

Island Times

Look for Island Times the LAST Thursday of each month
DEC. 2019

MONTHLY NEWSPAPER OF ISLAND SENIOR RESOURCES AND OAK HARBOR SENIOR CENTER

Volume 3 • Issue 8

Simple Wishes

By Christina Baldwin
Board Member, Island Senior Resources

Dear Santa,
It's been a long time and I hope this letter finds you well. You are way older than me and I know how hard it is to be old. I last sat on your lap in 1945. The big war was just over. Everybody was excited to have a "peace-time Christmas." I was ten years old and didn't really believe in you anymore, but Mom made me pose for the picture because my little brother and sister were still true-believers and she wanted all us kids in the photo.

"Yes, Virginia, there is a Santa Claus. He exists as certainly as love and generosity and devotion exist, and you know that they abound and give to your life its highest beauty and joy."

~ Francis Pharcellus Church, 1897

That was at J.C. Penny in Spokane. I had brown hair with short bangs, cut crooked because I did it myself. That was also the year I brought my best friend, Howie Bernstein, with me. He was the sweetest boy in fourth grade. He wanted a train set and asked if you would come to a Jewish boy's house.

You smiled and said, "If you light your candles during Hanukkah, good things

WISHES continued on page 12





Holiday Gingerbread Recipes

- 1/2 CUP (1 STICK) BUTTER
- 1/2 CUP DARK BROWN SUGAR
- 1/4 CUP LIGHT MOLASSES
- 1 TBSP CINNAMON
- 1 TBSP GROUND GINGER
- 1/2 TSP GROUND CLOVES
- 1 TSP BAKING SODA
- 2 CUPS ALL-PURPOSE FLOUR
- 2 TBS WATER

Gingerbread House: In a large mixing bowl, cream the butter, brown sugar, molasses, cinnamon, ginger, cloves and baking soda together until the mixture is smooth. Blend in the flour and water to make a stiff dough. Chill at least 30 minutes or until firm. Cut into gingerbread house forms and bake at 375 degrees for about 15 minutes.



HOLIDAY TRADITIONS

Carly's Holiday Tradition: Ginger Bread Houses

By Carly Waymire Program Coordinator, City of Oak Harbor Senior Services

One of my fondest holiday memories when I was a kid was going over to my great-aunt's house and making ginger bread houses. The unique thing about this memory was that my great-aunt did not give us ginger bread kits to build but instead, she had us make the dough, put it in a mold, and bake it in the oven. The reason for this was that my great-aunt wanted to teach me and my siblings about starting from nothing and creating our vision. She agreed with us that kits would be easier, but she showed us that the hard work put into making our dough and creating our own walls would be more appreciated and worth it.

After making the gingerbread dough, we would put it in the oven and let it bake. While we waited for the gingerbread to bake and cool, our great-aunt would set up a proper tea party for us kids and we would indulge in herbal tea, finger sandwiches, fruit, cheeses, and baked treats. This not only made the wait time pass quickly, but also taught us lessons of being polite, a good hostess, and how to engage with others socially.

HOLIDAY continued on page 3

QUESTION OF THE MONTH: WHO WERE YOUR HEROES OR ROLE MODELS WHEN YOU WERE YOUNG?

Kathy Morris

Oak Harbor

"Sister Kathleen Leahy was a nun I knew in high school, she really put my feet to the fire!"

Marjorie Lohrer, 84

Whidbey Island

"Robert Oppenheimer"

Pam Rhinehart, 74

Oak Harbor

"My grandmother, she raised 13 kids."

Pat, 85

Whidbey Island

"My parents"

Diane, 78

Coupeville

"My Great Grandma, 'Granny'"

Michael Murcay, 59

Oak Harbor

"Family, they are always there when I need them."

Paula, 69

Coupeville

"John Wayne, the Lone Ranger, and Lassie"

Peggy Gipson, 71

Oak Harbor

"My dad"



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51 SE Jerome St.,
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Mon-Fri, 8:30 am - 4:30 pm
Additional evening and weekend classes and events as scheduled

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Liz Lange • 360-279-4581

Senior Services Administrator

Carly Waymire • 360-279-4583

Program Coordinator

Jade Brown • 360-279-4582

Program Assistant

Send comments and suggestions to CWaymire@oakharbor.org

Member Spotlight: Betty DiOssi

By **Jade Brown**,
Program Assistant, City of Oak Harbor Senior Services

Betty DiOssi was born in Wilmington, Delaware. Betty has traveled many places, she lived in New York and California, she now resides in Oak Harbor. She came to Oak Harbor because she got sick and her daughter wanted her to be closer to her.

While living in New York Betty attended Julliard for one year. One of her favorite memories is her Julliard audition, for her audition they gave her a list of things that she had to perform, she had to sing songs in multiple languages. After Julliard Betty got married, she married an Italian man. She said, "my boyfriend was my husband." Betty and her husband met when they were just 15, she met him through a girlfriend who was her neighbor. He came to visit a friend of her neighbors and they all use to get together at Betty's house. After talking for a while, he asked Betty for her phone number and from there, their relation-

ship began to develop. Betty and her husband were married twice, once by the justice of the priest. Then another time Betty was talking to a priest and he asked if she had been married and she told him yes and how it happened, the priest then said that he wanted to marry them for real in a church, and so he did. Another memory that she has is singing The Star-Spangled Banner on live tv for the campaign opening of President Eisenhower.

Betty is a warm, friendly face here at The Center, she volunteers here at the front desk, comes to lunch Monday,

Wednesday, and Fridays, and attends most events put on by The Center. Some advice that Betty has for her peers is "to show warmth and be more compassionate to others." Now if you have not met Betty, if you are ever at The Center sit down and talk to her, she has wonderful stories to tell and is the true definition of class.



Betty on the Diablo Dam Trip



Betty at High Tea

W.I.G.S.

(Whidbey Island Genealogical Searchers)

Please note **NEW DATE** and **LOCATION**

Tuesday, Dec. 17, 1-3 p.m.

