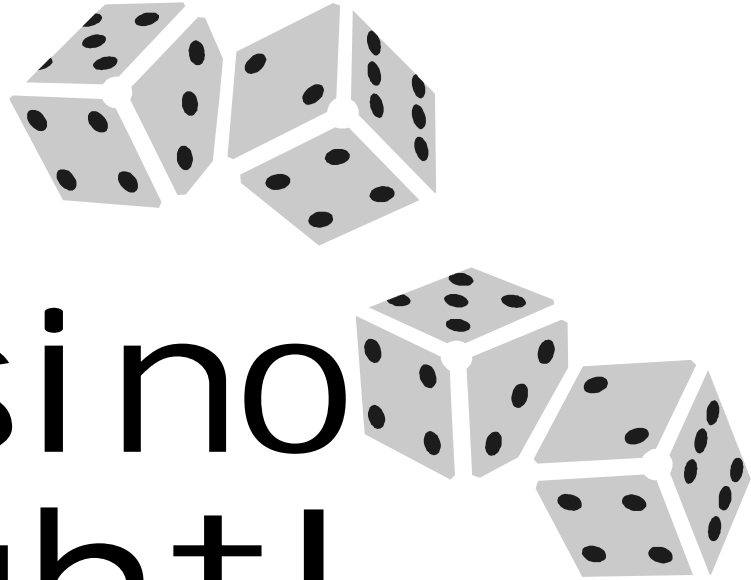
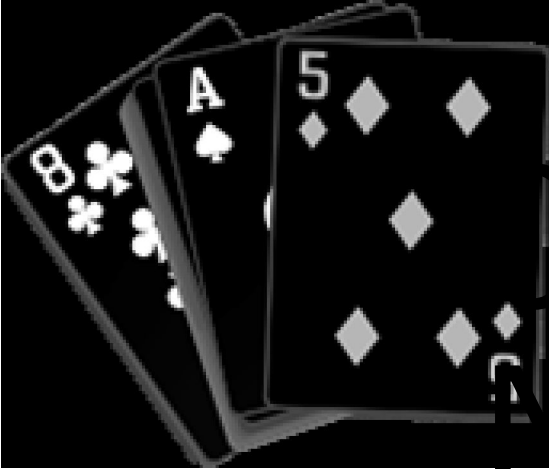




News and Information
for the Young at Heart.
February 2010 No 148



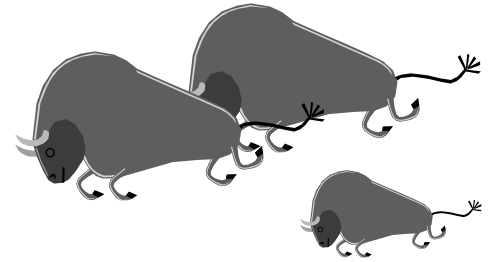
Casino Night!

Saturday February 27th 7:30pm.
\$15 for unlimited play plus appetizers.
Details on page 2

No Bull Just Beef—Prime Rib Dinner!

Saturday Feb. 13th

sponsored by Vince and Claudia
Kaelin



Add a shrimp cocktail for \$3!

4:30 and 6:30 seatings

Call 425-333-4152 for your reservation.

Salmon or chicken entrée also available.



Severe Weather Policy.

The Sno-Valley Senior Center follows the **Riverview School District**. If they are running an hour late then we will open one hour later, ADH will start one hour later, and the shuttles will adjust their schedule accordingly. If the schools are two hours late we will open two hours late, ADH will open 2 hours late, Enhance Fitness and any trips will be cancelled but we will still offer a hot lunch. If school is canceled we will be closed. Check KIRO Radio 710 for regular updates.

Special Events

Burger Safaris

Join us for a lunch out and you don't even have to order a hamburger!

Wednesday Feb. 3rd Fall City Grill \$1.00

Wednesday Feb. 10th Red Robin Monroe \$2.00

Wednesday Feb. 17th Raging River Café \$1.00

Wednesday Feb. 24th Pete's Club Free

All burger safaris depart at 11:00 am.

Casino Van

We haven't been in a long time so let's try the Tulalip. Not a gambler? The van can stop at Walmart or the Outlet Store too!

Thursday February 11th

Depart at 9:30 Cost \$7.00

MMM Chocolate!

Seattle is becoming the focal point for great chocolate. Today you can see how it is made and what differentiates the good from the great. Samples included! Lunch to follow at Norm's Eatery and Bar featuring great pub food and dogs. This is an active tour with stairs and a lot of standing on concrete.

