

# Senior Lifestyles



**Spring / Summer  
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**FREE**

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# Retiring well: 68% of Americans say it's living a little by affording experiences that bring joy

(BPT) - What makes for retiring well? For most Americans, it's living a little by affording experiences that bring joy (68%) and enjoying a high quality of life (49%), balanced by the security of reaching savings milestones (68%), according to new Empower research.

Most agree satisfaction in retirement includes the ability to pay bills on time and in full (68%) and living debt-free (63%) - including owning a home outright (55%). Some 42% of people say it comes down to experiences, like the ability to travel the world, and to give back by volunteering (25%).

Having a clear timeline brings peace of mind for many - 66% say they have a goal retirement age in mind, including 73% of men and 61% of women.

Over two-thirds of Americans (67%) have savings milestones to reach before retirement - goals that

they're striving for - including setting aside funds for emergencies (57%), travel (33%) and leisure activities like starting a new hobby (32%). About the same number (68%) say their happiness in retirement depends most on reaching their retirement savings goal. Many Gen Xers emphasize leaving behind an inheritance for their children (42%).

When choosing a place to retire, most people (86%) prefer to live where they can maintain their lifestyle without stressing about money, and low cost of living (38%) factors high on the list. For many that means relocating, with 42% saying they plan to move to a different city or state to retire.

Some 37% prioritize proximity to family and friends, although 43% say they prefer to retire where it's more affordable, even if it means being far from their loved ones. For



others, home is where happiness already exists - 23% describe their current location as their happy place.

Many see retirement as an opportunity for a fresh start; 16% of people imagine retiring in a different country altogether, seeking ad-

venture and change in their golden years. Nearly 2 in 5 Gen Zers have set a goal for a travel fund (44%) in retirement.

*Methodology* Empower surveyed 1,013 Americans on December 5, 2024. R04157537-0125

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## Pet paintings with PawsWithCause

Come to a painting party with PawsWithCause! Each participant will paint a portrait based on a real shelter pet to help the animals be seen outside of cages and promote adoption.

All skill levels are welcome -- For teens and adults.

Space and supplies are limited, so please register each person participating. All materials are provided, including paints, brushes, and pre-sketched canvases.

Kittens may be present to help raise awareness of local shelters.

PawsWithCause is a nonprofit with a mission to improve the lives of abandoned animals. They generate public awareness, educate communities and provide financial support to animal rescues and shelters.

This fun event will be held July 17 at the Mukilteo Library, 4675 Harbor Pt. Blvd. in Mukilteo. Registration opens June 17 at <https://sno-isle.bibliocommons.com/events/680bde05d41c64603168d502>. For more information call 425-493-8202 or email [askus@sno-isle.libanswers.com](mailto:askus@sno-isle.libanswers.com)



# Could a synthetic form of Thiamine (Vitamin B1) combat early Alzheimer's Disease?



(BPT) - In the relentless battle against Alzheimer's disease, researchers are looking closely at a lab-made version of thiamine (also known as vitamin B1). This nutrient, crucial for brain function and energy production, is now in the spotlight for its potential role in combating cognitive decline.

Alzheimer's disease is a progressive disease that causes problems with memory, thinking and behavior that affects nearly seven million individuals in the U.S., and that number is expected to reach 13 million by 2050. The good news is the Alzheimer's Association says this is a time of great promise in Alzheimer's research with increased government and philanthropic funding and a growing community of scientists - all of which are instrumental to finding new treatments to stop, slow and prevent Alzheimer's disease.

Take Carole, wife and mother of two. "I have been living with Alzheimer's disease for three years

and while the disease has taken its toll on me, it has really impacted my whole family. I was always the caretaker in our house, but my husband has had to step into that role now. He and my children have become my support system and I know it's not easy for them either. I am hopeful that researchers can discover more and better new treatments for people with the disease."

In an effort to alleviate the burden of Alzheimer's disease, researchers have long sought new ways to treat and prevent the devastating disease. Recently, their attention has turned to thiamine, a nutrient with extraordinary potential. The brain tissue of people with Alzheimer's disease shows that they have a thiamine deficiency, even though they may have a sufficient supply of thiamine in their blood. This is likely due to a diminished ability to deliver thiamine to their brain. A lack of thiamine in the brain compromises memory and cognition.

Scientists are cautiously optimistic that boosting thiamine levels could hold the key to slowing the progression of Alzheimer's disease. By significantly increasing the amount of thiamine in the bloodstream, they hope to provide a much-needed boost to brain function and memory retention. Furthermore, they believe that benfotiamine could work in combination with other existing treatments to offer additional benefits beyond what current therapies can achieve.

While the idea of a readily available intervention that helps slow or stop Alzheimer's disease cognitive decline is appealing, more research is needed to establish the link between thiamine and

Alzheimer's disease. A new clinical trial, funded by the National Institute of Aging at the National Institutes of Health, is seeking to shed light on this potential connection. This trial will focus on benfotiamine, a synthetic form of thiamine specifically developed to enhance its absorption by the brain.

