

# EDMONDS WATERFRONT CENTER

## Sound Connection for Edmonds Senior Center Programs

MARCH 2021 ISSUE



### MESSAGE FROM THE CEO

#### CRISIS REVEALS CHARACTER

When the going gets tough... you learn about the priorities and character of individuals, organizations, and institutions. There are many versions of this sentiment in business, sports, and life, including one of my favorites – *ships in a harbor are safe, but that is not what they are built for.*

I believe it comes down to DNA. Whether you personally would rush into the burning building is not the question, but you want to be darn sure that first responders, social workers, and the community safety-net you rely on will.

Based on recent conversations with our members, your top concerns are food insecurity, health care, getting a COVID vaccine, and preparing your taxes.

When the pandemic first took hold, everyone went into lockdown. It soon became clear that seniors were not only at greater health risk, but also isolated seniors were the least equipped to navigate an extended pandemic isolated from their social support system. The Senior Center staff immediately shifted from face-to-face services to home delivered meals and groceries, telephone check-in calls and online classes. Since March we have delivered more than 9,000 meals – all services have been free.

Six months ago, the State asked if we would take on the Statewide Health Benefits Advisors (SHIBA) program for the County. We said yes because helping seniors determine the best Medicare benefits is a priority for us.



ABOVE: LUNCH IS ON THE WAY!

Even before construction was complete of the new Waterfront Center, we were hosting two pilot COVID vaccine clinics for our members. We are working to get the EWC designated as a vaccine site where we could give up to 200 vaccines a day. This is not a sure thing, but we are working hard to make it happen.

On Wednesday (2/10) we began offering the free AARP tax preparation at the EWC. It was not the face-to-face assistance of the past. That following Friday, a steady stream of cars pulled up to designated parking stalls in front of the building. Soon a masked AARP volunteer appeared at their car window and went over the tax documents they were providing. The volunteer disappeared into the building to scan and then return the documents. The member then drove off to return in a week to pick up their completed tax filing.

Just beside the AARP parking stalls in front of the EWC was a table filled with boxed lunches. Volunteers drove in and picked up the lunches they would deliver to our home-bound seniors.



ABOVE: LWANGA RECEIVES HIS VACCINATION

Food insecurity, health insurance, COVID Vaccines, and taxes – we are responding to our members greatest needs. Limiting our services to minimize our financial risk would have been understood, but that is not what the Senior Center (and New Waterfront Center) was built for. Know that we will be ready to jump into action when required – it's in our DNA.

~ Daniel Johnson, MSW, Edmonds Waterfront Center CEO



ABOVE: AARP TAX AIDE SERVICE

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## EDMONDS WATERFRONT CENTER

**MAILING ADDRESS:**

PO Box 717, Edmonds, WA 98020  
 Phone: 425.774.5555  
 Fax 425.774.2921

*While our staff is working remotely we are available by phone and email. Please call the main office number to reach a staff member.*

**MISSION**

To connect and enrich our community through programs, services and activities that engage, inspire and support people of all ages.

**CORE VALUES**

Lifelong Learning | Health & Wellness  
 Diversity & Inclusion | A culture of respect | Involvement of volunteers | Commitment to innovation

## STAFF

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**Custodian**

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## PROGRAM NEWS

## GREAT DECISIONS

1918 • FOREIGN POLICY ASSOCIATION

2021 EDITION



## AN INTERGENERATIONAL DISCUSSION SERIES

The Edmonds Waterfront Center is pleased to announce a *Great Decisions* discussion program starting in March and focusing on eight critical global issues facing America and the world today.

The discussions will be held on the second Wednesday of each month starting at 6:30 PM and ending at 7:30 PM. Larry Fuell, retired Director of the Global Affairs Center, at Shoreline Community College, will moderate the events. We will also invite an expert on each topic to join us, names to be announced closer to the date of each discussion.

The first four discussions will take place March through June, and the second four September through December. The discussions initially will be via Zoom and move to in-person meetings at the EWC, possibly in the fall, when COVID conditions allow it.

Topics to be discussed include:

- Global supply chains and national security (March 10)
- Persian Gulf security issues (April 14)
- Brexit and the European Union (May 12)
- Struggles over the melting Arctic (June 9)
- China's role in Africa (September 8)
- The Korean Peninsula (October 13)
- Roles of international organizations in a global pandemic (November 10)
- The end of globalization? (December 8)

**The cost is \$35 for the series. Payment due upon registration.**

**Registration is for all 8 discussions.**

**Number of participants is limited to 25.**

**Register by phone 425.774.5555**

**or email Michelle.Burke@EdmondsWaterfrontCenter.org**

Once you have registered:

- You will receive by mail the volume of briefing papers.
- Participants read the relevant briefing paper in advance of each discussion.
- A brief video will be viewed together at the start of each meeting.
- Registration will be limited to encourage informality & discussion.



## MEETINGS AND ANNOUNCEMENTS

### BOARD OF DIRECTORS MEETING

Wed, Mar 17; 3:00pm.  
Online via Zoom

### ALL COMMITTEE MEETINGS ARE BEING HELD VIA ZOOM

Contact the committee chair if you would like to participate.

### COMMUNITY BREAKFAST

RETURNING APRIL 2 - Cost \$10

We are excited to welcome you back! Option to Eat In (we must observe COVID restaurant capacity rules) or take your meal To Go. Meal will be prepared by chef and kitchen crew of the Potlatch Bistro. All 2020 and 2021 breakfast coupons will be honored at a value of \$5.00 off your breakfast.

### SENIOR DINING PROGRAM

SUGGESTED DONATION - \$5

Beginning March 1, senior meals will be available for curbside pick up, at the EWC, Monday-Friday at 11am.

We will no longer be providing meals on Saturday or Sunday. This is a federally subsidized program therefore participants must be at least 60 years of age and will need to have a current registration form on file with the EWC. Lunch menu is available on our website. Choice of daily Senior Lunch Special or grilled cheese & tomato soup. Please call the Lunch Hotline to reserve your meal at least -3 days in advance at 425-774-5555 ext 107. **More info on page 10.**

### AMAZON SMILE DONATIONS

Visit [www.smile.amazon.com](http://www.smile.amazon.com) and search Edmonds Senior Center. A percentage from your purchase will be donated to us!

### BARTELL'S "B" CARING CARDS

Present your Bartell's 'B' Caring Card at any Bartell Drugs. Every time you shop, up to 4% of your purchase is contributed back to us! Forms available by calling the Admin Office at 425.774.5555.

### LIKE US ON FACEBOOK!

[www.facebook.com/EdmondsSeniorCenter](http://www.facebook.com/EdmondsSeniorCenter)

[www.facebook.com/EdmondsWaterfrontCenter](http://www.facebook.com/EdmondsWaterfrontCenter)

## THRIFT STORE NEWS

**We're open MONDAY, TUESDAY, THURSDAY & SATURDAY from 10:00AM-5:00PM**

**OUR ADDRESS IS: 22820 100TH AVE W, SUITE 12, EDMONDS 98020 - 425.977.0411**

(TWO DOORS DOWN FROM THE EDMONDS GOODWILL)

**\*All Customers are REQUIRED TO WEAR A MASK while shopping in our store\***

### **LOOK FOR THESE MARCH SPECIALS:**

**Monday: 50 % Off Furniture & Lamps, Stuffed Animals, Sets of Dishes, Wicker**

**Tuesday: 50 % Off Shoes & Purses, Clothing, Stuffed Animals, Sets of Dishes, Wicker**

**Thursday & Saturday: 50 % Off Clothing, Stuffed Animals, Sets of Dishes, Wicker**

*Did you know? Senior Center members receive a 10% discount on all regularly priced items! Just show your membership card at the register upon check out.*

**ONLINE TREASURE CORNER** ~ Every Tuesday at 10:00am, a unique item is offered for sale

ONLINE only! Be the first person to claim it and it's yours! The online treasure is available only on our website. Go to [WWW.EDMONDSWATERFRONTCENTER.ORG](http://WWW.EDMONDSWATERFRONTCENTER.ORG) for more details.

