

The Messenger

LYNNWOOD SENIOR CENTER

Special Edition
Spring 2020



LSC Information & Updates

The Lynnwood Senior Center engages older adults in health, wellness, social and recreational opportunities.

Monday–Friday 8:30am–3:00pm | Tuesday 8:30am–5:00pm | Saturday 9:30am–1:30pm

19000 44th Ave W | PO Box 5008 | Lynnwood, WA 98036 | (425) 670-5050 | Fax: (425) 712-9804



City of Lynnwood Staff

Director of Parks,
Recreation & Cultural Arts
Lynn Sordel
lsordel@lynnwoodwa.gov

Deputy Director
Sarah Olson
solson@lynnwoodwa.gov

Recreation Superintendent
Joel Faber
jfaber@lynnwoodwa.gov

Senior Center Supervisor
Mary-Anne Grafton
mgrafton@lynnwoodwa.gov

Program Coordinator
Debby Grant
dgrant@lynnwoodwa.gov

Recreation Coordinator
Janet Sigler
jsigler@lynnwoodwa.gov

Customer Service Specialist
Shelley Coster
scoster@lynnwoodwa.gov

LSC Foundation

Board Officers

President
Dorothy Morehouse

Treasurer
Donna McKinney

Secretary
Linda McFarland

The Fundraising Committee meets
11:00am on 3rd Wednesdays.
Visitors welcome.

Mary-Anne's Message

We sure miss you! And we're concerned about how you're doing with wellness, exercising, and connecting with people during this period of social distancing. The Special Edition Messenger is put together with those things in mind. Please look inside to find information about resources, fitness, reducing isolation, and ways to keep boredom at bay.

This is an uncertain time when we are all asked to stay home. We are all learning new ways to live and creating new habits while things are changing. Our LSC community is resilient. We are in this together and will come out intact on the other side.

Please do what you need to do. Follow social distancing guidelines. Reach out if something isn't working for you.

You have my strongest wishes for your continued wellness. You are in my fondest thoughts.



Question & Answer

QUESTION: What are LSC staff doing?

Answer: We are all busy and working to take care of everything that's coming up. There have been a lot of changes!

QUESTION: What happened to my March registrations?

Answer: If you paid a fee, your full registration cost is credited to your account — even if you attended a class in the first week of March.

QUESTION: I paid for an upcoming trip that might be cancelled. Will it be rescheduled?

Answer: Trips will not be rescheduled. Your full registration fee will be credited to your account. In some cases we can recreate a trip. These are brand-new trips, so if you would like to go you'll need to register.

QUESTION: What is happening with events?

Answer: It is unfortunate, but events will not be rescheduled. We are working on developing upcoming events for when LSC re-opens.

QUESTION: When will LSC re-open?

Answer: We don't know yet. LSC is following Governor Inslee's guidelines and recommendations from the Snohomish Health District. Lynnwood's Mayor Nicola Smith will make the decision when it's time for us to re-open.

QUESTION: How do we get updates about LSC?

Answer: There's more than one way.

#1: Email is an effective way for us to communicate with you. If you didn't receive any emails from the Parks & Rec department in March, we don't have an address for you. You can send an email to Shelley and we'll add it for you: scoster@lynnwoodwa.gov. If you don't have an email account, now is a good time to get one set up. Family and friends may be able to help you. And please see page 3.

#2: Updates on facility closures are posted on the City website:

www.LynnwoodWA.gov.

More specific information can be seen at www.PlayLynnwood.com.