Oak Harbor Lutheran Church
1253 NW 2nd Ave, Oak Harbor

All are welcome to attend.

For more information about W.I.G.S. visit www.whidbeygensearchers.org





Historic Downtown Oak Harbor

HOLIDAY SCHEDULE

GREEN TICKET CASH GIVEAWAY
NOVEMBER 1 - DECEMBER 21

HOLIDAY WINDOW DECORATING CONTEST
NOV 23 - DEC 14

VOTE FOR YOUR FAVORITE TOY SOLDIER
NOV 25 - DEC 20

SMALL BUSINESS SATURDAY
NOVEMBER 30 (DOUBLE GREEN TICKETS)

HOME FOR THE HOLIDAYS
TREE LIGHTING, SANTA PARADE, MUSIC, TREATS
DECEMBER 7 • 4-7PM

SNOWFLAKE HUNT
DECEMBER 7 - 13

TASTE OF HOLIDAY MEMORIES
DECEMBER 14 • 4-7PM

GREEN TICKET CASH GIVEAWAY DRAWING
DECEMBER 21 • 4PM






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TRADITIONS continued from page 1

Once the bread pieces were baked and cooled, we were ready to make the frosting to bind our construction together. We then began to build, shape, and create our houses. Once our foundation was stable, we would start to decorate our houses with bright candies and frosting. Each one of our houses turned out very different and unique. At the end of the day, we were all greatly satisfied with our creations and ready to show them off to our parents. Once we got home my siblings were ready to sample their house and enjoy the sweet treats along with the flavorful gingerbread walls. I on the other hand, did not want my hard work destroyed! Instead of indulging in the house, I kept mine in a safe place to be viewed all winter long.

The memories of making gingerbread houses bring smiles to my face and as I get older, I realize more and more that the day wasn't focused on teaching us about how to make houses out of food, but instead focused learning life lessons of patience, diligence, teamwork, and appreciation. As a result of these fond memories, gingerbread houses have always had a special part in my life and taught me some valuable lessons!

Jade's Holiday Tradition: 5 Minute Fudge

By **Jade Brown** Program Assistant, Oak Harbor Senior Services

My family has many holiday traditions that we continue to carry out through the years. Some traditions include, going to the tree farm to cut down our tree, waking my brother up at 5 a.m. Christmas morning to run down the stairs and open our stockings, we were never aloud to wake my parents up until tea and coffee had been made. Or every Christmas we have breakfast at my grandma's house with homemade crepes and mimosas. With the whole family in town we decorate our house for Christmas the day after Thanksgiving, after our Black Friday shopping of course.

But every year starting in November the holiday baking starts. We make everything from sugar cookies, shortbread, and my favorite, fudge! This fudge recipe is from my grandma, she made it with my mom when she was a kid. My mom and grandma both then made it with me. It is the easiest fudge recipe that I have ever tried, we call it 5 Minute Fudge, but it definitely takes more than five minutes to make.

This 5 Minute Fudge may take more than five minutes, but it is very easy to make. I can remember making this fudge with both my grandma and my mom. Every year we make this fudge in batches, in school I used to bake treats for all of my friends instead of buying gifts and the fudge was always a hit. When I went away to college it became a tradition with my roommates to make this every year at Christmas time. Now I am sharing this recipe with you all, if you try it out let me know how it goes!

Win Some Wood!

Dry, split, and about 16 inch long

2 lucky people will win half a cord each. Must pick up. Must be a member of the Oak Harbor Senior Center to win.

Enter to win at the Oak Harbor Senior Center. Winners will be announced Monday, De. 16.



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5 Minute Fudge Recipe

- 2 TBSP BUTTER
- 2/3 CUP EVAPORATED MILK
- 1 2/3 CUP SUGAR
- 1/2 TSP SALT
- 2 CUP MINI MARSHMALLOWS
- 1 1/2 CUP CHOCOLATE CHIPS
- 1 TSP VANILLA
- 1/2 CUP CHOPPED NUTS OR COCONUT

Combine butter, milk, sugar, and salt over medium heat. Boil 4-5 minutes stirring constantly. Remove from heat. Stir in marshmallows, chocolate chips, vanilla, nuts (or coconut). Stir vigorously, then pour into a pan. Let fudge set in the fridge for about an hour.



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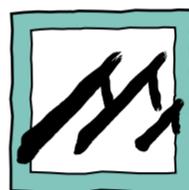
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During this holiday season, we wish you all the best.

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HOLIDAY BAZAAR

Saturday, Dec. 7 • 9 a.m. – 2 p.m.

Come shop at the Oak Harbor Senior Center! There will be over 30 vendors, a bake sale, and Frito Chili Pie.

HOLIDAY LUNCH

Tuesday, Dec. 17 • 11:30 a.m.
Members: \$10, Non-Members: \$15

Ticket includes a catered lunch, special performances by the Line Dancers, the Clogging, and holiday sing-along led by Whidbey singer and guitar player Mel Birch! Contact the center for tickets!

WIRE WRAP

Wednesday, Dec. 18 • 10 a.m.

The wire wrap group meets regularly Thursday evenings at 7 p.m. However, the third Wednesday of the month, there is a meeting at 10 a.m. This is a great time to learn about wire wrap or bring your project to work on. Hope to see you Dec. 18!

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OHHS JAZZ BAND

Friday, Dec. 20 • 11 a.m.

The Oak Harbor High School Jazz Band is returning! Come enjoy the amazing music.



OAK HARBOR SENIOR CENTER
HOLIDAY LUNCH

Tuesday, December 17 | 11:30 AM
Member: \$10 | Non-member: \$15

Ticket includes catered lunch, a special performance by the Line Dancers and the Clogging group, and a holiday sing-a-long led by Whidbey Island singer and guitar player Mel Birch!

