

Senior Lifestyles



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Affordable dental coverage gives older adults reason to smile

(StatePoint) Maintaining your health and vitality as you age includes taking care of your mouth. Neglecting dental health can make you susceptible to gum disease, lead to poor nutrition, put you at risk for infections, and even impact your emotional well-being.

Yet, many older adults aren't receiving proper oral care. Research from the Kaiser Family Foundation shows that more than one in five Medicare beneficiaries have not visited a dentist in five years, primarily because of cost.

Many people lose their dental coverage when they retire. Fortunately, affordable options are available, according to Dr. J.B. Sobel, chief medical officer with Cigna Healthcare's Medicare business.

"While Original Medicare doesn't cover routine dental care, Medicare Advantage (MA) plans include everything in Original Medicare and more," Sobel said. "Many MA plans include some dental coverage, often at no extra cost. Some plans will allow you to see any provider of your choosing, while others require you to use providers within a certain network. Some MA plans even provide no-cost transportation to the dentist."

Once you have access to dental care, there are compelling reasons to take advantage of it, according to Dr. Cary Sun, chief dental officer with Cigna Dental and Vision, including the following:

Preventing gum disease and other oral health issues. Forgoing recommended routine teeth cleanings can increase the risk for cavities, gum disease, infection, and swelling of the gums (gingivitis). This can escalate into problems like tooth loss and the need for root canals or crowns, costing thousands of dollars. If you have a chronic medical condition like diabetes, gum disease can also put you at

greater risk of infection, as bacteria can enter the bloodstream through poor oral hygiene. Therefore, it's important to get regular cleanings with your dentist, to brush your teeth twice daily with a fluoride toothpaste, and to floss daily to remove plaque from between teeth. An electric toothbrush or water flosser may make brushing and flossing easier.

Addressing dry mouth. Many older adults take multiple medications. This can result in a condition called "dry mouth," which can make it hard to chew, swallow or even talk. Dry mouth can also raise the risk of tooth decay and oral infections. A dentist can help you address this with saliva substitutes or lifestyle changes, such as sipping water and reducing or avoiding tobacco, caffeine and alcohol.

Facilitating good nutrition. Proper nutrition is important for everyone, but particularly for older adults. A healthy mouth makes it easier for you to eat well and enjoy food, while gum disease or ill-fitting dentures can make it hard to chew. If you're having difficulty eating for any reason, your dentist may be able to help you.

Screening for certain cancers. Cancers of the mouth are more common in older adults. As with all cancers, early detection is critical to effective treatment. An annual oral cancer examination can help detect early signs.

Maintaining your confidence. Having healthy teeth boosts confidence and fosters better communication. You may be more likely to go out, stay active, and meet and interact with new people when you're proud of your smile.

To find MA plans offered in your area, visit [Medicare.gov](https://www.medicare.gov). For information on Cigna Healthcare plans, go to [CignaMedicareInformation.com](https://www.CignaMedicareInformation.com).



PHOTO SOURCE: (c) SeventyFour / iStock via Getty Images Plus

"The case for maintaining your dental health is clear and convincing," Dr. Sun said. "Once you're covered by Medicare, secure dental insurance coverage and see your dentist as recommended to maintain

your overall health. Through regular preventive care, you may even be able to avoid more costly and serious procedures later. It's never too late to get started on a path toward better oral hygiene."

Homage expands free mental health services



Photo courtesy of Homage Senior Services

Snohomish County resident Jackie McCoy, age 62, has been caring for loved ones her entire life.

“I am a giver by nature and a relatively happy-go-lucky person, but during the pandemic, I suffered greatly and fell into deep

despair,” said the Snohomish County resident. “I was raising my grandchild and feeling anxious, stressed, and overwhelmed by all that was happening in our world. It took a huge toll on me, which led me to feel lonely and isolated. And, then, I met Nancy.”