Continued on page 6 >>

LSC Membership \$30/12 months | LSC Associate Membership Age 61 & Under \$30/12 months

Shelley's Message

Hello to all of you! I have had the opportunity to reach out to a number of you throughout the closure, and am so happy to hear your voices and know that you are doing well. My family is adjusting to life at home, including a bit of at-home schoolwork, board and video games, and lots of walks! Each day I try to pick up something I've been ignoring, and use the time to clean, organize, toss or store it in its' rightful place. I hope you are finding new, or revisiting old, activities to make the days pass quickly and I look forward to the day we can see each other in person again! Take Care.



the time to catch that Oscar nominated film, or docuseries you've been meaning see. *Then refer to page 4 for some ways to get moving after a few hours on the couch.*

Spend Time Outdoors

Going outside regularly, be it in your garden, on the deck, or a walk to the park, is a great way of feeling better and a part of the outside world. It can help you feel more connected to your neighborhood and enjoy the natural world and your local environment.

The City of Lynnwood has a number of neighborhood parks, large enough to maintain your 6ft social distance from others, but you can still hear the birds chirp and watch the squirrels play chase.

Armchair Adventures at Home

There is a way to enhance or refresh your knowledge while confined to your home. Google Arts & Culture teamed up with over 500 museums and galleries around the world to bring anyone and everyone virtual tours and online exhibits of some of the most famous museums around the world. Simply search Google Arts and Culture in your favorite web browser and connect with the British Museum in London, the Van Gogh Museum in Amsterdam, the Guggenheim in New York City, and literally hundreds of more places where you can gain knowledge about art, history, and science.

Locally, the Seattle Symphony is streaming select performances online. As their website states, "The Seattle Symphony will continue sharing performances that provide strength, comfort and joy. The musicians of the Seattle Symphony have generously volunteered to share free broadcasts with everyone during this time of uncertainty." All broadcasts can be streamed through the Symphony's social media channels on YouTube and Facebook.

Keep an eye out for other opportunities to learn or explore from home. Many art, science and entertainment outlets are using the internet to connect and share free resources remotely. An excellent online Arts & Entertainment list was compiled by the Yoknapatawpha Arts Council, in Oxford, MS and can be found at www.bit.ly/oxfordarts. Their page includes links to music, theater and performance, art and drawing, literary, education, and film resources all over the country.

at <https://www.sno-isle.org/digitalmedia>.

If low vision or a physical problems like hand tremors prevent you from reading standard print materials, consider the **Washington Talking Book and Braille Library**. They boast over 90,000 audio books, all free through the mail (a physical tape player) or your mobile device.

Contact **800-542-0866** or visit wtbbl.org to learn more about eligibility or get an application.

Take a Break From the News: Filling the Void

Psychologist Stewart Shankman of Northwestern University tells NPR that once you're reasonably informed and prepared, you've done enough. "There's a point where, information gathering could become problematic," Shankman explains to the outlet. Rather than focusing on the headlines, be on the lookout for essential information from health organizations like the Center for Disease Control and Prevention and World Health Organization, while blocking out sensational news stories. www.bit.ly/combat-stress-outbreaks.

Here's your chance to be creative. Why not try listening to a new (or classic) music style? Or, look up that podcast your friend was talking about the other day. A podcast is a digital recording of an audio show available in a series, that is downloadable from the internet. You can listen whenever and wherever you like, and the styles and subjects are virtually unlimited. An easy way to search is to type "popular Podcasts" in your favorite search engine.

You've probably heard the term binge-watch? This refers to watching multiple episodes of a television series in a row to catch up. While it's probably best for all of us to limit our intake to a few at a time, now is

Stay Engaged — Social Engagement

Whether you are quarantined, working remotely or just being cautious, now is the perfect time to practice using technology in socially healthy ways. Here are a few suggestions for how to connect without contact.

Schedule Phone or Video Chats with Friends

If you're not able to meet up for your usual activities with friends, loneliness can set in fast. One way to combat this? Reach out to friends and family and suggest specific times to connect, whether that's on the phone or via video chat. Scheduling specific times not only gives you something to look forward to but can make it easier for people to follow through on catching up. Maybe your church is streaming services online? Take a few minutes and figure out Skype or FaceTime with a friend or family member. If anything, the attempts and trials could lead to some much needed laughter and shared connections.