Thursday February 11th

Cost: \$8.00 depart 9:00 am.

Let's have Coffee With....

Have you ever just wanted to sit down and chat with your government officials? Well, now you can! Join the Sno-Valley Seniors for a four week session of "Coffee with...." and meet the people, face to face who lead these agencies. Facilitated by Kate Miller with treats baked by Lizzy Miller.

Thursday Feb. 4th: Carnation/Duvall CERT.

CERT stands for Community Emergency Response Team. CERT teams were created to make communities, stronger, safer and more prepared. From information on how to care for someone with influenza to emergency preparedness this group does it all.

Thursday February 4th

9:30 am cost free.

Thursday Feb. 18th American Red Cross

Are you ready for the next local disaster? 10:30AM for an interactive personal preparedness discussion for seniors. Topics will include; how to build a disaster kit, out of area contacts, how to stay safe during an earthquake? Give yourself some peace of mind and take a step towards empowering yourself to be prepared.

Thursday February 18th

9:30 am cost free.

Casino Night!

Blackjack, craps, roulette, all the classic games of chance are yours to play at our 3rd annual Seniors Helping Seniors Casino night. This evening will benefit our Center as well as Senior Class Graduation Night Party. \$15 buys you unlimited play of all table games, appetizers and a no-host bar. No reservations required, just come and have a great time!

Saturday February 27th

7:30 pm cost \$15.00

We are looking for sponsors as well as donations for raffle & auction items. Please contact Kim Lisk at (425) 333-4855 or kimlisk@comcast.net. This event is a lot of fun! I encourage you to mark your calendar and invite your friends for a fun and supportive night.

Bargains Galore!

Stop by Re-in-Carnation our thrift store for some great bargains in February. All winter clothes are 50% off! Including sweaters, jackets, evening wear and, if you can believe it....we have snowmobile suits on sale too! The sale is from February 1st through the 15th.

Store hours Tuesday through Saturday

10:00-4:00pm

Red Barn Pre-School

See how the younger half lives by joining the kids from Red Barn Pre-School for lunch on February 9th. The kids will come and have lunch with you and even sing a song.

Tuesday February 9th

Lunch \$3.00 donation, lunch with preschoolers: Priceless!

Old Skill for a New Time is Back!

Old Skills classes will begin Tuesday Feb. 2nd. We will have again quality instructors, many of them seniors, teaching members of the community self sufficient skills such as sewing, home repair, and gardening.

Tuesdays February 2nd through April 21st.

5:30 dinner 6:30 class. Cost \$5 per session.

Wii Bowling Open Bowling

We are getting a few regular players so stop by and Kate will set you up with your very own on-line person!

Every Wednesday

11:00 am Cost Free

Watercolor Painting with Bruce

This is a continuing program and cannot accommodate drop ins at this time. Look for new painting and drawing sessions starting in April.

Directors Report-Amara Oden Sponsorship opportunities

The Sno-Valley Senior Center hosts many an event in order to raise sufficient funds to keep our doors open and meet the needs of Seniors in our community. One of the ways that these fundraisers are made even more effective is through sponsorships. These are when individuals, families, or businesses commit to underwriting the costs or partial costs of the event.

There are many sponsorship opportunities at the Sno-Valley Senior Center. They start at the very affordable \$150 and go up to \$1500.

Sometimes families will get together and sponsor an event in honor or memory of a special person in their lives. Sometimes people sponsor events as a way of supporting the Center, sometimes to honor the work that the volunteers are doing to raise money. Please consider a sponsorship this year.

Building Renovation Update

We are starting to do the environmental analysis, which is the first step in a very long 2 year process. Soon we will sit down with the King County people and create a plan for this time. Once that happens I will better be able to share what the timeline is that we can expect – all of us are very eager for that time line and information!

There is a bit of misinformation out there regarding the status of the museum with the renovation. The building committee that created this plan acknowledged that the Historical Society and the Center share a special relationship, and agreed the museum would continue to have a home in our Center. The renovation plan includes multiple spots for the museum to display parts of their collection. I have had many meetings and communication with the Historical Society to assure them of this, and they are aware that there will be space for their display cases. Please direct any questions or concerns about this to me.

2009 by the numbers

We are still waiting for final numbers, but I am happy to report some initial numbers for 2009.

We served 2,163 Senior in 2009.

