Foster grandparents program keeps older adults involved in community

By Adam Worcester

Contributing writer

Today's students need the help of seniors

By Rep. April Berg

Volunteers are what tie us together. It's about neighbors helping neighbors. And right now, we need to build new bridges and relationships with the end of the COVID pandemic in sight.

Last weekend, I volunteered at the Snohomish County Senior Center's monthly breakfast, where there were people of all ages, from 5 years old to 95.

“This is important for them to have the isolation (of COVID). It's important for them to have caring adults to interact with,” said Adelheid Arbogast, the program coordinator.

Homage contracts with school districts and other non-profits to place foster grandparents in positions within five miles of their homes.

Today the number has grown to 32 in King and Snohomish counties, and Homage is looking to add 40 more.

“We're really trying to ramp up. We have a large group ready to serve,” Arbogast said. “Kids are breaking out of the isolation of COVID. It’s important for them to have caring adults to interact with.”

Homage also has online options, instituted during COVID, for anyone who wants to volunteer but is unwell or unable to interact in person.

Potential foster grandparents do not need any experience.

“If they do not even need to be fluent in English. “We're always looking for diversity,” said Arbogast.

Who needs a language when you're one or two years old saying, ‘I want to go to the park now?'”

To learn more about becoming a foster grandparent, phone Homage at 425-355-1112.

Volunteers must be at least 55 years old, receive reimbursements and liability and accident insurance along with meals while on duty, monthly training, and 10 hours a week.

Potential foster grandparents do not need any experience.

All they need is to be 55 or older, meet low-income requirements, and be willing to serve as a foster grandparent for at least a full school year.

They do not even need to be fluent in English.

They don't even need to be 95. They don't even need to be 95. They don't even need to be 95. They don't even need to be 95. They don't even need to be 95.

“The program is funded by a grant from Foster Grandparents of America. Senior "volunteers" actually receive $3 an hour in tax-free stipends and paid transportation, plus paid lunch if they work more than four hours a day.

After completing training and background checks, foster grandparents commit to working between eight and 40 hours a week.

Homage contracts with school districts and other non-profits to place foster grandparents in positions within five miles of their homes.

When Homage took over administration of the program four years ago, there were 17 volunteers.

Today the number has grown to 32 in King and Snohomish counties, and Homage is looking to add 40 more.

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In my time as a school board director and mother of children in our public schools, I’ve seen so many volunteers change the lives of students. Retirees coaching soccer, grandmothers helping run Girl Scout Troops, and seniors coming into the school library after work to teach kids to read. Those people are unsung heroes. Most of them don’t have kids in school anymore. They do it out of love for the kids.

I feel that inspiring and heroic.

While the names and faces of volunteers won’t get printed on the front page of the newspaper, don’t have kids in school anymore. They do it out of love for the kids. They do it because they want to make a difference. They do it because they care about the students they help will never forget them.

And right now, our students need that help. We need volunteers to help with grading, mentoring, tutoring, and just being there to listen. And right now, our students need that help. They need volunteers to help with grading, mentoring, tutoring, and just being there to listen. And right now, our students need that help. They need volunteers.

Volunteer Day at Homage
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Homage Senior Services
Homage Senior Services
Homage Senior Services

Senior Peer Counseling: Volunteers 55+ provide one-on-one counseling for at-risk youth. If you have a passion for helping others and want to make a difference in your community, please contact Homage AmeriCorps, L, 8200 Airport Rd., Everett, WA 98204, 425-259-3876, www.homage.org.

Community partners needing volunteers
Community partners needing volunteers
Community partners needing volunteers

Snohomish County Long-Term Care Ombudsman Program: The Long-Term Care Ombudsman Program is a volunteer program that provides advocacy services for residents of assisted living facilities. Volunteers work on behalf of residents to ensure their rights are protected. For more information, contact Heidi L’Esperance, Snohomish County Regional Ombuds at home7@msn.com or 360-643-8888.

