



April-June 2025
-Issue 19-



STILLY VALLEY CENTER **NEWSLETTER**

Looking ahead...

Tuesday, April 22nd

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

Wednesday, April 23rd

We will **open at Noon**

Monday, May 26th

We will be closed for the
Memorial Day holiday

Wednesday, June 11th

Our Annual Health Fair will be
held from 10:00AM-1:00PM

Center Hours

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

18308 Smokey Point Blvd.
Arlington, WA 98223
360.653.4551
www.stillycenter.org

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

Eight ways Older Adults can Combat Loneliness and Social Isolation

◆ ***Maintain current connections***

Take the energy to stay connected to those already in your life. Whether it's a phone call, writing a letter or a meet up, try to schedule a time each day to get in touch with friends, family or neighbors.

◆ ***Engage in online social activities***

The pandemic increased access to online social activities. The options are nearly limitless now you can attend faith-based groups, online classes, support groups, and more, all from the comfort of your home. Video chatting through applications such as Zoom, FaceTime, or other avenues also provides outlets to keep up with your loved ones near and far.

◆ ***Volunteer***

Volunteering with local organizations can provide an opportunity to give back to your community while forming and maintaining social relationships. Check with your local community centers, faith organizations, animal shelters or your town or city hall to see what opportunities may be available nearby.

◆ ***Care for a pet***

For those who can care for pets, research has shown the companionships formed with pets improves both physical and mental health. Learn more about what the National Poll on Healthy Aging found about the impact pets have on older adults.

◆ ***Establish a daily social routine***

Incorporating at least one social outlet that seems enjoyable and feasible into your daily routine will help you to form better social habits.

◆ ***Find grief support***

Older adults often suffer a variety of different types of losses, whether that be from the loss of a spouse, close friend or relatives. Grief-support groups can help you navigate grief while also providing social support during that time. Many hospice organizations provide free bereavement or caregiver support groups to join.

◆ ***Talk with your primary care provider***

Talk over loneliness or social isolation concerns with your doctor or nurse practitioner. They can connect you with specific community resources that can get you more socially engaged and help improve your health.

◆ ***Spotting loneliness vs. depression in adults***

Although they may look similar, it's important to know the difference between loneliness and depression. Loneliness can be a risk factor contributing to depression, but depression is a serious mental health concern including the following symptoms: feeling sad or down most days, little interest in daily activities, disruptions in sleep or appetite or thoughts of death.



STILLY VALLEY CENTER

STAFF

Center Reception: 360-653-4551
Stilly Thrift Store: 360-363-4441

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:	Katellie Hoerner



Hearing Aid Cleaning

by Stanwood Hearing

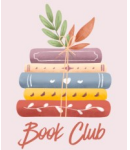
11:00am-12:00pm
(side room of main hall)

Friday, May 2nd



Book Club

April-June 2025
SVC Book Club Reads



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

<i>Wisdom</i>	April 2025
<i>The Department of Rare Books & Special Collections</i>	May 2025
<i>Trust</i>	June 2025



Food programs available at the Center

The Arlington Mobile Food Bank: Located 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: 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 bring 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 11:00 to get your lunch ticket.** ****No eligible person is denied a meal for the inability to donate.****

6 STRATEGIES TO DEAL WITH THE STRESS OF HOME CARE

Caring for an elderly person can sometimes be demanding to the point of taking us to the breaking point. Those of you who care for seniors at home, or in care facilities, know how this feels. It is essential that we take time out to care for ourselves or we too will become sick.

Here are six quick tips to help you deal with senior care and the stress that comes with it

1) Clearly define your property lines: Knowing what you are and are not responsible for, and what you can and cannot control is vital. You can't control another person's thoughts, feelings or behaviors. You can however learn to control the way you think, feel, and act. Empathy is healthy, but feeling guilty about how someone else feels or expresses their pain is not your responsibility.

2) Worry vs. Concern: Worry is constantly thinking about things you can do nothing about; Concern is focusing on those things we can change and making different. Never ask yourself "why" questions but focus on "how" and "what." "How can I make this situation better? What can I do to improve their situation?" Why questions can keep you trapped in a worry cycle forever, and keep your stress at unhealthy levels

3) Get Help When You Can: Feeling helpless is a very unhealthy emotion. It leads us to want to escape or run away. Admitting weakness on the other hand is a very healthy emotion. When you recognize your weakness, you can reach out for help and stop abusing yourself by trying to change a situation you cannot affect.

4) Depression vs. Sadness: Sadness is a healthy emotion we feel when we experience a loss. When we are sad we recognize the pain of the loss, but deep inside we know "This too shall pass." Depression is an unhealthy reaction to the same circumstances, and occurs when we feel the loss is permanent, and means our lives are worthless and not worth living.

