Discovering Snohomish County’s Black heritage

It’s Love, Reimagined.

By Adam Worcester
Contributing writer

...love is the sum of our choices, the strength of our commitments, the ties that bind us together... — Emily Gibbs, author


These are some of the ties that bind senior couples through this snowy, pandemic Valentine's Day — and the ties that bind us to our loved ones. Homage interviewed five couples age 60 and older to find out their secret. Three of the couples have been married for decades, two are with second partners. Learn what keeps them together, and what keeps them going.

It’s Love, Reimagined.

Ralph and Doreen Boy

For the Boys it begins with respect.

Before marrying, each for the second time, Doreen and Ralph spent seven years becoming best friends. Twenty years later they share two sons, two grandsons, and a still-growing appreciation of each other. "It helps if you have a deep respect for each other," Doreen says. "We’re just really secure being in each other’s company, doing the same type of things."

Both have a love of philanthropy and donate regularly to many community organizations, including Homage.

"One thing I think has been really beneficial is that we have the same philosophy for giving," Ralph says. "We have pretty much the same philosophy on spending as well."

They do projects together around the house such as painting and gardening, and both love to travel. If not for the COVID-19 pandemic, they would be in Scotland this month celebrating their 20th anniversary.

"When you see the other person’s point of view, quite often you realize that you may not be completely right," Eric says.

Through four sons and Eric’s 16-year stint on the Snohomish County Superior Court, Team Lucas has hung strong.

Beth managed Eric’s election campaigns and public appearances, which often numbered five or six a week.

"When you’re a judge," says Eric, "your wife is intimately involved in your career!" Now Eric is retired, but Beth still works at a job with the Tulalip Tribe.

"I forgot how much I really liked just being with Eric all the time," Beth says. "Time together is precious as we all get caught up in the day-to-day living."

Larry and Michelle Frye

Larry knew he would marry Michelle when he saw a white aura around her as she sat on a couch in a Central Washington University dorm. This month they celebrate their 43rd wedding anniversary.

"I married my best friend," Larry says, "and we have always been on the same wavelength with our thoughts and words."

Shortly after they met, Michelle transferred to a private Illinois college to complete her degree. Larry wrote her nearly every day.

"He was more talkative in the letters than he was in person," Michelle says. "I was so grateful that we got to deepen our relationship with each other."

They married soon after she returned. They have one daughter. Like all marriages, the couple has faced challenges — including the loss of both sets of parents. But they say they can always count on each other to listen, advise, and compromise when necessary.

"Through the years Michelle’s help, patience, understanding, support and love molded itself as needed for us to survive living through life’s events," Larry says.

"Larry has always been the calmer one in the relationship and he has over the years taught me to relax more, take life as it comes, and to worry less," Michelle says. "Together, we never forget to let one another know how much we love and appreciate each other."

CONTINUED ON PAGE 11

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CONTINUED ON PAGE 11
Defining dual eligibility

By Ramonda Sosa
TakeCare Medicare Program Manager

Do you have the following cards in your wallet? If so, you are likely dual eligible. Dual eligible means you are eligible for both Medicare and state Medicaid benefits. Let’s explore some of these Medicaid programs:

**Full Benefit Dual Eligible** refers to individuals who are enrolled in Medicare and receive full Medicaid, these individuals receive transportation and dental benefits.

Individuals who participate in the Medicare Savings Program receive assistance from Medicaid to pay for Medicare premiums or cost sharing are known as “partial dual eligible.” The Medicare Savings Program has four levels: Qualified Medicare Beneficiary (QMB), Specified Low-Income Medicare Beneficiary (SLMB), Qualified Individual (QI-1), Qualified Disabled Working Individual (QDWI). QMB helps pay for the client’s Medicare costs such as: Medicare Part A & B premiums, co-insurance and deductibles. SLMB pays for Medicare Part B premiums for individuals who have Medicare Part A. QI-1 helps pay for Part B premiums only. QDWI an individual can work, have a higher income and still get help in paying Medicare premiums. This Program helps pay for Part B premiums only. Another way to have dual eligibility is to apply for a Spenddown program which the medical expenses are added up within a specified period of time. The expenses are added up by a DSHS benefits professional to calculate the amount needed to lower the applicant’s income to a Medicaid eligible level. The medical expenses must be incurred before Spenddown benefits can be authorized. Spenddown is like an insurance deductible. If you think you might be eligible for a Medicare Savings Program or Spenddown, contact us at 1-866-977-6665.

