Homage Transportation Assistance Program (TAP) adds a New Route

By Katie Wilkinson

Homage has answered the call from area folks clamoring for more public transportation access between Arlington/Smokey Point and Darrington. The Centers for Disease Control (CDC) reports that 41% of the rural population, approximately 12 million people, live in counties without public transportation. Even when public transportation is available, it is often inconvenient and insufficient, particularly for individuals with disabilities or mobility issues.

Homage’s Transportation Assistance Program (TAP) now offers qualified seniors, persons with disabilities, and low-income individuals access to a new flex route between Darrington and Arlington/Smokey Point. Route details can be found here: https://homage.org/transportation-assistant-program-tap.

Homage hopes seniors and adults with disabilities can learn about the enhanced transportation services and take advantage of them immediately.

In Snohomish County, one bus route runs from Darrington to Arlington/Smokey Point in the early morning and leaves Arlington/Smokey Point in the evening. Operated by Community Transit (CT), the route does not make accommodations for disabled individuals who cannot physically get to the bus stops.

This fixed-route bus operates Monday through Friday, leaving Darrington at 7:00 a.m. and Arlington/Smokey Point at 6:00 p.m. While this route benefits specific individuals, like commuters, it is not practical or user-friendly for others who do not wish to or cannot spend an entire day in Smokey Point or those who cannot get to the bus stops.

Individuals who lack transportation need access to medical care, recreation, and vital services and return home within a reasonable time,” said Homage Director of Transportation Juli Rose.

“Remaining 10+ hours waiting to return home after a shopping trip or doctor’s appointment is impractical, particularly for the elderly and disabled.”

Enter Homage

Thanks to Homage’s grant-funded program from the Washington State Department of Transportation (WDOT), TAP’s new bus route will operate on a deviated fixed route along Highway 530 between Arlington/Smoky Point and Darrington, with multiple pick-up locations.

Between CT and this new route, individuals can choose from four daily trips between the two areas, providing more flexibility and greatly expanding transportation opportunities.

Homage’s newest TAP offering also provides the following:

- In-home pick-up for those who live within ¼ mile of Highway 530 and cannot get to a bus stop.
- Coordinated transfers with the DC (Darrington-Concrete) Direct Shuttle Bus Service offered by the Sauk-Suiattle Indian People.
- Coordinated transfers with DART (Dual-A-Ride Transportation) routes and Everett Paratransit’s routes for individuals traveling south of Arlington.
- Seamless transfers to other Homage TAP routes around the area.
- Affordable rides—the cost to ride each way is $1.75.

How to access TAP today:

Every Rider must complete a simple application over the phone.

To qualify and to schedule a ride, please call 425-423-8517. The newest offering of bus rides are scheduled from 8:00 to 5:00, Monday through Friday. TAP is closed on weekends and major holidays.

Route details can be found here: https://homage.org/transportation-assistant-program-tap.

According to a report from Transportation for America, nearly 25% of Americans aged 65 and older live in rural communities, a number predicted to increase as more baby boomers reach retirement age. The disability rate in rural populations is nearly 17%, which is significantly higher than in metropolitan areas.

“Lack of access to public transportation disproportionately harms the well-being of older adults, individuals with disabilities, and low-income households,” said Homage CEO Keith Bell. “Homage is committed to helping these populations maintain their independence, dignity, health, and quality of life. Our new TAP route between Smokey Point and Darrington is one way of achieving our mission.”

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.

*Not intended to solicit properties currently for sale.

This report is courtesy of Authority Real Estate.

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GET YOUR FREE COPY TODAY! 800-344-0807 ext 3199
By Kristie Selevitch
Care Coordination Specialist

Being able to meet clients where they are and making things work is a huge part of providing services at Homage, including Care Coordination. While most of the requests received in Care Coordination pertain to short-term meal deliveries, transportation assistance to better access health care, and connections to Homage programs and/or other community resources, some of our community’s older adults bring different needs to our attention.

