

Senior Lifestyles



Fall / Winter
2025

FREE

Supplement to the Tribune
Pacific Publishing Company
605 Second St., #224
Snohomish, WA 98290

Alzheimer's: Separating fact from fiction

Millions of people are living with Alzheimer's disease, a progressive, irreversible brain disorder that causes cognitive decline, confusion, memory loss, and many other symptoms. The Alzheimer's Association says one in three seniors dies with Alzheimer's or another dementia.

Learning to recognize facts from fiction regarding Alzheimer's disease can help families navigate a diagnosis more effectively. These facts are courtesy of the Alzheimer's Society.

MYTH: Alzheimer's disease only affects older people.

FACT: Although age is the most significant risk factor for Alzheimer's, young-onset Alzheimer's disease can occur in people from their 30s to mid-60s.

MYTH: Alzheimer's is a natural

course of aging.

FACT: It is important to understand that Alzheimer's disease is not a normal part of aging. It is a distinct progressive illness that goes beyond the minor memory loss that occurs when one gets older.

MYTH: Alzheimer's disease and dementia are the same thing.

FACT: Alzheimer's disease is one form of dementia. Diseases other than Alzheimer's disease also fall under the dementia umbrella, including vascular dementia, frontotemporal dementia and Lewy body dementia.

MYTH: Having a family member with Alzheimer's disease means I will definitely inherit it.

FACT: Although there are genetic components for early-onset and late-onset Alzheimer's disease,

even the presence of genetic mutations does not mean that a person will definitely develop the disease.

MYTH: There is a cure for Alzheimer's disease.

FACT: There are medications and other approaches

that can often help with some of the symptoms of Alzheimer's, but at present there is no cure.

MYTH: Alzheimer's can be prevented by diet or vitamins.

FACT: A healthy diet and lifestyle can help slow cognitive decline and may reduce Alzheimer's risk, but no single factor can fully prevent Alzheimer's disease.

MYTH: Alzheimer's disease is



only marked by memory loss.

FACT: Confusion, difficulty with language and communication, problems with planning and decision-making, and changes in mood and behavior are each considered symptoms of Alzheimer's disease.

Knowledge of Alzheimer's disease can make it easier for individuals and their families to navigate life after a diagnosis.

Cultivate a new hobby



Retirement is often characterized as a carefree time in life when adults who spent years in the workforce get to enjoy the fruits of their labors. But upon retiring, many retirees find themselves fighting boredom. A recent study from Indeed found that, as of March 2022, 3.2 percent of workers who retired a year earlier had already reentered the workforce.

Retirees who like the freedom of not working but are confronting a good bit of boredom can consider these tips to cultivate a new hobby that can help them pass the time in a rewarding and engaging way.

- Identify new (or old) interests. Many retirees discover new passions in retirement, while others turn back the clock and revisit favorite hobbies from their youth. A good way to begin cultivating a new hobby is to jot down a list of activities you always found interesting but never had the time to learn or became too busy to fully invest in. Some seniors hit the links for the first time, while others return to school to study subjects they find interesting. The options are endless, and jotting down a list of new or old interests is a great way to get the ball rolling.

- Embrace new ways to engage a passion. Virtual resources like online courses and book clubs conducted over Zoom with fellow

readers across the nation and possibly even the globe are a great way to cultivate a new hobby in retirement. Virtual resources can be especially beneficial for seniors with mobility issues.

- Consider locally based resources. Community parks departments, libraries and senior centers may offer an array of free or affordable opportunities for seniors to engage with a new hobby. Parks departments may offer anything from cross country skiing tutorials to age-based hiking excursions, while libraries may offer weekly crafting sessions or wellness programs. These are also great ways to meet fellow retirees.

- Put your experience to use. Retirees with years in their field don't have to go back to work to make use of their professional expertise. Contact local youth organizations or outreach programs sponsored by churches, libraries or local law enforcement agencies and offer to share your expertise with young people. Such opportunities allow retirees to continue to engage with their professions and help a younger generation of aspiring professionals gain valuable insight into fields they're interested in.

There's no shortage of ways for seniors to overcome retirement boredom and cultivate rewarding hobbies.

Activities that promote cognitive health

Maintaining physical health as a body ages is an important consideration, and often one of the first things that comes to mind when people think about being healthy. Yet physical health is only one component of a healthy lifestyle; individuals also must pay attention to what they do to promote cognitive health.

A 2023 study from the National Center for Biotechnology Information at the National Institutes of Health indicated that some decline in cognitive abilities is a natural part of the aging process. Attention, memory, executive cognitive function, language, and visuospatial abilities all exhibit measurable declines with age, according to the study.

Just because some measure of cognitive impairment occurs as the years march on doesn't mean

that seniors are powerless against Father Time. Certain behaviors and activities can help improve cognition.

Physical activity

It is important to stay physically active, not only for the body, but also for the brain. Harvard Health says research shows when animals exercise regularly, the number of tiny blood vessels that bring oxygen-rich blood to the brain increase. More oxygen can reach an area of the brain that is responsible for thought and help improve brain function. Exercise also lowers blood pressure, cholesterol levels and blood sugar, all of which can be beneficial to the brain.