Nancy is Nancy Brosemer, a Mental Health Programs Manager with Homage Senior Services, a 50-year-old organization and one of the largest and most comprehensive non-profit service providers for older adults and people with disabilities in Snohomish County.

Brosemer and her team provide free mental health services on behalf of Homage to people like Jackie throughout Snohomish County, which is the third most populous

county in Washington, with an older adult population (ages 65 and older) of 125,000.

“As we age, we often face difficult struggles and transitions. Loss of a loved one, health problems, retirement, and many other changes can lead to sadness, loneliness, and anxiety. Older adults have been disproportionately impacted by the isolation of a years-long pandemic, but many do not seek mental health care due to stigma,” said Homage’s Mental Health Programs Manager, Nancy Brosemer. “Plus, older adults who wish to find mental health care often hit a roadblock, such as difficulty in finding a provider that will take Medicare, or they must pay a co-pay that is beyond the means of many low-income older adults. For older adults who live in more rural areas of the

county, the geographic isolation and limited services make access to mental health services even more challenging.”

Enter Homage Senior Services.

“We are the only resource for free mental health services in Snohomish County and often the only available option for older adults experiencing depression, anxiety, and grief,” said Brosemer. “In 2023, Homage Senior Services served 752 clients through our mental health programs, and the demand for our services grows daily.”

Homage Senior Services is expanding its mental health services across Snohomish County, especially to those who live in more rural areas, thanks to a \$150,000 grant from the Cambia Health Foundation.

See *MENTAL HEALTH* on page 9

Tired of chronic pain? Here are three helpful tips

(BPT) - If you're coping with back, neck or knee pain on a regular basis, you're not alone. According to research, one in every two Americans experience musculoskeletal (MSK) pain, which affects the bones, tendons, ligaments, muscles and nerves. The 2024 State of MSK survey of 10,000 Americans with chronic and acute pain conducted by Hinge Health shows that pain is too big a problem to ignore.

Nearly half the survey respondents say chronic pain prevents them from living life to the fullest (47%), while 27% report MSK pain has decreased their productivity at work, and 22% agree it has made them consider leaving their job.

Beyond physical symptoms, chronic pain is also associated

with poor mental health. About one-third of survey respondents report feeling depressed, and nearly half report anxiety.

"We live in a nation in pain," said Dr. Jeff Krauss, MD, chief medical officer at Hinge Health. "And many are not accessing what doctors consider the first-line treatment for MSK pain: physical therapy, education and lifestyle change."

The survey found people with chronic pain are more likely to seek over-the-counter or prescription pain medications, despite the fact that 47% of people who do not feel in control of their pain fear side effects or complications from those methods.

In some cases, the cost of physical therapy, plus the ability to make in-person appointments,

can be barriers. Fortunately, digital PT has helped overcome one barrier. In the survey, 48% of people say a digital physical therapy program would make it easier to follow their care plan, and 43% say they "need" PT care with a digital component. Digital PT stands out as the preferred initial approach for chronic MSK pain, with a 70% satisfaction rate among members.

Here is some advice from physical therapists at Hinge Health for coping with MSK pain. Note: This information is for educational purposes only, and you should always consult your healthcare provider for your unique situation.

1. Keep moving

When experiencing pain, it's natural to want to stop moving, hoping that rest will make the pain stop. Unfortunately, staying still can lead to a downward cycle - with pain increasing and mobility decreasing.

"Movement is medicine," said Dr. Krauss, "and many kinds of pain worsen if you rest too much. Staying active can help you work through joint stiffness and help muscles gain strength over time."

If your pain is due to an accident or physical trauma, or if you're concerned about increasing pain as you move, see your healthcare provider. Ask about in-person or digital PT options for guidance on how to move safely as part of your pain management plan.

2. Move and stretch gently

Motion can help relieve stiffness and reduce pain over time, with physical therapists recommend-



ing an approach to movement that gradually increases your strength and range of motion.

