New legislation eases consumers’ financial concerns

By Cathy MacCaul
AARP Washington Advocacy Director
Contributing Writer

It was a race to the finish, as AARP advocates and volunteers worked tirelessly to pass legislation during this year’s 60-day legislative session. Several priority bills received most of our attention, as AARP focused on legislation to help older Washingtonians hold onto as much of their income as possible. This multi-pronged approach to keeping money in our pockets spanned a variety of issues, including help paying for hospital visits, expanding senior property tax exemptions, preparing for the cost of long-term care, and providing digital access to health information.

Senior Property Tax Exemption – At the beginning of 2022, new changes to the state’s senior property tax exemption program have expanded the number of dedications taxpayers can take to determine whether or not they are eligible for partial tax relief. According to the new changes, older adults and those with disabilities can deduct out-of-pocket costs for prescription drugs, home care costs, Medicare and Medicare supplemental insurance premiums, long-term care insurance, and medical equipment.

To be eligible, property owners must be at least 65 years of age or disabled, a veteran with an 80% service-connected disability, or the surviving spouse or domestic partner who is at least 57-years-old and

by Nancy Brossemer, MS, CC, CGCS
Hodge Lead Mental Health Counselor

Here we are in May already. It seems like this month really snuck up on us. May is Mental Health Awareness Month. During this month, emphasis is placed upon awareness, education, and advocating for mental health. Mental Health is a subject we should all be discussing with our doctors, friends, family, or a counselor. There are a lot of things going on around us these days, and the anxiety you feel right now is natural.

The definition of anxiety is a feeling of worry, nervousness, or unease, typically about an impending or upcoming irremediable event or something with an uncertain outcome. For example, anxiety may be caused by transitioning to a new living situation, fear of losing independence, uncertainty surrounding whether or not to live with your children, living with medical conditions, or uncertainty about the future. The events that cause anxiety may change over time, but the definition of anxiety does not.

Some of the common symptoms of anxiety may include:

- Nervousness
- Fear
- Inability to control emotions
- Hypervigilance
- Racing thoughts
- Difficulty sleeping
- Excess heart rate
- Trouble breathing
- Excess sweating
- Gastrointestinal issues such as indigestion, nausea, and stomach cramps
- Inability to concentrate

It’s important to note that different people may have different symptoms. You don’t have to have every symptom listed above to be diagnosed with anxiety.

Personal Needs Allowance (PNA) — A $1,184 increase to the PNA, which is the income that a Medicaid recipient can keep above the federal poverty level. More information on the new college and education mandates can be found at CharityCare.

Inability to concentrate

Hypervigilance

Inability to control emotions

Fear

Trouble breathing

Excess sweating

Gastrointestinal issues such as indigestion, nausea, and stomach cramps

Inability to concentrate

It’s important to note that different people may have different symptoms. You don’t have to have every symptom listed above to be diagnosed with anxiety.

Finding your island of peace in a world of anxiety

By Nancy Brossemer

Sometimes you may find yourself avoiding the event that’s causing the anxiety, and although this may provide some short-term relief, it is not a long-term solution. Some of the things you can do to help decrease anxiety include:

- Eat a balanced diet
- Limit alcohol
- Take a time-out
- Talk to someone
- Find out what triggers your anxiety
- Talk to your doctor about medications

I often spend time searching for inspirational sayings for myself and to share with others. These sayings can motivate us to take a step back from what we’re focusing on that is hurting us and causing us pain and allows us to reframe our thinking more positively. Recently, I came across this quote by Arthur Sommer Ruckel:

“Anxiety is a thin stream of fear trickling through the mind. If encouraged, it can burst into a flood.”

Continued on page 10

ATTENTION SENIORS AND EMPTY NESTERS
Are you thinking of selling the place you call HOME?

DON’T DO A THING! Until... you’ve read this report: 11 THINGS YOU NEED TO KNOW to Pass a Home Inspection... BEFORE you list your home for sale... not after!

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.