5) Anger vs. Resentment: Becoming resentful of your patients or circumstances leads to retaliating in unhealthy ways. When we are resentful, we retaliate, strike back, get crabby, or take revenge. Anger on the other hand is a healthy emotion. What's the difference? Anger addresses the behavior of the other person, confronts it, and takes action to resolve a real violation. Resentment takes things personally, attacks the person and declares them worthless as a human being. Remember to focus on behaviors and not a person's value. All human beings have infinite worth, although we all make mistakes. Leave it to a higher power to judge a person's worth.

6) Monstrosity: Also called catastrophizing, awfulizing, or unhealthy anxiety, this is a feeling of doom, or impending disaster. It comes from a non-conscious belief that a very low probability event is going to happen, and it will result in dire circumstances. Break down the probability of dire results and learn to look realistically at fear. Only about 1% of the things we worry about actually come to pass.

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 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 Center Appeal: A Heartfelt Thank You for Your Generosity

We are excited to share the incredible results of our recent Appeal Letter. Thanks to your unwavering support and generosity, we have raised a total of \$5,920! These contributions will go a long way in helping us continue to offer vital programs and services at the Stilly Valley Center.

The Stilly Valley Center has always been a place where people come together to learn, grow, and share their lived experiences. Your donations provide us with the resources needed to keep our programs running smoothly and to expand our outreach efforts. Every donation, big or small, directly impacts the lives of individuals and families in our community. These funds will support a variety of initiatives that are at the core of our mission, including social and wellness activities for our participants. By contributing to this appeal, you are helping ensure that these programs remain accessible to all, regardless of their financial situation.

We want to extend our deepest thanks to everyone who contributed. Without your kindness, none of this would be possible. Together, we are building a stronger community, and we look forward to continuing this journey with you by our side. Thank you again for your support. Stay tuned for more updates on how your donations are making an impact at the Stilly Center!

With gratitude,
Stilly Center Team

Staying Cool: 8 Essential Heat Safety Tips for Seniors in the Summer



Too much heat isn't safe for anyone. It is even riskier if you are an older adult. This is especially true during the summer when outdoor temps exceed 100 degrees. CNN said more than 300 out of every 100,000 ER visits in July and August 2023 were for heat-related illnesses such as the following:

- Uncontrollable sweating
- Heat stroke
- Heat rash on chest, neck, and other body parts
- Painful muscle cramps in the legs, arms, and stomach
- Muscle weakness and extreme fatigue
- Shortness of breath
- Cold, pale, and clammy skin
- Dizziness and fainting
- Swelling in the hands, legs, and ankles

Senior citizens are vulnerable to these and more heat-related illnesses for a variety of reasons, including but not limited to age, existing medications, and chronic health conditions they may be facing. Therefore, it is important to provide technology education to practical heat safety tips to protect themselves and others from the dangers of excessive heat.

Stilly Valley Center
Presents the 18th Annual
Community Lifetime Achievement Breakfast 2025

Wednesday, April 23rd at 7:00AM



Honoring Loren & Pat Kraetz

Stilly Valley Center's Mission Statement

The mission of the Stilly Valley Center is to provide services to all seniors that enhance the quality of life, limit isolation, and prevent the need for institutionalization. Each of the Stilly Valley Center's program areas strive to achieve this mission. The program areas are: Health, Nutrition, Housing, Social Services, Recreation, Education and Transportation.



Stilly Thrift Store & Collectables
 18218 Smokey Point Blvd
 Arlington, WA 98223
 360.363.4441

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

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

Sunday:
-Closed-



**Our 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



April 4	Country Jim
April 11	Rick Haugen
April 18	Rick Cooper
April 25	Larry Repman
May 2	Oyster Bay
May 9	Rick Haugen
May 16	Mark Robison
May 23	GoldRush
May 30	Marcia Kester
June 6	Country Jim
June 13	Rick Cooper
June 20	Larry Repman
June 27	GoldRush



Stilly Valley Center Rentals

The **Stilly Valley Center** is a great location to host your next special event! Our Main Hall can hold up to 250 people. We have a number of different sized 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.

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

Card Making Class

Debbie is now offering 2 classes a month. You can sign up at the front desk. Classes will be held in the Main Hall. The instructor will provide all of the supplies needed for your card making.

Beginner class is at 10:00AM
(3 for \$10)

Advanced class is at 1:00PM
(*\$25 for the box kit*) Please bring adhesive

*April 16th
May 21st
June 11th*



Yoga

Tuesday 10:00-11:00AM in the Multipurpose Room. Come try out gentle yoga. Bring a yoga mat or thick towel. Chairs are also available for those who wish to use one. All ages and abilities are welcome!