Engage in relaxing activities

People who are depressed, sleep-deprived or anxious tend to score poorly on cognitive function tests. While this may not be an indicator

of cognitive decline, it is important to engage in behaviors that promote happiness and restfulness for mental health. Meditation, yoga, deep breathing exercises, and activities that help a person smile and laugh can be good for the brain.

Participate in stimulating activities

Stimulating activities, like word games, gardening, dancing, or playing a musical instrument, can help maintain cognitive function and enhance memory, says Healthline. Doing things that require mental effort can help stimulate and maintain cognitive function and also may improve emotional well-being.

Read more often

Various studies indicate that reading can promote strong mental health. In addition to keeping a person entertained or informed, reading exercises the brain. There are new words to learn, new scenarios to imagine and locations to envision. Sharing a summary of what was read with others also helps work the brain in different ways, all of which are good for cognitive health.

Make new recipes



Browsing through a recipe, shopping for the ingredients, putting the ingredients together, and producing the finished product all can work the brain. A person is reading, engaging in math, predicting the results, and utilizing the senses during the process of cooking.

Various activities can promote strong cognitive health and may help to reduce or delay cognitive decline through the years.

Elder Fraud Protection

Each year, millions of elderly Americans fall victim to some type of financial fraud or confidence scheme, including romance, lottery, and sweepstakes scams—just to name a few. Seniors are often targeted because they tend to be trusting and polite. They also usually have financial savings, own a home, and have good credit—all of which make them attractive to scammers.

The Washington State Department of Financial Institutions (DFI) protects consumers of all

ages by providing regulation of financial services and sharing fraud prevention, financial empowerment, and well-being information, so that people can make informed financial decisions.

This workshop is led by Lyn Peters, Director of Communications and Financial Education & Outreach for the Washington State Dept. of Financial Institutions. Lyn has been with DFI since June 2007. Workshop is Jan. 28 at the Mill Creek Library, 15429 Bothell-Everett Hwy., from 11 a.m. to 12 p.m.

Community Breakfast and Bingo Bash!

Everyone is welcome to the Community Breakfast at the Snohomish Senior Center the first Saturday of each month from 8:30-10:30 a.m. Menu includes pancakes or French toast, scrambled eggs, sausage links, biscuits and gravy, coffee or tea and juice... all for only a \$7!

Bingo Bash is also the first Saturday of each month. Doors open at 4 p.m.; Early Bird at 5:15 p.m.; first game at 5:30 p.m. The cafe will be open!

The Center is located at 506 Fourth St. in Snohomish.

SUDOKU: Fun By Numbers

Here's How It Works: To solve a Sudoku, the numbers 1 - 9 must fill each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you have, the easier to solve the puzzle.

			6	9			3	
				2	3	6	4	8
6	4					9	1	
	8				6		2	5
4	5				9	8		3
		7	3				6	9
	7		8					4
5						2		
2			9	5	1	7		6

Level: Beginner

Sudoku solution on page 15

Managing Menopause



Photos courtesy of Shutterstock

(Family Features) Hot flashes may be one of the better-known indicators of menopause, but women may experience a wide range of symptoms. However, treatment options can ease, if not alleviate, most of these experiences.

Perimenopause, which commonly occurs in the mid-to-late-40s, lasts 4-8 years. This transitional stage is characterized by fluctuating ovarian activity, which can alter the frequency and duration of a woman's period and disrupt estrogen production. Menopause is officially reached when the ovaries cease ovulation and a woman has gone 12 months without a menstrual period.

Despite increasing conversations among peers, many women experience disruptive symptoms and have difficulty managing them, according to a Nielsen IQ Aging America Forecast. Additionally, 90% of women reported never having been taught about menopause in school, according to a study published in "Post Reproductive Health."

Uncomfortable symptoms like hot flashes, vaginal dryness and weight gain often begin during perimenopause and may continue through post-menopause - in some cases, for the rest of a woman's life.

The intensity and duration of these symptoms can vary from person to person.

With 45% of women in the U.S. currently experiencing some phase of menopause, per the Nielsen IQ Aging America Forecast, K-Y, is on a mission to provide support and relief where it's most needed and empower women to take control of their menopause journey at every stage - because if you know, you know.

- Beat the Heat and Soothe Hot Flashes

Prevention is one of the most effective ways to manage hot flashes - those sudden waves of heat that often affect a woman's chest, neck and face, sometimes accompanied by sweating and redness. Identifying and avoiding common triggers such as caffeine, alcohol or spicy foods can make a difference. Calming exercises, like slow, steady breathing, can help bring a hot flash under control as can a cold drink, cool shower or portable fan.

