Building on a legacy of trust

By Carla Fondrick
Contributing Writer

“We believe in helping to keep seniors independent in their homes. Because, once they lose it, man, there are so many challenges — personal safety, financial impact — it just doesn’t end!”

Jim Coshow, Vice-President, Sales and Marketing, Dunn Lumber

Dunn Lumber opened its doors to Seattle’s community over 100 years ago. At that time, Albert Dunn made a promise — to always give his customers and employees a square deal. Five generations later, Dunn Lumber is still here and continues to take immense pride in keeping their family’s promise.

Today, the family-owned company has taken that promise and built on it, creating a legacy of trust with their customers, their employees, and their community.

It was because of Dunn Lumber’s reputation in the community that Homage’s Minor Home Repair team approached the company asking for a discount on materials. Since Homage relies heavily on individual donations and government grants to make home safety repairs for seniors, any material discount is deeply appreciated and makes a significant difference.

That first encounter at Dunn Lumber was with Jim Coshow, Jr. (the third generation of Coshow’s at Dunn Lumber) and was the beginning of a relationship that has transformed and reshaped the Minor Home Repair program.

“We began by offering Homage the same discount we give to our employees,” said Jim. “But, as we learned more about the Minor Home Repair program, the folks that rely on Homage for those repairs, and the incredible need in our community, we started expanding our efforts by talking with key supplier partners.”

One result of this initiative led to the donation and delivery of $50,000 worth of odd-lot manufactured decking materials to Homage. “The need for wheelchair accessible ramps is a constant request,” shared Juli Rose, Homage’s Director of the Home Repair program. “We believe in helping to keep seniors independent in their homes. Because, once they lose it, man, there are so many challenges — personal safety, financial impact — it just doesn’t end!”

Fortunately for Homage, Jim is continually looking for new and creative ways to utilize Dunn’s relationships to help ensure seniors’ homes are kept safe. “We believe in helping to keep seniors independent in their homes. Because, once they lose it, man, there are so many challenges — personal safety, financial impact — it just doesn’t end!”

Kathryn Coshow, Jim’s daughter, works alongside him in the corporate office at Dunn Lumber. Kathryn is also passionately involved with the Minor Home Repair program and sits on the Advisory Council. Kathryn sees firsthand the restrictions the government funding has on the program, and she knows how that impacts her senior neighbors.

“It’s imperative the program has non-government, unrestricted funding so people who are just above the poverty line, or who need multiple repairs, can still get the work done,” explained Kathryn. “Honestly, the elderly get forgotten, and we believe our senior neighbors deserve the time and attention.”

Jim Coshow can’t say enough about the partnership with Dunn Lumber. “It seems every time I talk to Jim or Kathryn, they ask, ‘How can we help?’ Whether it’s sitting on our Advisory Council, donating materials or critical funding, or making plans to help build more ramps, they are always looking to give back to the Minor Home Repair program to help more seniors. It’s because of partners like Dunn Lumber that repairs can be made more affordable and we can help more people.”

It’s not surprising that Jim and Kathryn are quiet and humble about their philanthropic work. “We like to be the low-key whenever possible — we’re not about being in the spotlight. We try to do what we can, and if we can inspire our community to join us in giving back, then we’ve used our presence to do good and that’s a win for everyone!”

It’s that belief and perspective that continues to build on Dunn Lumber’s legacy of trust. To pre-serve their family’s promise to their customers, their employees, and their community — building success together. And, we at Homage Senior Services are profoundly grateful for their commitment and compassion to this community.

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Interurban was the light rail of yesteryear 8

From left, Dunn Lumber Vice President Jim Coshow, Kathryn Coshow, Jim Coshow’s daughter, who works alongside him at Dunn Lumber, and Homage Minor Home Repair Director Juli Rose,

interurban was the light rail of yesteryear 8

www.homage.org
Commentary: Gratitude for our community

By Kari Bray, Snohomish Health District contributing writer

Just as eating healthy or taking daily walks is good for physical health, expressing gratitude is good for mental and emotional health.