\$5 per class



Line Dancing

Chair Dancing

Tuesday & Thursday 11:00AM-12:15PM **Tuesday & Thursday 12:30-1:30PM**

Prices are for both classes

Members \$2

Non-members \$3

April 8th **Skagit Valley Tulips & Snow Goose Produce**

April 29th **Rocket Alley for lunch**

May 14th **Maltby Cafe**

June 9th **Skagit Resort & Casino**



Foot Clinic

10:00AM-1:00PM

1st & 2nd weeks of the month
Monday, Tuesday & Wednesday
Located in the Rose Room

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



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





Muscle & Bone Strength

Monday & Wednesday 12:45PM

MUSCLE AND BONE STRENGTH

MON & WEDS 12:45PM *(FREE WEIGHTS)

Muscle and Bone Strength class is formulated to build bone density through load bearing grounding. We will develop muscle mass through progressive resistance training. This low impact programming is also good for post rehab care. All levels and ages.



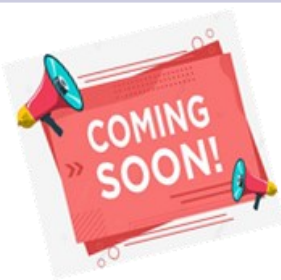
INSTRUCTED BY CARLEE H COMPEAN

**\$3 MEMBERS
\$5 NON-MEMBERS**

STILLY VALLEY CENTER

18308 Smokey Point Blvd. | Arlington, WA 98223





Group Otago

Monday & Thursday at 2:00PM

Group Otago is a CDC-Backed Evidence Based Fall Prevention group. This course meets **2x a week for 8 weeks**. Please sign up at the front desk to reserve your spot for your initial screening appointment on May 2nd.

Thursday, May 22nd from 2:00-4:00PM

Scheduled Assessments (Must sign up)

Monday, June 2nd from 2:00-3:00PM

First class starts!

Free!

Otago: CDC-Backed Evidence Based Fall Prevention



Otago

Group Otago is an innovative model using 17 powerful balance & strength exercises to reduce falls by 35%

Group Otago Exercise Needs

- Space for up to 20 people to perform group exercise 2x/week for 1 hour
- An instructor to teach & a therapist to oversee the program (Murdin Therapy will help here)
- Facility advertises & coordinates sign up
- Funding is available to greatly offset costs

Group Otago Schedule (ongoing)

1. Initial screening for fall risk using the CDC's STEADI fall risk toolkit
 - Therapist & Group Otago trained Instructor assess participants for readiness in the Group Otago program
2. Otago exercises are completed in a group lead by a Group Otago trained instructor
 - 8 weeks /2x/week, 1hr exercise sessions
3. 30 minutes walking 3x/week completed independently
4. Post 8 wk. session screening of participant for fall risk
 - Therapist & Group Otago trained Instructor assess participants for progress

Instructor + Therapist Roles

Instructor & Therapist collaborate to teach the protocol, perform the STEADI Fall risk assessment and work together to individualize the group protocol

KELE MURDIN, FOUNDER | GROUP OTAGO

KELE@GROUPOTAGO.COM
CELL: 425 306 0502
GROUPOTAGO.COM



Stilly Valley Center Sponsors



Edward Jones[®]
John V Meno, AAMS[™]



Dave & Kay Duskin
Adele Erbeck
Eric DeJong



Our mission

SHIBA provides free, unbiased information about health care coverage and access to help improve the lives of all Washington state residents. We cultivate community commitment through partnership, service and volunteering.

Let us help you!

1-800-562-6900 (statewide)

www.insurance.wa.gov/shiba

Shiba will be here at the Stilly Center on the following days. Please call the number above to schedule an appointment with them.

Tuesday, April 15th

Tuesday, May 20th

Tuesday, June 17th



LOCAL HELP FOR PEOPLE WITH MEDICARE

This project was supported, in part by grant number 90SAPG0012-02, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

SHIBA is a free, unbiased service of the:



SHIBA facts

108,000+

Consumers we educate statewide

94,000+

Consumers we assist with one-on-one counseling

250+

Training sessions we provide to our volunteer advisors

2,400+

Outreach events we hold in communities across the state

19

Sponsor agencies that serve all counties

400+

Volunteers we manage statewide

SHIBA-About SH

HEALTH AND RESOURCE FAIR



JUNE 11, 2025

**18308 SMOKEY POINT BLVD.
ARLINGTON, WA 98223**

**TIME:
10:00 AM-1 PM**

MORE INFO:



360-653-4551



**Danette Klemens
Executive Director**

dklemens@stillycenter.org





Safe use of Prescription Pain Medication

Take only as directed.
Mistakes or misuse can cause serious health problems and even death.

- **Tell your doctor and pharmacist about all other drugs you are taking.**
It may be extremely dangerous to combine pain medications with certain other prescription and over-the-counter drugs. If you have more than one doctor, make sure they know about all the medications you are taking.
- **Do not drink alcohol while you are taking pain medication.**
This can stop your breathing and cause death.
- **Let your doctor know if you have concerns about your pain medication.**
Talk with your doctor if you want to change how much you take, how often you take it, or if you are worried that your use might be out of control.
- **Never take pain medication that is not prescribed for you. Never share your prescription with others.**
It's dangerous and illegal.