Based on the Medicaid level, you may be eligible to enroll in a Dual Eligible Special Needs Plan also known as a DSNP. Several insurance carriers have DSNP plans. These plans offer additional benefits such as comprehensive dental coverage, hearing aids, care coordination, over the counter benefits and transportation. To find out if you’re eligible for any of these state benefit programs or a Dual Eligible Special Needs Plan, call TakeCare Medicare at 1-866-977-6665.

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By Cynthia Andrews, Homage Marketing and Communications Sr. Manager

Dear Community,

I love you! Once a year we celebrate love in all its forms, during the month of February. Love is shared between lovers, parents and children, siblings, friends, grandparents — even our pets! We celebrate love during this special month. This love is not limited to Valentine’s Day. In February, we honor Black History Month and LGBTQ History Month. February is also recognized as American Heart Month, Senior Independence Month, and Mental Health Awareness Month. This year, let’s look beyond the obvious and add something new to our love lives.

Expressing and receiving love is very important. After surviving 2020, I think many of us have a greater appreciation for life and an increased willingness to share our love with each other. I think we’ve all heard ourselves saying “I’m going to do things differently when 2020 is over.” Did you make a declaration to share more love? To show more kindness? Or even to smile more and be grateful for the small things that we so often take for granted? Often, the little things in life turn out to be the most important things — like saying “I love you.”

The people of Snohomish County have endured major challenges this past year. We have lost loved ones, jobs, homes and the ability to move freely in our community. Yet, there is still hope for our future. It’s common to focus on everything we have lost, but I urge you to look at what we have gained.

Our organizations, city and county government leaders, healthcare authorities, business- nesses big and small and citizens themselves came together to support our local residents here in Snohomish County. Community giving has allowed local charities, NAAAP and Homage are providing food and gift cards to our most vulnerable population, people are working together with healthcare to find vaccines for the same population. People from all walks of life have now come together to fight one of the biggest diseases of all time — racism. This time, I believe we will win.

For these reasons I say, “I love you.” This love is more than the shortest month of the year. I encourage you during this month and throughout the year to celebrate the good things that have brought us together and keep us strong and bend us as a community. I strongly believe that were we given a second chance to look beyond our differences to make a differ- ence. What will you do with this second chance? What will you do with this love you?

Cynthia Andrews

A love letter to you

February is more than a month to celebrate the good things we were given a second chance to look beyond our differences to make a difference. What will you do with this second chance? What will you do with this love you?
Fall risk in our older adult population

By Shanie McLaren
Community Health Educator
Providence Regional Medical Center Everett

Thirty percent of adults over the age of 65 fall every year.
After age 75, that number increases to 50% of adults in the community.
There are many factors that contribute to falls in the elderly, including:
- Vision problems
- Gait and balance problems
- Multiple medications
- Low physical activity.

Most people fall due to a combination of environmental stressors and limitations in physical abilities.
Over a third of older adults who fall have an injury that requires help in completing their activities of daily living after the fall.

In addition to injuries, 90% of injuries involve broken arms and hips.
Our goal in Trauma Services located at the Colby Campus of Providence Regional Medical Center Everett is to reduce injury rates in our older adult population.

Families that fall:
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- After age 75, that number increases to 50% of adults in the community.
- There are many factors that contribute to falls in the elderly, including:
  - Vision problems
  - Gait and balance problems
  - Multiple medications
  - Low physical activity.
- Most people fall due to a combination of environmental stressors and limitations in physical abilities.

Fall Prevention education through a Fall Prevention program is one of many ways we can reduce the injury rates in our older adult population.

Free drive-thru COVID-19 testing in Lynnwood set for Feb. 18

With COVID-19 rates remaining at high levels and vaccine roll out ramping up slowly, getting tested for COVID-19 and taking precautions to prevent the spread of the virus remain vital.

A free, drive-thru event is scheduled to take place Thursday, Feb. 18 from 10 a.m. to 3 p.m. at Homage, 5056 196th St SW in Lynnwood.

Coordinated by Medical Teams International, Homage, and the Verdant Health Commission, this clinic is intended to reduce barriers to testing, including symptom checks, insurance requirements, and access for people with transportation challenges.

Pre-registration is not available for this testing.
Testing is open to anyone in the community, however the goal is to ensure access for residents with barriers to testing in other locations. For instance, while this is a drive-thru event, community members without a vehicle may walk in. For the safety of patients and staff, no more than 10 people will be able to be in line for walk-up at a time.