In the midst of a particularly trying couple of years for our community, the team at the Snohomish Health District would like to express our gratitude to the people of Snohomish County.

We deeply appreciate all you’ve done to keep yourself and others healthy.

Two years ago, a case of a mysterious virus was first detected in the United States. A lot has happened since. COVID-19 has strained healthcare and put loved ones at risk, especially older adults and those with underlying conditions. Protecting them remains a priority and a challenge as we face a long lasting pandemic. It’s no secret that there has been debate and outcomes both physically and mentally, especially for older adults.

In 2020, a study published in JAMA Internal Medicine showed that this form of discrimination led to an excess cost in the U.S. of 63 billion dollars, eight different medical conditions deemed most expensive. So what do we do to mitigate and eliminate this often, dismissed issue? The best way is to talk about and acknowledge it as an issue. Changing the Narrative is a new program that seeks to begin conversations via intergenerational conversations within group settings. Changing the Narrative provides a quick, appropriate and highly informative way to start the conversation.

Because age determines who received certain medical procedures or treatments, a study found that this age bias led to an excess cost in the U.S. of 63 billion dollars, eight different medical conditions deemed most expensive. The effects on those subjected to these views and discriminatory practices include poorer health outcomes both physically and mentally, especially for older adults.

“Thank you to the healthcare workers who have been a beacon, as well as the first responders who adapted to protect the people they serve,” Bray said. “Thank you to long-term care professional, the staff and volunteers at senior centers, the teams behind public services like libraries and utilities, the teachers and childcare workers, and the business owners and managers who strive to keep everyone safe. Thank you to human services professionals who continue to reach out and serve those who are forgotten by society. Thank you to Snohomish County for the tireless partnership with public health. We know this county has required major changes to day-to-day activities with punishment from people who are understandably overwhelmed and frustrated. Thank you to the Snohomish Health District team, from our long-time staff to our new additions.

We are grateful to be part of a beautiful, brave, and resilient community.

Agism: Affecting Baby Boomers and Millennials alike

By Tammy Morris Contributing Writer

Agism is defined as prejudice or discrimination related to the age of a person or group of people. According to the World Health Organization, it is a global challenge that takes place every day, in a multitude of settings such as on the job, in searching for a job and universally throughout health care.

Agism happens more frequently to women than to men. While ageism is intimately associated with the older adults, it also affects younger people as well, particularly in the employment arena, where age can be a barrier to promotion based on a perceived lack of experience. Like all discriminatory ideologies, it is often implicit bias rather than overt attack bias that is most common. Have you ever been told “you look good for your age!”? Ever forgotten something and blamed it on old age? Have you ever had some one tell an old person joke at your expense? These are all common, and it belied that one in two people worldwide hold ageist views. Interestingly, in Europe, ageism affects younger people more than older people.

The effects on those subjected to these views and discriminatory practices include poorer health outcomes both physically and mentally, especially for older adults. A 2020 study showed that age determined who received certain medical procedures or treatments, a study found that this age bias led to an excess health measure.

Thank you to the families, friends, neighbors, and colleagues who have been a beacon, as well as the first responders who adapted to protect the people they serve. Thank you to long-term care professionals, the staff and volunteers at senior centers, the teams behind public services like libraries and utilities, the teachers and childcare workers, and the business owners and managers who strive to keep everyone safe. Thank you to human services professionals who continue to reach out and serve those who are forgotten by society. Thank you to Snohomish County for the tireless partnership with public health. We know this county has required major changes to day-to-day activities with punishment from people who are understandably overwhelmed and frustrated. Thank you to the Snohomish Health District team, from our long-time staff to our new additions, and, of course, who the volunteers who have stepped up to assist. There are hundreds of people behind the scenes, working to address COVID but also to do all of the other public health work that is essential to keeping Snohomish County healthy.

Thank you to everyone who has chosen to get vaccinated, and every one who continues to wear a mask and keep their distance in shared spaces. We appreciate every gathering that you’ve postponed, every plan you’ve modified to be safer, every hard conversation you’ve had with loved ones.

