Need a ride for a COVID-19 vaccination shot or to a medical or social services appointment? Homage has you covered.

The pandemic hit the Homage Transportation Department hard, but it has bounced back to ensure no one lacks transport to appointments for essential services.

"We’ve been able to refocus a little bit around trips for medical needs and Covid," said Ben Kramer, Homage senior transportation manager.

The agency partnered with the state and Snohomish County, repurposing a federal fund to provide free trips to COVID-19 vaccination sites in the county through September.

Homage also provides rides to medical and social service appointments for those who do not qualify for traditional American with Disabilities Act (ADA) paratransit services.

One recent Homage client, for instance, was denied ADA service because her home is inaccessible for paratransit vehicles.

Homage used its smaller ADA-equipped vans to get her to medical appointments.

Live in a remote area? Homage has your back as well.

You can also get a friend or neighbor to drive you to your appointment or vaccination site, and the agency will reimburse their mileage as part of its Transportation Assistance Program (TAP) “Pay Your Pal” campaign.

There were some unexpected challenges of how to continue to do so amidst a pandemic.

For Homage, five volunteer programs had to make the shift from helping in person to helping in a virtual format. These include two AmeriCorps Senior Programs—Foster Grandparent and Senior Companion Program who serve both King and Snohomish County clients; Senior Peer Counseling Program; Senior Social Connections Program.

The last program that made the shift was our Senior Companion Program.

The current meal sites are closed due to COVID-19. TAP will deliver the cuisine of the week—Asian, Chinese, Slavic or Spanish—right to your door.

"If you’re a senior or have a disability, and are not able to use public transportation, TAP is there," Kramer said. "I had one guest tell me that "It’s just nice to get out, because it is better than being stuck at home staring at four walls.""

The pandemic reduced the number of rides Homage provided from more than 20,000 in 2019 to about 9,500 in 2020.

Kramer and crew used the down time to upgrade their dispatch system and develop a new tablet for drivers. An app that lets users book rides electronically, a la Uber, is also in the works.

Homage has avoided layoffs during the pandemic, keeping all of its 11 vehicles on the road.

The nature of the trips has changed.

"It was definitely a nerve-wracking last year," Kramer said, "but we’re starting to see the light. There’s a feeling we’re on the other side of things.

To schedule a ride or get more information, call 425-423-8517.

BY ADAM WORCESTER

Happy National Volunteer Appreciation Week to Snohomish County Volunteers: April 18-24

Volunteering is all about making a difference in your community. But there were some unexpected challenges of how to continue to do so amidst a pandemic.

For Homage, five volunteer programs had to make the shift from helping in person to helping in a virtual format. These include two AmeriCorps Senior Programs—Foster Grandparent and Senior Companion Program who serve both King and Snohomish County clients; Senior Peer Counseling Program; and the Senior Social Connections Program.

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continues on page 10
It’s time to transform transportation

By Rep. John Lovick

There’s nothing more essential than being able to get where you need to go.

That’s true whether it’s a trip to the grocery store or the doctor’s office. We all need to shop, visit family, attend church, or get to the airport.

Yet for decades, our transportation system wasn’t built to truly serve everyone. A hyper-focus on building highways left out a lot of people, including seniors, the disabled, and those who didn’t own a car.

And even if you do drive, our state’s booming economy and population growth have turned I-5 into a bottling proposition. You’ve never known how long it will take.

Increasingly, we know that more and more people don’t want to drive their cars in all that. Many young people save a lot of time and money by making car payments, filling up on gas, and writing checks from fighting traffic alone. As lawmakers, we hear you. Building extra lanes of highway is not only the most expensive option, it gives us the least return on your tax dollars.

Giving people other ways to get around—bikes, trains, bike paths, or mobility transit—is one of the smartest investments we can make. A single van or bus can take a surprising number of cars off of our crowded highways.

And I want to say that I hear you, and see you. People talk to me about transportation all the time. It’s a daily frustration and hassle. We can do better.

That starts by ending the imbalance between building highways and giving you more options and ways to get to your destination.

Here in the House of Representatives, we are taking a fresh look at our transportation system and proposing innovations and reforms in both our two-year transportation budget and a 16-year transportation package that would invest billions toward modernization and better service.