For Carole, and countless others like her, this trial represents hope in the fight against Alzheimer's disease. The possibility of a potential treatment is a ray of light in an otherwise difficult landscape.

Hispanic and Black communities bear a disproportionate burden of the disease. In fact,

*See VITAMIN B1 on Page 6*

## Property Tax Exemption

A Senior home owner who qualifies can have their property taxes reduced by 1/3 to 2/3, depending on income. This program to reduce property taxes for seniors has been around for many years and exists state-wide. In 2024 the income level to qualify was increased to \$75,000!

Come find out if you qualify Thursday, June 12 at 1 p.m. at The Monroe Community Senior Center, 276 Sky River Parkway in Monroe.

If you have already attended a property tax presentation but now need help with the paper-



work, call to put your name on a list for help.

You must RSVP for this presentation and space is limited so call today! 360-794-6359

# Benefits of being physically active

(Family Features) A walk isn't just good for your body; it's a simple, powerful way to care for your mind and soul. Physical activity, like walking, reduces stress, boosts mood and promotes overall well-being. Yet physical activity levels in the United States continue to decline, a trend threatening both mental and physical health.

National recommendations call for adults to get 150 minutes or more of weekly physical activity.

Less than half of adults and fewer than 1 in 5 children in the U.S. get the recommended amount of physical activity needed for heart health, according to the American Heart Association's 2025 Heart & Stroke Statistical Update.

What's more, according to data from a National Health and Nutrition Examination Survey, 1 in 4 U.S. adults sits for longer than eight hours each day, which can have negative consequences on physical and mental health.

For decades, the American Heart Association has championed the importance of physical activity in communities across the country. These tips and information can help you understand how a brisk walk can make a world of difference for heart health and mental clarity.

Staying active is one of the best ways to keep your mind and body healthy.

The physical health benefits may be obvious, but research suggests physical activity can

also help bring more joy to your life. Regular physical activity enhances your mood, sharpens your mind, improves sleep and boosts overall well-being, all while reducing the risk of disease and depression and increasing both the quality and longevity of life.

Exercise as simple as a brisk walk can put a major spring in your step.

It can even energize you to finish other tasks at hand, whether it's cooking or running errands. Give your daily physical activity level a boost with these tips:

- Exercising outdoors is a great way to get moving. Spending



Photos courtesy of Shutterstock

time outdoors has been shown to reduce stress, promote a sense of belonging and improve mood. It's even better if you can enjoy the sunshine outside, which can boost your immunity and help you get some vitamin D.

*See ACTIVE on Page 11*

# Eat, Love, Snap, Share

(NAPSI)—These days, it's essential for families to stay connected. More than ever people need family and friends.

Modern technology has gone a long way to help. Zoom and other platforms are marvelous tools but when the connection ends and the screen goes blank, what then? My GrandKids, that's what!

My GrandKids, a wonderful, free application that allows everyone in the family to snap and share their moment—the special moments and the everyday moments.

My GrandKids lets you instantly share those moments and memories with family and friends over a secure private network. It's the perfect organizer, that eliminates the frustration of searching for your favorite photos and

videos of your grandchildren. With My GrandKids, there is no need going through emails, texts or posts, you go straight to them with one tap. And the great news is that it's free and available at either Apple's App Store or Google Play for Android devices.

Explains Boyd Pearce, a Silicon Valley veteran, "We decided to build a mobile app that made it quick and easy for our kids to share photos and videos of our grandkids so my wife and I would never miss those special moments in their lives."

Pearce further explains, "We designed My GrandKids to eliminate the frustration of searching for your latest and favorite photos and videos of your grandchildren and solve a problem that has been bugging families

since the advent of the digital photo revolution. The app organizes your photos and videos into a handy reference gallery ready to be stored for easy access in self-designed albums. What could be easier?

Another key benefit of My GrandKids is that a whole family can easily share linked albums with a single Invite. By simply accepting an invite from the originating family member, the family albums are imported and everyone is automatically connected to a secure private network with



no setup required.

Almost instantly the whole family is ready to share photos and videos with everyone.

## Vitamin B1 *Continued from page 4*

studies have shown that older Black Americans are twice as likely to develop Alzheimer's compared to older non-Hispanic White Americans, while older Hispanic Americans are one and a half times more likely. In addition, there is growing scientific evidence that biomarkers of

Alzheimer's disease are not the same across populations.

In light of these disparities, it is imperative that research into potential treatments like benfotiamine considers the diverse experiences of those affected by Alzheimer's disease. "By including all populations in clinical trials to

meet their specific needs, we can ensure that no one is left behind in the fight against this devastating disease," said José Alejandro Luchsinger, M.D., MPH, Vice-Chair for Clinical and Epidemiologic Research at Columbia University and a lead investigator in the benfotiamine trial.