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9 Quilting 9 Billiards 9:45 Enhance Fitness 11:30 Duplicate Bridge 11:30 LUNCH 12 Bunco 12:30 Ping Pong 1 Art with Ivy 2 Back to Knitting (1st & 3rd Monday) 2:30 Parkinsons Singing Group (1st & 3rd Monday) 3 Clogging 5 Tai Chi	8:30 Yoga 9 Billiards 9 Lapidary 11 Mexican Train 11:30 Chess 12 Line Dance 1 Knitting & Crochet 1 MAC SIG (2nd. Tue.) 2 Vision Impaired Group (4th Tues) 2:30 S.A.I.L. 6 Pinochle 6 Lapidary 6:30 Stamp Club (2nd & 4th Tuesdays) SHIBA – By appointment	9 Billiards 9 Lapidary 9:45 Enhance Fitness 10 Wire Wrap (3rd Wednesday) 11:30 Duplicate Bridge 11:30 LUNCH 12 Party Bridge 12:30 Ping Pong 1 Paper Crafts (2nd & 4th Wednesday) 2 Caregiver Support (4th Wednesday) 4 Pickle Ball	8:30 Yoga 9 Billiards 10 Creative Writing (resumes in January) 10 Walking Club 11 Mah Jongg 1 Mexican Train 1 Reiki Treatments 1 History Class (resumes Jan. 9) 2 Caregiver Support (2nd Thursday) 2:30 S.A.I.L. 7 Wire Wrap	8:30 Tai Chi 9 Quilting 9 Billiards 9:45 Enhance Fitness 11:30 LUNCH 12:30 Pinochle 12:30 Line Dance 1 Parkinson Support Group (1st Friday) 7 Country Dance (2nd Friday) 6:30 Old Time Fiddlers (1st Friday)	Ping Pong Billiards Pinochle 10am-1pm: Pickleball 12-1pm: Beginner Pickleball (First Saturday only)

ISLAND SENIOR RESOURCES (BAYVIEW) ACTIVITIES 360-321-1600 or 360-678-3373 www.senior-resources.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10 Time Together* 11:30 Lunch Served 1 Mahjong Dec. 30 - Last Monday 11:30 Birthday cake and Party (all are welcome)	8:45 Tai Chi Wu Style 9 Foot Clinic – call (360) 341-3210 for appt 10 Time Together* 10:30 Tune In, Tone Up Ukulele with Talia 11:30 Lunch Served 12:30 Lunch & Learn Dec. 3 - 1st Tuesday 10 Parkinson's Support Group** Dec. 10 - 2nd Tuesday 10 Alzheimer's Support Group 2:30 Parkinson's Singing Group South* Dec. 17 - 3rd Tuesday 10 MS Support Group Dec. 24 - 4th Tuesday 10 Early Stages Dementia Support Group 2:30 Parkinson's Singing Group South*	10 Quilters & Crafters 10 Time Together* 10 Intermediate Line Dancing 11:30 Lunch Served Dec. 18 11:30 Holiday Meal	8:30 Bridge 9 Senior Striders 10 Time Together* (10-noon only) 12:15 Whidbey Prime Time Players 6 Twilight Bridge Dec. 19 - 3rd Thursday 4 Paid Caregivers Support Group	10 Time Together* 10:30 Fun Band 11 SHIBA (Statewide Health Insurance Benefits Advisors) by appointment 11:30 Lunch Served 2 Legal consults (call for dates and appointments) Dec. 20 - 3rd Friday 10 Death Cafe	11 Israeli Circle Dance

*Activities are held at St. Augustine's-in-the-Woods, Freeland | **Activities are held at Trinity Lutheran Church, Freeland
Call Island Senior Resources for instructor contact numbers and information.

DATES AND TIMES OF ALL SCHEDULED EVENTS ARE SUBJECT TO CHANGE. IT'S ALWAYS ADVISABLE TO CALL TO CONFIRM.

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TRAVEL LOG

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MYSTERY LUNCHES

Wednesday, December 18

Depart: 10:30 AM – Return: 2:30 PM
Member: \$20 • Non-Member: \$30
Price includes transportation only

The mystery has been solved- these lunch trips are a ton of fun! Travel Escort, Lauraine, will be sure to take you on a delightful afternoon to an undisclosed restaurant where you will enjoy some delicious dining with the other passengers. Before returning home sometimes there is time for another surprise stop! This is a great way to discover new restaurants or enjoy a well-known favorite while meeting new friends and enjoying the good company.

DECEMBER

SUNDAY BRUNCH AT CHUCKANUT MANOR

Sunday, December 8

10:15 AM - 2 PM
Member: \$70 • Non-Member: \$85
Cost includes transportation,
brunch, coffee and tea, and
first glass of champagne.

Our annual Christmas brunch will be at our favorite location, Chuckanut Manor. Come and enjoy the endless variety of enticing goodies, prime rib, eggs Benedict, fresh cream cakes and more! Santa and Mrs. Claus might make an appearance so let's put on our festive shirts and join Lauraine for this holiday celebration.



THE NUTCRACKER

Saturday, December 14

8:45 AM - 7 PM
Member: \$145 • Non-Member: \$170

See the classic Christmas ballet The Nutcracker, presented by the Pacific Northwest Ballet in the beautiful McCaw Hall. This 2.5-hour production is a must

see event during the holiday season. We will stop for a no-host lunch prior to the show.



LIGHTS OF CHRISTMAS WARM BEACH

Thursday, December 19

3:30 PM - 9:30 PM
Member: \$48 • Non-Member: \$58

The amazing display at Warm Beach in Stanwood features over one million lights spread across 15 acres. The Lights of Christmas is the largest holiday light display in the Pacific Northwest that combines live entertainment, food, and holiday shopping. (Please note: cash is preferred at food vendors)

TULALIP CASINO OR OUTLET MALLS

Monday, December 16

9 AM - 3:30 PM
Member: \$30 • Non-Member: \$36

This Vegas style casino offers spectacular gaming and dining options with over 1,200 slots to choose from and American inspired lunch buffet. Lets try to win big this time!

