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When God called, kinship givers answered

By Adam Worcester
Contributing writer

“It was a God call,” said Euridice Haggard.
Haggard was working for Volunteers of Amer-
ica on a snowy day. A mother and her baby boy
needed a place to stay, and Haggard couldn’t find
an emergency shelter with an open bed for them.
“I couldn’t get her off of my mind,” Haggard
said. “My husband said, ‘Go get her,’ so she came
to my house.”
The mother stayed for a few days; her baby is
still there.
The boy’s mom had a drug addiction and
couldn’t care for her child. Dad was an alcoholic
about to enter prison. There was no other relative
willing to raise the boy.
So Euridice and her husband, Thomas, became
kinship givers.
A kinship giver is someone caring for a child
who is a relative or, as in Haggard’s case, a per-
son with whom the child has had a previous
relationship.
It differs from foster care in that the child and
kinship giver are related or already know each
other. Kinship giving does not require a license or
other certification.
Most kinship givers become legal guardians.
Some have informal arrangements with the
child’s parents and relatives.
Others, such as Haggard, gain full custody. She
received it when the boy — Tishommy Dawson —
was about 3.
Euridice and Thomas had already raised three
children and had five grandkids. They were not
looking to add another.
"God gives you kids when you're young for a
reason," Haggard said. "I was hoping his parents
would get it together."
Friends suggested foster care, but "I didn't want
another black kid put in the system," Haggard
said. "It was a God call. When God calls, you can’t
say no."
For Dawn Nolan, kinship giving started with a
telephone call.
It came from her grandson's elementary school,
and it carried an ultimatum; come get him, or we
will call authorities and report the boy’s parents
for abusing drugs.
Shocked, Nolan soon confirmed that her
daughter had a drug addiction. So, she took her
grandson to help raise him herself.
"The hardest part is giving up my grandma sta-
tus to becoming a parent again," said Nolan, 54.
"The teenage years from 13 to 16 was a lot of tears
and wanting to quit. The easiest part is watching
him grow into a good man and knowing it was all
worth it."
Nationwide, kinship giving is a growing trend.
About 2.7 million U.S. grandparents are raising
grandchildren, according to a 2018 report from
the National Center on Law and Elder Rights.
The report notes that about 35 percent of that
total includes care by other relatives or family
friends.
Washington state offers financial aid for kin-
ish givers through the Department of Social
and Health Services and nonprofits, such as Homage
and their local Kinship Program.
The state also offers emotional support groups,
which Haggard found priceless.
"It’s been a weird process," she said. "People
ask, ‘Are you his parents? Are you his guardians?’
“We're his legal guardians, but there’s really no
need to try and define it. We’re his folks.”

What older adults need to know about
preparedness month

By Gordon Williams

September is National Preparedness Month and
while preparing for a disaster makes sense for
everyone, it’s more critical for older adults and
those with disabilities.
Seniors are certain to have more equipment
in need of special treatment in a disaster such as
medications, hearing aids, walkers, wheelchairs
and supplemental oxygen. Exiting a disaster
scene could pose problems for someone with
mobility issues as they may need to take addi-
tional precautions.
There is no way to guarantee a disaster-free
life. Having a preparedness plan can train you to
respond calmly when a disaster does strike. "It’s
much easier to take care of yourself when you
know what to do," says Kelli Thode, Executive
CONTINUED ON PAGE 2
Pay attention to red flag days—when casts for storms heading your way. Should you find yourself caught in one of these days or weeks?

Where would you go if a disaster forced you to seek shelter? This would be a must-do in disaster preparedness. Every household must have an emergency plan that needs to be reviewed by a family and friends online or in person. A few more preparedness tips in place is crucial.

Lamoureux Real Estate is the only Sales Concierge™ service that helps owners and their families plan, prepare and sell a home. The process involves a seven stage all-inclusive service that helps owners and their families plan, prepare and sell a home for an optimal sale price.

