Elder Abuse Awareness Day, because there is no excuse for elder abuse

By Michelle Barnes
Social Services Senior Manager, Homage

Did you know that June is Elder Abuse Awareness Month? And June 15th is Elder Abuse Awareness Day?

To raise awareness, the International Network for the Elderly introduced the first World Elder Abuse Awareness Day 13 years ago. While no one likes to dwell on the topic of elder abuse, the fact is that nearly 1 in 10 American senior citizens are abused or neglected each year, yet only 1 in 14 cases of elder abuse is brought to the attention of authorities, according to the U.S. Department of Health & Human Services Administration for Community Living.

What is elder abuse? Elder abuse can include physical or emotional or psychological harm, but it may also manifest through financial exploitation and theft or mistreatment/neglect in an assisted living facility, adult family home, or skilled nursing facility. The perpetrator of the abuse may be an intimate partner, adult child or other family member, a trusted friend, professional caregiver, or total stranger. Being more vulnerable in general due to physical, cognitive or psychological conditions, elders are at significant risk to be victimized. Additional factors include social isolation of the elder and/or their informal caregiver, and the ensuing lack of social support; as we age, we tend to lose family and friends who were part of our social and safety network.

Making a report: All reports will be screened by Adult Protective Services and/or Residential Care Services. If the person is in immediate danger, call 911. You do not need proof to report suspected abuse and you do not need to give your name. When you make a report you will be asked to give the name, address, contact information for the person who may have been victimized and details about why you are concerned. You will also be asked for your name and number or some way of contacting you if the investigator has follow up questions. Unless there is a court action, law enforcement has been called in, or you agree, your identity will remain confidential. If you report in good faith, you cannot be held liable for any damages resulting from reporting. The report will be triaged and prioritized for investigation. A DSHS staff member may contact the reporter for more information. All reports are confidential, however public disclosure or other state and federal regulations may apply. (Information taken from the Washington State DSHS website.)

Signs to watch for: Possible indicators of abuse/neglect/exploitation include bruises, black eyes, welts, broken bones or sprains, unexplained weight loss, sudden changes in behavior, the elder becomes fearful in the presence of certain people and it’s a new behavior; an informal caregiver, such as the spouse, adult child or other family member, doesn’t want to leave the elder with.

Mary-Anne Grafton is recreation supervisor at the Lynnwood Senior Center. She’s hoping to start a program to educate doctors and other professionals. She believes that there is no excuse for ignorance.

Mary-Anne is the longest-serving senior center director in the country. She is open to new ideas and would love to start programs with Homage and other centers, churches, and organizations around the county. Just think if we had a county-wide schedule of LGBTQ events all year long, how fun! If you are interested in supporting older LGBTQ adults, contact Mary-Anne Grafton at the Lynnwood Senior Center, MGrafton@lynwoodwa.gov.

She’d love for you to become part of the village.

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Elder Abuse Awareness Day, because there is no excuse for elder abuse

By Cynthia Andrews
Senior Marketing and Communications Manager, Homage

Mary-Anne Grafton, Recreation Supervisor of the Lynnwood Senior Center, is seeking to expand her village. She has provided a safe space for LGBTQ Seniors since 2012 but wants to join forces with other agencies to do even more for the community.

The Lynnwood Senior Center provides activities and resources for the LGBTQ community and as the population grows, Grafton is hoping for partners county-wide to join her efforts.

“We may be a small center, but we have a large sense of community and we invite others to help us build safe places for seniors of all backgrounds,” she says.

You might walk in the center and spot her with her warm, welcoming smile, wearing her rain-boot and sipping from her rainbow mug.

“There’s a large LGBTQ community in Snohomish County, but many are scattered without a cohesive place to meet,” Grafton says.

When asked about the scarcity of LGBTQ groups, one local senior stated that the silent generation never felt comfortable. She named several organizations such as PFLAG, Mill Creek Senior Center and others that provide programs and services, but most of them are in King County, which often makes it difficult for Snohomish County seniors to attend. They are also very large and many folks get lost in the shuffle.

“Sometimes, it’s easier to go to activities in Seattle because no one knows me and I can blend into the background. Not really, I could never blend in,” the local senior chuckles. She said that we do need to have a great space here in this area for people my age. I would maybe even lead an LGBTQ art or music group.”

Grafton says, “Before COVID-19, we were open on Saturdays where we offered an LGBTQ Film and Potluck event every week. We featured movies from around the world and a great potluck with some excellent cooks. It’s amazing because everyone wanted to show off their favorite dish and we would have some gourmet dishes.

She says she plans to start the film series again this fall.