This report is courtesy of Authority Real Estate. “I feel obligated to sell properties correctly”

GET YOUR FREE COPY TODAY! 800-344-0807 ext 3159

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GET YOUR FREE COPY TODAY! 800-344-0807 ext 3159
Homage announces new CEO

By Homage Senior Services

‘The Board of Directors of Homage Senior Services is pleased to announce the appointment of Keith Bell as Chief Executive Officer.‘

‘The Board is very excited to welcome Keith as the new CEO of Homage,’ said Shelly Finn, Homage’s Board President. ‘Keith brings a wealth of experience from the organizations he has worked so for in the past. His valuable expertise will benefit Homage as we enter the fifth decade serving older adults and people living with disabilities in Snohomish County.’

Keith has worked with the older adult population in the health-care insurance industry for over 30 years. He has extensive experience in leadership, strategy, marketing, communications, building infrastructures, and successfully growing organizations.

‘I look forward to building strategic partnerships and continuing to build on this incredible legacy which has already contributed so much to our community,’ said Keith. ‘I am very proud and honored to be part of this great organization. Homage provides lifesaving programs and services for some of our most vulnerable neighbors. Providing quality care and services for this often under-served population is near and dear to my heart.’

Before being named CEO in April 2022, Keith was acting CEO following Steve McGraw’s retirement in November 2021. Prior to that Keith was Homage’s Chief Operating Officer responsible for overseeing the daily operations of Homage’s programs.

A note from Keith Bell

Since I’ve joined Homage, I’ve seen such extraordinary compassion and generosity from our community — folks like you who genuinely care about seniors and their safety. I am in awe of your strength and commitment, especially during some very trying times.

My desire to become part of Homage and this caring community stems from years working in the healthcare industry. It was when I started helping organizations launch Medicare programs that I developed a special interest in the senior population. It’s one of the many reasons I came to love Homage.

The other reason is because of you!

You’ve shown that together, we can tackle anything. Because of caring folks like you, Homage came through 2020 and 2021 stronger than ever. I know that, no matter what the challenges are, together, we will make sure our older adult friends and neighbors have reliable care and resources to keep them safe, healthy, and happy.

These past two years have been challenging for everyone. I want to thank you for tuning into the challenge and recognizing just how difficult it was for isolated older adults and people with disabilities. You are the reason seniors didn’t go hungry, that emergency supplies were quickly delivered, and an isolated and senior received regular safety checks from a caring staff member.

As we work to come out of this pandemic, new challenges for older adults having been created. As you can imagine, the need for mental health services has skyrocketed. Meals on Wheels deliveries have escalated, and with the rise in fuel prices, the cost to deliver meals has doubled. Creating safe, social contacts for older adults to connect plays a vital role in their well-being. In addition, years of neglected home maintenance have left seniors in urgent need for home safety repairs.

The needs can seem endless, but your dedication and commitment to the care of older adults is what brings me hope for a brighter future.

And, now with my mother’s generation aging, it comforts me to know that we live in such a supportive community. A community made up of caring people like you. Thank you for being part of the Homage family.

I look forward to the good work we will do together in 2022 and beyond.
For meeting location, Zoom links, and more information, please contact:

FREE and CONFIDENTIAL support groups for any older adults who have experienced or are experiencing elder abuse.

- Michelle at 425-678-8862 or michelleb@dvs-snoco.org
- Jennifer at 425-355-1118 or jtaylor@homage.org

Elder Abuse Support Group

Every Other Monday
11:30 am to 1:00 pm
Virtual or In-Person

Homage
May 2022

The Seniors Farmers Market Nutrition Program is here!

The Seniors Farmers Market Nutrition Program (SFMNP) is back in Snohomish County for Summer 2022. The program provides seniors with resources in the form of fresh, nutritious, unprepared, locally grown fruits, vegetables, herbs, and locally produced honey from local authorized farmers’ markets and farm stores to low-income seniors. Making it easier to add fresh fruits and vegetables to your diet, increase health and well-being, and support local farmers and community supported agriculture, too! Community members are excited for the program this year. A local community member shared that family members received the SFMNP vouchers last year and it was a joy to see them pick out fresh fruits and vegetables they normally don’t purchase, plus it was such an enjoyable outing for them!