2020



"GUYS & DOLLS"

Saturday, January 18, 2020

9:30 AM - 5:30 PM
Member: \$117 • Non-Member: \$140

Considered by many to be the perfect musical comedy, *Guys and Dolls* is a treat full of romance, laughs, and irresistible charm. This Broadway production has

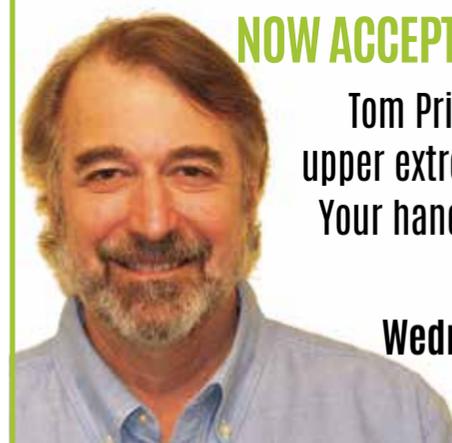
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been a crowd pleaser since 1950! We will have a no-host lunch at Anthony's Woodfire Grill prior to the show at Everett Village Theater.

STUNT DOG

Saturday, March 14, 2020

10 AM - 5 PM

Member: \$55 • Non-Member: \$65

Cheer on furry friends from animal rescues nationwide in this acrobatic and athletic dog show! These dogs will soar, spin, jump and fly in this high-energy, show. We will stop for a no host lunch prior to the show at Mt. Baker Theater in Bellingham.

JERSEY BOYS

Saturday, April 18, 2020

10 AM - 6 PM

Member: \$158 • Non-Member: \$188

Go behind the music and inside the story of the Jersey Boys. *Space is limited, must reserve your spot by December 31.*

EXTENDED TRAVEL



ROME & THE AMALFI COAST

May 2 - 11, 2020

Double: \$4,499 • Single: \$5,299

Take a panoramic tour of Classical Rome featuring an in-depth, guided visit of the Colosseum, discover the ruins of Pompeii, and discover the mountaintop monastery of Montecassino! Includes ground and air transportation, lodging, and 13 meals.



MAGICAL RHINE & MOSELLE RIVER CRUISE

August 16 - 25, 2020

Double: \$5,129 • Single: \$5,829

Set out on a 7-night cruise along the Rhine where you will discover lovely Strasbourg on a guided tour, enjoy a Captain's Gala Dinner, a visit of Cochem's renowned wine cellars, and cruise the famous canals of Amsterdam. Includes ground and air transportation, 7-night river cruise, lodging, and 22 meals.



SPOTLIGHT ON NEW YORK

October 15 - 19, 2020

Double: \$2,999 • Single: \$3,799

Travel Presentation:

Wednesday, Feb. 5, 1 p.m.

Visit America's most exciting city, New York City, explore the 9/11 Memorial and Museum, experience two Broadway shows, embark on a voyage to the Lady Liberty, join a local guide for tour of New York City's time-honored landmarks, and enjoy breakfast at the famous Ellen's Stardust Diner featuring singing waitstaff on this 5 day tour. Includes air and ground transportation and 5 meals.

In observance of Christmas and New Year's, Oak Harbor Senior Center and Island Senior Resources will be closed as follows:

Tuesday, Dec. 24
Wednesday, Dec. 25
Wednesday, Jan. 1, 2020



HAPPY HOLIDAYS!

ISLAND SENIOR RESOURCES

For more information, call 360-321-1600 or 360-678-3373

ISR provides transportation to/from Bayview Hall.
 Clinton ferry pricing does not include walk-on ferry ticket

CASINO TRIPS IN 2019

All casino trips depart/return from Bayview Community Hall Parking lot.
 Depart 9 AM • Return 4:30 PM
 Member: \$35 • Non-member: \$45

2019

TULALIP RESORTDecember 10

2020

- QUIL CEDA CREEK**January 14
- ANGEL OF THE WINDS**February 11
- SWINOMISH**March 10
- TULALIP RESORT**April 14
- SKAGIT VALLEY**May 12
- QUIL CEDA CREEK**June 9
- ANGEL OF THE WINDS**July 14
- TULALIP RESORT**August 11
- SKAGIT VALLEY**September 8
- SWINOMISH**October 13
- QUIL CEDA CREEK**November 10
- TULALIP RESORT**December 8

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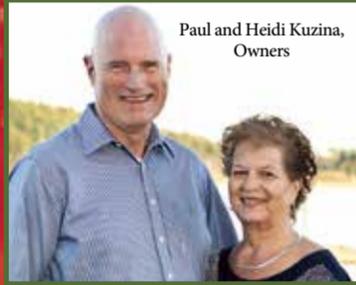
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20 N.W. Birch Street, Coupeville, WA 98239

Putting heart into quality service

Proudly serving the community of Whidbey Island and beyond for 12 years with integrity and compassion. Thank you to all the families who have entrusted us with the care of your loved ones. We look forward to serving you for many years to come.



Paul and Heidi Kuzina,
Owners

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Serving all Whidbey Island and beyond

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frontoffice@careageofwhidbey.com • www.careageofwhidbey.com



Whidbey Island Support Groups

SOUTH END

Alzheimer's & Dementia Caregivers Support Group

2nd Tuesday, 10 a.m. – Noon
Alder Room, Island Senior Resources,
14594 SR 525, Langley, WA
Contact: Mel Watson, 360-321-1623

MS Support Group

3rd Tuesday, 10 – 11:30 a.m.
Alder Room Island Senior Resources
14594 SR 525, Langley
Facilitator: Mel Watson, 360-321-1623

Parkinson's Support Group

1st Tuesday, 10 – 11:30 a.m.
Trinity Lutheran Church,
18341 WA-525, Freeland Ave
In the older building, in Grigware Hall
Contact: Mel Watson, 360-321-1623

Aging in Grace Support Group

For anyone with concerns, stories,
and wisdom about aging
2nd Monday, 10 a.m. – Noon
Freeland Library,
5495 S. Harbor Ave., Freeland
Contact Nicole Donovan 360-321-1600

Parkinson's Singing Group South

2nd and 4th Tuesdays, 2:30 – 3:30 p.m.
St Augustine's in-the-Woods
5217 S Honeymoon Bay Rd, Freeland
Contact: Mel Watson, 360-321-1623