One such need that was brought to Homage Care Coordination Specialist, Kristie Selevitch, was from a client who needed to move away from her longtime home. With limited personal support and moving materials, the client faced the daunting task of sorting through and packing up decades’ worth of cherished belongings and necessities. Anyone who has moved homes understands the time and work needed to complete this task, even with additional help or hired professionals. Adding to the situation was the deadline for the client to move, which was less than two weeks from when the client first asked for help.

The Care Coordination Specialist at Homage can often handle requests with a quick referral to the right Homage department; but when other resources are needed to help clients, especially when there seem to be none available, they first look to the rest of the Care Coordination team to research ideas and brainstorm. There were few options to secure assistance for the client given the timeline and cost of hiring a professional moving company. Then enters the wonderful Homage Volunteer team.

Tammy, Homage’s Volunteer Coordinat- or, quickly responded to Kristie’s call with a possible solution. After further discussing the needs of the client, Tammy had just the person in mind: a kind and dedicated Homage Volunteer, Rex, who has great experience with professional moving services (and a great sense of humor and humor). Kristie reached out to Rex, and even with the very short notice of two days, Rex made it happen. He helped the client sort through the closets, packed dishes, and helped make sure the sentimental items were ready for the journey as much as possible.

So many of the services that are provided through Homage are made possible by our amazing volunteers. We cannot thank them enough for their ingenuity and hard work to move the Homage mission a reality for so many in our community. A special thanks to Rex, who volunteered with the client for the holiday season to meet the client where she was and made things work.

By Cory Armstrong-Hoss

Most of us mark time by beginnings or endings: first steps or the first day of kindergarten; getting a driver’s license or graduating; the houses we moved into or out of; the jobs we moved into or out of; the marriages that lasted or didn’t; births and deaths.

Not Ray King. The markers in his 82-year-old memory are almost all cars.

1940 Oldsmobile Sedan, Cream: “My mom said if I could get it running I could have it. I got it running.” 15-year-old Ray, living in Everett, was going to Everett High. Before his first car project, Ray had a paper route downtown, riding his bike after school delivering The Herald downtown. He and his buddies would sneak into Providence Hospital’s stairwell, to the cigarette vending machine, for the 30-cent packs of Lucky Strikes.

1939 at Everett General Hospital, Ray’s family spent a few years in Lake Stevens before settling in Everett, where the family has lived ever since. As a kid, he’d ride his bike with his friends back to Lake Stevens, “...all the way to Lumsden’s, the bike shop. The water was shallow, and you could go out a long way.” If they got hungry, they pilfered some apples from nearby trees.

1950 Studebaker Hawk, Jet Black: Ray suffered through Garfield Elementary, North Junior High School, and Everett High, so shy that he was his answer teachers’ questions in class. Books, theories, tests, pages — none of it was his language. But cars, they’ve always made sense to him. After high school, Ray joined the Army, Oldsmobile, his buddies started asking him to help them with their cars. “I was good at finding them, at changing motors. Everybody and their brother and little old ladies would want me to do their cars.”

After sneaking by with his diploma in 1954, Ray moved to Studebaker, where he worked on the corner of Pacific and Rucker. One car caught his attention: a 1960 Studebaker

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Homage Care Coordination: Making Things Work

Car Gibson Center Profile: Ray King

Beautiful, modern apartments available for the discerning 62+ adult.

2 February 2023 Homage

Continued on page 3

CALENDAR OF EVENTS
February 2023
SAT
18
LECTURE: BOARDING SCHOOL EXPERIENCE
2:00PM to 4:00PM
Matthew War Bonnett: Lifeakle returns to King. Not only life, but eight-year boarding school experience.

SUN
19
WORKSHOP: DRUMSTICK MAKING
3:00PM to 5:00PM
Learn how to create your own drumstick with Allain Pinkham Jr. (Mai Pau). Fiddle[s] will complete their drumstick to take home with them. $20 kit fee and pre-registration required.

WED
22
WEAVING GATHERING
5:00PM to 7:00PM
A weekly open forum for those interested in bringing weaving materials to work on projects. A time to visit, share, build skills and complete your beautiful woven art. Weaving kits available for purchase.

Distribution: Over 12,000 papers are read by thousands in senior friendly communities in Snohomish and Skagit. 6,000 papers are distributed at drop-off locations including senior centers, retirement communities, libraries, etc.