PRIDE: PROMOTE RESPECT, INCLUSION AND DIGNITY FOR EVERYONE

It takes a village, and she’d like to make that village bigger

By Cynthia Andrews
Senior Marketing and Communications Manager, Homage

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Much of the current information about elder abuse comes from studies focusing on elderly populations residing independently. Little information is available on seniors living in residential care settings that provide long-term support services. The National Institute of Health has stated that it appears that older adults, living in care facilities, are particularly vulnerable to abuse, neglect because they may suffer from diseases/disabilities that limit physical and/or cognitive functioning. Many of those being abused, neglected are unable to report their abuse/neglect, or are afraid of retaliation and negative impacts on their lives. Much of the onset of COVID-19 care facilities stopped all visitation of family and friends and residents were frequently isolated to their rooms. The loss of overreach and family presence allowed an already difficult situation to worsen, in some cases dramatically. While Wash- ington state law clearly mandates that “the resident has the right to...” be free from verbal, sexual, physical and mental abuse, corporal punish- ment and involuntary seclusion” it became apparent that a greater number of violations in some care facilities were ongoing and that many residents were experiencing a range of abuses and neglect. Family members increased their reporting of significant declines in physical abilities, appearance, mental status, communications and overall well-being of residents. Complaints of a lack of hygiene and insufficient staffing became even more frequent. Families were at a loss to how to help and com- plaints to administrators often went unheard and/or were not act- ed upon. Only now, as re-entry into these facilities begins, is the full impact of the isolation, lock-down and failed care being fully assessed and understood.

The regional Snohomish County Long-Term Care Ombudsman Program is part of a statewide orga- nization mandated by the federal “Older Americans Act” that focuses on “promoting and protecting long term care residents’ rights, dignity, safety and quality of life.” The facilities they enter include Skilled Nursing, Assisted Living and Adult Family Homes. With an estimated 654 facilities there are over 8,138 res- idents currently living in facilities in Snohomish County. The role of the Ombuds organization and the cadre of highly trained staff and volunteers is to—

1. Work confidentially with facility residents, and as appropriate, their families, to address concerns or complaints.
2. Investigate the facts when a com- plaint is received, work with and at the direction of the resident and facility staff to resolve issues.
3. Educate residents, family mem- bers and care providers about—
   a. Residents’ rights
   b. How to file a concern for person-centered care with dignity and respect.
4. For more information about the Ombudsman program in gen- eral please visit our website: www.wacare.org. If you wish to express concerns about the care of a resident in a long-term care facil- ity please call our complaint line at 360-386-1100. To request a volunteer application or more information about the program, please call and leave a message for the SNOHOMISH COUNTY Regional Staff Ombuds, Heidi L’Esperance at (360) 603-8989 or at hel@victimsupportservices.org.

By Robbie Constantine
Snohomish County UC Omb and a member of the Snohomish County UCOA Advisory Council

Recent reports indicate that many of our older adult population is not only vulnerable to but is actually being subjected to abuse, neglect and exploitation. It is probable that the problem may well be as wide- spread as child abuse. Much of the current informa- tion about elder abuse comes from studies focusing on elderly populations residing independently. Little information is available on seniors living in residential care settings that provide long-term support services. The National Institute of Health has stated that it appears that older adults, living in care facilities, are particularly vulnerable to abuse, neglect because they may suffer from diseases/disabilities that limit physical and/or cognitive functioning. Many of those being abused, neglected are unable to report their abuse/neglect, or are afraid of retaliation and negative impacts on their lives.

SNOHOMISH COUNTY LONG-TERM CARE OMBUDSMAN PROGRAM

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Where to turn for support:
Advocacy and support are available to the elders of Snohomish County. If you, or an elderly you know has experienced abuse, call Domestic Violence Services of Snohomish County, dvs-snoco.org, at 425-252-2873 and ask to speak with an Elder Abuse Specialist. If you or an elderly you know has experienced abuse at the hands of other family members, friends, professionals or a stranger, call or text the Washington State Elder Abuse Resource Center Hotline at 1-888-288-9221. The hotline is a service of Victim Support Services, victimassistance.org, and serves all of Washington State. It takes a village to protect our vulnerable elders, and together we are that village. If you see, hear, suspect something concerning, make a good faith report.

CONTINUED FROM PAGE 1

anyone else; name calling, insults, ridicule; unfair/abusive language on telephone, internet, нельзя выслать письма, нельзя телеграфировать

All listings are the opinion of the writer and not the views of the Homage Senior Services, except the advertiser.

Program Process:
1. Assess (includes client interview and a walk through of the property).
2. Plan (what is needed, what is needed that needs to be done to prepare for sale).
3. List (the seller for correct listing, repairs, staging and selling expenses).
4. Transition (to help the seller move to a new location or care facility).
5. Rent or Lease (to help the seller lease, rent, sell personal belongings, and repair the property).
6. Stage (both the inside and outside of the home for an optimal sale price).
7. Select (collect a market analysis for selling price and broker the sale).

This service is especially important when the owner or family is in transition, personal belongings need to be handled, and home repairs are necessary. Lamoureux Real Estate handles everything necessary as the concierge. The seven stages can be offered a la carte or as a full-service bundle.

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Lamoureux Real Estate is the only broker to offer the Senior Home Sales Concierge™ service that covers everything an owner or family needs to quickly prepare a home for optimal sale.

The Senior Home Sales Concierge™ involves a seven-stage all-inclusive service that helps owners and their families plan, prepare and sell a home faster and for more money.