US Coast Guard Auxiliary: The US Coast Guard Auxiliary is the largest volunteer maritime safety organization in the world. US Coast Guard Auxiliary volunteers will have a broad choice of training and operational opportunities to participate in, including Boat Crew and Boat Coach, communications, public affairs, and mission support. Many of our members serve as volunteers on USCG ships. With the Auxiliary, you can gain new training and leadership skills, and command one of our boats and make live-time connections with our membership. See the USCG Auxiliary website: Home | USCGAUX John or contact Kevin Commander, Flotilla 12, Edmonds at 206-245-8662. For more volunteer trainig and operational opportunities, please call Michael at 425-740-3787 or email info@homage.org.
By Cathy MacCaul
AARP Washington Advocacy Director

Many of us don’t think about or plan for long-term care until a crisis strikes or urgency forces our hand. Thankfully, a new benefit to help Washington families pay for care during a long-term illness, injury or disability is on the horizon.

Seventy percent of Washingtonians 65 and older will require some assistance to live independently as they age. Yet, only 9% of people in Washington can afford private insurance, and that market has been shrinking even as the older adult population increases. Our long-term care system needs continual improvement and affordability remains a significant issue.

Underwriting requirements for private long-term care insurance often penalize those with pre-existing conditions or disabilities who may have to pay more or may not be able to get insurance at all.

Some mistakenly believe that Medicare will help pay for costs. However, Medicare does not cover extended long-term care, which means most people must spend down their life savings. Once people are impoverished, Medicare pays for long-term supports and services.

To help tackle this problem, as well as the risk of overwhelming the State’s Medicaid program, Washington passed legislation to create a first-in-the-nation public program in 2019 called WA Cares. The new program provides flexible and meaningful benefits ensuring families can choose the care setting and services that best meet their needs.

Beginning January 2022, Washington workers will contribute 58 cents per $100 of earnings from each paycheck, like contributions for Social Security. For a worker in Washington with a median salary of $107,023, the annual premium is $620.73. Employees only pay into the Fund during their working years and will not have to worry about losing coverage if they change employers, lose their job or retire.

Beginning January 2025, each person eligible to receive the benefit can access services and supports costing up to $36,500, adjusted with inflation, to help live independently, including help with personal care, medical assistance, transportation, meals, and more. More importantly, the benefit can be used to pay family caregivers.

For some families, the WA Cares benefit may be all the help they need. The Fund can offer them the time and resources to figure out a long-term plan for those who need extended care. It provides predictable coverage, regardless of pre-existing conditions, offering consumers a way to pay for long-term services while easing the anxiety families may face in providing or receiving ongoing care.

Here’s what workers need to know about what comes next:

The new payroll deduction begins Jan. 1, 2022. No action is required for employees to be enrolled. Self-employed people have until Jan. 1, 2025, to opt-in or within three years of becoming self-employed. The program does have an “opt-out” provision. If you own a qualifying private insurance policy before Nov. 1, you can inform your employer and provide evidence that you are eligible to opt-out of the new premium. However, if you opt-out of the benefit, you cannot opt back in. Current retirees do not pay premiums into the Fund and are not eligible to receive benefits.

The vast majority of older adults would like to live with independence in their homes and communities with the care they want and need for as long as possible. Crafting a viable and robust program like the WA Cares Fund to help Washingtonians better prepare for their long-term care needs is critically important for our families and our state. Learn more about the Fund at www.wacaresfund.wa.gov.

Cathy MacCaul
Recognizing emotional abuse: Gaslighting

By Sarri Gilman, LMFT

Have you ever been told these things:

You are too sensitive.
You are crazy.
That never happened.
This was your fault.
You are being dramatic.

In other words, you are blamed for being upset or bothered by anything you are told. “You are being dramatic.”

Gaslighting is a strategy that someone relies on and uses over and over. It is a pattern. Lying is big indicator of gaslighting. There is constant lying about big things and about really small insignificant things. The lies make it impossible to believe anything you are told. Marriage agreements and promises they with you than follow through with.

Gaslighting is isolating. You find yourself blamed for things that you had no part in. Gaslighters are really afraid of being blamed. They can’t tolerate mistakes. If there is a way to blame someone they seize it and use it as an excuse to attack and rage. Gaslighters are big rage-aholics. Gaslighters would rather fight than go to great length to explain how things going wrong is someone else’s fault. In a marriage, you may find yourself blamed for things you remember things wrong.