- Back pain: Stretching is helpful, but avoid awkward twisting, bending or motions that lead to over-tensing back muscles.

- Neck pain/stiffness: Take breaks from holding one position too long, such as sitting at your computer. Set a timer to occasionally adjust your position, gently stretch your neck or roll your shoulders.

- Knee pain: Strengthen muscles that protect your knee, especially your quads (the front of your thighs), with exercises like stepping up to and down from a low platform.

A physical therapist can help you learn specific exercises and stretches to support areas of your body causing you chronic pain. Beyond reducing pain, PT can also help treat other conditions, such as strengthening the pelvic floor to address bladder issues.

3. Boost sleep

Pain makes it hard to get a restful night's sleep, and poor sleep can increase sensitivity to pain, leading to another downward spiral. The survey found over half of people (53%) who have experi-

See *CHRONIC PAIN* on page 9

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 impor-

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

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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

Snohomish Garden Tour July 28

The Snohomish Garden Club's annual Garden Tour will be Sunday, July 28 from noon until 5 p.m.

The featured gardens present a diverse gardening experience. Besides enjoying an afternoon of pleasant wandering through gardens, tour-goers can count on coming away with lots of good ideas and inspiration for their own gardens.

Tickets are \$20 and are avail-

able at McDaniel's Do-It-Center, 510 Second St. in Snohomish and McAuliffe's Valley Nursery, 11910 Springhetti Road in Snohomish. Early-bird tickets may also be purchased at www.snohomishgardenclub.com

Proceeds are used to fund community projects including grants, local youth scholarships, and the hanging flower baskets in downtown Snohomish.

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 link, biscuits and gravy, coffee or tea and juice... all for only a \$7 suggested donation!

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.

Chronic pain

Continued from page 6

enced pain in the past 12 months say it affects their sleep, and 26% have been diagnosed with a sleep disorder. Here are tips to try:

- Change your pillow: To improve sleep, especially with neck pain, swap out your pillow. Your ideal pillow depends on the issues you're having and your preferred sleep position. Try different kinds for several nights to find what works for you.

- Practice good sleep hygiene: Keep your room cool and dark, and make sure to go to sleep and wake at the same time each day.

- Relaxation techniques: Meditation, breathing exercises or warm baths can help you relax before bedtime.

“Making an effort to improve your sleep is an important step in treating pain,” said Dr. Krauss. “While there are many easy and effective ways to do this on your own, sometimes it’s necessary to work with a professional who can offer proven techniques, such as Cognitive Behavioral Therapy (CBT) for insomnia.”

Learn more about digital physical therapy at HingeHealth.com.

Mental health

Continued from page 4

Homage provides mental health services to older adults age 60+ at ten senior and community centers across Snohomish County, including mental health presentations at six Snohomish County YMCAs. These services are in addition to its in-person and phone mental health support services.

“Combating our society’s mental health pandemic is crucial,” said Homage CEO Keith Bell. “It is a critical yet costly endeavor. Our gratitude knows no bounds thanks to organizations like Cambia Health Foundation as well as

our local and federal agencies who provide grants and funding to help us provide care and support to the most vulnerable among us.”

Homage’s mental health services are available for free (no income requirements) for Snohomish County residents age 60+.

People seeking support may call 425-290-1260 to complete a brief screening and intake. To learn more about the mental health services provided and to view the calendar of mental health services, please go to <https://homage.org/health-wellness/mental-health-program>

What you need to know about cataracts

(NAPSI)—By age 80, most people either have cataracts or have had cataract surgery. That's because most cataracts are the result of natural aging. You may not notice that you have a cataract at first. But over time, they can make your vision blurry or hazy, colors fade, you can't see well at night, or you may see double images. The good news is that cataract surgery can restore your sight. With a high success rate of more than 90 percent, cataract surgery enables people to see better after their cataract is removed.

