By Larry Vogel

The holidays are a traditional time to experience the inner joy and personal satisfaction of reaching out to others and sharing with our neighbors in need. For 47 years Homage and volunteer supporters have been there, promoting independence, preserving dignity, and enhancing the quality of life for older adults and people with disabilities in Snohomish County — and simply couldn’t happen without your generous support.

But this holiday season is like no other. The COVID pandemic has literally thrown thousands of our neighbors into crisis, swelled the ranks of people who need our services. Unprecedented numbers of our Snohomish County neighbors are facing a combination of job loss, choosing between paying for rent or food, mounting medical bills, and the pain of isolation and loneliness. Homage is stretching its resources ever thinner to serve the growing numbers of seniors and people with disabilities, meal preparation, and transportation, and a host of other services to help them maintain their health, independence, and quality of life as we navigate the COVID crisis.

As Thanksgiving 2020 approached, we knew we’d have a bigger job than ever. But supporters throughout the community stepped up. We were fortunate to have an army of more than 80 volunteers pitch in to assist with preparing, packaging, and delivering more than 800 traditional Thanksgiving Day hot turkey dinners to our clients.

And it didn’t stop there — because after all, what’s Thanksgiving without leftovers? In addition to hundreds of other Thanksgiving Day meals, volunteers also brought along bags of “refrigerator ready” leftovers for the days after, ensuring the holiday spirit continued with post-holiday sandwiches, snacks, and other treats.

This year’s effort was organized out of the Carl Gipson Senior Center in Everett, which served as both the meal preparation and distribution center.

While all our volunteers went above and beyond this year, we want to particularly acknowledge board member David Tingstad and the employees of the Edmonds-based law firm, Beresford Booth PLLC.

Long-time supporters of Homage, Beresford Booth sent an enthusiastic crew of 12 employees who helped prepare meals the day before and then returned on Thanksgiving Day to help with delivery.

“What a blessing to have the opportunity to do this,” remarked Beresford Booth partner Bill Kessler, who helped with both preparing meals and bringing them to our clients’ doorsteps. “I’m so impressed with the way Homage organized the whole process — the staff is really amazing.”

Kessler had nothing but praise for the way Homage and all the volunteers organized and ran the operation — coordinating meal preparation and delivery like clockwork.

“They were so efficient,” he remarked. “On delivery day we were given a time to arrive, and we joined the line of other delivery volunteers queuing up to pick up meals. As soon as we pulled up to the door volunteers brought the meals directly to our car, hot and ready to go, along with an address list of the recipients.”

For Kessler distribution day turned into a family affair, including a potent teachable moment” for two very special young ladies.

“I brought along my 4-year-old daughter, her best friend, and her dad to help bring the meals to the recipients,” he explained. “Aside from being a great father-daughter bonding experience for both of us dads, it was the perfect way to show the girls a positive example of the spirit of helping others and give them a window into a world they don’t see in their usual day to day lives.”

But the real rewards were the looks of thanks and gratitude in the eyes of the recipients as they arrived on the doorsteps, mask up, brought the meals inside, and the savory aromas of Thanksgiving filling their homes.

“One lady in particu- lar was so sweet,” Kessler recalls. “She was over the top profuse in her thanks to us, and it just filled us with joy seeing how the simple gesture of handing her a meal made such a difference. What a blessing!”

After delivering the meals Kessler and his daughter retired home to their own Thanksgiving dinner, still basking in the glow of the grateful recipients they’d visited earlier in the day.

“It really made our Thanksgiving special,” he concluded. “I hope we can make this a family tradition. Homage and the community did a wonderful job putting this event together, and it was Beresford Booth’s and my — privilege to be a small part in making it happen.”

But the 2020 holiday season is still upon us, and experts agree that COVID will be with us well into the new year. All this means is the need is greater than ever. Please consider including Homage in your holiday gift giving plans, and if you’re already a donor, we urge you to increase your gifts to help folks in need survive these difficult times. Every dollar you give to Homage not only helps provide life changing services to older adults and people with disabilities, but brings you the personal satisfaction of knowing that your gift is making a positive difference in the lives of others.

You can make a secure, online gift at www.homage.org/donate.
This year more than ever, I’m inspired by those who give

By Kit Massengale
Director of Philanthropy and Communications

More than any other year, I find myself asking, “Who inspires me?” And, just like anything about this year, my answer surprised me. This year, I am inspired by those who give.

