Parks & Recreation Advisory Commission

April 14, 2020

6:00 P.M.

Due to the Covid-19 virus threat, all city boards and commissions have been cancelled indefinitely.

If reasonable accommodation due to a disability are needed, please contact Mac Jackson

at least 48 hours prior to the meeting date (360-299-1961)
March 10, 2020

Members Present: Sarah Nichols, Chris Hansen & JoAnn York-Gilmore

Staff Present: Sally Hill, Dustin South, Bob Vaux, Nicole Johnston & Jonn Lunsford

Others Present: None

Called to Order: 6pm

Minutes: Approved

Public Comments: None.

Correspondence/Communications: JoAnn reported on the Forest Board meeting. The city is working to assess the value of the towers as we work with our Legal Dept. on a new lease agreement with Puget Sound Energy. She also reported that a citizen discussed a letter from the Department of Ecology regarding the closure status of the “A” Avenue Landfill.

Department & Project Reports: Nicole discussed the postponement of games on city ballfields. Practices are still allowed. The Grand View Cemetery expansion is scheduled to go before the Planning Commission on March 11 as part of the Conditional Use Permit process. Also announced that parks maintenance staff Heather Brennan will retire in late May.

Bob reported on the utility update project at the C-loop at Washington Park. He is also attending Homeless Coalition meetings regarding the voucher program use at the park.

Sally reported on the Senior Activity Center’s temporary closure.

Dustin is working on summer programs for the A-Town publication. He is working with our Legal Department and Finance on a possible new agreement with the Anacortes Waterfront Alliance and our Learn to Sail program. Boys Basketball season concluded and he had to cancel the Dallas Kloke Sunset Loop relay as there were not enough people signed up.

E-Bikes In the Parks: Commission members took up the discussion of electric bikes use on city paved trails. Chris commented that she opposed the use of ebikes on existing non-motorized trails citing speed and use requirements. Discussion ensued. Sarah commented that she is interested in doing a one year trial for Class I and Class II e-bikes similar to what other jurisdictions are doing to allow them on paved trails. JoAnn commented on ACFL policy discussions. Discussion continued. Staff to suggest a policy for Commission consideration taking into account speed, enforceability and locations.

Grant Priorities: Staff is looking at possible grant projects as we prepare applications to the Recreation and Conservation Office (RCO), our state granting agency. Discussion focused on accessibility and possible inclusion of the Community Center. The RCO only funds outdoor
recreation. Sarah mentioned the Heart Lake Master Plan improvements and field improvements at Storvik after staff update.

**Recreation Update:** Dustin discussed the idea of contracting with the Anacortes Waterfront Alliance (AWA) to take over current City sailing programs which include our summer "Learn to Sail" and the high school sailing club. The goal is to improve the community sailing offerings for all ages. If AWA were to run the program, it could potentially reach more people and save the City money. The City is looking at ways to offer partial programmatic funding to AWA to make sure the program is viable and still is affordable to community members. If the boats are also transferred to the AWA as part of the contract, they could expand offerings to local residents that the city does not to now out of liability concerns and other issues. Discussion ensued.

**Other Business:** Site Visit to the Burrows Channel Lookout on the loop road at Washington Park planned for April 14.

Meeting adjourned at approximately 7:20pm.

The *NEXT REGULAR MEETING* is **POSTPONED** due to COVID-19 closures.

Respectfully submitted by,

Jonn Lunsford

Approved:
Parks and Recreation Update April 2020

March Highlights from Parks Administration

-Bob Vaux

We continue to move forward on the Washington Park campground utility upgrade project. Under the leadership of Brian Tottenham and great work by Jim Rains, we have passed the L & I inspection and are ready to work with VECA Electrical on the pulling of wire and the hooking up of our new pedestals. I am very proud of our Parks team, their ability to do quality work as well as save the City tens of thousands of dollars.

Despite the world being turned upside down over the last few weeks, our Parks & Recreation team shows up every day and works to provide safe recreation options for our many visitors. We are doing are best to find creative ways to keep folks active, and keep most of our park and forest land facilities open.

Recreation Staff Report:

Community Events: Staff canceled the Dallas Kloke Sunset Loop Relay Run due to not enough participants pre-registered runners. It turns out the event would have been canceled anyway because of COVID-19. We are going to look at publicizing the event better and may look at doing it a different weekend than is usually held.

Kids Night Out: This program was canceled due to COVID-19

Youth Enrichment Programs:

Messy Me, canceled due to not enough registered participants.
Fieldhouse Fun, canceled due to COVID-19

Adult Program: Tango Tuesday and Qigong were both canceled for the month of March due to COVID-19.

After School Arts Program: We were able to get in the last two days of the elementary and middle school baking classes before COVID-19 canceled programs.

Sailing Team: The rest of the sailing team season was canceled due to COVID-19.

