

**July-September 2025** 

-Issue 20-



#### Foods to help reduce body heat during the warmer months

Many people complain of health issues during the summer. These are mainly caused due to your body's temperature rising and dehydration. Hence, it is important to keep your body cool to stay healthy during summer. The following are five foods that will ensure you are cool for the summer:



#### Melons



#### Looking ahead...

<u>Friday, July 4<sup>th</sup></u> Closed for Independence Day

Monday, September 1<sup>st</sup> Closed for Labor Day



Watermelons and muskmelons have high water content and a significant number of antioxidants. Both helps keep your body refreshed even while you sweat in the heat.

#### Yogurt



Yogurt is a wonderful natural coolant. You can have it in various forms –drink a tall glass of lassi, eat a bowl of raita or plain curd with your meals or follow the latest food trends and whip up some frozen yogurt loaded with the goodness of fruits at home. You could also make your salads cooler by adding yogurt dressing instead of a mayonnaise based one.

#### Lime juice



This summer, choose a refreshing glass of lime water that comes with tons of nutrients over packaged juices or aerated drinks that can be harmful for your health. Packed with Vitamin C, lime water detoxifies your system and keeps it cool even in this intense heat. You can also add some extra flavor to your tangy drink by adding a dash of salt, honey or even spices to it.

#### **Coconut** Water



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

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

https://www.facebook.com/ StillySeniorCenter/



Add coconut water to your diet in the summer to reap various benefits from this simple and easily available food item. Not only is coconut water high in copper, potassium, magnesium, antioxidants and other required nutrients, but it also contains electrolytes and natural sugars that keep your body hydrated and help maintain its temperature.

#### Cucumber



This vegetable has high fiber and water content, both of which help in cooling down your body in the summer heat since the two aid in keeping the toxins out of your body. Just munch on it during the day or add it to dips or salads.

Include these five foods in your diet this summer to keep cool. Combine them with precautions such as staying indoors as much as possible, **drinking enough water** and not exerting yourself, and you should be safe this summer.

#### **Stilly Valley Center** Staff

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

Executive Director:	Bob Dvorak (interim)
Finance Manager:	Marissa Fontaine
Program Manager:	Lisa Hundley
Kitchen Manager:	LaWana King
Maintenance Tech.:	Josh Hays

Receptionist:

Sherri Hicks

#### **Family Caregiver Department**

Program Manager- FCSP & MTP:	Angeles Vesely
MTP Case Managers:	Katie Olson
	Heidi Grant
Caregiver Specialists:	Bre Wammack
	Rebecca McIntosh
FCSP Intake/Screener:	Terri Knowles
Stilly Thrift Store &	Collectables
Stilly Thrift Store & Thrift Store Manager:	Collectables Erica Jensen
Thrift Store Manager:	Erica Jensen
Thrift Store Manager: Donation Assistant:	Erica Jensen Kerry Leatherman

#### **Stilly Valley Food Room** 10:00-10:30AM



8:00-9:30AM Come into the center and check in on the kiosk

- 9:30-10:00AM or until we run out of tickets You must remain in the main hall to receive your food room ticket, tickets are ONLY given out during this time. One ticket per household
- Once you receive your food room ticket, you may then head over to the Arts & Crafts room. Tickets will be called starting at 10:00AM.

### **The Arlington Mobile Food Market**

11:00АМ-12:00РМ

Located 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. All

are welcome to check this out. Please do not leave your belongings on the sidewalk to "save" your spot.



#### **Homage Lunch Program** 12:00-12:30рм

Monday through Friday from 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. Please no bills larger than **\$10.** We are unable to give change for your lunch money, it is important that you bring the exact amount of \$4 or \$8.





