The journey of life has taken Thomas and Kerrie through an early experience in caregiving. Leaning on each other and various community programs has allowed them to continue finding the joy in life together.

The Tulalip Tribes, which encompasses several Native American groups in the region, is derived from the Tulalip word describing the prominent bay on the reservation.

The Tulalip Tribes’ Hibulb Cultural Center and Natural History Preserve.

By Adam Worcester Contributing writer

Did you know that the Tulalip Indian Reservation is a sovereign nation governed by its own constitution? Or that Quil Ceda Village, a multi-milelong development on the reservation, is an incorporated city? Or that the name Tulalip Tribes, which encompasses several Native American groups in the region, is derived from the Tulalip word describing the prominent bay on the reservation? Or that the Tribes’ symbol, the killer whale, originates in a legend about two seal hunters who lived at Ptitse Point? November marks national Native American Heritage Month, and it’s a great opportunity to learn more about the region’s first American settlers, says Mylah Hernandez. Hernandez manages the Hibulb Cultural Center and Natural History Preserve (www.hibulbculturalcenter.org), a reservation museum featuring a broad range of exhibits, videos, and interactive activities highlighting the history of the Tulalip Tribes.

“In November we always have an upsurge in visitors, tours, and people reaching out to our website,” Hernandez says. “It’s a good time for people to become more engaged in Native American culture and history.”

Another way to engage, and to support Native American artists, is to shop at the annual Native Bazaar, from 9 a.m. to 4 p.m. Dec. 3-5 at the Don Hatch Jr. Youth Center, 6700 Totem Beach Road. Artists will be selling crafts, prints, cedar baskets, wood carvings, drums, beaded jewelry, clothing, and other Native American items. Admission is free.

The Hibulb Center also offers classes and workshops about tribal history and culture, including a course in Luushox, the Tulalip Tribes’ native language. The center’s onsite research library houses books, media material and a small collection of reproductions of historic maps. Tulalip and Washington State dated from 1854. There is internet access to assist in research of Tulalip history and culture. Exhibits at the center spotlight various aspects of tribal culture, including a hall filled with homemade canoes, and a replica of a Tulalip longhouse.

Family Caregivers Month spotlights benefits of seeking help

By Shelly Brown Contributing Writer and Family Caregiver Specialist

“Here every month in November we honor the importance of family caregivers,” says Hernandez. “I’d encourage people to visit us and learn more about the tribes in their area.”

Wisdom, teachings of our elders live on through Native American Heritage Month

The experience he, and Kerrie have actually grown closer together. Kerrie says the couple talked about what it would be like when caregiving became an added dimension to their relationship, but were still surprised when it happened.

Ages caregiving together, not knowing that he or Kerrie would be like when they have actually grown closer together. Kerrie says the couple talked about what it would be like when caregiving became an added dimension to their relationship, but were still surprised when it happened.

Thomas cites the Family Caregiver Support Program for offering caregivers and resources, such as a caregiver education course called Powerful Tools for Caregivers, and its accompanying online support group, noting that it has been nice to talk to others with experience in caregiving, who are going through similar things. The Family Caregiver Support Program has also been able to provide a personal emergency response system for Kerrie, to offer both of them peace of mind.

The Tulalip Tribes’ Hibulb Cultural Center and Natural History Preserve.

Career caregivers can access the Family Caregiver Support Program at Health Care Decisions – Tribal Citizen’s Association – Lumber City, Spilth Valley Center, or Snohomish County Long Term Care and Aging, which comprise the Snohomish County Native American Health Care Programs Network. Thomas and Kerrie Hernandez are one such family who has received support from the FCSB. “It’s been both an unexpected challenge and a new opportunity,” says Thomas, adding that through the experience, he and Kerrie have actually grown closer together. Kerrie says the couple talked about what it would be like when caregiving became an added dimension to their relationship, but were still surprised when it happened. Thomas agrees, “We wanted to grow old together, not knowing that it would mean this.”