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Barb Lamoureux, SRES
As a designated Senior Real Estate Specialist, Barb Lamoureux has been helping Seniors with their unique real estate needs since 1988.
Call anytime at 425-356-7975 or stop by our lovely office. Friendly conversation and coffee is always free!

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Advertising: The essence of advertising is catching the attention of a potential consumer or business and not ignoring it. Advertising is important as a method of marketing. The newspaper is not intended to endorse the individual product or service by anyone except the advertiser.

See www.soundpublishing.com
Don’t allow a fear of counselors to interfere with your fight to feel better

By Nancy Brosemer, M.S., C.C.
Lead Mental Health Specialist, Homage

It is a struggle to get through each day? Are you putting on a mask that hades your true self every morning only to have to remove it each night feeling worse?

The strongest people are not those who show strength to the outside world, but rather it’s those who fight the battle the outside world can’t see. Working together with a counselor can help you through that fight.

However, maybe you’re scared or concerned what a counselor might think of you. Are those feelings keeping you from reaching out to a counselor? This uncertainty could be a hindrance to you taking that first step in your fight. So, let’s talk about that.

The thought of seeing a counselor might bring feelings of uneasiness. Are you concerned a counselor might judge you or do you view counselors as being better than you?

Counselors are people just like you that may have gone through similar struggles to you. They have experienced struggles in their own life and worked to overcome them. Counselors don’t spend years in school to be considered superior to others or spend long hours in trainings and internships to learn to judge people. They do what they do because they truly care for people. Counselors are just regular people that found a calling, if you will, to help others with their life struggles.

The client–counselor relationship is a collaboration between two authentic human beings to find what works best for you in your fight to feel better. I work right alongside clients in an equal therapeutic partnership. Just as you grow in therapy so too does the counselor. I can honestly tell you that every client I’ve had the opportunity to speak with has taught me something and as a counselor I am grateful for each and every one of them.

So don’t let a fear of counselors interfere with your fight to feel better. We are all human and counselors are genuine and they value not only the therapeutic relationship but they value you. We must fight the war within to survive on the outside. Allowing a counselor to help in that fight can be life changing. Please reach out to us by calling our Older Adult Access line at (425) 296-1260 to discuss the variety of programs we have from friendly phone calls to short-term counseling. After all, you need to start fighting somewhere.
MENTAL HEALTH, PART 2

Are you depressed?

By Sarri Gilman

Has anyone ever asked you that question? Before you answer, I’d like to ask you something else. What does depression look like for you?

Some people have only one image of depression—and that is: you can’t get off the couch, you’re not getting dressed, mindlessly eating ice cream from a carton and you cry all the time.

But the reality is that depression looks different on each person.

Some people who are depressed go to work, take care of their kids, and go out for long walks. You can be depressed and be functioning.

Depression can be numbness where you can’t feel anything, at all. Depression can be the negative voice in your head who tells you every idea you have is lazy, the future looks terrible, there’s no point in trying to make things better and nothing will ever change. I’ve met depression a lot in my line of work.

Depression does not like going to therapy. Depression thinks it’s a waste of time. Depression does not like going to therapy.

Depression can be the numbness where you can’t feel anything, at all. Depression is complicated and not giving yourself a break.

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Depression does not like going to therapy. Depression thinks it’s a waste of time. Depression doesn’t want to take medication. It won’t work. What I have found that works best with depression, is patience. Be honest when speaking with depression. This therapy may not help you, but you try it and then decide. These medications may not work for you, but would you test them out and then give your opinion? Of course, not everyone who is depressed needs medication. It depends on how you are doing, how long you’ve been depressed and the severity of symptoms you are having. Medication could help.

If you are patient with depression and really listen to it, there are some important things depression is saying about your life. Depression is complicated and can be a combination of other feelings such as: disappointment, frustration, anger, loss of connection, emptiness that hurts. The most important question for depression is, “What do you need?”

It can be an impossibly hard question to answer when you are depressed. And the truth is everything is impossibly hard when you are depressed. Many people keep pushing through when they are depressed. Sometimes, taking off some of the responsibilities and resting is needed to take the pressure off.

If depression has been recurring for you, or it runs in your family, you have to create a strategy—it’s like having an emergency kit ready when you need it. You need a strategy to take care of yourself extremely well when you are suffering from depression. Those who work their selfcare strategy and do everything to activate their support system, have some coping skills that help through this.

Here are three things that make depression worse: ignoring it, drinking alcohol (alcohol is a depressant), and not giving yourself a break. It’s always worthwhile to let your doctor runs some basic tests to be sure that your depression is not a physical issue, such as a thyroid issue.

During this year and a half with COVID, there has been a significant increase in the numbers of people seeking counseling and feeling depressed and anxious. If you have been struggling, please reach out for support. When depression is ignored, it can get worse and then it takes longer to recover. Finding the right support for you is key. Take a holistic approach when it comes to recovering from depression. Look at your physical health, your diet, increase time you give to yourself for resting, walking, reading. Ask for recommendations for a counselor to sort through the feelings you are having and help you recover.