- Deal with Dryness to Restore Moisture

Hormonal changes can cause vaginal dryness, often leading to discomfort. To alleviate this discomfort, try a non-prescription product designed to add moisture, such as

See *MENOPAUSE* on page 11

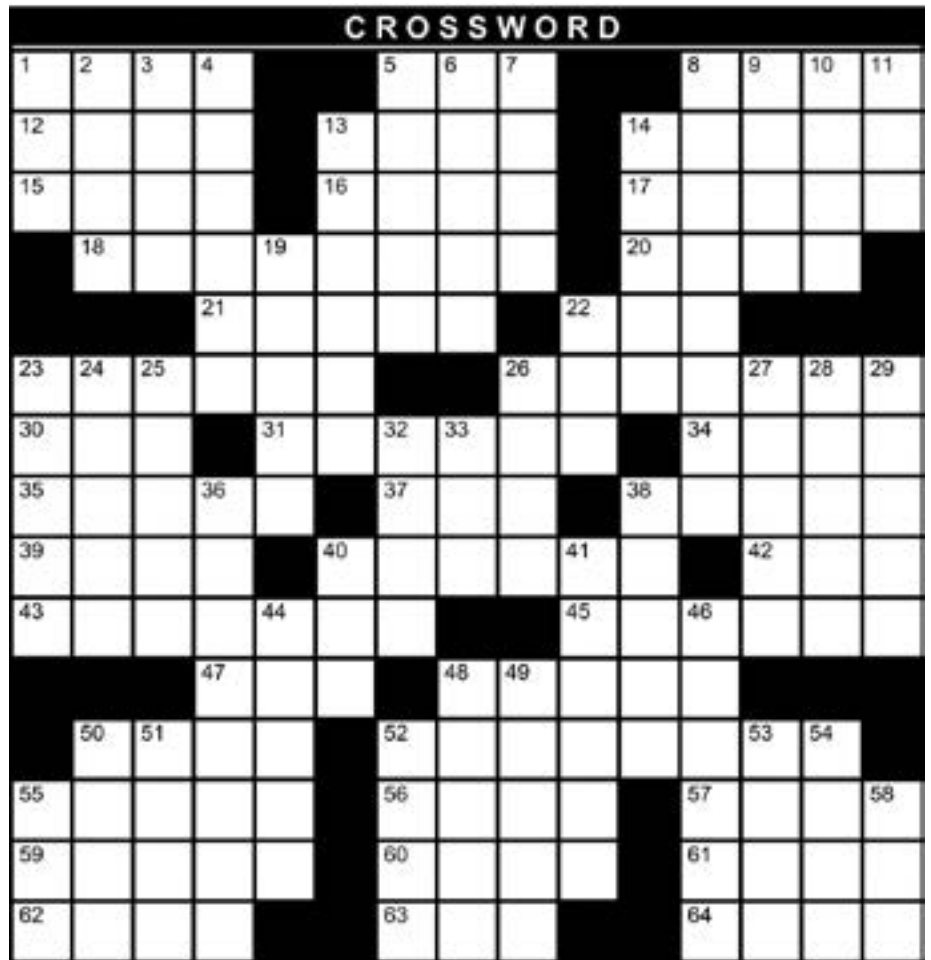
Crossword Theme: Combo Words

ACROSS

1. Wood file
5. Pick up a perpetrator
8. This and that
12. Title for Turkish leader
13. Tarantino's "____" Bill: Vol.1"
14. Ten million, in India
15. Type of word
16. Kent State state
17. Oohed partner
18. *Sleeping in a very fancy tent
20. Board game of diplomacy
21. Canada's favorite tree?
22. Long time
23. Asian wild sheep
26. Galilei's first name
30. Ever, to a poet
31. Lease giver
34. Hokkaido native
35. Sends unwanted emails
37. Charlotte's creation
38. "Bravo! Bravo!"
39. Roughly (2 words)
40. Common spa treatment
42. Gobbled up
43. *Movie theater snack
45. Infer using data
47. Entrepreneur Mary Ash's middle name
48. Wiser
50. Decomposes
52. *Communication device
55. Veranda, in Honolulu
56. Rum-soaked cake
57. Shades of color
59. Those against
60. Tehran location
61. Small island
62. Violin's Renaissance predecessor
63. Cloud's domain
64. Left after deductions, in U.K.

DOWN

1. Escaped
2. Bug-eyed
3. Synagogue
4. Wide-brimmed straw hat
5. Nothing, in Latin
6. Skirt shape
7. *Online journal
8. *Exceptionally intelligent one
9. Aahs' partners
10. Hiker's journey
11. He had
13. Small hill rising up from veld
14. Classic TV's "lovely lady"
19. Pall ____ and ____ of America
22. ENT's first concern?
23. "The Fox and the Grapes" storyteller
24. Copy, slangily
25. Get the picture
26. Desert in China and Mongolia
27. Jasmine's kin
28. Related on mother's side
29. Revealed
32. Zeus in disguise
33. Not min or hr
36. *Nonalcoholic drink
38. LDS missionary
40. Cook in a skillet
41. Sea in the Mediterranean
44. Desert mirage
46. Prickly marine invertebrate
48. *Scornful remark
49. Keep someone ____ or away from causing harm
50. Indian princess
51. On top of
52. Wading bird
53. Yorkshire river





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Puzzle Solution on Page 10

Seniors need to speak up about depression

(BPT) - Connie Thomas, a 77-year-old woman, has navigated a long journey with her mental health. Decades ago, Thomas was diagnosed with breast cancer. Living with her diagnosis and its results was not only physically challenging but it also brought mental struggles, including depression. She managed her mental health with medication for many years. But after retirement and feeling a loss of purpose, Thomas once again experienced symptoms of depression.



It's not unusual for older adults like Thomas to struggle with mental health issues. In fact, according to the National Council on Aging, 20% of people aged 55 and older suffer from some kind of mental health concern. After a lifetime of caring for families, raising children and serving their communities, many seniors put their own needs last, including their mental health. This can mean suffering in silence, sometimes for years.