### Participating in the Benfotiamine Trial

The benfotiamine trial (BenfoTeam Trial) needs people of every race and ethnicity to participate in the study to help find a treatment for Alzheimer's disease that works for all. The clinical trial is taking place in approximately 40 clinical trial sites across the U.S. and enrolling people who are:

- Aged 50-89
  - Experiencing mild memory concerns or previously diagnosed with mild cognitive impairment or mild Alzheimer's disease
  - Positive Alzheimer's disease blood test
  - Stable on current FDA-approved acetylcholinesterase inhibitors (with or without memantine) for at least three months prior to screening
  - Living in the community (not in a long-term care nursing facility)
  - Willing to participate in the BenfoTeam study for up to 18 months (plus screening)
- To learn more about the study, visit [BenfoTeam.org](http://BenfoTeam.org).





# What is an Adult Family Care Home?

If you or a loved one need more care than you can get at home it may be time to explore residential care. Residential care is a term used to describe a home or community where an adult can live and receive care in a homelike setting.

There are many residential care options that have become available over the last several years. Each type of residential care home offers

different housing and care service options. It is important for families to understand the differences in available residential options. Decisions can then be made based on needs and preferences and what a particular residential care home offers.

An adult family home (AFH) is licensed to provide housing and care services for 2-6 adults in a

regular home located in a residential neighborhood. The AFH may be run by a family, single person, or business partners. The Adult Family Home may also hire other employees. Some AFHs allow pets. In some homes, multiple languages are spoken.

In an adult family home staff assumes responsibility for the safety and well-being of the adult. A room, meals, laundry, supervision, and varying levels of assistance with care are provided. Some provide occasional nursing care. Some offer specialized care for people with mental health issues, developmental disabilities, or dementia.

Many consumers who choose an Adult Family Home do so because of the smaller more family like environment. For some people the smaller amount of other residents and staff contributes to increased comfort level. In an Adult Family Home space is more communal. Residents may have their own bedroom but common space such as living room, dining room, kitchen, and often bathrooms will be shared. For this reason, it's important to not only choose an AFH that offers the appropriate care services, but also one that fits the individual's personality.

An assisted living facility (ALF) is licensed to provide housing and



care services to seven or more people in a home or facility located in a residential neighborhood. Like an adult family home, assisted living facilities provide housing and meals as well as assuming general responsibility for the safety and care of the resident.

The additional services offered are different for each home and may include:

- Varying levels of assistance with personal care.
- Intermittent nursing care (a nurse available on a part-time basis).
- Assistance with or administering of medications.

Adult family care homes are each unique as the residents they serve. Visit with the owners, staff and other residents to find your perfect fit for care and social concerns.

*Article Provided by:*  
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9					1	8	3	4
	6				3		7	
5			4			6		
	1							
3			2	6	8			1
							6	
		9			2			5
	4		3				9	
1	3	8	7					6

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*Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.*

**Sudoku solution on page 10**

## Community Breakfast and Bingo Bash!

Everyone is welcome to the Community Breakfast at the Snohomish Senior Center the first Saturday of each month from 8:30-10:30 a.m. Menu includes pancakes or French toast, scrambled eggs, sausage links, biscuits and gravy, coffee or tea and juice... all

for only \$7 per person!

Bingo Bash is also the first Saturday of each month. Doors open at 4 p.m.; Early Bird at 5:15 p.m.; first game at 5:30 p.m. The cafe will be open!

The Center is located at 506 Fourth St. in Snohomish.



# Welcome to The Suites - Your Premier Assisted Living Destination

At The Suites we believe in creating a vibrant, supportive community where residents can enjoy comfort, independence, and peace of mind. Our 65-bed licensed assisted living facility is thoughtfully designed to meet the unique needs of each resident, offering a warm, welcoming environment with personalized care.

Choose from a variety of spacious accommodations including studio, one-bedroom, and two-bedroom apartments -- each featuring a private bathroom, kitchenette, and plenty of natural light to make it feel like home. Whether you prefer a cozy retreat or room to host family and friends, we have the perfect space for you.

Our residents enjoy three meals a day served in our beautifully appointed dining room.

From nutritious classics to resi-

dent favorites, every meal is crafted with care and attention to dietary needs.

Life at The Suites is about more than just comfort -- it's about connection and fulfillment.

Our robust Life Enrichment Program is designed to inspire joy, engagement and social interaction. Daily activities include fitness classes, games, arts and crafts, and live entertainment. We also organize regular outings aboard our private bus, giving residents the opportunity to explore local attractions, attend special events, or enjoy scenic drives.

At The Suites, we're more than just a place to live -- we're a community that feels like family. Our compassionate, highly trained staff is available 24/7 to provide assistance with daily activities, medication management, and personal-



ized support whenever it's needed.

Discover the difference at The Suites where independence is celebrated, care is individualized, and every day is filled with purpose.

Schedule your tour today and experience assisted living the way it should be.