Here are the top six things ophthalmologists want you to know about cataracts:

1. Cataracts can be removed with surgery. Surgery is the only way to cure cataracts. Early on, you may be able to cope with reduced vision from cataracts by using brighter lights, wearing anti-glare sunglasses, or using magnifying lenses for reading. But if cataracts start getting in the way of everyday activities such as reading, driving, or watching TV, an ophthalmologist will need to remove the clouded natural lens and replace it with an artificial lens, also called an intraocular lens (or IOL), to correct blurry vision.

2. You can slow development of early cataracts. You can take

steps to protect your eyes from cataracts. Using 100% UV blocking sunglasses, quitting smoking, maintaining control over high blood sugar, and eating a healthy diet can help prevent cataracts.

3. People with diabetes are more likely to get cataracts. Natural aging is the most common cause of cataracts, but some people are at higher risk for cataracts than others. People who have diabetes with high blood sugar levels can get cataracts quicker and at a younger age than those with normal blood sugar levels. Improving glucose levels may help delay cataracts.

4. Eye color affects your risk of developing cataracts. Studies show that people with dark brown eyes have a higher risk of developing cataracts than people with lighter eyes. However, UV light is a known contributor to cataract development no matter what color your eyes are. Wearing sunglasses whenever outdoors is recommended for everyone.

5. Treating cataracts may decrease your risk of dementia. Though the link between eye health and dementia is unclear, recent studies suggest people who had cataract surgery were 30 percent less likely to develop dementia.



6. You may eventually need a follow-up procedure. Some people will again develop hazy vision years after cataract surgery. This is usually because the lens capsule has become cloudy. The capsule is the part of your eye that

See CATARACTS on next page

SOLUTION for page 8 Sudoku

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

Functional Fitness helps you keep up with the Grandkids

(NAPSI)—One of the greatest joys—but potentially biggest challenges—for many grandparents is time spent with the grandkids. Whether yours are toddlers or teens, keeping them entertained requires a level of fitness that might include everything from lifting a child to chasing them at the playground to competing in a round of golf. For grandparents seeking an enriching and active experience with their grandkids, it's important to engage in everyday fitness routines that can help:

- maintain muscle mass
- preserve cardiovascular health
- fortify flexibility, and
- bolster balance

Functional fitness training can help with these goals.

“Functional fitness uses multiple muscle groups and movements to help train muscles, joints, limbs, and nerves to all work better together for everyday tasks, like lifting groceries from the car, or outmaneuvering the grandkids,” says Jaynie Bjornaraa PhD, MPH, PT, who is vice president of rehabilitation services and fitness

solutions at American Specialty Health Fitness.

Examples of functional fitness exercises include lunges, squats, and planks. “Lunges help improve balance and make the legs stronger,” says Dr. Bjornaraa. “Squats help strengthen the muscles used in sitting, standing, or lifting heavy objects safely. Core training, like planks, helps strengthen the lower back, hips, and abdominal muscles. A strong core provides a stable base when lifting, standing, or performing the chores of everyday life.”

There are many ways to incorporate functional fitness into an everyday fitness routine. For example, online workout classes such as Pilates, yoga, or strength training can provide easy access to beginner, intermediate, or advanced exercise routines. Gyms offer in-person classes plus access to most any kind of fitness equipment you may need to practice functional fitness, from mats and free weights to fitness balls and exercise bands.

If cost is a factor in joining a gym, programs such as the

Silver&Fit® Healthy Aging and Exercise Program, which is available through certain Medicare Advantage plans, offer no-cost or subsidized low-cost access to thousands of gyms and YMCAs around the country. These programs may also include online access to fitness video classes such as dance, cardio, tai chi, Pilates, strength training, yoga, and others that teach proper form and technique. Nearly five million participants use the Silver&Fit program to help them stay fit.