While the numbers will change between the time I write this and the time you read it, I support these new ideas. I support them because we must reduce the emphasis on highway construction while making serious investments in mass transit, mobility transit, and green transportation options.

That’s the way to build a system that is cleaner, more sustainable, and quicker to respond to the changing needs of our changing state.

Rep. John Lovick spent more than 30 years with the State Patrol before serving as a state representative. Snohomish County Sheriff and Snohomish County Executive. He lives in Mill Creek.

Legislative snapshot from Washington State Senior Lobby

By Walt Bowen

The 2021 Washington State Legislative session has made history.

...
families are able to enjoy the quality of life guaranteed to them in state and federal law.

HB 1323 – Long Term Care Trust “Improvement Bill”
Opt out provision if already carrying long term care policy
Opt in provision for independent contractors
Incorporates SB 5191 – Prevent price gouging in time of an emergency
SB 5025 – Consumer protection penalties
Enhanced penalty of $10,000
shall apply to unlawful acts or practices targeting specific individuals or communities based on demographic characteristics, including age.

Increases penalties under Consumer Protection Act

PAID
SB 5408 – Homestead Exemption
PAID
SB 5203 – Generic Rx
HCA may enter into partnerships with another state, a group of states, a state agency, a nonprofit organization, or any other entity to produce, distribute, or purchase generic prescription drugs and purchase insulin.

SB 5132 – E-wills based on Uniform Act
PAID
The bill on the use of credit scoring to set insurance rates died in committee but the Insurance Commissioner is banning this practice through and emergency order.
The technology access and skills bill did not move out of committee
was folded into a $6 million line item in both the House and Senate budgets.
Legislators will be focused on budget negotiations until sine die on April 25. Currently there is no indication that session will be extended unless federal guidance on how to spend COVID relief money is contrary to what is proposed in the state budget.
More information about the legislature and other senior issues can be accessed from the website www.waseniorlobby.org

PROTECT OUR PLANET...

RECYCLE THIS NEWSPAPER.
Words matter: Making mental health care approachable for all

By Christine Vervitsiotis

In my seventh grade social studies class, we were asked to debate the merits of the phrase “the pen is mightier than the sword.” As a young girl with a passion for reading, I immediately jumped to Team Pen. Why was I going to do with a sword, anyway? It was, however, the first time I had ever considered that the two instruments had similar persuasive powers.

My love of language existed before I truly grew to grasp its strength. Fear of the word ‘crazy’ keeps its own. Sometimes, it needs a ban- dage. Failure to do causes unnecessary suffering and it is costly at the individual, family, and societal level. That’s crazy.

Join me for the longer discuss- ion “We all can’t be diagnosed! How to get help without admitting you’re crazy” at our Fundamen- tals of Mental Health Series at 3:00pm on Thursday, May 6. This is both an in-person and online event spon- sorred by Homage and the TakeCare Medicare program. Call 1-866-947-4563 to reserve your seat.

Christine Vervitsiotis

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Washington veterans must stay vigilant against COVID-19 vaccine scams

By Paul Frost

U.S. Army Veteran and AARP Volunteer

Coronavirus scams are spread- ing as fast as the virus itself. In late February, the Federal Trade Com- mission (FTC) had logged more than 362,000 consumer complaints related to COVID-19 and stimulus payments, 68% of them involving fraud or identity theft. Victims were reported losing nearly $349 mil- lion. In Washington, the FTC has logged more than 7,900 complaints related to COVID-19 and stimulus payments since the pandemic started.

According to an AARP survey, veterans and military families are twice as likely as civilians to be targeted by con artists, according to Washington veterans and all of America’s service members must remain ever vigilant. Scammers are calling, texting, and emailing veterans with promises of vaccine availability and early access to vac- cine. These promises are lies. The people sending these messages are identity thieves. The VA says these criminals are after your sensitive, personal information, such as your Social Security Number and your money.

COVID-19 vaccine scams come in many forms: emails, websites, texts, and phone calls. Here are the top vaccine scams the Fed- eral Trade Commission (FTC) warns about:

• Payment to be added to a vac- cine waitlist.
• Ads, websites, texts, phone calls and emails offering early access to the vaccine for a fee. 
• Government or military scams. 
• Social media ads for the vaccine.

Avoid all these types of outreach and do not engage with the scam- mers at all.