With the help of the Family Caregiver Support Program, the couple is able to provide the best care possible to Kerrie’s mother.

The center’s onsite research library houses books, media material and a small collection of reproductions of historic maps. Tulalip and Washington State dated from 1854. There is internet access to assist in research of Tulalip history and culture. Exhibits at the center spotlight various aspects of tribal culture, including a hall filled with homemade canoes, and a replica of a Tulalip longhouse.

For more information, please contact Thomas and Kerrie Hernandez at thomasandkerrie@icloud.com or 206-996-0982.

Contributing writer

By Adam Worcester

Did you know that the Tulalip Indian Reservation is a sovereign nation governed by its own constitution? Or that Quil Ceda Village, a multi-mile-long development on the reservation, is an incorporated city? Or that the name Tulalip Tribes, which encompasses several Native American groups in the region, is derived from the Tulalip word describing the prominent bay on the reservation? Or that the Tribes’ symbol, the killer whale, originates in a legend about two seal hunters who lived at Ptitse Point? November marks national Native American Heritage Month, and it’s a great opportunity to learn more about the region’s first American settlers, says Mylah Hernandez. Hernandez manages the Hibulb Cultural Center and Natural History Preserve (www.hibulbculturalcenter.org), a reservation museum featuring a broad range of exhibits, videos, and interactive activities highlighting the history of the Tulalip Tribes.

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“Here every month in November we honor the importance of family caregivers,” says Hernandez. “I’d encourage people to visit us and learn more about the tribes in their area.”

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This report is courtesy of Authority Real Estate.

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Commentary: Keep learning and stay young

By Howie Silver
Concluding Writer

There is an old saying: “I don’t stop learning when I get old. I only get old when I stop learning” and one person to keep learning and not get old is the Legislative Creative Retirement Institute (CRI). Creative Retirement Institute is a lifelong learning program at Edmonds College that has been around for almost 30 years offering short non-credit, college-level courses at a modest cost. Each course is between one and four weeks long. There are no papers, no examinations, no grades, and no pressure; just the pure enjoyment of learning and meeting other intellectually curious seniors. Each term there are about 30 classes to choose from, several hundred students enroll in these classes. Most students are retired and take two or more classes.

Courses are taught by instructors who are well versed in the topics they are teaching. They are not fully retired college professors, and all of them bring extensive personal and professional expertise to the topics. In past years, CRI courses have been taught in person in small classrooms. Currently, because of Covid protocols, classes are taught using the Zoom platform. In the future, the classes may return to in-person, or a hybrid of in-person and Zoom.

The classes cover a broad spectrum of topics, including art classes discussing the art museums of Boston, science of nutrition, and the science of fragrance and our sense of smell. There will be courses on new ideas in art history, the roots of the Israeli-Palestinian conflict, discussing the art museums of Boston, maps (from the stone age to Google). There are classes covering performance art, such as the great operas, jazz saxophonists, and dance in cinema. In addition, there are great literature courses covering Shakespeare’s Hamlet and Homer’s Iliad, as well as the history and science of music.

For history and current events buffs, there are courses on medieval history, the roots of the Israel-Palestinian conflict, and a history of maps (from the stone age to Google). There will be courses on new ideas in economics, the Critical Race Theory divide in the country, the clash between the states and the federal government, and the clash between the U.S. and its Western Hemisphere neighbors.

There are science and technology courses in the geology of Canada, the science of nutrition, and the science of fragrance and our sense of smell. In technology, there are courses on extending your devices’ lives and helpful Google apps. Lastly, there are important courses for personal care and development, such as self-defense, being your doctor, long-term care, and recognizing and responding to micro-aggressions. For fun, there is also a course on successful gardening.