To me, philanthropy is an active verb. While many people have an “I gave at the office” attitude, there are also the individuals of all back-grounds who seem to have a never-ending energy around giving back. Not only do they perform charitable acts and volunteer, they find ways to connect with others who have the same mindset. They are the ones who are committed to organizations, missions, and communities. They talk about their experiences with giving in passionate terms, and inspire others around them to give too. Those who give connect us to one another and make our community stronger.

These people come from all walks — they may be retired, employed and overworked, or staying at home taking care of young children, but the two things they have in common is a boundless love for others and gratitude.

In my job at Homage, we talk about the importance of connecting people who are passionate about giving. I have learned over the years that there are no-size-fits-all when it comes to what makes someone want to give. Coming to understand that someone’s time and interest is valuable, and learning what they are passionate about. I see my job and the work of the entire Homage team from our bus drivers to our CEO, as dedicated to help-ing our givers find ways they can connect proudly and passionately with projects that fulfill their desire to make a difference in the lives of community members.

2020 has been a year like no other. We could not have predicted how the pandemic would unfold. In the face of all the sadness and diffi-culty, I find reasons every day to be inspired by our clients, staff, and community members. They are truly rising to the occasion and finding ways to serve in what sometimes appears to be insurmountable odds.

We are not the only ones; there are many wonderful organizations who work tirelessly to help improve lives, solve pressing issues, and make our world a better place. If you’re feel-ing the desire to get involved in your community, you can look for the endings.

If you would like to join a group of curious, passionate, and grateful beings through the gift of your time, expertise, or dollars Homage has 23 programs benefiting those with disabilities. I would love to share those opportunities with you so you can make a difference in the lives of wonderful people. Happy holidays and a wonderful, con-nected New Year.

To learn more about volunteer opportunities at Homage, visit us at www.homage.org/volunteer. To make a secure, online gift to help those in need, visit us at www.homage.org/donate.
Thomas W. Jones III, MD

Most of us remember learning about the five senses in elementary school: vision, hearing, smell, taste, and touch. We all either wear glasses or contacts ourselves or know others who do, and many of us know someone with hearing loss. As an internist, my patients frequently had changes in their sense of touch, such as tingling or numbness, but very few had primary concerns about their ability to smell.

With the emergence of COVID-19, olfaction, the sense of smell, has taken center stage. About 80% of people with mild to moderate COVID-19 have acute disturbances in their sense of smell, has taken center stage. About 80% of people with mild to moderate COVID-19 have acute disturbances in their sense of smell, but from reversible changes to the cells supporting that nerve. Most of these individuals recover their sense of smell, but some have noted long lasting changes. Current research suggests that alterations in smell related to COVID-19 may not be from direct damage to the olfactory nerve, but from reversible changes to the cells supporting that nerve. Besides COVID-19, what else can affect our sense of smell? The most common causes are inflammation or obstruction of the nasal passages due to sinusitis, allergies, or nasal polyps. As with hearing and vision, aging is associated with decreases in our ability to smell. Conditions that damage our brain or olfactory nerve, such as Alzheimer’s, tumors, or brain trauma, can lead to anosmia, the loss of the ability to smell, but in these conditions, other symptoms such as memory loss or weakness are usually more prominent than the loss of smell.

How important is olfaction for humans? Our sense of smell can alert us to dangers, such as fire or spoiled food. Aromas trigger emotions and memories, such as the smell of pine at Christmas or of freshly cut grass in the spring. Our senses of smell and taste work together to help us detect flavor, many people with anosmia do not enjoy eating and may lose weight. Some develop depression. If you acutely lose your sense of smell, of course, talk to a medical provider and get tested for COVID-19. If you or have decreased sense of smell related to aging, be vigilant about a few safety routines. Change your smoke alarms regularly, check that your stove is turned off before eating meals, and check all expiration dates on food. Make certain you have adequate ventilation before using any chemicals like bleach, and if you do not have a personal bathing schedule, consider setting one up.