For information and application, call 425-339-1046.

Enter now and you could win $50!

• Be 60 or older & living in Snohomish County
Go to YouTube

• At YouTube, search for Homage Medication Safety

• Watch one or both of the videos

• Read the giveaway rules

• Fill out a survey & entry form

Don’t have internet access?

Call 425-290-1252 for a free DVD survey, and entry form

Features & Amenities:

• Social Service Coordinator
• One bedroom
• Laundry facilities on site
• Community room with kitchen and entertainment
• Access-controlled building and emergency response system
• All units are wheelchair accessible
• Close to shopping and services

For information and application, call 425-339-1046.

Meadow Park Senior Apartments

1611 128th St. S.W. Everett, WA 98204

Subsidized 62+ Community

For information and application, call 425-339-1046.
By Judith Graham Kaiser Health News

With a mix of relief and caution, older adults fully vaccinated against COVID-19 are moving out into the world and resuming activities they put on hold during the pandemic. Making plans to see adult children and hug grandchildren they haven’t visited for months — or longer — many are getting together with friends in person for the first time in a long time.

People are scheduling mail-in pharmacy refills that had been delayed and reserving travel accommodations near and far on calendars. Simple things that felt unsafe pre-vaccination now feel possible (albeit sometimes a little nerve-wracking), and the neighbors’ dog going for a walk in the park, stopping to sniff the flowers for a moment or eating a cup of coffee. “I just feel like ‘we’re alive again’,” said Barry Dym, 78, of Lexington, Massachusetts, expressing a widely shared sense of freedom.

The rapid rollout of COVID-19 vaccines to people 65 and older makes this possible. As of last week, roughly 40% of seniors in the U.S. had been fully vaccinated, while nearly 73% had received one dose of the Moderna or Pfizer BioNTech vaccine. (A third vaccine, from Johnson & Johnson, became available recently and requires just one dose.)

According to the Centers for Disease Control and Prevention, one of the criteria for vaccinating seniors was that 70% of the U.S. population be vaccinated. The CDC now sees a resurgence in the number of COVID-related scams targeting seniors in Snohomish County, expressing a shared sense of freedom.

The VA has started an official call center and an online tool to give regular updates about their COVID-19 vaccination program. Veterans and their family members can sign up for vaccine updates by visiting https://www.va.gov/healthcare/covid-19-vaccine-stay-informed. This is an official source of information about VA COVID-19 vaccine response.

Additional, individual VA facilities will start contacting Veterans about the vaccine. For more information about this outreach, VA officials say they will never request money, your full Social Security Number, personal health information through phone, email, or text message during a vaccination registration request. The VA will never require payment in exchange for providing the vaccine. It is not necessary, nor will it require payment to be eligible for the vaccine.

According to the AARP Fraud Watch Network, this isn’t the first-time scammers have used the pandemic to drum up another scheme to steal from those who served our country. Some of the COVID-related scams targeting veterans and military families included:

- Fake coronavirus cures.
- Fake testing and TRICARE scams.
- Fake charities to help veterans and military families.
- Stimulus check scams.

The AARP Fraud Watch Network and the U.S. Federal Trade Commission have created Operation Protect Our Veterans to help former service members and military families in Washington to protect themselves by raising awareness of scams and fraud. The AARP Watchdog Alert Handbook: Veterans’ Edition explains 10 ways that con artists target veterans. Report suspicious emails, texts, phone calls or mailings to trained volunteers at e-mailing@protectourvets.org or call 877-908-3360.

Paul Frost is a former Captain, U.S. Army. Currently Department of Defense, Employer Outreach Director, Employer Support of the Guard and Reserve, Wounded Warrior Project. For more timely information and free resources to help veterans and Military Families, visit AARP/Veterans.

Older adults begin to test freedom after COVID vaccination

By Judith Graham Kaiser Health News

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Volunteering is very much like working hard, but you don’t get paid. That raises an interesting point as I have met many fine individuals with time, resources and skills of no idea of the people who are volunteering. There are plenty of things that could prevent someone from helping out. If you are not too old, one like that, so you have some time to offer and want to stay busy, if you are interested in having a job where you are in control of the hours and days of the week, or if you have a skill or experience that could be shared then I would like to talk.

