World Elder Abuse Awareness Day 2022

By Michelle Burke
Homage Elder Abuse Advocate

World Elder Abuse Awareness Day (WEAAD) was launched 16 years ago on June 15 by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations. To acknowledge this important day, we are sharing some steps you can take to prevent, identify, and address elder abuse.

According to industry experts, there are over 33 physical problems that will come under scrutiny during a home inspection when your home is for sale. A new report has been prepared which identifies the 11 most common problems, and what you should know about them before you list your home for sale.

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Supporting and Celebrating LGBTQIA+ Older Adults

By Cynthia Andrews
Homage DEI Manager

Homage Senior Services and similar organizations are much-needed commitments to diversity, equity, and inclusion (DEI). But our actions must speak louder than our words when it comes to serving underrepresented populations. As the DEI Manager at Homage, it’s my job to not only educate but supply actionable steps each of us can take to celebrate and support our Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, Intersex, and Asexual (LGBTQIA+) communities. It’s Pride Month, and people are flying rainbow flags, posting on social media, promoting online events, and honoring our unique, diverse communities. Some may see this as just an annual event, but I see it as a new beginning, an opportunity to make a new commitment to serve our LGBTQIA+ staff and clients every day.

How can we as a community uphold our commitment year-round to ensure that our LGBTQIA+ people feel welcomed and included? We can be Allies! An Ally is someone who stands up for, and included? We can be Allies! An Ally listens for their LGBTQIA+ neighbors to share how they want to be supported. A true Ally accepts folks as they are. They’re interested in hearing theirs. This can be challenging when we think we know how to fix things, people, and problems, but it’s a term that gets used a lot in the LGBTQIA+ community. In this case, it refers to someone who is heterosexual and/or cisgender but who tries to make the world a better place for people who identify as LGBTQIA+.

How can you be an Ally?

Listen: Listen to what LGBTQIA+ people are saying. It’s not about you, your feelings, or opinions; it’s about bearing theirs. This can be challenging when we think we know how to fix things, people, and problems, but a true Ally accepts folks as they are. An Ally is open to learning from their LGBTQIA+ neighbors to share how they want to be supported.

Be open to learning: Find books, articles, films, etc., about the history and current issues facing LGBTQIA+ communities. You don’t need to be an expert but educating yourself on history can help you understand today’s struggles. Download a glossary, learn the terminology, and use it out of respect for your friends and loved ones. We are never too old to learn new things!

Speak up: When a friend, family member, co-worker, or stranger says something hateful or ignorant, call them out on it. Remember, silence can mean agreement.

Show up: When an LGBTQIA+ friend invites you to an event, go! Be there to listen, learn, show your support, and most of all, enjoy. You’ll probably have a wonderful time! Allow yourself to be uncomfortable: When you encounter something that makes you uncomfortable, don’t dismiss it. Sit with it, ask yourself, ‘why am I feeling this way?’ and look at it as an opportunity to grow. I repeat, please do not ignore the signs of discomfort. Your body will tell you when the work begins.

Many communities across the country do not have specific programs or senior centers for LGBTQIA+ older adults. In addition, many LGBTQIA+ older adults need support services but may not know where to find them. Homage is committed to ensuring our LGBTQIA+ older adults have access to home-delivered meals, social connections, friends check-in calls, and more. But we need to do more than that for this vulnerable population.

So today, I am calling on you — as a community, friends, and family to become Allies and help create a safe and equitable space for our LGBTQIA+ Elders. If you are willing to volunteer or are an LGBTQIA+ senior 60 and older. We invite you to sign up and help us open our doors to a regular meeting time sponsored by Homage Senior Services. Please email diversity@homage.org or call 425-290-1277 to join us in this important work.

Sources: Isobel Debrujah, “So You Want to Wear a Safety Pin” Jamie Utt, “So You Call Yourself an Ally: 10 Things All ‘ Allies’ Need to Know” Southern Poverty Law Center, “Speak Up: Responding to Everyday Bigotry”
Filling Our Lives with Joy and Gratitude

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

A couple of years ago, I wrote two articles about joy and gratitude because it’s important to keep reminding ourselves that these are two things that should always be a part of our lives. We may not know how to go about finding joy and gratitude so let’s work on that together.

