



Stanwood  
Community And Senior Center

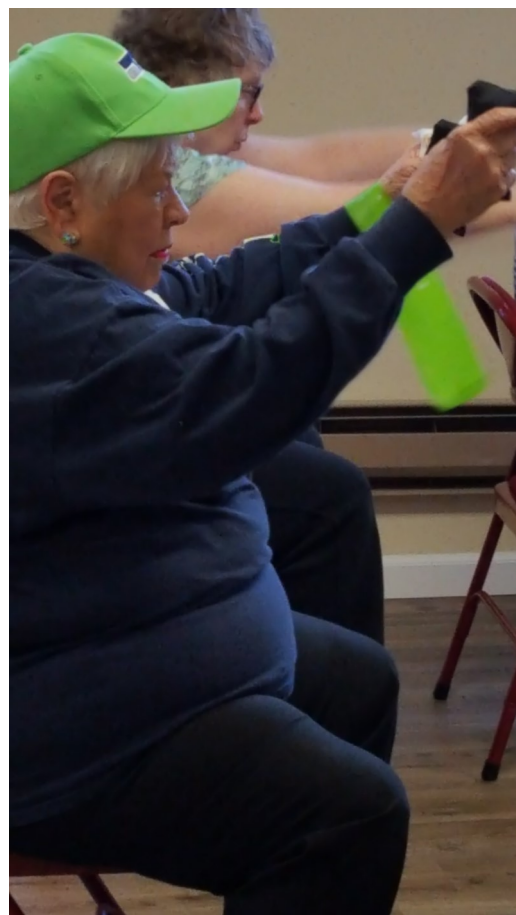
A BI-MONTHLY NEWSLETTER FROM THE STANWOOD COMMUNITY & SENIOR CENTER

# Newsletter



## RESOLUTION(S)

Get moving, get grooving, get dancing,  
volunteer, GET INVOLVED at SCSC!



## February/March

7430 276th Street NW, Stanwood 360-629-7403

Sign up to have our newsletter emailed to you at

[www.stanwoodseniorcenter.org](http://www.stanwoodseniorcenter.org)



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## Senior Center Information

### The Stanwood Community and Senior Center

#### Center Board of Directors

Bill Sanford, President

Dianne White, Vice-President

Vicki Anderson, Secretary

Robin Southward, Treasurer

Miki Armbruster, Sandra Burmester, Claudette Cody, Lana Foster, Seth Nilson, and Judy Perry. Board meets 2nd Wed every month at 1pm.

#### Staff

Julie Vess, Executive Director

Terri Riffle, Administrative Assistant

Joel Lambert, Maintenance

Debbie Thompson, Business Mgr./Apt. Mgr.

Angie Wrzesinski, Bookkeeping Asst.

Mary Brown, LEAP Transportation Driver

Crete Rozzini, Thrift Store Manager

Bob Cox, Executive Chef/Caterer

Karen Lanpher, Chef Assistant

Delycia Hurst, Wellness Nurse

Kelly Morgan, Janitorial

Jim Greenlee, Fleet Manager

#### Medicaid Transportation Team

Lead Dispatcher: Danielle Corbett

Assistant: Christie McCall

Drivers: Gloria Archambault, Dennis King, and Lori O'Connor.

### **Membership/Name Badges/Signing In or Out**

Center membership is available to all. There is no age limit. The annual cost for membership is a donation. Members must check in by scanning your card at the computer located near reception desk. If you do not have your card you may enter your phone number without the area code.

### **Use Good Judgment**

Participants assume the risk of taking part in all activities. The center is held harmless from all claims resulting from taking part in any activity at the Senior Center or by participating in any offsite activities sponsored by the Center.

### **Participant Code of Conduct**

Any participant whose behavior infringes on the rights of other participants and/or staff, volunteers or instructors, could result in participant being asked to leave the center. Any concerns about the center can be expressed to directly to the Center's Director.