Give yourself a break from some responsibilities. Try doing some art, listening to music, being out in nature. These things can be soothing. Connect to a friend or group. Depression can trick you into believing none of this will help—but that’s just the depression talking. All of this helps.

Sarri Gilman, LMFT is a psychotherapist on Whidbey Island. She is author of three books, “Transform Your Boundaries,” “Naming and Taming Overswhelm,” and “The Mystery of Knowing Journal.”

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By Cathy MacCaull
AARP Advocacy Director

Connection was more important than ever in 2020, but for many, it was hard to find. What was once an easy visit with family or friends became a complicated endeavor that took place in front of a computer screen. And if your home or community lacked access to high-speed internet, then the opportunity to connect became even more frustrating.

New research from AARP found that while more older adults (44%) now view technology more positively as a way to stay connected than they did before COVID-19, greater adoption and reliability on technology is uneven with 15% of adults 50+ not having access to any type of internet, and 60% saying the cost of high-speed internet is an obstacle.

In Washington, 7% of our total population do not have access to high-speed internet. Of the 7%, 32% are rural areas and 20% are on Tribal lands.

However, a recently launched program from the Federal Communications Commission (FCC) might help Washingtonians lower their internet bills.

The Emergency Broadband Benefit (EBB) is a temporary $5 billion program that provides a discount of up to $35 per month for high-speed internet services for eligible households and a discount of up to $75 per month for households on Tribal lands. Those that are eligible may also receive a one-time discount of up to $100 for a laptop, desktop computer or tablet purchased through a participating provider.

The FCC is defining an eligible household through several different criteria. Individuals who qualify for the Lifeline program and those on Medicaid, receive SNAP benefits, or participate in other federal assistance programs may be eligible for the monthly discount. Washingtonians who experienced a substantial loss of income since February 29, 2020—whose household had a total income below $99,000 for single filers and $198,000 for joint filers—are encouraged to apply for the program, as well.

While the Emergency Broadband Benefit will help many households who have experienced financial setbacks recently, the program is only short-term. Once the allocated funds are gone, or six months after the federal government declares an end to the COVID-19 pandemic, the program will end. Individuals will receive notice before the program concludes, and the FCC guarantees at least a 50 percent benefit in the final month so participants have enough time to decide the best course of action for their internet needs.

“So much of our lives have moved online this past year,” said Doug Shadel, AARP Washington State Director. “The importance of connecting people, especially older adults, to affordable, high-speed internet goes beyond what we’ve seen during the pandemic. “Older adults see the possibilities that stem from being connected online, and they want to learn more and take advantage of those opportunities.”

For more information, visit www.ewry.org/EBB or call 1-833-511-6311.

“T’ll just wait a few more weeks to decide."
“T’ll wait until a holiday promotion and look at mattresses then.

These are all things E.S.C. Mattress Center co-owners Joshua Rigby and William Weillauer have heard from customers since they opened their doors three years ago.

And while their store is going to have some great promotions going on for Memorial Day at the end of this month, if you can’t make it out, they have some advice for those in need of a new mattress: don’t wait.

Here are a few reasons why:

1. Brain Health. We all know sleep is extremely important for our health. It helps keep our brains healthy and our productivity levels up. But it actually may be more important than we once thought. A new study by a team of UCLA scientists found that sleep helps humans repair their brain from natural neurological damage that happens when we’re awake. So we need a good night’s sleep to refresh our minds and be our best.

2. Price Breakdown. If you’re concerned about the cost of a mattress all you need to do is break down the numbers. If you press costs $2,000, that’s only $5.49 a day, which is comparable to a cup of coffee from Starbucks. And you can even think of it as an investment in your health.

3. Body Aches. We’ve said it before and we’ll say it again: buy a new mattress when you need a new mattress. And how do you know if you need one? Look to your body for signs—like back or neck pain. Also, if you’ve ever slept in another bed at a hotel or Airbnb and come back to your own and notice it’s lacking, that can be good sign as well.

We spend ⅓ of our entire lives sleeping—we do, if you live to 85, it’s 28 years. So why mess around or wait when it comes to one of the most important and most used things you’ll ever purchase?

Family Owned E.S.C. Mattress Center believes deep sleep is a pillar of good health and offers all of the top brands such as Tempur-Pedic®, Stearns & Foster®, Casper, Sheep & Posturepedic. 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 10212 Evergreen Way, Ste. 30, Everett. They’re rated 5 stars on Yelp and Google, “A+” rated with the Better Business Bureau, and are the three time winner of the Herald Reader’s Choice Award. For more information, call (425) 512-0017 or visit them online at www.escmattrescenter.com.

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Wake Up Feeling Rested and Improve Your Overall Health

Posh+Lavish – 100% Latex Split Head Queen/King Options

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2. Price Breakdown. If you’re concerned about the cost of a mattress all you need to do is break down the numbers. If you press costs $2,000, that’s only $5.49 a day, which is comparable to a cup of coffee from Starbucks. And you can even think of it as an investment in your health.