The American Psychological Association defines joy as a feeling of extreme gladness, delight, or satisfaction of well-being. Joy is an internal state of being. The American Heritage Dictionary defines gratitude as a feeling of deep appreciation. Gratitude is an external state of being. Joy and gratitude together make our souls sing. Joy and gratitude are two things that should always be a part of our lives. We may not know how to go about finding joy and gratitude. Today I’d like to revisit joy and gratitude because it’s important to keep reminding ourselves that these are two things that should always be a part of our lives. We may not know how to go about finding joy and gratitude. Today I’d like to revisit joy and gratitude because it’s important to keep reminding ourselves that these are two things that should always be a part of our lives. We may not know how to go about finding joy and gratitude.

Joy can be difficult. This is where a Joy Box can be helpful. A Joy Box is something you can reach for when you need a little boost in your life. Making a Joy Box can be inexpensive by using something you already have in your house. Cut the top off an empty tissue box, use a jar, basket, bowl, cup, or anything else. Leave the box or other container out where you can see it every day. Inside the Joy Box, put pieces of paper with words, pictures, songs, jokes, Bible verses — whatever brings you joy. Leave a pen and paper near the box so you can add something each day.

Gratitude is deliberately focusing on the positive things in your life. Making a gratitude journal can help you find those things you are grateful for. Every day write down today’s date and three things you are thankful for. Even if you have a difficult day emotionally or physically, still find time to write in your gratitude journal. Appreciate everything around you. On those days when you are struggling and you find yourself focusing more on the negative aspects of life, bring out your gratitude journal. You will find yourself focusing more on the positive in your life versus the negative.

Finding joy and gratitude each day can also have physical benefits. Feeling anxious, overwhelmed, and angry can affect your sleep, pain, and blood pressure. If you are experiencing insomnia, dealing with pain daily or other health concerns, open your gratitude journal or take a piece of paper out of your Joy Box and focus on the words. These are the words that you decided were important to you. These are the words that make you smile. Your gratitude journal and Joy Box will become your inspiration.

If you’re experiencing anxiety, depression, or grief, please reach out to Homage’s Older Adult Access line at (425) 280-1280. You’re not alone out there.

Homage is bringing back our Summer Wellness Wednesdays! Our next event will be Wednesday, July 13th at the Mukilteo Lighthouse Park. You’ll learn about emotional wellness, there will be snacks, games, and prizes, and you’ll be able to connect with staff and other participants. To register for the event, please call (425) 290-1280.

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Fact-checking History or, How to Bust a Myth

By David A. Cameron
perspectivepast@gmail.com

Six dead in a tunnel collapse? A visit by the President of the United States? How about having 2,000 people living a hundred years ago in the little town of Index where the best buildable area is ten blocks (east to west) by two blocks (south to north)? In the space of a few days recently I’ve received queries from people wondering if some of these local stories were true. I don’t mind, as that goes along with being involved in researching and writing about county history. Besides, that is a lot like solving a mystery, figuring out a puzzle, or perhaps just learning something new.

The tunnel would not have tried Sherlock Holmes’s powers. Philip Woodhouse’s book Monte Cristo covers the collapse, which occurred during construction of the Everett & Monte Cristo Railway in September 1892. Crews had blasted and dug six tunnels through the rock of Robe Canyon between Granite Falls and the little community of Robe on the South Fork Stillaguamish River. Now, a seventh had been started. This one differed, though. Located about seven miles upstream, it was not through rock but rather a glacial deposit of sand and clay which jutted out and caused a sharp bend in the river.

I recalled the incident and decades ago had found both the remains of the tunnel portal and evidence of the collapse. Confirmation of the date and whether anyone had perished led to checking of the original weekly Everett Herald, which was actively promoting construction of the railroad to the mines and building of the smelter in north Everett. The September 15, 1892 issue carried a short article about the problem. It mentions that the contractor, a man named Earle, had all his crews quit save for three shift bosses, who still were willing to work after a rush of water and mud caused the incomplete tunnel to cave in. He planned to import men from the Franklin and Newcastle coal mines in King County as replacements.

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Do you need quick help preparing a home for sale?

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

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

Program Process:

- Appraiser (includes client interview and a walk-through of the property).
- Photos (documents everything that needs to be done to prepare for sale).
- Listing (be the seller to cover hauling, repairs, staging and living expenses).
- Transition (to help the seller move to a new location or care facility).
- Restoring (move, haul, store and sell personal belongings, and repair the house).
- Staging (both the inside and outside of the home for an optimal sale price).
- Self (conduct a market analysis for selling price and broker the sale).

