County celebrates Centennial Trail completion

On Saturday, November 3, at 10 AM, Snohomish County will celebrate the completion of the last 8 miles of the Centennial Trail and construction of the Nakshima Barn, Centennial Trail North Trailhead. The trailhead is located at 32328 State Route 9, Arlington.

This section of the Centennial Trail, a paved multipurpose recreational trail that serves walkers, cyclists, equestrians and others, stretches along an abandoned railroad right-of-way starting at Burke Street in the City of Arlington and terminating at the trailhead located on the Snohomish/Skagit County line.

With the completion of this 8-mile addition, Snohomish County boasts 42 miles of regional trails (including the Centennial Trail, Interurban Trail and portions of the Whitehorse Trail).

“Our parks and regional trails are a critical component of maintaining livable and sustainable communities,” said Snohomish County Executive Aaron Reardon. “Regional Trails contribute to the health and wellness of individual citizens and communities by providing safe places to walk, ride and run.”

Parks Director Tom Teigen noted that more than 400,000 citizens utilize the trail each year as a recreational trail and non-motorized commuter corridor. “This 30 mile linear park has become one of the most valued and well-used assets in our 10,800 acre system,” said Teigen.

The trailhead is dedicated to the hard working Nakshima family who once owned the land. The barn, which was built circa 1908, is listed on the Washington State Heritage Barn Registry. In conjunction with the trailhead opening the Snohomish County Arts Commission, through the 1% for the Arts program, commissioned the installation of several large historical photos on the exterior of the barn. Several County Departments and agencies are working collaboratively to develop a restoration plan for the Barn incorporating general community uses, historical displays and recreation/interpretive programming space.

For more information, contact Tom Teigen, Director, Snohomish County Parks & Recreation at 425-388-6600 or tom.teigen@snoco.org.

Seminar offers tips for healthy aging

November 1, 2012
www.snoco.org

In This Issue:

- County celebrates Centennial Trail completion
- Seminar offers tips for healthy aging
- Residents reminded to prepare for flood season

Follow me on Twitter

or look me up on Facebook
And please be sure to visit me on the Web!

Contact me:
3000 Rockefeller Ave.
M/S #407
Everett, WA 98201

Phone: 425.388.3460
Fax: 425.388.3434
Send me an email.

Sincerely,
Some changes are a normal part of aging and others are not. To learn the difference, county residents are encouraged to attend “Coping with Change: Developing Healthy Habits to Deal with Aging” on Thursday, November 8 in Mill Creek or Thursday, November 15 in Monroe.

Change is never easy. However, we can better adjust to aging-related changes when we know what to expect, what personal actions we can take and what resources can help us.

The program will first feature a geriatric nurse practitioner who will explain the normal physical and mental changes people experience as they age. The second part of the program will focus on coping with chronic disease, managing mind and mood, caring for oneself as a caregiver, and downsizing belongings. A panel of individuals who have overcome these challenges or guided others in doing so will share their experiences and the community resources that helped.

This important event is free to the public and will be offered twice:

Thursday, November 8, 2012  8:30 AM to Noon
Merrill Gardens at Mill Creek, 14905 Bothell-Everett Highway, Mill Creek

Thursday, November 15, 2012  8:30 AM to Noon
Merrill Gardens at Monroe, 15465 179th Ave SE, Monroe

Doors open at 8:30 AM and the program begins at 9:00 AM. The event is free but pre-registration is required. For more information or to reserve a space, contact Stefanie Novacek at 425-388-7019 or s.novacek@snoco.org.

This event is sponsored by the Snohomish County Council on Aging and Snohomish County Long Term Care & Aging with support from Merrill Gardens at Mill Creek and Merrill Gardens at Monroe.

Residents reminded to prepare for flood season

With fall and winter rains approaching, Snohomish County residents should make flood preparations for their home and family a priority.

The National Weather Service forecasts a weak, almost neutral El Nino climate pattern this year, which in the past has produced some of the county’s biggest weather events, including as recently as 2006 and 2009.

Residents should prepare for flooding by:

• Stocking up on basic supplies, food and water in case of power outages.
• Having an emergency plan for your family, including evacuation routes if needed.
• Checking the area around your home for plugged drains or culverts that can back up and cause flooding.
• Considering purchasing flood insurance.
To stay on top of flood conditions in your area, check the county’s Flood Warning System, an online service that shows river levels at key locations, updated every 15 minutes.

This service, along with other information to help residents prepare for and maintain safety during flooding, is featured in Snohomish County’s annual Flood Guide.

There are many websites that also offer flood advice including:
- www.floodsmart.gov;
- www.weather.gov;
- www.emd.wa.gov/preparedness/prep_infocus_winter.shtml#Floods;
- takewinterbystorm.org.

Thank you very much for taking the time to read my electronic newsletter.

If you would like to send me your comments and feedback, or if you would like to unsubscribe, simply reply to this message.

You may also contact me directly by phone at 425.388.3460.