“Functional fitness offers terrific health benefits for everyone, no matter your age or fitness level,” added Dr. Bjornaraa. “I encourage my friends, family, and clients to



engage in some kind of functional fitness exercise every day to maximize the benefits.”

If you're ready to try some functional fitness exercises but aren't sure where to begin, you may care to check out a functional fitness exercise video called “3 Functional Exercises Using Only Body Weight.”

For information about the Silver&Fit program, visit www.silverandfit.com.

Cataracts

Continued from page 10

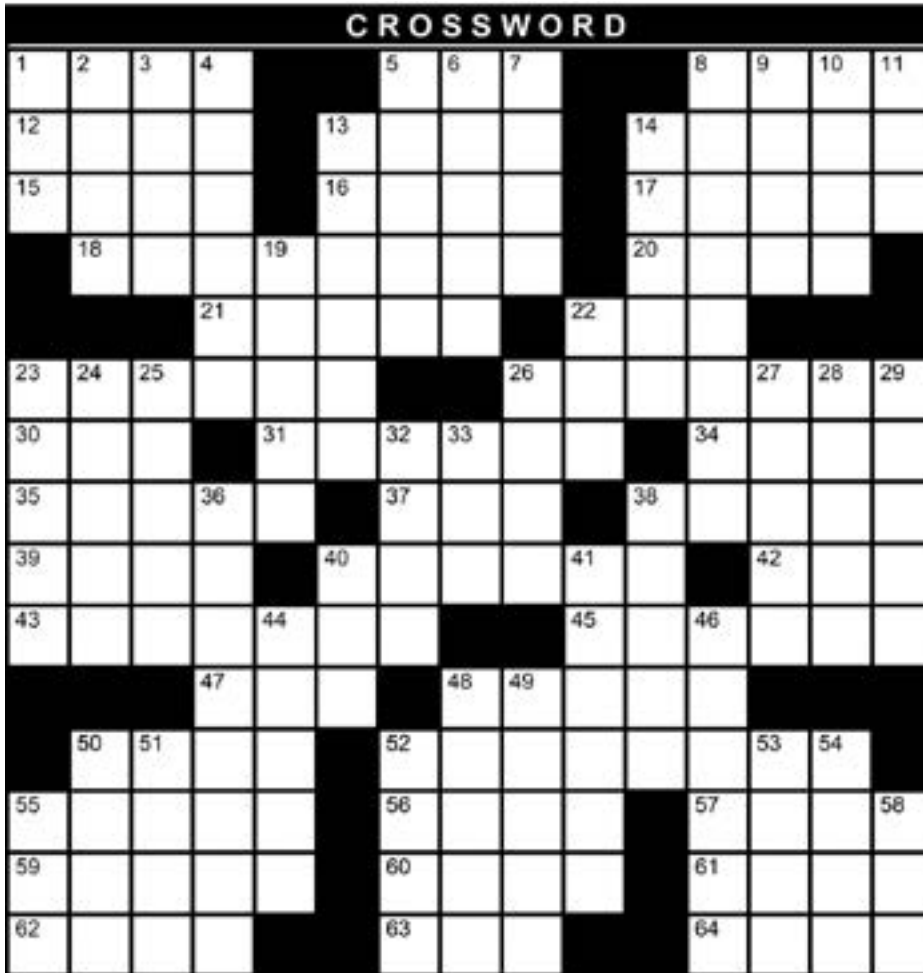
holds the IOL in place. Your ophthalmologist can use a laser to open the cloudy capsule and restore clear vision, a procedure called a capsulotomy.

Regular eye exams are important to maintaining your best vision, even after cataract surgery. The American Academy of Ophthalmology recommends scheduling a visit to the ophthalmologist every year after cataract surgery if you're older than 65, or every two years if under 65.

Can't Afford an Eye Exam? EyeCare America® Can Help.