-- Sheila Wright, Administrator,  
[Sheilaw@josephinecc.com](mailto:Sheilaw@josephinecc.com)

# Inflation is causing consumers to make priorities

(StatePoint) If you’ve been watching your wallet, you’re not alone. As Americans continue to navigate inflation, 76% report cutting back on spending, up from 67% in 2024, according to the second annual Wells Fargo Money Study.

The majority of Americans also say they are making tough financial choices to navigate their lives, including delaying plans with hefty price tags, such as travel, homeownership, education, marriage and retirement.

“There is a clear social narrative surrounding the question: ‘do I, and will I, have enough?’ The fact that these questions are being asked is positive because we know the earlier people focus on their money behaviors, the more time they have to course correct to achieve their goals,” said Michael Liersch, head of Advice and Planning at Wells Fargo.

**Consumers continue to navigate higher than expected prices**

An overwhelming 90% of those surveyed responded they feel “sticker shock” in one or more areas of common spending, including eating out, attending a

concert, buying a bottle of water, or downloading a video game, and say actual costs are between 55% and 200% higher than what they expect.

“Spending is one of the most important factors to staying on track,” said Liersch. “I would encourage people to align their spending with what matters most to them.”

Nearly all Americans (94%) acknowledge that they want to do just that: align money choices with their values, and 86% want to be more intentional and thoughtful about spending.

According to Liersch, “These insights highlight that Americans are not just winging it. They are being extraordinarily introspective as they navigate their financial priorities.”

Money can be an emotional topic, at times inciting envy, anxiety and secretiveness. While 87% of Americans say it makes no difference to them how much money another person has, 56% keep how much they have secret, and 32% of them say it’s because they are trying to avoid people judging them.

Americans also spend time thinking about how much money other people have – and wishing they could have more themselves. Forty-seven percent responded they often feel envious of how much money other people have, 37% admit to obsessing about getting rich, 34% admire social media millionaires, and 23% admit to sometimes overspending just to keep up with people around them.

“Americans appear comfortable with other people being authentic about their financial situation, which is encouraging,” Liersch says. “So now it’s time to overcome self-judgment and reset the frame of reference from others to one’s own personal benchmark.”

Eighty-six percent of respondents say they have a clear picture of what they want their money to do for them. And the vast majority are optimistic about how to do it: 87% say now is a good time to save and 65% say now is a good time to invest. Yet 61% say they need a mental reset, and are being held back by such factors as difficulty changing habits, lack of financial knowledge and other financial responsibilities.

To overcome these challenges, Americans are seeking more financial advice year over year. Last year, 24% said they were seeking more advice from others; this year it’s 36%. Looking across

*See PRIORITIES page 11*

## SOLUTION for page 8 Sudoku

9	2	7	6	5	1	8	3	4
4	6	1	8	2	3	5	7	9
5	8	3	4	7	9	6	1	2
7	1	6	5	3	4	9	2	8
3	9	4	2	6	8	7	5	1
8	5	2	9	1	7	4	6	3
6	7	9	1	4	2	3	8	5
2	4	5	3	8	6	1	9	7
1	3	8	7	9	5	2	4	6

## Winter Gnome Craft

Get ahead of the game by creating a great decoration for yourself for winter or your Holiday gift giving!

Come learn how to paint this adorable winter gnome on Monday, June 16 at 1 p.m. at the Monroe Community Senior Center, 276 Sky River Parkway in Monroe. \$10 members, \$14 guests (supplies are included).

You must RSVP by calling 360-794-6359.



# Hints to help you stay on the road to safe driving

(NAPSMI)—For many older adults, retaining the ability to drive is very important. It means independence and makes it easier to do shopping, see friends and family, and keep medical appointments. It's not always a safe option, however.

Physical and mental changes related to aging can affect your ability to drive safely. If you're alert to these changes and manage them carefully, you may be able to continue driving safely for some time.

To keep your skills as sharp as possible, consider following

these suggestions from experts at the American Geriatrics Society (AGS), healthcare professionals dedicated to improving the health, independence, and quality of life of older people:

Check your eyesight to keep it as sharp as possible by getting a complete annual eye exam once you turn 60. Test yourself to monitor your vision:

- Do you have problems reading street signs?
- Are you having difficulty seeing road or pavement markings, curbs, or other vehicles or pedestrians, especially at dawn, dusk,

and nighttime?

- Is glare from oncoming headlights making it hard to see when driving at night?

Assess your physical fitness to drive by asking yourself:

- Can I comfortably turn my neck to see over my shoulder when I change lanes?
- Can I easily move my foot from the gas pedal to the brake?

Can I easily turn the steering wheel?

- During the past year, have I fallen one or more times?

- Do I regularly walk more than a block a day?

- Can I raise my arms above my shoulders?

Perform a reality check on your attention span and reaction time:

*See DRIVING on Page 15*

## Priorities *Continued from page 10*

generations, the desire for more advice is higher among teens (54%), gen Z adults (61%) and millennials (46%).

At a time when many are feeling cash-strapped, learning new

ways to think about and manage money can help you take control of your financial future.

For the full report, visit sites. wf.com/wfmoneystudy-2025.