**Do you have that special item that you would like to donate? Are you interested in volunteering your time at the store? You can leave a message for the manager by calling 425.977.0411 or feel free to send an email to [ThriftStore@EdmondsWaterfrontCenter.org](mailto:ThriftStore@EdmondsWaterfrontCenter.org)**

### **DONATIONS FOR THE EDMONDS SENIOR THRIFT STORE**

The good news is the Edmonds Senior Center Thrift Store continues to do well. We welcome donations that help support our mission which is to support programs for seniors. The question most often asked is what does the store need most? The most popular items sold in the store are clothing and housewares. In short, we do accept almost any item you might find in your home. Perhaps the best way to answer this question is to say what do we not accept:

Computers, keyboards, printers, ink ~ Electronic devices ~ Televisions ~ Children's clothing  
Baby carriages ~ Golf bags ~ Microwave Ovens ~ Wall and Ceiling lights ~ Large Furniture

**Walk-In donation drop off available during business hours ~ No appointment necessary!**  
Contact the store manager if you have big furniture to donate.

Thank you for your continued support and we look forward to seeing you in the store!

**Looking to give back? Inquire with the store manager if you have plumbing or handyman experience!**

## BOARD OF DIRECTORS

**President:** Gary Haakenson  
**Vice-President:** Steve Shelton  
**Treasurer:** Patsy Ethridge-Neal  
**Secretary:** Candy Gaul  
**Past President:** Bob Rinehart  
 Haifa Alhussieni  
 Karen Barnes  
 Diane Buckshnis  
 Michael Carter  
 Diane Cutts  
 Julaine Fleetwood  
 Chuck Fritz  
 Bob Gould  
 Lillyan Hendershot  
 Musa Khalaf  
 Carol Kinney  
 Heather Krause  
 Margaret Mesaros  
 Alma Ohtomo  
 Terry Olmsted  
 David Schaefer  
 Karen Shiveley

## COMMITTEES

### ADVANCEMENT -

Steve Shelton, Chair

### ART -

Julaine Fleetwood, Chair

### BOARD DEVELOPMENT -

David Schaefer, Chair

**CAPITAL CAMPAIGN -** Gary Haakenson,  
 Rose Cantwell and Diane Buckshnis,  
 Co-Chairs

**EXECUTIVE -** Gary Haakenson, President

### FACILITIES & TRANSPORTATION -

Chuck Fritz, Chair

**FINANCE -** Patsy Ethridge-Neal, Chair

**GOVERNANCE -** Bob Gould, Chair

### HEALTH AND WELLNESS -

Margaret Mesaros, Chair

### MARKETING, PUBLIC RELATIONS & MEMBERSHIP -

Candy Gaul, Chair  
 Alma Ohtomo & Karen Shiveley,  
 Vice-Chairs

### NEW PROGRAMS -

Diane Cutts, Chair

### STRATEGIC PLANNING -

Steve Shelton, Chair

## FROM THE BOARD PRESIDENT

It was a year ago that we woke up one morning and found ourselves in a completely different world. Think back, if you will, how your lives have changed as Covid 19 became the most discussed topic in the world.

The loss of life has been horrific. Businesses have failed. Our everyday habits have changed dramatically. Schools have adapted. "Zoom" is an everyday word. Restaurants have struggled to survive. Families have had to distance themselves from one another. Elected officials in every state have chosen different paths for their constituents.

Now we have a vaccine. Hopefully soon, more people will have been vaccinated than not. But is the future still going to be one of masks and social distancing? Will new strains of Covid require new vaccines? The future is certainly not clear.

Through it all, the Edmonds Waterfront Center has persevered. We've moved forward with the \$16 million dollar project. Primarily due to the many generous contributions from this community we are proud to call home.

March brings us a much-awaited opportunity. With the Governors decision to allow counties to proceed to a new level, so too will the Waterfront Center. Baby steps mind you, but moving forward just the same. Much like restaurants who do "soft openings", we will be what the future will look like. Sort of like a shake-down cruise if you will.

We are bound by strict Covid guidelines in all we do, so what you see may not be what you'd expect from a brand new community center right out of the chute. We are calling it a "phased in" approach. We still will be offering online programs as we move through the days ahead.

It seems like years have gone by since we began this journey and in fact it has been 5-6 years for me. At our first Board meeting of the year our Board voted to have last year's officers serve another year in their roles. So, I will be serving again as Board President in 2021. Steve Shelton will again serve as Vice President. Treasurer will be Patsy Ethridge-Neal and Candy Gaul will again serve as Secretary. I'm honored to serve with these dedicated officers and I'm excited about what 2021 will bring.

~ **Gary Haakenson**  
**Board of Directors President**



WE SHARE A STRONG COMMITMENT TO THE COMMUNITY THAT WE SERVE. PICTURED ABOVE: SHUBERT HO & MICHELLE R.

## UPDATE ON THE EDMONDS WATERFRONT CENTER

### CONSTRUCTION UPDATE

#### We did it!

Now that the regrinding of the concrete floors is finished, the construction of the **Edmonds Waterfront Center** is officially complete. The end of construction deep clean has also been finished, so art is being hung and the kitchen is being equipped. Staff are staggering their time at the EWC to limit the number of people in the office at any one time due to COVID safety. Unfortunately, the building will remain closed to the public until further notice.

If you have driven or walked by, you noticed that the Edmonds Waterfront Sign is up. Interior wayfinding and recognition signage is currently being fabricated and will be among the finishing touches in the building.



ABOVE: Exterior building signage has been installed!

AT LEFT: Photographic construction timeline is displayed on the Edmonds Arts Festival Foundation Gallery walls



**It is still not too late to be listed among those generous donors who helped make the EWC dream a reality.** For gifts of \$500 or more you will be included on the donor wall just inside the main entrance. **If the environment is your thing**, and you appreciate LEED Gold certified building, consider contributing to our Green Initiative. For \$1,000 you will be recognized as a **Solar Champion**.

We wish we could invite everyone in to see the new Center, but the building will remain closed until COVID restrictions are lifted. Your safety is our top priority. In the meantime, we look forward to seeing you online for our many classes and activities.

#### HERE ARE SOME WAYS YOU CAN GIVE:

- **Write a check** and mail it to P.O. Box 717, Edmonds, WA 98020
- Make a **multi-year pledge** – leverage your gift over time
- Donate **highly appreciated stock** - added advantage of avoiding capital gains
- Purchase a **solar panel** – for \$1,000 per panel, you will be recognized on a plaque in the new Waterfront Center as a “Solar Champion”
- **Gift from your IRA** – if you are 70 ½ years of age or older, you can make a gift directly from your IRA. It may fulfill part or all your annual Required Minimum Distribution (RMD) from your Traditional IRA and it will not be counted toward your taxable income

**For more information and to learn about ways you can help, contact Daniel Johnson at 206.293.4823 or email [Daniel.Johnson@EdmondsWaterfrontCenter.org](mailto:Daniel.Johnson@EdmondsWaterfrontCenter.org)**



## TEEN TECH SUPPORT TO THE RESCUE

Do you ever find yourself struggling with your smart phone or computer and think to yourself – *I wish I had a “patient” tech-savvy teenager to help me.* Well now you do.

His name is Jack Rice. Jack is a Sophomore at Edmonds-Woodway High School. Using his grandparents as his first clients, he started his own non-profit, BRIDG.ORG, to help seniors with technology when he was in just eighth grade!

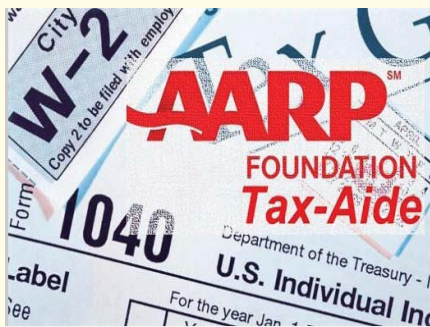


Jack is helping seniors in many ways:

- He has produced tech help videos you can view from our website. Click on **Teen Tech Support**.
- He can help you over the phone or in person (once COVID restrictions allow). Just call the EWC to make an appointment at 425-774-5555.
- He is working with EWC staff on **Senior Tech Connect** classes for you and your care givers - coming soon.

If you do not have a computer but want to learn, we have a program that will provide a tablet and training to get you going, and Jack is part of that program.

We are delighted to have Jack on the team.



## AARP TAX-AIDE PREPARATION NOW AVAILABLE

AARP is again preparing tax returns in Snohomish County and Camano Island. There is no charge for this service. AARP mainly serves seniors and low-income taxpayers. Because of COVID, tax returns will be done using a Drive Up/Drop-Off format and will require two appointments to complete your tax return.