If your olfactory senses are working well, try making time to intentionally smell and name 5 different aromas or odors each day. While scientists previously believed humans could not smell as well as many other species, most now believe we do not actively use or train our olfactory sense as well as our senses of vision and hearing. While some aromas, such as coffee or chocolate, may be easy for most of us to name, if you have difficulty identifying a smell, try naming it and then associating it with a color, a person, or a place. Do this every day for a week or ten days. With time and practice, you will likely both notice and be able to identify more smells.

We hope this season brings you peace, happiness and many wonderful holiday aromas.
HOMAGE VOLUNTEER OPPORTUNITIES

By Michelle Frye
Homage Volunteer Manager

Hello Homage Volunteers, Friends, and Community,

I am very thankful for all of our Homage volunteers and our community for reaching out to us during the Covid pandemic. Your willingness to help others is inspiring. I also want to thank the volunteers who have had assignments placed on hold as we seek to protect your health and those of the clients that you are used to helping. A special thank you goes out to our Meals on Wheels volunteers who are still delivering meals to our clients. To all the volunteers who have adapted to our virtual format for helping our clients, I also want you to let you know how much your efforts are appreciated — Senior Peer Counselors, Senior Companions, Foster Grandparents, Senior Social Connections, multicultural volunteers, and administrative volunteers.

Volunteers needed

Video and streaming skills — We need a volunteer who has a skill set related to video recording and streaming. They would have an opportunity to assist with setting up virtual programming for the Center for Healthy Living and our multicultural groups. Musical Talent — If you have musical talent that you would like to share with others, we would like to hear from you. During December, I would love to stream some Holiday music for groups to enjoy.

Volunteer opportunities

Advocacy & Outreach — take a moment to thank our elected officials for their votes and support in securing funding for the Older America’s Act, Meals on Wheels, and emergency meals for vulnerable adults. Raise Awareness — help spread the word about Homage and receive the most updated news about our programs, follow us on Facebook and Twitter. Volunteer at Local Food Banks — many of you are concerned that our clients have adequate food. Until we can use your volunteering with our area food banks. Many of our clients utilize these resources. Consider giving a gift to the program that has special meaning to you — earmark a donation to the program of your choice at Homage or leave it unrestriced and we can direct it to the program most in need of support.

Write a letter to our Troops — through our connection with Heroes Cafe we are sending letters of appreciation and support to our troops. We are currently supporting troop members who are quarantined in Germany as they spend two weeks either waiting to return to the states or be deployed.

For more information about volunteer opportunities please call Michelle Frye at 425-740-3787 or mfrye@homage.org.

By John McAlpine
RSVP Program Recruiter

Sponsored by Catholic Community Services, RSVP is America’s largest volunteer network for persons over 55 and the ONLY program where the collective contribution of the senior volunteer is recorded. RSVP exists to help volunteers 55+ find fulfilling volunteer work. Volunteer opportunities exist all over Snohomish County.

I wish I could be the writer capable of making readers forget about the challenges and situations we face as we enter the 9th month of Covid protocol behavior. I wish I was the writer capable of finding the wheat among the chaff as infections continue to climb. I wish I was the writer capable of making a silk purse of this year from the sow’s ear we’ve been given. That ability lies beyond my grasp I’m sorry to say. There is this to consider though. Despite the fact Holiday plans to visit or be visited, meals to share, presents to give, time to spend with others isn’t going to happen this year for most of us, there still exists a positive perspective. Perspective, as interpreted in the art world, means drawing or painting an object so it appears to have depth, volume and substance. The object looks correct to our eye because it has been recreated according to a certain set of rules. When we say ‘let’s put it in perspective’ we mean looking at it in perspective; we mean looking at it in the way it actually is, not as I want it to be. Our country is being ravaged by a virus that is easily transmitted and difficult to remove. The longer it goes on the more stories I hear of people being infected. There is a segment of the population that doesn’t seem to believe the virus is real or that social distancing is effective. I prefer to err on the side of caution and think those things do help. The positive in all this? It is my belief the scientific and medical communities are going to help us with products that will stop the virus from spreading and allow us to restore our day to day lives to the way, more or less, they were. Despite the fact we seem to have done everything the wrong way as a nation in managing this crisis, we are still, for the most part, doing OK. There are still stocked grocery stores. Most of them now have a reserve stock of some items that hasn’t been bought up and hoarded. There is a vaccine on the way. I hear a lot of discussion about whether or not people will get the shot. Some say the cure is worse than the illness. Covid has changed travel plans for many of us this year (no trip to visit my out of state grandkids this Christmas) and I don’t know the long-term effects of the virus on those who get it and live. Through all of this you keep emailing and calling and asking about volunteering. That says a lot about the human spirit. That says a lot about you.