“We are grateful for the Farmers Market Voucher program. Each year, participants are excited about the service. It’s encouraging to know our clients can access fresh fruit and vegetables,” shared Homage Director of Nutrition Leah Hammam.

Eligible low-income seniors receive a minimum of $40 worth of program checks to purchase fresh fruits and vegetables directly from local authorized farmers’ markets or farm stores.

Who is eligible?
- Age 60+ for non-Native Americans
- Age 55+ for Native Americans
- Low income:
  - Up to $2,096/month for 1 person
  - Up to $2,823/month for 2 people
  - For larger households, add $728 per person

Apply now! Applications are being accepted and reviewed. Applications received by June 3, 2022, will receive priority. Program checks will be awarded to eligible applicants on a first-come, first-served basis. The application period ends July 15, 2022. To learn more about the program, including eligibility requirements, to apply easily online, or for other application information, please visit www.snohomishcountywa.gov/1002/Nutrition-Programs.

Applications are available online in English and will soon be available in Spanish, Vietnamese, Chinese, Korean, Tagalog, Amharic, Tigrinya, and Russian. Google Translate is also available. Please call Homage at 425-513-1900 if you need assistance with the application process, or if you have any questions about the program.

The SFMNP is sponsored by the U.S. Department of Agriculture; the Washington State Department of Health, Office of Nutrition Services; and the Washington State Department of Social and Health Services, Aging and Long-Term Supports Administration.
The Everett Theater's facade rebuilt was rebuilt in 1924 after a fire.

Today the Historic Everett Theater is listed on the Washington State Register. Lifelong historians Ed and Betsy Morrow lovingly restored the Van Valey house and had it added to the Everett Register. The property, transferred to the City of Everett in 2002, recently became a second home for the Everett Museum of History to house events and exhibits as they prepare their Colby location. Within Everett there are two dozen nationally registered locations, four on the state registry, and forty-two on the Everett Register.

Historical markers are another important preservation tool. In 2016 a group placed a monument to commemorate the Everett Massacre Centennial at the foot of Hewitt. It's a simple marker, but points to an important location that may otherwise be overlooked by the passerby. The wrecked ship is one of two nationally registered vessels in Everett—other being the schooner Coaster II. The Everett Theater Society works for years to keep the doors open at the storied entertainment palace.
found that people often have a hard time seeing their daily lives and surroundings as future history. Just as we find old homes interesting compared to modern homes, some day your home will be of interest to others. There are unrecognized gems hidden in plain sight. Tucked into residential streets are three unassuming homes that are the only remaining listings from the Negro Motorist Green Book. Historians Mary Darby and Deb Fox are working to recognize these structures in ways that are respectful to the history and the privacy of residents. A space under the Sno-Isle Co-op was once home to The Underground, a long-serving haven for Everett’s LGBTQ+ community; its story has been only partially recognized on HistoryLink and deserves more research.

These advocates have one thing in common: something grabbed their attention. This work begins with locals passionate about their city. They seek to preserve places they love for future generations. They want to amplify stories that resonate with their own lived experiences. They desire to see their own identities reflected in acknowledged and taught histories. Their efforts improve the landscape we live in and our understanding of the past. They spend countless hours digging through directories, records, and microfilmed Everett Herald. They are not an exclusive club. If you have a story you want to save and share, I encourage you to reach out. The Northwest Room has been and always will be a connector site for people who want to engage in preservation work and storytelling of all kinds. Contact us at libnw@everettwa.gov or 425-257-8005 to get started.

CONTINUED FROM PREVIOUS PAGE

With the Humana Gold Plus H2486-006 (HMO), you get everything you have with Original Medicare, and more. And get it for a $0 monthly premium. Benefits include:

- $0 copay for each primary care visit
- No Rx deductible
- $1,000 dental coverage annually for select services, plus exams, X-rays, cleanings, fillings and more
- $10 acupuncture copay
- Rides to your doctor - 24 routine one-way trips*

Humana supports you every way you need support. That’s human care. Helping you with the budget is only right.