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

Barb Lamoureux, SRES

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

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Promote your business on Snohomish County's top business website. Start advertising today and get your business noticed!

Choose One: Food, Medicine, or Rent?

Far too often, Snohomish County seniors are forced to make the impossible choice between food, medication, or rent. But you can change that!

Your gift of just $24 can help provide nourishing meals and lifesaving services to a hungry senior like Florence. Will you make a gift to help a neighbor like Florence?

☐ YES! I want to help feed a hungry senior and keep her safe.

☐ $24 for three days of meals and services

☐ $80 for ten days of meals and services

☐ other: $ ____________________

Mail to Homage (5026 196th St SW, Lynnwood, WA 98036) with your gift or make a secure donation online at www.homage.org.

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the meantime a temporary sharply curving "shoo-fly" track would be installed around it. After further examination of the unstable ground the shoo-fly was made permanent and now is a notable and dangerous part of the Mountain Loop Highway just east of Gold Basin.

As for the dead workers in 1892 – pure fiction. Perhaps the count of "six" came from the number of tunnels below that seventh one. The usual version describes the dead as "Chinamen," but that is doubly false. Those few men here already had been run out of Snohomish County in 1886 as part of the widespread West Coast anti-Chinese movement.

Japanese contract laborers would be accepted to rebuild the railroad in 1900, but no Chinese.

The question of the President’s visit is more complex. According to this story, President Theodore Roosevelt visited the Bush House hotel in Index and signed the register, which was cited as proof. Unfortunately, the owner of the place in the 1970s when the tale seemed to have begun sold the business and took the register along. So, there is no way to check the date and compare the signature with known valid ones. This story keeps popping up and was going to be used in a "blog," so I felt a sense of urgency to get the facts straight before misinformation was widely shared. An on-line search of Roosevelt’s May 1903 western tour itinerary showed me he arrived in San Francisco on May 12. Ten days later his private presidential train reached Centralia and Chehalis. The following day, May 23, he boarded a naval vessel for a gala departure to Seattle, and Spokane in 1911 and 1912 brought him to Snohomish County. However, she did note that it was common for cities or businesses to claim a TR visit, true or not, as that could be very lucrative for businesses, and the Roosevelt foundation has recorded many instances of such claims.

Thus, we historians try to hone our facts, again and again. Get all the versions of a story in one place and fact-check with reliable, unchanged and often digitized original documents. You may have to raise the question of the "truth" with the TR foundation as well. Advice? Check your sources, double-check. If it’s your own when we’ve made mistakes – a humbling exercise, but necessary. In this age of misinformation was widely recorded many instances of such claims.

Now, on to the claim that Index had a population of 2,000 in its boom days. That number was given to a Seattle Times reporter by the same Bush House owners who claimed that Roosevelt stayed at their hotel. It appeared in an article of September, 1978, based on an interview prompted by the owners’ difficulties in obtaining a liquor license, critical to the success of their hotel-restaurant enterprise.

It’s possible that, as newcomers to the area, they heard that figure bandied about by Index old-timers, who may have been elaborating on the fact that Index served the needs of hundreds of loggers and miners who lived and worked up the Skykomish River Valley in the early 1900s. However, fitting all those folks into those ten by two blocks with mostly one-story houses would stretch credibility. In fact, the official government census figures of 1900 (pop. 364), 1910 (pop. 417) and 1920 (pop. 512) tell the true numbers. Even if one counted the 12 lumber mill workers’ houses across the river from the town, it’s hard to imagine getting to 2,000 population. However, once that figure was printed in a reputable newspaper, it became "fact" in the minds of most readers.

Thus, we historians try to hone in on facts and right the wrongs of the written word, especially our own when we’ve made mistakes – a humbling exercise, but necessary. In this age of misinformation flying about digitally it can be easier. Delete this, substitute that. However, the printed page hangs in there unchanged and often digitized as well. Advice? Check your facts, again and again. Get all the versions of a story in one place and facts check with reliable, original documents.
There are countless benefits of adopting a cat or dog, regardless of our age or the age of the animal. Research tells us that companion animals, such as cats and dogs, can help improve our physical and mental health. By adopting and spending time with an animal friend, you can experience the benefits of lowered stress levels and blood pressure. Those who own a pet tend to take better care of themselves. Caring for a pet helps develop an active routine, encouraging owners to eat regularly or exercise habit. The PAWS Senior for Seniors adoption program is designed to help seniors rediscover the joys of having a cat or dog in their lives. The program places senior cats and dogs, typically over nine years of age, with adults 60 years of age or older. The expert matchmakers at PAWS will help seniors select a companion that fits their lifestyle and housing situation at a reduced adoption rate of $35 for cats (normally $50) and $50 for dogs (normally $110). The program is open to residents of Washington. A senior’s quiet and doting home is the perfect place for an older animal looking for a new home. Senior animals are frequently gentler and calmer than their younger peers and often trained in many aspects of their behavior. However, it’s worth keeping in mind that for a senior experiencing trouble walking or with a limited ability to provide frequent attention to a pet, a cat might be a better choice than a dog.