## Active *Continued from page 5*

- Invite a family member or friend along with you. It's good for them, it's good for you and it's good company all around.

- Instead of wondering if you'll move today, explore HOW you'll move. A walk, a dance or a stretch all count.

- Get pets involved. Pets are part of your family, and they can help you get healthy together. Pets provide a fun reason to spend more time outside and get the exercise needed to reduce the risk of disease later in life.

Getting moving along with your pet adds more exercise to your routine, which means living lon-

ger, reducing risk of dying from heart attack or stroke, reducing risk of diabetes, reducing stress and even boosting your overall happiness and well-being.

Exercising with your pet can also mean enjoying more socializing. You may find yourself meeting other dog owners in your area on a walk or at the dog park.

Learn more about how simple habits like walking can support your overall health at heart.org/MoveMore.

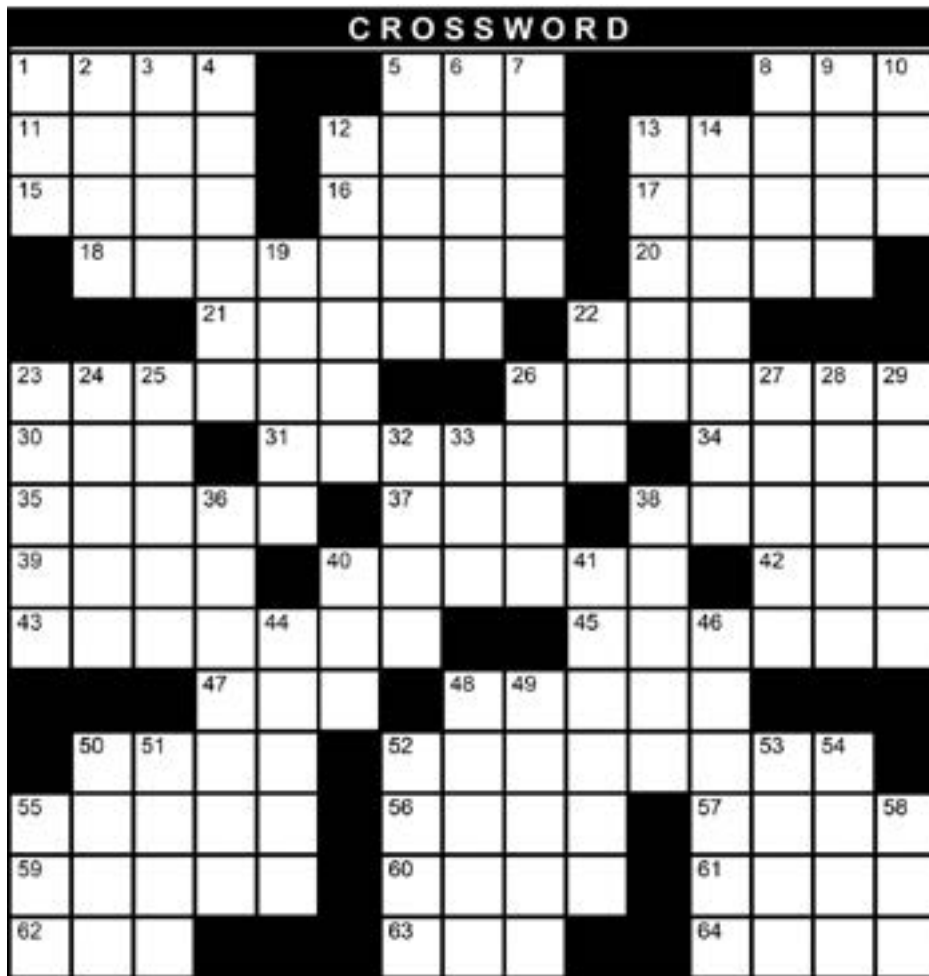
*Source: American Heart Association*

## Word Search

H	T	O	L	C	F	W	I	N	K	I	N	G	G	T	P
M	A	L	F	O	R	M	E	D	G	L	U	I	N	G	I
G	O	O	C	K	S	F	C	A	N	D	Y	I	N	G	
N	M	G	H	C	T	I	L	D	O	O	L	F	K	S	G
I	A	I	L	V	F	L	B	E	E	X	N	I	C	K	Y
T	N	G	N	E	J	U	M	B	O	L	T	I	N	G	B
A	D	O	A	T	S	B	S	A	U	Q	A	R	I	R	A
L	E	I	S	T	Y	M	Y	T	H	T	I	P	Z	I	C
I	I	D	D	I	E	A	O	X	I	N	Z	A	S	M	K
M	L	T	K	N	Z	N	A	C	S	A	I	A	E	E	E
I	G	R	W	G	U	M	A	E	K	S	N	B	R	A	D
S	U	I	C	A	M	O	U	F	L	A	G	I	N	G	H
S	L	O	V	E	R	S	T	E	P	P	E	D	E	E	P
A	I	M	E	C	I	T	P	E	S	W	R	E	G	R	C