Thomas knew better. She knew from her experience how important it is to talk about mental health, whether it's with friends, family or your doctor. That conversation can open the door to

new options. In Connie's case, her primary care clinician offered her the GeneSight® test, a genetic test that provides additional insights into how her genes may affect medication outcomes with certain mental health medications. These results gave her clinician more information to consider when developing her treatment plan.

- Finding a mental health medication that works: A frustrating process

It's fairly common for medications that once worked to manage mental health issues like depression to stop working. According to Johns Hopkins Medicine, "symp-

toms return for up to 33% of people using antidepressants."

Finding a medication for depression or anxiety that works can be a frustrating game of trial and error. Medications work differently for everyone, and there are many

reasons why one may be effective for some but not for others. Your genes may hold a clue, as they can play a role in affecting medication outcomes. A simple cheek swab can help clinicians understand which medications may require dose adjustments, be less likely to work, or have an increased risk of side effects based on your genetics.

- Informed Choices

That's why resources like the GeneSight® test are so important. The GeneSight test is a genetic test that shows health care providers how your genes may affect your outcomes with certain mental health medications, including medications that treat depression and anxiety. This information may

See DEPRESSION on page 13

Wintertide Festival

The Carl Gipson Center invites you to their Wintertide Festival and the 4th Annual Wintertide Bingo on Saturday, December 13.

The Wintertide Festival will be from 9 a.m. to 1 p.m. and will feature live music, crafts, activities, espresso stand and so much more.

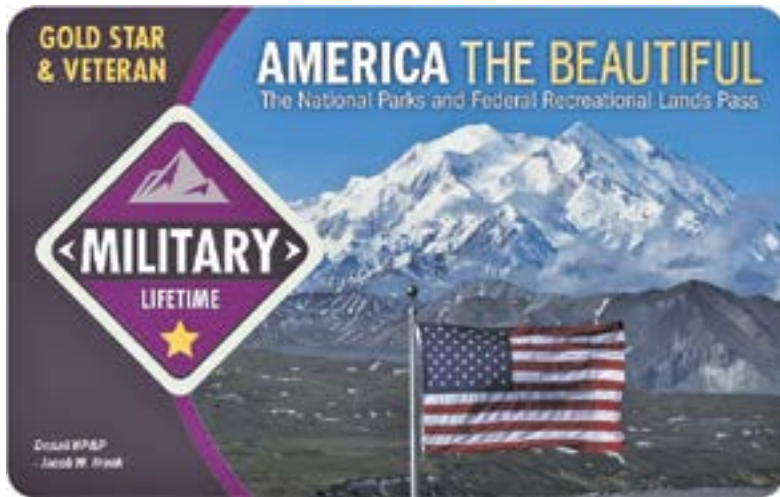
Please bring an instrument to donate to public school students

and get a chance to win a prize.

Musical performances: Eisenhower Middle School Impressions Jazz Ensemble at 9 a.m.; North Middle School Choir at 10 a.m.; Heatherwood Middle School Select Choir at 11 a.m.

The Carl Gipson Center is located at 3025 Lombard Avenue in Everett. For more information call 425-818-2784

Lifetime pass available for Veterans and Gold Star Families to access public lands



Lifetime Pass provides free entrance to national parks, wildlife refuges and other public lands for Veterans of the U.S. Armed Services and Gold Star families. Discounted Lifetime Passes are also available to U.S. Citizens over age 62.

Crossword Puzzle Solution for page 8



Veterans of the U.S. Armed Services and Gold Star Families can obtain a free lifetime pass to more than 2,000 federal recreation sites spread out across more than 400 million acres of public lands, including national parks, wildlife refuges, and forests.

“We have a sacred obligation to America’s veterans. This lifetime pass is a small demonstration of our nation’s gratitude and support for those who have selflessly served in the U.S. Armed Forces,” said U.S. Secretary of the Interior Deb Haaland, whose father served during the Vietnam War. “I’m proud the Department of the Interior can provide veterans and Gold Star Families opportunities for recreation, education and enjoyment from our country’s treasured lands.”

“Our national forests and grasslands represent so much of the beauty of the nation our brave service members have sacrificed so much for,” said Agriculture Secretary Tom Vilsack. “Though they can never be fully repaid, by connecting the families of the fallen and those who served with these iconic places, we can, in a small way, say thank you.”

“The U.S. Army Corps of Engineers and our federal teammates are proud to honor our veterans with free lifetime access to more than 2,000 federal recreation areas across the nation,” said Lieutenant General (LTG) Scott Spellmon, Chief of Engineers, U.S. Army Corps of Engineers.

“This is a small token of appreciation for veterans who have bravely dedicated their lives to defending our freedom. This pass conveys our immense gratitude and respect for those who have

given so much,” said National Park Service Director Chuck Sams. “As a veteran, I know firsthand the many sacrifices that members of the Armed Forces and their families have made in service to our country, and I am thrilled that Gold Star Families and military veterans can now enjoy lifetime access to national parks and other public lands.”

Each lifetime pass covers entrance fees for a driver and all passengers in a personal vehicle (or passholder and up to three adults at sites that charge per person) at national parks and national wildlife refuges, as well as standard amenity fees at national forests and grasslands, and at lands managed by the Bureau of Land Management, Bureau of Reclamation and U.S. Army Corps of Engineers.