Program Process:

• Assess (Includes client interview and a walk-through of the property).
• Plan (A detailed marketing strategy is needed to be done to prepare for sale).
• List (the seller to be covered, heating, repairs, and staging fees inclusive).
• Transition (To help the seller move to a new location or care facility).

The Senior Home Sales Concierge™ service that covers everything an owner or family needs to quickly prepare a home for an optimal sale.

Lamoureux Real Estate handles everything necessary as the concierge. The seven stages can be offered a la carte or as a full-service bundle.

By Lisa Edwards, EdD
Versant Health Commission
Superintendent

During the past 10 years, the Versant Health Commission has provided more than $40 million in health grants that serve the South Snohomish County community, and we are on target to invest more than $11.8 million in 2021 alone.

As the Superintendent of Versant, I joined the team during the fourth month of the pandemic at a time when we were investing heavily in response to COVID-19 needs, and that was five years ago. Over the past 18 months, we have provided more than $1.6 million in emergency grants and provided health and wellness partners who provided more than 40,000 COVID-19 vaccines to individuals in our community.

We have invested in infrastructure to connect healthcare providers, patients, and delivery teams to expand health equity at our bank and nonprofits that have seen a substantial increase in requests for food among vulnerable populations. Grants issued in the past year and a half have also included support for food programs, such as ones run by both the Mountlake Terrace Community Senior Center.

We have also issued grants to improve people’s ability to stay connected with each other and with services during the pandemic. The Sewing Tech Con- nect Project, piloted by Homage and the Edmonds Waterfront Harvest, connected 40 isolated seniors to technology so they can feel confident communica- ting with family and friends online and have the ability to log in to virtual presentations with medical and social service providers.

Supporting older adults has been a hallmark of our work since we started. Another way we support community members is by gathering data. Our funding partners and stakeholders have outlined key data points that need to be collected and analyzed. We have also been tracking the number of people we have helped and how much of an impact we have made.

By Lisa Edwards

Commentary: Versant invests in community health

Make sure your community responders understand your spe- cific circumstances. "Many city and county emergency management agencies maintain voluntary regis- ter for people with disabilities to self-identify in order to receive targeted assistance during emergen- cies and disasters," says the Federal Emergency Management Agency (FEMA).

Even when you have built your support network, prepare to manage as much as you can on your own. "Relief workers may not be able to reach everyone right away. You can deal with disaster better by prepar- ing in advance," says Thode. Always have an escape plan ready in case of an emergency.

Get a kit. Collect everything you need ahead of time to get your must-dos in disaster preparedness:

- A plan
- A place
- A support network, prepare to manage as much as you can on your own.

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This service is especially important when the owner or family is in transition, personal belongings need not 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.

Barb Lamoureux

As a dedicated Seniors Real Estate Specialist, Barb Lamoureux has been helping seniors with their unique real estate needs since 1998. Call any Lamoureux at 425-356-7975 or stop by our lovely office. Freshly brewed coffee is always free!
Volunteer opportunities abound at Homage

If you are looking for opportunities to volunteer, here are some ideas to consider. With the COVID-19 uptick in cases of the Delta variant, many of these volunteer opportunities are now virtual and/or a hybrid combination. If you have a special skill to share, please consider contacting Homage.

**Advocacy & Outreach:** Follow legislative activity by elected officials who help older adults by securing funding for the Older American’s Act; Meals on Wheels; emergency meals; and help with important issues affecting our 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.

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

**Homage AmeriCorps Senior Companions:** Help isolated older adults in King and Snohomish Counties stay in their homes by offering socialization, walking companions or lunch buddies with weekly in-home visits. Must be 55+ and low-income to serve. Call 425-355-1138 for more information.

**Senior Peer Counseling:** Volunteers 55+ provide one-on-one counseling for adults 60 and older who are struggling with life changes, loss, or other emotional issues. No counseling experience necessary. Forty hours of initial training is provided and there are monthly meetings. New training will be held in the fall.