LSC plans to reach out to our community members throughout the closure because we miss you all and can't wait until we resume our regular schedule! See page 4 for technology resources.

Digital Libraries

Online delivery services make a lot of things pretty fast, including receiving new books in the mail. What's even faster? Downloading an e-book or audiobook. While some streaming services offer these materials for a free or reduced rate, libraries have a number of titles available for free, too.

Our local Sno-Isle Library has made their Overdrive digital library available to all card holders. You can find out how on their website

Continued on page 6 >>

Move, Eat Well, Relax

Debby's Message

Hi Everyone — Its only been a few weeks, but I miss talking with all of you about what you're doing to have fun, hearing about your exciting holiday trips and visits with kids and grandkids, and sharing twice weekly exercise classes with you. It's no fun having our routines knocked out of whack, especially by something we likely can't yet see and feel. And on top of that, our government and community centers telling us to stay home. I'm taking a deep breath, stocking up on a little extra food, trying to keep up an exercise routine, and looking forward to LSC reopening. Please take care of yourselves and continue reading for a few tips on exercising at home, eating good food, and reducing stress in a stressful time.



Exercise & Movement

If you're used to regular exercise, such as walking or attending a group class, you might be starting to feel a little sluggish or worry that you're losing ground.

Or, if you haven't been exercising regularly, now could be a good time to add simple exercise to your daily routine. Make sure to start slow and easy and not overdo. Ask your doctor if it's ok for you to exercise.

The Surgeon General recommends at least 30-minutes of moderate intensity exercise for older adults on most days of the week.

How can you make that happen at home? First, exercising at home means making sure you have space to safely move around — pick up small objects, kitchen chairs, step stools or throw rugs and get them out of your way. Then, break it down into four manageable parts:

Endurance (aerobic) exercise to make your heart and lungs stronger. Aim for 20-30 minutes every day or every other day:

- March in place while watching TV, listening to an audio book or enjoying your thoughts.
- Follow along with an online or TV exercise video.
- Take a brisk walk around your yard, parking lot, inside your building or other accessible location where you can move.
- Dance to your favorite tunes.
- Push a vacuum, scrub the bathtub or shower walls, mop the kitchen floor.
- Make it fun and something you look forward to.
- If it doesn't feel like fun, tell yourself it makes you healthier!

Work on your balance to stay steady on your feet — every day or every other day. Do these any time or after your aerobic exercise to help your body cool down.

- Use a hallway or find an empty wall for support and:
 - Walk normally for 15-20 steps. Look ahead and side-to-side, not down at your feet.
 - Walk heel to toe for 15-20 steps, look ahead, not down at your feet.
 - Walk for 15-20 steps lifting your knees and pretend to step over a log.
- Use the back of a chair for support:
 - Stand on one foot for 10-20 seconds, switch and do the same with the other foot.
 - Place one foot in front of the other and stand for 20-30 seconds, switch feet and stand again for 20-30 seconds.

Lift some weights to build muscle and improve muscle strength — every other day or three times a week. Do these when your muscles are warm, after aerobic exercise or a five-minute warm-up or first thing in the morning.

- Do what you know how to do or follow along with an online or TV video.
- Use hand weights or other easy to hold objects that weigh 1-5 pounds.
- Your body weight counts — push against a wall and hold for five seconds.
- Stand next to a wall for support and rise up on your toes, hold for five seconds.
- Work in your garden and pull some weeds.
- Push the vacuum, scrub the shower walls, mop the kitchen floor. These build upper body muscle and improve leg strength.

Stretch your muscles to keep your joints flexible — stretch when your muscles are warm, after other exercise or first thing in the morning.

- Do what you know how to do or follow along with an online or TV video.
- Lay on your back on your bed and lift one leg as high as you can, hold for five to ten seconds. Repeat with the other leg.
- Sit in a chair and lift one leg straight out in front of you, point your toe to the ceiling, hold for five to ten seconds. Repeat with the other leg.
- Reach one arm behind your head and try to touch your shoulder blade, hold for five to ten seconds. Repeat with the other arm.
- Make a fist and fling it open. Do it several times then repeat with the other hand.