Early Stages Dementia Support Group

4th Tuesday 10 a.m. – 12 p.m.
Island Senior Resources
14594 SR 525, Langley
Facilitator: Mel Watson, 360-321-1623

NORTH END

Oak Harbor Caregiver Support Group 1

2nd Thursday, 2 – 3:30 p.m.
Oak Harbor Senior Center,
51 SE Jerome St., Oak Harbor
Contact: Carolyn Hansen, 360-279-1785

Oak Harbor Caregiver Support Group 2

4th Wednesday, 2 – 3:30 p.m.
Oak Harbor Senior Center,
51 SE Jerome St., Oak Harbor
Contact: Carolyn Hansen, 360-279-1785

Parkinson's Support Group

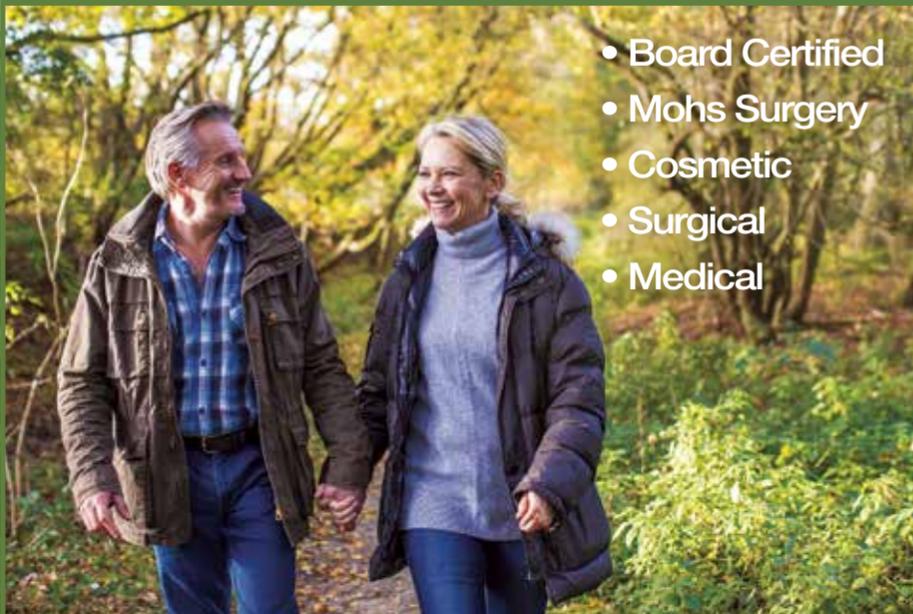
1st Friday, 1 – 3 p.m.
The Modular Building at
Oak Harbor Senior Center,
51 SE Jerome St., Oak Harbor
Contact: Eula Palmer, 360-675-9894

Parkinson's Singing Group

1st and 3rd Monday of the month,
2:30 – 3:30 p.m.
The Modular Building at
Oak Harbor Senior Center,
51 SE Jerome St., Oak Harbor
Facilitator: Mel Watson, 360-321-1623

Do you need a caregiver support group that is currently not available on Whidbey Island? Call Mel Watson, Director Adult Day Services, 360-321-1623.

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www.RosarioSkinClinic.com

Medicare 2020

Medicare's open enrollment runs from until Dec. 7. This is when you need to update and/or change your Medicare Advantage and/or Medicare drug plans. It is important to be sure your plans will meet your needs next year. There are changes in Medicare occurring in 2020 for some enrollees. We will help you understand what is best for you! These sessions are identified below as Medicare 2020.

Also, if you are going on Medicare in the next six months and/or are wanting to know more about Medicare, attend a free general information seminar offered by SHIBA (Statewide Health Insurance Benefits Advisors) volunteers; no pre-registration required. Counselors will answer brief questions following the seminars. Seminars run 2-2.5 hours. For more information, call 360-321-1600 ext 0.

Information will be provided about:

- "Basic" Medicare benefits
- Changes for 2020 will be covered in the Medicare 2020 classes
- Options for additional insurance(s)
- Medicare parts A and B
- The differences between "Medigap" (supplemental) insurance and Advantage plans
- Benefits and rates
- Prescription drug plans. (If you want help with your drug plan, bring a detailed list of your drugs).

OAK HARBOR SENIOR CENTER 51 SE Jerome St, Oak Harbor

Tuesday, Dec. 3 • 4 p.m.

Thursday, Dec. 5 • 1 p.m.

The Statewide Health Insurance Benefits Advisors (SHIBA) offers unbiased, confidential advising for Medicare benefits and insurance options.

Individual Consultations:

For more in-depth information about Medicare options, advisors are available for one-to-one consultation at:

Oak Harbor Senior Center: Tuesdays • Call 360-279-4580 to schedule an appointment
WhidbeyHealth Medical Center: Wednesdays • Call 360-678-5151 to schedule an appointment
Island Senior Resources (Bayview): Fridays • Call 360-321-1600, ext 0, to schedule an appointment

Note: SHIBA volunteers work under the guidance of the Insurance Commissioner's Office.

Join us for **LUNCH & LEARN**



Presenters will offer information on key topics affecting the lives of seniors, their caregivers, families and friends.

Island Senior Resources (Bayview) • TUESDAYS, 12:30 P.M.

Lunch (optional) will be served 11:30 a.m. – 12:30 p.m. (suggested donation \$6) followed by a free presentation. See our menu section for what is being served for lunch. Come eat, socialize, and learn!

Lunch & Learn's in Bayview are a collaborative venture with South Whidbey @ Home

Date Topic and Presenter

- Dec. 3** *Gathering the Traditions of the Winter Holidays*
The winter season offers an array of traditions in religion, ethnicity, geography, community, and family. Join Executive Director Cheryn Weiser as she explores a range of world-wide winter season traditions.
- Dec. 10** *I Recall*
Kate Stivers, counselor in private practice, will lead a circle to talk about our past experiences of holiday giving and receiving and share how these have influenced our lives, relationships, and traditions. Feel free to bring a photo, picture or poem that reflects holiday memories for you.
- Dec. 17** *The Spirit of the Season*
Janet Holland and her friends will share the most popular Christmas songs from across the decades. Come listen or sing-along as we enjoy the special qualities of the winter holidays.
- Dec. 24** *No Lunch & Learn today – Island Senior Resources (Bayview) is closed*
- Dec. 31** *No Lunch & Learn today – will return Jan. 7, 2020*

AT THE COUPEVILLE HUB • WEDNESDAYS, PRESENTATION BEGINS AT 12:30 P.M.