Please keep in mind:
- It is possible to have COVID-19 and not be symptomatic, which could result in unintentionally spreading the virus to others, so these events do not require symptom checks.
- This event is free to everyone, regardless of insurance coverage. If you have insurance, please bring your insurance card, as providing that information will preserve grant funds to cover the costs for those without insurance.
- While this is a drive-thru event, walk-ups will be served to support people traveling by bus or foot.

Please see traffic flow maps for each site for details on where to enter and exit.

What to expect during testing

Medical Teams staff and trained volunteers will register each person from their vehicle. For infection control purposes, clients will not touch the registration paperwork. Please bring your ID and health insurance cards if you have insurance. Tests are sent to the University of Washington and results in our community.

Testing is open to anyone in the community, regardless of insurance coverage. If you have insurance, please bring your insurance card, as providing that information will preserve grant funds to cover the costs for those without insurance.

Please see traffic flow maps for each site for details on where to enter and exit.

What to expect during testing

Medical Teams staff and trained volunteers will register each person from their vehicle. For infection control purposes, clients will not touch the registration paperwork. Please bring your ID and health insurance cards if you have insurance.

Tests are sent to the University of Washington and results can be easily accessed online with a code that is provided at the testing site. Test results are available two to five days after the test, however results may be available in as soon as 24-48 hours.

The testing method used is anterior nasal swabbing, resulting in less discomfort than other methods. About 1 cm of the swab is inserted into one nostril at a time and rotated for about 10 seconds. The test is safe for anyone age 2 and older.

For information about additional testing opportunities available in Snohomish County, please visit https://www.snohd.org/503/Drive-Thru-Testing.

Please see traffic flow maps for each site for details on where to enter and exit.
By Michelle Frye, Homage Volunteer Manager

During the month of February, I want to especially acknowledge all the heartfelt efforts and hours from our devoted volunteers who give so much help to others in our community. Last year you gave over 60,687 hours of your time, skill and talents to helping seniors in Snohomish County. That is quite an accomplishment, especially due to the challenges we have faced during COVID. We are grateful for virtual opportunities to connect with one another.

Intergenerational programs with Eastside High Schools: Redmond High School and Tesla STEM High School wanted to help connect older adults to fun events and activities during the pandemic. Please consider joining us for:

February 2021

Book Club Planning Session: March 10th @ 3:30 pm  https://lwsd.zoom.us/j/8234138408
Join us for a discussion of what books we should consider and how frequently you would like to meet.

Ongoing recruitment for volunteers in the following programs, adapted to virtual opportunities until COVID restrictions are lifted.

Foster Grandparent Program: Older adults provide children with special and/or exceptional needs one-on-one support at community locations such as schools and daycare. Volunteers must be 55+. A small stipend for those who meet income guidelines.

Senior Companion Program: Helps older adults manage their homes by running errands, doing light housework, providing companionship and helping them with daily living. Must be 55 + and meet income limits.

Senior Peer Counselor: Volunteering 55+ provides one-on-one counseling for adults 60 and older who are struggling with life changes, loss, or emotional issues. No counseling experience necessary. Forty hours of initial training and monthly meetings.

Other Volunteer Opportunities:

Advocacy & Outreach: Take a moment to thank our elected officials for their voices and support in securing funding for the Older American’s Act, Meals on Wheels, and emergency funds 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 about food. Until we can use your skills directly, please consider volunteering with our area food banks. Many of our clients utilize these resources.

Snopshim County Long-Term Care Ombudspersons: Do you have a passion for helping others in your community? As a Snohomish County Certified Ombuds, you will advocate for residents in licensed long-term care settings such as nursing homes, adult family homes and assisted living facilities. You will be trained to receive complaints and resolve problems in situations involving quality of care, transfer and discharge, abuse and other aspects of resident dignity and rights. You will be required to be a resident of Snohomish County and have reliable transportation and a computer to work from. If interested, please contact Heidi L’Esperance, Snohomish County Ombuds at heidil@msn.com or 360-683-9889.

We are currently looking for residents in these facilities to receive good quality of life and care by providing information about their rights, working to resolve problems on behalf of residents, and helping enforce the laws by DSIS, and advocating for improvements in the long-term care system. An online training program (36 hours) will be current to prepare you for this amazing work (additional training). There are many opportunities for in-person as well as virtual advocacy following all current, state-mandated guidelines. Please contact Heidi L’Esperance, Snohomish County Regional Ombuds at heidil@msn.com or 360-683-9889.