For example, there are many people in the community without a car or a social network of family or friends who could take them to essential appointments such as the doctor or dentist. You could fill that gap. Pick the day of the week, the time of the day and where you would be willing to go. If you are interested in hiring a job that’s not drivers available to give them this type of volunteer job would have an immediate impact on someone’s life. Wouldn’t you like to be the person doing that? To see what it’s like for people without a car, a job traveling around the country on the bus. I believe you will find that getting around on the bus is not very possible, but quite an easy.

For information about Volunteer Transportation, the SHBRA program, Peer to Peer Counseling and Free Bank opportunities, get in touch with me today!

By Jane 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 contributions 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 about making a difference? We need YOU to share your experience and skills to help seniors and adults with disabilities.

RSVP Program Recruiter
Ramonda Sosa

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By Lila Seidman
Los Angeles Times

LOS ANGELES — A quick jab, and the gates of freedom opened.

“You mean I can actually go out?” said Lillian “Lill” Shaw, not just a loudspeaker, after getting her COVID-19 vaccine in the dining room of her Glendale home. “I’ve been cooped up a year in this place.

Final from advanced age and severe arthritis, among other ailments, and the fear of being left behind during the pandemic. A caregiver brought her groceries. Her friends didn’t or couldn’t visit. She was scared to get the vaccine, and her daughter advised her not to because of her health problems. But waking up every morning, she said, “I’m going to live,” she told herself. “I have lost 90.”

When a local firefighter who visits Shaw regularly suggested she get vaccinated, she accepted. She didn’t even have to go anywhere — they’d bring the dose to her.

On Friday, the Glendale Fire Department and Glendale Memorial Hospital co-launched a pilot program to vaccine homebound seniors living in the Jewish City. Shaw was one of the first to receive a dose. The program is one of several grass-roots initiatives that have sprung up in recent weeks to bring shots to those too sick to leave home, a vulnerable population that some fear is being left behind even as vaccine access rapidly expands.

When vaccines started rolling out last year, seniors and nursing home residents were among the first in line. Los Angeles County poured up access to those 65 and older in nursing homes, but those in homes who didn’t leave the house easily — or in many ways — weren’t able to zip down to their doctor’s office or brave the vaccination lines at Dodger Stadium.

Many of those seniors are like Shaw aren’t among the more than 70% of Californians over 65 who have received at least one vaccine dose, although they might be at the highest risk of needing it in a crisis.

Officials appear to be playing catch-up. On March 23, the L.A. County Board of Supervisors unanimously voted to direct Los Angeles County’s Public Health to come up with a strategy to reach the homebound, with a focus on seniors. Supervisor Hilda Solis, who spearheaded the initiative, called them “vulnerable, too,” and “very, very, very important.” About 2 million older adults across the county live alone, and their health needs are often due to illness.

According to Solis, some 220,000 county residents receive home support services, and 55,000 homebound seniors receive daily meals delivered to their homes through Meals on Wheels and similar programs. “There are sent only a portion of those who are homebound,” she added.

A day after the supervisors voted to step up vaccine outreach, health officials said in an email that the department was working on a plan to further stimulate homebound vaccination, but declined to provide details.

“I’m going to live,” she tells herself. “I have lost 90.”

Which type of mattress is best for back pain?

Many people see a mattress as just another purchase, but for others—like those with chronic back pain—it can be a life-saving game-changer.

Consider this: Around 8 percent of all adults have some kind of persistent back pain, which comes out to roughly 16 million people. And back health costs associated with back pain add up to over $12 billion a year.

However, as we all know, not all mattresses are created equal. So which types of mattresses are best for back pain?

For example, pressure-relieving foams can help keep you from tossing and turning all night because it allows your shoulders and hips to sink in properly,” Rigby says. “But if you’re looking for the best at spinal alignment and pressure relief, TempurPedic or Latex are top-notch options. And if you’re more of an insomniac fan, going for a higher coil count (1000+) will give the mattress more points of conformity to provide superior spinal alignment.

Remember, everyone sleeps differently and there isn’t one mattress to rule them all. To find the mattress that works for you, think about how you sleep, talk about your allergies and medical issues, and figure out which material will give you the best night’s sleep.