Finally, Happy Holidays. Stay safe and avoid unnecessary chances. Talk with you next year! Give me a call or send me an email and we can discuss the 60 some organizations that we work with and find you something to do. If you have any questions about RSVP, volunteering or any of the opportunities listed here please contact RSVP at 425-374-6374 or email me at johnm@ccsww.org.

Michelle Frye

Wednesday, 12.16.2020

Homage

Dr. Robert Hughes

Rsvp Volunteer Opportunities

RSVP Volunteer Opportunities

Contact RSVP for more volunteer opportunities. Learn more about our programs, follow us on Facebook and Twitter. Fall and Winter brick and mortar programs such as Social Connections, multicultural, Foster Grandparents, and Senior Companions. Call today! Free Consultation and $500 Toward Your New Smile! 425-337-6885 www.HughesDentalGroup.com

Located Right Turn the backs of time

anti-aging dentistry

Hughes Dental Group

Comfort beauty and confidence

10025 19th Ave SE, Suite 200 Everett, WA 98208

Our one bedroom apartments rent for $2,795 and our two bedroom apartments rent for $3,495, which includes two chef prepared meals daily, weekly housekeeping service, transportation, activities and Cable, Electric, gas, water/sewer/garbage and HAPPY HOUR included!

You Are in Good Hands At Windsor Square.


Turn the backs of time with anti-aging dentistry

Before

After

Dr. Robert Hughes


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You Are in Good Hands At Windsor Square.

9912 48th Dr. NE, Marysville

360-653-1717

Guardian

 através de três síntomas: cefaleia, fadiga e perda de memória. Os sintomas estão presentes para as pessoas resistentes e para os que não são resistentes.
2020, without a doubt has been one of the most challenging years in recent history with a global pandemic, which has led to global social and economic disruption, mass cancellations and post-pandemic events, worldwide lockdowns, protests, and the largest economic recession since the Great Depression.

During the season of giving, it is important to reach out to those veterans and their families and let them know that they are remembered and appreciated for their service and sacrifice to our country. However, if you have been following the news recently, then you probably caught the stories about our Soldiers, Airmen, Marines, Navy and Coast-guardsmen, coming home from military service and ending up homeless and/or committing suicide. This is very, very sad and a very real problem and something that we cannot ignore. It gets even more complicated during the holidays for our more than 250,000 homeless veterans.

To have our amazing Men and Women who have fought bravely for our Country come home only to feel like they do not belong here, and their life is not worth living anymore. You do not have to believe in these facts and the ways that we ask them to fight and to realize the facts. They are doing what we our leaders tell them to do. If they tell them to go to Iraq, Afghanistan or to the borders, they will be there protecting our borders. They are the ones who keep our Country safe and appreciated for their service and sacrifice to our country.

The United States Department of Veterans Affairs has reported that there are 250,000 homeless veterans, sleeping in shelters, parks, and cars and on the streets on any given night in the United States of America. It is estimated that 50% of these veterans are suffering from a mental illness, such as Post Traumatic Stress Disorder (PTSD) and substance abuse problems. Only a soldier can know what it is like to go and fight a war to see the things they see and do the things they do. But we all know people in war and war is not pretty. And yet the statistics of those that return home are not pretty. either. 33% of homeless adults are honorably discharged veterans, 60% of them are divorced or separated from their families. 90% have a high school diploma or higher. All need medical and dental care. The jobless rate for veterans between ages 18 and 24 was startling: 28.4%, five times non-veterans within the same age group. With a total veteran unemployment rate of 8%. Which is estimated to rise even higher during the pandemic.

Young veterans are trickling into shelters and soup kitchens seeking services, treatment or help with finding a job and we must be there to support and help them. It is our duty to do so and I ask for your help and support in this effort. The vast majority of homeless veterans (96%) are single males from poor, disadvantaged communities. Homeless veterans have served in World War II, Korea, Vietnam War, Cold War, Vietnam War, Grenada, Panama, Lebanon, Operation Enduring Freedom (Afghanistan), Operation Iraqi Freedom, and the military’s anti-drug cultivation efforts in South America.