Recreation Programming for the Future: We have been following the school closure dates for canceling of the recreation programs, part of this is due to the fact that several of our programs utilize school district facilities and if they are not open/available for us to use. We will evaluate in early April as to cancelation of May and possible June programs and events. We are also taking cancelation recommendations based on what the Mayor has directed us to do. We are looking at figuring out if there are some creative recreation programs that we could come up with that would keep social distancing in place for the next several weeks.

Respectfully Submitted by,
Dustin South, Recreation Manager
Travis Anderson, Recreation Coordinator
COVID UPDATES: We have closed playgrounds, sports courts and picnic shelters in all of our parks. As of March 30, we closed the “H” Avenue Dog Park. The Washington Department of Fish and Wildlife has closed all recreational fishing. This closes Little Cranberry Lake and Whistle Lake which are year round fisheries. Salt water fishing is closed as well, but the boat ramp at Washington Park remains open for inter-island transport and recreational boating.

MISSING ART: Two pieces of Art have gone missing and are believed stolen from our Madrona Grove Sculpture Exhibit. We reported it to the APD and they are investigating. All other pieces have now been removed by City staff or are being removed by the artists. Larger pieces around the Depot are likely to remain unless the artists request our assistance.

SOCIAL DISTANCING: As of March 30th, our trails, parks and athletic fields remain open for jogging, biking and hiking. We have posted signage at numerous points with the National Recreation and Parks Association guidelines for social distancing. We are developing a stencil for use on the Loop Road, Thompson Trail and Guemes Channel Trail to demonstrate what 6 foot social cistancing should look like for our users. We will paint a symbol on the ground that is easy to understand. Park and ACFL use is heavy at times but most are adequately spacing as they recreate.

SENIOR CENTER: Meals on Wheels is still operating and seniors are able to pick up frozen meals to take home at the back door of the kitchen.

PICKETT POCKET PARK: The solar lights are in, the plants are in and a bike rack is on its way. A dedication ceremony will be delayed for the time being. This project has gone very smoothly so far due to the hard work of the parks maintenance crew and our contractor Strandberg Construction. Many thanks also to our partner, the Anacortes Parks Foundation.

WASHINGTON PARK CAMPGROUND UTILITIES: Our L&I inspection is complete and we expect the contractor to begin installing new electrical pedestals in the C-loop campsites soon. Another project that benefited in terms of speed and cost savings from in-house work by City Staff.

GAMES FOR HOMEBOUND FAMILIES: We are brainstorming with the Anacortes Museum on “then and now” history games we can play with families using historical Anacortes photos from parks and other infamous locations. Varieties of the game could be “played” at home or outside. Still in beta testing phase but we hope to unveil it soon.
NEWSLETTER
April 2020
Anacortes Senior Activity Center
News During the COVID-19 Closure

AN UPDATE IN RESPONSE TO COVID-19 OUTBREAK

Center Closed Indefinitely as of March 11
The Anacortes Senior Activity Center closed on March 11, 2020 for an indefinite period of time. Administrator Sally Hill and her assistant, Lea DeVere, are at the Center, working in the office Monday through Fridays, from 8 a.m. to 4 p.m. They are available by phone to help answer your questions about the Center and other services and resources.

Meals on Wheels and Pickup Meals
The Meals on Wheels program is still operating, and frozen meals are available for pickup at the Center. Call to let Amanda know if you want to pick up a meal. NOTE: Meals will not be available April 2, 3, 5 and 6 while necessary maintenance and repairs are being completed in the kitchen (floor and dishwasher replacement). Please call the Center at (360) 293-7473 and ask for Amanda if you have questions or need further information.

Building Sanitization
City custodial staff has been doing a very deep clean of the entire Center facility, room by room. Carpets have been cleaned and floor care of the tiled floors is scheduled for the first week of April.

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ANACORTES SENIOR ACTIVITY CENTER

Sally Hill, Center Administrator
Lea DeVere, Administrative Assistant
Visit our website at seniorcenter.cityofanacortes.org to find our latest newsletter, calendar and menu.

ASAC Foundation

The Anacortes Senior Activity Center Foundation advises staff and financially supports the Center. It holds 501(c)(3) status. Donations to the Anacortes Senior Activity Center Foundation are tax deductible within the limits of the law. Visit asacfoundation.org.

Michele Pope, President
Kirk Kennedy, Vice President
Dustin Johnson, Secretary
Patty Howe, Treasurer
Pat Buckley, Barbara Cooper, Colleen Craig, Lin Folsom, Jan Iversen, PK Mead, Barbara Smart, Nicholas Walsh

Meal Service

Lunch: Monday–Friday, 11:30 a.m. to 12:30 p.m.
$5 suggested donation for those 60+. Those under 60 must pay $7. No reservation necessary except special luncheons. Meals on Wheels for homebound seniors: hot meals delivered Monday through Friday; frozen meals available for the weekend. Call Kelli at (360) 416-1500 to register.