Lee and Leona's wedding, June 27, 1964

That’s when Lee started writing to a girl he’d never met, who lived over a thousand miles away. A traveling Mennonite couple connected Lee with Leona, a Christian girl they knew back in Cardale, Pennsylvania. Lee and Leona began writing letters, and didn’t stop for three years. For the first two they didn’t exchange photos, but one day, Leona sent Lee a picture, and Lee remembers that day in Wichita, taking it out of the envelope. “Oh my goodness! I saw that picture I wanted to get on an express bus. She looked like a Black Mona Lisa.” Lee worked up the courage and sent her a photo of him, and after all those letters, the two got engaged.

But, Pastor Lee almost didn’t make it to his own wedding. He had to replace the motor in his 1956 Chevy Bel Air, which delayed his trip. “The officer took Lee back to a jail in Kansas on a Friday night. Lee was due in church on Sunday morning over 1,200 miles away.” Lee’s brother back in Saginaw sent money, and Lee got out on Saturday morning. He prayed and prayed, and up to this day he swears he did 100 mph on the turnpike the whole way to Pennsylvania. He sped down to get the marriage license, then the tuxedo, and arrived in time to marry Leona. It was June 27, 1964.

Fifty-seven years of marriage have taken Lee and Leona to Colorado, Indiana, Illinois and finally here to Washington, to be near their daughter Michele.

Today Lee lives in a group home in Mountlake Terrace, and his Doctor has advised him not to go places alone. Before he found the Gipson Center, he was often alone, by himself, in his room. “I needed a place to go. You see, I’m an extrovert, and there’s so many nice people here. Instead of sitting around doing nothing, this place makes me enjoy getting older.”

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.
Happy Older Americans Month to you all! This year’s theme is “Age My Way,” and Homage is committed to change the narrative around aging. We invite you to join us in speaking out! Addressing Ageism in HealthCare on June 23rd from 1:00pm – 2:30pm. This online workshop will include a discussion on how to recognize when ageism is present, why deeper understanding and respect for older adults is critical, and how to combat ageism and advocate for a loved one. If you would like to participate, please call 425-265-2281 or email Tammy Morris at tammy@homage.org.

Homage’s volunteer program is so fortunate that many folks, after retirement, have consciously chosen to enhance their lives and time through volunteering. Both the Homage center and client reap countless benefits from their connections with each other. Below are volunteer opportunities for you to get involved and make a difference in your life and in the life of a senior.

SEEKING VOLUNTEERS IN THE FOLLOWING PROGRAMS:

Multicultural volunteers needed in various positions - The Homage Center for Healthy Living is now open and we need enthusiastic bilingual volunteers to help us with our multicultural programs. Including:

- Lunch check volunteer for Vietnamese Senior Group. Must speak Vietnamese and be available on Wednesdays.
- Group coordination volunteer for Hispanic Senior Group. This volunteer must speak Spanish and be available on Fridays.
- Mandarin-speaking volunteer needed for monthly timesheet reminder calls to Chinese volunteers.

Volunteers work to transport our Multicultural clients - Seeking volunteers with driving experience to help provide transport for multicultural clients in a 13-passenger Homage vehicle. Roundtrip transportation from client’s home to the Center for Healthy Living. Multiple volunteers needed to staff Monday through Friday groups. Clean driving record along with a current CDL is required.

Volunteer drivers - Help seniors get to and from appointments, medical procedures, and essential errands. Clean driving record, proof of insurance while volunteering. Mileage reimbursement available.

Yard work - Many seniors need assistance with yard work. Please consider this seasonal opportunity.

Foster Grandparent Program - Older adults provide children with special and/or exceptional needs one-on-one support at community locations. Must be 55+. Small stipend for those who meet income guidelines.

Senior Companion Program in Snohomish and King Counties - Help seniors stay in their homes by providing companionship, walking buddy, transportation, and organization support through weekly visits or phone calls. Must be 55+ and meet income limits to volunteer.

The Homage Volunteer Manager, Michelle Frye, has over 20 years of experience leading volunteer programs in homeless shelters in the greater Puget Sound area. With expertise in recruitment, training, management, and program development, Michelle has successfully managed volunteer programs and increased participation by more than 500%. She can be reached at mfschelps.org or call Diane Rogers at 360-568-7014.