For more information about the PAWS Seniors for Seniors adoption program, or to arrange a visit to the PAWS animal shelter in Lynnwood, please visit paws.org/adopt or call 425.787.2500 extension 850.

The PAWS Senior for Seniors program places senior cats and dogs, typically over nine years of age, with older adults.

The bright side that many hospitals, rehabilitation centers, and long-term care centers have established pet visitation programs for patients. A study by the University of Michigan, sponsored by AARP, found that 70% of older adults believe their pets help them cope with physical or emotional symptoms, and 46% said their pets help take their mind off of chronic pain. The PAWS Seniors for Seniors adoption program is designed to help seniors rediscover the joys of having a cat or dog in their lives. The program places senior cats and dogs, typically over nine years of age, with adults 60 years of age or older. The expert matchmakers at PAWS will help seniors select a companion that fits their lifestyle and housing situation at a reduced adoption rate of $35 for cats (normally $50) and $50 for dogs (normally $110). The program is open to residents of Washington. A senior’s quiet and doting home is the perfect place for an older animal looking for a new home. Senior animals are frequently gentler and calmer than their younger peers and often trained in many aspects of their behavior. However, it’s worth keeping in mind that for a senior experiencing trouble walking or with a limited ability to provide frequent attention to a pet, a cat might be a better choice than a dog.

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desegregation and the civil rights movement in the late 1950s and 1960s, Juneteenth was revived and became an official holiday in Texas. Over time, Juneteenth commemorations featured music, barbecues, prayer services and other activities, and as Black people migrated to other parts of the country the Juneteenth tradition spread. In June 2021, Congress passed a resolution establishing Juneteenth as a national holiday. President Joe Biden signed it into law days before the very first Juneteenth would be commemorated.

Today, Juneteenth celebrates African American freedom from slavery, while encouraging continuous self-development and respect for all cultures. The meaning of Juneteenth is being seized more broadly by activists as an opportunity for the United States to come to terms with how slavery continues to affect the lives of all Americans today—it is something for everyone, of every race, to engage in. While the national holiday obviously would not end racism, it continues to spark dialogue about the trauma that has resulted from the enslavement of more than 4 million people for more than 250 years.

**Our partnership with DVS has been an incredible boon for our older adult clients,” said Kris Lau, Adult Family Home Program Supervisor. “Our intensive case management team in coordination with DVS has really streamlined the process of connecting our clients with supportive resources and getting them out of dangerous situations.”**

At DVS, we help seniors aged 60 and older navigate intimate partner elder abuse—a type of domestic violence that occurs within an intimate relationship like a spouse or partner. We assess the client’s immediate needs through one-on-one support, develop safety plans, and discuss options for services and resources to help keep older adults safe. We also connect survivors with community resources like housing assistance, counseling, and legal advocacy program. In addition, we connect survivors with our internal financial support services.

Another community resource is the Snohomish County Domestic Violence Program (DVS). In partnership with HomeAid of Snohomish County, this program delivers blankets to support groups to any one who has experienced any form of elder abuse and facilitates a connection to a supportive outside force. The partnership also provides direct support to connect older abuse survivors with many resources, including mental health, transportation, and nutrition support.

**Medication Safety Program**

**Free resources and videos for Snohomish County residents ages 60 or older and adults with disabilities. Topics include:**

- Safe use, storage, & disposal of medications
- Communicating with your health care team
- Understanding addiction
- Recovery and getting help

**Continued from page 1**

spend or hold joint accounts, creating secrecy within their financial affairs. Perhaps a stranger or house-bound person in your community, consider some of the following activities:

- Regularly check in on loved ones or neighbors
- Volunteer as a friendly visitor to an older adult, or house-bound person in your neighborhood.
- Learn the rules to social functions, grocery stores, or medical appointments
- Provide respite breaks for family caregivers
- Volunteer in areas within the county that can help. For example, seniors can volunteer for exercise, community meals, art programs, and companionship. Survivors like these are crucial in keeping seniors engaged and connected, decreasing their chances of becoming isolated and vulnerable.