Volunteer Opportunities

Join the 150+ volunteers working at the Center. Contact Sally Hill for more information.

Newsletter

The Anacortes Senior Activity Center Newsletter is published monthly and is distributed free at the Senior Activity Center and at a number of locations in town, including the Chamber of Commerce, Library, Senior Housing, and Island Hospital.

Contributors

Writers: Sally Hill, Lea DeVere
Editor/Layout/Production: Lea DeVere
Distribution: Kathryn and Lou D’Amelio, Merilee Huffman, Angela Marcoff, PK Mead, Amanda Miller, Elaine Oliphant, Suzette Richards, Bobbie Sherman, Barbara Smart, Ginger Thomas, Dani Usman

Grocery Assistance

• The Market of Anacortes is offering curbside pickup. Call (360) 588-8181 to make arrangements. You can access a shopping list and more information on their website at www.themarketswa.com/anacortes. Shopping in the store is available for at-risk individuals only between the hours of 6 and 7 a.m.

• Safeway has “Golden Hours” that allows shopping for those over 60 between 7 and 9 a.m. on Tuesdays and Thursdays. They also offer grocery delivery through “Instacart.” Details of both programs are on the Safeway website at https://local.safeway.com/safeway/wa/anacortes/911-11th-st.html or at https://delivery.safeway.com/#.

• Instacart is a service that offers delivery from Safeway, Costco and Fred Meyer. Go to their website at https://www.instacart.com/. Note: As of March 30, Instacart employees are on strike. Go to the website for updates on service availability.

• Anacortes Food Coop is offering curbside pickup. Email your order to anacortesfoodcoop@gmail.com or call (360) 299-3562. The Coop will call to confirm your email order. Payment can be made with cash, check or credit card. No debit cards with pins accepted. Fulfillment may take a few hours depending on staffing and current conditions.

Individuals at Risk or in Isolation

If you are an at-risk individual who is on quarantine or isolation, and you find yourself in need of assistance with getting/picking up supplies or food, or knowing where to call to get such resources delivered to you, call the Skagit County Resource Assistance Line at (360) 416-1892 between 10 a.m. and 2 p.m. daily.
Beware of Scams
Scammers are taking advantage of fears surrounding the Coronavirus. Here’s some information from the Federal Trade Commission on avoiding scams.

- Hang up on robocalls. Don’t press any numbers. Scammers are using illegal robocalls to pitch everything from scam Coronavirus treatments to work-from-home schemes. The recording might say that pressing a number will let you speak to a live operator or remove you from their call list, but it might lead to more robocalls, instead.

- Fact-check information. Scammers, and sometimes well-meaning people, share information that hasn’t been verified. Before you pass on any messages, contact trusted sources. Search on the internet for “What the U.S. Government is Doing” to find links to federal, state and local government agencies.

- Know who you’re buying from. Online sellers may claim to have in-demand products, like cleaning, household, and health and medical supplies when, in fact, they don’t.

- Don’t click on links from sources you don’t know. They could download viruses onto your computer or device.

- Watch for emails claiming to be from the Centers for Disease Control and Prevention (CDC) or experts saying they have information about the virus. For the most up-to-date information about the Coronavirus, visit the Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO).

- Ignore 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 Coronavirus disease 2019 (COVID-19) — online or in stores.

- Don’t respond to texts and emails about checks from the government. The details are still being worked out. Anyone who tells you they can get you the money now is a scammer.

- Do your homework when it comes to donations, whether through charities or crowdfunding sites. Don’t let anyone rush you into making a donation. If someone wants donations in cash, by gift card, or by wiring money, don’t do it.

Resources for seniors
Here are some resources that are especially helpful for seniors:

- Island Hospital Health Resource Center/SHIBA Office, Julie McKeel - (360) 299-1342
- Aging and Disability Resources – (360) 428-1309

Latest information on COVID-19
To keep updated on COVID-19 reliable information, look to these sites:

- Washington State: coronavirus.wa.gov
- Skagit County Public Health: www.skagitcounty.net/Departments/HealthDiseases/coronavirus.htm. In addition, Skagit County has set up call lines to answer questions and bring resources to the public. You can call (360) 416-1500 between 8:30 a.m. and 4:30 p.m. 7 days a week.
- City of Anacortes: www.cityofanacortes.org

Call the Center if You Have Questions
If you don’t see the resources you need, or cannot access them due to lack of computer, call (360) 293-7473.
Center transfers to Parks and Recreation...

One constant in our lives is change, and the Senior Activity Center is no exception to this rule. Beginning January 1, 2020, the Senior Activity Center transitioned to City of Anacortes’ Parks and Recreation Department, and we are looking for creative opportunities to work together even more that we have in the past. I would like to thank Emily Schuh, the Director of Administrative Services, for helping to transition the Senior Activity Center from Skagit County to the City of Anacortes so gracefully these past two years.