If you are not familiar with CRI, you have an opportunity for a brain-tickling, delightful time that will stimulate your mind and keep you from growing old. Registration for Winter Term 2022 at the Creative Retirement Institute (CRI) of Edmonds College starts December 1, 2021. The full list of classes and their descriptions can be found at www.edseniors.org/lifelong-learning/cri/default.html.
A safe and welcoming place for seniors in Snohomish

By Diana J. Noble
Contribution Writer
Sharon Burlison, the Snohomish Senior Center Director, her team and volunteers work hard to provide older adults a safe and inviting space where inclusion and involvement take center stage. She refers to Snohomish, Washington, as “a little-big-town.” The population may be a modest 10,000, but it’s well-known for its neighborhood values, unique character, outdoor recreation, historic sites and antique shops.

Burlison spends a great deal of time listening to and understanding her clients (“members”). The frequent two-way communication enables her and her team to offer a tailored array of programs from 9 am—4 pm Monday-Friday. These include activities and classes, health and wellness programs, fitness classes and even trips such as an upcoming Celtic Christmas concert with The Gothard Sisters at the Edmonds Center for the Arts and a shopping day at Alderwood Mall. Annual membership dues are $40 and pay for most activities. Most importantly, members can say they have a place, like the Cheers TV series jingle, “where everybody knows my name,” somewhere to make friends, exchange stories, learn and get involved.

The senior center is a registered 501(c)(3) non-profit with six staff members, one full-time, five part-time. This small dedicated team could not do what they do without hundreds of volunteers, most of whom are members. Volunteering can improve one’s sense of purpose, feeling of belonging and mental outlook, and in this regard, members, who volunteer gain as much as they give. In the last month, staff and volunteers put on a movie and ice cream social, legal services “wills clinic,” community breakfast, Bingo bash, bible study, grief support Night, clay sculpting session, chair yoga, and more. To find a monthly calendar of events, go to scohomishcenter.org/calendar.

The viability of any non-profit is dependent on financial support. The Snohomish Senior Center’s sources of income are grants, business sponsorships, special event ticket sales, raffles, membership dues and individual donations. But before you write a check to this or any charity, do your research. What percentage of your donation should go to programs and services versus fundraising and administration? The Better Business Bureau’s Wise Giving Alliance recommends that 65% or more of financial donations go directly to programs and services, while at The Snohomish Senior Center, it’s 89% (2019 Annual Report). Charity Navigator, a free source for data, tools and resources to guide philanthropic decision-making, gave it a score of 91 out of 100 for overall effectiveness. The Snohomish Senior Center is located at 506 4th Place, Snohomish, WA 98290. Other ways to connect: website: www.snohomishcenter.org

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The Snohomish Senior Center, 506 4th Place, Snohomish, is a popular gathering place for older adults.

Homage November 2021 3
I’m inspired and moved by the kindness you show to people who need a little extra care, a little more time, a little more love. And I am grateful and proud to be part of this community with you.

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■ Transition (to help the seller move to a new location or care facility).
■ Restore (move, haul, store and sell personal belongings, and repair the house).
■ Stage (both the inside and outside of the home for an optimal sale price).
■ Sell (conduct a market analysis for selling price and broker the sale).

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I want my older adult community members to say, "Yes! This is important. Without you, my senior neighbors will not be treated kindly. My community needs this kind of loving support and I'm here to help!"

There are so many words that come to my mind when I think of your caring heart. I know that all of you want to share your words in a puzzle. I hope you enjoy this puzzle and take a moment to reflect. It is our job as your grandchildren and great-grandchildren to do our best to help for the health and safety of seniors and to ensure seniors are not forgotten. My community needs this kind of loving support and I'm here to help!

It's easy to be complacent and think, "Hey, there are government programs and facilities that look after seniors." But that's not you. Instead, you have stood shoulder to shoulder with your community members to say, "Yes! This is important. It's easy to be complacent and think, "Hey, there are government programs and facilities that look after seniors." But that's not you. Instead, you have stood shoulder to shoulder with your community members to say, "Yes! This is important. I love my older adult neighbors to be healthy, safe, and cared for. My senior neighbors will not be treated kindly. My community needs this kind of loving support and I'm here to help!"