"Life in a Jar: The Irena Sendler Project"

July

August

"Learning to see: Novel of Dorothea Lange, the Women September Who Revealed the Real America"

### **STAY SAFE IN HOT WEATHER**

Too much heat is not safe for anyone. It is even riskier if you are older or have health problems. Lower your risk of heat -related illnesses with these tips:

Drink plenty of liquids, such as water or fruit or vegetable juices. Stay away from drinks containing alcohol or caffeine. If your doctor has told you to limit your liquids, ask what you should do when it is very hot.

If you live in a home or apartment without fans or air conditioning, try to keep your house as cool as possible. Limit your use of the oven. Keep your shades, blinds, or curtains closed during the hottest part of the day. Open your windows at night.

If your house is hot, try to spend time during mid-day some place that has air conditioning-for example, go to the shopping mall, movies, library, senior center, or a friend's house. If you need help getting to a cool place, ask a friend or relative. Some religious groups, senior centers, and Area Agencies on Aging provide this service. If necessary, take a taxi or call for senior transportation. Don't stand outside in the heat waiting for a bus.

Dress for the weather. Natural fabrics, such as cotton, may feel cooler than synthetic fibers.

Don't try to exercise or do a lot of activities outdoors when it's hot.

Avoid crowded places when it's hot outside. Plan trips during non-rush-hour times. Caregiver.com

Stilly Valley Center offers cooling hours Monday thru Friday (8:00a.m. – 4:00p.m.) Anyone can come and stay cool during the hot weather.



### FAMILY CAREGIVER SUPPORT PROGRAM

of Snohomish County

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

MONTHLY SUPPORT GROUP

SCHEDULE (Meetings are not held on major holidays)

1<sup>st</sup> TUESDAY each month 10:00-11:30am (Bre Wammack) Lincoln Hill Retirement Community - Library 7420 276<sup>th</sup> St. NW, Stanwood, WA 98292

1<sup>st</sup> and 3<sup>rd</sup> WEDNESDAY each month 10:00-11:30am (Terri Knowles)

Marysville Community Center – Baxter Room 1015 State Ave., Marysville WA 98270

2<sup>nd</sup> 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)

2<sup>nd</sup> WEDNESDAY each month 1:00-2:30pm (Terri Knowles)

Stilly Valley Center – Board Room (Library) 18308 Smokey Point Blvd., Arlington WA 98223 (Closed Meeting)

2<sup>nd</sup> and 4<sup>th</sup> THURSDAYS each month 9:00-10:00am (Angeles Vesely) **Snohomish Senior Center – Library** 506 Fourth Street, Snohomish, WA 98290

4<sup>th</sup> WEDNESDAY each month 1:00-2:30pm Ferri Knowles

Stilly Valley Center - Board Room (Library) 18308 Smokey Point Blvd., Arlington WA 98223

**Bre Wammack** bwammack@stillycenter.org 425.320.9546

**Rebecca McIntosh** rmcintosh@stillycenter.org 425.248.1539

**Terri Knowles** tknowles@stillycenter.org 425.248.5276

**Angeles Vesely** avesely@stillycenter.org 425.248.5156

### Chore / COPES / Medicaid Personal Care

These are state and federally funded programs that provide household and personal care services to enable clients to remain at home. Clients must be low-income and authorized to receive these services. Household services might include housekeeping and meal preparation. Personal care services might include help with walking, bathing, or eating. A person must need personal care services to receive household services.

### • Chore

Chore services provide assistance for people who need help with activities such as bathing, walking, eating, etc. Clients pay for these services according to their income, up to a predetermined amount. State funds provide the balance of the money.

### • Community Options Program Entry System

The Community Options Program Entry System (COPES) program provides help for people in their homes so they won't have to go into a nursing home. Clients may pay a portion of the cost of services, based on their income. State and federal funds provide the balance of the money.

### • Medicaid Personal Care

Medicaid Personal Care (MPC) provides people help with the activities of daily living (such as help with bathing or eating). It is paid for by state and federal money.