Veterans can present one of the four forms of acceptable ID (Department of Defense ID Card, Veteran Health ID (VHIC), Veteran ID Card, or veteran’s designation on a state-issued US driver’s license or ID card) at participating federal recreation areas that normally charge an entrance fee. Gold Star Families obtain information, self-certify they qualify and download a voucher on <https://www.nps.gov/planyourvisit/veterans-and-gold-star-families-free-access.htm>.

Federal recreational land management agencies also offer additional Lifetime Passes, including a Senior Pass for US citizens or permanent residents over age 62 and an Access Pass for US citizens or permanent residents with a permanent disability. More information is available at <https://home.nps.gov/planyourvisit/senior-pass-changes.htm>.

A Place of Healing and Comfort: Snohomish Health & Rehabilitation

Nestled in the picturesque town of Snohomish, Snohomish Health & Rehabilitation stands as a beacon of compassionate care and healing. For years, they have been a trusted partner in the journey of recovery and wellness for countless individuals and their families.

Their story is one of dedication and heartfelt service. Each resident who walks through the doors is welcomed into a community that prioritizes their well-being, with personalized care plans crafted by a dedicated team of healthcare professionals.

Whether it's transitional care or long-term support, Snohomish Health & Rehabilitation strives to

create a nurturing environment that feels like home.

From the moment you step inside, you'll notice the difference—a place where comfort meets quality care.

Snohomish Health & Rehabilitation residents enjoy a variety of engaging activities, nutritious meals, and the warmth of a community that truly cares. Families find peace of mind knowing their loved ones are in capable and compassionate hands.

You are invited to visit Snohomish Health & Rehabilitation and see firsthand the dedication and care that define them. Their mission is to provide exceptional care to those they serve.



For more information or to schedule a tour, please visit www.snohomishrehabofcascadia.com or call 360-568-3161.

Menopause *Continued from page 6*

K-Y Liquibeads. Uniquely formulated and hormone-free, the vaginal moisturizer is designed to provide long-lasting relief to discomfort for up to three days.

- Master Moods Caused by Hormone Changes

Fluctuating hormones during menopause can impact your mood, leading to unexpected emotional highs and lows. While some doctors prescribe hormone treatment, such as birth control pills, to help regulate hormone swings, you can also manage mood issues by doing activities that bring joy and minimize stress. Yoga or tai chi, can help manage your shifting moods.

- Ease Your Headaches to Restore Your Day

If you're susceptible to migraines, it's important to know menopause can exacerbate them or even be the trigger that causes migraines to start. Knowing what sets off your migraines may be your best line of

defense. However, if you're unable to relieve the discomfort through self-care measures, consult with your doctor to adjust your current treatment plan or create a new one.

- Nurture Lost Desire and Reconnect with Intimacy

As your libido fades, you may need to make a more conscious effort to maintain an active sex life. While factors like poor sleep, stress and depression can lower your interest in intimacy, maintaining regular sexual activity can support overall health, including minimizing problems with dryness and improving your mood. If comfort is a concern, a product like K-Y Ultragel lubricant can help supplement your natural lubrication. The unique water-based formula is non-sticky and non-greasy, so the natural feeling of enhanced intimacy is all you and your partner experience.

- Quiet the Heat to Sleep in Com-

fort

Night sweats - hot flashes that happen at night - can be managed by wearing cool, cotton pajamas and using layers of covers you can easily shed. You may find extra relief from sleeping with a fan or using cooling pillows and sheets. Keeping your room cool and dark can also help promote more comfortable, uninterrupted rest.

- Clear Acne and Take Control with Confidence

Pimples aren't just for teens; they

often make a return appearance as you're walking through this stage of life. However, you're likely more confident and better equipped to care for your skin this time around. To help prevent flare-ups, avoid oily products like sunscreens and cosmetics. Stick with oil-free options designed to keep pores clear. If necessary, talk with a dermatologist about a skin care program.

Find more information on the full menopause product portfolio at k-y.com.

Briefs

Fans Frenzy Bingo Night

Monroe Community Senior Center will host a special Bingo Night Saturday, January 24 at 5 p.m. featuring FT DJ Lamar.

Wear your favorite team jersey or gear!

\$25 includes admission and loaded nachos. Beer, wine and margaritas will be available for purchase. \$5 bingo packets will be sold at the door. Prizes and \$50/50 raffle.

All ages welcome.

Reserve your spot at www.mcsc.org or call 360-794-6359. The center is located at 276 Sky River Parkway in Monroe.

Alzheimer's Tips: Holiday Gatherings

Join Jerri Wood from the Alzheimer's Association for a compassionate and informative session designed to support caregivers of individuals living with Alzheimer's or other forms of dementia.

Gain valuable insights, discover helpful resources, and learn seasonal tips to navigate the caregiving journey with confidence and care.

Whether you're a family member, friend, or professional caregiver, this program offers practical tools and knowledge to help you feel more prepared and supported.

Lake Stevens Library, 2211 Grade Rd., Monday, Dec. 1 from 5-6:30 p.m.