The 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 ant-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 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 nutrients. As shown in Figure 2, as the blood vessels that surround the nerves become narrowed and clogged up. This prevents the nerves from getting the needed nutrients to continue to survive. When these nerves begin to “die” they cause you to have balance problems, pain, numbness, tingling, and many additional symptoms.

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

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 the side effects of mind-blowing drugs with serious side effects!
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New research reveals when, how people become susceptible to fraud

AARP

An estimated nine in ten Americans (229 million people) encountered a fraud attempt and one in seven (33 million people) lost money to a scam in 2020, according to a new AARP study. The findings come as fraud reports have skyrocketed during the pandemic, and as technology and business sophistication has allowed scammers to cast even wider nets attempting to snare unsuspecting victims.

But while consumer protection advocates and authorities struggle to keep up with a proliferation of new scams and schemes, AARP's report, "A Moment's Notice," revealed the specific factors that are present in most environmental and emotional matters, but how you are when the pitch is made," he said. "The truth of the matter is that scam artists are master manipulators of emotion, and anyone can experience a scam, regardless of age, income or education. Our research has shown that it isn't necessarily who you are that matters, but how you are when the pitch is made,' he said. AARP's study identified three risk factors that can create vulnerable moments in which targets of scammers may be more susceptible to criminal tactics – emotions, environment, and exposure.

■ Emotion: Victims of fraud reported significantly more and stronger emotions than non-victims at the time of fraud encounters. And more victims than non-victims reported feeling out of control during encounters with scams, which is precisely the goal of the criminal.

■ Environment: Coping with changes like loss of a job or death of a family member may impact a person's response to fraud. Stressful life events can lower defenses, which may make it harder to spot a scam.

■ Exposure: Significantly more victims than non-victims experienced multiple exposures to fraud. Many victims also reported being more open to solicitations from strangers and making remote purchases at a pace that

July 2021 national study present a new opportunity to get a step ahead of the scammers, by helping consumers understand when and how any of us can lose money to fraud given the right scammer and the right moment in time. "Consumer advocates have long struggled to identify exactly who is most likely to become a fraud victim," said AARP Washington State Director Doug Shadel. "The truth of the matter is that scam artists are master manipulators of emotion, and anyone can experience a scam, regardless of age, income or education. Our research has shown that it isn't necessarily who you are that matters, but how you are when the pitch is made,' he said. AARP's study identified three risk factors that can create vulnerable moments in which targets of scammers may be more susceptible to

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According to AARP, the report findings support four key areas that may limit the likelihood of a scam's success.

■ Fraud prevention education should include the role of emotion.

CONTINUED ON PAGE 8

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There was an interesting article in The Daily Herald on September 24 about this summer’s restoration of Three Fingers Lookout, that most inaccessible of all fire lookouts in our area. They tried to preserve the building. The building reminded me of Harland Eastwood, the one-armed Forest Ranger who honeymooned with his wife Catherine at that lookout in 1936.

"Son Harland Eastwood Jr. wrote a book, primarily about his father’s complex life, which includes the story of the Eastwood courtship and honeymoon in that lookout. It was just, precisely perched atop Three Fingers Peak. He was interviewed for an article in The Saturday Evening Post (Sept. 18, 1937) “Lookout Bride, As Told by Catherine Eastwood to Byron Fish.” Excerpts from both publications are used in this capsule story to introduce our readers to an extraordinary man and his wife that matched him in willingness to take on challenges.

Some background: Harland lost his right arm in a hunting accident with a boyhood friend at the age of 17 in 1923. It’s clear from the facts that he had a lot of pride. He hid the injury of shotgun pellets in the arm from his mother because she had forbidden him to go with his friend that day. He endured the pain for several days until gangrene set in, and the doctor who was finally called said the arm could not be saved. Strike one for pride.

However, Harland’s pride never really gave him strike two. In fact, he became a star athlete at high school in San Francisco. He excelled in high hurdles in track and established a winning record that stood for over 30 years. He also played baseball, basketball and football and was noted in local newspapers with comments such as this: “Few prep school football players can handle a ball with one hand as well as Eastwood can with one.”