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Another community resource is the Snohomish County Domestic Violence Program (DVS). In partnership with HomeAid of Snohomish County, this program delivers blankets to support groups to any one who has experienced any form of elder abuse and facilitates a connection to a supportive outside force. The partnership also provides direct support to connect older abuse survivors with many resources, including mental health, transportation, and nutrition support.

**Medication Safety Program**

**Free resources and videos for Snohomish County residents ages 60 or older and adults with disabilities. Topics include:**

- Safe use, storage, & disposal of medications
- Communicating with your health care team
- Understanding addiction
- Recovery and getting help

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Carl Gipson Center Profile: Pam Ovendale

By Cory Armstrong-Hoss
Contributing Writer

In the 1960s, when Pam Ovendale’s father Bus developed Rheumatoid Arthritis (RA), the medical community didn’t have any answers. Bus was an active WWII veteran, a father of four — but RA gripped him from his early 40s on, and Pam saw him in constant pain, joints swollen, and eventually confined to a wheelchair. Bus’ affliction is the rare cloud in Pam’s sunny memories of a Spokane childhood. Pam and her siblings Nancy, Randy, and Clark rode their bikes all over; sometimes to the 5 Mile area, filled with forests, north of town. In the summer they’d hop on a city bus for a dime and go across town to swim at Comstock pool. Pam graduated from North Central High School in 1963 after serving as Editor of the North Central News, the school paper. She didn’t have money to go to college right away, so she took a job at Seafirst Bank to save up. Pam hadn’t planned on it, but Tom walked into her life and they married in 1964, and then came Tom Jr, Corey, Jessie, and then Ty ten years after the rest. During the next years, Pam raised her kids in Spokane, except for one 1.5-year adventure in Kaneohe near Honolulu when Tom was temporarily transferred. But one day, after 25 years at the bank, Pam made a decision: it was time. She would go to college.

She started at Spokane Falls Community College in 1989, at 44 years old. During the next 18 years, Pam studied and worked to understand autoimmune disorders and inflammation, working to understand and remedy those diseases — like Rheumatoid Arthritis — that her father and thousands of others suffered from. “I worked with a lot of mice,” Pam says with a smile. “But I was pleasantly surprised by the variety of activities offered at the Gipson Center. I had no idea how much they had going on! I think it provides a real service to the community.”

To catch Pam, you’ll have to move fast. She’s in Cora’s 9:30 am Forever Fit class most days, when she’s not traveling to faraway lands or spending time with her four kids and four grandsons. Cory Armstrong-Hoss is the Director of VOA’s Carl Gipson Center in downtown Everett. Homage partners with the Center to provide meals, mental health counseling, and social support to seniors. Find out more at: www.voaww.org/gipson-center.

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Step into Summer with Sno-Isle Libraries

Take a break from the summer heat and visit Sno-Isle Libraries to browse the shelves, surf the internet, or join a program. Sno-Isle Libraries offers helpful, interactive programs and events to align with your interests. Programs and events are communally offered both in-person and online.

Library staff are available to provide recommendations for your summer reading or help load your kids for vacation. Planning a staycation? Come check out a Discover Pass from your community library to explore the trails.

Your library card opens a world of possibilities and endless summer fun. This summer you could learn a language, enjoy Summer Reading events with your grandparents, or connect with your community at your local library.

Sno-Isle Libraries is adding 350 open hours across 23 locations starting July 1. This means more time for you to drop in when it’s convenient for you. Plus, you can add some color into your life with one of the newly designed library cards.

There are hundreds of resources available to you, some highlights include:

- Read local and national newspapers online or at your library
- Listen to audiobooks online or check out a CD
- Learn to use a program like Microsoft Excel or Word with LinkedIn Learning
- Check Consumer Reports before you buy a product
- Search for reliable information on a topic with the latest news, research, and more
- Discover your ancestry
- Find resources to help with will and estate planning

Are you not sure where to get started? Book a Librarian to help explore your options, provide recommendations, or match your interests with resources available.

Our library staff looks forward to seeing you this summer, even if it is just to enjoy the air conditioning!