3. Body Aches. We’ve said it before and we’ll say it again: buy a new mattress when you need a new mattress. And how do you know if you need one? Look to your body for signs—like back or neck pain. Also, if you’ve ever slept in another bed at a hotel or Airbnb and come back to your own and notice it’s lacking, that can be good sign as well.

We spend ⅓ of our entire lives sleeping—we do, if you live to 85, it’s 28 years. So why mess around or wait when it comes to one of the most important and most used things you’ll ever purchase?

Family Owned E.S.C. Mattress Center believes deep sleep is a pillar of good health and offers all of the top brands such as Tempur-Pedic®, Stearns & Foster®, Casper, Sheep & Posturepedic. 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 10212 Evergreen Way, Ste. 30, Everett. They’re rated 5 stars on Yelp and Google, “A+” rated with the Better Business Bureau, and are the three time winner of the Herald Reader’s Choice Award. For more information, call (425) 512-0017 or visit them online at www.escmattrescenter.com.

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Thursday, July 22, 2021

People of all ages are encouraged to participate in the Silver lining Project. Call 425-391-7414 to participate.

**FREE HEAD AND FOOT ADJUSTABLE BASE**

Applies when purchasing a Posh + Lavish, or Instant Comfort Mattress.

*See store for details.

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Silver View Senior Apartments
Subsidized 62+ Community

Their only tie with their past… Many denominations, Adventist, Baptist, Congregational, Disciples of Christ, Methodist, Presbyterian, and Episcopal conducted services in one or more foreign languages, the Pearsons noted. Sunday services were a time to dress up, to have a social or picnic. And because there were large distances between homes and/difficult roads to travel, this time was especially important to the women. It gave them opportunity to hold suppers, bazaars, and fundraisers with their preserves and handmade items. Women were then able to supply the funds to pay a pastor, buy a bell, or build and furnish the parsonage.

Following is the story of one Snohomish County church. It gives concrete examples of how a community came together to build, grow, renovate a building and community through volunteerism and ingenuity.

The Sultan Community Methodist Church was founded in 1891. Rev. Jerry McKean, pastor at Monroe, began services in Sultan. The first sanctuary was built on land donated by Joshua Mummey with construction by Abe and John Kager on the west side of First street at the end of Birch, maybe as early as 1895. The early pastors lived in the church basement, which was often flooded. Old timers recall having to rescue families from the waters. In 1904 a bell was installed in the church’s tower calling “residents to worship and announcing the death of fellow citizens.” (Methodism in the Pacific Northwest, Earl Howell, 1966) The 1904 Polk City Directory describes Sultan as being on the Great Northern Railroad junction of the Sultan and Skykomish rivers.
Economic drivers were "enough to go on for a while if we built a building big enough to hold 500 people." Also, two churches, Methodist and Congregational, were meeting two hours on Sunday mornings, a general store, state fish hatchery; a weekly paper (The Journal).

Janet Peterson, a then Salina Methodist church member reported on the church's centennial in 1991 using as sources Methodism in the Northwest, and "various documents and backs of pictures gathered throughout the community." The centennial report notes that John Kay- ger's daughters, Don Daniels and Cora Riles, and Abe Kager's daughter, Amy Russell, were lifelong support- ers of the church. Amy was remembered as "one who loved gardening and was a mainstay at Bible study. She made an excellent macaroni salad for potluck too. Cora had a sharp wit and a dry sense of humor. Dora also loved to garden and for years supplied flowers for the altar."

Digging a basement

The Sky Valley Community Disciple, a newsletter of the church, reported in June 2005 "How the Church Got Its Base- ment." "But even after the much of the depression, teen- aged sisters Vada and Ena Wright (note: this writer's aunt and mother) belonged to this writer's aunt and mother) belonged to our church's group, and Ena recalls that the youth had scarcely anywhere to meet. The church at that time consisted of only one room, the sanctuary (now our social hall) - but without the kitchen that now adjoins the south end of the social hall or the offices that adjoin the north end. A wood stove heated the church with wood from a big old wood box on the building's west side. The church had an outhouse outside and no running water inside. Ena describes the accommodations as "poorly paced.""

In 1937 when a new young preacher, Ger- ald W. Henry, arrived he saw the need for a basement room for youth. (He) wanted to build a basement room. Rev. Henry later wrote 'A short time after my arrival here I called a meeting of the church board to discuss ways and means of building a recreational center under the church... I then asked to be allowed to assume the responsibility to carry out the building program... Rev. Henry's enthusiasm evidently persuaded the church and community to sign on because "Sultan citizens contributed $427.25 to the project while 'outside individuals' and 'business houses' contributed another $751. Workers then raised the church, dug a basement beneath it, poured concrete walls and floors and built a fireplace. They also purchased a piano for $61.20 and spent $3 to tune it. The basement had but one entrance - the old cement steps at the northwest corner." Some of the busi- nesses and individuals that helped build the basement were broth- ers Merrot and Vernon Love and their father that operated Love's Hardware on Main Street; Wallace Lum- ber and Manufacturing Company just east of the present park and ride lot; Hopper & Kelly who sold the piano to the church, operated in Monroe on Highway 2 at the northeast corner of the present Fryelands intersection. Sophia Young Jenft (note: author's great- aunt) charged $10 to insure the project." Ena Young recalls the church had "good, strong, spiritual-minded people who kept the church going and... good memories for me as a youth because when the basement was built then we did have a place for the youth to get together. We had 12-15 teenagers and so we had a good group."