### **Inclement Weather Policy**

The center utilizes the Stanwood/Camano Public Schools Inclement Weather Policy to determine its weather policy. SCSC will be closed if the Stanwood/Camano Public Schools are closed due to weather conditions; all meals, activities, classes and trips are cancelled. If schools delay opening or close early, the center will open or close accordingly.

### **Trip Policy**

- Trip payments are not refundable unless the center cancels a trip or secure payment is received from a replacement guest.
- Reservations may be made by phone or in person and center accepts cash, check or credit. However, some trips will require a deposit at sign up.
- Most trips have a payment due date. If center is purchasing group tickets to an event, payment is required before order is placed.
- Most trips have a minimum participation to cover costs. The center may cancel a trip due to not enough participation.

## SCSC On Going "Wish List"

◇ Replace Dining Room Chairs	Digital Reader Board	Display Racks for Thrift Store
◇ Building A Trim	Landscaping	LED Lighting      Water Heaters
◇ Kitchen Remodel	Replace Gutters	Repair Window Sills    Painting Throughout
◇ Kitchen Appliance Replacement	Professional Coffee Service	Replace Flooring
◇ Replace Dining Room Chairs	Clean Windows and Carpet	Pressure Wash Building

Visit our website at [www.stanwoodseniorcenter.org](http://www.stanwoodseniorcenter.org) - Visit our Facebook Page [stanwoodseniorcenter](https://www.facebook.com/stanwoodseniorcenter)



## Contact the Center for your Special Event or Get Together

The Center has spacious rooms for meetings, conferences, holiday parties, and family events. Our rentals are able to meet any budget. Catering is also available by our Executive Chef.



Center Conference Room \$100.00



Center Social Room Rent \$150.00



Center Dining Room Rent \$300.00



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**BILL SANFORD, MANAGER**

26817 88th Ave NW, Stanwood

(360) 629-9519

[riteaid.com](http://riteaid.com)

## Upcoming Trips—Volunteers Needed

### She Loves Me - Everett Village Theatre

Date: Thursday, March 12, 2020

Depart Senior Center at 12:45pm.

"From the combined talents of the creators of Fiddler on the Roof and Cabaret comes the musical romance that inspired the hit film 'You've Got Mail'. Perfumery shop clerks Amalia and George have never quite seen eye to eye, but what they don't know is that they have already fallen in love - through a "lonely hearts advertisement." A true delight, 'She Loves Me' is a warm romantic comedy with an endearing innocence and a touch of old-world elegance." Members \$55.00pp; Non-Members \$65.00pp. 50% deposit due at sign up. Full payment due by Feb. 12.

### The Wedding Singer - Everett Village Theatre

Date: Thursday, July 16, 2020

Depart Senior Center at 12:45pm.

"A, like, totally radical musical based on the hit film, this romantic comedy is a feel-good party that will have you dancing in your seat. The year is 1985 and Robbie Hart, a wannabe rock star, is New Jersey's favorite wedding singer. When his own fiancée leaves him on the eve of the wedding, only the kindness of a winsome waitress can get him back in the groove. The only problem is her upcoming wedding to a Wall Street shark. This retro gem features a lively and fun original score and is a high-energy celebration of the 80s."

Members \$65.00pp; Non-Members \$75.00pp.

50% deposit due at sign up. Full payment due by June 16.

**Legacy Giving** It's more than an act of generosity; it's an important investment in the future of our center. To be a part of this fine tradition, please ask your attorney to add this or other suitable language to your Will: **"I give, devise, and bequeath to Stanwood Community and Senior Center [insert: dollar amount, percentage of estate, description of real estate or other property, nature of gift, or remainder of my estate]."** Tax ID #23-7253336, 7430 276th St. NW, Stanwood, WA 98292

Contact Julie Vess, Director at 360-629-7403 for more information. Consult a qualified estate planner before making a gift in your will.

## Center Court Thrift Shop

Located in the Senior Center

Open 10am to 4pm Monday through Saturday

Proceeds from the thrift store benefit the center.