Advertise: The existence of advertising (not political advertisements) in this publication is not an endorsement of the product or service by anyone except the advertiser.

For more information, contact Jenny Strand, Publisher/Editor, 425.837.3832 or at jenny@soundpublishing.com
Hawk, that had been left over at the garage. It would become the first car Ray ever bought brand new, when he was just 20 years old, and his first act was to paint the Pea Green color over with Jet Black.

At Studебaker, Ray’s job washing cars led to a mechanic apprenticeship. When Studebaker closed down, he transferred across the street to Ford Garage, where he worked fixing cars for the next twenty years.

1965 Mustang, Cherry Red. Ray married Pam in 1962, and his only child Shelly came along in 1964. “I quit smoking a month before she was born.” As Shelly was growing up, Ray kept his eye on for her first car. "I bought Shelly a ’65 Mustang when she was 10 years old. Candy apple red. Chrome wheels with heart shapes in them. I gave it to her when she turned 16.” Ray’s two lifelong loves converged in that Mustang: his daughter and her car.

Along the way Ray moved from the Ford Garage to Snohomish County PUD, where he worked in the Maintenance Department from 1977 to his retirement in 2000. He and Pam separated, and Ray married Joann in 1982.

1934 Ford Pickup, Orange. One of Ray’s last rebuilds was this Ford Pickup, for his grandson Vance, who insisted from a very young age that this truck in Ray’s garage was his.

Today, Ray’s mostly done fixing cars—it’s too hard on his body. He volunteers keeping up the building at the Everett church, Immanuel Lutheran, at Lombard and 29th. He sees Shelly, his two granddaughters and one great-grandson Elliot a decent amount. And he shoots pool four to five days a week at the Carl Gipson Center.

“It’s a good place to go. If you’re hungry or for exercise or to shoot pool.”

Ray’s list of restored and rebuilt cars is too long to include here. If you about pool with Ray, ask him about some of his favorites:

- 1950 Ford, Jet Black
- 1957 Oldsmobile 98, Porche Indian Red
- 1934 Ford Coupe with Coca-Cola Trailer
- 1977 Mack Truck Orange

Cory Armstrong-Hoss is the Director of the Carl Gipson Center, located in downtown Everett. Homage partners with the Center to provide meals, mental health counseling, and social support to seniors. Find out more at: www.ages.org/gipson-center
By MaryAnn Higgins

Homage staff recently held several Volunteer Appreciation Lunches to honor the AmeriCorps Seniors volunteers who served with Homage during 2022. The lunches were opportunities to recognize the AmeriCorps Seniors volunteers who support isolated older adults as Senior Companions, and mentor children and youth as Foster Grandparents. Even during the ups and downs of some COVID-19 surges, these volunteers regularly served in-person and/or virtually during 2022 in both King and Snohomish Counties. We were honored that these elected officials and representatives were able to join some of the events and share messages of thanks and support to the volunteers: Rachel Alger, Community Liaison and Federal Grants Coordinator, and Savanna Steele, Community Liaison for U.S. Congresswoman Suzan DelBene. Cameron Caldwell, NW Washington Outreach Director for U.S. Senator Maria Cantwell; Station Supervisors from Homage program partners MultiCare Celebrate Seniority and IDIC: Filipino Senior and Family Services; along with some of our program Advisory Council members also joined some of the lunches to thank and support for the volunteers. Homage relies on these valuable partners and volunteers to extend its reach into the community. It was wonderful to have the opportunity to come together in person to enjoy a meal together and acknowledge the significant contributions the volunteers offer in the local communities.

Serving the Greater Puget Sound Area for Over 45 Years

By MaryAnn Higgins

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Heart Health and Hyperlipidemia

By Whitney Johnson
Nutrition Assessor

February is National Heart Month! National Heart Month is a time to focus on and make changes to better manage our heart health. "Why is heart health important?" Heart disease is the leading cause of death in the United States among both men and women. We have adapted to a diet of convenience foods coming a lot of additives, sodium, sugars, and fats that are typically high in calories. In turn, an unhealthy diet can easily lead to health conditions, including cardiovascular disease.