Volunteer work is an important part of our mission to enhance the lives of our clients. Our clients are the reason we exist. Without their volunteer support, we could not continue to provide the level of care and attention our clients deserve. We are forever grateful for the dedication and commitment that our volunteers bring to our work. Volunteering is a powerful way to give back, to make a difference, to make a positive impact on others’ lives, and to see the impact your efforts make. It is also a rewarding experience for the volunteer themselves, offering opportunities for personal growth, new skills, and the satisfaction of making a difference in the lives of others.

For more information, or to volunteer, contact Michelle Frye at (425) 789-6787 or mfrye@homage.org.

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Reduce your PUD bill by 25% or 50%, depending on your income level.
To see if you qualify for an income-based discount, visit sno-pud.com/discounts or call our friendly Customer Service Team: 425-783-1000

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Take the library with you on the go!

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Take the library with you on the go!
Black bean cake: A satisfying and healthier dessert

By Whitney Johnson
Homage Nutrition Assessor

BLACK BEAN CAKE
• 1 box chocolate cake mix
• 1 15–ounce can black beans, undrained

DO NOT ADD EGGS, WATER, OR OIL

Prepare a 13 X 9 pan and heat oven to 350°F. Do not add eggs, oil, and water. The liquid in the beans is sure to make a moist cake without altering its chocolatey taste! By incorporating the pureed beans into the cake mix, the binding agent that would otherwise be eggs, oil, and water. The pureed beans provide a consistency to create a moist cake while adding vegetarian protein and fiber without altering its chocolaty taste! By eating beans, this cake is cholesterol free and vegan friendly. Feel free to add a frosting of your choosing to your black bean cake. This recipe yields plenty to share with friends and family and is sure to bring happy-bellies news.

References:
www.myplate.gov/eat- much-water-do-you-need
www.eatright.org/food/nutri-
www.cdc.gov/diabetes/nutri-
www.clinicalnutritionjournal.

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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• Clean, shopping and services
• Income restrictions apply
• Pets welcome

For information, call 425.319.1044

www.everettwa.gov/hawkinshouse
Education as a second act for older adults

By Tammy Morris
Homage Volunteer Coordinator

Life is like a play, unfolding in acts from childhood onward. As older adulthood approaches, we face the question of whether to retire or if not ready for that, then what is next? This thought process can begin as early as our late 40s. Thanks to medical advances, many people today in their 60s, 70s, and 80s remain active, both physically and mentally. But unfortunately, institutional and societal bias is so ingrained and unconscious that older adults often question whether they are capable of second acts.

Education is an increasingly popular choice for older adults.

Attending school as an older adult has benefits such as reducing the risk of memory loss and improving cognition. Students also experience social connections to a broader swath of society. Reasons for returning to school vary for older people but often include a yearning for new challenges and continued learning, achieving a long-held goal, and searching for a second career (or second act). As of 2019, 3% of all college students were aged 50 and over. And of those students, one percent were aged 65 and older. Cumulatively, the percentage of college students over 35 is 23% and growing.

Kathy Rosser is the Lead Mental Health Counselor at Homage. Tackling new challenges and learning new things is the timeline of her life. She has been a pre-med student in college on scholarship, received a degree in Mechanical Clinical Technology, and worked as an EKG Technician. After that, there was a stint in the Air Force and then came a degree in accounting. Nancy worked in finance for 15 years and during that time, attended graduate school, receiving her master’s in Social and Human Services. My interest shifted during that time, attended graduate school, receiving her master’s in Social and Human Services. My interest shifted during that time, attended graduate school, receiving her master’s in Social and Human Services. My interest shifted during that time, attended graduate school, receiving her master’s in Social and Human Services. My interest shifted during that time, attended graduate school, receiving her master’s in Social and Human Services. My interest shifted during that time, attended graduate school, receiving her master’s in Social and Human Services. My interest shifted during that time, attended graduate school, receiving her master’s in Social and Human Services. My interest shifted during that time, attended graduate school, receiving her master’s in Social and Human Services. My interest shifted during that time, attended graduate school, receiving her master’s in Social and Human Services. My interest shifted during that time, attended graduate school, receiving her master’s in Social and Human Services.