Abed	Fustian	Rime
Abide	Genres	Sciatica
Acate	Gigolo	Septicemia
Ago	Gluing	Smock
Aisle	Goof	Somnambulism
Assimilating	Icky	Stymy
Bolting	Jumbo	Trio
Brad	Kibbutz	Uglier
Camouflaging	Lovers	Undid
Candyng	Malformed	Vetting
China	Meager	Wart
Cloth	Minty	Winking
Colt	Ogles	Zincking
Elapsed	Overstepped	Zinger
Floodlit	Piggybacked	

# Crossword Puzzle Theme: THE 1950s



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## ACROSS

1. Deals a death blow
5. Large edible mushroom
8. Food safety agency, acr.
11. Auditioner's hope
12. Closing act

13. \*Julius and Ethel Rosenberg, supposedly
15. Corset rod
16. Therefore
17. \*"Lord of the Flies" shell
18. \*Ed of TV
20. Sty sound

64. Wine choice

## DOWN

1. Roman goddess of fertility
2. \*Domino's nickname

21. Pillow filler
22. Gastrointestinal tract
23. \*Pooch on a 1950s skirt
26. Most cautious
30. Go wrong
31. Camels' relatives
34. Lake north of Cleveland
35. Wide open
37. Kind of conifer
38. Spectrum maker
39. Better than never
40. Portable stairs
42. Headdress
43. Tennis shoe
45. Triage nurse's measurements
47. Old horse
48. Film director Sergio
50. Band's work-related trip
52. \*Slicked men's hairstyle
55. Does like a hot dog
56. Rod for a hot rod
57. Winter forecast
59. Be
60. Measurement, abbr.
61. U2 guitarist
62. \*Clearasil target
63. Ballpark fig.
3. German Mrs.
4. Coiffed
5. Turn pumpkin into Jack-o-Lantern
6. "Pomp and Circumstance" composer
7. Low-ranking worker
8. Certain Scandinavian
9. 52 cards
10. Fireplace mess
12. Beer mug
13. Use elbow grease
14. \*First Black nominee of Oscar for Best Actor
19. City in Northern France
22. Neon or radon, e.g.
23. Church bell sounds
24. Liturgy instrument
25. Speak like Pericles
26. \*June Cleaver's husband
27. "Fear of Flying" author Jong
28. Type of rug
29. Christmas help, pl.
32. Way, way off
33. \*\_\_\_-Century Modern
36. \*Charles Schulz creation
38. Newspapers and such
40. Chicken order
41. Calls forth
44. Eroded limestone landscape
46. Movie trailer, e.g.
48. Lumen per square meter, pl.
49. "Bravo! Bravo!", e.g.
50. Yellow ride
51. The Fonz: "Sit \_\_\_\_\_!"
52. Female equivalent of sir
53. \_\_\_-European language
54. Fireplace fodder
55. \*Candy in dispenser
58. Itsy-bitsy

**See SOLUTION  
on page 14**



# Briefs

## ***PRIDE Bingo***

The Snohomish Senior Center is hosting PRIDE Bingo Saturday, June 7. Doors open at 4 p.m., first Bingo game at 5:30 p.m.

Prizes and giveaways!

The Center is located at 506 Fourth St. in Snohomish. 360-568-0934

## ***POLST Forms and Five Wishes***

This is an introduction to these important forms that document your wishes incase of an emergency or at the end-of-life.

Thursday, June 25 at 1 p.m. at the Monroe Community Senior Center, 276 Sky River Parkway in Monroe \$7 members, \$10 guests; fee includes a POLST Form and the Five Wishes booklet.

Please call in advance if you plan to attend, 360-794-6359.

## ***Dog Walking Group***

Dogs are optional for this group, just bring your walking shoes and join some friends (or meet new ones) for a little fresh air!

Meet in the Center Lobby at the Monroe Community Senior Center, 276 Sky River Parkway in Monroe. Group meets every Friday at 11 a.m.

For more information call 360-794-6359.

## ***Chair Yoga***

Chair Yoga is a gentle form of yoga seated or using a chair for balance. In chair yoga it's possible to explore poses like cat, cow, warrior, sun salutations and forward folds, all while seated. This is a gentle yet effective form of exercise for all fitness levels.

Class is every Monday at 10 a.m. at the Monroe Community Senior Center, 276 Sky River Parkway in

Monroe. \$3 for members, guests \$5 per class. 360-794-6359.

## ***Sno-Isle Library Tech Hour***

Friends from the Sno-Isle Library will be at the Monroe Community Center the first and third Tuesdays of each month from 1-2 p.m. to help you set up your e-reader, download ebooks and audiobooks, use library database and help you with general tech issues.

For more information call 360-764-6359. The Center is located at 276 Sky River Parkway in Monroe.

## ***Hawaiian Bingo***

Everyone of all ages is invited to a fun evening of Hawaiian Bingo July 19 at the Monroe Community Senior Center, 276 Sky River Parkway in Monroe.