The number of homeless female veterans is on the rise: in 2006, there were 159 homeless female veterans of the Iraq and Afghanistan wars, in 2011, there were 1,700. That same year, 18% of homeless veterans assisted by the VA were women. Comparison studies conducted by HUD show that female veterans are more likely to be homeless, and the risk of homelessness increases significantly among young veterans who are post-deployment. About 53% of individual homeless veterans have disabilities, compared with 41% of homeless non-veteran individuals.

Half suffer from mental illness; two-thirds suffer from substance abuse problems; and many suffer from dual diagnosis (which is defined as a person struggling with both mental illness and a substance abuse problem).

Homeless veterans tend to experience homelessness longer than their non-veteran peers. Veterans spend an average of nearly six years homeless, compared to four years reported among non-veterans.

How many veterans are homeless?

While only 8% of Americans can claim veteran status, 17% of our homeless population is made up of veterans. In 2019, the Department of Veterans Affairs (VA) estimated that on any given night, there were 256,000 homeless veterans sleeping on American streets. With the coronavirus pandemic, it is estimated that this number may be as high as 480,000 homeless veterans if nothing is done to help and support them with increased services and support in 2021.

To help reach those veterans we need your help. It is our duty to do so and I ask for your help and support in this effort. The vast majority of homeless veterans (96%) are single males from poor, disadvantaged communities. Homeless veterans have served in World War II, Korea, Vietnam War, Cold War, Vietnam War, Grenada, Panama, Lebanon, Operation Enduring Freedom (Afghanistan), Operation Iraqi Freedom, and the military’s anti-drug cultivation efforts in South America.

Roughly 56% of all homeless veterans are African American or Hispanic, despite only accounting for 12.8% and 15.4% of the U.S. population, respectively.

By Raymond Miller

Raymond Miller

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By Raymond Miller
Homage honors its AmeriCorps Seniors volunteers

By Mary Ann Higgins
Homage Senior Companion Program Coordinator

Homage recently hosted two volunteer appreciation virtual gatherings in place of the usual annual lunches to honor the Senior Companion and Foster Grandparents for their time and service during the past year.

Homage coordinates both of these AmeriCorps Seniors funded programs in King and Snohomish Counties. Volunteers gathered on Zoom and were joined and honored by: US Representative Rick Larsen and his Community Liaison Lindsey Webb; Cameron Cald- well, NW Washington Outreach Coordinator for US Senator Maria Cantwell; Max Larson, NW Regional Director for US Senator Patty Mur- ray; and Elise Garscacy, Ameri- Corps Seniors Portfolio Manager.

Volunteers Kristina Farrell, Frances Raabe, Rosario Ranjo and Gaye Harris shared the impact of their service for themselves and their clients young and old. Homage recog- nized Matty Carrasco and Gaya Harris for their outstanding service during 2020. Homage CHR, Steve McGraw, along with other Homage staff recognized the volun- teers’ flexibility and commitment to serve in spite of the uncertainty due to the coronavirus pandemic during this past year.

Station Supervisors and representatives from partner agencies Multicare Healthcare, IDIC (Filipino Senior and Family Services), Neighborhood House, Sound Generations and Everett Catholic Com- munity Services also joined to share their support for the volun- teers and assist with language interpreta- tion. Homage relies on these wonderful part- ners and volunteers to be successful and was glad to have the opportunity to gather virtually this month to acknowledge and rec- ognize their significant contributions.

Who takes care of our care partners?

By Jordan Whiteley
LSWAC Care Coordination Supervisor

Often the needs of caregivers and carepart- ners are overlooked, particularly when some- one has a high level of need. Without relieve or respite, caregivers often burn out. Almost 4 years ago, I lost my father to can- cer. He was only 65 years old. My mother, now a widow, had two dependent adult chil- dren at home. My mom, as amazing as she was, started to lose some of her fire. I knew making the decision to move back in with my family was the right choice. For 6 months, I was an unpaid family care- giver. My sister and I took on household chores, including taking care of our brother, who is Autistic and nonverbal, to relieve mom’s stress. It was difficult to grow up with a younger brother with whom I could never have a conversation. His mood was sometimes unpredictable and he is incredibly strong. This brought considerable challenge, as well as unexpected beauty. For 6 months, I did everything I could to make sure my mother felt loved, supported, looked after, and seen. It was only 6 months and I was wiped! Many caregivers provide daily care to loved ones for 10 months, 3 years, and, in the case of my mother, 26 years or more.