For individuals age 65 or older who are concerned about their risk of eye disease and/or the cost of an eye exam, you may be eligible for a medical eye exam, often at no out-of-pocket cost, through the American Academy of Ophthalmology's EyeCare America® program. This public service program matches volunteer ophthalmologists with eligible patients in need of eye care across the United States. To see if you or a loved one qualifies, visit www.aaainfo.com/ECApatient to determine your eligibility.

Crossword Puzzle Theme: OPPOSITES



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ACROSS

1. Clothing joint
5. *Opposite of good
8. *Pre-
12. Guesstimate (2 words)
13. Sudden impulse
14. Group dice game
15. Stead

16. Naive person
17. Fancy necktie
18. *Compass point opposites (2 words)
20. A pinch between the cheeks
21. Earth tremor
22. Before skip and a jump
23. Constantly worry about

spacebar

64. Where users review

DOWN

1. Fa follower
2. Between Ohio and Ontario
3. *Opposite of on land

4. Fluffy dessert
5. Hillsides in Scotland
6. Anti-seniors sentiment
7. *Opposite of awkward and clumsy
8. *Door instruction (2 words)
9. Fairy tale opener
10. Flat-bottomed boat
11. Bambino
13. Not like #26 Down
14. Popular breakfast item
19. MCAT and LSAT, e.g.
22. *Hers
23. *Switch positions (2 words)
24. Louisiana swamp
25. Glasses, for short
26. Three biblical sages
27. A logical connection (2 words)
28. Extract a memory, e.g.
29. Stitch again
32. R&R spots
33. Tolstoy's given name, in Russian
36. *Irwin Shaw's title opposites (2 words)
38. Checked out
40. Pimple fluid
41. Marked
44. Speak like Pericles
46. *Not airtight
48. Teacher's pet, e.g.
49. Balance sheet entry
50. *Cons
51. Muslim honorific
52. Facts
53. Donned
54. Nervous biter's victim
55. College assessment test, acr.
58. Janitor's tool

- something
26. More infinitesimal
30. Catch a wink
31. One weber per square meter, pl.
34. *Pre-recorded
35. Deed hearings
37. Cribbage piece
38. Bread spreads
39. Plural of focus
40. Making the way, in a way
42. "I Like ___," 1952 campaign slogan
43. Of somber color
45. *Like bride's accessories (2 words)
47. 60 mins., pl.
48. Indiana ball player
50. One of Three Bears
52. *Day periods (2 words)
55. Vernacular
56. Part of church
57. Soap bubbles
59. Type of small salmon
60. Bound
61. Domingo, Pavarotti and Carreras, e.g.
62. Nicholas II of Russia, e.g.
63. Key next to

See **SOLUTION**
on page 14

Briefs

Rainbow Bingo

In celebration of Pride Day in the City of Snohomish, the Snohomish Senior Center is hosting RAINBOW BINGO Saturday, June 1. Doors open at 5 p.m., first Bingo game at 6 p.m.

Admission is \$25 and includes entertainment by Drag Queen Dona Tella Howe. Advanced purchase is strongly encouraged as space is limited. Please visit www.snohomishcenter.org/rainbowbingo or stop by the front desk.

Bingo Buy In, \$10 for 10 games, can be purchased at the door with cash only.

This is a 21 and over event.

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

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 9 a.m. at the Monroe Community Senior Center, 276 Sky River Parkway in Monroe. \$4 for members, guests \$7 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 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.

Clay Sculpting

Work with your hands, making both useful and decorative items every Thursday from Noon to 2:00 p.m.

Check with the front desk for space availability. Free for Members. \$3 for Non-members.

Snohomish Senior Center, 506 Fourth St. in Snohomish. 360-568-0934.

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.

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 we've found that sharing our stories eases our grief. We warmly welcome new attendees 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.

Chair Massage

Chair massage with Kathleen Sutton is available on Thursdays from 10 a.m. to Noon. 15 minute massages are \$15 members and \$18 non-members. Sign up for an appointment at the front desk; drop-ins are accepted based on availability.