This year we will say farewell to our longtime Administrator, Sally Hill. Sally’s guidance and stewardship of the Center over her 30-year career is responsible for the great things that go on every day. It is difficult to picture the Center without Sally’s calm and thoughtful guidance, but we are fortunate that a great foundation of programs and volunteers are in place as she retires. We will start our hiring process for a new Administrator this spring so Sally can have some time to mentor before she leaves at the end of June. Thank you, Sally, for your generous service to seniors in the community.

—Jonn Lunsford, Director, Parks and Recreation Department

Looking toward the future...

With my retirement on the horizon, I have viewed everything in 2019 with the transition to a new administrator in mind. While attending Pat Buckley’s Issues in Aging class, I learned that she had professionally led transition teams for other organizations. She offered to lead a team for the Center, and I carefully chose a diverse group of people, including volunteers, foundation members and staff, to comprise that team.

Along with my assistant, Lea DeVere, I have been laying the groundwork for a smooth transition that includes plans for the orientation of the new administrator.

I am honored to have been a part of the last three decades of the Center’s history, and I am confident that the Center is on solid ground moving forward.

—Sally Hill, Administrator, Anacortes Senior Activity Center
Fiscal management

The Anacortes Senior Activity Center’s fiscal management is overseen by the City of Anacortes. In 2017, the ASAC transitioned to becoming a City of Anacortes department. The City and Skagit County created an inter-local agreement to articulate the roles and responsibilities, including the fiscal responsibilities necessary to effectively manage the ASAC. This arrangement provides for clear oversight and administration of the ASAC programs, facility management and human resource management. While the City and the County provide significant financial support, the ASAC is also dependent (and appreciative) of the substantial support that the ASAC Foundation provides to augment programs, fund facility improvements and support personnel expenditures. The City and the ASAC Foundation also have a Memorandum of Agreement to clarify roles and responsibilities. These agreements each ensure that the City, County and the ASAC Foundation have sound fiscal practices including financial record keeping and reporting to ensure the long term success of the ASAC.

ASAC Foundation supports the Center in many ways...

The Foundation’s goal is to support a place “Where Seniors Thrive!” With a budget of over $91,000 in 2019, the Foundation supported the Center in many ways, including copy machine, internet access, newsletter, furnishings, equipment, office supplies, postage, staff support, kitchen supplies, coffee and tea, fundraising expenses, special projects, building improvements and landscaping. Last year, the “Sittin’ on the Dock of the Bay” Unconventional Runway Show raised nearly $35,000, and a great time was had by all. An additional $84,000 was brought in from other fundraisers, donations and grants awarded by local service clubs. Donations of any size are most welcome and appreciated.

Many thanks to all the members of the Foundation board. We couldn’t do it without you!

Statistics

- The population of Anacortes is 17,610.
- Approximately 42% of the population is age 55+.
- ASAC averaged 160 visitors each day in 2019.
- We averaged 269 programs and activities monthly.
- In 2019, we had 110 active volunteers who worked a total of 15,042 hours.
- Monthly we averaged 1061 hot meals in house and delivered 1359 hot Meals.

Aging Mastery Program comes to the ASAC!

In 2019, the ASAC began offering the Aging Mastery Program, developed by the National Council on Aging. This comprehensive program consists of evidence-based materials, expert speakers and group discussions.

The program aligns perfectly with the Center’s mission to help older adults thrive through engaging and effective programs. Participants are guided to make long-lasting, positive changes through goal-setting, daily practices and peer support. The core curriculum addresses healthy relationships, financial fitness, healthy eating and hydration, exercise, sleep, advance planning, medication management, fall prevention and community engagement.

Across the nation, this program is successfully helping seniors experience better physical and emotional health, greater financial security and self-sufficiency. AMP is a recognized evidence-based program, with ample data showing its effectiveness in helping older adults master aging issues. Thanks to Noon Kiwanis, Anacortes Soroptimist and RIS Insurance for their support.

Fall Prevention Week

In September, we offered a successful week-long series of programs related to preventing falls, including speakers, exercise and balance assessments. The switch from a Fall Prevention Fair to a Fall Prevention Week in 2019 proved very successful. We had increased participation and many positive evaluations. Thanks to Noon Kiwanis and Anacortes Soroptimist for their support.

Another long-time supporter of the Center, Marge Sargent, has also made a generous gift in support of the program.
Thank you, Marge!

Bonnie Nelson is the Coordinator for the AMP. Thank you to Bonnie, and volunteers Janet Talkley and Pat Jorgensen, for making the program a great success.

Aging Mastery Program is made possible in part by a generous donation by longtime supporter and volunteer Nancy Andrighi.
Thank you, Nancy!