**DRIVE UP APPOINTMENTS WILL BE TAKING PLACE ON WEDNESDAYS AND FRIDAYS FROM 9AM-3PM THROUGH APRIL 14TH.**

**ALL TAXPAYERS MUST HAVE AN APPOINTMENT; WE WILL NOT BE TAKING WALK-IN/DROP-IN APPOINTMENTS.**

**Please call the Edmonds Waterfront Center at 425-774-5555 to schedule your appointments. Be sure to leave a message. Due to the high volume of calls we are receiving, it is possible that it will take 2-3 days to get back to you. We appreciate your patience.**

**Please, NO WALK-INS for scheduling appointments or for tax returns.**

You must bring Social Security cards for all individuals listed on your return, picture IDs for all taxpayers, and documentation of all income and deductions (W-2, 1099, etc.). We recommend that you bring last year's tax return and any correspondence with the IRS during the last year.

**Tax returns will take place over two appointments that will be scheduled a week apart on two Wednesdays or two Fridays.**

- At the 1st appointment, a TaxAide preparer walks out to the Taxpayer's car to obtain documents.
- They bring the documents and ID back into the building to be scanned and saved to a secure location.
- They return all the documents to the Taxpayer and remind them to come back next week, same weekday & time.
- TaxAide preparers will be working from home with the scanned documents to complete the return. It may be possible they will need to make a phone call to Taxpayer if there are questions.
- At the 2nd appointment time the following week, a TaxAide preparer walks out to the Taxpayer's car and delivers Taxpayer a paper copy of their return and answers any questions they may have. The TaxAide preparer will then E-file their return.

**Tax appointment packets may be picked up from Tax-Aide volunteers only on the days they are scheduled to be at the building - Wednesday or Friday between 9am and 3pm. Please do not come to the building to pick up tax appointment packets on any other days. The building is closed to the public and staff will not be able to provide the packets.**

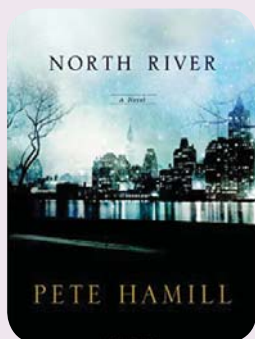
## FREE GROUPS & MEETINGS ON ZOOM

### **NEW! CONVERSATIONAL SPANISH**

**Tuesdays & Fridays, 9:00am-10:00am via Zoom**  
**Instructor: Susana Gonzalez Murillo**

Join us for online Zoom Spanish, all levels are welcome to join this interactive and fun program! Some knowledge of Spanish is encouraged. Classes will be two times per week, one hour each class.

This Spanish class will be taught by a Latin American native speaker who has travelled Spain and all Latin American countries. The class will provide a learning framework for students to begin their Spanish Language Skills and/or to hold Conversation in Spanish. Lesson plans will be adapted to specific levels and interests of students in class. Registration is required. Please send an email to ANGEL.MALIDORE@EDMONDSWATERFRONTCENTER.ORG or call 425.774.5555 ext 104



**NORTH  
RIVER  
BY  
PETE  
HAMILL**

### **INTERGENERATIONAL BOOK GROUP**

**Thursday, March 25th; 1:30pm-3:00pm**  
**Group leader: Elaine Sonntag, MSW**

Held Via ZOOM. Please RSVP for a link to the meeting by sending an email to Angel.Malidore@EdmondsWaterfrontCenter.org or calling 425.774.5555 ext 104

This group is open to readers of all ages! All you have to do is find a copy and read or listen to it. Then join us for our group discussion.

*"Recreating 1930s New York with the vibrancy and rich detail that are his trademarks, Pete Hamill weaves a story of honor, family, and one man's simple courage that no reader will soon forget."*

### **PARKINSON'S DANCE & MOVEMENT FOR ANY BODY**

**Thursdays, 1:00pm-2:15pm via Zoom**  
**Facilitator: Deborah Magallanes**

Held Via ZOOM. Please RSVP for a link to the meeting by sending an email to ANGEL.MALIDORE@EDMONDSWATERFRONTCENTER.ORG or calling 425.774.5555 ext 104

Dance for Parkinson's certified. Class-like setting with live music. PD, MS, stroke or those who just like to dance. Everyone welcome.

### **SOUND SINGERS**

**Tuesday - 1:00pm-3:00pm via Zoom**

Register: Call the Admin Office at 425.774.5555  
 or email: ALMA.OHTOMO@EDMONDSWATERFRONTCENTER.ORG

### **ZOOMELE (EDMONDS UKULELE AIKANES)**

**Wednesday - 1:00pm-2:30pm via Zoom**

Register: Call the Admin Office at 425.774.5555  
 or email: ALMA.OHTOMO@EDMONDSWATERFRONTCENTER.ORG

**ALL CLASSES & PROGRAMS ARE HELD VIA ZOOM**  
**YOU WILL NEED TO HAVE A ZOOM ACCOUNT (IT IS FREE)**  
**YOU WILL ALSO NEED: A CELL PHONE, TABLET OR HOME COMPUTER**  
 Please supply your name, phone number & email address when you register

## FEE BASED CLASSES & PROGRAMS AVAILABLE ONLINE IN MARCH

### **ALL CLASSES WILL BE HELD VIA THE ZOOM PLATFORM YOU WILL NEED TO HAVE A ZOOM ACCOUNT (IT IS FREE)**

**YOU WILL ALSO NEED: A CELL PHONE, TABLET OR HOME COMPUTER  
PLEASE SUPPLY YOUR NAME, PHONE NUMBER AND EMAIL ADDRESS  
WHEN YOU REGISTER FOR YOUR PROGRAM OR CLASS**

**Beginning March 1st, some of our classes (previously offered for free) will be fee-based. Registration will be required to attend these classes.**

**There will be a price differential if you are a member - Join Today!**

The senior center is no longer receiving Cares Act funding to offset the cost of paying our wonderful instructors. If you are interested in attending and cost is a hardship for you, please call Michelle Burke to discuss availability of a scholarship.

**We accept payment with credit card (over the phone) or by check.**

### **ONE HOUR FITNESS - WITH SUSAN BENNETT**

**Monday/Wednesday/Friday - 9:30am-10:30am**

**FEES: \$45 members/\$55 non-members**

*(pay for one month - unlimited 1 Hour Fit classes during that month)*

**or Buy a 10 Session Flex Package: \$50 members/\$65 non-members**

*(admission to any 10 - 1 Hour Fit classes, can be used over a 2-month period)*

**Register:** Call the Admin Office at 425.774.5555

or email: ANGEL.MALIDORE@EDMONDSWATERFRONTCENTER.ORG

This class includes cardio workout, posture, balance, stretching and strengthening.

### **SOFT EXERCISE - WITH SUSAN BENNETT**

**Monday/Wednesday/Friday - 10:45am-11:30am**

**FEES: \$40 members/\$50 non-members**

*(pay for one month - unlimited Soft Fit classes during that month)*

**or Buy a 10 Session Flex Package: \$45 members/\$55 non-members**

*(admission to any 10 - Soft Fit classes, can be used over a 2-month period)*

**Register:** Call the Admin Office at 425.774.5555

or email: ANGEL.MALIDORE@EDMONDSWATERFRONTCENTER.ORG

This class includes posture, balance, stretching and strengthening.

### **WEEKLY WRITERS GROUP**

**Mondays, 1:00-3:00pm via Zoom**

**Group leader: Gerrit Hansen**

**FEES: \$10 members/\$15 non-members (per meeting)**

**Register:** Call the Admin Office at 425.774.5555

or email: ANGEL.MALIDORE@EDMONDSWATERFRONTCENTER.ORG

In this group, the writers share their work and receive feedback from their peers and fellow writers. Writing pieces range from memoirs, poetry, fiction, non-fiction, short stories to novels.

**This group is limited to 8 participants.**



## ART CLASSES WITH RUTH BARTH

### NO FEAR DRAWING

**Wednesdays: 11:00am-1:00pm (8 Week Session Begins March 10)**

**Class Dates: March 10, 17, 24, 31, April 7, 14, 21, 28**

**FEES: \$50 members/\$65 non-members**

**NEW TO DRAWING STUDENTS: A *One-Time Drawing Fundamentals Class* will be offered on Tuesday, MARCH 9th from 11:00am-1:00pm. There is an additional fee of \$8.00 to attend this class. This class is strongly recommended as certain techniques will be covered in the one-time class that you will need going forward!**

#### *MATERIALS YOU WILL NEED FOR DRAWING CLASS*

1. Strathmore Drawing Pad - 9"x12"
2. A Prismacolor EBONY pencil – not a colored pencil. They are a greyish black. A #6 or #8 pencil can be used in place of if you cannot find Ebony.
3. A #3 or #4 artist pencil, not a students' yellow pencil.
4. A white plastic eraser-can be cut in thirds. Do not use an eraser at the end of a yellow pencil
5. An old credit card, cut into 3 pieces – used often for indenting the paper
6. A tortillion or Q-tips to spread the pencil.
7. A thin line black Sharpie.