**Volunteer Driver:** Take older adults to important appointments, procedures, and grocery shopping. Must have a clean driving record.

**Community partners needing volunteers**

**Snohomish County Long-Term Care Ombudspersons Needed:** Do you have a passion for helping others in your community? As a Snohomish County Certified Ombuds, you will advocate for residents in licensed long-term care settings such as nursing homes, adult family homes and assisted living facilities. You will be trained to receive complaints and resolve problems in situations involving quality of care, transfer and discharge, abuse and other aspects of resident dignity and rights. An online training program (26 hours) will be provided to prepare you for this amazing work (additional training will be offered). There are opportunities for in-person as well as virtual advocacy following all current, state-mandated guidelines. Please contact Heidi L’Esperance, Snohomish County Regional Ombuds at hintel@mschelps.org or 360-603-8989.

**US Coast Guard Auxiliary:** A volunteer organization open to the public. The US Coast Guard Auxiliary is the largest volunteer marine safety organization in the world. US Coast Guard Auxiliary welcomes women, men and undefined, ages 17 and older; there is no upper age limit. US Coast Guard Auxiliary volunteers will have a broad choice of training and operational opportunities to select from, including Boat Crew and Boat Consvain, communications, public affairs, and mission support. Many of our members serve as volunteers on USCG ships. With the Auxiliary, you can gain new leadership skills, crew and command one of our boats and make lifetime connections with our membership. See the USCG Auxiliary website: Home | USCGAUX JoinUs or contact Kevin Coulombe, Flotilla Commander, Flotilla 12, Edmonds at 206-245-8662. For more information about volunteer opportunities, please call Michelle Frye at 425-740-3787 or mfrye@homage.org.
The health benefits of nature for aging adults

For older adults, the health benefits of being near urban green spaces, such as county parks, can play a meaningful role in wellness and quality of life. According to recent research from the National Recreation and Parks Association, older people benefit from engagement with outdoor environments in three main ways: participation in outdoor physical activity, better mental health and function, and social interaction with others.

Outdoor physical activity

Regular participation in moderate physical activity generates significant benefits for seniors’ health. Those who are more active may delay the onset of changes associated with aging and common chronic diseases. Participating in physical activity also improves balance and muscle strength.

Better mental health

Recent studies have focused on the relationships between spending time in nature and mental health, cognitive function, and mood. Simply walking through a natural space or engaging in a calm activity, such as enjoying a patch of flowers or birdwatching, can support mental health and well-being. Parks can provide opportunities for diverse activities outside the home which can decrease boredom, isolation, and loneliness, as well as boost one’s sense of purpose and accomplishment.

Social interactions

Parks, trails and community centers can help create environments that facilitate social interactions and community connection. Having trees, grass and outdoor gathering spaces, especially if safe and maintained, encourages more contacts between residents and community members. Studies have also shown that other benefits of time spent in nature for older adults can include: boosting the immune system, helping relieve stress, anxiety and depression, increasing energy levels, improving memory and concentration, reducing chronic illness and pain, and increasing longevity.

Parks to check out

So where can you experience these amazing benefits? Your Snohomish County park system has 12,000 acres, 121 park properties and 47 miles of shoreline for you to explore! Our park planners and staff focus on accessibility for our community. Here are three great local park options:

Winberg County Park: this park on the shores of Lake Goodwin has an ADA-accessible pier and swimming ramp, ADA-accessible campsite and great paths and picnic areas with lake views.

Miner’s Corner Park: thisBothell area park is 100% universally accessible and has a large ADA-accessible playground and great paths and picnic areas with lake views.

The Centennial Trail: This popular 38-mile paved and accessible recreational trail is great for walking, bicycling, hiking, and horseback riding and is accessible to persons of all levels of physical ability.