Thank you to those who have reached out with questions and concerns. We won’t always see eye-to-eye, but we are learning, we realize there have been many losses and we are fortunate to have people in the community who care and speak up.

We are grateful to be part of a beautiful, brave, and resilient community.

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Program Process:

• Assess (includes client interview and a walk-through of the property).
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The holidays are upon us already. Social connection needs to dictate how holidays are celebrated and how they are to be associated with joy and laughter, surrounded by family and friends. However, realistically that’s not always the case for some of our seniors. I came across a saying, which describes what some seniors go through at Christmas (caregiverstress.com):

Imagine waking up alone on Christmas morning, with no one to share in the joy of the holiday with you. Imagine getting dressed the way you always do, having breakfast the way you always do, and watching TV as you always do—nothing special about this day, no grand children separating with delight as they tear open package after package under the tree, no grandchildren coming over to visit that neighbor. What about someone you always see alone in a nursing or rehabilitation center when visiting your loved one. Have you noticed a senior always alone in a grocery store? Do you know their story? What is extremely important this time of year is for all of us to identify those seniors within your community or family who may be alone this Christmas.

So what would the world look like if one person stepped up to help one senior during this holiday season then shared their helping experience with others and encourage them to do the same? Just imagine being a part of something so incredible! Some suggestions of how to reach out and make a difference to a senior include:

■ Look at a photo album and listen to their amazing memories.
■ Bring them a Christmas card.
■ Bring a Christmas tree to someone and help decorate it. Some seniors may even have ornaments they’ve had in storage for years and would love to see them on a tree again.
■ Bring over a present and/or a plate of food on Christmas Day.
■ Sit down with someone and listen to how they have celebrated the holiday in the past. Maybe you might help reenact that tradition by doing such things as baking cookies or helping them make or address Christmas cards.
■ Take someone to a Christmas Day or Christmas Eve church service.
■ Ask someone over to your home to share in your Christmas festivities.
■ Make a gingerbread house.
■ Make ornaments. Now take a moment and imagine yourself alone in a nursing or re habilitation center. Ask yourself how you would feel? Can you feel the sadness? Can you feel the loneliness? Would you feel depressed? This exercise can truly be eye opening. One simple act of kindness could make such a difference in someone’s life. Will you be that person who reaches out to help a senior this holiday season?

Seniors experiencing loneliness may also be experiencing depression and/or anxiety. There’s a difference in having the holiday blues and having depression. The blues will pass after the holidays, depression may continue after the holidays are over. If you’re having a difficult time now or anytime, please reach out to Homage’s Older Adult Access line at (425) 290-1280 to talk about the variety of programs that offer emotional support.

Do you ever see anyone coming over to visit that neighbor? What about that neighbor? Who may be alone this Christmas. So what would the world look like if one person stepped up to help one senior during this holiday season then shared their helping experience with others and encourage them to do the same? Just imagine being a part of something so incredible! Some suggestions of how to reach out and make a difference to a senior include:

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Mechele Wagner, a retired chemical dependency counselor and insurance contract negotiator, felt bored, stuck and antsy when COVID-19 arrived and put her and much of the world in a virtual lockdown.

“I had to get out of the slump I was in,” she recalled. “I’d been making cards for friends and family for years and participated in a worldwide Christmas card drive out of Texas. When that came to a close, I decided to replicate it here.”

In 2020, a conversation with Volunteer Manager Michelle Frye at Homage Senior Services led Mechele to form the Merry Makers card-crafters group. She started with a lofty goal—to make enough holiday cards for the Meals on Wheels clients in south Snohomish County. That November, Mechele recruited a couple of friends and solicited volunteers on NextDoor, a popular neighborhood information-sharing site. The six who answered the call created 400 cards, each with a personal greeting inside.

But it didn’t stop there. Much like the pebble dropped in still water, the Merry Makers project caused a ripple effect that broadened its scope and impact. This year, the team grew to 40 cardmakers who set out to make 1,235 cards but exceeded that with 2,129—enough to add in Meals on Wheels clients in several other counties and to residents of several memory care centers in the area.