Enter to win cash or prizes, 50/50 Raffle.

\$25 admission includes pulled pork dinner and entertainment. \$5 bingo packets will be sold at the door. Beer, wine and margaritas will be available for purchase.

Hawaiian attire is encouraged!

For tickets visit [www.mcsc.org](http://www.mcsc.org). 36-794-6359.

## ***Ping Pong***

A fabulous and fun way to get exercise. Come make friends and get fit. Every Friday from 9:00 a.m. to 11:30 a.m. at the Snohomish Senior Center, 506 Fourth St. in Snohomish. 360-568-0934.

## ***Pamper Yourself***

Indulge Yourself Spa of Monroe will come to the Monroe Senior Center to offer facials and manicures. Manicures are \$25 members, \$30 guests (\$10 more for gel manicures. Facials are \$55 members, \$60 guests.

Call to make your appointment today, 360-794-6359. The center is located at 276 Sky River Parkway in Monroe.

## ***Ride the Light Rail***

Join the Monroe Community Senior Center for a short presentation, then board the bus and travel to the Lynnwood City Center Station and get your free Senior ORCA cards (for those age 65+).

Take a tour of the station and then board the Light Rail, ride one stop to Mountlake Terrace where you will be picked up and return to the Senior Center.

Wednesday, June 25 at 9:30 a.m. Sign up in advance at the front desk, 276 Sky River Parkway in Monroe. Free to members, \$5 guests. 360-764-6359.

## ***Mental Health Support***

Monroe Community Senior Center is partnering with Homage Senior Services to offer 50 minute one-on-one counseling for those aged 60+ on the second and fourth Fridays of the month.

Please call today to schedule your free appointment, 360-794-6359.

## ***Car Show***

Everyone is welcome to join the fun at the 12th annual Car Show at Cogir Senior Living of Mill Creek, Sunday, June 23 from 11 a.m. to 3 p.m. There will be live music, BBQ and photo booth.

Cogir is located at 14905 Mill Creek Blvd. in Mill Creek.

*More BRIEFS on page 14*

# Briefs

## Live in Full Color Support Group

Monroe Community Senior Center is partnering with Stories of Hope to offer group therapy sessions to share stories and make friendly connections with others dealing with chronic illness, loss, or other difficult adjustments that occur throughout our lives as we age.

Join this free support group to learn about various mental health topics through diverse art and body movement forms, empowering all involved to be a part of a positive change. Stop by the center, 276 Sky River Parkway in Monroe the first and third Fridays of each month at 10 a.m. 360-794-6359.

## Alzheimer's Support Group

This group is for individuals who are currently caring for a loved one who has Alzheimer's or dementia. Support groups for caregivers provide a consistent and caring place for group members to discuss the challenges and problems of care giving, share their feelings, and find emotional support as well as exchange information and educate themselves about Alzheimer's disease.

The group meets the second Thursday of each month from 7:00 p.m. to 8:30 p.m. at the Snohomish Senior Center, 506 Fourth St. in Snohomish. 360-568-0934.

## Grief Support Group: Living With Change

The members of the Living with Change group offer comfort and support, helping each other through our painful journeys of losing a loved one-whether a family member or other loss, whether recent, anticipated or in the past.

Dealing with sorrow is a difficult experience, and sharing our stories eases our grief. New attendees are welcomed with sympathy and understanding. Everyone is free to participate or just listen.

Meet the 2nd and 4th Wednesday of each month from 1:00 p.m. to 2:30 p.m. at the Snohomish Senior Center 506 Fourth St. in Snohomish. 360-568-0934.

## Health and Resource Fair

The Stilly Valley Center is hosting a Health and Resource Fair Wednesday, June 11 from 10 a.m. to 1 p.m. There will be over 40 vendors in attendance.

## Busy Bee Quilters

Busy Bee Quilters are a local guild that meets at the South Lake Stevens Grange on the 3rd Thursday of each month.

A day meeting from Noon to 3 p.m. ends with a Quilt Show and Tell. Open sew starts at 10 a.m. and continues through the day with a night meeting starting at 6:30 p.m.

Visitors are always welcome. The Grange is located at 2109 103rd Ave. SE in Lake Stevens.

For more information on the guild, visit [www.BusyBeeQuilters.com](http://www.BusyBeeQuilters.com) or call Diane Coombs at 425-334-3341.

## Red, White & Blue BBQ and Bingo

Come to the Carl Gipson Center on Wednesday, June 25 from 11 a.m. to 1 p.m. for a wonderful BBQ of brats, potato salad, baked beans, iced tea, lemonade, strawberry shortcake and Kona Shaved Ice.

Please RSVP by June 20.

Carl Gipson Center's North Courtyard, 3025 Lombard Ave. in Everett.

## All-ages Board Games

Fun-filled gathering where everyone is welcome to play! Wide variety of board games, party games, and card games. Feel free to bring our own favorite game to share if you wish.