Snohomish Senior Center, 506 Fourth st. in Snohomish. 360-568-0934.

More BRIEFS on page 14

Briefs

Silver Screeners Movies

Silver Screeners Cinema Club is a free senior outreach program presented by Scarecrow Video, convening the elder community with movies. In addition to providing access to its vast film library, Scarecrow's movie experts lead post-film discussions with Silver Screeners program audiences.

The June 6 movie will be *Sunset Boulevard* (1950).

Coffee, tea and popcorn will be provided. Feel free to bring other snacks, a cushion, or a blanket to make your movie experience more comfortable!

Movies are shown at the Mukilteo Library, 4675 Harbour Pointe Blvd.

Shelter Pet Portrait Painting Party with PawsWithCause

Celebrate Dogust, the universal shelter animal birthday and join us for 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 materials are provided, including paints, brushes, and pre-sketched canvases. All skill levels are welcome!

Kittens will be present to help raise awareness of local shelters. Please be mindful of this if you have allergies.

This program is open to all adults and children age 6 and older. Space and supplies are limited, so please register each person participating.

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 event is August 1 at the Monroe Library, 1070 Village Way. Registration opens July 5 at www.sno-isle.bibliocommons.com. Email askus@sno-isle.libanswers.com or call 360-794-7851.

Car Show

Everyone is welcome to join the fun at the 11th 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.

Not Your Grandma's Bingo

Fun event hosted by Drag Personality Gina Touche July 20 at Monroe Community Senior Center, 276 Sky River Parkway in Monroe. \$20 admission and includes nachos. Beer, wine and margaritas available. \$5 bingo packets sold at the door. This is a 21+ event. Doors open at 5 p.m.

Reserve your seat at www.mcsc.org or call 360-794-6359.

Elections Explained: A Q & A with experts

Are you curious about the voting process and election security in Snohomish County? Get the answers to all your elections-related questions about voting procedures, ballot processing, election security, and more straight from the experts themselves!

Snohomish County Auditor Garth Fell and Snohomish County Elections will share insights into the elections and voting process ahead of the 2024 Presidential Election. This is your chance to engage directly with the people responsible for administering elections in the county, so don't miss out on this

Continued on next page

SOLUTION for page 12 Crossword

S	E	A	M			B	A	D			P	O	S	T				
O	R	S	O			U	R	G	E		B	U	N	C	O			
L	I	E	U			N	A	I	F		A	S	C	O	T			
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Flower arranging

Every week you'll take home an artfully designed flower arrangement!

Learn about flower and color combinations and how to create varied arrangements. You'll also learn how to work with unexpected materials.

Lynnwood Trader Joe's supplies the flowers so each week is a surprise!

Bring a tool to cut flower stems and a vase, jar or plastic bag to take home your arrangement.

Wednesdays June 5-26 at Lynnwood Senior Center, 19100 44th



Ave. W from 9:30 a.m. to 10:30 a.m. \$16 members, \$24 non-members. To register, 425-670-5050.

Take a trip to Cape Cod, Greek Isles, San Antonio or Ireland

• **Cape Cod & the Islands** will be July 20-27. Double Occupancy \$3,225 per person.

• **Greek Isles, Italy and France** trip will be Oct. 16-31. Lots of sightseeing tours! Double Occupancy \$4,599 per person

• **San Antonio Texas** will be Dec. 4-8. Double Occupancy \$2,549 per person

• **Treasures of Ireland** will be October 14-22, 2025. Double Occupancy \$4,499 per person.

Book today by calling the Monroe Community Senior Center at 360-794-6359 or email programs@mcsc.org for more information.



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.

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Briefs

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opportunity to learn more about the process!

This event will be Sept. 7 at Noon at the Monroe Library, 1070 Village Way. Please register at www.sno-isle.bibliocommons.com

For questions please call 360-794-7851.