Some cards have snowflakes or Christmas trees on them — or Handmade cards bring holiday cheer to seniors

Continued on Page 6
Volunteering made a difference on Thanksgiving 2021

By Michelle Frye • Contributing Writer

Thank you to all our community members who perfectly executed this year’s Thanksgiving meal delivery to Homage clients. You made sure each older adult received a traditional hot Thanksgiving meal plus a full leftover meal. This year, you delivered a smile and delicious meal to 288 older adults. A total 194 generous volunteers donated 524 hours of their time to make Thanksgiving special for an isolated senior. Twenty-eight volunteers were young family members who came from Redemption Church in Seattle and eight volunteer drivers were Homage employees. Fifteen volunteers assisted with everything from checking people in to helping organize our anonymous sponsor who provided the financial support for the entire Thanksgiving Day event!

Homeage Volunteer Opportunities

Relief Meals on Wheels Driver: We are still looking for a couple of volunteers who would be willing to be reliefs for other volunteer drivers. We pay the drivers $12 an hour. Must have a clean driving record and show proof of vaccination.

Changing the Narrative: On January 15, 2022, we will host some intergenerational conversations on optimism. Please let me know if you are interested in joining our discussions. Please see the article in this edition and plan on joining us!

Other Opportunities: With the continued uptick in COVID-19 cases, many opportunities are virtual and/or a hybrid combination. If you have a special skill to share, please consider reaching out to us!

Servicing the Greater Puget Sound Area for Over 45 Years

By Michelle Frye • Contributing Writer

Thank you to all the volunteers who made this year another successful event. This important tradition could not happen without you. Please let me know if you are interested in joining these opportunities!

Senior Peer Counseling:

Serving the older adults who are struggling with life changes, loss, medical procedures, and other emotional issues. You will be paired with important issues affecting seniors.

Senior Peer Counseling: We provide one-on-one counseling for adults 55 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, call Michelle Frye at 425-440-2000.

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Us on Facebook and Twitter.

Homage and receive the "Goodie" Box which includes a little note to show appreciation to our older adults by securing meals. By Michelle Frye • Contributing Writer

In addition, multiple volunteers and donors dropped off cards and placemats to be shared with Homage clients—providing caring notes of encouragement. Thank you to all the volunteers who made this year another successful event. This important tradition could not happen without you.

Seattle and eight volunteer drivers were Homage employees.

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RSVP Volunteer Opportunities

By Paulette Jacobson
Program Director
Contributing writer

Sponsored by Catholic Community Services, the Retired and Senior Volunteer Program (RSVP) in America’s largest volunteer network for people age 55+. RSVP is the only program that records the collective contribution of senior volunteers.

Funded by Congress, through the Corporation for National and Community Service, Snohomish County Human Services, and the Washington State Commerce Department, RSVP exists to help volunteers 55+ find fulfillment in their volunteer work.

RSVP volunteers tell you that when you give of yourself, and share your knowledge and time, what you give of yourself seems small in comparison to the satisfaction, accomplishment and appreciation from those whose lives are positively impacted.

By volunteering your time and skills, you help our volunteers discover their talents, allowing them to reach more of your neighbors. If you would like to help, contact me to get started at HYPERLINK “mailto:Paulette@ccsw.org” Paulette@ccsw.org or 425-374-6311.

This month’s focus is on two of our volunteer sites, The American Red Cross and the Snohomish County Medical Reserve Corps. American Red Cross of the Northwest Region has over 1,700 local volunteers who committed over 140,000 hours of their time last year. Volunteers respond to disasters, speak to community groups and schools, develop youth leadership skills, support local blood drives, provide care to service members, and much more. The training and support volunteers receive on a regular basis allows them to be successful in every Red Cross program. Volunteers provide frontline services to our community 365 days a year, helping our neighbors in their greatest time of need.

Home fires and other disasters like floods can occur any time, any place. Compassionate and committed Disaster Action Team volunteers respond in person day or night to meet the immediate needs of their neighbors and to ensure nobody faces an emergency alone.