Lunch (optional) will be served beginning at 11:45 (suggested donation \$6) followed by a free presentation at 12:30. See our menu section for what is being served for lunch. Come eat, socialize, and learn! Contact Carol Moliter: 360-678-0636, bigrockdesigns@whidbey.net.

Date Topic and Presenter

- Dec. 4** *Bingo*
Aging & Disability Resources will be available 11:30 a.m. to 1:30 p.m.
- Dec. 11** *THE SARATOGA SIRENS*
The Sirens, a multigenerational women's vocal ensemble, return to delight and entertain with a holiday concert.
- Dec. 18** *Travel in 2020*
Oak Harbor Senior Services Program Coordinator, Carly Waymire, will share about exciting travel experiences for you, from local excursions to off-island events, to international locales, all provided thru a local organization. Great fun - great opportunity for new friendships!
- Dec. 25** *Happy Holidays – No lunch, no presentation*

Disclaimer: *Island Senior Resources (Bayview and the HUB) offers a variety of information, classes, and presentations, but does not endorse any speaker or vendor. Presentations are meant as an educational opportunity and no solicitation is allowed. We suggest attendees explore a variety of options before making any decisions regarding services. Island Senior Resources will not share your information with any vendor or speaker. If you choose to share your contact information, this is at your own discretion.*

Open Monday, Tuesday, Wednesday, & Friday
11:30 a.m. – 12:30 p.m.
14594 SR 525 Langley, WA 98260
www.senior-resources.org/nutrition-overview
360-321-1600
Join us for Lunch & Learn presentations every Tuesday @ 12:30 p.m.

a new community dining experience

MEAL SITES & HOURS	
ISLAND SENIOR RESOURCE CENTER (BAYVIEW) 14594 SR 525, Langley, WA 98260 • 360-321-1600 Meals served Mon, Tues, Wed, Fri, 11:30 a.m.	
OAK HARBOR SENIOR CENTER 51 SE Jerome Street, Oak Harbor, WA 98277 360-279-0367 (kitchen) or 360-279-4580 (Center) Meals served Mon, Wed, Fri, 11:30 a.m.	
CAMANO CENTER 606 Arrowhead Road, Camano Island, WA 98282 • 360-387-0222 Meals served Mon, Wed, Fri, noon	
CAMBEY APARTMENTS 50 North Main Street, Coupeville, WA 98239 360-678-4886 Ext 28 or 360-321-6661 ext 28 Meals served Mon, Tues, Wed, Fri, 11:45 a.m.	
BROOKHAVEN 150 4th Street, Langley, WA 98260 • 360-321-1600 Meals served Mon, Wed, Fri, noon; Thurs, 5 p.m.	
COUPEVILLE METHODIST CHURCH, FIRST UNITED 608 N Main St, Coupeville, WA 98239 • 360-678-4256 Meals served Wed, 11:45 a.m.	
HILLSIDE EVANGELICAL FREE CHURCH 874 Plantation Drive, Greenbank, WA 98253 • 360-222-3211 Meals served Wed, Fri, 11:30 a.m.	

Community Meals offer older adults social opportunities while enjoying a delicious, nutritionally balanced meal. They are provided for adults age 60+, their spouses, and caregivers. Donations are appreciated and help fund the program.

Due to rising costs, effective April 1, the suggested donation for community meals will be \$6/meal. Meals on Wheels suggested donation will be \$6/hot meal and \$5/frozen meal.

MENU - DECEMBER

\$6 Suggested donation for meals

WEEK 1		
Mon	2	Fish Sandwich w/Lettuce
Tues	3	BLT Wrap & Soup of the Day
Wed	4	Vegetable Lasagna w/ Caesar Salad
Thurs	5	Brookhaven Chef's Choice
Fri	6	Curry Chicken w/Cabbage & Rice
WEEK 2		
Mon	9	White Chicken Chili w/Veggies
Tues	10	Pepperoni or Veggie Pizza & Salad
Wed	11	Pesto Shrimp Pasta
Thurs	12	Brookhaven Chef's Choice
Fri	13	Ham & Potato Bake
WEEK 3		
Mon	16	Maple Glazed Chicken
Tues	17	Butternut Squash Soup w/Half Sandwich
Wed	18	Holiday Meal - Honey Pecan Pork Loin
Thurs	19	Brookhaven Chef's Choice
Fri	20	Beef Stuffed Shells
WEEK 4		
Mon	23	Chicken Fried Steak w/Gravy
Tues	24	Holiday Meal Sites Closed
Wed	25	Holiday Meal Sites Closed
Thurs	26	Brookhaven Chef's Choice
Fri	27	Hungarian Pork Paprika
WEEK 5		
Mon	30	Chicken Divan w/Broccoli & Rice
Tues	31	Half Reuben Sandwich

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Please recycle this publication when you are finished reading it.

FROM THE EXECUTIVE DIRECTOR

What brings you joy during the holidays?

By Cheryn Weiser, Executive Director, Island Senior Resources

Several years ago, members of our extended family were contemplating the winter holidays and shared our imaginings about how nice it would be if we went caroling around Langley. We found some small books full of traditional carols and chose a day to spend an hour in what turned out to be a very cold, clear winter's day to just meander through Langley singing carols. We had a wonderful time, surprised a lot of the locals and spent some time afterward with hot drinks and treats. It's a lasting memory and brought us joy and hopefully a little joy to others.

What brings you joy in the holidays? The holidays have a way of bringing joy or bringing sadness. Isolation during the cold and wet time of the year takes its toll and may require thoughtful intervention. So, shake off the cold and wet and reach out to friends, neighbors, family, and community.