### NO FEAR WATERCOLOR: BEGINNER

#### PRE-REQUISITE TO WATERCOLOR INTERMEDIATE CLASS

**Fridays: 11:00am-1:00pm (8 Week Session Begins March 12)**

**Class Dates: March 12, 19, 26, April 2, 9, 16, 23, 30**

**FEES: \$50 members/\$65 non-members**

*New students must be present on first day of class*

### NO FEAR WATERCOLOR: INTERMEDIATE

**\*THIS CLASS IS FOR THOSE WHO HAVE COMPLETED A BEGINNER SESSION**

**Thursdays: 11:00am-1:00pm (8 Week Session Begins March 11)**

**Class Dates: March 11, 18, 25, April 1, 8, 15, 22, 29**

**FEES: \$50 members/\$65 non-members**

#### *MATERIALS YOU WILL NEED FOR WATERCOLOR CLASS:*

PALETTE - White, plastic, preferably with a cover, approximately 10"x13" rectangular with large round or square areas for mixing paints. You can use a plastic zip-lock bag if you buy a palette without a cover. Or you can use a white, plastic plate if you can't find a palette large enough.

BRUSHES - Short handle – not long handle. You can buy Taklon or White Nylon, Not Sable (too expensive). Make sure you buy Watercolor brushes NOT Oil or Acrylic Brushes. Round - #3 and #8, Bright (Flat) - 1/2" and 3/4" (4 brushes total)

PAPER - Strathmore watercolor pad – yellow front 300 Series, 9"x12" (nothing smaller), must be at least 140 lb.

PAINTS - .27 oz. Tube of either Windsor Newton Cotman or Grumbacker Academy. These are student grade. Regular grade is more expensive. Colors: Alizarin Crimson, Permanent Rose, Cadmium Yellow, Ultramarine Blue, Burnt Sienna, Cobalt Blue, Cerulean Blue

WATER JARS - 2 large jars – preferably plastic, the size of a 2lb. Cottage cheese, large Yogurt or mayonnaise jar

PEN - A thin line black Sharpie

#### *OTHER STUFF YOU WILL NEED NOW*

Paper Towels- Something soft like Viva, #2 yellow pencil, Toothbrush, Sea Sponge, 8 ½ x 11 inch paper or notebook and pencil or pen to take notes on, very small spray bottle – you can find them in Bartell's in the travel section.

**REGISTER FOR NO FEAR ART CLASSES: CALL THE ADMIN OFFICE AT 425.774.5555**

**OR EMAIL ANGEL.MALIDORE@EDMONDSWATERFRONTCENTER.ORG**

## SENIOR DINING PROGRAM UPDATE

*Dear Senior Diners:*

*I would like to let you know of the changes that will be happening to the Edmonds Waterfront Center Home Delivery Lunch Program. Since March 2020 we have been delivering free lunches to help reduce the risk of Covid exposure to our most vulnerable members. We have been able to do this because of approximately 30 volunteers and funding from Verdant Health Commission and the Cares Act. With the rollout of the vaccine and funding sources ending, we have decided to return to a pickup, drive through model, starting March 1st. Weekend lunches will no longer be provided after February 28th. We will return to in person dining when allowed by the governor.*

*If you are unable to come to the EWC to pick-up your lunch you may qualify for the Meals on Wheels program through Homage Senior Services. You can contact them at 425.347.1229 or email [NUTRITION@HOMAGE.ORG](mailto:NUTRITION@HOMAGE.ORG). If you are in need of additional food resources, the Edmonds Food Bank delivers every Tuesday to those that are unable to get to the food bank. This service is available to residents outside of Edmonds. If you are interested in home delivery, please contact Karen Barnes at 206.705.3637 or [WWW.EDMONDSFOODBANK.ORG](http://WWW.EDMONDSFOODBANK.ORG).*

*The Edmonds Waterfront Center is also assuming the contract for the Federal Nutrition Program that funds a part of the senior lunch program. Since the funding has ended that enabled us to provide meals at no fee, we will be returning to a model of a suggested \$5.00 donation as of March 1st. The pickup time will be at 11:00am. The monthly menu will be available on our website or when you pick up your lunch. In order to help us plan for the number of meals needed per day, we request that you call our Lunch Hotline at (425)774-5555 ext 107 three days in advance of when you anticipate you will be receiving lunch. If you will be receiving lunches on a regular basis you can indicate that on your registration form.*

*Because this is a federally subsidized program, we do require that participants register. Please note that this program has no income requirements. The only requirement is that participants be aged 60 or over. There will be forms available to sign up when you pick up a lunch.*

*We thank you for your patience as we implement these changes.*

*If you have any questions, please feel free to contact **Michelle Reitan** at (425) 954-2523 or via email [Michelle.Reitan@EdmondsWaterfrontCenter.org](mailto:Michelle.Reitan@EdmondsWaterfrontCenter.org)*

### **What is the cost of the Senior Meal?**

The suggested donation for the senior meal is \$5. You may pay what you are able to at the time you receive your meal.

### **What days are the Senior Meals available?**

Senior Meals are available Monday through Friday.

### **What times are the Senior Meals available?**

All curbside meal pick-ups should happen between 11:00-11:30am so that your meal is at its utmost freshness.

### **How do I sign up for the Senior Dining Program?**

A registration form is available at the Reception Desk or we can mail one to you. The only requirement of this program is that you are 60 years of age or older.

### **Do I need to order ahead for the Senior Meal pick-up?**

Call the Lunch Hotline at 425.774.5555 ext 107 to place your meal order at least 3 days before pick-up.

### **What is on the Senior menu?**

There will be a different meal offering each day for the Senior Dining Program. You may obtain a copy of the menu when you pick up your meal or on our website [WWW.EDMONDSWATERFRONTCENTER.ORG](http://WWW.EDMONDSWATERFRONTCENTER.ORG).

### **What if I don't want the Senior Special of the Day?**

An alternative meal of a grilled cheese sandwich and tomato soup will always be available if you prefer to have that instead of the Daily Special. The culinary staff in the Bistro also welcome suggestions for meal ideas to incorporate into future menus.

### **May I order off the Bistro menu?**

Absolutely! The restaurant menu is available to everyone who wishes to dine at the Potlatch Bistro. All food items on this menu are regular market rate cost (not subsidized or by donation).

### **When is the Potlatch Bistro open? Should I make a reservation?**

The Bistro is open from 11:00am-2:00pm, Monday through Friday. Due to occupancy restrictions, we recommend a reservation if you want to eat in the Bistro.

### **Can I "Pay It Forward" when I pay for my meal, to help pay for someone else's Senior meal?**

Donations are always welcome to help offset the senior meal program costs. The front desk or an EWC Staff member will be available to accept your donation or you may call 425.774.5555.

### **What if I need an additional source for meals on the weekends?**

Contact Michelle Reitan who will put you in touch with the local food bank or Meals on Wheels program at 425.954.2523.