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 at unspecified gift and we can give it to the program area in need of support.

Write a letter to our Troops: Through our connection with Heroes Café we are sending letters of appreciation and support to our troops. We are currently supporting troops 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 call Michelle Frye at 425-740-3787 or mfrye@homage.org.
RSVP Volunteer Opportunities

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 volunteer contribution of the senior volunteer is recorded. RSVP exists to help volunteers 55+ find fulfillment in their volunteer work. Volunteer opportunities exist all over Snohomish County. Passionate volunteers 55+ find volunteer work. Fulfillment in their volunteer work. Volunteers 55+ find volunteer work. But they are limited and fall into certain categories. If you like explaining how things work, if you can grasp complicated, though not necessarily difficult concepts the SHIBA program might be your thing. SHIBA, an acronym for State Health Insurance Benefits Advisor, is a program offered all over the state, free of charge. As a SHIBA you would help people understand the Medicare insurance system. Once people turn age 65, or no longer have employer furnished benefits (and are over 65) they must enroll in Medicare. Deciding which plan to select can be confusing and frustrating without someone to help you with selecting plans and options. That what the SHIBA does. There is plenty of training as you can imagine to prepare you for this. Currently this is all accomplished vis Zoom. Based in the new Edmonds Waterfront Center, when face to face in the same room volunteering resumes, imagine yourself volunteering here: https://www.edmondswaterfrontcenter.org/. Let me know if you want to find out more. People who like driving would be great for the Volunteer Transportation program. The clients using the service are transported mostly to medical appointments and the grocery store. Your role is to drive the client from their home to the appointment and in most cases, back home again. You do not need a perfect driving record or a new car. Just a desire to help someone who needs an occasional lift. If your vehicle has a horn that honks, lights that turn on and brakes that stop the car, we’d like to talk to you. You pick where (destinations), when (what day of the week or time of the day) and how often (daily, 3 times a week, twice a month for ex). Call me today!

During COVID-19, we still have some safe volunteer opportunities are some that are virtual. To talk to a real person about opportunities that are right for you, call John McAlpine 425-374-6374 or email johnm@ccsww.org

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In the fall of 1991 I was honored to be part of an effort in Snohomish County to research and create an interactive exhibit about Black Heritage at the Snohomish County Administration Building. That was an eye-opener for sure. The idea grew from a state-wide program spearheaded by the Black Heritage Society of Washington which worked with the Ron Macche department store in Seattle to create a major state-wide traveling exhibit about Black history in 1987. The exhibit toured the state for many years and finally came to the county administration building in Everett in January 2001 where County Executive Bob Drewel hosted a reception in its honor. However, people of Black heritage here noted that it contained no information about Blacks of Snohomish County. August a committee was formed to rectify that omission.

The new Snohomish County North- west Black Pioneers Committee included members of the Snohomish County Diversity Committee to assist in the effort to track down the personal histories of those with Black heritage in our county, starting with an estimate of only thirty people in September 1982. One of the first discoveries the committee was learning that of those with Black heritage here had a book written just about her own life. The mother of seven accomplished ahbas, she has spent her life furthering education, her own and those of others, as well as being a political activist and serving on numerous county and state boards for various social service causes. In fact several news articles have featured her, and a more complete story can be found online at www.snohomishhistory.com/legacy.org. However, for the Black Heritage Project she always preferred to concentrate on the stories of her great-grandmother Louisa Donalson, her mother Glenna Barton Norwood, and assisting others to find and understand the lives of their own ancestors. Louisa [Norwood] Donalson, born into slavery in 1849, was said to have been set free in Abbeville, South Carolina. She was the widow of a slave named Norwood, who the family believed lost his life in the Civil War. She remarried to Robert Donalson, thought to be a Snohomish County peddler, but who died in 1900. In that same year Louisa is listed in the Everett city directory as owner of a grocery and confectionary shop. That would have been quite the accomplishment for any woman and certainly for a Black woman who was a former slave. She managed the shop until 1937, when it was taken over by her grandson, George Norwood Jr.