Volunteers provide assistance including emotional support, replacement of prescription medication, financial assistance for food, clothing and temporary lodging, and other critically needed items and referrals. The Red Cross also has virtual volunteer opportunities. You can find out how to become a Red Cross volunteer by visiting www.redcross.org/volunteer. Medical Reserve Corps (MRC) is looking for volunteers to assist in response to COVID-19 here in Snohomish County. The MRC is the volunteer group for the Snohomish County Health District. MRC Volunteers are trained to assist in three main operations: vaccination clinics, testing sites and screening at a hospital. All PPE is provided and both clinical and support positions are available. If you are interested in this volunteer opportunity, please contact Theresa at 745@nash.org. You can also access the webpage at www.nash.org/MRC, where you can download the intake packet.

Volunteers are ready to share your experience and skills to help meet our critical community needs, please contact me to talk about the many volunteer opportunities available throughout Snohomish County.

Paulette Jacobson
Program Director
Contributing writer
3128 Colby Avenue Everett, Washington 98201 425-339-8556  adamslawyers.com

Elder Law Attorney
SARAH DUNCAN
Assisting seniors with Probate, Wills, Trusts, Powers of Attorney, Health Care Directives and Medicaid Planning
128 Colby Avenue Everett, Washington 98201 425-539-8556  adamsduncylan.com

Continued from Page 4

gingerbread men, pigs in Santa hats, sprigs of holly or other fun and festive designs. All reflect the kindness, hard work and generous spirit of strangers.

The card-making stories are as varied as the people who made them. “Is dinner ready?” one man asked his wife, a member of the Merry Makers group. “Yes, but you’ll have to make cards if you want to eat it!” she chuckled.

A group of retired teachers from Kirkland got together for a “girls’ night out,” with snacks, wine, good conversation and card-making supplies. One of them used her calligraphy skills to handwrite over 200 holiday cards for her grandparents for an afternoon of crafting and a lesson in giving back.

When asked what she enjoys most about leading the Merry Makers, Mechele smiled and said, “the enthusiasm of the group and the joy it brings into others’ homes.”

In what some might characterize as yet another gloomy year, it’s good to know that the holiday spirit is alive and well in Snohomish County and beyond. If you’d like to join the Merry Makers in 2022, contact Mechele at mechelewagner@gmail.com.

Two of the 2,129 Christmas cards created by the Merry Makers, messages. Others shared the fun at family gatherings. Grandkids visited grandparents for an afternoon of crafting and a lesson in giving back.

For more information, visit www.redcross.org.

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By Doug Shadel
State Director, AARP Washington

Lately, there has been a lot of discussion about the WA Cares Fund, which provides funding to support long-term care services for Washingtonians as we age. There are many reasons why the program has AARP Washington’s full support — and why it deserves yours too.

Most of Us Will Need Care — Research shows that seven in ten Washingtonians will need some type of long-term care services as we age. Even healthy people need care eventually. I learned this first-hand when I became the caregiver for my 87-year-old brother several years ago. He was a history professor for 40 years, a life-long vegetarian who never smoked or drank. Despite all his healthy behaviors, in the last months of his life, his health declined rapidly. He scraped together the resources to pay for in-home care during those last months. But what if he couldn’t afford care? He would have gone on to the state Medicaid program, and taxpayers would have paid for his care. If he had been vested in WA Cares, it would have covered 100 percent of his long-term care costs.

For the median worker earning about $50,000 annually — WA Cares is the best deal around. Workers will pay $.58 cents per $100 or an average of $24.17 a month. If you start paying at 50 and retire at 65, you pay $4,350 into the fund. When you need care, you have access to a $36,500 benefit in 2025, which will increase with inflation. WA Cares is fiscally sound — Washington leaders did not just throw this legislation together. Prior to its passage, the state analyzed the length and type of care individuals have required over the past decade. Additionally, multiple actuarial studies confirmed the .58% payroll premium would be enough to provide a meaningful benefit and cover 100 percent of program expenditures through 2075. So, the notion that this is an ill-conceived plan ignores the work of some of the nation’s top experts who have created a research-based solution to the impending long-term care crisis.