CONTINUED ON PAGE 8

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NUMBNESS? Tingling? Peripheral Neuropathy?

The most common method your doctor will recommend to treat your neuropathy is the use of prescription drugs that may temporarily reduce your symptoms like Gabapentin, Lyrica, Cymbalta, and Neurontin. These are primarily antidepressant or anti-seizure drugs. They may cause you to feel uncomfortable and have a variety of harmful side effects.

Peripheral neuropathy is a result of damage to the nerves often causing awareness, pain, numbness, tingling, and the most debilitating balance problems.

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. As you can see on Figure 2, as the blood vessels that surround the nerves become diseased, they shrivel up. This damages the nerves and these nerves begin to "die." This causes you to have balance problems, pain, numbness, tingling, burning, and many additional symptoms.

The main problem is that your doctor has told you to just live with the problem or try the drugs which you don't like taking because they make you feel uncomfortable. There is now a facility right here in Lynnwood, WA that offers you hope without taking those mind-bending drugs with serious side effects!

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2. Amount of nerve damage sustained?
3. How much treatment is required?

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Ryan Potvin, LAc, will perform a neuropathy severity examination to determine the extent of the nerve damage. This exam consists of a detailed, sensory, vascular testing and an analysis of neurological findings.

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CONTINUED FROM PAGE 7

just the right age for the youth group.

Among items found in Vada Wright Seabrand's effects were a letter from Rev. Gerald Henry wrote to the Sultan Valley News outlining the costs and suppliers of the base-

ment project, which is detailed above. "Because she kept the clip-

ping all her life, we think her time in the Methodist youth group must have meant a great deal to Vada."

On October 22, 1995, a service was held to dedicate a Centen-

nial marker on the front lawn, and place a time capsule. "The centen-

nial marker states "Methodism in Sultan dates from 1891…"the first building was constructed in 1892 on First Street…In 1902 two teams of eight horses moved the building to this site (3rd and Birch)."

By 1912 a new sanctuary was

built, the old section was remod-

eled and became the fellowship hall. Many of the work being accomplished by Pastor Everett Richey. In Story of Building a New Addition on the Sultan United Methodist Church, the unsigned report states "The only gift from the district office in Seattle was the blueprints — Everett Richey could read them. One time when they were pouring the cement in the walls of the basement the Superintendent from Seattle came asked to speak to our pastor. Mr. Richey came up out of the base-

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The report goes on: "The Sultan River was the lowest that sum-

mer ever known. Men waded out around the sanctuary. "When you 130,000 men at the mill donated a day's labor time and sawed the tree into

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Skilled nursing facility: A place to rehabilitate after a hospital stay

By Gayle Alkire

Hospitalization for an illness, surgery, or injury can leave one weak, fatigued, or unstable on their feet. Impaired mobility, balance, strength, and coordination are factors affecting the discharge recommendation, possibly prompting the healthcare team at the hospital to recommend discharge to a Skilled Nursing Facility (SNF). SNFs are commonly called nursing homes or rehabilitation facilities. Medicare.gov describes skilled care that is given in a SNF as "nursing and therapy care that can be safely and adequately performed by, or under the supervision of, professionals or technical personnel." A SNF allows a patient to be assessed daily by a nurse, and to receive frequent physical therapy, occupational therapy, and speech therapy if needed. Nursing interventions that are available in a SNF include medication administration, diabetic monitoring, wound care, and therapy for various pathologies for infections. The SNF will provide a semi-private room, meals, medications, and medical supplies.

How do you know if a SNF is a good choice after a hospital stay? The interdisciplinary hospital team assigned to the patient will make a recommendation for a discharge to a SNF if they believe this is the best option. This team includes the doctor, nurse, physical therapist, occupational therapist, speech therapist, and care management team member.

The recommendation from the physical therapist and occupational therapist weighs heavily in the decision to suggest discharge from the hospital to a SNF. Through their evaluation, they can determine if mobility, strength, balance, and ability to perform activities of daily living, such as dressing, are below the patient’s pre-hospital baseline. If deficits are found in these areas, then the deficit must be severe enough that intermittent therapy from home would not be sufficient. Furthermore, the patient must have potential to regain function in these areas of the deficit.

Once the hospital interdisciplinary team agrees that a discharge to a SNF would be beneficial, the Case Manager will begin to find a SNF that meets the patient’s needs. Many hospitals do this electronically, sending the hospital chart information to SNFs in the patient’s preferred location. The SNF will review the chart and establish if there is an available bed and if they can meet the patient’s needs. Those SNFs that would like to accept the patient will let the hospital Case Manager know.