Family Owned E.S.C. Mattress Center believes sleep is a pillar of good health and offers all of the top brands such as Tempur-Pedic, Stearns & Foster, and Sealy Posturpedic. They have interest-free financing and no credit-needed 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. 30, Everett. They’re rated 5 stars on Yelp and Google, “A” rated with the Better Business Bureau, and the three time winner of the Herald Readers’ Choice Award. For more information, call (425) 512-0017 or visit them online at www.escmattrescenter.com.
Eons ago a receding glacier carved an outcrop of granite high on the side of the deep river valley it was leaving behind. Who knows when the first animal might have surveyed the scene from that stone as shrubs and then forests took root. Perhaps the Skykomish Indians climbed there on a break from their fishing camp below.

The evidence of the photograph is all we have for an early party on the perch that would later be carved in stone as “Look Out Point.” By the time this photo was taken in March 1900 the bare rock of nearby mountains had become exposed, the river below was a silvery ribbon, and a small settlement was in place on the former fishing grounds of the Skykomish people.

Mr. Pillsbury, the photographer, undoubtedly dragged a heavy box camera up that steep hillside for the negative is on an eight by ten inch glass plate. One plate for each shot back then. How many did he carry to capture this important picture?

It was an extraordinary shot for it captured the visages of founders of the Town of Index, the Amos Gunn family and their friends. Below, their small mining supply camp, complete with hotel was on the verge of growth. The mines would briefly flourish, a timber mill would cover much of the south side of the riverbank and the Great Northern Railway, only recently completed, would bring tourists by the dozens over Stevens Pass to this scenic spot just west of the Cascade Mountains.

Another industry would develop as well. The cliff of granite would be quarried and those adventurous quarrymen would trek to the spot with their tools and carve “Lookout Point 1922” in letters six inches high on

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**Hikers relax atop Lookout Point above Index in 1900.**
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The view of Index from 1,181-foot Lookout Point.

The flat rock. A flagpole, wire rope railing and a broad switchback trail climbing nearly a thousand feet finally made Look Out Point "the place to go."

Everyone in the area has a memory or a story related to "The Point." One man wrote of taking his sweetheart up there in the late afternoon before the "easy" trail was in place. He was sure that he'd allowed plenty of time to return her home safely. But what he hadn't taken into account was maiden modesty. It was definitely slowing them down. This was in the days of long skirts and she abhorred the showing of an ankle. It is hard to climb a steep slope without showing an ankle at least. That young swain faced much explaining to her father as they arrived home near dark!

Another story is told of the brothers who climbed quickly to the point and waved to their speck of a mother far below. At that distance, features are obliterated and even bodies become indistinct. Over-heated, one of the boys chose that moment to fling his shirt over the cliff. The mother could only perceive a falling body and her anguish was soon known up and down the street. When the boys returned, they might have wished they had stayed on top.

The switchback trail is now gone. One must climb to the point much as the mountain goats did. The wire rope rail has been pushed and pulled so that it hangs in odd swag-work off the front of the cliff. The flagpole remains and sports drapings at various times of everything from flags of all types and styles to shirts and pants. (Anything will do as long as it's bright enough to catch the attention of someone below!)

Even the stone carving has been altered. Somehow one or more people had the patience to gouge and chip one of the granite letters off the top. Some vandals take persistence. Still, young people by and large appreciate The Point. It's sort of a rite of passage to gaze out at the towering peaks surrounding this valley, feel a sense of peace with the whole, and be thankful for the remaining "spring in the step" which propels them to the top time and time again.

Thank goodness for special places!
CONTINUED FROM PAGE 1

year and volunteers set up regular calling times with seniors to check in each week for fifteen minutes or longer. Once again, both the volunteer and the client benefitted from the connections they made knowing that someone cared. 

The fastest-growing program has been the volunteer drivers with Meals on Wheels (MOW). Due to COVID the demand for Meals on Wheels increased by 29%. Our volunteer drivers helped keep an eye on our clients ensuring they were safe and connected with other critical services. It is estimated that over half of MOW recipients live alone and for many of them, the person delivering their meals is the only person they’ll see on a regular basis.

The average MOW volunteer driver makes approximately 15-16 deliveries each day and there are currently 11 volunteer routes. All total, this dedicated group donated 1,246 hours keeping clients fed and connected with someone that cares.