My brother turns 27 this week. He was difficult to grow up with. Homage recently launched a Powerful Tools for Caregiver Support series designed to help caregivers better manage stress and emotions.

Accept help when it’s offered to you. Don’t shy away from asking for it, either. Homage connects family caregivers with a number of free sup- ports, including Family Caregiver and Kinship Care programs, as well as Powerful Tools for Caregivers, a 6-week educa- tional series designed to help caregivers better manage stress and emotions.

For more general information, call 425- 713-1900. If you would like more information about our upcoming Powerful Tools work- shop, call 425-740-3808.
Bainbridge island resident among those 50-plus honored for their work to tackle major societal challenges

AARP has announced its 2021 AARP Purpose Prize award recipients and fellows, a national award that celebrates people 50-plus who are using their knowledge and life experience to solve tough social problems. These extraordinary Americans tap into the power of life experience to build a better future for us all, founding and leading initiatives from school-safety and violence-prevention efforts to an organization that helps people with disabilities acquire assistive technologies to improve the quality of their lives.

Each AARP Purpose Prize winner received a $50,000 award for their organization. AARP also announced ten AARP Purpose Prize fellows, who were honored for the mission-focused work of the organizations they lead and received a $3,000 award to further the mission of their organization.

Jerilyn Brusseau

Bainbridge island resident Jerilyn Brusseau is among the 2021 Purpose Prize Fellows, honored for her work with PeaceTrees Vietnam. Brusseau co-founded PeaceTrees Vietnam in 1995 with her late husband, Danaan Perry, as the first international organization permitted to sponsor humanitarian demining efforts in Vietnam. The organization, headquartered in Seattle, WA and Quang Tri Province, Vietnam, creates a safe and successful future for children and families endangered by the legacy of the Vietnam War.

“PeaceTrees Vietnam is deeply honored by AARP’s recognition of our twenty-five years working alongside the people of Vietnam, to help on alliances of war, to build strong bridges of trust and understanding, through sponsoring clean-up of landmines and unexploded ordnance in Vietnam’s most war torn provinces,” said Brusseau.

Brusseau is among the 2021 Purpose Prize entrepreneurs and fellows who are using their knowledge and life experience to build a better future for us all, founding and leading initiatives from school-safety and violence-prevention efforts to an organization that helps people with disabilities acquire assistive technologies to improve the quality of their lives.

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Secure a Place on the Guest List

Friday, November 19, 7-9 P.M.

AARP’s Washington State’s Purpose Prize Gala

AARP announces 2021 Purpose Prize award winners

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AARP has announced its 2021 AARP Purpose Prize award recipients and fellows, a national award that celebrates people 50-plus who are using their knowledge and life experience to solve tough social problems. These extraordinary Americans tap into the power of life experience to build a better future for us all, founding and leading initiatives from school-safety and violence-prevention efforts to an organization that helps people with disabilities acquire assistive technologies to improve the quality of their lives.

Each AARP Purpose Prize winner received a $50,000 award for their organization. AARP also announced ten AARP Purpose Prize fellows, who were honored for the mission-focused work of the organizations they lead and received a $3,000 award to further the mission of their organization.
It was a sad time in 1993 when Sears published its final Big Book. The decline of Sears, the 2018 filing for Chapter 11 bankruptcy protection by its holding company, and the liquidation of some of its assets has touched the hearts of many old-time customers.

Looking back, I could not help but think that the past was not so different. In the late 1800s, most of America lived in rural areas, mainly on farms. A shopping trip to a distant town was a major event; certainly not something tackled very often. Yet, the farmers needed to buy equipment and other items for their farm, as well as feed for the animals. The ladies of the house, wanted to keep up with fashion, and the latest trends in home furnishing, cookware or dishes. Perhaps a new baby in the house meant some special items—maybe a crib or a baby buggy. What an opportunity for the entrepreneurs!