Narcan Giveaway

Join representatives from Evergreen Recovery Centers' HOST drop-in program and learn how you can save a life! During this short training, HOST will distribute two Naloxone (aka Narcan®) kits to each attendee and will provide

instructions on how to administer the medication. Representatives will be on-site for two hours, and attendees can drop-in throughout this time to receive the training. Both nasal and injectable kits will be available.

- Sultan Library, 319 Main St., Wednesday, Dec. 3 from 3-5 p.m.

- Mill Creek Library, 15429 Bothell-Everett Hwy., Sunday, Dec. 5 from 1-5 p.m.

Bingo at the Carl Gipson

Everyone is welcome to come play Bingo at the Carl Gipson Senior Center on the first and third Mondays of the month at 1 p.m. Games are \$6, Specials are \$2. The Center is located at 3025 Lombard Ave. in Everett. 425-818-2744.

Widventure Club

The Widventure Club is a warm, welcoming group of widows and widowers who gather once a month to enjoy lighthearted outings. This is not a dating group, it's a space for connection, companionship and healing. Through groups activities like nature walks, lunches out, exploring a local attraction or mini golf, celebrate life's joys while honoring the past. Every gathering is an opportunity to build bonds, rediscover joy, and move forward together.

For more information contact the Monroe Community Senior Center, 360-794-6359 or stop by 276 Sky River Parkway in Monroe.

MedShed calls for equipment donors

The MedShed of Snohomish is in need of durable medical equipment that is in good condition, especially wheelchairs, rolling or front wheel

walkers, canes, raised toilet seats, pull-ups of all sizes (unopened), shower chairs and bedside commodes.

Tuesday, Wednesday and Thursday from 10 a.m. to 1 p.m. MedShed is located at 210 Ave. B, in the parking lot of the Snohomish Evangelical Church. 360-213-1600.

Drive-thru Christmas Dinner

Christmas Dinner will be ham and all the fixins! This drive-thru pick-up dinner will be Friday, Dec. 19 from 5 p.m. to 6 p.m. and is \$10 per person, all ages welcome. To reserve your dinners, call 360-794-6359.

Monroe Community Senior Center, 276 Sky River Parkway in Monroe.

Learn to Line Dance

Learn to line dance at the Carl Gipson Senior Center, 3025 Lombard Ave. in Everett. Classes are every Friday: 9:30 a.m. New Beginner Class and 10:30 a.m. is the Beginner Class. Fee is \$6 for members and \$10 for nonmembers. 425-818-2744.

Chair Yoga

Modified for the chair, this instructor led class was created for those with limited mobility. Chair Yoga incorporates all the benefits of Yoga such as: healthier, stronger, more relaxed you; improved flexibility; great sense of calm and well-being; and increased oxygen intake.

Monroe Community Senior Center, 276 Sky River Parkway in Monroe every Monday at 10 a.m.

Fee is \$4 per class.

Wear comfortable clothes, no perfumes or colognes please.

For more information call 360-794-6359.

Homage Mental Health Support

Homage Senior Services is partnering with Monroe Community Senior Center to offer FREE 50 minute, one-on-one counseling sessions for those aged 60+ by a Licensed Mental Health Counselor. Sessions are held the second and fourth Fridays of the month.

Please call to make your appointment, 425-616-4044.

Bone Health

It's important to have strong bones as you get older, especially women who can lose bone mass as they travel through hormone changes. Look at the different phases of bone loss and what that looks like. Learn how exercise and nutrition can help build back confidence in your body. And try a few exercises to take the first step in better bone health. Presented by Silver-Sneakers & PacMed 65+.

Mill Creek Library, 15429 Bothell-Everett Hwy., Jan. 7 from 11:30 a.m. to 12:30 p.m.

Board Game and Puzzle Swap

Is your closet bulging with board games? Have you put together every puzzle you have and are looking for something new? Bring your gently used board games and puzzles to swap with others Jan. 24 from 11 a.m. to 1 p.m. at the Sultan Library, 319 Main St.

Swapped puzzles and board games must be complete with no missing pieces, in the original vendor's box and in overall good condition.

More BRIEFS on page 14

Importance of socializing for seniors

Seniors deserve to enjoy their golden years. One of the best ways seniors can enjoy these years is through active aging.

Active aging is a concept that focuses on promoting the health and security of seniors. The goal is to enhance the quality of life of aging seniors.

Socializing is an important aspect of active aging, especially for seniors who live independently. Why is socializing so important for seniors? It offers them many benefits.

- Improved Mental Health

Older adults are at risk for depression. One reason seniors are at risk for depression is isolation. Isolation and loneliness can lead seniors to experience feelings of despair.

Socialization can help combat feelings of loneliness. Seniors can feel loved and valued by interacting with family and friends. It helps them affirm their sense of worth.

It's a good idea to plan social events for seniors. Even a simple phone call to check in with a senior can go a long way.

- Reduced Stress

There's no doubt that stress is bad for seniors. It can affect their mental and physical health. Connecting with others can help reduce stress.

Less stress can mean better health. Seniors may be able to experience heart health. Lower stress can help boost the immune system.

Seniors who have less stress may be able to sleep better. Seniors with strong social ties have a support system. They can use their support system as an outlet to express worries and fears.

- More Physical Activity

Socialization can help older adults partake more in physical activity. Exercising alone can get boring.