And then there is this author. In 1970, at age 38, I was given three months’ notice of an impending lay-off. I had worked for 13 1/2 years at various transportation companies in different office roles. As I looked around for jobs, I realized I had two things against me: my age and the need to take classes to update my technology skills. As I perused that college catalog, my interest shifted to degree programs. Why not me or the food bank: 360-794-7959 or email: endhunger@svfoodbank.org

Edmonds Food Bank—needs volunteers to deliver groceries to seniors and disabled clients driving their own cars each Tuesday between 10 and noon. The delivery takes 1 to 2 hours and the volunteer must be able to carry 2 bags of groceries to the client. If you would like to volunteer long-term, short-term, or just once-time, contact me to get started at Paullette@csow.org or 425-374-6311.

Nancy and I agree that our pre-vious life experiences made us excellent students. We learned that “education and life experience are reciprocals.” Like her, I have an ATA in Social and Human Services. My decision to go to school, though, was based on how many years I had left to work and what I wanted to do with that time. Going to school is the most challenging “job” I have ever had. Like Nancy, I had two internships (or Practicums) with Homage, back-to-back. I also now work for Homage, in a job that I love, with an unparalleled super-visor, and surrounded by terrific coworkers who all share the same drive to help and support seniors in whatever ways are available to us. Though sometimes I questioned if I was capable of my second act, I remained committed to that leap of faith in myself, and I did the right thing!
Peace
CONTINUED FROM PAGE 1

which all other thoughts are drained.

Anxiety is exhausting. Between physical symptoms and mental fatigue, it’s very easy for people experiencing anxiety feel drained. Mike Hughes (2017), a physician assistant in psychiatry, digs deeper into this quote in a way that I found eye-opening. He wrote, “If you’ve been affected by anxiety, you not only understand this quote, but you can viscerally feel it. [one] doesn’t lead the mind, the mind will instead lead. If [you’re experiencing]

Legislation
CONTINUED FROM PAGE 1

was married to someone previously receiving the exemption.

Digital Navigator Fraud Training – The COVID pandemic has forced us to rely much more on the internet for virtually everything: food, medicine, doctor visits, shopping, and social con-

nection to family and friends. During the pandemic, a great deal of work went into expanding access to internet services. Still, those new to the internet or with limited understanding need support and training to utilize the technology.

Digital Navigator services are essential in helping new internet users get online. These resources will support individuals seeking work, families supporting students, English-language learners, Medicaid clients, people experiencing poverty, and senior citizens.

Digital Navigator services will include developing a hotline that community members can call during standard business hours for assistance or a chat environment with support from Digital Navigator. They will also offer ongoing digital literacy skills training, including technical skills and application support across a broad spectrum of devices, platforms, and applications in communities throughout Washington. More information can be found at TechConnect at connect-wa.org or calling 800-236-1132.

WA Cares — In December of 2021, the legislature passed the start of WA Cares to make further improvements to the program. The original legislation had a narrow path for those who would retire before the 10-year vest-

ing requirement to be eligible for WA Cares. Including benefits for near-re-

turers was the number one priority for AARP.

With the passing of HB 1732, more than one million near-retirees are now covered by WA Cares programs to help pay for care services that keep us in our homes as we age. Washington workers born before 1966 will qual-

ify for partial benefits on a pro-rated basis, which equals 10% of the $36,000 benefit for each year they have paid into the fund.

As we navigate our reemergence from the pandemic, the roll-out of WA Cares will continue to work with policymakers and legislation to help ease the chal-

lenges facing older Washingtonians. You can learn more about our activi-

ies by visiting www.aarp.org/wa.

The Josephine Caring Community Difference

For over one hundred years, the Josephine Caring Community has been a respected & caring place to call home. Saratoga 360.629.2126

If you’re experiencing a mental health crisis, please call the 24-hour Crisis Line: 1-800-584-3578. Now, let me ask you this question, “How can we help you find your island of peace?”

Throughout the world today, over 40 million people are dealing with anxiety. So, it’s safe to say you are not alone. If you have questions or would like more information about anxiety and how to treat it, please call our Older Adult Access Line at (425) 290-1260. Now, let me ask you this question, “How can we help you find your island of peace?”

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