the service, ride it often, and provide feedback. We want to hear from you!



### See what makes Zip Shuttle a great way to travel:

- **Affordable and convenient**

Zip is your affordable local ride. Unlike other on-demand ride services, Zip Shuttle is public transit, which means that you can get around town for \$2.50 per ride or less. No surge pricing, added fees or tips — Zip rides are the same price every time. Just like other forms of public transit, you may be riding with other riders in the vehicle, which means Zip is helping more people get around easier.

- **Ready when you are**

Book a ride by calling or through our app, and Zip Shuttle will arrive at your pick-up location and drop you off anywhere within the service area.

- **Great for close neighborhood trips**

Run errands, go shopping, take Zip for medical appointments, take kids to school, or just go for fun. Zip will also connect to our bus services, Smokey Point Transit Center, and support access to Cascade Industrial Center.

- **Comfort and accessibility**

Zip has wheelchair-accessible vehicles with a wheelchair ramp, and our drivers are trained to assist riders of all abilities to safely board. Zip makes it incredibly easy to get around where walking is a challenge. Zip will drive you directly to your destination.

### Be one of the first to ride Zip — for FREE!

Be among the first to download our app and start traveling easier with Zip when the pilot starts in Arlington. Sign up for our early interest list now to receive a special Zip Shuttle commemorative ORCA card and ride FREE for one month!\*

\*Restrictions may apply. Visit website for full ORCA offer details.

**Sign up at [ctgo.org/zip-arlington](https://ctgo.org/zip-arlington)**

**Questions about Zip? Call us at (800) 562-1375**





## Halloween Celebration at the Center!





**The Rotary Club of Arlington  
replacing the roof on our  
shed.**

**Featured: Chad Hilker, Duane  
Rhodes and Craig Chase.**



**Students from Weston High School who  
served our Thanksgiving dinner for the  
participants.**





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

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

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

Sunday:  
*-Closed-*



**The Thrift Store  
 needs you!**

**We NEED volunteers who  
 are able to sort donated clothing. Must be able to  
 stand and lift up to 30 lbs. Please stop by our  
 store for an application today. You'll meet new  
 friends and have fun while volunteering!**

## Friday's Entertainment Schedule



January 3	Rick Haugen
January 10	Larry Repman
January 17	Oyster Bay
January 24	Mark Robison
January 31	Country Jim
February 7	The Warm Beach Boys
February 14	Rick Haugen
February 28	Marcia Kester
March 7	GoldRush
March 14	Larry Repman
March 21	Mark Robison
March 28	Oyster Bay



### Line Dancing

Tuesday & Thursday  
11:00AM-12:15PM

### Chair Dancing

Tuesday & Thursday  
12:30-1:30PM



#### **Dancing Fees:**

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

### Tai Chi/Qi Gong

**Friday 9:00-10:00AM** in the Multipurpose room. Tai Chi has been shown to help older adults with muscle control, stability, balance & flexibility. Tai Chi can also help prevent falls by 50%. Benefits better sleep, improved mood, increased physical activity, more clarity & focus, helps reduced depression, stress & anxiety.



**Members \$3**  
**Non members \$5**



### Foot Clinic

1st & 2nd weeks of the month  
Monday, Tuesday &  
Wednesday from **10:00AM-1:00PM**  
*Located in the Rose Room*

Call Kathy Epperson at **425.355.0852**  
to schedule your appointment.

### 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**

### Card Making Class



Please join us! You can sign up  
at the front desk. Classes will  
be held in the Main Hall from  
**10:00-11:30AM**. The instructor  
will provide all of the supplies  
needed for your card making. Each class you  
will make 3 cards for only \$10

**Wednesday, January 8<sup>th</sup>**  
**Wednesday, February 12<sup>th</sup>**  
**Wednesday, March 19<sup>th</sup>**

### Senior 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.**



### Stilly Valley Rentals

Did you know that the **Stilly Valley Center** is a great location for wedding  
receptions, banquet dinners, or just a place to get a bunch of friends and family  
together for an event or reunion? The Main Hall can hold up to 250 people with  
the side room included. We have a number of rooms to select from.

We offer evening and weekend room rentals for Weddings, Receptions, Anniversaries, Parties and  
Special Events. For more information, visit our website or contact Danette Klemens, Executive  
Director at: [dklemens@stillycenter.org](mailto:dklemens@stillycenter.org) for more information.

**\*\*All rental revenue helps support the daily operation of the center.\*\***



Thank you Arlington Rotary for serving Christmas lunch to our participants.



Angeles & Dana selling raffle tickets.





Heading out to the Lights of Christmas.