Avoiding the Fiscal Cliff — Most of us will need care in the future regardless of our lifestyle. Less than 10% of us have private long-term care insurance that could pay for needed services. Family caregivers do what they can to help relatives, but increasingly, our sons and daughters have full-time jobs and kids to care for.

To make matters worse, most of us assume we are already covered. A recent AARP survey found that 75% of Washington voters thought either Medicare, private health insurance, or Medigap insurance would pay for long-term care. They were wrong. That leaves the state Medicaid program.

The WA Cares Fund is expected to reduce Medicaid costs every year, and by 2050, total Medicaid savings could exceed $410 million a year. The WA Cares Fund represents a bold attempt to bring Washington State together to address one of our state’s biggest challenges — how we care for each other as we age.

Doug Shadel is the AARP Washington State Director, representing 900,000 AARP members statewide.

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CHRONIC PAIN? JOIN STIFFNESS? ARTHRITIS?
ZENJOY AIMS TO PROVIDE YOU WITH PAIN RELIEVING TREATMENTS
SO THAT YOU CAN GET BACK TO LIVING LIFE AT ITS FULLEST!

ZENJOY ACCUPLACED & INTEGRATIVE MEDICINE

Local Practitioner Joe Jacala, AEMP LAE uses non-invasive, non-pharmaceutical, non-narcotic integrated acupuncture injection therapy and other integrative medicine services such as cellular biotherapy and activated oxygen therapy to relieve her patients of chronic arthritis inflammatory symptoms.

Joe skillfully layers individualized therapies for a comprehensive amplified treatment plan, consistently generating unparalleled results. These innovative medical services are shown to be effective for difficult cases of chronic pain conditions, and with no adverse side effects compared to the top-market pharmaceutical alternatives.

Imagine relief! Imagine increased energy! Let your golden years be GOLDEN.

Joe Jacala, AEMP LAE is a renowned authority figure in the field of acupuncture, mainly within the senior community when it comes to chronic and seemingly hopeless cases. With years of clinical experience, advanced specialized training in chronic conditions and over 10,000 patient treatments performed, Jacala brings a missing link of healthcare to Snohomish and King counties.

ZENJOY is here to help people live life to their fullest and without debilitating pain.

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SnoKing County residents no longer have to suffer! Finally, a local Medical Practitioner has an effective solution for chronic arthritic pain!

Unfortunately, Marilyn’s story is all too familiar for the over 58 million people in the U.S. suffering from debilitating arthritic pain.

Characterized by joint damage, symptoms such as burning pain, difficulty moving, joint swelling and stiffness make 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 love?

$100 longer take pain meds. I can walk upright without a cane. I can manage daily discomfort.*

To learn more about Joe Jacala and the ZENJOY approach, please visit www.zenyjoy.com

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. 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 ZENJOY 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 arthritic pain.

Characterized by joint damage, symptoms such as burning pain, difficulty moving, joint swelling and stiffness make everyday life incredibly difficult when mundane tasks become nearly impossible. This is what it is to suffer from Arthritis. ZENJOY AIMS TO PROVIDE YOU WITH PAIN RELIEVING TREATMENTS SO THAT YOU CAN GET BACK TO LIVING LIFE AT ITS FULLEST!
By Louise Lindgren
Contributing writer

As anyone knows who has ventured onto the freeway system in the past few years, our region has been suffering transportation turmoil. Now, with the opening of light rail to Lynnwood there is hope that commuting to Seattle and beyond will be eased. However, it seems bittersweet to look back at a transportation system that worked well — the Interurban — that served Skagit, Snohomish, and King counties in the early part of the 20th century.

In 1993 I had the privilege of counting as my friends Walt Shannon, the last motorman on the Interurban, and Warren Wing, author of To Seattle by Trolley, who filled me in on the solution to commuting that was in effect from 1910 to 1939. Both men were members of a group of historians celebrating the history of all county rail transportation. I was coordinator of that effort called Rails Northwest ’93, and I count it as a highlight of my career because of the knowledgeable people involved who became good friends.