## FREE HEALTHY LIVING WORKSHOPS AVAILABLE ON ZOOM



### WELCOME TO MEDICARE

Facilitators: SHIBA Volunteers

**Pre-Registration is Required! To Sign up: Call 425.290.1276**  
 visit the SHIBA page on our website [EDMONDSWATERFRONTCENTER.ORG](http://EDMONDSWATERFRONTCENTER.ORG)  
 or email [SHIBASNOHOMISH@GMAIL.COM](mailto:SHIBASNOHOMISH@GMAIL.COM) for additional information

*All presentations are given using the Zoom platform.*

The Welcome to Medicare presentation will cover the following:

- Overview of Medicare Part A, B, C, and D coverage as well as Medicare Supplements
- Delaying Medicare Enrollment
- Enrollment and Eligibility Deadlines
- Qualifying and Extra Help to pay for Prescription Drug Cost

**Wednesday, Mar 10; Mar 24**  
**6:00 pm to 8:00 pm**

**Thursday, Mar 4; Mar 18**  
**2:00 pm to 4:00 pm**

### SOUND EATING - COOKING DEMONSTRATION

**Friday, March 19, 11:00am-12:00pm**

**Presented by:** Megan Ellison, MS, RDN, CDE, CSOWM, *Founder - Sound Dieticians*

**Register:** Send an email to [Angel.Malidore@EdmondsWaterfrontCenter.org](mailto:Angel.Malidore@EdmondsWaterfrontCenter.org) or call 425.774.5555

**THIS WORKSHOP WILL BE HELD VIA ZOOM ~ PLEASE PRE-REGISTER**

Join Megan Ellison a registered dietitian nutritionist for the EWC's first cooking demo. Learn the importance of getting enough protein and also the optimal times to eat protein to help prevent muscle loss. After the age of 30 physically inactive people can lose as much as 3% to 5% of muscle mass every decade. In addition to muscle maintenance, protein also plays a role in immunity and bone health. Megan will show us some ways to incorporate different types of proteins into easy meals and yummy snacks.

### POWERFUL TOOLS FOR CAREGIVERS (6 WEEK SERIES)

**Thursdays, April 1 - May 6, 10:00am-12:30pm**

**Presented by:** Michelle Reitan, MSW & Sue Shearer, RN, BSN

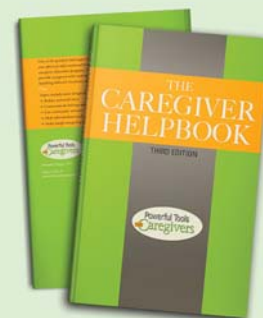
**Register:** Send an email to [Angel.Malidore@EdmondsWaterfrontCenter.org](mailto:Angel.Malidore@EdmondsWaterfrontCenter.org) or call 425.774.5555

**CLASSES WILL BE HELD VIA ZOOM ~ REGISTRATION IS REQUIRED**

Powerful Tools for Caregivers gives you the skills to take care of yourself while caring for someone else. By taking care of your own health and well-being, you become a better caregiver. Six class sessions held once a week are led by experienced class leaders. Class participants are given The Caregiver Helpbook to accompany the class and provide additional caregiver resources.

This class is designed to:

- Help caregivers take care of themselves while caring for a relative or friend
- Develop a wealth of self-care tools to reduce personal stress, prioritize, self-care, manage emotions, increase confidence, and set goals for yourself
- In the Six-week class caregivers learn
  - Ways to Reduce Stress
  - increased Exercise, Relaxation, and Medical Check-Ups
  - Emotion Management
  - Reduced Guilt, Anger, and Depression
  - Self Confidence
  - Increased Confidence in Coping With Caregiving Demand
  - Community Resources
  - Increased Use of Local Services





## A Message from our Social Worker



### FOOD – WHAT IS IT GOOD FOR?

I don't know about you, but this last year has not been good for my waistline. Working from home has made it too convenient for me to eat whenever or whatever I want, regardless of whether I am hungry. Studies have shown that mindless and unhealthy eating is not just bad for your waistline it can also affect your mental health.

Like our heart, stomach and liver, our brain is an organ and is very sensitive to what we eat and drink. Like our body, to remain healthy it needs different amounts of complex carbohydrates, essential fatty acids, amino acids, vitamins and minerals and water.

When we smoke, drink alcohol, tea or coffee or even eat chocolate we may notice a temporary improvement in our mood. Some foods are really good at tricking us into thinking we are feeling better. A sufficient amount of neurotransmitters, which are the compounds the body makes to produce serotonin and dopamine, are vital for good mental health. Some foods like the ones mentioned above are perfect at promoting neurotransmitters that we lack and help us to feel more content or less anxious or depressed... temporarily. That is why we may crave certain foods.

It is important for our mental health that we pay attention to what we eat. Our brain is always on, it is regulating our thoughts and movements, even when we are sleeping. If we have diets that are high in refined sugars and low in complex carbohydrates, which can be found in foods such as peas, beans, whole grains, and vegetables, it can be harmful to our brain and worsen symptoms of depression and anxiety.

According to Eva Selhub MD, the field of nutritional psychiatry is finding that there are several connections between what we eat, how we feel and the kinds of bacteria that exist in our gut. Our gastrointestinal tract is lined with millions of nerve cells and about 95% of our serotonin, which helps regulate appetite, sleep and mood, are produced in the gastrointestinal tract. It makes sense then that what we eat effects our mood.

But how do we keep our gut "happy?" A gut with a wide variety of gut bugs is a happy gut. The way that we get a wide variety of gut bugs is through eating more fermented food. This would include yogurt, sauerkraut, kimchi, pickles, and olives. Fermented foods contain live bacteria that take up residence in the gut when we consume them. We can also take probiotic supplements. Prebiotic fibers can be found in onions, garlic, leeks, asparagus, Jerusalem artichokes, potatoes, bananas, apples, legumes and some grains (oats and barley). Excess sugar, refined carbohydrates, specifically those made from white flour, and some artificial ingredients can actually decrease the number of healthy gut bugs. That is why we should try to limit these in our diet.

It is important to start to pay attention to how we feel after we eat. And not just immediately after we eat but also the next day. Sometimes I ask clients to keep a food and mood diary. This helps to see if there is a correlation between what you eat and your mood. If you are feeling unusually down, take a look at your diet. By making some changes it can really affect your emotions. o our overall health. But how do we deal with these emotions? There are specific ways to address these difficult emotions.

Please reach out if you would like to talk,



~ **Michelle Reitan, MSW**


Office Phone: 425.954.2523

Email: [Michelle.Reitan@edmondswaterfrontcenter.org](mailto:Michelle.Reitan@edmondswaterfrontcenter.org)


# HEART ATTACK WARNING SIGNS

## MEN


Chest pain/discomfort 

Rapid or irregular heartbeat 

Feeling dizzy, faint or light-headed 

Breaking out in a cold sweat 


Stomach discomfort or indigestion 


Shortness of breath 





## WOMEN


 Chest pressure

 Unusual fatigue for several days

 Anxiety and sleep disturbances

 Back, neck, arm or jaw pain

 Nausea, feeling sick to stomach

 Shortness of breath

If you have any of these signs, don't wait.

**Call 911**

[froedtert.com/heart](http://froedtert.com/heart)

It should be no surprise that February is Heart Health month. However, it is important for all of us to think about what we are doing to prevent heart disease which could lead to a heart attack every month, not just in February. We all know we need to eat a healthy, well-balance diet, exercise regularly and make efforts to decrease or manage our stress. Today, direct your attention to the signs and symptoms of a heart attack.

While you notice some strong similarities between the two symptom charts, please note the "back, neck, arm and jaw pain", "fatigue" and "sleep disturbances" among the differences for women. This is not to infer men will not also get these symptoms, rather, they appear more commonly among women. Men might more commonly complain of an "irregular heartbeat" or feeling "dizzy" and "sweaty".

One of the most common symptoms of a heart attack for both men and women, which is rarely ever listed on charts, is **DENIAL**. Most people, when experiencing the above noted common symptoms, diminish their experience by finding lots of reasons why it could not possibly be a heart attack by saying things like "It must be something I ate", or "I always get a lot of heartburn", or "I've had a cold, that's why I'm short of breath".

While the heart attack victim might diminish their symptoms, it is important that the spouse, partner, friend, or family member really pay attention to the complaints and usher them to the nearest ER or Walk-In Clinic, despite possible protests.

Heart attacks occur EVERY 43 SECONDS in our country. Please do not postpone talking to your MD about your risks and the preventative measures you can take right now.

~ Sue Shearer, RN, BSN, CFCS

**You can call me if you have questions or concerns: 425-954-2522  
or send an email to: [sue.shearer@edmondswaterfrontcenter.org](mailto:sue.shearer@edmondswaterfrontcenter.org)**



## HEALTH & WELLNESS

### **BASTYR CENTER FOR NATURAL HEALTH ONSITE NATURAL MEDICINE CLINIC**

**DUE TO RESTRICTIONS, CONSULT VISITS WITH BASTYR DOCTORS REQUIRE AN APPOINTMENT. NO WALK-INS**  
**The following procedures must be followed for ALL in-person visits:**

Pre-screening required for clinic entry.  
All patients must wear a mask or face covering.  
Appointments are limited to 45 minutes. Limited hands on therapies provided at the discretion of provider.