Read more about each park, sign up for our newsletter and learn more at snoocoparks.org.
Sept. 28 is National Voter Registration Day

Every year, on the fourth Tuesday of September, the League of Women Voters joins in a nationwide coordinated effort to make it easy for everyone to vote, whether it be by mail, in person, or at a voting center. This year, if we can do so safely, we’ll have volunteers at various locations around Snohomish County with registration forms and all the information people need to get on the rolls. We’ll be at libraries and food banks, ready to answer questions such as the recent changes in Washington State law regarding who can vote, the Future Voter program for minors obtaining their driver’s license, and eligibility to register, it’s easy to reach people in person, the convenience of mail-in voting system.

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The commonest method your doctor will recommend to treat your neuropathy is the use of prescription drugs that may temporally reduce your symptoms like Gabapentin, Lyrica, Cymbalta, and Neurontin. These are primarily drugs that deal with a result of damage to 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 after a detailed neurological and vascular evaluation. As long as you have not sustained at least 85% nerve damage, there is hope. Ryan Potvin, LAC, will perform a neuropathy severity examination to determine the extent of the nerve damage. This examination consists of a detailed, sensory, vascular testing, and an analysis of biophysical findings.

Gentle, Non-Surgical, Effective Relief
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 after a detailed neurological and vascular evaluation. As long as you have not sustained at least 85% nerve damage, there is hope. Ryan Potvin, LAC, will perform a neuropathy severity examination to determine the extent of the nerve damage. This examination consists of a detailed, sensory, vascular testing, and an analysis of biophysical findings.

Three Factors to Effectively Treat Neuropathy:
1.) Underlying Cause?
2.) Amount of nerve damage sustained?
3.) How much treatment is required?

Three goals of treatment at Evergreen Acupuncture Clinic:
1.) Increase Blood Flow
2.) Stimulate fiber nerves
3.) Decrease brain-based pain

The main problem is that your doctor has told you to just live with the problem or told you to take the drugs which you don’t like taking because they make you uncomfortable. There is now a facility right here in Lynnwood, WA that offers the help you need without the side effects of drugs with serious side effects.

The League of Women Voters already has hundreds of these candidate forums in Washington. Just as in the women’s suffrage movement, the League has remained purely nonpartisan, supporting both political parties or candidates for office. The League focuses on the policy issues that affect our daily lives as we study and adopt positions on those issues. The League of Women Voters is the largest volunteer driven organization in the world.

The League of Women Voters 2018 national campaign to vote for women in every election. In 1920, the League of Women Voters joined in a nationwide campaign to win the right to vote for women in the U.S. The biggest single increase in the voting population was in U.S. history. Once the vote was won, the suffragists quickly turned to the mission of educating the voters about issues and candidates lost in the women’s suffrage movement. The League has remained purely nonpartisan, supporting both political parties or candidates for office. The League focuses on the policy issues that affect our daily lives as we study and adopt positions on those issues. The League of Women Voters 2018 national campaign to vote for women in every election.

It’s only natural that women voters as the blood vessels that surround the nerve often cause uncomfortable and have a variety of harm side effects. Peripheral neuropathy is a result of damage to the nerves often causing weakness, 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 nutrient flow. And as we can see in Figure 2, as the blood vessels that surround the nerves become shrunken up. This prevents the nerves from getting the needed nutrients to fully recover. When these nerves begin to “die” they cause you to have balance problems, pain, numbness, tingling, sleeping, and many, many additional symptoms.

Figure 2: When these very small blood vessels begin to shrivel up and the nerves begin to degenerate.

The main problem is that your doctor has told you to just live with the problem or told you to take the drugs which you don’t like taking because they make you uncomfortable. There is now a facility right here in Lynnwood, WA that offers the help you need without the side effects of drugs with serious side effects.
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Fred and Maurice Young helped run a grocery in Sultan in the 1920s.