It’s not surprising that Harland’s love of sport would eventually lead to the mountains, once the family settled in Seattle. By 1930 he had begun working for Mt. Rainier National Park doing a variety of jobs from trail maintenance to leading Boy Scout troops on climbs. He even built a 10x20 ft. rock wall with the help of another employer. For two years he made Mt. Rainier his summer home, so it’s not surprising that he took to skiing and autoengineering as well.

In the Great Depression jobs were scarce and far between, even if one had two arms for hard work. However, Harland seemed to stand out (literally, at 6’ 4”) when it came to applying for the most difficult jobs, and by 1933 he was appointed to serve for the summer at the Verlot Forest Service Station east of Granite Falls.

After that he returned to his studies at the College of Puget Sound, where he met Catherine. With their romance blossoming, they wrote to one another during the next summer with Harland at Verlot. In 1935 he served as fire lookout at Mt. Pugh, and the letters continued, with Catherine expressing her desire to leave the wheat field country of Ritzville, where she lived. By the end of his solitary sojourn on that 7,201 ft. mountain top, Harland told her “I’m not going back there alone next year.” Catherine said, “He put a lot of emphasis on the ‘alone.’” I guess that was his proposal.

Anyway, we were married the following May, just before the fire season started. The plan was to spend their honeymoon on Mt. Pugh, but as they were preparing to make that trip Harland went to Forest Service training school and learned that he had been re-assigned to be the lookout at Three Fingers, instead. He was reluctant to tell his new bride about the change in plans. He explained, “You see, nobody else wanted it. It’s the toughest job of the bunch, but it pays more than any other lookout.” Undaunted, Catherine asked, “What makes Three Fingers so tough?” His response: “It’s only seven miles up to Mt. Pugh. Packers and visitors can make the round trip in a day. But Three Fingers is back in the range, and it’s a fifteen-mile climb. You won’t see many people! She didn’t care. After all, it was their honeymoon. She replied, “You may have to pack me, too, but I’m going along.” He grinned!

The newly married Mrs. Eastwood had a lot to learn about hiking, climbing, cooking without a proper kitchen, and washing clothes using melted snow and glacier water! She launched into these studies with a passion, under his tutelage, when the couple stayed for a month at Timp Creek because the trail to Three Fingers was still blocked with snow.

Their next move was to Goat Flat, a bit over two miles further on, just above timber line and a mile above sea level. She reported “We lived in this idyllic but windswept spot for three weeks in a lean to.” They could hear the clacking of goats’ hooves on the rocks during the night. The fourth of July passed in a rainstorm, and she confessed “I wished I could hear just one fire cracker.” Her wish for fireworks would be more than satisfied once they were settled in at the lookout, but first they had to get there.

Near the end of July they started climbing past Tin Can Ridge, named as such because that was as far as the Forest Service packers went with their mules, hauling supplies. At that point all goods that couldn’t be carried on their backs were cached for later pickup that involved making the trip down from the lookout and back up again.

Crossing the glacier below the summit was dangerous, especially for someone inexperienced and carrying a heavy pack. Catherine followed Harland carefully, wearing her crampons to cut into the ice, one boot at a time up the icy steps he had cut with his ice ax. She had been taught to self-arrest with her ice ax if she slipped. The alternative was to slide thousands of feet along the icy slope until one could be saved. Strike one for pride.

Their next move was to Crabtree Flat, a bit over two miles further on, just above timber line and a mile above sea level. She reported “We lived in this idyllic but windswept spot for three weeks in a lean to.” They could hear the clacking of goats’ hooves on the rocks during the night. The fourth of July passed in a rainstorm, and she confessed “I wished I could hear just one fire cracker.” Her wish for fireworks would be more than satisfied once they were settled in at the lookout, but first they had to get there.

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Volunteer engagement in November

By Michelle Frye
Homage volunteer manager

Thank you! During this time when we reflect on what we are grateful for, I can’t help but think of all the volunteers who help support Homage with their time and talents. I would like to send a shout out to all of our volunteer Meals on Wheels delivery drivers who have been forefront in helping our homebound clients tirelessly during Covid.