**PLEASE CALL THE SENIOR CENTER OFFICE 425.774.5555 EXT 104 TO SCHEDULE YOUR APPOINTMENT.**

\* **TUESDAYS 1:30PM-4:30PM (Zoom/In-Person)**

\* **THURSDAYS 8:30AM-11:30AM (In-Person)**

Provides naturopathic medicine to seniors and patients of all ages. Treatments may include dietary and lifestyle counseling and education, hands-on physical therapies, and herbal and nutritional supplements with product samples offered free of charge by Bastyr University.  
**Provider: Bastyr University Faculty and Students**

### **ENHANCEWELLNESS PROGRAM**

**PHONE CALL APPOINTMENTS AND CHECK-INS ONGOING**

Michelle Reitan, Social Worker & PEARLS Counselor  
Direct: 425.954.2523

Mon-Fri 8:00am-4:00pm

Sue Shearer, RN, BSN, CFCS

Direct: 425.954.2522

Mon-Thu 8:00am-4:00pm

Fri 9am-12pm



This program is confidential and FREE to all participants. Work one-on-one with a social worker and/or nurse to identify areas that you would like to address. Examples of concerns may include, but are not limited to: diabetic education, physical activity, weight management, mental stimulation, nutrition, medication management, fall prevention or depression/anxiety. You will receive a personalized health action plan that identifies your health risks and the steps to take to improve your over-all well-being. Over the course of the program the social worker or nurse monitor and help provide motivation to reach your goals. Call 425-774-5555 ext 105 with questions or to sign up.

## EWC LOGO MASKS

**Attention 2021 Members!**



**Masks are available for PICK UP (limit 1 per person) at the Senior Thrift Store in the Westgate Shopping Center**

**The store is located at: 22820 100th Ave W, Suite 12**

**Edmonds, WA 98020 (2 doors down from Edmonds Goodwill)**

**PLEASE SHOW YOUR 2021 MEMBERSHIP CARD AT THE CHECKOUT COUNTER IN THE STORE TO RECEIVE YOUR FREE EWC LOGO MASK.**

**(NEW 2021 MEMBERSHIP CARDS ARE SENT IN THE MAIL WHEN YOU SIGN UP OR RENEW YOUR MEMBERSHIP)**

**PLEASE ONLY ONE MASK PER PERSON**

**Thank You for your continued support!**

## HERE'S A NEW RESOURCE OFFERING HOPE

**AARP Friendly Voice Program  
#1-888-281-0145**

For many whose social isolation has been deepened by the COVID-19 pandemic, little is more nourishing than sharing time with someone warm and trustworthy on the other end of the phone. AARP's Friendly Voice program was set up to break through the wall of loneliness, made more formidable by social distancing. No membership required. Learn more at [www.aarpcommunityconnections.org/friendly-voices](http://www.aarpcommunityconnections.org/friendly-voices)

**Offering Hope to Those in Need  
Connecting People to People**

- We may be isolated, but we don't have to be alone.
- Sometimes, just hearing a friendly voice on the other end of the line can help in challenging times.
- Trained AARP Friendly Voice volunteers will provide a call to say hello.

**Request a call:** Call us directly at 1-888-281-0145 and leave us your information and we will call you back. One of our volunteers will be calling you from the following number: 1-888-281-0145 Please note: The caller ID will say "800 Service." Please take note of this number so that you recognize it when a volunteer calls. It is also beneficial if you have voice mail in case we miss you.



## HELPFUL HINTS FOR FOOT CARE DURING THE PANDEMIC

As pandemic recovery phases adjust, we wait for therapeutics to arrive and the climate to improve; we need to make sure that any plans to gather at EWC are focused on keeping each other safe.

We recognize that much of our senior community relies on the services of our trained professional Foot Care Nurses as a primary source for foot care. Though the EWC Foot Care Clinic is temporarily unavailable, there are measures that you can take to keep your feet healthy and prevent problems while we get through these troubling times. Here are some Do's & Don'ts and alternatives intended to help you cope with foot care issues until you are able to receive professional assistance.

- Clients with diabetes, chronic health issues, compromised peripheral circulation and those taking blood thinners should make an effort to receive foot care from a trained professional when available (podiatrist, Foot Care Nurse, primary care, outpatient clinic).
- Anyone providing self-care should use caution w/clippers & sharp instruments. **Never** use a razor blade or scalpel on your own feet
- Clients with low vision, reduced grip strength, inability to reach their feet should ask for assistance from a capable family member, caregiver or willing assistant if professional foot care is not available.
- A good rule of thumb when you need to shorten, thin or smooth nails is to start with the safest tool possible. A nail file or emery board can safely do all of these tasks provided the nails are not too misshapen.
- Another rule to follow when clipping your own nails is: try not to round-off the corners; cut straight across to avoid causing an ingrown nail. A professional may use a different technique but only with specialized training and equipment.
- Use only instruments intended for foot or nail care like nail clippers or emery boards. Never use a rasp, sander, scissors, knife, scalpel, razor blade, wire cutter or anything else found in the tool drawer
- If you injure yourself do not be shy. Seek help. Let someone know or reach out to your health care provider, especially if you are taking blood thinners or have a history of diabetes or compromised circulation. Apply pressure, antiseptic (or antibiotic ointment) and band aid. Seek help.
- Clients with diabetes need to do a daily foot inspection. If you are not able to see the bottom of your feet or look between your toes, consider using a mirror or ask a family member for assistance. Be mindful of these critical findings and contact your medical provider immediately if you observe any of the following:
  - o Red, excess heat or cold, swelling, open cracks, drainage, dark spots, bruising, pain, unusual shape or anything unusual or not seen previously.
  - o Wash between the toes and make sure to dry thoroughly to avoid moisture buildup and potential for skin breakdown
  - o Apply lotion to your feet regularly, but never between the toes.
  - o A simple unscented baby wipe is ideal to *floss* between toes.
  - o Wear comfortable, proper fitting shoes and socks. Never go barefooted.
  - o Do not use medicated corn plasters. Even when used properly, the chemical can destroy healthy tissue and cause damage.
- Clients with urgent needs or those with deferred foot care who are experiencing elongated nails, thickened corns or calluses should not attempt to do self-care. The safe alternative is to seek assistance from a foot care specialist like a podiatrist.
- Kaiser Permanente has a Foot Care Nurse on staff that is trained to take care of most routine foot care issues. Call your clinic to find out the location, availability and referral process.
- Nail salon technicians are not trained in the medical aspect of foot care; and infection control measures are not comparable to medical standards or CDC guidelines. However, it is reasonable to expect that a nail tech would be capable of reducing the length and thickness of nails. If you elect this option, please make sure that the shop uses a clean disposable soak-tub liner (1-time use)

We are all disappointed in the prolonged COVID pandemic impasse and the devastation that has ensued. We are grateful for your understanding and your willingness to stand-by and be available when the time is right to re-open the Foot Care Clinic. Please know that the Administration of EWC genuinely holds the health and safety of staff, volunteers and clients as its number one priority. We hope to see you when everyone has had the opportunity to fully maximize their protection measures. Thank you for placing your feet in our hands.

~ Bonnie Ackles, RN, CFCS  
EWC Foot Care Clinic, Nurse Manager



## 2021 BUSINESS MEMBERS PLEASE SUPPORT THESE BUSINESSES WHO SUPPORT OUR CENTER

**ART/ARTISTS**

**CASCADIA ART MUSEUM**  
www.cascadiaartmuseum.org  
(425) 336-4809  
190 Sunset Suite E, Edmonds

**CASCADE SYMPHONY ORCHESTRA**  
www.cascadesymphony.org  
(425) 776-4938  
PO Box 876, Edmonds

**MAGIC PHOTO**  
www.magicphoto.us  
(425) 672-6800  
22912A Highway 99, Edmonds

**ATTORNEYS**

**SANDERS LAW GROUP**  
www.sanderslawgroupnw.com  
(425) 640-8686  
152 - 3rd Ave S #101, Edmonds

**ENTERTAINMENT**

**EDMONDS PETANQUE CLUB**  
www.edmondspetanqueclub.org  
(206) 832-9179  
1001 - 5th Ave S. #206, Edmonds

**FINANCIAL**

**DME CPA GROUP PC**  
www.dmecpa.com  
(425) 640-8660  
123 3rd Avenue S, Ste 200, Edmonds

**EDWARD JONES - RON KUKES**  
(425) 775-7817  
1300 Olympic View Dr, Edmonds

**PEOPLES BANK**  
www.peoplesbank-wa.com  
(425) 789-3446  
201 Main St, Suite 101, Edmonds

**TRANER, SMITH & CO PLLC**  
www.tranersmith.com  
(425) 640-8650  
201 5th Ave S #202, Edmonds

**HEALTH CARE/BEAUTY/FITNESS**

**OMBU SALON + SPA**  
www.ombusalon.com  
(425) 778-6322  
121 3rd Ave N, Edmonds

**SUGAR SPA EDMONDS**  
www.seattlesugarspa.com  
(206) 637-9979  
128 4th Ave S #102, Edmonds

**THE VISITING FOOT CARE NURSE**  
Bjackles@comcast.net  
(206) 940-0748

**REAL ESTATE**

**WINDERMERE REAL ESTATE**  
**RENE PORUBEK**  
www.realtyrene.com  
(425) 478-8864  
9502 - 19th Ave SE, Suite A, Everett