## **Additional Information**

To inquire about receiving authorization for state-funded personal care services for adults 60 years of age or older, call Senior Information and Assistance at 425-513-1900 or toll-free at 800-422-2024. For adults, age 18 to 59, call your local DSHS Home & Community Services office:

- Alderwood Office...425-977-6530 or toll free at 800-780-7089
- Everett Office...425-339-4010 or toll free at 800-780-7094
- Smokey Point Office...360-651-6800 or toll free at 800-827-2984



CRYSTALS, JEWELRY, PSYCHIC READINGS, HOME DECOR, SOAPS, CANDLES, AND SO MUCH MORE!

Every 2nd and 4th Saturday of Every Month from 11am to 4pm

LOCATED AT THE STILLY VALLEY CENTER 18308 SMOKEY POINT BLVD. Arlington, WA 98223



FOLLOW US ONLINE FOR UPDATES AND VENDOR HIGHLIGHTS!



FACEBOOK

\*BRING A NON PERISHABLE DONATION TO SUPPORT OUR LOCAL SENIOR CENTER AND GET ONE EXTRA ENTRY!!!



### **Stilly Thrift Store & Collectables** 18218 Smokey Point Blvd

Arlington, WA 98223 360.658.4991

### **Store Hours:**

<u>Monday-Saturday</u> 10:00ам-4:00рм

<u>Sunday</u> -Closed-





This a friendly reminder that if the temperatures are **over 80**\* on donation days, we are unable to accept donations. Thank you for your understanding so we can keep our volunteers and staff safe during our upcoming hotter days.

#### **Donation Hours:**

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



We are currently looking for help in our **Greeting Card section**, and in our **Jewelry Department as an Assistant**. 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.

### Ways to earn a 20% off coupon

- Come in on a Monday and donate 1 bag or box of **good**, like new items
- Donate 5 unexpired non-perishable food items



Coupon must be used the day of donation Coupon is good for regular priced items only



### **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. **\*\****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

July 23<sup>rd</sup> August 20<sup>th</sup> September 24<sup>th</sup>

\$20 per visit



**Foot Clinic** (*No Foot Clinic in July*) 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





#### <u>Yoga</u>

**Tuesday 10:00-11:00**AM 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 Tuesday & Thursday 11:00AM-12:15PM Chair Dancing Tuesday & Thursday 12:30-1:30PM

Prices are for both classes Members \$2 Non-members \$3

### <u>Tai Chi/Qi Gong</u>

**Friday 9:00-10:00**AM 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



Friday's Ent	tertainmen	t Schedule
	July 4	CLOSED
	July 11	Mark Robison
	July 18	Marcia Kester
	July 25	Rick Cooper
	August 1	Country Jim
	August 8	Rick Haugen
	August 15	Lee Howard
	August 22	Rick Cooper
	August 29	GoldRush
	September 5	Marcia Kester
	September 12	Mark Robison
	September 19	Larry Repman
	September 26	Country Jim

### Bone & Muscle Strength

Monday & Wednesday at 12:45PM

Our Muscle & Bone Strength class meets in the side room. It is formulated to build bone density through load bearing grounding. We will work on posture, balance, bone density and keeping muscle mass. Chair is optional.



*Fee: \$5* 

### Sit N Stretch

Wednesday at 2:00PM



Chair stretching offers numerous benefits, especially for those with limited mobility, seniors, or individuals seeking low-impact exercise. We will meet in the side room. Some benefits include the following.

- Improved sleep
- Increased circulation
- Improved posture
- Increased coordination
- Increased Balance

Fee: \$3



# Stilly Valley Center Sponsors







### 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.





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).







Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:00a - Foot Care Clinic 10:30a - Comedy Hour 12:45p - Bone & Muscle Strength 12:00p - Lunch 2:00p - NA Meeting 6:00p - NA Meeting	10:00a - Foot Care Clinic 10:00a - Mexican Train 10:00a - Yoga 11:00a - Line Dance 11:30a - Writing Group <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> 12:45p - Bone & Muscle Strength 2:00p - Sit N Stretch 6:00p - Zumba	9:00a - Happy Hookers 10:00a - Food Room 10:00a - Mexican train 11:00a - Line Dance 11:00a - Linch 12:30p - Chair Dance 12:30p - Chair Dance 2:00p - Ameeting 5:00p - AM Meeting 5:00p - Pinochle	9:00a - Tai Chi 10:45a - Live Music <b>12:00p - Lunch</b> 12:00p - Wii Bowling 1:00p - Wii Bowling	7:00p - AA Meeting
	10:00a - Foot Care Clinic 10:30a - Comedy Hour <b>12:00p - Lunch</b> 12:45p - Bone & Muscle Strength 2:00p - NA Meeting 6:00p - NA Meeting	<ul> <li>10:00a - Foot Care Clinic</li> <li>10:00a - Mexican Train</li> <li>10:00a - Yoga</li> <li>10:00a - Yoga</li> <li>11:00a - Mobile Food Truck</li> <li>11:00a - Line Dance</li> <li>11:30p - Lunch</li> <li>12:30p - Lunch</li> <li>12:30p - Chair Dance</li> <li>1:00p - Cribbage</li> </ul>	9:00a - Sew Days 10:00a - Canasta/Samba 10:00a - Foot Care Clinic 12:00p - Lunch 12:45p - Bone & Muscle Strength 1:00p - Family Caregiver 5:00p - Sit N Stretch 6:00p - Zumba	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 100p - Bible Study 2:00p - Ad Meeting 5:00p - Pinochle	9:00a - Tai Chi 10:45a - Live Music <b>12:00p - Lunch</b> 12:00p - Wii Bowling 1:00p - Wii Bowling	11:00a-4:00p Enchanted Market 7:00p - AA Meeting
	10:30a - Comedy Hour 12:00p - Lunch 12:45p - Bone & Muscle Strength 2:00p - Otago 6:00p - NA Meeting	10:00a - Mexican Train 10:00a - Yoga 11:00a - Line Dance 11:30a - Writing Group <b>12:00p - Lunch</b> 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 - Book Club 2:00p - Sit N Stretch 6:00p - Zumba	9:00a - Happy Hookers 10:00a - Food Room 10:00a - Mexican Train 11:00a - Line Dance 11:00a - Lunch 12:00p - Lunch 12:45p - Ice Cream Social 12:45p - Ice Cream Social 12:45p - Ice Cream Social 2:00p - Otago 5:00p - AM Meeting 5:00p - Pinochle (to 9 pm)	9:00a - Tai Chi 10:45a - Live Music <b>12:00p - Lunch</b> 12:00p - Wii Bowling 1:00p - Wii Bowling	7:00p - AA Meeting
	10:30a - Comedy Hour 12:00p - Lunch 12:45p - Bone & Muscle Strength 2:00p - NA Meeting 6:00p - NA Meeting	<ul> <li>10:00a - Mexican Train</li> <li>10:00a - Yoga</li> <li>11:00a - Mobile Food Truck</li> <li>11:00a - Line Dance</li> <li>11:30a - Writing Group</li> <li>12:30p - Lunch</li> <li>12:30p - Chair Dance</li> <li>1:00p - Cribbage</li> </ul>	9:00a - Sew Days 10:00a - Canasta/Samba <b>12:00p - Lunch</b> 12:45p - Bone & Muscle Strength 1:00p - Family Caregiver Support Group 2:00p - Sit N Stretch 6:00p - Zumba	9:00a - Happy Hookers 10:00a - Food Room 10:00a - Mexican Train 11:00a - Line Dance 11:00a - Bridge 12:00p - Lunch 12:00p - Lunch 12:00p - Ad Meeting 5:00p - Pinochle (to 9 pm) 5:00p - Pinochle (to 9 pm)	9:00a - Tai Chi 10:45a - Live Music <b>12:00p - Lunch</b> 12:00p - Wii Bowling 1:00p - Wii Bowling	11:00a-4:00p Enchanted Market 7:00p - AA Meeting