Gaslighters do not take responsibility for their behavior. Everything is twisted to somehow be someone’s fault. And laying blame on someone is very important to gaslighters. They go to great length to explain how things going wrong is someone else’s fault. In a marriage, you may find yourself blamed for things you had no part in. Gaslighters are really afraid of being blamed. They can’t tolerate mistakes. If there is a way to blame someone they seize it and use it as an excuse to attack and rage. Gaslighters are big rage-aholics.

Sensitive: It does no good to talk about your feelings with a gaslighter. They don’t have empathy for your feelings. In fact, they make fun of your softness and emotions and call you “crazy” for having feelings. When you discuss how you are feeling, you are cut off with, “You are being too sensitive.” “You don’t know how to take a joke.” Gaslighters think humiliating you is funny and if you are bothered by being humiliated and put down, you are “overreacting.”

You remember things wrong. Because lying and blaming are used so frequently, another common experience is being told you remember things wrong. Gaslighters would rather fight with you than follow through with agreements and promises they made. Gaslighters do not keep their promises. If you were in a relationship with someone who used these strategies, there is often emotional trauma to heal from the wounds of being lied to, blamed, told you were crazy and too sensitive.

It also may leave you afraid to enter another relationship for fear of being emotionally abused again. Once you understand the tactics of gaslighting, you will be less likely to settle into a relationship with someone who used these red flags.

If you are interested in learning more about this, I highly recommend reading Gaslighting: Recognize Manipulative and Emotionally Abusive People by Stephanie Moulton Sarkis.

Sarri Gilman (Photo by Somer Kriesman)
You are not alone: Creating caregiving community

By Christine Vervitsiotis
Clinical Mental Health Supervisor

In popular culture, love is depicted as the end game. It’s the prize that we win when we finally make that connection with the person who fulfills us. In life, however, we know that this moment marks not the end, but the beginning of a long, beautiful and sometimes challenging journey.

As Chris Tifre explains, “When you set your life on hold to help someone else – that’s the greatest expression of love for me.”

Chris is now a Social Services Supervisor at Homage. His journey at our agency, however, started as a volunteer with our Center for Healthy Living. He shares that he felt drawn to the Homage mission from the start. He believes this is likely due to his cultural background: “In Latin America, we have great respect for older adults.”

Chris has a degree in Architecture and Psychology at the Universidad de San Pedro Sula in Honduras. From his volunteer role, Chris joined the Nutrition Department before transitioning to the Family Caregiver team. That seemed like a natural fit. He enjoyed being able to go out and connect with caregivers in their home.

“In Honduras, we didn’t have senior housing or long term care. Elders were all cared for at home. For family caregivers, the work is always done out of love. Most caregivers, Chris explains, don’t even identify themselves as caregivers. But that’s exactly what they are when the needs of a loved one start to eclipse their own. This takes a toll. Chronic stress, Isolation and loss of identity are all too common for family caregivers.

Chris supervises the Family Caregiver Support Program, a team dedicated to caring for the caregiver. “We help the people who are helping others.” Just having someone to talk to can go a long way toward reducing isolation. These conversations, rather than adding to the caregivers’ to-do list, are all about brainstorming ways to give time back to the caregiver. “Things such as utilizing respite services, massage therapy or home-delivered meals – that makes a huge difference.”

We know that isolation and stress make us all more susceptible to depression. In the Elder population, caregivers and their loved ones at increased risk. Left untreated, depression exacerbates existing physical health conditions, weakens our immune system, and lengthens the amount of time it takes to recover from illness or surgery. It’s a cycle that needs to stop.

One of the ways that we can reduce our risk as caregivers is by connecting with community. Caregivers need to know that they are not alone. This year, Family Caregiver Support Program and Mental Health have come together to offer support and community via virtual platforms. This September, however, we are thrilled to collaborate on our first in-person event specifically designed for family caregivers and their loved ones to get to know their community in a fun, safe, and supportive environment.

This event will be held on September 15 from 1-3 at Miner’s Corner Park in Bothell. Transportation assistance is available. For more information and to register, please call 425-290-1260 or email mentalhealth@homage.org.
When Silvana was a hotbed of socialism

By Richard Hanks
perspectivepast@gmail.com

The small farming community of Silvana, tucked along the Stillaguamish River just eight miles south of Stanwood, doesn’t seem a likely prospect as a center of socialist political thought. But it was home to some purveyors of that political philosophy in the early years of the 20th century. Chief among its advocates was a teacher and principal at the Silvana school, James Mason Salter. Salter’s aggressive stance won him praise as well as condemnation by students, parents and education officials. His take on American history in 1911 was controversial, then as now.