Louisa Donalson

Heritage projects often reveal convoluted relationships. Take for example the story of William P. Stewart, born in 1839 in Illinois. He fought in the Civil War as a member of the 29th U.S. Colored Infantry Co. F of Wisconsin. His regiment suffered terrible casualties: three officers and 43 enlisted men were killed, and 118 enlisted men died of disease. Truly a survivor, according to his obituary he brought his family to a farm near Snohomish in 1889, the year Washington became a state. There he became a member of the Grand Army of the Republic, Post 11, and was said to be “gained a warm place in the affections of the people.” He died at his farm December 11, 1907, having become eligible for an $8 per month pension for his Army service only 11 months before his death by an Act of Congress dated February 6, 1907.

And on to the convoluted connections: Stewart’s son Vay married a woman named Eva Green and had a daughter, Maydrew, born April 5, 1907. But Eva died only one year later in December 1918, having become eligible for an $8 per month pension for his Army service. Many Stewart relatives, friends and Hoyt in 1900. He did well in his business, eventually gaining a partner so he could operate several shops. However, he contracted glaucoma later in life and creatively pivoted to hostingrazors and sharpening scissors of former customers, something he could do by feel rather than sight. He was also a guitarist and with his whole family, a wife who was a trained elocutionist and children who could sing well, they put on paid entertainments, performing in Everett, Tulalip, Seattle, Tacoma and many outlying districts. We found another book, Sunday afternoon at Seattle’s Black Baseball Teams 1911-1951 by Maydrew became the first Black high school graduate in Arlington, and her daughter Marilyn Davis Quincy was another active member of the heritage committee. Marilyn Quincy worked tirelessly to honor her Black-grandfather, William Stewart, through a most unusual route (yes, literally!). Many Stewart relatives had driven on old Highway 99 for years, but at some point were shocked to find it was named for Jefferson Davis, leader of the Confederacy. They thought naming it for William Stewart, versus the Civil War and a Black pioneer who had won the respect of his community over many years, would be more appropriate. Marilyn and other Stewart relatives and friends lobbied the state legislature, and in 2002 the state’s House of Representa- tives unanimously approved a bill to remove Davis’ name from the highway and replace it with Stewart’s. A com- mittee of the state’s Senate killed the proposal. However, the family persevered, and in May 2016 Highway 99 was finally designated as the William P. Stewart Memorial Highway. There were so many stories that deserved to be told. We read in River- side Remembers, Vol. 1, Laura Scott C. Harrison, who had a barber shop in Everett on the corner of Hewitt and Hoyt in 1900. He did well in his business, eventually gaining a partner so he could operate several shops. However, he contracted glaucoma later in life and creatively pivoted to hosting razors and sharpening scissors of former customers, something he could do by feel rather than sight. He was also a guitarist and with his whole family, a wife who was a trained elo- cutionist and children who could sing well, they put on paid entertainments, performing in Everett, Tulalip, Seattle, Tacoma and many outlying districts. We found another book, Sunday afternoons at Seattle’s Black Baseball Teams 1911-1951 by

Marion Harrison

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Contiued on page 7

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CONTINUED FROM PAGE 6

Lyle K. Wilson and learned that in 1943 the Paine Field Brown Bombers were formed out of the 66th Aviation Squadron. They were good enough to appear in the state Semi-Pro tournament that year. In 1944 they merged with the base’s white team, remarkable for the time when the services were still thoroughly segregated. One of their players, Seminole Black, was the smallest but fastest on the team. He placed second in an American Athlete Union track meet physical fitness event before 3,000 fans at Husky Stadium in July 1944.

Committee member Mary Sebring spoke with Ralph Mackey, owner of Washington Stove Works, finding that he remembered with great respect Lincoln Temple, a Black man and former worker at Sumner Iron Works. Mackey made Mr. Temple, an immigrant from Cuba, night manager of his business. That was a hiring and firing position, and Mackey noted it was unusual for the time to put a Black man in charge of mostly white employees. Temple worked for the Stove Works for 25 years, so his position was secure. Throughout the fall and winter of 2001 over 20 committee members shared many more stories for the exhibit, which finally opened in January 2002. For three months the public had a glimpse into the past of Snohomish County Black heritage, and viewers followed up with comments, insights, and questions. However, the photos and texts went back to the donors rather than to a public institution. My hope is that they may be scanned and shared more widely now that the capacity for that exists.

As a woman of Swedish ancestry, I had read the standard histories, written primarily by white men, of the Civil War, the evils of slavery, abolitionist efforts to overcome that, and fairly white-washed impressions of Reconstruction in the second half of the 19th century. I also was well aware of the 1960s efforts to confront systemic racism and the inspiring actions of Black leaders in their efforts to effect change. However, I was an observer, willing to learn and understand, but never having had to live in that world of struggle and segregation.