Of those of you that have had to put your volunteer service on hold, we still want you to know how grateful we are for your past and ongoing support. Homage is very grateful for the over 122 volunteers that have offered to help deliver over 300 volunteer hot and cold Thanksgiving meals and for Befred Law Group’s assistance on November 24.

Produce Packer

We have need for volunteers to help one day

Michelle Frye

by securing funding for the Older American’s Act; Meals on Wheels; emergency meals; and help with important issues affecting our vulnerable adults. Please check out our Advocacy page where you will find links to vote, check out community candidate forums, and learn who represents you. 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+. 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 in weekly 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 spring.

For more information about volunteer opportunities, please call Michelle Frye at 425-740-3787 or mfrye@homage.org.

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One more challenge faced the young bride — climbing up the final stretch of rock, using vertical fixed ladders. Her view of the lookout that was to be her home from that point was breathtaking. She described it thus: “The shutters standing out over the glass windows, and the peaked roof above... it was as though we had come to some mysterious lamasery high in the Himalayas.”

Catherine was the only woman ever to serve as a lookout at Three Fingers during that period of 1938. She and Harland were safe as long as they kept their feet off the floor, sitting on wooden chairs which provided insulation from the strikes. In spite of their successful service at Three Fingers during that summer of 1938 the Forest Service soon passed a ruling that no woman could stay at a Government lookout station unless it could be reached by an auto road.

That rule lasted until they needed lookouts during the Second World War, but Catherine was the only woman ever to serve as a lookout at Three Fingers. There were many more adventures in the Eastwoods’ lives, including Harland’s involvement in risky mountain rescues and Catherine being struck by lightning at French Point Lookout in 1938. Harland was a master carpenter and wood carver and built their cabin at Snoqualmie Pass when he served there as a member of the National Ski Patrol. They even created their own mountain engineering equipment company that flourished for many years before the Second World War put an end to it. That honeymoon on Three Fingers created a bond that was strong enough to last a lifetime, and I’m sure they would have been overjoyed to know of the lookout’s restoration.


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How to start a gratitude practice this fall

By Leah Knopf, MSW, LICSW
Contributing Writer

As the days become shorter, colder, and rainier, we might find ourselves feeling more “blue,” uninterested, sad, or depressed. One thing that can help is a gratitude practice, where we intentionally notice something daily that we are grateful for. Gratitude can be combined with other activities to support wellbeing, such as walking, enjoying a hobby, or talking to a counselor.

A gratitude practice helps shift our attention to the positive and expand awareness of what we appreciate. Gratitude increases our sense of control and resiliency when dealing with something difficult. Science has shown that daily gratitude improves mood, health, relationships, and sleep. Gratitude can be for anything, big or small. I am grateful for morning coffee and the tree outside my window. Support group participants at Homage have shared gratitude for things like grandchildren, books, neighbors, bowling, and crafting.

There are many ways to cultivate a daily gratitude practice. Here are some ideas:

- Gratitude journal: In a journal, write the date and 1-3 things each day that you are grateful for.
- Gratitude jar: Write one thing that you are grateful for on a strip of paper and put it in the jar. Pull them out to read if you are feeling blue.
- Gratitude mindfulness: Close your eyes. Take a slow breath in while counting to five and think of one thing you are grateful for. Breathe out to the count of five and repeat.

Gratitude is not intended to erase the reality of challenging experiences, such as grief, chronic illness, housing instability, family conflict, or discrimination. We can be thankful while validating what is hard. We wouldn’t want to respond to a friend who told us something difficult by saying, “You should just be grateful…"

CONTINUED ON PAGE 12 Leah Knopf, Mental Health Specialist

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- $0 copays on preferred generic drugs
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Tchaikovsky Violin Concerto

Carrie Rehigap, violin

Everett Civic Auditorium
2415 Colby Ave, Everett, WA
Tickets and info: (425) 885-8779 or visit www.everettphil.org
We are adjusting to how gatherings look different during COVID-19, or comparing ourselves to what we perceive others to have. It can help to focus on what we do have, while still acknowledging losses. It may be a time to create new traditions to look back on with appreciation in the future. Daily gratitude spreads thankfulness out across the year and lifts pressure during holidays.