At this point, the Case Manager will bring together all accepting SNFs and let the patient identify the first choice from this list. The Case Manager will then communicate with the chosen SNF and facilitate discharge from the hospital directly to the SNF.

In each benefit period, Medicare covers days 1-20 of a SNF stay at no cost to the patient. After days 21-100, there is a co-insurance of $185.00 per day, after day 100, costs are covered by Medicare. For Medicare recipients to qualify for a SNF stay, an inpatient 3-day hospital stay is required. With managed Medicare plans and Commercial insurance plans, requirements will vary by plan. Most SNFs are Medicare certified, but not all SNFs contract with every insurance. During the Covid Pandemic, Medicare has waived some of the requirements for Medicare coverage.

A SNF can decline to accept a patient for a variety of reasons. It could be that their beds are full. Or it could be that the patient has a condition or issue that they are not equipped to manage. If the patient is unlikely to be fully independent at the end of the SNF stay and has no family or care for them team up, the SNF may decline acceptance because of concern that they will be encumbered with the patient long after insurance benefits run out. Additionally, insurance can decline to cover a SNF stay if they do not believe it is warranted.

For example, a patient that has dementia falls and breaks a hip, requiring surgical repair. The physical therapist recommends a SNF for rehabilitation, but the insurance company may decline coverage because of lack of evidence that the patient could sustain any skills that they would be taught.

A somewhat confusing Medicare rule involves the requirement that the patient must have a 3-day inpatient hospital stay. Sometimes patients will be ready to discharge after only 2 days, eliminating the possibility of Medicare covering a SNF stay. On a patient may be at the hospital under observation status. Medicare.gov explains, “Observation services are hospital outpatient services you get while your doctor decides whether to admit you as an inpatient or discharge you. You can get observation services in the emergency department or another area of the hospital.” Observation status will disqualify a patient from Medicare coverage for a SNF stay, unless a patient has a managed Medicare plan that will agree to cover the SNF stay.

A SNF stay after a hospitalization can be beneficial in restoring independence after illness or injury. My cousin had a major surgery that required complicated wound care. His stamina was decreased due to his illness. The hospital team recommended a discharge to a SNF, and he agreed. After a short stay, he discharged home. Thanks to his time at the SNF, he healed well and became stronger. Last week, he walked his daughter down the aisle on her wedding day.

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We are here for you!
In Snohomish & King Counties Helps seniors stay in their homes by providing socialization, transportation, light meal prep and organization support thru weekly visits. Must be 55+ and meet income limits.

Senior Peer Counselor: Volunteer a one-on-one counseling for adults 60 and older who are struggling with life changes, loss, or emotional issues. No counseling experience necessary. 40 hours of initial training and monthly meetings.

Other volunteer opportunities

Advocacy & Outreach: take a moment to thank our elected officials for their vote and support in securing funding for the Older American’s Act, Meals on Wheels, and emergency meals for vulnerable adults. Raise Awareness — help spread the word about Homage and receive the most updated news about our programs, follow us on Facebook and Twitter.

Volunteer at Local Food Banks: make a visit to your local food bank, our clients have adequate food. Until we can use your skills directly, please consider volunteering with our area food banks. Many of our clients are still facing hardship.

Sn sniffomish County Long-term care ombudspersons needed: Do you have the skills for helping others in your community? As a Sn sniffomish County Certified Ombudsman, 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 family, care, change, abuse and other aspects of resident dignity and rights. You will work to ensure that residents in these facilities receive good quality of life and care by providing information about their rights, working to resolve problems on behalf of residents, monitoring the enforcement of the laws by DSHS, and advocating for improvements in the long-term care system.

Volunteer at the Josephine Caring Community: working to resolve problems on behalf of residents, monitoring the enforcement of the laws by DSHS, and advocating for improvements in the long-term care system. An advocate for residents, members of the Connecticut Ombudsperson’s Association, Ombuds at heidil@mschelps.org or volunteer opportunities please call volunteer opportunities please call 425-740-3787 or mfry@homage.org.

By Ana Ley

The Virginian-Pilot

By Michelle Frye

Homage Volunteer Manager

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

Book Club Wednesday, June 16th at 3:30 pm. Our first meeting will be devoted to book selection and discussion of how we will break down the reading. Please plan on coming ready to discuss either the plot, characters, landscape, or the mere plot, characters, landscape, or the manner in which the author tells the story. The group will meet for four consecutive weeks. Please call for more book details and first read assignment. https://web.zoom.us/u/8324138408

Volunteer Teacher Meeting: Wednesday June 23 @ 11 am - Join us for discussion about volunteer drivers returning to service soon. Bring your questions and have an opportunity to meet other volunteer drivers.

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

Foster Grandparent Program in Snohomish & King Counties: 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 stipend for those who meet income guidelines.

Senior Companion Program in Snohomish & King Counties: Helps seniors stay in their homes by providing socialization, transportation, light meal prep and organization support thru weekly visits. Must be 55+ and meet income limits.