The first major entrepreneur to enter the scene was a man by the name of Aaron Montgomery Ward and the year was 1872. For years, Mr. Ward had worked as a traveling salesman in rural areas. He came to the conclusion that his customers wanted “city goods” and they had very little availability. Thus, Mr. Ward came up with the idea of a dry goods mail-order business out of Chicago, Illinois. In the beginning, people were able to purchase the merchandise through the years, even though new technology has brought some cosmetic changes, the basics still pretty much remain the same—shopping from home is popular convenient and sometimes a necessity.

Until about a year and a half ago, I lived in Lynnwood and spent much of my time in Edmonds, my former long-time home. In May of 2019, I moved to Alaska to live in a rural area of Anchorage, in a very busy household with my son, daughter-in-law and granddaughter Eden. Everything changed, and now Eden is married and she and her husband are starting their own home. It was the extremely busy days preceding their wedding that gave me the idea for this story.

After Eden and her fiancé announced their September wedding date, for weeks, FedEx’s and UPS trucks made daily trips to our house. Box after box, mostly from Amazon Prime, were delivered at our door, and those boxes began piling up in our dining room. Every available space was covered with wedding gifts ordered online by relatives and friends. Online shopping from the comfort and convenience of home had already become a popular way of life—however, with the restrictions in place due to COVID-19, such as hunkering down at home, this new technology has brought some cosmetic changes, the basics still pretty much remain the same—shopping from home is popular convenient and sometimes a necessity.

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By Betty Lou Gaeng Perspective4all@gmail.com
Craftsmen houses ended, their unique style has Sears catalogs. Long after the era of the Sears anything you could want in the pages of the fab kit houses by mail order. In order to furnish included. Sears sold over 70,000 of these pre-fabricated kit for building your own Sears Craftsman-style house—detailed instructions for. He had the inspiration to start a mail-order business by selling those watches for $14 each. A few months later, he had made enough money so he could quit his railway job and establish the R.W. Sears Yard Company in Minnesota. The next year, Richard Sears moved his watch business to Chicago, where he placed an ad in a newspaper for a partner, watchmaker Alvah C. Roebuck joined him in the business. As a partnership they clicked, and by 1883 they officially became Sears, Roebuck & Co. Sears as it was eventually called, became a retail giant. A year from its 19th century beginnings as a mail-order business, it grew into an American retail icon. In 1892, the company’s first general merchandise catalog was distributed, small in size, it was mainly keyed to rural America. By the late 1890s, the Sears, Roebuck & Co. catalog contained more than 500 pages of shoes, clothing, wagons, farm equipment, fishing tackle, furniture, china, dreams, musical instruments, bicycles, and many other items, even totem poles and caskets. In the beginning, the secrets were introduced, and in 1941, the grocery section was discontinued. The Sears wish book catalog section appeared in the 1897 big catalog—featuring shoes in black, brown and white. The 1897 catalog even advertised drug products to cure a plethora of health problems, from rheumatism to a heart condition—plus bottles of laudanum to help you sleep. Ten cents for a one-ounce bottle, or $1.10 per dozen bottles of laudanum is a mixture of opium—approximately 10 percent. The year 1939 saw the introduction of Sears first specialty catalog for automobiles. In 1925, in Chicago, the company opened its first retail store. In 1928, Craftsman tools were introduced. In 1930, it was Kenmore products—first was the washing machine. In 1930, baby chickens were sold by mail order to the growing number of chicken farmers. In 1931, the company announced for the first time, carried a paid ad for Chevrolet automobiles. That same year, Sears founded Allstate Insurance Company. From 1908 through 1940, you could order a pre-fabricated kit for building your own Sears Craftsman-style house—detailed instructions included. Sears sold over 70,000 of these pre-fab kit homes by mail order to furnish your Craftsman home, you could find just about anything you could want in the pages of the Sears catalog. Long after the era of the Sears Craftsman houses ended, their unique style has remained popular. The toys were something children often could only dream about—especially in 1933 during the Great Depression when the first seasonal Sears Wish Book was published for holiday shopping. Through the years, the Wish Books introduced us to Shirley Temple dolls, Lionel electric train sets, Mickey Mouse watches, Radio Flyer wagons, comic strips, Tinkertoy Trucks, Lincoln Logs, Matchbook cars, even a doll named Barbie, as well as the Cabbage Patch Kids. In 1943, credit was initiated with an easy-payment-plan, and in 1985, Sears introduced the Discover Card. For many, Sears was their first introduction to a credit history. Lauren Bacall, Susan Hayward, Gloria Swanson, Susan Dey, Cheryl Tiegs and Stephanie Powers modeled clothing for the ladies in the big Book. Movie Cowboys Gene Autry and Roy Rogers, baseball’s Ted Williams, and race car driver Al Unser, appeared in the men’s section. It was a sad time in 1993 when Sears published its final Big Book. The decline of Sears, the 2018 filing for Chapter 11 bankruptcy protection by its holding company, and the liquidation of some of its assets has touched the hearts of many old-time customers. For historians, the Sears catalogs have become books of history, and for those who just want to reminisce a bit, a collection of its historical catalogs are available for viewing. Check its website Sears Archives. For many years, ordering by mail from the Sears catalog was my mother’s favorite way to shop. In 1991, many years after the deaths of my father and mother, their 1928s Sears Craftsman home at 410 Glen Street in Edmonds was razed to make room for condos. Very conveniently, our family home was located just behind the former Edmonds High School—now the Edmonds Center for the Arts.