# Monthly Event Calendar

## 🌀 Schedule subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:30a - Gentle Joint & Muscle Relief 10:30a - Comedy Hour 10:00a - Foot Care Clinic <b>12:00p - Lunch</b> 12:30p - Tapping 6:00p - NA Meeting	10:00a - Foot Care Clinic 10:00a - Mexican Train 10:00a - Senior Yoga 11:00a - Line Dance <b>12:00p - Lunch</b> 12:30p - Diamond Dot 12:30p - Chair Dance 1:00p - Cribbage	10:00a - Foot Care Clinic 10:00a - Canasta/Samba <b>12:00p - Lunch</b> 1:00p - Family Caregiver Support Group 6:00p - Zumba 7:00p - CA Meeting	9:00a - Happy Hookers 10:00a - Food Room 10:00a - Mexican train 11:00a - Line Dance 11:30a - Bridge <b>12:00p - Lunch</b> 12:30p - Chair Dance 1:00p - Bible Study 3:00p - TOPS 5:00p - AA Meeting 5:00p - Pinochle (to 9 pm)	9:00a - Tai Chi 10:45a - Live Music 11:00a - Hearing Aid Cleaning <b>12:00p - Lunch</b> 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 <b>12:00p - Lunch</b> 12:30p - Tapping 6:00p - NA Meeting	10:00a - Foot Care Clinic 10:00a - Mexican Train 10:00a - Senior Yoga 11:00a - Mobile Food Truck 11:00a - Line Dance <b>12:00p - Lunch</b> 12:30p - Diamond Dot 12:30p - Chair Dance 1:00p - Cribbage	9:00a - Sew Days 10:00a - Canasta/Samba 10:00a - Foot Care Clinic <b>12:00p - Lunch</b> 6:00p - Zumba 7:00p - CA Meeting	9:00a - Happy Hookers 10:00a - Food Room 10:00a - Mexican train 11:00a - Line Dance 11:30a - Bridge <b>12:00p - Lunch</b> 12:30p - Chair Dance 1:00p - Bible Study 3:00p - TOPS 5:00p - AA Meeting 5:00p - Pinochle (to 9:00p)	9:00a - Tai Chi 10:45a - Live Music <b>12:00p - Lunch</b> 12:00p - Pinochle 1:00p - Wii Bowling	7:00p - AA Meeting
	9:30a - Gentle Joint & Muscle Relief 10:30a - Comedy Hour <b>12:00p - Lunch</b> 12:30p - Tapping 6:00p - NA Meeting	10:00a - Mexican Train 10:00a - Senior Yoga 11:00a - Line Dance <b>12:00p - Lunch</b> 12:30p - Diamond Dot 12:30p - Chair Dance 1:00p - Cribbage	10:00a - Canasta/Samba <b>12:00p - Lunch</b> 1:00p - Family Caregiver Support Group 1:00p - Book Club 6:00p - Zumba 7:00p - CA Meeting	9:00a - Happy Hookers 10:00a - Food Room 10:00a - Mexican Train 11:00a - Line Dance 11:30a - Bridge <b>12:00p - Lunch</b> 12:30p - Chair Dance 12:45p - Ice Cream Social 1:00p - Bible Study 3:00p - TOPS 5:00p - AA Meeting 5:00p - Pinochle (to 9 pm)	9:00a - Tai Chi 10:45a - Live Music <b>12:00p - Lunch</b> 12:00p - Pinochle 1:00p - Wii Bowling	7:00p - AA Meeting
	9:30a - Gentle Joint & Muscle Relief 10:30a - Comedy Hour <b>12:00p - Lunch</b> 12:30p - Tapping 6:00p - NA Meeting	10:00a - Mexican Train 10:00a - Senior Yoga 11:00a - Mobile Food Truck 11:00a - Line Dance <b>12:00p - Lunch</b> 12:30p - Diamond Dot 12:30p - Chair Dance 1:00p - Cribbage	9:00a - Sew Days 10:00a - Canasta/Samba <b>12:00p - Lunch</b> 6:00p - Zumba 7:00p - CA Meeting	9:00a - Happy Hookers 10:00a - Food Room 10:00a - Mexican Train 11:00a - Line Dance 11:30a - Bridge <b>12:00p - Lunch</b> 12:30p - Chair Dance 1:00p - Bible Study 3:00p - TOPS 5:00p - AA Meeting 5:00p - Pinochle (to 9 pm)	9:00a - Tai Chi 10:45a - Live Music <b>12:00p - Lunch</b> 12:00p - Pinochle 1:00p - Wii Bowling	7:00p - AA Meeting