Find your community library at sno-ise.org

Plumber Needed

More than half of the home repair calls we receive each year are from seniors requesting plumbing help. We cannot meet the demand for these critical home safety repairs.

Are you a licensed plumber? Do you know a licensed plumber?

Apply online at www.homage.org/employment

by helping check-in at guests and assist in the kitchen on Wednesdays.

Volunteer drivers — Help seniors get to and from appointments, medical procedures, and essential errands. Clean driving record, proof of insurance, and vaccination are required. Mileage reimbursement available.

Yard work — Many seniors need assistance with outdoor chores. Please consider this seasonal opportunity.

Ongoing volunteer recruitment for:

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+ and meet income guidelines.

Senior Companion Program in Snohomish and King Counties — Help seniors stay in their homes by providing socialization, lunch or walking buddies, transportation, and organization support through weekly visits or phone calls. Must be 55+ and meet income guidelines.

Senior Peer Counseling — Volunteering is a perfect option for those who enjoy talking to others and would like to continue helping our community. Must be 55+.

Volunteer drivers needed to help seniors meet income guidelines.

Seeking volunteers in the following programs:

Mandarin speaking volunteer needed to help support the Hispanic Group on the first and third Fridays of each month.

Vietnamese speaking volunteers needed to assist the lunch program.

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Currently in place. Community partnership volunteers develop- ing ties between CRI and local benevolent organizations. Marketing volunteers implementing a print-based advertising campaign. Special events volunteers helping organize regular social and educational activities for CRI members. The activities of all volunteers are on an as-needed basis, generally accomplished remotely, and coordinated by the CRI Committee leads using email or Zoom. Instructions and guidance on individual tasks is provided to new volunteers through the same avenues. If you are interested or have questions, please respond to CRI@edmonds.edu and tell Uyana you heard about CRI from RSVP.

2) Catholic Community Services (CCS) Volunteer Services program provides a network of services to help elders and functionally disabled adults stay independent and live in their own homes. Services include light housework, grocery shopping, yard work, and transportation. Volunteers generally provide 2-4 hours per month, assisting their neighbors, depending upon their schedules and availability. Both the CCS client and volunteer must have their vaccination card on file in the CCS office.

3) SHIBA (Statewide Health Insurance Benefits Adventur). As part of the insurance commissioner’s consumer’s insurance ombudsman program, SHIBA provides free, unbiased confidential assistance with Medicare and health care choices. SHIBA will provide new volunteers 8 hours of Basic Training classes and up to 6 months of mentoring. The on-going required training is 3 hours per month for nine months out of the year. As a SHIBA volunteer, you guide consumers through the Medicare maze to help them to make the right decisions regarding health insurance. Opportunities to volunteer include:

SHIBA Advisors work a 3 to 4 hour shift (depend- ing on demand) each week. Time commitments increase during Open Enrollment (October 15 – December 22). Volunteers must have basic computer skills and the ability to manage Zoom technology. Many advisors work from home using their own cell phones. It is not required that you come into the central office located at the Edmonds Waterfront Center.

SHIBA Volunteer Office administrative assistant: will assist the local SHIBA Coordinator with on-site management. Work may include data entry, recordkeeping, reporting, planning and other organizational tasks, preparing mailings, tabulating reports, distributing materials, or providing customer protection services. Certain events require attending training allowing them to reach more of our neighbors. Volunteers receive supplemental insurance while volunteering and mileage reimbursement.

Volunteer Opportunities:

1) The Creative Retirement Institute (CRI) at Edmonds College is seeking volunteers to assist and augment its regular volunteer population. CRI is a nonprofit, self-supporting organization whose mission is to provide affordable, quality lifelong learning opportunities for adults in a sup-portive environment. For more information on CRI select this link: cr.edmonds.edu/lifelong-learning/ cri/volunteer.html. As CRI hopes to return to the “real world” by next fall, it is planning to extend its activities through projects requiring additional willing hands. Though CRI membership is not a requirement for volunteer participation, anyone interested in CRI is welcome. Opportunities to volunteer include:

Social networking volunteers with experience in organizational social media accounts to enhance the fledgling CRI social networking program.

Volunteering:

• 8 hours of Basic Training classes
• 3 to 4 hour shift (depend- ing on demand)
• Time commitments increase during Open Enrollment (October 15 – December 22).
• Basic computer skills and the ability to manage Zoom technology.
• Many advisors work from home using their own cell phones.
• It is not required that you come into the central office located at the Edmonds Waterfront Center.

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