Socialization is a great way to increase older adults' enjoyment of physical activity. Having a workout buddy is a great strategy. Sharing the experience with a friend can make exercise feel less like work and more like fun.

Instead of walking alone, seniors should join group fitness classes. Together, they can motivate each other to reach their fitness goals.



- Better Cognitive Performance

Interacting with others is a great way for seniors to keep their minds sharp. Independent living doesn't mean being alone.

Seniors can play cards or board games with each other. These activities can help keep their cognitive function strong.

Do you have an older loved one who wants to be independent, but you worry about their safety? Your loved one can live in a senior living community.

This type of community offers different living options for adults 55 and over. It also offers them different forms of socialization.

Seniors benefit from socialization. It's an important part of active aging. Seniors who interact with others experience better mental and physical health.

Source: *Articlecity.com* (originally posted on: <https://www.connect55.com/importance-of-socializing-for-seniors/>)

DSHS Mobile Community Services

DSHS Mobile Community Services will be onsite at the Snohomish Library, 311 Maple St. on March 19 from 10 a.m. to 2 p.m. for assistance with the following programs:

- Basic Food Assistance
- Cash Assistance
- Medicare Savings Program
- Disability Medical Assistance

Additionally, Mobile CSO staff can assist with replacing your EBT Quest card, provide information on Washington Connection and healthcare coverage through Health Plan Finder, and share in-

formation regarding other resources in your area.

Each DSHS Mobile Office is staffed by specialists who can determine people's eligibility for state and federal medical, cash and food assistance programs. Our team processes new applications, case reviews, changes, EBT card requests and required documents. We also take applications for the Child Care Subsidy Program and forward them to the Department of Children, Youth and Families for processing.

Depression

Continued from page 9

help clinicians make more informed decisions about medication selection or dosing.

Thomas' GeneSight test results helped her doctor decide that a lower dose of her medication may be helpful. With that adjustment, she says she is feeling better than she has in many years.

Feel empowered to take care of your mental health

Thomas shares that in her older adult community, she sees many people struggling with depression and yet unable to talk about their mental health.

"I see how unhappy they are, inwardly and outwardly," she says. "I try to reach out, to acknowledge that they are suffering and to encourage them to talk to someone."

She hopes telling her story will encourage others like her to talk about their mental health and then take the next step in reaching out to a health care provider. As Thomas learned, any prescribing clinician treating mental health, like her primary care clinician, can order the GeTo learn more about the test, talk with your clinician or visit GeneSight.com.

Briefs

Quil Ceda Holiday Lights & Dinner trip

Almost eight million holiday lights brighten the skies at spectacular Tulalip Lights! This is the largest display in Washington State and is a sight to see! (This light display runs through November 22 to January 11).

The Monroe Community Senior Center will be taking a day trip to see the lights and have dinner at Applebee's on Wednesdays, Dec. 10 and also Dec. 18. Bus departs at 4:30 p.m., 276 Sky River Parkway in Monroe. Transportation fee is \$15 members, \$20 guests. Cost of dinner is on your own.

Make your reservations now! Fee must be paid at time of reservation by phone or in person. 360-794-6359.

Plant Share

Share houseplants with one another Jan. 24 from 2-4 p.m. at the Lake Stevens Library, 2211 Grade Rd.!

Bring extra plants or clippings to share with others, or stop by to see if you can give a seedling a great new home.

The library will provide labels and small pots to help everyone share their plants.

All kinds of plants including seeds, houseplants, divided perennials, flowers, and plant starts are welcome!

Fall prevention

Fall Prevention and balance are so important as we age. Falling is the number one 911 call and can lead to hospitalization and broken bones. Look at the reasons we lose strength and balance and how simple everyday exercises can build back balance and confidence.

Presented by SilverSneakers & Pac-Med 65+. Feb. 4 from 11:30 a.m. to 12:30 p.m. at the Mill Creek Library, 15249 Bothell-Everett Hwy.

Silver Screeners Cinema Club

Silver Screeners Cinema Club is a free senior outreach program presented by Scarecrow Video, convening the elder community with movies. In addition to providing access to its vast film library, Scarecrow's movie experts lead post-film discussions with Silver Screeners program audiences.

The Dec. 4 film will be Sneakers (1992). 10 a.m. to Noon at the Mukilteo Library, 4675 Harbour Pt. Blvd.

Coffee, tea and popcorn will be provided. Feel free to bring other snacks, a cushion, or a blanket to make your movie experience most comfortable!

DIY Mug Cakes

What could be better than cake? Cake in a mug! Learn how to combine household pantry staples to create a delicious cake for one. All supplies will be provided by the library

Feb. 21 from 12-1:30 at the Sultan Library, 319 Main St. Spots go quickly so RSVP today, 360-793-1695.

Life Full of Color Group

Have you felt isolated, with a lot of health or emotional challenges or unmotivated to go on? You're not alone. Life Full of Color is a warm and welcoming support group designed for adults eager to connect, share their experiences, and grow - through conversation about

emotional wellness, creativity and movement. Meeting the first and third Thursdays of each month from 1-2:30 p.m. at the Monroe Community Senior Center, 276 Sky River Parkway. Call Trish Sweeney at 206-580-3635 or Gabe Martinez at 206-880-3061 if you'd like to join.

