

Copy the website address and paste it in your browser. Those with * in front are new link(s) as of September 15, 2022.

Of General Interest

Homage Senior Services in Lynnwood has many services for Seniors in Snohomish County—Nutrition Services, Social Services, Health and Wellness Services, Home Repair Services, Transportation Services

www.homage.org

How to Volunteer as a Senior

www.aginginplace.org/how-to-volunteer-as-a-senior

Senior Living Assistance for the Elderly

<https://www.seniorguidance.org>

Moving Tips for Seniors

www.yourstoragefinder.com/moving-tips-for-seniors

Health

Promoting Health for Older Adults

<https://www.cdc.gov/chronicdisease/resources/publications/factsheets/promoting-health-for-older-adults.htm>

Falls Prevention Resources

<https://acl.gov/FallsPrevention>

How to Safely Pick Up a Senior or Yourself After a Fall

<https://www.agingcare.com/articles/pick-up-a-senior-after-a-fall-170447.htm>

22 Senior Health Risk Calculators for Healthy Aging

www.calculators.org/health/aging.php

Medicare Cost Overview

www.medicare.gov/your-medicare-costs/index.html

*Medicare Plans Patient Resource Center
(Click on links at top of page for specific information)

www.medicareplans.com

Dental Care Tips for Caregivers

www.coastdental.com/blog/dental-care-tips-for-caregivers

Mesothelioma—caused by exposure to asbestos

<https://www.mesotheliomaguide.com/mesothelioma/>

Alzheimer's & Dementia

Alzheimer's Information at Alzheimer's Association

<https://www.alz.org/>

Alzheimer Support—Memory Care Facilities Nationwide

<https://www.memorycarefacilities.net/senior-living/dementia-care-facilities/>

Find Memory Care Facilities in Washington

<https://www.memorycarefacilities.net/assisted-living/washington/>

Benefits of Cooking with Alzheimer's" A Caregiver's Guide

www.culinaryschools.org/blog/cooking-with-alzheimers/

Exercise—Physical and Mental

Exercising If You're Over 50

<https://www.myhealth.va.gov/mhv-portal-web/ss20161101-five-exercises-for-people-over-50?inheritRedirect=true>

Senior Exercise and Fitness Tips

<https://www.helpguide.org/articles/healthy-living/exercise-and-fitness-as-you-age.htm>

Exercise for Seniors

www.nlm.nih.gov/medlineplus/exerciseforseniors.html

22 Chair Exercises for Seniors & How to Get Started

<https://www.vivehealth.com/blogs/resources/chair-exercises-for-seniors>

Stress & Depression

Symptoms Seniors Can't Afford to Ignore

www.healthline.com/health/senior-health-symptoms

Depression in the Elderly: 7 Ways to Help

www.health.com/health/gallery/0,,20518814,00.html

Home Safety

25 Tips to Make Home Safe for Seniors

www.homesecuritylist.com/home-safety-seniors/

Senior Travel Information

Seniors Traveling Solo: Some Great Solutions

<https://seniorplanet.org/travel-solo-no-problem/>

Seniors Travel Insurance

www.seniorliving.org/travel/insurance/