Cardiovascular disease is a broad term that is used for many different heart conditions, including one that is very common, hyperlipidemia. Hyperlipidemia is an excess amount of fat (including cholesterol and triglycerides) in the bloodstream. Too much cholesterol in the body builds up plaque in our arteries that can cause stroke and heart attack. Although cholesterol seems to have a bad reputation, it isn’t all bad. We do need some cholesterol for our bodies to function properly, including aid in digestion, and producing Vitamin D and hormones. Our liver produces the cholesterol our bodies need. There are several risks that cause the liver to overproduce cholesterol, causing hyperlipidemia. These risks include consuming high saturated and trans-fat foods, sedentary lifestyle, obesity, smoking, side effects from some medications, and genetics.

There are three different types of cholesterol in the body: HDL, or high-density lipoprotein, is considered good cholesterol and high levels are encouraged. HDL helps remove bad cholesterol from the arteries through the liver. LDL, or low-density lipoprotein is known to be bad cholesterol and you want low levels in your bloodstream. VLDL, or very-low-density lipoprotein is also known as a bad cholesterol. If numbers are high, both LDL and VLDL can cause buildup of plaque in the arteries. Reducing a bad diet and staying physically active are ways we can keep our cholesterol in normal range. Sometimes diet and an active lifestyle aren’t enough, in these cases your doctor may prescribe medication to lower your cholesterol.

The following are some tips on how to make heart healthy food decisions.

Limiting consumption of saturated fats is important. Animals are a source of saturated fats; this includes dairy and meats. Certain types of dairies and meat aren’t enough, in these cases your doctor may prescribe medication to lower your cholesterol.

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heart.org/en/health-topics/cholesterol/about-cholesterol
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Three years ago, the first reported case of the novel coronavirus disease (COVID-19) in the United States was confirmed right here in Snohomish County. Since that time, we have navigated the pandemic individually and as a community.

As Snohomish County pivots from pandemic response to recovery, Human Services’ Long-Term Care & Aging (LTCA) is conducting an optional and anonymous Follow-Up COVID-19 Seniors Survey to better understand the unique difficulties residents aged 55 years and older are facing. The information collected from the Survey will help to better guide Snohomish County in supporting the needs of older adults in our community.

Approximately 228,266 people, aged 55 years and older, call Snohomish County home. And each of these seniors has been impacted by the pandemic in some way.

Seniors in Snohomish County were first surveyed December 2020 – January 2021 during the response phase of the pandemic (results: bit.ly/3H CXzyf). At the time, COVID-19 vaccines were just becoming available to health care providers and other essential workers. Now, with vaccines widely available, our community has weathered several infection waves, supply chain issues, and inflation. The Follow-Up COVID-19 Seniors Survey has been designed to check-in with seniors and learn more about the ongoing impacts of COVID-19 on daily life. The survey measures:

- Health and well-being, including Long COVID symptoms
- Technical abilities
- Financial impacts
- Risk of infection
- Transportation
- Risk of infection
- Emergency preparedness
- Physical and emotional safety
- Kinship care
- Services used

At the end of the survey, respondents may share how Snohomish County can help to better address their needs. Responses will be collected through February 28, 2023 and will be used to inform future planning efforts and services. Survey participation is completely optional and anonymous.

Older adults wishing to learn more about current services can call Snohomish County Senior Information & Assistance at 1-800-422-2024 or 425-513-1900. Information specialists with Homage Senior Services assist with answering calls, explaining services, and can even help seniors apply for assistance. If you or a loved one are 55 years or older, please participate in Snohomish County’s Follow-Up COVID-19 Seniors Survey today! The survey takes ten minutes or less to complete and is available online in ten languages. Hardcopy or additional translation requests can be submitted to Kelsey.Bang-Olson@snoco.org.
Connection with the Natural World Improves Wellness Revisited with Kinship Caregivers in Mind