Brain Health

Positive, everyday actions can make a difference in brain health, even lowering the risk of cognitive decline and possibly Alzheimer's and dementia. We will look at how exercise that raises the heart rate and flow of blood through the body can help maintain a healthy brain. Presented by SilverSneakers & Pac-Med 65+.

March 4 from 11:30 a.m. to 12:30 p.m. at the Mill Creek Library, 15429 Bothell-Everett Hwy.

PUD Discounts

Do you qualify for a PUD discount? The PUD offers income-qualified rate discounts of 25-50%. Visit www.SnoPud.com/discounts to see if you qualify. Sign up is streamlined for those with Department of Social and Health Service Benefits.

Holiday Feast

This free holiday feast is open to all seniors and those in need of a meal and is provided by the Everett Police Officers Association. Servings will be at Noon and also at 2 p.m. on Sunday, December 14 at the Carl Gipson Center, 3025 Lombard Ave. in Everett. Please RSVP at the front desk or call 425-818-2784.

Busy Bee Quilters

Busy Bee Quilters are a local guild that is now meeting at the South

Lake Stevens Grange on the 3rd Thursday of each month.

A day meeting is from Noon to 2 p.m.-ish with a night meeting at 6:30 p.m.

Visitors are always welcome. The Grange is located at 2109 103rd Ave. SE in Lake Stevens.

For more information call Diane Coombs at 425-334-3341.

Travel Opportunities

- Historic Savannah & Charleston~ April 26, 2026 (7 Days)~

Savannah, sightseeing, tour of Charleston, Jekyll Island and more! \$3975 per person based on double occupancy. Single Supplement+ \$1250. Airfare and airport transportation included.

- Cape Cod & the Islands~ June 6, 2026 (7 Days)~

Boston, Cape Cod, Martha's Vineyard, Nantucket and more! \$3575 per person based on double occupancy. Airfare and airport transportation included. Single Supplement+ \$850

- Majestic Canadian Rockies~ July 26, 2026 (6 Days)~

Banff National Park, Yoho National Park, ice explorer ride and more! \$3975 per person based on double occupancy. Single Supplement+ \$1300. Airfare and airport transportation included.

- Utah's Mighty National Parks~ October 4, 2026 (7 Days)~

Salt lake City, Moab, Arches National Park and more! \$3799 per person based on double occupancy. Single Supplement+ \$1250. Airfare and airport transportation included.

Contact Candace Ranz, Monroe Community Senior Center Program Manager for more details,, 360-794-6351 or programs@mcsc.org (Trips presented by Premier World Tours)

Welcome to The Suites - Your Premier Assisted Living Destination

At The Suites we believe in creating a vibrant, supportive community where residents can enjoy comfort, independence, and peace of mind. Our 65-bed licensed assisted living facility is thoughtfully designed to meet the unique needs of each resident, offering a warm, welcoming environment with personalized care.

Choose from a variety of spacious accommodations including studio, one-bedroom, and two-bedroom apartments -- each featuring a private bathroom, kitchenette, and plenty of natural light to make it feel like home. Whether you prefer a cozy retreat or room to host family and friends, we have the perfect space for you.

Our residents enjoy three meals a day served in our beautifully appointed dining room.

From nutritious classics to resi-

dent favorites, every meal is crafted with care and attention to dietary needs.

Life at The Suites is about more than just comfort -- it's about connection and fulfillment.

Our robust Life Enrichment Program is designed to inspire joy, engagement and social interaction. Daily activities include fitness classes, games, arts and crafts, and live entertainment. We also organize regular outings aboard our private bus, giving residents the opportunity to explore local attractions, attend special events, or enjoy scenic drives.

At The Suites, we're more than just a place to live -- we're a community that feels like family. Our compassionate, highly trained staff is available 24/7 to provide assistance with daily activities, medication management, and personal-



ized support whenever it's needed.

Discover the difference at The Suites where independence is celebrated, care is individualized, and every day is filled with purpose.

Schedule your tour today and experience assisted living the way it should be.

-- Sheila Wright, Administrator,
Sheilaw@josephinecc.com

Caregiver Program

Are you caring for an elderly parent, neighbor or friend? Are you checking in with them for their health, safety and wellbeing?

You may be eligible for Supplemental Services provided by the Family Care-

giver Support Program. Call The Stilly Center at 360-653-4551 ext. 103 for Intake and Screening process. Supplemental Services include home delivered meals, massage and house cleaning at no cost.

Senior Lifestyles

Publisher:
Becky Reed

Advertising:
Michelle Ewing

Senior Lifestyles is published by Pacific Publishing
605 Second Street, #224 • Snohomish, WA 98290
Supplement to the Tribune Newspapers

The Tribune
605 Second St., #224
Snohomish, WA 98290
360-568-4121

Sudoku SOLUTION for page 6

8	1	2	6	9	4	5	3	7
7	9	5	1	2	3	6	4	8
6	4	3	5	7	8	9	1	2
3	8	9	7	4	6	1	2	5
4	5	6	2	1	9	8	7	3
1	2	7	3	8	5	4	6	9
9	7	1	8	6	2	3	5	4
5	6	8	4	3	7	2	9	1
2	3	4	9	5	1	7	8	6