As winter nears, it may be helpful to try a gratitude practice. Whether it’s in a journal or a jar, a daily appreciation can go a long way. Remember to tap into other wellness resources as well. The Older Adult Access Line at Homage — 425.290.1260 — offers resources for emotional support. One final tip: Don’t forget yourself when practicing gratitude. Self-compas- sion and appreciation are key!

How to fix a broken sleep schedule

Whether it’s the end of Daylight Saving, late-night work hours, or stress from personal or work life, millions of people in the U.S. have broken sleep schedules.

Luckily, there are a few simple ways to help get things back on track and to sleep better — if not before then at least during the upcoming months. This helps your internal clock get back on track, and developing a routine will help you fall asleep easier.

1. Plan your bedtime

If you’re stressed about your work or personal life, you can try relaxation methods, like meditation, before you go to sleep to put your mind at ease. A relaxing bedtime routine could be just what you need to reduce stress and its negative effects.

Another problem many people don’t even realize they have is their exposure to light before going to bed. Light from your phone, computer, or TV can suppress your production of melatonin, the sleep hormone. Light from your phone, computer, or TV can cause the brain to reduce the production of melatonin, the sleep hormone.

Try cutting down on your exposure to light from your phone or computer. Using a blue light filter can help reduce the amount of light your eyes are exposed to. Be sure to avoid using your phone or computer for at least an hour before you go to bed. This will help your brain signal that it’s time to wake up because light from your phone, computer, or TV can cause the brain to reduce the production of melatonin.

2. Establish a consistent sleep routine

The first thing you should do is try to create an actual sleep schedule with a regular bedtime and wake-up time. This helps your internal clock get back on track, and developing a routine will help you fall asleep easier.

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**Volunteer Opportunities at RSVP**

By Paulette Jacobson
RSVP Program Director

Sponsored by Catholic Community Services, the Retired and Senior Volunteer Program (RSVP) is America’s largest volunteer network for people over 55 and the only program where the collective contributions of the senior volunteer is recorded. RSVP is funded by Congress through the Corporation for National and Community Service and by Snohomish County Human Services, and the Washington State Commerce Department. RSVP exists to help volunteers over 55 find fulfillment in their volunteer work.

RSVP volunteers will tell you that when you give of yourself, share your knowledge and time, the great gift of you seems small compared with the satisfaction, accomplishment and appreciation from those whose lives you positively impact. By volunteering your time and skills, you help our volunteer sites maximize their staffing allowing them to reach more of our neighbors.

This month’s focus is on food banks. Especially during the holidays, food banks around the County need extra help. Please call me for job details and times.

**The Marysville Food Bank** has openings in client intake, front-end helper, outside cart pusher, and traffic control on Mondays, Tuesdays and Fridays. Produce receiving shifts are Monday, Tuesday, Friday and Saturday. Produce bagging shifts are Monday, Tuesday and Friday and volunteers work in the warehouse every day except Wednesday.

**The Lake Stevens Food Bank** needs volunteers Monday through Friday in their food warehouse to unload trucks, pack boxes and sort. Mondays and Wednesdays at the food bank to sort and stock shelves for distribution. Thursday’s have 3 shifts for distribution and Saturday morning is for loading and distribution.

**The Lynnwood Food Bank** prepares for distribution every Monday and Tuesday by organizing donations, sorting, and checking food safety. Volunteers are needed on Wednesdays and Friday to shop and pack groceries. The Grocery Room Program collects donations from local grocery stores 6 days a week and they are currently building a team to deliver groceries to homebound community members.