Stay Active Tips & Resources

Invite a few friends to a Fitness Challenge. Keep it simple and have fun. Use an app on your smart phone, find an online tracker, or use a paper log. Make it so everyone wins!

Go4Life — start here for online support and suggestions. Go4Life is a program of the National Institute on Aging. Dig deep and you'll find a variety of videos for all kinds of exercise. You'll also find motivational resources to help you start and stay on track. www.bit.ly/Go4Life-workout.

Call NIH at 800-222-2225 and order Workout to Go and Age Page guides. If you're not online or prefer something simpler, this is a place to start.

Eating Well

Good nutrition is always important but more so in times of stress. Take time to feed yourself nutritious food that tastes good. Practicing the recommended social distancing likely means you're spending more time at home, either alone or with your partner or roommate.

Consider using some of that "found" time to plan your meals. Make a daily menu or take extra time and make a menu for the next few days. Even if your cooking is mostly heating and eating, taking time to plan can prevent overeating and help you eat more of the important stuff every day.

As an older adult you need less calories than your younger self. But, you still need the same amount of protein, complex carbohydrates, fiber, vitamins and minerals. To make that happen, follow these guidelines:

Continued on page 5 >>

>> Continued from page 4

Every day –

- **Include a variety of colorful fruits and vegetables.** Fresh, frozen, and canned low-salt and low-sugar are ok. Color and variety are most important.
- **Eat some protein with each meal.** Poultry, lean meat, beans, nuts and seeds. They all help you feel full and add a savory touch.
- **If dairy agrees with you, include some in your daily menu.** Eat low fat yogurt and cottage cheese. Flavored yogurts are almost always high in added sugar. Try adding fresh or no-sugar canned fruit to plain yogurt instead.
- **Whole grains add fiber, protein and B vitamins to your diet.** Make a salad or a casserole and enjoy it for several meals. Try a grain or seed that's new to you, most are simple to cook and some require only soaking.
- **If food isn't important or doesn't taste all that good** — challenge yourself to eat a variety of foods to stay healthy and feel good. Make a list of what you want to eat every day. But don't beat yourself up if every day isn't perfect.
- **If you used to cook more but haven't lately,** dust off a cookbook and make a favorite recipe or try a new one.

Study the **MyPlate** plan. Tufts University adapted MyPlate specifically for older adults. It reminds us that we need to drink plenty of liquids, watch how much and what kind of fat we eat, and learn to use herbs and spices instead of salt. Find it and more online at

www.bit.ly/tufts-myplate.

Simplify eating at home –

- Look into grocery delivery or pickup — pickup may be less expensive than delivery. Check out this online article for tips on getting started or call your local grocery store. www.bit.ly/onine-grocery.
- Next time you shop, stock up on a variety of frozen ready-to-cook vegetables.
- Wash and bag your fresh produce when you return from shopping — it simplifies cooking.
- Treat yourself to a meal delivery once a week — think beyond pizza. Many fast food and local restaurants deliver to your door.
- One restaurant meal or a meal-sized burrito makes two or more easy meals when you round it out with a fresh salad, steamed ready-to-cook vegetables or fruit.

If you need assistance with having meals at home, Meals on Wheels will continue to operate on usual routes and are providing meals for vulnerable seniors whose senior centers have closed. Clients have also been supplied with emergency meals for five days. For more information or if you have any questions, please call the **Senior Services of Snohomish County Nutrition Program** at 425-347-1229 or toll-free at 800-824-2183.

Do you or someone you know need financial assistance with buying groceries? The easiest way to apply for food assistance is to contact **Homage Senior Services** at 425-347-1229 or 800-824-2183. You may also email your name and phone number to basicfood@homage.org and someone will contact you.