**RESTAURANTS**

**LAS BRISAS**  
www.lasbrisasfood.com  
(425) 672-5050  
201 5th Ave S #101, Edmonds

**WALNUT STREET COFFEE**  
www.walnutstreetcoffee.com  
(425) 774-5962  
410 Walnut St, Edmonds

**RETAIL/SERVICES**

**EDMONDS BOOKSHOP**  
www.edmondsbookshop.com  
(425) 775-2789  
111 - 5th Ave S, Edmonds

**GINNY'S GIRLS ESTATE SERVICES**  
www.ginnysestates.com  
(206) 979-9030  
5011 157th St SW, Edmonds

**PILGRIM MEDIA SERVICES**  
www.pilgrimmediasvcs.com  
(425) 218-5872

**THE PRINTING CONNECTION**  
www.printcnx.com/  
(800) 786-5490

**SNO-KING SIGNS & BANNERS**  
www.sno-kingsigns.com  
(425) 220-8833  
625 Aloha Way, Edmonds

**SENIOR SERVICES**

**A KIND HEART**  
www.akindheartinc.com  
(206) 892-8231  
23005 76th Ave W, Edmonds, WA 98026

**CEDAR CREEK MEMORY CARE**  
www.koelschseniorcommunities.com/senior-living/wa/edmonds/cedar-creek/memory-care  
(425) 405-7401  
21006 72nd Ave West, Edmonds

**CONCIERGE CARE ADVISORS**  
www.conciergecareadvisors.com  
(425) 877-4498 Sylvana Rinehart

**CRISTA SENIOR LIVING**  
www.cristaseniorliving.org  
(206) 546-7565  
19312 Kings Garden Dr N, Shoreline

**FAIRWINDS BRIGHTON COURT**  
www.leisurecare.com/our-communities/fairwinds-brighton-court/  
(425) 775-4440  
6520 196th St SW, Lynnwood

**FAMILY RESOURCE HOME CARE**  
www.familyresourcehomecare.com  
(425) 361-0044 Tracy Morcom  
16710 Smokey Point Blvd #304, Arlington

**FOREVER CARE SERVICES**  
www.forevercareservices.com  
(206) 383-2001  
2340 N. 179th St, Shoreline

**QUAIL PARK OF LYNNWOOD**  
www.quailparkoflynnwood.com  
(425) 640-8529  
4015 - 164th St SW, Lynnwood

**ROSEWOOD COURTE MEMORY CARE**  
www.rosewoodcourte.com  
(425) 673-2875  
728 Edmonds Way, Edmonds

**SUNRISE OF LYNNWOOD**  
www.sunriselynnwood.com  
(425) 776-3600  
21500 - 72nd Ave W, Edmonds

**VINEYARD PARK OF MOUNTLAKE TERRACE**  
www.carepartnersliving.com  
(425) 678-6008  
23008 - 56th Ave W, Mountlake Terrace

**SERVICE CLUBS**

**EDMONDS CHAMBER OF COMMERCE**  
www.edmondschamber.com  
(425) 670-1496  
121 - 5th Ave N, Edmonds

**EDMONDS POST 8870**  
**VETERANS OF FOREIGN WARS OF THE US**  
www.vfw8870.org  
(425) 245-8545  
PO Box 701, Edmonds

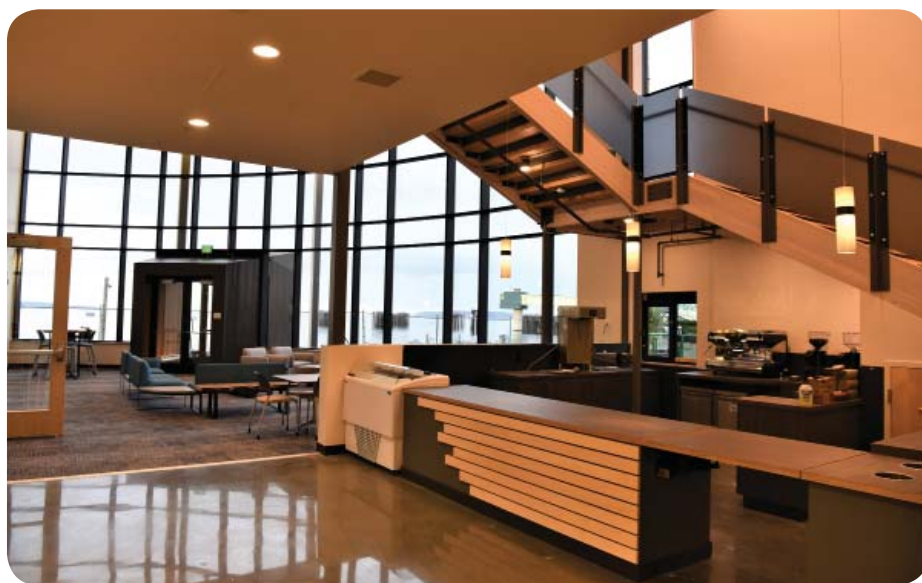
**KIWANIS CLUB OF EDMONDS**  
www.edmondskiwanis.org  
(425) 776-2870  
PO Box 221, Edmonds

**OPERATION MILITARY FAMILY**  
www.opmilfam.com  
(877) 516-8323  
19807 80th Pl W, Edmonds

**BECOME A BUSINESS MEMBER  
FOR JUST \$100 PER YEAR!**

**JOIN ONLINE AT**

**[www.edmondswaterfrontcenter.org](http://www.edmondswaterfrontcenter.org)**



COMING SOON: Shore Pine Coffee & Gelato (and \$1 member drip coffee!)

# Edmonds Waterfront Center

Connecting & Enriching Our Community

PO Box 717 • Edmonds WA 98020 • (425) 774-5555 • www.edmondswaterfrontcenter.org

## SINGLE OR COUPLE/DUAL MEMBERSHIP FORM (page 1)

To receive your newsletter and member discounts, please **make checks payable to: Edmonds Waterfront Center.**  
**Mail to: PO Box 717, Edmonds, WA, 98020.** You can SIGN-UP ONLINE at WWW.EDMONDSWATERFRONTCENTER.ORG

<b>RATES: \$25 SINGLE    \$45 COUPLE/DUAL</b>		<b>12 MONTHS FROM DATE OF SIGN-UP</b>	
Please fill out each line of the membership form and the member demographic form on the back page. Information is kept confidential. Please print. For more than 2 members, fill out an additional form. Today's Date: _____			
<b>MEMBER 1</b>		<b>MEMBER 2</b>	
Membership: NEW <input type="checkbox"/> RENEWAL <input type="checkbox"/>		Membership: NEW <input type="checkbox"/> RENEWAL <input type="checkbox"/>	
First Name:	M.I.	First Name:	M.I.
Last Name:		Last Name:	
Nickname/Salutation:		Nickname/Salutation:	
Mailing Address (Include Apt #)		Mailing Address (Include Apt #)	
City, State, Zip		City, State, Zip	
Phone (H):	Cell:	Phone (H):	Cell:
Email:		Email:	
Date of Birth: Month/Day/Year ____/____/____		Date of Birth: Month/Day/Year ____/____/____	
If renewal, have you participated in any program/activity at least 1 time in the past 12 months? YES <input type="checkbox"/> NO <input type="checkbox"/>		If renewal, have you participated in any program/activity at least 1 time in the past 12 months? YES <input type="checkbox"/> NO <input type="checkbox"/>	
Emergency Contact Person(s):		Emergency Contact Person(s):	
Emergency Phone:	Relationship to Member:	Emergency Phone:	Relationship to Member:
<b>MEMBER 1</b> - Signature:		<b>MEMBER 2</b> - Signature:	
Date:		Date:	
<input type="checkbox"/> (Please check) I release the Edmonds Senior Center/Edmonds Waterfront Center and all of its agents from any liability for any accident, injury or damage of any kind to persons or property that might occur while participating in activities.			
<b>EDMONDS WATERFRONT CENTER – FOR OFFICE USE ONLY</b>			
10/2020			
Date Received: _____ CASH _____ CHECK _____ CREDIT CARD _____			
Member: Single <input type="checkbox"/> Couple <input type="checkbox"/> Dual <input type="checkbox"/> Membership Card & Coupon <input type="checkbox"/> Administrative: _____			

Continue to Next Page



## MEMBERSHIP DEMOGRAPHIC FORM (page 2)

**THIS INFORMATION IS CONFIDENTIAL. It is important in seeking and receiving GRANT FUNDING and for PLANNING PROGRAMS.** Responses will be grouped for analysis. Thank you for taking the time to complete the voluntary survey.