Thrift Shop  
**\$5 BAG SALE**

- Jewelry
- Fashion
- Furniture
- Housewares
- Crafts
- Cards
- Décor
- Seahawk Apparel
- Gift Certificates

**Friday's & Saturday's**

360-629-7403 ext. 109

**Donations of good condition items appreciated. All furniture donations must have manager approval.**

The Center and Thrift Shop will be closed Monday, February 17th



### Receptionists

We very much need a permanent Tuesday morning and afternoon receptionist as well as other "floaters" to cover the desk. Please see team member Christie for more details. 360-629-7403 ext.102

### Kitchen/Cleaning Help

We can always use additional workers in the kitchen for preparation, serving and clean up for lunches.

### Fundraisers

Volunteers are the heartbeat of this organization. There is no way that our limited number of staff could produce the great programs and activities that our community enjoy without assistance from volunteers. Thank you to all who have already volunteered to help in so many areas.

**Drivers** Volunteer driver needed for variety of local day trips. Must pass background check.



## Senior Dining—What's for Lunch?



Eating in a social setting provides countless health benefits for seniors. Seniors who share meals with other people are far more likely to feel like they belong than those who eat alone. This can lead to nutritional deficiencies, weight loss, and other problems that can negatively impact their health. According to recent research, approximately one-fifth of all seniors experience loneliness when they eat by themselves. Unfortunately, this problem is all too common. Many seniors live alone and don't have anyone to keep them company during mealtime. Getting out of the house is also more challenging than it used to be, which can make it hard to connect with others for a meal. Stanwood Community and Senior Center offers transportation to the center so residents of Stanwood can enjoy lunch with others. This service is our way to help older adults remain mobile in the community. Call the center about your transportation request. Suggested donation \$5.00 round trip. Lunch is served at 11:30am in our dining room.



Lunch is served at 11:30 a.m. Monday through Friday. Lunch price is \$4.00 members and \$7.00 non-members. Chef Bob Cox creates and prepares savory and healthy dishes for your enjoyment. Weekend meals available for purchase every Friday.

**Mon—Feb 3**

Chicken Bacon Ranch

**Tues—Feb 4**

Turkey Burgers

**Wed—Feb 5**

Vegetable Stir Fry

**Thur—Feb 6**

Meatloaf

**Fri—Feb 7**

Tuna Casserole

**Mon—Feb 10**

Macaroni & Cheese

**Tues—Feb 11**

Chicken Pot Pie Soup

**Wed—Feb 12**

Chicken Breast

**Thur—Feb 13**

Beef Barley Soup

**Fri—Feb 14**

Pork Loin

**Mon—Feb 17**

Center Closed

**Tues—Feb 18**

Baked Potato Bar

**Wed—Feb 19**

Breakfast

**Thur—Feb 20**

Meatloaf

**Fri—Feb 21**

Clam Chowder

**Mon—Feb 24**

Asparagus Bacon Quiche

**Tues—Feb 25**

Mardi Gras

Ham and Sausage Gumbo

**Wed—Feb 26**

Fish Tacos

**Thur—Feb 27**

Chef's Choice

**Fri—Feb 28**

Meatloaf



## Wellness & Education at the Center

### Healthy Relationships

**Monday, Feb. 3 | 1:30pm - Center Social Room**

Personality traits and learned experience can create behaviors that limit our ability to cultivate healthy relationships. Come join us for a conversation about how to make our “baggage” lighter, and establish meaningful connections with those around us. Conversation will be facilitated by Christine Vervitsiotis, Mental Health and Wellness Programs Manager at Homage. No registration required.

### AARP to Offer Free Tax Help at Stanwood Community and Senior Center

**Fridays, Beginning Feb. 7th - April 10th**

Program is offering free help with tax preparation and electronic filing services to taxpayers. Appointments available by calling the center at 360-629-7403. Be sure to have your social security card, drivers license and previous years tax return for your scheduled appointment.