The Arlington food bank continually has a need for volunteers Monday through Friday from 9am-noon. The Snohomish Food Bank needs substitute drivers to pick up grocery donations at local stores Monday through Friday. They need a produce person on Friday mornings to separate what is fresh for families and what is great for farm animals (nothing goes to waste!). On Monday, Wednesday or Thursday morning, they need a Kitchen Organizer to manage the volunteer kitchen and keep it clean and organized.

The Edmonds Food Bank needs produce sorters, dry goods baggers, stockers, traffic control and drivers to use food bank vehicles to pick up donations at local stores Monday through Friday. They also need 4 or 5 volunteers to join their senior distribution team. This team picks up, and delivers the orders from homebound seniors to local buildings and fills the non-perishable parts of the orders on Mondays.

When you are ready to share your experience and skills to help meet critical community needs, please contact me to talk about the food bank needs and volunteer opportunities available throughout Snohomish County.

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*SHE SAVED MY LIFE*

Snohomish county resident Marilyn W. had been experiencing the painful effects of Osteoarthritis, specifically spinal arthritis and spinal stenosis. “I was unable to stand for more than 10 minutes, walked bent over with a cane, and could no longer take walks outside. Was taking Tylenol for pain 3-4 times a day and used topical Lidocaine on my lower back and right leg to reduce pain.”

A spinal surgeon had referred Marilyn to ZENOY as she was not a candidate for surgery due to her age and the severity of her condition.

Unfortunately, Marilyn’s story is all too familiar for the over 58 million people in the U.S. suffering from debilitating arthritis. Characterized by joint damage, symptoms such as burning pain, difficulty moving, joint swelling and stiffness affects everyday life incredibly difficult when mundane tasks become nearly impossible. This is what it is to suffer from Arthritis.

Does this sound like you or someone you know?

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Are you looking to make an impact this holiday season? In this Giving Guide, you’ll find gifts that can change the life of a senior right here in your community.

You’ll have the chance to transform a senior’s life through your generosity. This is your opportunity to provide nourishing meals, home safety repairs, transportation, and so much more to your senior neighbors.

**1 HEATING AND SAFETY**

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As the weather turns colder, being without heat can cause severe and life threatening health problems for a senior. This winter, your gift of just $37 will help provide a portable heater to keep a senior warm while she waits for a furnace repair. 

$37

**2 KINSHIP CARE**

Provide a Care Package for a Grandma

For a retired grandma on a fixed income, becoming the primary caregiver for her grandchild can be overwhelming. Your gift of just $50 can provide a grandma with a care package filled with tea, candles, coloring books, crayons, socks, and so much more.

$50

**3 NOURISHING MEALS**

Send a Hungry Senior One Week of Nutritious Meals

This winter, one out of every eight seniors will face hunger. But you can give the gift of nourishment to a senior this holiday season. For every $8, you can provide a full day of meals and lifesaving services to a senior in need.

$56

**4 MENTAL HEALTH**

Help a Senior Receive Mental Health Services

Depression is common among older adults, but it is not a normal part of aging. Without proper treatment, depression can quickly become debilitating and dangerous. For $42, you can provide mental health counseling to a senior.

$42

You can transform a life and show a senior you care this holiday!

**YES, I want to help a senior this holiday season! I want to:**

<table>
<thead>
<tr>
<th># of Gifts</th>
<th>Cost</th>
<th>My total gift</th>
<th>$</th>
</tr>
</thead>
<tbody>
<tr>
<td>Keep a Senior Safe and Warm in Her Home</td>
<td>$37</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Provide a Care Package for a Caregiver Grandma</td>
<td>$50</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Send a Hungry Senior One Week of Nutritious Meals</td>
<td>$56</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Help a Senior Receive Mental Health Services</td>
<td>$42</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Make The Most Impact - Send One of Everything!</td>
<td>$185</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Each item is representative of the needs of seniors served by Homage Senior Services. Your gift to Homage is tax-deductible as allowed by law. Homage is a 501(c)(3) organization. Tax ID# 91-0910680.