Ezzie Jones, Superintendent of Snohomish County schools, held a public meeting at Silvana in February where some citizens aired their grievances and sought the removal of Salter and his wife Ina, who also taught at the school. Salter was “monkeying with ‘history as she is writ,’” as the Seattle Times put it. Some parents believed that Salter was playing havoc “with the hero-worship to which they had been reared and which they wished their children to enjoy.” Salter’s version of the life of George Washington and Ulysses Grant contained discreet notions not mentioned in texts. Washington was the hero of the hatchet-tree story (itself not factual) but he was also a “gentleman smuggler” and a commandment breaker who also taught at the school. Salter was accused of saying “we are not a republic and Michigan as tools of mine soldiers putting down strikes in Colorado and Michigan, and disparaged the American flag was a rag and disparaged the notion that God was not real, that the American flag was a rag and disparaged the notion that God was not real, that the socialists should work to gain influence and power through the schools and Salter had been successful in getting other socialists elected to boards in Arlington, Silvana and other small logging and farming communities. To that end he organized the International Teachers’ Union in 1913 to stop the persecution of socialist teachers: “for their advanced views on economics and sociology and for exposing the cause of the working class in their struggle for emancipation from wage slavery.”

The Everett Herald printed part of a manifesto by the Socialist Parent-Teacher Bureau, headed by Salter, which declared that “we are intellectual serfs to teach…the socialist John Ness was elected to serve twice as the Everett paper’s editor while principal of the Silvana school. Salter was accused of saying that God was not real, that the American flag was a rag and disparaged soldiers putting down strikes in Colorado and Michigan as tools of mine.}

The Board of Education was concerned about the “revolutionary ideas promulgated by the pupils in their essays.” A public appeal by the Salters led to eighteen families signing a petition to retain the couple. A public vote on their fate was held August 1911, chaired by Superintendent Jones, the nemesis of socialist teachers in Snohomish County. A unanimous vote by school patrons saved the Salters from dismissal.

James Salter’s 1912 defeat for the school board convinced him, wrote author Norman Clark, that “we are after your schools wherein you compel intellectual serfs to teach…the monstrous lie that the system you stand for is just.”

The continued attacks by the Everett Herald on socialist teachers generally, and Salter specifically, may have, in part, supplied fuel to remove him as principal of Silvana. He was overwhelmingly voted out of that position in April 1914 although socialist John Ness was elected to replace Salter. The dire accusations by a minority of the parents found willing supporters among newly elected school board members, wrote the Commonwealth, Everett’s socialist newspaper. Salter had served twice as the Everett paper’s editor while principal of the Silvana school. Salter was accused of saying that God was not real, that the American flag was a rag and disparaged soldiers putting down strikes in Colorado and Michigan as tools of mine.
He looked then for a contrary view, praising “Comrade Salter” as an “efficient and well-grounded worker in the Socialist movement for many years...” who gave “faithful and capable services to the cause.” Salter’s physical appearance certainly didn’t seem representative of a zealous revolutionary; a tightly trimmed beard accentuated by wire rim glasses set above an abundant mustache. Born in Chicago, he grew up on his uncle’s Wisconsin farm following his father’s death in 1874. The demands of farm work appear to have convinced him to return to teaching and with that reunion came a desire for he and Ina to return to teaching leading to employment at Silvana. By some accounts, the small community, comprised of early pioneers to the area, embraced the Salters and their ideals. Fraternal associations and farm co-operatives were prevalent in the Silvana and Stanwood areas during this time period. Arlington resident Charles Roth advocated a union for 1909 that socialism “embodies the