As I interacted with members of the Black Heritage committee I learned much about the obstacles that Blacks had to overcome and was awed by the perseverance they possessed, their ideals and inspiration. I had Black friends and was making new ones and thought that racism was dying out in our country. But that was 20 years ago, and I was wrong — as wrong as any privileged white person could be. Perhaps it is time to create a new Black Heritage exhibit, perhaps a book or a Snohomish County centered website? Perhaps by Juneteenth?

Need inspiration to cook a pantry staple like instant brown rice? Enjoy these easy recipes, courtesy of our nutrition intern Ashley! Remember that you can use your EBT (or Basic Food/SNAP) benefits to purchase all the ingredients.
105-year-old Calif. woman who lived through Spanish Flu receives vaccine

The San Jose Mercury News

FREMONT, Calif. — Ursula Haeussler still remembers the frenzy of that day more than a century ago.

The San Jose Mercury News

Haeussler received the first dose of the COVID-19 vaccine on Monday morning, a day more than a century ago.

By Amy Dennis

Kirkmeyer Caregiver Program, Homage

Amy Dennis

In this time of pandemic, taking care of our well-being is an exercise in mindfulness, which may be part of a larger self-care routine. Many have found rejuvenation in reconnecting with all but lost pastimes, such as baking bread, cooking from scratch, and tending to electronic or machines. Hobbies are a great way to extend our reach toward sustained wellness. In our health-seeking endeavors, some hobbies may limit participation on the basis of accessibility, resources and interest required. Naturally, the more active and valued activities are those open to all, and this is particularly true in times of restriction and constraint.

One universally available activity is forest bathing, which can be described most simply as the practice of connecting with nature. In Japan, forest bathing is known as "shinrin-yoku." "Shinrin in Japanese means "forest," and yoku means "bath." So shinrin-yoku means bathing in the forest atmosphere, or taking in the forest through our senses," explains Dr. Quing Li.

In her book, Erin Ross, MS OTR/L, writes, "studies have shown that a variety of physiological benefits can be derived from time spent in "greenspace," including reduced risk of type II diabetes, cardiovascular disease, and premature death. Fixing her apron, she collapsed onto the floor. Haeussler's uncle and his immediate family sprung into action, attempting to revive the unconscious woman before carrying her onto a cart and taking her to the nearest doctor. The young girl's mind seemed to go outside, studies have shown that just looking at nature can make a difference. Research conducted at a hospital in Pennsylvania found that surgery patients who had views of the outdoors from their rooms had shorter stays, fewer treatment complications and fewer painkillers." Further, associate Director of UW News, Michelle Ma, reports in her article, "The calmness one can feel while they can't go outside, studies have shown that gazing out a window or looking at nature photos or videos — including virtual tours — are also effective in promoting positive mental health." A key aspect of accessing these benefits is to bring a level of attention and mindfulness to the activity, something we might not normally do when looking out a window, scrolling through photos or walking down the street.

Now don't get me wrong, physically heading out into nature and wellness at home

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And outdoor activities, or hiking, or jogging. It is a sense, explains Dr. Quing Li in her article that, "studies have shown that just looking at nature photos or videos — including virtual tours — are also effective in promoting positive mental health."

A key aspect of accessing these benefits is to bring a level of attention and mindfulness to the activity, something we might not normally do when looking out a window, scrolling through photos or walking down the street.

Now don't get me wrong, physically heading out into nature and wellness at home. Let our qualified care teams travel to you. Contact Us Today! A key aspect of accessing these benefits is to bring a level of attention and mindfulness to the activity, something we might not normally do when looking out a window, scrolling through photos or walking down the street.

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You are not alone

By Christine Vervitsiotis

How to Choose an Adjustable Base And Sleep Better Tonight.

It's a common misconception that adjustable mattress bases — which allow you to raise your head and feet, taking pressure off your back and helping with sleep apnea — are for old people.

But according to William Wellauer, co-owner of E.S.C. Mattress Center, the average age of people buying adjustable bases from his store is around 35 years old.

"If you get a more robust mattress and there will be two people in the bed, make sure you're going with something that's not going to strain the adjustable base motors," Wellauer explains.