Health and Resource Fair

The Stilly Valley Center is hosting a Health and Resource Fair Wednesday, June 12 from 10 a.m. to 1 p.m. There will be over 40 vendors in attendance.

Line Dancing

The Stilly Valley Center offers Line Dancing Tuesdays and Thursdays. The free beginners class is from 10:45 a.m. to 11:15 a.m. followed by regular Line Dancing from 11:15 a.m. to 12:15 p.m.

All ages and abilities are welcome. The Center is located at 18308 Smokey Pt. Blvd. in Arlington.

Busy Bee Quilters

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

A day meeting from Noon to 2 p.m.-ish 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. Installation of new officers will happen at the June meeting.

Susan Kelley will be instructing on "Scraps Plattitude" at Noon and at 6:30 p.m. at the July 18 meeting (\$10 for non-members). A supply list will be provided to members and non-members upon request.

Mark your calendars for Sept. 18 for the guild's Silent and Live Auctions!

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 or call Diane Coombs at 425-334-3341.

Donations needed at Carl Gipson Center

The Carl Gipson Center hosts a Welcome Center each Friday for Ukrainian families who've fled the war. The center has partnered with the Snohomish County Sheriff's Office to ask for help providing household goods to these families.

Items needed (new only, please): Towels, sheets and blankets, cookware, dishes, silverware, electric teapots, diapers (varying sizes).

Donate items at the Carl Gipson Center, 3025 Lombard Ave. in Everett Mon.-Thurs. 8:30 a.m. - 5 p.m., Friday 10 a.m. - 12:30 p.m. and Sat. 8:30 a.m. - 3 p.m.

Red, White & Blue BBQ and Bingo

Come to the Carl Gipson Center on Wednesday, June 26 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.

Live music by Lauren Petrie during the BBQ.

Please RSVP by June 19.

Stay and join in on the fun of Community Bingo from 1 p.m. to 3 p.m.

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

See the great cities of Europe on a Mediterranean cruise

(NewsUSA) - The pandemic is over, COVID restrictions are gone and the cruise lines are back in business. So, there has never been a better time to book a Mediterranean cruise.

On a seven-day Mediterranean cruise you can visit Trevi Fountain in Rome, the lavender fields of Provence and Barcelona's famous cathedrals, with side trips to the Italian riviera and a Spanish vineyard.

With the dollar nearly on par with the euro for the first time in decades and a new generation of cruise ships plying its waters, a Mediterranean cruise vacation has never been more attractive or affordable.

- Convenient and Inclusive

On a cruise you unpack once

— no lugging bags from hotel to hotel or bus to train. Plus, your meals, onboard activities and entertainment are included in the cruise fare.

- A Different Country (Almost) Every Day

A typical seven-day Mediterranean cruise will stop at five or six ports in several countries. Costa Cruises offers shore excursions that immerse you in the culture and history of the most popular European destinations.

- Amazing Value

With the euro and dollar nearly equal in value for the first time in 20 years, your vacation budget can go farther, giving you up to 20% more buying power.

Also, Costa Cruises makes it

easy to recoup the value-added tax, or VAT, charged in European Union countries while you are on the ship, avoiding lines at the airport.

In terms of value, Costa Cruises' offers in the Med are unparalleled. Savvy shoppers can find cruise fares of about \$100 to \$150 per person per day — some as low as \$65 — often with deals where kids sail free or amenities and add-ons such as drink packages and onboard credits are included.

Costa Cruises has been sailing the Mediterranean for more than 70 years, and is the undisputed leader in the region, offering 195 cruises of three to 17 days



through 2024. And Costa's "Cruise Tours" and "Golf & Cruise" packages are easy to book online.

For an immersive, European experience of the Mediterranean on an Italian-style cruise, contact your travel professional, visit costacruises.com or call Costa Cruises North America at 1-800-GO-COSTA (800-462-6782).