Back then I wrote that voters would be asked in the fall election of 1993 to approve or reject a new system of light rail linking Snohomish and King Counties. What we didn’t know was that it would take another 29 years for the plan to come to fruition. Another project was being discussed in 1993 — to convert the old Interurban right of way to a bicycle and hiking trail. That project had a much shorter success timeline.

After the Interurban was shut down in 1939, the car housed the Old ‘55 Cafe on U.S. 99 in south Everett until 1964. The restored car now can be seen at Heritage Park in Lynnwood.

Photo courtesy of Warren Wing and Walt Shannon
and hundreds have enjoyed it for many years, yet few knew the history of the trail under their feet. The Interurban Trail follows the same corridor that once moved people in style from Seattle, through Everett and Mount Vernon, and north to Bellingham. Those lines were faster, more reliable, and had more frequent stops than either steam-powered boats or railways.

Of course, automobiles were slowly developing at the time, but decent roadways to accommodate them were few and far between. Most people preferred to hop on the precisely scheduled Interurban for travel between major cities rather than risk being stuck in the mud on typical Northwest rainy days. The electric cars of the Interurban were usually single and self-propelled, although it was not unusual to add another car for freight or exceptionally heavy passenger demand. They had flexible wheel-bases, allowing sharp turns within urban neighborhoods, and were light enough to run on city streets without causing damage.

Between towns they would often achieve speeds of 50 to 60 miles per hour on the straightaway through deep forested areas or on flats through lush farmland. Thus the Interurban offered the flexibility to handle both urban and rural service. (Can you picture I-5 south of Everett as deeply forested? It vast!) The Interurban also offered relative comfort. The ride was smooth because of excellent springs and rich upholsters. If one needed distraction, there was always the electric car of the Interurban.

The electric cars of the Interurban were faster, more reliable, and had more frequent stops than either steam-powered boats or railways.

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The electric cars of the Interurban were faster, more reliable, and had more frequent stops than either steam-powered boats or railways.
The interurban negotiates the great Everett snowstorm of 1916.

Photo courtesy of Warren Wing and Walt Shannon

Aesthetic delight of the car interior itself. Ornate lamps and woodwork, stained glass window arches, brass railings — all added to the feeling of elegant transportation.

Trips were affordable, even to those of modest means. The rails and ties were laid on steeper hills, around sharper corners, and used lighter, less expensive rails and bridges than heavy steam locomotives required. This kept costs and ticket prices low. It took a mere dime to travel between stations a mile or two apart; a full trip from Everett to Seattle cost only 75 cents.

Convenience and comfort for the passengers has always been the key to success in transportation schemes. In the early fifties of the West, the building of wagon roads soon put an end to arduous canoe trips to homesteads along the rivers. The advent of major railroads spelled the end of the covered wagon for cross-country treks.

And, as towns began to develop with little improvement to the road systems between them, the Interurban became, for a brief time, the most convenient way to travel. After 40 years of service, the decrease in the cost of automobiles and gradual improvement in the quality and quantity of roads brought the era of the Interurban to an end. The last trip for the Interurban line was February 28, 1939, and Walt Shannon was motorman for that.

He waxed nostalgic as he and Warren Wing offered their photos for use in the Rails NW ‘93 project. That time, neither of them held out much hope that one of the last cars on the line, Old ‘55, would be saved from the scrap heap.

That car had been converted to use as a diner in 1947 and continued in its location on the east side of Highway 99 just north of Beverly Drive as the Old ‘55 Café until 1964. By April of 1965 it was traveling again, by truck this time, to Lynnwood to bring the era of the Interurban to an end. Extensive restoration of Old ‘55 began in 1996, and now visitors to Lynnwood’s Heritage Park (19903 15th Ave. NE) can view the car, nestled between historic buildings, and learn even more of the history of that flexible and relatively “light” rail service of the past. Now that rush hour car travel has become so stressful and slow, taking the new light rail service of the past. Now that rush hour car travel has become so stressful and slow, taking the new light rail service of the past. Now that rush hour car travel has become so stressful and slow, taking the new light rail service of the past. Now that rush hour car travel has become so stressful and slow, taking the new light rail service of the past. Now that rush hour car travel has become so stressful and slow, taking the new light rail service of the past.
Homage Meals on Wheels drivers are delivering more food than ever this holiday season, powered by an annual donation from Subaru of America, Inc.