Finally, think about your preferred sleep position. Are you part of the 10% of the population who consider themselves a stomach sleeper? Then you may want to reconsider an adjustable base, as sleeping on your stomach will be extremely uncomfortable. Although if you're trying to break that sleeping habit, an adjustable base may be exactly what you need.

Adjustable bases aren't new, but they are gaining popularity as more people realize the benefits they offer. And the difference between the sleep you get with and without an adjustable base may be exactly what you need.

Wellauer explains. "If you need height adjustable legs? Do you need USB outlets to charge your phone? Do you need massage motors? Even if you think you might use it, go with the features that you find most useful," Wellauer says.

Also, consider what you already have at home. If you have a frame that the base needs to fit, it will be worth it.

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**AARP Washington announces grant opportunity for quick-action community improvement projects**

By Amanda Frame
AARP Washington Director of Outreach

We know that it takes time to build great communities. But we also believe that small improvements can spark long-term change. The AARP Community Challenge launched in 2017 to fund projects that build momentum to improve livability for all. We are excited to announce the program is back in 2021 for its fifth year and is currently accepting applications online through April 14, 5:00 p.m. PT.

The AARP Community Challenge’s focus on tangible projects, community engagement and its “quick action” timeline helps select grantees fast-track their ideas and replicate promising practices. Some previous projects have demonstrated an ability to garner additional funds or support from public and private funders, encourage innovation, overcome local policy barriers, and receive greater overall awareness and engagement.

The grant program is open to 501(c)(3), 501(c)(4) and 501(c)(6) nonprofits and government entities.

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**CONTINUED FROM PAGE 9**

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Ed and Barbara Besaw

Another couple making a second go of it met while working at Homage. Ed was a DART bus driver, Barb a quality control analyst. “I was there a couple weeks short of one year when I met this lovely little blond girl,” Ed says. “It was that point we started communicating with each other.”

One day in the lunchroom Ed told his stressed colleague, “You should breathe.” “I said, ‘that’s exactly what I need to do,” Barb recalls.

The couple cautiously began dating, then married in December 2015. “Over time, one of the most difficult things is to begin again,” Barb says. “When we first started interacting it was important to share. We both came from relationships that ended. “Whenever it came up we just worked through the pain and suffering,” she says. “We both healed. That was our gift to each other.”

Once they decided to abandon their fear, nothing, “it made us more honest with everything from that point on out.”

Ed says he had a premonition years earlier that he and Barb would wind up together. “I was there a couple weeks short of one year that he and Barbara would wind up together. Whenever he walked past a certain Everett office building, he “had an inkling there was something is was supposed to meet in there. “It turns our Barb was working in the building at that time.

“We have a reverence for each other as a person,” says Barb, and it deepens each year. “The couple keeps busy together with a number of hobbies, from learning about coffee to raising a pair of Maine Coon kittens.

“We just enjoy the time and have fun doing it together,” Ed says. “It’s a great joy.”

With their kids grown, they have more time to slow down and be present in the moment, says Barb. “Just because we’re older doesn’t mean there isn’t a fire,” she says. “There’s deep love and affection. I never would have expected that.”

Pat and Pam LeSesne

Pam LeSesne has sustained a mantra throughout the couples’ 41-year marriage: The best is yet to come.

When they disagree, they criticize the argument rather than the other person. And they try to resolve arguments before going to sleep. “A big part of it for me is recognizing your partner is different than you are,” Pat says. “You won’t always see eye to eye, but realizing nothing is being done maliciously makes it a lot easier.”

They have so much in common, they had to learn to tolerate each other’s idiosyncrasies. “It’s the three of us,” Pat says. “It’s the strength of their friendship, mutual interests and initial infatuation are a fine starting point, says Pam, but troubles call for a stronger resolve.

Pam LeSesne has maintained a mantra throughout the couples’ 41-year marriage: The best is yet to come.

“Problems come and problems go. How you handle them is very important,” Pam says. “Sometimes you’ll go through challenges, but you have to realize you’re always stronger together than apart, that the best is yet to come.”

The LeSesnes have been together since Pam’s brother was killed in Vietnam. She was in the ROTC program at UCLA.

Ed was at the Coast Guard Academy in Long Beach. They hit it off right away. Both come from military families. Both

It’s Love, Reimagined.

Like his wife, Larry also deeply appreciates written words from the spouse. They are inscribed on his wedding ring: “With all my loves written words from the spouse. They are inscribed on his wedding ring: “With all my affection. I never would have expected that.”

Barb.

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