### Take the AARP Smart Driver Two - Day Course

**Wednesday, Mar. 18 & 19 | 1pm-5pm (two-day class) - Center Social Room**

Refresh your driving skills and learn the new rules of the road. Learn research-based driving strategies to help you stay safe behind the wheel. Plus, there are no tests to pass. Reserve a seat by calling the center at 360-629-7403 ext. 4. Cost is \$15 for AARP members - \$20 for non-members. Payment is due to the instructor.

### Free Wellness Event at the Stanwood Community and Senior Center



**Thursday, April 2 | 10am-2pm**

Spend the day accessing health and wellness resources for you and your loved ones. Classes and health screenings. Lunch will be available for purchase.



## Enrichment Classes, Programs, and Community Clubs

### Services

#### **Lunch Dining**

M-F 11:30 a.m. Center Dining Room. Chef prepared lunch is just \$4.00 members; \$7.00 non-members.

#### **Dining to-go Program**

Take out meals available Fridays—reduced price

#### **Foot Clinic**

3rd W, 8:30a.m. - 3p.m. Call the center to make your appointment. 360-629-7403

#### **Thrift Store**

M-Sat. 10a.m. - 4p.m. Fri & Sat \$5 bag sale

#### **Low-Cost Transportation**

M-F, 8a.m. - 4p.m. Contact Terri to schedule an appointment. 360-629-7403 ext. 114.

#### **Trips**

Visit our website at  
[www.stanwoodsseiorcenter.org](http://www.stanwoodsseiorcenter.org)

#### **Center Lending Library**

M-F, 9a.m. - 4p.m.

#### **Sno-Isle Book Mobile**

2nd Tu, 10:15a.m. - 11:30a.m.

#### **Coffee Bar**

M-F, 9a.m. - 3p.m. Mochas/Lattes, coffee, soda, water and snacks are all available for purchase.

#### **Haggen Grocery Trip**

2nd & 4th W Leave the Center at 12:30pm

#### **Wellness Nurse - Delycia, RN**

Tues & Thurs 10am-1pm. Blood pressure, medication, or health concerns and so much more.

#### **Room Rental**

Contact the center for availability. Discounts for members.

### Services Cont'

#### **SHIBA** (Statewide Health Insurance Benefits Advisor)

Part of the insurance commissioner's consumer protection services, SHIBA provides free, unbiased, and confidential assistance with Medicare and health care choices. Contact Homage at 360-513-1900 or 425-290-1276

#### **Salon Services**

W, 9:00a.m. - 6:00p.m. Appointment schedule available at the center or call Tammy at 360-629-7403 ext. 117.

#### **Medical Equipment Loan Closet**

M-F, 9:00a.m. - 4:00p.m. Canes, wheelchairs, commodes and walkers available. Borrow for as long as you need. Check out equipment with reception desk.

#### **Food Bank**

1st and 3rd Friday. Leave the center at 9am.

### Support Groups

#### **Brain Injury Support**

3rd M, 6:30p.m. - 8:00p.m. Center Library For more information contact Karen Furney at 425-268-2934.

#### **Parkinson's Support**

2nd M, 10a.m. - 12:00p.m. For more information contact Tori Kelly at 425-422-1067.

#### **Caregiver Support**

1st Tues, 10:00a.m. - 12:00p.m. For more information contact Gail Barrett at 360-387-3417.

#### **Al-Anon Family Support**

W, 7:00p.m.. For more information call 360-618-0464.

### Classes

#### **Sewing**

Tu, 9:00a.m. - 11:30 a.m. Class fee is \$3.00 Barbara Harvey 360-659-1625

#### **Driftwood Sculpture**

2nd Sat, 9:00a.m. - 12:00 p.m. Class fee \$10.00

Julie Wing 425-821-0437.

## Enrichment Classes, Programs, Community Clubs Schedule Cont'

### Classes Cont'

#### **Ceramics**

W, 10:00a.m. - 1:00 p.m. Class fee \$5.00  
Judy Perry 360-629-2249

#### **Yoga**

Tu, 9:00a.m. - 10:30a.m. Class fee is \$10.00.  
Vanessa Soderberg 360-914-2955

#### **Chair Yoga**

Tu, 10:45a.m. - 11:30a.m. Class is free.  
Vanessa Soderberg 360-914-2955

#### **Brains & Balance**

F, 10:00 a.m. Class is free. YMCA instructors  
Sandy and Ruth. Class size is limited.