By Amy Dennis
Kinship Caregiver Program, Homage

We talk a lot about the importance of self-care in Homage’s Caregiver Programs, taking care of ourselves as an act of caring for others. In the Kinship Caregiver Program, where Grandparents and other relatives are raising their grandchildren or other extended family members children, it can be too easy to set aside your own needs to tend to those of the kin-child. Kinship Caregivers typically have not planned that one day they would be raising another relative’s child, yet redoubled stay in the gap when it becomes necessary. This usually requires significant changes to the Caregivers life, making self-care all the more critical. Taking care of our well-being is an exercise in mindfulness, which may be part of a larger self-care routine. Many find rejuvenation in reconnecting with all but lost pastimes, such as baking bread, cooking from scratch, and tinkering with electronics or machines. Hobbies are a wonderful way to extend our reach toward sustained wellness. In our health-seeking endeavors, some hobbies may limit participation on the times we live in and adding tools to our self-care toolbox means more than impressing my third-great grandmother; may she giggle away her TIME Magazine article. Dr. Li continues, “This is not exercise, or taking in the forest atmosphere, or bathing in the forest atmosphere, ’bath. “So shinrin-yoku means “forest, “and yoku means “bath. “Shinrin-yoku is like a bridge. By opening our senses, it bridges the gap between us and the natural world.”

According to your study, half of American adults report spending five hours or fewer outside in nature each week. Our ancestors, near and distant, may have chucked at the need for an article tugging readers to spend time in nature, but such are the times we live in and adding tools to our self-care toolbox means more than impressing my third-great grandmother; may she giggle away in peace. In her blog post, Erin Ross, MS OTR/L writes, “studies have shown that a variety of physiological benefits can be derived from time spent in “greenspace,” including reduced risk of type II diabetes, cardiovascular disease, and premature death. Nature-based self-care is also associated with lower levels of stress, depression, and anxiety.” What great news for Kinship Caregivers venturing outside to the playground for a tour of local playgrounds; finding a location to pick blackberries to make jam or huckleberries to make jam or pie with your kin-child, enjoying a location to pick blackberries to make jam or pie with your kin-child, enjoying the activity, something we might not normally do when looking out a window, scrolling through photos or walking down the street.

Now don’t get me wrong, physically heading outside if you are able, is the primary recommendation. Some ideas for Kinship Caregivers might include hitting one of our many lakes or beaches, doing a tour of local playgrounds, finding a location to pick blackberries to make jam or pie with your kin-child, enjoying the activity, something we might not normally do when looking out a window, scrolling through photos or walking down the street.

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CONTINUED ON PAGE 8
By Michelle Frye

A book I am currently reading is Together — the Healing Power of Human Connection in a Some-
times-Lonely World by Virek Murphy. Dr. Murphy was our nineteenth Sur-
geon General of the United States. He explores the need to be con-
ected and what happens when people find themselves dis-
connected from others. Dr. Murphy believes that lone-
liness is a public health concern.

He goes on to say that loneliness “is affecting not only our health but also how our children experience school, how we perform in the workplace, how our children experience school, and the sense of division and polar-
ization in our society.” His book was published during the Covid 19 pandemic and addresses the added strain of people isolating them-

selfs to stay healthy. He felt there were four strategies #2 and #4 that play

a crucial role volunteering. When you are helping another person, you are performing a service that is valued by the future. Dr. Murphy goes on to say that loneliness “is

a unappreciated force for addressing

many of the critical problems we’re dealing with, both as individuals and as a society. Overcoming loneli-

ness and building a more connected future is an urgent mission that we can and must tackle together.”

He explores the

other volunteer opportunities to help are outlined below

 Filipino Translators — If you have a desire to assist older adults and speak Tagalog, please consider vol-

unteering with our Filipino group. In addition to translating opportuni-

ties, the position includes hosting a
coffee/tea bar and checking in for lunch along with
cashing in for lunch along with.

Relief Helpers — Our Nutrition program can use both relief volun-

teeers to help with morning routes and packers who help in the afternoons by pull-

ing meals together for the following

day.