We offered 1703 programs and services

Our programs were used: 20, 732 times!!!

We have 231 registered volunteers

Who contributed 18,436 hours

All that adds up to the BEST SENIOR CENTER!

These are phenomenal numbers. They represent a good deal of connection, assistance, and difference in seniors lives. So many of you have pitched in to make this possible. On behalf of the over 2000 seniors we served, Thank you.

More from Amara

Its 2010! A new year, a new decade, and the year that Sno-Valley Senior Center celebrates our 35th anniversary! What a terrific way to celebrate the Center, by renovating it in response to growing interest and need for our programs! Look also for celebrations and acknowledgments throughout the year of this momentous year.

35 years by Kate

In celebration of our 35 years I took a stroll down memory lane. We have scrapbooks that date back to our very beginning and I thought I would share some of the things from the 1975 book each month in the newsletter. Like our current members, our founders were a busy group. Dinners, education programs and trips were all part of the original plan. Also like our current members they were committed to living life well. My favorite quote from one their brochures is: "Youth is a Gift of Nature, but Aging is a work of Art"

Aging Well Book Club and Conversation

The Snoqualmie Library on Snoqualmie Ridge is offering a free program on aging well. The conversation on aging uses a process developed by the Northwest Center for Creative Aging. This meeting will be facilitated by Shelley Burns. You can enjoy the meeting without having read the book of the month. Drop-ins are welcome. You may bring a beverage in a covered container.

- February 20 "Hannah Coulter: a Novel" by Wendell Berry.
- March 20 "The Gift of Years: Growing Old Gracefully" by Joan Chittister.

10:15 am-12:15 pm Free

Library news!

Our normal wet and cold spring is the perfect time to curl up with a good book. The Senior Center library, located down the hall from the reception area, is bursting at the seams with great reads. New to our collection is a whole section of Westerns including complete sets of the Wagons West series. The series begins in 1837 with the organization of the first large wagon train of settlers headed for the Oregon territory. The series goes on to chronicle the settling of the West, tracing the lives of a large cast of characters blending adventure with romance. So check our latest additions and remember with the Sno-Valley library there is no cost, no due date and no late fees. Open Monday-Friday
8:00 am -4:30 pm.

Memorials and Donations

In Memory of Donald Davis

Bob & Diane Amos
Dell & Lois Foster

In Memory of Gloria Nelson

Selma Keylon
Della & Emet Callaway
Tek Keylon

In Memory of Don & Gwen Rogers

Bob & Diane Amos

Donations

Dell & Lois Foster
Judy Anwar
Dale, Carol & Ali Robertson
Virginia Benson
Cecelia McCorkle & Sharee Clark
Lee Grumman
Zenna Smith
Denise Klein
Barbara Rakes

ADH Donations

Beverly Horning
Marie Wolslegel
Sonja Massey

Fundraisers

Steak \$1809.00

New Year New Count!

Please sign in EVERY time you come in and register every hour you donate. In order for our Center to get support through grants and government funding we need to be able to show how many people participate at our Center and how many volunteer. You count, so sign in!

Volunteer Opportunities

Do you notice meetings listed on our calendar for the Plant Sale and Re-in-Carnation? Both take lots of planning to run smoothly and their committees are meeting now. If you are interested in participating in either program, stop by and attend a meeting to see how you can help.

Plant Sale Meetings: 1st and 3rd Mondays at 3:00pm
Susan Miller Chair

Re-in-Carnation Thrift Store Meetings: 1st Monday of every month at 1:00pm. Fran Carlson Coordinator.

Should you Register as a Domestic Partner?

Complications from pensions and inheritance can find many seniors living with a partner that is not their spouse. If this is your situation you should consider registering as a domestic partner. Registration with the State costs \$50.00 and provides these benefits to the partner:

Hospital visitation, jail and prison visitations, health care decision-making, and information-access rights, rights of inheritance, access to veterans benefits and other rights and privileges associated with marriage.

Applications are available at the front desk. Registering as a domestic partnership is akin to the responsibilities of marriage so this is not an action to be taken lightly. You can get more information from Senior Rights and Assistance 1-800-972-9990 including referrals for free legal assistance by phone if needed.

Prepping for Plant Sale!