#### **Uncial Calligraphy (New)**

Th, 10:00 a.m. beginning March 5th. Class is free.  
(does not include supplies) Instructor Jeannine  
Rodenberger, a retired school teacher.  
360-629-4799. Class size is limited.

### Activities/Socials

#### **Bunco**

4th M, 10:00a.m. Susanne - 360-387-2395

#### **Men's Bible Study**

Tu, 9:00a.m. Conference Room  
Russ Kraus 425-320-8273

#### **Ladies Bible Study**

Tu, 9:00a.m. Library  
Yuna Krause 360-651-8650

#### **Crafts**

Tu, 10:00 a.m.

#### **Knit or Crochet**

Tu, 1:00p.m. Walk ins welcomed

#### **Pinochle**

F, 5:30p.m. - Sandee 360-913-4493

#### **Wii Bowling**

M-F, 9:00 a.m. - 4:00 p.m. Individual or teams.

#### **Hand & Foot (new players welcome)**

Th, 1:00p.m. - Sheri Text 360-629-2031

Please contact instructor to insure class availability

### Community Organizations

#### **Kiwanis**

#### **Stanwood Lions**

#### **Interact Club**

Healing Garden Project

#### **Making Life Work**

#### **Board of Directors**

2nd W, 1:00 p.m.

#### **Stanwood Food Bank**

#### **Hero Quilters**

3rd Sat. 9a.m.

#### **Stanwood Community and Resource Center**

#### **Rotary**

#### **Food Bank**

#### **Snohomish County Resources** (Cont' page 12)

#### **Senior Information and Assistance**

425-513-1900 or 800-422-2024

#### **Family Caregiver Resource Line**

425-290-1240

#### **Geriatric Depression Screening**

425-290-1260

#### **Health Insurance Counseling (SHIBA)**

425-290-1276 or 360-513-1900

#### **Housing Social Services**

425-290-1275

#### **Multicultural Services**

425-513-1900

#### **Senior Peer Counseling**

425-290-1252

#### **Dial-A-Ride Transportation (DART)**

425-347-5912 or 800-562-1381

#### **Transportation Assistance Program (TAP)**

425-423-8517

#### **J&B Transportation** 360-836-1361

Please contact instructor to insure class availability

Visit our website at [www.stanwoodseniorcenter.org](http://www.stanwoodseniorcenter.org)





**March 21, 2020 5:30 p.m**  
**Traditional dinner, no host bar,  
entertainment and more.**

**Stanwood Community and Senior Center**  
**7430 276th St. NW, Stanwood**  
**\$15 per person.**

**Register at [www.stanwoodseniorcenter.org](http://www.stanwoodseniorcenter.org) or  
call 360-629-7403**

**Please consider giving a donation at this fundraiser event. Your donation supports our nutrition program, transportation program and social programs that help combat isolation.**

## 2019 Center Accomplishments—Strategic Plan Completed a Year Early

Over the past year we served 5,953 meals (145% growth) 366 trips (49% growth) 11,747 visits (28% growth) 363 membership (21% growth) and we also had more individuals who utilized our wellness services serving 1,368. We have more building projects to complete but look forward to a successful 2020 with continued growth.

Julie Vess, Executive Director 360-629-7403 ext. 111 or

[j.vess@stanwoodseniorcenter.org](mailto:j.vess@stanwoodseniorcenter.org)