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When is the last time you woke up feeling refreshed and ready to face the day? If it has been a while, it might be time to think about replacing your mattress.

Mattresses vary in lifespan, depending on quality. An average mattress usually maintains its support and comfort for about 10 years. But it’s not always obvious when the construction starts to lose its integrity. You have to look for the signs.

“Waking up sore in your lower back generally means the support in your mattress is worn out,” explained mattress professional William Wellauer. “Trouble falling asleep is often due to the comfort layers being worn out and not providing adequate pressure relief.”

Wellauer and Joshua Rigby co-own E.S.C. Mattress Center in Everett. It’s an award-winning independent firm that is customer-focused, featuring non-commissioned salespeople. Their sole purpose is to help customers get a good night’s sleep and they know their stuff.

“A good mattress will let you stay in one position for 90 to 180 minutes at a time without tossing and turning, keeping your spine in proper alignment,” Wellauer said. “A sleep cycle is 90 minutes, so if you’re moving more often than that you’re interrupting your sleep cycle to move around. This is why people on a worn-out mattress can often sleep 10 hours a night and still wake up feeling tired.”

So, you know the problem is your mattress and you need to replace it, now what? Whatever you do, don’t buy online or in a location where you’re not able to try it out first. The verdict is clear: the better the mattress the better the night’s sleep and the better the night’s sleep the better mattress no matter what the price.

Choosing a brick-and-mortar store with non-commissioned, knowledgeable salespeople will ensure you are able to select the best mattress to fit your individual needs.

A good salesperson should be able to explain the construction of the mattresses they’re selling — whether the support comes from all foam or coil, and whether there are individually wrapped coils versus connected coils.

“One common misconception is that all memory foam is the same,” Biggely explained. “People treat Tempur-PEDIC like all memory foam is equal, but it is a brand of memory foam and very different from its inferior competitors at the cellular level.”

A good salesperson will also explain the difference between firmness and support. Many people mistakenly believe they need a firm mattress for back health. What they actually need is a supportive mattress that gets their spine into proper alignment. There are soft beds with good support if that’s what feels best for you.

Your sales professional should ask you questions in order to provide you with the best advice. For example, if you have a partner who moves around a lot, you might want to focus on a bed that can isolate their movement, prevent negative conditions such as sleep-apnea, snoring, acid reflux or poor circulation, an adjustable bed might be just what you need.

E.S.C. Mattress Center offers a comfortable bed for everyone as well as all of the top brands such as Tempur-PEDIC, Sealy, Serta and Sleep Number. They have interest-free financing and no credit-check financing so you don’t have to settle for something that isn’t right for you.

E.S.C. Mattress Center is located at 10121 Everett Way, Ste. 10 Everett. It’s accredited with the Better Business Bureau and three time Better Business Bureau and three time A+ accredited with the Better Business Bureau.

“Do your research,” said Realty. “There are many options for mattresses, and there are many brands. Make sure you’re getting the best value for your money.”

If you are interested in learning more about E.S.C. Mattress Center, call 425-512-0017 or visit e.s.cmattress.com.