Relaxation, Mindfulness, Meditation

Relaxation, mindfulness, meditation — all names for practices that may reduce stress and worry. Not only now during an especially stressful time, but ongoing in your everyday life. You can apply these practices to eating, sleeping, and anxiety brought on by any of life's complexities.

Take time to enjoy your food. It can be food you've cooked, heated or had delivered.

- Take a few moments to set your table, put your food on a plate, put a napkin (or paper towel) on your lap, sit down, and relax.
- Look at your food, think about how it's going to taste, appreciate that you have it, maybe say a small thankful.
- The thankful can be for anything, not necessarily the food.
- Take the first bite and know that you're going to enjoy your meal.

Put down the newspaper, turn off the TV and radio. Take a media break and free your mind and body from over-stimulation.

- Sit comfortably in a chair with your feet on the floor and your hands resting in your lap.
- Your eyes may be closed or open. Pay attention to your breathing.
- You're always breathing but not often noticing it. Listen to it. Feel it.
- If your mind wanders, bring it back to your breath.
- Don't criticize yourself, just bring your mind back to your breath.
- Do this for three minutes, five minutes, or ten minutes.
- When you're finished, sit quietly for a few minutes. Adapted from www.sittingtogether.com.

Restful sleep is a blessing. Practicing good sleep hygiene and focused relaxation can improve sleep at any age. How much you get and how restful your sleep is may change over the course of your life. If you have diagnosed insomnia, please follow your doctor's instructions. The suggestions below may enhance your medical support.

- Try to only sleep in your bedroom; keep other activities in other rooms.

MyPlate for Older Adults

Fruits & Vegetables

Whole fruits and vegetables are rich in important nutrients and fiber. Choose fruits and vegetables with deeply colored flesh. Choose canned varieties that are packed in their own juices or low-sodium.

Healthy Oils

Liquid vegetable oils and soft margarines provide important fatty acids and some fat-soluble vitamins.

Herbs & Spices

Use a variety of herbs and spices to enhance flavor of foods and reduce the need to add salt.



Fluids

Drink plenty of fluids. Fluids can come from water, tea, coffee, soups, and fruits and vegetables.

Grains

Whole grain and fortified foods are good sources of fiber and B vitamins.

Dairy

Fat-free and low-fat milk, cheeses and yogurts provide protein, calcium and other important nutrients.

Protein

Protein rich foods provide many important nutrients. Choose a variety including nuts, beans, fish, lean meat and poultry.



Remember to Stay Active!

Tufts UNIVERSITY

SENIOR WELLNESS NUTRITION PROGRAM

AARP Foundation

Continued on page 6 >>

Continuations...

LSC Information & Updates

>> Continued from page 2

#3: Like us on Facebook:

Lynnwood Recreation Center and Senior Center

#4: Call LSC: 425-670-5050. The voicemail message is correct and changed with new information as it becomes available.

QUESTION: What do I do if I have COVID-19 symptoms like fever, shortness of breath, and dry cough?

Answer: Contact your regular doctor or nurse helpline (if you have one). They will advise you. Don't put this call off! And don't go into the doctor's office without calling first.

QUESTION: What happens if I get sick?

Answer: Now is the time to put together a plan. Identify the people who can call to check-up on you several times a day. Decide who can help you with food and pet care.

QUESTION: Where's my regular Messenger?

Answer: It got put on hold just before going to print. All of Spring Quarter's new classes, trips and activities are fully developed and ready to go as soon as LSC re-opens.

QUESTION: What about my membership and passes?

Answer: All LSC memberships will be extended for the facility closure duration, for example, with LSC March and April shut down, your membership will be extended two additional months. Other passes for fitness classes have a two-year expiration from purchase, so they should be fine. We'll take care of any unusual situations on a case-by-case basis.

QUESTION: I have a lot of friends at LSC but not their phone numbers. How can I get in touch with people?