- ⇒ New Digital Phone System Installed
- ⇒ Lincoln Hill Apartment Wall Repaired
- ⇒ Front Parking Lot Repaired and Drainage added
- ⇒ Fresh Paint and New Flooring to Center Social Room
- ⇒ Lincoln School Senior Apartment Management Company Retained
- ⇒ Building B & C Roof Repair
- ⇒ Installed Security Gate on Northwest Entrance
- ⇒ Dining Room Remodel Plans Completed by Architect
- ⇒ Lincoln Hill Apartment Hot Water Tanks Repaired
- ⇒ Fresh Paint Throughout
- ⇒ Repaired Water Leakage in Library and Kitchen
- ⇒ Hired Fleet Manager
- ⇒ Installed New Center Signage on Front of Building Funded by Tenants
- ⇒ Repaired Thrift Store Floor
- ⇒ Support from the City of Stanwood for LEAP Program
- ⇒ Repaired Ceramic Room Floor
- ⇒ Repaired Sheetrock in Maintenance Office and Lunchroom
- ⇒ New Logo and Branding for Marketing
- ⇒ New Website
- ⇒ Provided Employee Health Benefits
- ⇒ Efficient Staffing Reorganization
- ⇒ Implemented Care Meetings for Current Tenants
- ⇒ Partnered with Making Life Work Providing Office Space their First Year
- ⇒ Partnered with Food Bank, YMCA, Camano Center, Josephine, North County EMS and Rotary
- ⇒ Purchased Two Vehicles for Transportation Programs
- ⇒ Implemented Schedule Plus - Self Check in System

## 2020 Membership Form

### 7430 276th Street NW, Stanwood

**Our Mission: Embrace, enrich and empower seniors and the community.**

Last Name: Member One
First Name:
Date of Birth    __ / __ / ____
Email:
Phone #
Mailing Address:
Emergency Contact:   Emergency Ph #
Would you like to receive newsletter via email only? Yes _____ No _____
Signature  Date:

Last Name: Member Two
First Name:
Date of Birth    __ / __ / ____
Email:
Phone #
Mailing Address:
Emergency Contact:   Emergency Ph #
Signature  Date:
<b>Membership Donation \$ _____</b>

☐ (Please check) I release the Stanwood Community and Senior Center and all its agents from any liability for any accident, injury or damage of any kind to persons or property that might occur while participating in SCSC activities.

**Catholic Community Services**

425-423-8517

**Center Low-Cost Transportation**

360-629-7403

**VA Transportation**

206-277-3893

**Hopelink Medicaid Transportation**

855-766-7433

**Housing Development**

425-290-1262

**Housing Management**

425-290-5165

**Minor Home Repair**

425-290-1250 or David Keller 425-870-5042

**Meals-on-Wheels**

425-347-1229 or 800-824-2183

**Congregate Nutrition**

425-347-1229 or 800-824-2183

**TTY for all Services**

425-347-7997



Many business organizations and agencies have contributed to center events, programs and services. Your partnership has strengthened future opportunity connections. We offer our sincere appreciation for your generous gifts as we continue serving our community: Snohomish County, The Nysether Foundation, The Everett Clinic Foundation, St. Cecilia Church, Lenz Enterprises, The Norcliffe Foundation, Stillaguamish Tribe of Indians, The Tulalip Tribes, Stanwood Lions, Boeing, Coastal Community Employee - Giving Fund, The Ruckman Family, Heritage Bank, Gilbertson Funeral Home, Colleen Wilcox, Signature Re/Max, Stanwood QFC, Stanwood Rite Aide, Twin City Idlers, Stanwood Les Schwab, Safe Harbor Free Clinic, The YMCA, Amigo's Restaurant, Angel of the Winds, Kiwanis, Anonymous Donors, Thomas & Associates, Charis Fund, State Farm, Saratoga Transitional Rehab, Debra Hartsfield, Windermere, Stanwood Car Care, Stanwood Foursquare Church, Coastal Community Bank, Board of Directors, staff and volunteers.

**2020 Membership Renewal**

We would like to encourage you to renew your membership for 2020 and become a partner in helping your community access resources. Enjoy the many benefits associated with membership including subscription to the bi-monthly newsletter, discounts on meals, thrift store, transportation, room rental, and more. Thank you for your continued support. Additional membership forms available at [www.stanwoodseniorcenter.org](http://www.stanwoodseniorcenter.org).

**Our Mission is to embrace, enrich, and empower seniors and the community.**

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