Senior Peer Counselor: Volunteers provide one-on-one counseling for adults 60 and older who are struggling with life changes, loss, or emotional issues. No counseling experience necessary. 40 hours of initial training and monthly meetings.

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By John McAlpine
RSVP Program Recruiter

Sponsored by Catholic Community Services, RSVP is America’s largest volunteer network for persons over 55 and the ONLY program where the collective contribution of the senior volunteer is recorded. RSVP exists to help volunteers 55+ find 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 meet critical community needs! "Senior happiness is wherever they go; others whenever they go." – Oscar Wilde.

"It’s time to say goodbye, but I think goodbyes are sad and I’d much rather say hello. Hello to a new adventure." – Ernie Harwell

"It's time to say goodbye, but I intend to give them a call. As I have written so many times, it's not downsizing to volunteering. It's a reason to get to out of the house, helps me meet new people, allows me to connect with my new community and most importantly, helps someone else. All fine reasons to volunteer.

Helping people find a place to volunteer has been gratifying. Some volunteers come to us knowing exactly what they want to do. Most though I'd say, are of the shopping variety. We run down the list of things available, listen to what the volunteer has to say and see if we can match their interests and skills to a job that needs to be done. Most times we can and if it doesn’t work out, we can try something else. There is plenty to do.

If you are reading this column for the first time Snohomish County RSVP focuses on these areas: Volunteer Chore and Transportation, Food Banks, Peer to Peer Counseling and SHIBA (State Health Insurance Benefits Advisor). The focus on areas doesn’t mean this is all we can help you with, it just means we look there first to see if you have any interest.

Finally, I want to say thanks to all of you who have read and commented on my writings. It’s gratifying to hear your nice words. Remember, volunteering is like having a job where you don’t get paid. It’s also a job where you set your schedule and decide who benefits from your work. Thanks for being involved.

Going forward you will be hearing from Paulette Jacobson, the Snohomish County RSVP director. You are in good hands. To talk to a real person about opportunities that are right for you, call Paulette Jacobson at 425-374-6311 or email at paulettej@ccsww.org.

Volunteer Opportunities at RSVP

Sentara Brock Cancer Center, said the ambulances send a powerful message to women in need of mammograms, especially through the coronavirus pandemic when women may have a hard time raising awareness about community events. Testing rates often soar in October, when breast cancer awareness campaigns are at their height, infiltrating everything from football games to city council meetings. "It’s because they’re seeing pink everywhere. Everywhere you turn: pink, pink, pink. You turn on sports, it’s pink," Johnson said. "It triggers them, like, 'Ah man, I need to go get my mammogram.'"

Medical Transport eventually decorated another truck in honor of another "ProWear" Wilson, an operations manager and diabetes survivor. Painted with American Diabetes Association livery, employees hope that vehicle will send a message for people who are predisposed to diabetes and hypertension.

“We try to bring awareness, education and advocacy,” Wilson said. “If I can just make a difference in one person’s life, then my job is done.”

A subsidiary of Sentara Healthcare that runs about 45 ambulances in the region, Medical Transport mostly carries out nonemergency, scheduled trips for patients too sick or weak to ride in a car to medical providers. Presently, she started working there in 1992 and retired in 2011, sometimes sees a pink one travel to and from Sentara Virginia Beach General Hospital near her campground.

She reminisced over the day her co-workers surprised her. "I was pregnant in the late 2000s — she can’t recall exactly, with most of her old documents and storage since retirement. At the time, a colorful ambulance was novel, and passersby would call dispatchers to ask about it. "They had it in the parking lot. They called me out, and there it was, with "Miss Vicki," she said, smiling. "It meant a lot to me." And it meant a lot to her to think highly of me to do something like that."

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Save the date: Medicare’s annual enrollment period will be here before you know it

By Kim Womack
Homage WeCare Medicare Advisor

Medicare provides pre-qualified enrollment periods throughout the year. The one time of year that every Medicare subscriber is allowed to change plans is October 15 – December 7. This period is known as Medicare Annual Enrollment Period.

You may be thinking that you don’t need to change plans, and you might not need to change. What I do know, is life is always changing and it’s important that your insurance plan meet your needs. Your life, your health, or your goals may have changed this year. You might be planning some trips to see family and friends or maybe have the opportunity to sail the Mediterranean next year. Your medications may have changed or perhaps your doctor will no longer be in network for your plan. Insurance carriers also make changes. They periodically create new policies, enhance their current policies or update their pre-existing drug formulary.

Reviewing your plan and comparing it to other plans to see if there is a plan that fits your life and needs, costs you nothing but time with your agent or broker. Qualified and caring agents such as the agents at WeCare Medicare can help you review your current coverage, listen to what is important to you and preview other plans that match your goals.

You might just find that the plan you are currently enrolled in still works for you or it might not. What you can do now to prepare for the review is: Make a list of:
- Your Doctors and Providers
- Medications
- Health changes
- What you like about your plan
- What benefit or extra you’d like your plan to provide

Call an agent and make an in-person appointment or virtual appointment for a day during the Annual Enrollment Period.

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