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Homage Perspectives on the Past: ‘Shoot The Rapids’

Edited by Roberta Young Jonnet

These stories are the past experiences of my dad, Maurice Young, his parents and brother Bud. These memories were first printed into a spiralbound publication called “Shoot the Rapids, Sultan’s Storybook,” in the year 2000. The idea for the booklet came from Lois French, who engaged Shirley Curtis in her dream to help her. “Let’s put together a book,” Lois said one day. “Of the stories of people along the way… they had dreams just like me to build a village within the trees… Dreams of peace in the valley sky, if not a success, at least they’d try.” Many townspeople contributed to this effort by contributing their written memories of the town. “People were happy to share their stories of days gone by,” Shirley wrote.

The following memories of Sultan were written by Maurice Young:

Family, the store, the town

My grandpa, Daniel Young, brought his wife Sophia and children from Newark, New Jersey to the town of Sultan in 1892, a year before the railroad arrived in Sultan. His grandparents were originally from Germany. When the Great Northern Railroad began running mining trains, in the early 1890s, my grandpa had just been in Sultan a short time. The last part of his journey was fording the Sultan River near where the bridge is now. Times were rough, but fishing was good. Every other day or so, when the train stopped at Sultan, Grandpa met the cook on the train and sold him fish to serve the

Fred and Maurice Young helped run a grocery in Sultan in the 1920s.

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*Restrictions apply
Two customers begged to have bills withheld for chickens, vegetables, or whatever in exchange. They turned their assets, including the $8,000 they owed about $4,000, but had over $8,000 on hand. Dad always covered with manure. Underneath was a large chicken house full of chickens. One had a load of sugar for a local sugar house, and proudly took them home for my mother to cook. One day Dad asked me where I caught the trout. I had fished there before, and after telling him he pushed the plate away, exclaiming “that’s where Sultan’s sewer pipe dumps in the river!” I never fished there again.

In those days, in the Fall, the salmon were so plentiful Dad and my uncle lost their grocery business and some day they would pay personally. Both became successful loggers later and kept their word. When logging was in full swing around Kellogg’s Lake, shingle bolts were collected there, and a flume was built from the lake’s outlet to the shingle mill in Startup. The creek furnished the water, and the bolts were literally shot down the flume. Dad and several friends used to ride these bolts but wound up just off before they dropped into the holding pond at Startup Shingle Mill. According to Dad, shooting the rapids was a wild ride!

Fishing’s good

When I was a boy, I loved to fish. One of my first fishing holes was just across the railroad tracks from Sultan. I caught lots of trout there and proudly took them home for my mother to cook. One day Dad asked me where I caught the fish and after telling him he pushed the plate of fish away, exclaiming “that’s where Sultan’s sewer pipe dumps in the river!” I never fished there again.

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The Care Transition Program assists individuals discharging from acute care settings in successfully transitioning to home and other community-based settings. During the 4 to 8-week program, a Caregiver coordinator engages with participants with complex health needs and their informal supporters, if applicable, to set health goals and learn self-management skills. Available supports include:
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CONTINUED ON PAGE 8

The Care Transition Program assists individuals discharging from acute care settings in successfully transitioning to home and other community-based settings. During the 4 to 8-week program, a Caregiver coordinator engages with participants with complex health needs and their informal supporters, if applicable, to set health goals and learn self-management skills. Available supports include:
- Assistance with medication management through Full-Life Care
- Communication with and between participants’ current healthcare providers
- Goal setting
- Weekly follow-up calls

To learn more, contact the Homage AOR Resource Line:
425.513.1900
800.422.2024

Primary Medical Care Available at our Lynnwood Clinic
4111 41st St. SW, Lynnwood, WA 98087
425.835.5200

Other Locations:
• Arlington
• Everett-Central
• Everett-North
• Edmonds
• Everett-College
• Everett-South

Call for an appointment today!

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High quality, affordable primary healthcare for all. We accept Washington AppleHealth, Medicare, Medicare Advantage and Uninsured.

Medicare
- Diabetic Education
- Nutrition
- Family Practice
- Pediatrics
- Physical Therapy
- Internal Medicine
- Medical Malpractice
- Dental

Behavioral Health
- Our Behavioral Health Specialists are trained in counseling and other behavioral therapies to work closely with your PCP and provide you with the care you need.