Gardeners, be thinking about donating plant cuttings and starts to our plant sale. Customers tell us they love your plants because they are the tried and tested best for our growing region. So start thinking now! Consider: all veggies and fruit starts like rhubarb, strawberries, raspberries, and herbs. Perennials like hellebores, hostas, rhodies, ornamental grasses, groundcovers, conifers, roses, hydrangeas, heucheras, ferns, climbers, euphorbia, and dahlias. Pot them up with lots of potting soil in similar pots and label them, please. Our goal: to raise \$14,000!!! Magnificent sun/shade hanging baskets will be pre-sold starting March 1. Last year's were exquisite. Questions to Susan Miller 222-0790 (susanamiller@hotmail.com) or Mary Lampson 788-2984, (melampson@yahoo.com)

Garden Artists Wanted

Are you the creative type? Looking for way to market your original creations? How about opening a booth at our annual Plant Sale April 30th and May 1st. Call Susan Miller at 425-222-0790 for more information.

Rampathon

Now in it's 17th year this program from the Master Builders Association has built almost 200 free wheelchair ramps for housebound senior citizens. Applications are available in our lobby and need to be turned in by February 15th to meet their deadline if you would like to be considered for a ramp for your home. Construction day is Saturday May 19th.

February Birthdays

1 Adriana Armstrong
1 Genevieve Mercer
2 Sandra Craig
2 Josh Denison
2 Rodney Mills
3 Marjorie Martin
3 Judy Hare
4 Ruth Bellamy
4 Rae Stewart
4 Berneice Wentland
5 Alta Frease
5 Susan Charles
5 Betty Winkler
6 Robert Scharer
6 Kate Wren
7 George Haffner
8 Kerstin Houger
8 Joanne Richter
8 Sharon Beba
9 Casey Jones
9 Gloria Morgan
11 Judi Chapman
11 Eileen Horton
11 Lee Nelson
11 Sam Baker
13 Lena Thompson
13 Barbara Norman
13 Tom White
13 Dot Patteson
13 Willa Richards
14 Carol Gregory
15 Beverley Hornig
16 Fred Bereswill
16 Diana Board
17 Bill Wheeler
17 Mary Schneider
18 Norma Schwinn
18 Ward Roney
18 Darlene Rose
19 Robert McManus
19 Kris Kirby
19 Betty Stegriy
20 Steve Denison
20 MaryLou DeBoer
20 B.J. Morris
21 Lorna Anderson
21 Jay Rawson
24 Sylvan Lassman
24 Wendy Shimada
25 James Bradley
25 Craig Edwards
25 William Drummond
25 Kathleen Williams

26 Nancy Lou Stevens
26 Chuck Hurlbut
27 Patricia Busser
27 Russell Beighley
29 Howard Miller

All our members with a birthday receive a free lunch on February 18th. Not on the list? Did you pay your dues? Leave a note for Pat Busser if you are not sure and we will check our records and get back to you.

You Tell Me I'm Getting Old

You tell me I am getting old.

I tell you that's not so!
The "house" I live in is worn out,
and that of course, I know.

It's been in use a long, long while;
it's weathered many a gale;

I'm really not surprised you think
it's getting somewhat frail.

My "house" is getting shaky,
But, my "house" isn't me!

The dweller in my little "house"

is young and bright and gay;

Just starting on a life to last throughout eternal day.

You only see the outside which is all that most folks see.

You tell I am getting old? you mixed my "house" with me!

**A poem from our 1975
scrapbook.
Edited for size.**

5

Programs and Services

Acupuncture

A time tested method for improving wellness with Master of Acupuncture Sheila M. Blackman.
Every Tuesday
1:00-4:00 pm Cost \$30 for 45 minute session.

Adult Day Health of Sno Valley

Provides respite for caregivers and quality individualized programming and nursing care.
Monday through Thursday
9:30 am to 2:30 pm. Financial aid may be available.

Artist Open Studio

Every Monday from 1-3 pm the Center hosts an open studio for artists. Bring your own projects.
Every Monday
1:00 pm to 3:00 pm Cost free

Bingo

Nickel a game! Free coffee!
Every Tuesday and Friday
9:00 am to 12:00 pm Cost free

Birthday Lunch

All members with a birthday this month are invited to a free lunch on the 3rd Thursday.
Thursday January 21st.
Noon. Cost free

Bridge Club

A fun group that is growing every week. Call Virginia for details at 788-2019. Sorry we can not accommodate drop-ins.
Fridays
10:30 am to 3:00 pm Cost free

Blood Pressure Checks

Available daily 8:00-4:30 pm with our "do it yourself" machines. Carnation EMT's on the 1st Monday of every month before Enhance Fitness.
Monday February 1st
9:15 am Cost free.