Answer: Call LSC to ask that we pass a message for you. We can send your name and phone number to another member with a request for them to contact you.

QUESTION: I'm having some trouble getting food. Is there anything out there?

Answer: Contact your grocery store about food delivery or pick-up services. You may also be eligible for *Homage* brown-bag pick-up meals available at their site. Call them about this and other local resources at 425-513-1900.

Keeping Busy & Connected

>> Continued from page 3

Explore Creativity

Studies show that regularly performing creative tasks can make people happier. Being creative at home might look like cooking, baking, drawing, writing, practicing music, and so on.

Now is the perfect time to begin vegetable starts inside. Repurpose an empty egg carton and plant a few seeds to get the garden started early so it's ready for planting season.

How long has it been since you picked up a musical instrument? Pull out your sheet music, and dust off that piano, drum, wooden flute, etc. Better yet, open a window and share your music with the neighborhood! Do you have a grandchild or family friend home from school? Find a duet you can both learn, and when our social distancing is over, play your song together. If you FaceTime or Skype, that's another opportunity to share music, or mini concerts with friends and family.

Do you have a collection of fabric or yarn you're certain you'll never get through? Find a simple pattern and create small kits for school kids who are home and looking for a new skill to learn. Fleece could be used for tie blankets, flannel for doll sheets or pretend diapers — cotton for superhero capes, aprons, or pillows.

If you enjoy cooking or baking, pull out your most prized recipes and create a collection to pass on to others. Or, bake a batch of cookies to share, and with respect to social distancing, have a neighbor pick them up from your porch, or drop some off at their door.

Finally — Give yourself some space. Space to relax. Space to be quiet. Space to indulge. Space to reflect on this unique time. Space to accept help. We are here as a resource and happy to stay in touch.



Janet's Stewart and Squeegie

Move, Eat Well, Relax

>> Continued from page 5

- Turn off the TV, step away from the computer, and put down smart phones an hour or more before bedtime.
- Keep your bedroom dark and cool. Straighten your sheets and fluff your pillow.
- Stick to a regular schedule for laundering your bed linens.
- Before climbing into bed, take a few minutes and follow the Breathing relaxation explained above. Or do it lying down in bed with the lights out.
- Another relaxation technique that promotes sleep, or falling back to sleep if you wake in the middle of the night, is a simple finger and breath exercise.
 - While lying in bed, gently and slowly run your thumb and first finger together.
 - Take a breath and say "inhale."
 - Exhale and say "exhale."
 - Continue until you relax to fall asleep.



Shelley's Cecelia



Debby's grand-dog Murphy



Mary-Anne's Tilly

Community Resources & Information

Janet's Message

Hello LSC community. Unfortunately this pandemic is mixing up people's schedules and keeping us home. I hope everyone is keeping active and finding creative outlets. We sure miss you and look forward to having our doors open again. Below you'll find some useful information to help you through this challenging time. You are the life of the senior center and it's not the same without you.



CORONAVIRUS UPDATES

To find updated information on the Coronavirus, contact these health authorities.

- **Snohomish Health District** (public health district for Snohomish County): **425-339-5200**
- **Washington State Department of Health** (Washington state government) call Center: **800-525-0127**
- **Centers for Disease Control and Prevention** (U.S. government): **800-232-4636**

SERVICES

Homage Senior Services offices are currently closed to the public. They will maintain business operations by phone. Call **425-355-1112** for updated information on when they will reopen.