Pharmacy
With a discount pharmacy smile, CHC provides its patients with the convenience to fill your prescription right at the appointment.

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so numerous in the riffles above the Skykomish Bridge you couldn’t wade across without being knocked down. From the bridge, looking down, the river bottom was literally black with salmon, and it was no trouble to snag one, although, you seldom managed to get them up to the bridge where you stood.

Land was cheap in the early days of Sultan, so Grandpa bought a piece of land to cut wood on. It was on First street near the then new athletic field. He got a “quit claim” deed for his money and started cutting wood. A short time later the true owner showed up and demanded to know why Grandpa was cutting wood on his place. Grandpa learned just how good a “quit claim” deed was.

Grandpa Daniel Young’s original home in Sultan stood where the then Sportsman Café touched on Main Street. The railroad tracks were across what is now Highway 425.
2. As kids we used to get lead for fish sinkers from the expansion plates of the railroad bridge. On hot days when the lead plates would expand, the lead would squeeze out a fraction of an inch, just the thing! A lot of kids roved the rails in those days and many a man down on his luck would come to the back door of the house asking for a handout. One fellow was given a brand new jelly sandwich by Grandma. He looked at it and said, “Where’s the meat?” Grandpa jumped to his feet and exclaimed “I’ll give you meat right between the eyes!” The hobo made a hasty exit!

My Dad used to fish just across the railroad south of Sultan. One day a well-dressed man, carrying a large map, approached him there and asked him if he’d lived there and asked to see the map, approached him there and asked him if he’d lived there and asked to see the map. My Dad answered, “most of my life.” Dad answered, “most of my life.”

During the 1920s and early 30s Jennie Gilchrist was the grade school Superintendent, Principal, and 8th grade teacher. She had playground-duty and ruled with a stern, but fair hand.

When I was in the third grade, I got a carbide cannon for Christmas. I had to show it off at school. It had a small water tank in which you dumped a quarter teaspoon of carbide, closed the magazine, hit a lever that caused a spark and BOOM! A flame would shoot out two feet and sound like a shotgun. I hit it in the school hallway. Jennie Gilchrist came fogging (expression Dad used to mean someone so mad they could not see straight) down the stairs, grabbed that cannon and informed me I could pick it up after school and never, ever bring it back.

So Port of Everett Commissioner

Scott Murphy

During the 1920s and early 30s Jennie Gilchrist was the grade school Superintendent, Principal, and 7th grade teacher. She had playground-duty and ruled with a stern, but fair hand.

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Find out more about Scott’s vision for the Port of Everett, go to scottmurphyfort.com

\[ SUPPORT OF COMMERCE, JOBS AND INTERNATIONAL TRADE \]

\[ INCREASING PUBLIC ACCESS AND RECREATIONAL OPPORTUNITIES \]

\[ COMMITMENT TO ENVIRONMENTAL STEWARDSHIP \]

\[ ENSURING FISCAL RESPONSIBILITY \]
by Nancy Brosemer, M.S., C.C.
Lead Mental Health Specialist, Homage

September is National Suicide Prevention month. Suicide is the 10th leading cause of death in the United States. In 2019 in the U.S., there were 47,511 Americans who died by suicide and 1,380,000 suicide attempts (The American Foundation for Suicide Prevention). It is crucial for all of us to recognize the signs and risk factors of suicide and learn how to help those who are suffering with thoughts of harming themselves.

Bringing suicide awareness to the forefront means recognizing a person’s mental and physical pain. Often, we harm ourselves.

Prevention. It is crucial for all of us to recognize the signs and risk factors of suicide and learn how to help those who are suffering with thoughts of harming themselves.