Call 911 immediately if you cannot wake someone who has taken pain medication.

If you seek medical help for someone in an emergency, you are protected by Washington State law.

An overdose reversal medication is available.

Ask your doctor or pharmacist about Naloxone/Narcan. Learn more at:
www.stopoverdose.org

Possible signs of overdose from pain medication include:

- Trouble breathing
- Can't wake up
- Clammy, cool skin
- Confusion
- Blue lips or blue fingernails

More serious effects of overdose are:

- Seizure
- Coma
- Death

Keep children and family safe.

Put your pain medication in a place where others can't take it.



Dispose of unwanted medication in a way that protects others and the environment:

Call your local police department or solid waste agency to find a drop-off location near you.

If you can't drop off unused medication—and county law permits:

Keep the medicine in its original childproof and watertight bottle, add kitty litter or coffee grounds, tape the container shut, hide it in the trash where it cannot be reached by kids or animals.

Do not flush leftover medicines down the toilet!

For more information

<http://takeasdirected.doh.wa.gov>
www.stopoverdose.org
www.TakeBackYourMeds.org

For persons with disabilities this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TTY/TDD 711).

University of Washington
Alcohol & Drug Abuse Institute
ADAI

Washington State
Department of Social & Health Services

Washington State Department of Health
DOH 346-031 May 2015



Happy
Valentine's
Day





Happy 90th
Birthday
to our
Miss
Darlene!



Ladies enjoying our new card making class



The Arlington Mobile Food Bank visits our center twice a month. All are welcome!

Our Food Room is open on Thursdays.
**Tickets are available from 9:30-10:00AM
in the Main Hall.** If you have any
questions, please call the front desk. Food
availability changes each week.



Monthly Event Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:00a - Foot Care Clinic 10:30a - Comedy Hour 12:45p - Bone & Muscle Strength 12:00p - Lunch 6:00p - NA Meeting	10:00a - Foot Care Clinic 10:00a - Mexican Train 10:00a - Yoga 11:00a - Line Dance 11:30a - Writing Group 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 12:45p - Bone & Muscle Strength 1:00p - Family Caregiver Support Group	9:00a - Happy Hookers 10:00a - Food Room 10:00a - Mexican train 11:00a - Line Dance 11:00a - Bridge 12:00p - Lunch 12:30p - Chair Dance 1:00p - Bible Study 5:00p - AA Meeting 5:00p - 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
	10:00a - Foot Care Clinic 10:30a - Comedy Hour 12:00p - Lunch 12:45p - Bone & Muscle Strength 6:00p - NA Meeting	10:00a - Foot Care Clinic 10:00a - Mexican Train 10:00a - Yoga 11:00a - Mobile Food Truck 11:00a - Line Dance 11:30a - Writing Group 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 12:45p - Bone & Muscle Strength	9:00a - Happy Hookers 10:00a - Food Room 10:00a - Mexican train 11:00a - Line Dance 11:00a - Bridge 12:00p - Lunch 12:30p - Chair Dance 1:00p - Bible Study 5:00p - AA Meeting 5:00p - 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
	10:30a - Comedy Hour 12:00p - Lunch 12:45p - Bone & Muscle Strength 6:00p - NA Meeting	10:00a - Mexican Train 10:00a - Yoga 11:00a - Mobile Food Truck 11:00a - Line Dance 11:30a - Writing Group 12:00p - Lunch 12:30p - Diamond Dot 12:30p - Chair Dance 1:00p - Cribbage	10:00a - Canasta/Samba 12:00p - Lunch 12:45p - Bone & Muscle Strength 1:00p - Family Caregiver Support Group 1:00p - Book Club	9:00a - Happy Hookers 10:00a - Food Room 10:00a - Mexican Train 11:00a - Line Dance 11:00a - Bridge 12:00p - Lunch 12:30p - Chair Dance 12:45p - Ice Cream Social 1:00p - Bible Study 5:00p - AA Meeting 5:00p - 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
	10:30a - Comedy Hour 12:00p - Lunch 12:45p - Bone & Muscle Strength 6:00p - NA Meeting	10:00a - Mexican Train 10:00a - Yoga 11:00a - Mobile Food Truck 11:00a - Line Dance 11:30a - Writing Group 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 12:45p - Bone & Muscle Strength	9:00a - Happy Hookers 10:00a - Food Room 10:00a - Mexican Train 11:00a - Line Dance 11:00a - Bridge 12:00p - Lunch 12:30p - Chair Dance 1:00p - Bible Study 5:00p - AA Meeting 5:00p - 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