Take time and make the effort to identify what brings you joy and set about making it happen. It may be as simple as calling old friends and wishing them a good holiday season, attending a local musical event, making your favorite holiday treat, or taking a little tour of outdoor lights and displays close by.

Whatever brings you joy during the holidays, you are invited to let your "little kid self" out, play a little, and make room for a little joy this holiday season!

~ LOCAL VOLUNTEER WINS SERVICE AWARD ~

By Jessica Karpilo

"It is only in the giving of oneself to others that we truly live."

~ Ethel Percy Andrus

Ethel Percy Andrus dedicated her life to service as an educator. She was a high school principal when she learned one of her former teachers was ill and living in a chicken coop because she was without health insurance and financially strapped trying to take care of herself. She realized that this individual was not alone and founded the National Retired Teacher's Association (NRTA) in order to help retired teacher's secure health insurance. Just two year's after founding the NRTA, in 1958, she expanded membership to retirees of all professions and the organization became AARP.



Photo by Jessica Karpilo

The Andrus Award for Community Service is named for Ethel Percy Andrus. Each year, the AARP state offices seek nominations for this incredible honor. According to AARP, "The association's most prestigious volunteer tribute recognizes outstanding individuals age 50 and older who are sharing their experience, talents, and skills to enrich the lives of others."

Jean Mathisen, one of our dedicated volunteer Statewide Health Insurance Benefits Advisors (SHIBA), was awarded The Andrus Award for Community Service for Washington state on Saturday, October 26, 2019 by Doug Shadel, AARP Washington State Director. Doug says the decision was based on Jean's volunteer work for AARP Fraud Watch Network, for Island Senior Resources as a SHIBA volunteer, and other volunteer work she has done over the past year with the League of Women Voters (researching need and availability of services for homeless residents of Whidbey Island) and at her church, Trinity Lutheran.

AARP Washington was especially generous in providing Jean with the opportunity to name an organization of her choice to receive a donation of \$2,000. In regard to her decision, Jean says, "I chose Island Senior Resources. My choice was guided by dozens of conversations with Whidbey Island residents in need of in-home services, financial assistance, transportation to medical appointments, healthy meals, social interactions, protective services from abuse and financial exploitation and, of course, access to the Medicare/Medicaid counseling that we offer through SHIBA. I am overcome by the honor because I am very much aware of the significant contributions made by many in our community. So much shared love! Many studies report higher levels of well-being, lower risk of dementia, improved health, and increased physical activity among senior volunteers. I am lucky to be in this place. I am truly aware of the many significant contributions each member of our SHIBA team makes to the community. Not to mention others, of whom I am not fully aware, who work with ISR and other worthy causes on the Island."

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12 DAYS OF WHIDBEY

1 Ticket = 12 Chances to Win

Themed prize packages each day valued from \$275-\$675

Day 1 - Cook It Up in the Kitchen
Day 2 - Reader's Treasury
Day 3 - Snuggle Into Warmth
Day 4 - Spa-Dee-Dah
Day 5 - Fun on Whidbey
Day 6 - Sports in Style

Day 7 - Garden Dreaming
Day 8 - Caffeinated Whidbey
Day 9 - Let's Go on a Picnic
Day 10 - That's Italian
Day 11 - Northern Exposure
Day 12 - Oak Harbor Giving Tree

Tickets Available At

Oak Harbor Senior Center (Mon., Wed., Fri. at lunchtime in the dining room)
Bayview - Island Senior Resources, Freeland - Senior Thrift, More locations to come!

Winners will be posted online at: www.facebook.com/islandseniors

*Winner's will be notified and need not be present to win.

www.12daysofwhidbey.com

HOW TO REACH ISLAND SENIOR RESOURCES

For all departments and all staff call 360-321-1600 or 360-678-3373

Nutrition/Meals on Wheels
Aging & Disability Resources
Family Caregiver Support
Time Together Adult Day
In Home Care
Case Management
Medical Transportation/
Volunteer Services

SHIBA

Senior Thrift 360-331-5701

For more information, visit www.senior-resources.org

OUR LOCATIONS

Island Senior Resources (Bayview)
14594 SR 525
Langley, WA 98260

Oak Harbor Senior Center
(in collaboration with Oak Harbor Senior Center)
51 SE Jerome St
Oak Harbor, WA 98277

Camano Center
(in collaboration with Camano Center)
606 Arrowhead Rd
Camano Island, WA 98282

Senior Thrift
5518 Woodard Ave
Freeland, WA 98249

For more information call:
(360) 321-1600 or (360) 678-3373

ISLAND SENIOR RESOURCES BOARD OF DIRECTORS

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Executive Director: Cheryn Weiser

Please contact Island Senior Resources
(360) 321-1600 or (360) 678-3373

Island Senior Resources eNews!

Join our email list and receive our monthly eNews the last Friday of every month. It's full of updates for the month ahead: sales at Senior Thrift, special events, classes, menus, and links to great articles. Sign up online at www.senior-resources.org.

HIGHLIGHTS at Island Senior Resources

JUDY THE FUN BAND!!!

WEEKLY Music "Social" - A Great Place To Meet New & Long Time Friends...!

Do You Love The Old Tunes of Days Gone By?

COME & DANCE, SING ALONG OR JUST LISTEN IT'S FREE!

Questions? Contact Barbara Carr: 360-331-7660

EVERY FRIDAY 10:30-11:30 a.m.
Island Senior Resources (Bayview)
14594 SR 525
Stay for lunch after the music (\$6 suggested donation for those who can)

staff and a library of weblinks to great articles we've found for you on the web.

JOIN US FOR A HOLIDAY MEAL

All are welcome to join in friendship and food for a holiday meal on Wednesday, Dec. 18. See the Meal Site Locations section on page 9 for hours. Please make a reservation at any meal site. Suggested donation \$6 for those who can.

SANTA IS COMING!

Saturday, Dec. 14 and 21
11 a.m. - 2 p.m.