Caregivers Support Group

Are you responsible for the care of a frail friend or relative? A new caregivers support group is now forming with your needs in mind. Call 425-333-4152 and leave a message for Tammy Clark SW, if you are interested.

Charlene Somerville Sings to Us

Charlene has a beautiful voice and will sing songs chosen especially for us. This month enjoy "Hello Young Lovers" and "So In Love"
Tuesday February 16th.
12:15 pm Cost free

Programs and Services Continued

Coffee Time

Fruit, pastries and good company provided by our volunteers. A great start to the day.

Monday-Friday

8:00-9:00 am Cost \$1.00 donation

Computer Lab

Two machines that have high speed internet access.

We are looking for donations of a few more computers so if you know anyone who has a machine call Kate at the Center.

Dental Care

Dental hygienist cleaning services are now available by appointment every fourth Thursday, beginning January. Prices start at only \$75 which includes a fluoride varnish. Clients must be over 60 years old and have a doctors clearance before the cleaning.

Thursday February 25th

8:30am -12:30pm by appointment Cost 75.00

Equipment Loans

Members can borrow from an assortment of walkers, potty seats, bath chairs, and crutches. Cost free

Exercise Class-Enhance Fitness

This program is designed especially for seniors and may be covered by Group Health plans or other insurance programs. Instructor, Paige Denison.

Mondays, Wednesday, and Fridays

9:30 am to 10:45 am Cost \$30.00 for twelve classes

Financial Planning

Dan Giluck is a Financial Planner who can answer your questions about finance, including questions on long term care planning and reverse mortgages. Call him at his home office. 425-788-0454

Cost free

Foot Care

Judy Ware RN will be here for toenail trimming.

February 4th and 18th by appointment

9:00 am to 3:00 pm Cost \$25.00

Garden Club: Lilies of the Valley

Tour gardens and learn how to enhance your own.

Members join the Northwest Perennial Alliance. Call Susan Miller for more information. 425-222-0790

Cost \$35 per year

Historical Society-Tolt

Is back for another year of learning and preserving the history of the town of Tolt (now Carnation).

Guest speaker to be announced.

Wed. February 10th

7:00 pm \$5.00 annual dues.

Jewelry Making Open Studio

Join Kerstin Houger for an informal jewelry making open studio. We have a large assortment of beads and supplies, or you can bring your own project.

Every Wednesday 1:30-3:30 pm

Cost free.

Legal Advisor

Bill Hollowell, Attorney at Law, is available by appointment the 2nd Monday of the month,

Monday February 8th

1:00pm-2:30 pm Cost free

In Case of Emergency Cards

Want a free laminated card with all your emergency information for your wallet? Forms at the reception desk.

Cost free

Loaning Library

Members can borrow books, puzzles and videos

Monday-Friday

8:00 am to 4:30 pm Cost free

Lunch

Monday through Friday the Center serves a hot lunch at noon, made from scratch by our Chef Kerstin Houger.

Monday - Friday

12:00 pm Cost \$3 over 60 years old, \$6 under 60

Naturopathic Clinic

Bastyr University has a licensed naturopathic doctor and advanced students at the Center every Friday, offering general care. Fees help offset facility costs.

Every Friday

12:30 pm-3:30 pm Cost \$5.00 per visit

Massage

Judy Anwar LMP offers one hour massages to members for \$35, every Thursday. This program is extremely popular so we are limiting participants to one visit per month.

Thursdays by appointment

10:00 am to 4:00 pm Cost \$35.00

Meals On Wheels

40 menu selections for seniors needing pre-prepared meals for home use. Orders are taken on alternate weeks on Tuesday for Thursday or Friday delivery.

They also offer discount pricing on Ensure and other supplements. Call Kate for more information.

Ordering on Tuesday February 9th and 23rd.

Suggested donation \$3 per meal

Notary Service

Call Kate for an appointment.

Tuesday—Thursday

8:00 am-4:30 pm Cost free

Pet Food

Applications at the front desk. Pet food is delivered after the 2nd Saturday of the month and must be picked up by Friday.

Cost free

Quilting Club

A friendly group that meets to work on their own projects. Meets on the 2nd and 4th Wednesdays

Wednesday February 10th and 24th

9:00 am to 12:00 pm Cost free

Reflexology

Reflexology is a foot therapy that helps stimulate the body's ability to heal itself by increasing circulation and promoting relaxation and well-being.