CONTINUED ON PAGE 8

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highest form of truth and justice." Roth was one of twelve men who openly avowed socialism as their political doctrine in the 1906 county history. Many of the newcomers were immigrants from Germany and Norway, including the author Jeffrey Jordan, the socialist colony, 1976, University of Washington.edu/labhist/. Frederick Bird, Washington Commonwealth, December 6, 1911; (Everett) Times, February 8, 1911; Sources: Seattle Daily Times, February 11, 1911; The Green State Has Been a Hotbed of Red Before, October 16, 2009, www.thestranger.com/?p=onehundredyears/12/25/10511427/red-socialists-have-a-history-of-stirring-up-rural-con- finement-march-brutal-fairfax-45625; Equality Colony, by Ray Jordan of Lynnwood (skagitriverjournal.com); A Social History of Donovan, Washington, Illustrated History of Skagit and Snohomish Counties, 1906. The unrestrained historical truth and an exceptional degree of success of socialism in the Northwest produced some of the most dedicated, hopeful and successful socialists in the U.S. according to Johnson. The demise of the movement’s political stability, he wrote, came as a result of their protests against America’s involvement in World War I and the anti-radicalism which developed after the rise of Russian Bolshevism. “Despite its unbridled optimism and fervent activism in the region,” wrote Johnson, “by the mid-1920s socialist politics in the Pacific Northwest had run its course.” Salter may have perceived that as well, in 1921 he joined a partnership to create the Puget Well Drilling Company, circling back to the physical labor of his earlier days. During Salter’s time at Silvana, he felt “obligated in conscience to insist on historical truth,” said Clark, “and to prepare the city, county and state for revolution.” Revolution, like “historical truth,” however, can sometimes be a ticklish mistress. Sources: Seattle Daily Times, February 11, 1911; The Commonwealth, December 6, 1911; (Everett) Times, April 13, 1914; Frederick Reel, Washington Socialist, August 1906, Dept. Washington.edu/InformationSystems/Blogs/technologyinthesalton/3/3/1/home; Jordan, Equality, the socialist colony, 1976, Equality Colony, by Ray Jordan (skagitriverjournal.com); The unrestrained rhetoric of the Republicans’ re-named newspaper Co-Operative News in 1916 and was the publisher and managing editor for the party’s re-named newspaper Co-Operative News in 1918. Although a fringe political movement in America, socialism at that time did not carry the same stigma as it does today, heightened by the Red Scare’s of the 1920s, 1930s and ‘40s. The 1912 presidential election witnessed socialist Eugene V. Debs earn six percent of the vote nationally and over 12 percent in Washington state. Writer Nathalie Graham notes that from 1910 to 1914, Washington citizens elected dozens of socialists to local office including the mayors of Bremerton, Burlington, Edmonds and Tukwila. The area was a “booth of red” from 1895 to 1912. The movement was gaining strength at that time, wrote author Jeffrey Johnson, due to the greater trend of “increasing industrialization, economic volatility, and a changing relationship between laboring people and the products of their work.” The creation of the Brotherhood of the Co-Operative Commonwealth at the 1897 Populist convention in St. Louis mirrored the perspective of Debs. According to Ray Jordan, the Brotherhood’s objective “was to move all the socialists into one state, develop co-operative colonies and eventually capture the state politically for socialism. The State of Washington was chosen and a site in Skagit (County) was selected for the first experiment.” That site became the utopian Equality Colony near Bow founded in 1897. The Silvana schoolhouse, circa 1914. The Silvana schoolhouse, circa 1914.

The Silvana schoolhouse, circa 1914.

The Silvana schoolhouse, circa 1914.
Drugs with serious side effects!

When these nerves begin to “die” they needed nutrients to continue to survive. This prevents the nerves from getting the nutrient flow. As you can see in Figure 2, this damage is commonly caused by a lack of blood flow to the nerves in the hands and feet which causes the nerves to begin to degenerate due to lack of nutrients flow. Figure 2 shows that as the blood vessels that surround the nerves become diseased they shrivel up. This prevents the nerves from getting the needed nutrients to heal and repair. The amount of treatment needed to allow the nerves to fully recover varies depending on the severity of the damage. After a detailed neurological and vascular evaluation, Ryan Potvin, LAc, will perform a detailed, sensory, vascular testing, and an analysis of of neurological and vascular evaluation. If you’ve lost hope or you’re tired of covering the pain with medications and pain relievers, contact Ryan Potvin, LAc, to start your healing journey today!

By Paulette Jacobson

RSVP Volunteer Opportunities

Sponsored by Catholic Community Services, the Retired and Senior Volunteer Program (RSVP) is the largest volunteer network for persons over 55 and the only program where the collective contribution of each volunteer is recorded. RSVP is funded by Congress through the Corporation for National and Community Service and by Snohomish County Human Services. RSVP exists to help volunteers 55+ find fulfillment in their volunteer work.