Suicide signs and risk factors

- Lack of social contact
- Health problems diagnosed with a serious medical condition
- Depression
- Housing transitions or stress surrounding housing including moving
- Loss of dignity or independence
- Fear of becoming a burden
- Loss of self-respect and self-esteem
- Hearing loss
- Chronic physical pain
- Loss of a sense of usefulness or a sense of belonging
- Previous suicide attempts
- Substance Abuse
- Substance Abuse
- Purposelessness
- Anxiety/Angst
- Trapped (feeling there is no way out, nowhere to get help, a wish to get away from everything)
- Hopelessness/Helplessness
- Withdrawal (isolating oneself from those around you)
- Anger
- Recklessness
- Mood changes

Signs of suicide risk. These signs may be subtle. One way to be acquainted with these warning signs is to use a mnemonic as outlined by the Centre for Suicide Prevention, “IS PATH WARM”.

- Ideation (thinking and talking about death)
- Substance Abuse
- Purposelessness
- Anxiety/Angst

If someone refuses to tell you about their plan, assume they have a detailed necessary items for their plan); What is (i.e. have they already acquired the necessary items for their plan?). What is their timetable for harming themselves. If someone refuses to tell you about their plan, assume they have a detailed plan in place. (Living Works Education, Inc.). Let your loved ones know you are there for them. They may not know where or how to obtain help. Thus, providing assistance is potentially lifesaving.

Depression plays a big role in suicidal thinking or suicidal ideation. Depression is not a normal part of aging. The risk factors for suicide can also be signs of depression. Additionally, signs of depression may include excessive sleeping, wanting to stay in bed all day, isolating oneself, not answering or returning phone calls from loved ones or friends/a change in cognitive functioning.

Most insurances including Medicare and Medicaid will pay for behavioral health and chemical dependency treatment. Medicare also pays for counselors who take Medicare and Medicaid.


Features & Amenities:
- Social Service Coordinator
- One bedroom apartments
- Laundry facilities on site
- Community room with kitchen and outdoor patio for recreation and entertainment
- Access-controlled building and emergency alarm system
- All units are wheelchair accessible
- Close to shopping and services
- Access restrictions apply
- Pets welcome

Suicide prevention signs and risk factors

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Falls CAN be prevented

Start a conversation, make a plan

By Dr. Victoria Panzer and Ms. Lori Clary

Across Washington, September 20–24, 2021 is Falls Prevention Awareness Week (FPAW). Many things have changed this year with the challenges of COVID-19, but one thing hasn’t changed... each year more than 25% of all older adults in Washington will fall. Some falls are minor, while others may result in serious injury, loss of independence and changes in mobility. A fall can be a first warning that it’s time to do something to prevent future falls.

Here’s some things to think about:
• Have you fallen more than once in the last year?
• Have you been injured in a fall in the last year?
• Have you fallen in the past 3 months?
• Do you find that you sometimes lose your balance or nearly fall?

If you can answer Yes to any one of these questions, you’re at increased risk of falls.

There are lots of things that you can do to prevent falls, and here in Washington we have a number of excellent programs and services to help you find the right answer for YOU. Programs available include:
• A Matter of Balance
• Falls Talk
• Stay Active & Independent for Life (SAIL) and
• Tai Chi/Moving for Better Balance

Now is the time to get started by understanding your risk of falling and finding a path forward that suits your personal needs and lifestyle. You can complete many of these programs remotely, and some only need a telephone to participate!

Descriptions of these and other programs can be found on the WA Department of Health (DOH) website www.doh.wa.gov/findingourbalance.

Other steps that you can take to prevent falls:

Talk to your doctor. Even if you only notice an occasional loss of balance and don’t think that falls are a serious problem, your doctor can address many concerns and help you to know what medical steps may be necessary to reduce your risk for falls.

Check your medications. Ask your pharmacist if anything that you are taking could increase your risk of falling.

Exercise. Think about starting or changing your exercise program to include balance as well as strength and flexibility elements.

Take a look around your home. Are there places where you have encountered a fall hazard?

Full Risk Screening. On September 23, between 10:00 AM and 2:00 PM, you can stop by Community Life Center at 19820 Scriber Lake Road, Lynnwood for a free fall risk screening. A volunteer nurse will help you determine your risk of falling and discuss next steps.