MEMBER 1	MEMBER 2
<p>1. Gender <input type="checkbox"/> Male <input type="checkbox"/> Female  <input type="checkbox"/> Other, Specify: _____</p> <p>2. Marital Status:  <input type="checkbox"/> Married <input type="checkbox"/> Divorced  <input type="checkbox"/> Single <input type="checkbox"/> Partnership  <input type="checkbox"/> Widowed</p> <p>3. What are your 2 <b>main</b> reasons for participating?  <i>(Check only two)</i>  <input type="checkbox"/> Arts/Crafts/Music <input type="checkbox"/> Meals  <input type="checkbox"/> Education/Information <input type="checkbox"/> Travel/Trips  <input type="checkbox"/> Health/Wellness <input type="checkbox"/> Social Connections  <input type="checkbox"/> Volunteer Opportunities  <input type="checkbox"/> Other Activities, please specify: _____</p> <p>5. What is your race? <i>(Check all that apply)</i>  <input type="checkbox"/> American Indian or Alaska Native  <input type="checkbox"/> Asian  <input type="checkbox"/> Black or African American  <input type="checkbox"/> Hispanic, Latino or Spanish origin  <input type="checkbox"/> Native Hawaiian or other Pacific Islander  <input type="checkbox"/> White/Caucasian  <input type="checkbox"/> Other, please specify: _____</p> <p>6. What is your highest level of education?  <i>(Check only one)</i>  <input type="checkbox"/> Less than high school  <input type="checkbox"/> High school grad/GED  <input type="checkbox"/> Some college/technical training  <input type="checkbox"/> 4-year college graduate  <input type="checkbox"/> Postgraduate work/degree</p> <p>7. Are you a Veteran? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>8. Are you the spouse of a Veteran? <input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p>1. Gender <input type="checkbox"/> Male <input type="checkbox"/> Female  <input type="checkbox"/> Other, Specify: _____</p> <p>2. Marital Status:  <input type="checkbox"/> Married <input type="checkbox"/> Divorced  <input type="checkbox"/> Single <input type="checkbox"/> Partnership  <input type="checkbox"/> Widowed</p> <p>3. What are your 2 <b>main</b> reasons for participating?  <i>(Check only two)</i>  <input type="checkbox"/> Arts/Crafts/Music <input type="checkbox"/> Meals  <input type="checkbox"/> Education/Information <input type="checkbox"/> Travel/Trips  <input type="checkbox"/> Health/Wellness <input type="checkbox"/> Social Connections  <input type="checkbox"/> Volunteer Opportunities  <input type="checkbox"/> Other Activities, please specify: _____</p> <p>5. What is your race? <i>(Check all that apply)</i>  <input type="checkbox"/> American Indian or Alaska Native  <input type="checkbox"/> Asian  <input type="checkbox"/> Black or African American  <input type="checkbox"/> Hispanic, Latino or Spanish origin  <input type="checkbox"/> Native Hawaiian or other Pacific Islander  <input type="checkbox"/> White/Caucasian  <input type="checkbox"/> Other, please specify: _____</p> <p>6. What is your highest level of education?  <i>(Check only one)</i>  <input type="checkbox"/> Less than high school  <input type="checkbox"/> High school grad/GED  <input type="checkbox"/> Some college/technical training  <input type="checkbox"/> 4-year college graduate  <input type="checkbox"/> Postgraduate work/degree</p> <p>7. Are you a Veteran? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>8. Are you the spouse of a Veteran? <input type="checkbox"/> Yes <input type="checkbox"/> No</p>
<p>9. Currently, how many people are living in your household and have been there for more than 2 months?                  Include yourself. _____</p>	
<p>10. How many children less than 18 years old live in your household? _____ <i>(if none, enter zero)</i></p>	
<p>11. During past 12 months, what was your approximate <u>total household</u> income from all sources? <i>(Check one)</i></p> <p> <input type="checkbox"/> Less than \$20,000                        <input type="checkbox"/> \$25,000 - \$34,999                        <input type="checkbox"/> \$45,000 - \$54,999                        <input type="checkbox"/> \$75,000+  <input type="checkbox"/> \$20,000 - \$24,999                        <input type="checkbox"/> \$35,000 - \$44,999                        <input type="checkbox"/> \$55,000 - \$74,999                 </p>	

## DONATIONS

Please mail all donations to:  
PO BOX 717  
Edmonds, WA 98020

***A heartfelt THANK YOU to all  
who have donated to support  
our senior programs!***

Fred Allen  
Anonymous  
Joe & Donna Chasteen  
Catherine Coughlin  
Joann Cratty  
Gayle & Norman Davis  
Ramona Durham  
Peter Dygert & Marilyn Endriss  
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Lois Rathvon  
Bob & Sylvana Rinehart  
Glenn Sharp  
Millie Thompson

***Helping Hands Fund***

Barbara Lavery  
Debra Cadwallader  
Elizabeth Dost  
Karen Galbraith  
Maxine Dittebrandt  
TJ Krueger

## IN MEMORIAM

Our thoughts and fond  
memories reach out  
to the families and friends of:

**Franklin Bischel**

**Wayne Hakola**

**Les Vea**

Please advise us if we have  
inadvertently omitted the name  
of a family member, friend,  
or loved one.

## EDMONDS WOODWAY AMATEUR RADIO CLUB

Net every Tuesday, 7PM local time, Snohomish ACS repeater  
WA7DEM 443.725+ tone 103.5 website: edwaynet.com

# THE WATERFRONT FORUM

The first Forum, Edmonds from the Beginning, was a  
tremendous success and left people wanting more.

**WATCH FOR A NEW SERIES COMING IN APRIL**  
**You won't want to miss it! The topic will explore**  
**how arts and culture have helped shape Edmonds.**

*Look for details in the next issue of the Sound Connection.*

## EDMONDS SENIOR CENTER

PO Box 717

Edmonds, WA 98020

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## Membership has its benefits!

### Join or Renew today

#### **ONLY OUR MEMBERS RECEIVE THESE BENEFITS:**

- ◆ **10% off** all regular priced items at the Senior Thrift Store
- ◆ **\$1.00 drip coffee** at Shore Pine Coffee & Gelato in the EWC Community Lounge
- ◆ **\$5.00 off** Community Breakfast at the Potlatch Bistro
- ◆ Significant **discounts** on classes and events
- ◆ **Newsletter** with all the latest information and updates

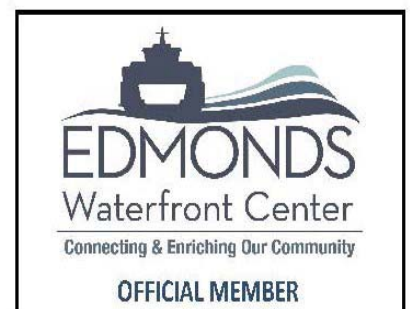
Enjoy 12 months of membership from the date that you join!

Join or Renew now and receive our **New Membership Card!**

**Membership forms are inside this newsletter on pages 17-18**  
**RENEW ONLINE at [WWW.EDMONDSWATERFRONTCENTER.ORG](http://WWW.EDMONDSWATERFRONTCENTER.ORG)**



MEMBER CARD—FRONT



MEMBER CARD—BACK