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

Senior Peer Counseling — Vol-

unteers 55+ provide one-on-one counseling for adults 60 and older who are struggling with life changes, loss, or other emotional issues. No counseling experience neces-

sary. Forty hours of initial training is provided and there are monthly

meetings. New training starting

Spring 2023

Spanish speaking volunteer — Consider helping support our

Hispanic Group on the 1st & 3rd

Fridays of each month or with trans-

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RSVP Volunteer Opportunities

By Paulette Jacobson
RSVP Program Director

The AmeriCorps Seniors RSVP program pairs thousands of AmeriCorps aged 55 and older with organizations making change in communities across the country. AmeriCorps Seniors volunteers who serve in our RSVP program, sponsored by Catholic Community Services (CCS), is a terrific response to our “Warm Coats” drive. If you would like to help, contact me to get started at Paulettej@ccsww.org or 423-374-6311.

Thank you so much for your terrific response to our “Warm Coats Drive!”

Volunteer Transportation:
Catholic Community Services (CCS) transportation program provides rides for seniors who no longer drive, are not comfortable driving themselves to their appointments, or have relatives and friends who work and are unable to transport them. Without transportation, getting to doctor’s appointments and other basic needs appointments become major challenges. The ideal volunteer driver is retired, still active in the community, knows there is a need, and is interested in helping others. You pick when you drive, where you drive, and the time of day. Clients can enter and exit your car on their own. Mileage is reimbursed. For people who enjoy driving or people who enjoy helping people, this is one area you can truly make a difference for someone.

Volunteer Chore Service, a program of Catholic Community Services, 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 and yard work. Volunteers generally serve 2-8 hours per month, assisting their neighbors, depending upon their schedules and availability.

SHIBA (Statewide Health Insurance Benefits Advisers): As part of the insurance commissioner’s consumer protection services, SHIBA provides free, unbiased, and confidential assistance with Medicare and health care choices. As a SHIBA volunteer you will be trained to guide consumers through the Medicare maze to help them to make the right decisions regarding health insurance. Located in the beautiful new Edmonds Waterfront Center, volunteer advisors can help assess health care coverage needs, determine general eligibility for health care coverage programs, evaluate and compare Medicare plans and programs, provide enrollment help with Medicare, speak with 1-800 Medicare on the consumer’s behalf, make referrals to other agencies and programs, and collect and report possible Medicare fraud complaints. 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. SHIBA Advisors work a 3 to 4-hour shift each week. Basic computer skills and the ability to manage Zoom technology are a must. Many advisors work from home using their own cell phones.

Peer to Peer Counseling: The Peer to Peer Counseling program provides free, one-on-one peer support counseling in the home by a trained volunteer. As a volunteer peer counselor, you support older adults experiencing normal aging issues. Clients may be struggling with life changes, losses or other emotional issues. Clients are 60 years of age or older and experiencing personal problems which are deemed serious enough to jeopardize their ability to live independently. At a time when many of their family and friends are gone, these older adults may not require professional counseling, but do respond well to another senior who has had similar experiences. If you are 55+ and would like to receive training to help others, please contact me for referral.

When you are ready to share your experience and skills to help meet our critical community needs, please contact me to talk about your experience and skills to help make the right decisions regarding health insurance. Located in the beautiful new Edmonds Waterfront Center, volunteer advisors can help assess health care coverage needs, determine general eligibility for health care coverage programs, evaluate and compare Medicare plans and programs, provide enrollment help with Medicare, speak with 1-800 Medicare on the consumer’s behalf, make referrals to other agencies and programs, and collect and report possible Medicare fraud complaints. SHIBA provides free, unbiased, and confidential assistance with Medicare and health care choices.

For more information about the RSVP Volunteer Program, please contact the volunteer coordinator at 423-374-6311.

Contact Information:
Paul J. Jacobson, RSVP Program Director
Catholic Community Services
501 S 4th St., La Conner
www.skagitcounty.net/museum
museum@co.skagit.wa.us
360-466-3365

This project received funding from Skagit County. Paulettej@ccsww.org or 423-374-6311.
By John Barnett
AARP volunteer

It was a fun afternoon. I had been playing with my young granddaughters at a nearby park. I was walking home and about to cross a side street when I noticed a car about to turn toward me. I motioned for him to go first. But he motioned me to cross first. Not wanting to delay traffic I doubled my pace heading for the opposite curb. I was almost there when I stumbled, fell forward and couldn’t do anything to stop it. I landed on the curb on my bare forearms.

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