Senior information & Assistance at Homage

Word Search

X	M	E	S	S	E	N	G	E	R	C	F
Z	U	M	B	A	D	A	N	V	P	O	O
B	I	N	G	O	M	R	I	E	I	F	O
P	L	A	Y	E	C	T	T	N	L	F	T
C	L	A	S	S	E	S	L	T	A	E	C
E	X	G	O	L	F	A	I	S	T	E	A
A	E	O	F	U	N	I	U	B	E	A	R
T	W	Y	R	S	G	L	Q	E	S	D	E

HEALTH

- Remember Influenza A and B? We are still in the middle of the seasonal flu season, which impacts older adults every year. According to the CDC, it's estimated that 70-85% of regular flu-related deaths have occurred in people aged 65+. National Council on Aging www.ncoa.org.
- With COVID-19 and all health issues, when in doubt, the best course forward is always to consult with your doctor. Many physicians and health care providers are asking that people call or send their questions via email first before coming into the office. Consider using telemedicine for non-emergency situations. You can connect by video through a computer with a webcam, a phone or a tablet. Medicare is now covering these services.
- Medicare announced there will be no out-of-pocket costs associated with coronavirus testing. For more information on what Medicare covers when it comes to coronavirus go to: www.medicare.gov/medicare-coronavirus.

BEWARE OF SCAMS!

- Unfortunately, scammers are taking advantage of fears surrounding the coronavirus. The Federal Trade Commission has identified several of them and is offering tips to protect yourself and others. These include watching for emails claiming to be from the CDC saying they have information about the virus and ignoring online offers for vaccinations. There currently are no vaccines, pills, potions, lotions, lozenges, or other prescription or over-the-counter products available to treat or cure COVID-19 online or in stores.
- If you receive an email asking you to donate to a nonprofit that is fighting the coronavirus, make sure to research the organization first through an independent charity rating service such as Charity Navigator. National Council on Aging www.ncoa.org.
- Never give out personal information by telephone. Check with the BBB or FTC before you donate.

Play	Coffee	Games
Zumba	Footcare	Classes
Art	Hikes	Yoga
Quilting	Bingo	Fun
Sail	Events	Eat
Messenger		

City of Lynnwood
19100 44th Avenue West
PO Box 5008
Lynnwood, WA 98046-5008

Address Service Requested

PRSR STD
U.S. POSTAGE
PAID
LYNNWOOD, WA
PERMIT #119

Dear Valued Lynnwood Senior Center Members,

I hope this message finds you in good health and good spirits. I want you to know that our City of Lynnwood team is working hard to continue providing essential city services and provide for the health and safety of our community members. It was a hard decision to close our Lynnwood Senior Center, however we know this was absolutely the right decision to help protect you.

Please know that our city staff miss you and we care about your health and wellness. Stay Home, Stay Healthy sounds quite simple, but there are many challenges that come along with that. We hope that you find this edition of the Senior Messenger helpful and uplifting.

Continue to take care of your health by following the recommendations from the Snohomish Health District. Reach out to your friends, family, and LSC family by phone, email or social media.

If you have questions, call LSC at 425-670-5050 and leave a message. Although staff are not available in the Center, they will do their best to call you back as soon as possible.

Please take care of yourselves and we can't wait to see you soon!

Sincerely,



Nicola Smith



Zoom!

If you haven't already tried Zoom, it's a software program that allows a person (the host) to send email meeting invitations. Participants (you) click on the link provided in the email and make two choices about joining the meeting with video and audio. Choosing yes means that others in the meeting can see and hear you. Choosing no means that you can watch the meeting but not participate. This works on computers, tablets, and smart phones. It's pretty neat to see your friends and have a conversation with a group of people.



Do you have worries about using Zoom? This is what City of Lynnwood IT Director Will Cena has to say: "The security issues in the news with Zoom were due to a lack of training and security... the links to meetings were publicly posted and...allowed people to join, record, and disrupt the sessions. We [COL] have the best practice settings in place. As long as the zoom meeting info is sent directly to individuals and not posted publicly, I don't have any concerns for you to proceed with your classes."

LSC is experimenting with Zoom for some regularly scheduled classes during our closure. How will you know? We'll send you an email. If you don't regularly check your inbox, try to pop into it weekly to see if we've been able to set something up for you. We are rolling out slowly, and sorry, we won't be able to do every class and activity. We are also working on how to support phone-in access if you don't have an internet device. We'll be sure to update you.