RSVP volunteers will tell you that when you give of yourself, share your knowledge and time, the result of giving seems small compared with the satisfaction, accomplishment and appreciation from those whose lives you positively impact. By volunteering your time and skills, you help your volunteer site maximize their staffing allowing them to reach more of their neighbors. Three goals of treatment at Evergreen Acupuncture Clinic: 1.) Increase Blood Flow 2.) Stimulate fiber nerves 3.) Decrease brain-based pain

Three factors to Effectively Treat Neuropathy:

1.) Underlying Cause
2.) Amount of nerve damage sustained
3.) How much treatment is required

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Treatment at Evergreen Acupuncture Clinic stimulates the blood vessels to grow back around the peripheral nerves and provide them with the proper nutrients to heal and repair. The amount of treatment needed to allow the nerves to fully recover varies depending on the severity of the damage. After a detailed neurological and vascular evaluation, there is hope.

The main problem is that your doctor has told you to just live with it. They try the drugs which you don’t like taking because they may make you uncomfortable. There is now a facility right here in Lynnwood, WA that offers you the freedom from taking these drugs with serious side effects!
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Lynnwood, WA 98036

To Register, contact:
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mentalhealth@homage.org

Classes are free but space is limited & registration is required.

Powerful Tools

Taking Care of You:

needed to take care of yourself while supporting your loved one. Classes consist of interactive lessons, discussions and brainstorming to increase your self.

Classes are free but space is limited & registration is required.

Powerful Tools for Caregivers

Is a six week educational series designed to provide you, the caregiver, with tools needed to take care of yourself while supporting your loved one. Classes consist of interactive lessons, discussions and brainstorming to increase your self-care skills and confidence in handling difficult situations, emotions and decisions.

Location: Homage Senior Services
5026 196th St SW
Lynnwood, WA 98036

To Register, contact:
425.290.1260
mentalhealth@homage.org

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The difference between comfort and support, and how it relates to choosing a mattress

Do you know the difference between comfort and support?

It may seem like a simple question, but when it comes to mattresses, Joshua Rigby, co-owner of ESC Mattress Center, says many customers confuse the two or make them to mean the same thing.

Simply put, comfort comes into play when talking about surface pressure, and support refers to your spinal alignment. But support doesn’t directly affect comfort.

Let’s break that down.

“When you test a mattress for comfort, you want to spend about 10-15 minutes laying down on the mattress to see if it’s comfortable,” Rigby says. “You want to let your body settle into the mattress and give the mattress time to spread out your weight before assessing comfort from your body.”

This may sound like a long time to be laying on a mattress, but it’s all in the big picture, and you don’t want to rush anything. “We hold strong that touching, feeling, and laying down are the best methods for evaluating a mattress. So, before you spend your money on a new mattress, test it out and you don’t want to rush it.”

When thinking about comfort, think about it in terms of softness and firmness. Depending on the type of material in the mattress (foam, latex, innersprings) the comfort is going to be different for different people.

And not all materials work the same for each person. One person may want a memory foam mattress because of the way it conforms to their body and another may prefer a latex mattress because of how it contours to the curves in your body. Yet another person may want a firmer mattress with innersprings.

Support, on the other hand, has to do with your spine and proper alignment. Think about this: does your mattress keep your spine straight, or does it sag?

Alignment refers to how your head, shoulders, spine, knees, and ankles line up with each other. By taking pressure off the spine, a mattress that aids with spinal alignment helps you sit, stand, and stay active. Plus, when you have proper alignment, you wake up refreshed and ready to start your day.

Remember, support and comfort are two different non-interchangeable concepts. So now that you know the difference between comfort and support, be sure to keep it in mind as you search for your next mattress.

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 a host of others. They have interest-free financing and no-credit-needed financing, so you don’t have to settle for something you can’t afford.

E.S.C. Mattress Center is located at 10121 Evergreen Way, Ste. 30, Everett. They’re rated 5 stars on Yelp and Google, “A+” rated with Better Business Bureau and are the three time winner of the Herald Readers’ Choice Award. For more information, call (425) 512-0017 or visit their online at www.escmattresscenter.com.