Information and resources

For more resources on falls prevention see the DOH website www.doh.wa.gov/findingourbalance.org or email Lori Clary, Elder Adult Falls Prevention Specialist at findingourbalance@doh.wa.gov for more information.

During this Falls Prevention Awareness Week find out more about the prevention opportunities near you:

To find falls prevention resources in Snohomish County, contact Homage by phone toll-free (800)422-2024 or by email info@homage.org.

Remember... Only you can prevent yourself from falling!

What does it take to be Snohomish County’s Favorite mattress store three years in a row? You’ll need to stop by ESC Mattress Center in Everett to find out. ESC Mattress Center set out to do things different from their competition, so that you would have the best experience possible. This commitment to being the best earned them the Herald Reader’s Choice award three years in a row. We asked co-owners William Wellauer and Joshua Rigby what it takes to set them far ahead of their competition.

They start by hand-picking every mattress they carry in their showroom. The owners research and quality check every product they carry, whether it’s from well-known brands like Tempur-Pedic, Sealy Posturepedic, or Nectar) or more boutique brands (like Posh-Lavish Latex, or Instant Comfort memory foam beds) “We try to have the best products at every quality and price level, we won’t carry anything we don’t believe in” says Wellauer. With over fifty mattresses to choose from, they have options for every price range. “We try to look at it as ‘What would we be comfortable having our family sleep on this if this were the feel or budget we were after?’ If the answer is ‘no’, then the product doesn’t meet our standards.”

So you can take comfort in knowing that the owners of the company only have products they believe in.

They believe the next step in making sure you have a five-star experience is making sure you’re talking to someone who can actually help you start sleeping better. According to co-owner Joshua Rigby “We’re here to guide you through the process of finding a mattress that helps you sleep better. We WANT to help you when you visit our store”. While most other mattress stores feature commissioned sales associates; you are working with the owners at ESC Mattress Center. “Between the two of us we have over twenty-five years of experience helping people sleep better” said Wellauer. You can rest easy knowing you’re working with a sleep expert when you go to ESC. Aside from experience the owners are constantly reading books and articles on sleep health and wellness so they can help you make an informed decision that fits your needs.

Making sure you’re comfortable is the last step in being the best mattress store around. Finding the right comfort in a mattress is only one part of that. Family-owned ESC Mattress Center gives back to the community working with charities like Clothes for Kids to help foster a strong community.

Making sure you’re comfortable when shopping by having the cleanest showroom in town, observing social distancing, routinely sanitizing surfaces and mattresses, and even offering disposable mattress napkins for you to lay on while trying out mattresses. Most of all making sure you’re comfortable after your purchase with an industry-leading 365 day trial period on purchases.

Family Owned ESC 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 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.

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

By Dr. Victoria Panzer

September 2021

Homage September 2021

THE RIGHT MATTRESS = A GOOD NIGHT’S SLEEP!
Wake Up Feeling Rested and Improve Your Overall Health

- Physical Assistance & Hygiene
- Companionship & Homemaking
- Wellness & Peace of Mind

Posh-Lavish = 100% Latex
Split Head Queen/King Options

FREE HEAD AND FOOT ADJUSTABLE BASE
Applies when purchasing a Posh + Lavish, or Instant Comfort Mattress.
*See store for details.

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WeCare Medicare™

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Call 1-866-937-6565
To Book Your Appointment Today!

***STEP 1***
Book Your Free Appointment Today

***STEP 2***
Meet With Our Expert Medicare Advisors

***STEP 3***
Find A Plan That Meets Your Needs

Enrollment Period: October 15 – December 7th (AEP)

Please call or visit our website to schedule an appointment with a licensed agent and Medicare advisor. Your goals and life changes year to year, we recommend that every Medicare eligible person, review their plans annually. We have appointment available weekdays, evenings and Saturdays.

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