Saturday, Aug. 2 at the Mukilteo Library, 4675 Harbour Pt. Blvd. in Mukilteo. 425-493-8202.

## Line Dancing

The Stilly Valley Center offers Line Dancing Tuesdays and Thursdays. The free basic line dancing class is from 11 a.m. to 12:15 a.m.

All ages and abilities are welcome.

The Center is located at 18308 Smokey Pt. Blvd. in Arlington.

## Mini Figure Painting

Creative and fun-filled Mini Figure Painting Workshop! Whether you're a seasoned painter or a complete beginner, this workshop is perfect for all skill levels. Maria Stoica, an experienced figure painter and instructor, will provide step-by-step guidance on painting techniques, color mixing, and detailing. All materials provided including mini figures, paints, brushes, and palettes.

Saturday, Aug. 9 from 1-3 p.m. Space is limited so register today at <https://sno-isle.bibliocommons.com/events/681937652d815929008a55d3>

Lake Stevens Library, 2211 Grade Rd. 425-334-1900

## SOLUTION for page 12 Crossword

O	F	F	S		C	E	P		F	D	A
P	A	R	T		S	A	L	E		S	P
S	T	A	Y		E	R	G	O		C	O
	S	U	L	L	I	V	A	N		O	I
			E	I	D	E	R		G	U	T
P	O	O	D	L	E				W	A	R
E	R	R		L	L	A	M	A	S		E
A	G	A	P	E		F	I	R		P	R
L	A	T	E		L	A	D	D	E	R	C
S	N	E	A	K	E	R			V	I	T
			N	A	G			L	E	O	N
	T	O	U	R			D	U	C	K	T
P	A	N	T	S		A	X	L	E		S
E	X	I	S	T		M	E	A	S		E
Z	I	T				E	S	T		R	O

# Take a trip to New England or the Smoky Mountains!

• **New England Rails and Trails** will be October 1 - 9, 2025 ~ Boston, Vermont, Mt. WA Cog, Portland, Maine and much more! \$4,575 per person based on double occupancy. Airfare and airport transportation included. Single Supplement: + \$1,400.

• **Smoky Mountains and Pigeon Forge, TN** will be December 7 - 11, 2025 ~ Stay in Pigeon Forge, Tennessee. Features Biltmore Estate, Gatlinburg and Dollywood! \$2,749 per person based on double occupancy. Airfare and airport transportation included. Single Supplement + \$750



Pigeon Forge, Tennessee

**Trips in the works include:** Utah's Mighty National Parks, Cape Cod & the Islands, The Majestic Canadian Rockies.

Book your trip today! Contact Candace Ranz, Program Manager at The Monroe Community Senior Center for more details and itineraries, 360-794-6359 or programs@mcsc.org

## Caregiver Program

Are you caring for an elderly parent, neighbor or friend? Are you checking in with them for their health, safety and wellbeing?

You may be eligible for

Supplemental Services provided by the Family Caregiver Support Program. Call 425-248-5156 for more information.

## Senior Lifestyles

**Publisher:**  
Becky Reed  
360-568-4121

**Sales Representative:**  
Michelle Ewing  
360-568-4121  
425-258-9396

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Supplement to the Tribune Newspapers

## Driving

*Continued from page 11*



- Are you overwhelmed by signs, traffic signals, and car and pedestrian traffic, especially at busy intersections?
- Does it seem harder to merge into traffic on the highway?

- Do you take any medications that make you sleepy, dizzy, or confused?
- Do you feel less confident about driving at highway speeds?
- Do you react slowly to cars entering your roadway, or to cars that have slowed or stopped in front of you?

Pay attention to changes and warnings:

- Have friends or family members expressed worries about your driving?
- Have you ever gotten lost on familiar routes or forgotten how to get to familiar destinations?
- Has a police officer pulled you over to warn you about your driving?
- Have you been ticketed for your driving, had a near miss, or a crash in the last three years?
- Has your healthcare provider warned you to restrict or stop driving?

Consider Getting a Professional Driving Assessment

If you've experienced driving problems like these or are worried about your ability to be a safe driver, consider getting a professional assessment of your skills.

Occupational therapists trained as driving rehabilitation specialists can evaluate your driving

skills and strengths, as well as any physical, visual, and cognitive challenges you may face. They can also evaluate your ability to operate a vehicle safely and, if needed, recommend ways to reduce your risks.

Driving rehabilitation specialists are trained to evaluate older drivers for:

- Muscle strength, flexibility, and range of motion
- Coordination and reaction time
- Judgment and decision-making skills
- Ability to drive with special devices that adapt your vehicle to your needs.

The specialist may recommend ways for you to drive more safely after the evaluation. Suggestions may include getting special equipment for your car or helping you sharpen your skills.

If you're not sure how to find a driving rehabilitation specialist, you can talk to your healthcare provider or ask the American Occupational Therapy Association for a directory.

For more safe driving resources for older adults and caregivers, visit the AGS's public education website,

<https://www.healthinaging.org/driving-safety>.