Mondays by appointment with Lisa Brock.

9:00 am to 2:00 pm Cost \$20.00

Re-In-Carnation Thrift Store

Our thrift store is at 31845 W Commercial. Store hours are Tuesday through Saturday 10 am-4pm We accept donations at the alley door Mon., Wed., Fri. and Sat., 9:00am to noon. You can pick up a list of what we can and cannot take at the front desk or on our website at snovalleysejior.org.

Safe Food Handling Class

Classes are held the 2nd Monday of every month from 7:00 to 9:00pm. Registration is NOT required, come 15 minutes prior to the start of the class. Bring picture ID and a SASE if you want your card mailed.

Monday February 8th.

1:30pm Cost \$10.00

Salon Services

Judy from Country Rose Boutique, offers haircuts on the second Thursday of every month.

Thursday February 11th.

12:30-2:30 pm Cost haircuts \$12.00.

Scrabble and Upwords

Want to play Scrabble and Upwords? We are now playing every week!

Every Tuesday

1:00 pm Cost free

Senior Information and Assistance

One phone call to find information on in-home care, prescriptions discounts, home repair help and more.

1-888-435-3377 (1-888-4elders)

Cost free

Senior Rights Assistance Program

Questions on Medicare and Health Insurance, Social Security, Estate Planning, Powers of Attorney, Guardianship, Consumer Issues, Homeowner Issues, and Legal Referrals. 1-800-972-9990.

Cost free

Shuttle for Seniors

Where can you go on a Senior Shuttle? Anywhere between North Bend and Monroe. Call: 425-333-5554 or 425-888-7001

Monday through Friday 8 am to 4:30 pm

Cost free.

Steak Dinner

Our steak dinners are held on the second Saturday of every month during the school year except December. We have two seatings, one at 4:30 pm and another at 6:30 pm. Reservations are recommended.

The meal is prepared and served by an all volunteer staff led by Adriana Armstrong and Malinda Gonuscio. NOTE: All items on the menu are prepared fresh to order. Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.

Saturday February 13th

4:30 pm and 6:30 pm seatings

\$15.00 full dinner, \$11.00 salad bar and potato,

\$9.00 salad bar only.

Veterans Services

Brought to you by the Veteran's and Human Services Levy. If you have any questions or need help connecting with state, county or federal veterans benefits or services, you can ask Joel Estey. He will be here the third Thursday of every month from 8:00-9:00am. You can see him at these times or you can call anytime with your specific questions. He can be reached at 206-612-2816-Cell or 206-296-7570. Joel has worked for the King County Veteran's Program for over twenty four years. He was in the US Army from 1967-1969 with service in Vietnam in 1968.

Thursday February 18th.

8:00am free

Ways and Means

This committee meets monthly to facilitate fundraising for our Center. If you are interested in this issue please join us. Chair Marge Qualls

Tuesday February 9th.

9:00 am-12:00 pm free

Sno-Valley Seniors

The Young at Heart

4610 Stephens Avenue

PO Box 96

Carnation, WA 98014

425-333-4152

FAX 425-333-4465

Email -

amarao@seniorservices.org

Web Page -

www.snovalleysenior.org

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STATEMENT OF NON-DISCRIMINATION POLICY

The Sno-Valley Senior Center does not discriminate against clients, applicants, or employees on the basis of race, color, creed, religion, sex, age, national origin, marital status, sensory or physical or mental handicap, political ideology, or sexual orientation. On request, people with disabilities will be provided with reasonable accommodations.

Sno-Valley Senior Center is a member of Senior Services. Our mission is to be an effective provider of quality services to support the independence of senior citizens. Anyone can be a member regardless of age.

Sno-Valley Seniors
Serving Valley Seniors
and Their Families since
1975

*An Affiliate of Senior Services – a United
Way Agency*

Senior Center Staff

Director	Amara Oden
Program Coordinator	Kate Miller
Bookkeeper	Alison McIntosh
Nutrition/Lunch	Kerstin Houger
Drivers	Denise McKenney, John Quaale
Social Worker	Tammy Clark SW
Fitness Instructor	Paige Denison
Footcare	Judy Ware RN
Custodian	Muriel McVey
Newsletter Editor	Kate Miller

Adult Day Staff Program Staff

Day Health Program Coordinator	Tammy Clark SW
Activity Coordinators	Joan Wheeler , Jackie Maxwell
Nurses	Lori Fillion RN, Jan Smith LPN