Through Jan. 3, Subaru will donate $250 for every new vehicle bought or leased to one of four national charities — including Meals on Wheels — via its Share The Love Event. The donations generate about $14,000 a year, and help Homage serve homebound seniors who might otherwise not qualify for meal delivery.

“It’s really flexible funding that helps us shore up some of the gaps from other funding services,” said Leah Hammon, Homage nutrition director. “It’s a great cause, in the spirit of community and giving back. We’re glad to be a part of it.”

Homage is serving an historic number of meals this winter, Hammon said, including meals at walk-up sites through its Community Table dining program. With two weeks remaining in the year, it has already served almost 417,000 meals, a 17-percent increase over the 2020 total.

There are about 1,000 active participants in Meals on Wheels. “For a lot of folks, we are their main source of nutrition,” Hammon said.

Through 14 years of Share The Love, Subaru and its participating dealers — including Marysville’s new Kendall Subaru dealership — have donated almost $225 million to national and local charities.

Kendall plans to broaden its list of Snohomish County and state charity options via its Kendall Cares program as it settles into its new location.

“Kendall cares is not only a core value, but also a department within our organization solely dedicated to community involvement, volunteerism, and supporting local nonprofit organizations,” according to the dealership website.

“Although we are new to the Washington market, many of our team members hail from this beautiful state….This is why it means a great deal to Kendall supporting organizations such as the Marysville Food Bank, the Marysville Boys and Girls Club, and more. Giving back to the communities in which we live, work, play, and serve has always been a cornerstone of the way we do business.”

Over the past five years, Subaru of America has enhanced the Meals on Wheels program in Snohomish County. “Subaru does a great job in terms of raising awareness and spotlighting Meals on Wheels,” said Hammon. “It’s about engaging the community and uplifting our vulnerable adults. For seniors, the last two years have been very isolating.”

To learn more about Meals on Wheels or register for meal delivery, call the Homage Nutrition Program at 425-347-1229, or visit Homage.org/nutrition.
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 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. As you can see in Figure 2, as the blood vessels that surround the nerves become diseased, they shrivel 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, 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 endless drugs with serious side effects!

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

Gentle, Non-Surgical, Effective Relief

Treatment at Evergreen Acupuncture Clinic stimulates the blood vessels to grow back around the peripheral nerves and provides them with the proper nutrients to heal and repair. The amount of treatment needed to allow the nerves to fully recover varies from person to person and can only be determined after a detailed neurological and vascular evaluation. As long as you have not sustained at least 85% nerve damage, there is hope.

Ryan Potvin, L.Ac. 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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If you’ve lost hope or you’re tired of covering the pain with medications and pain relievers, contact us to start your healing journey today!

GIVE BACK TO COMMUNITY WITH C3

At communities of color: Our mission is to seek health and prosperity for Communities of color by advocating for liberated and just systems which prioritize community care for all humans. We are a grassroots organization seeking radical wellness for our communities in order to heal, we must face the principles our country was founded upon. We invite you to help heal our collective trauma by making a donation and/or inviting you to join our advocacy efforts that promotes a sense of belonging for all.

Please see a list of services and program we have provided in 2021 and hope to expand with your support in 2022.

Zumba Fitness Classes
Free Seasonal Portraits with Lost Forever Images
C3 Leadership Academy
Indigenous Youth & Young Leaders Conference with North Sound
Indigenous Futurity Alliance
Free Distribution of Wellness Kits
Free Produce Distribution with Modest Family Solutions
9th Annual North Puget Sound Conference on Race
Drop-In & Decompress with Dalisha Phillips, LHCMA
Beyond the Shutter Youth Photography Workshop with Last Forever Images
Rental Assistance Throughout Snohomish County
Prostate Cancer Research with Black Men

https://www.c3coalition.org/donations