Volunteering is very much about the people, their passions, and their desire to make a differ- ence in their community. In the next two months we will feature a few of our volunteers who continue to serve, even amidst the challenges of COVID.

Jerry F
Meet Jerry, a longtime Volunteer Peer Counselor. Jerry started volunteering as a Volunteer Peer Counselor after moving to the Puget Sound area from California. Over 20 years and 60 clients later, Jerry knew she had to stick with the program as it transitioned away from in-person visits due to COVID. 

Jerry notes that, although not meeting in person has been frustrating, both clients and peer counselors find the virtual interactions rewarding during the isolating pandemic. “The number one thing that people say is ‘I just don’t know how to not be around people. I don’t know how to make my life meaningful without other people.’” Jerry prompts her clients to be grateful: “I spend a lot of time trying to steer them towards the good things in their life, what they do have. Because, for most people, that outweighs the problems that they’re having.”

For new volunteers, who may be struggling trying to build relationships virtually, Jerry has a key
What has kept Jerry involved over the span of two decades? For her, “it enriches your life every bit as much as you are trying to enrich their lives.” Volunteers like Jerry can remind us that, although the situation we are in is tough, we will learn to readjust and move forward, just as we have before.

Rosa D

After COVID hit and Homage closed, our multicultural groups felt the loss of not being able to come together on a weekly basis—to be with one another, have a meal, and participate in social programs. Homage staff quickly set up take out as a way for these groups to get lunches and created weekly Zoom connections so they could meet virtually.

Rosa D is one of those regular 13 volunteers that helped with the meal program. She is part of our Chinese multicultural group. She has been volunteering with Homage for 20 years. Rosa loves to help organize events, luncheons and assist with all COVID related issues as this is a tough time in history. Volunteers like Jerry can remind us that, although the situation we are in is tough, we will learn to readjust and move forward, just as we have before.

When asked what advice she has for people thinking about volunteering, she answered, “to get food to people who wouldn’t have it otherwise.” COVID has changed how volunteers are able to help and Rosa says it has changed how she helps others. She has learned to do her best to stay connected via Zoom and other virtual opportunities.

When asked what she misses the most, Rosa responded, “I miss our Tuesday Chinese group gathering to meet and greet all the members and newcomers. Face to face cannot be replaced by virtual meetings, but it is an alternative to what the world is dealing with now. I am glad we are still able to assist other, as some of us are a high risk population.”

Rosa has donated a lifetime total of 165 hours to Homage.

John R

John is one of 13 volunteer drivers who helps deliver meals for our homebound clients. He is our longest volunteer and extremely dependable. His clients look forward to his humor, sincere caring, and his interesting conversation. When asked why he volunteers, he answered “to get food to people who wouldn’t have it otherwise.”

When asked what advice he would give to someone thinking about volunteering, John suggests, “if you are socially connected and like to interact with others, then volunteering is right for you. You will gain satisfaction interacting with others that you wouldn’t have otherwise met.”

2020 Snapshot of Volunteer Hours

During a year that brought essential changes in how we were able to carry out our operations, our volunteers rose to the occasion and helped out however they could. We were fortunate to have over 190 new community members reach out to us and ask how they could support our older adult community members. Many helped at our Thanksgiving Day Meal delivery, help with packing Meals on Wheels orders, deliver Adopt-A-Senior gifts, helped administratively, helped create emergency food packs for our homebound clients, and stand ready to help when we can open up other volunteer opportunities. All total in 2020, Homage volunteers donated 68,907 hours of their time for an in-kind value of $1,896,990.

On behalf of everyone at Homage, I applaud each and every volunteer for your dedication and commitment. You’ve made an incredible difference in our community! For more information about volunteer opportunities please call Michelle Frye at 425-748-3787 or mfrye@homage.org.

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Jesus Guillen
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This project received funding from Skagit County
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The food banks that agreed to let Feeding America publicly share their data, 186 out of 200 total, collectively distributed far more food — about 42% — during the last quarter of 2020 than in the same period of 2019. The amount of food distributed in the last quarter slipped just slightly from the previous three months, down around 4%.

Data from Feeding America, a national network of most food banks in the U.S., shows that the food previously distributed far more food — about the same amount they gave during the first quarter of 2020 compared with the same period in 2019.

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