Santa is coming to Senior Thrift. Bring your camera to take pictures!



COMMUNITY JAM SESSION

To all music lovers, listeners, singers, and musicians: Come enjoy an open jam session at Island Senior Resources (Bayview) every Tuesday. All skill levels welcome; come play or just come listen!

FUN BAND EVERY FRIDAY

New time 10:30 - 11:30
Island Senior Resources (Bayview)

12 DAYS OF WHIDBEY

Tickets are still on sale. Drawings every day, Dec. 1 - Dec. 12. Each \$5 ticket you buy is eligible for all drawings. Don't miss this incredible opportunity to win a basket of wonderful gifts for you or for someone you care for. Each ticket supports essential services for seniors, adults with disabilities and those who care for them. Buy tickets for your friends as their holiday gift. Give them the gift of caring for others. See our website www.senior-resources.org for details on each basket.

NEW INSPIRATION

Visit the new inspirations section of our website www.senior-resources.org/inspirations-blog/

It has inspiring articles written by our

Emergency Management App for Island County: Review

By Jessica Karpilo

If you do one thing for yourself and your family today, you should download the Island County, WA Emergency Management app (to any device) from the Island County Department of Emergency Management. (Download can be found online at the Apple App store or Google Play).

This app is packed with the features to help you prepare for all types of potential emergencies. It will ask you five brief questions and then generate a personalized emergency preparedness plan and supply list based on the number of adults, children, and pets in the household. It allows you to identify contacts you would want notified of your status in the event of an emergency, saving precious time later. It also has the cur-

rent weather reports and alerts you of impending storms or other types of emergencies. A map identifies evacuation routes and can also route you to places like grocery stores, hospitals, government departments and other important locations all over Island County; and contact information for these places, allowing you to call or visit their website.

In addition, the app allows you to report incidents such as a tornado, impassable road, or wild animal. It also features multiple downloadable preparedness guides.

The app is simple to use— take some time to download it and familiarize yourself with all its features. It is so important to have a plan in place and this app can help you develop and save that plan for when you really need it.

Emergency Preparedness and Winter Weather Tips

Emergency preparedness is essential at all times, but especially in winter!

List emergency numbers and keep them by your phone. Keep Island Senior Resources number handy for help requesting assistance:
360-321-1600 or 360-678-3373

To be prepared for an emergency, keep these supplies readily on hand. If it's too much to gather or purchase these all at once, then get a few each month until you have them all:

- Flashlight and extra batteries
- Battery operated radio with extra batteries
- Back-up power supply for any device that would create a life-threatening situation if you should lose power
- Prescription medication for at least 7 days
- Personal hygiene supplies
- Non-perishable food supply for at least 5 days (for pets too)
- Canned or dried foods
- One gallon of water per person per day for at least 5 days
- Manual can opener
- Extra blankets and warm clothing

TIPS FOR WINTER WEATHER SAFETY:

- Watch for slippery pavement. Be sure walkways and stairs are clear of ice and snow
- Wear boots with non-skid soles, and allow extra time to cross streets
- Wear light or fluorescent colored clothing at night and carry a flashlight
- Keep your radio tuned in when extreme weather is predicted
- Dress warmly with a hat, gloves, warm boots, a scarf, and warm layers
- Eat enough food, drink water, and stay as active as possible
- Check on neighbors and have them check in on you
- Don't shovel snow if you have a heart problem or you are not in condition to do so
- Do not heat your home with a BBQ or your gas stove/oven
- Be sure to have smoke detectors and carbon monoxide detectors with fresh batteries. (Ask Red Cross to install new units if yours are over 10 years old, Getasmokealarms.org or call toll free 833-918-1531)
- Be sure space heaters are three feet from anything that might catch fire
- Winterize your car with anti-freeze, good tires and windshield wipers
- Bring your cell phone whenever you leave your home and let someone know where you are going
- Carry emergency gear in your car: first aid kit, blankets, warm clothing, jumper cables, windshield scraper, shovel, rock salt or sand, water, dried food, chains, flares, flashlight and batteries

DECEMBER at SENIOR THRIFT

STORE HOURS

Mon - Sat: 10am - 5pm • Sun: 11am - 5pm
5518 Woodard Ave (just north of Main St), Freeland, WA 98249

360-331-5701

Donations gladly accepted from opening until 4 PM daily except Wednesdays
We have items on sale every day. See our website for full sales calendar: www.senior-resources.org/thriftstore

SPECIAL HOLIDAY HOURS

Store closes at 2 p.m. Dec. 24 & 31 • Store closed Dec. 25 & Jan. 1

- Saturday, Dec. 14..... All jewelry, 25% off
- Dec. 15 and 16 Christmas Garland and lights, 15% off
- Dec. 19..... Christmas BOXED ornaments, 15% off
- Dec. 22..... Christmas wrap, tins, and boxes, 15% off
- Dec. 23..... Christmas trees, 15% off

Wacky Wednesdays - your choice (1) item 15% off
Fridays - books 25% off

ALL DECEMBER

Yellow Tags, 25% off • Pink Tags, 50% off

We have gift cards available at the registers.
Gift cards are perfect gifts for the treasure hunter in your life!

Please consider donating a \$1 or more with your purchase to help support our programs.

If you know of someone doing something special for seniors, adults with disabilities, or caregivers, let us know. Email us at: feedback@islandseniorservices.org.

Happy Holidays
from all of us at
Harbor Tower Village

100 E. Whidbey Ave | Oak Harbor | 360-675-2569
www.villageconcepts.com

Time for a year-end investment review.

Gene Kelly Barner
Financial Advisor
144 NE Ernst Street, Suite C
Oak Harbor, WA 98277
360-675-8239
www.edwardjones.com

www.edwardjones.com
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Edward Jones
MAKING SENSE OF INVESTING

WISHES continued from page 1

will happen. That you can believe in." We considered that a success, so I said, "If you give me a microscope, I promise not to tell the other kids in line that you're a fake." Your eyes got big and you promised really fast. Lucky for you, my mom was in on the deal. I got the microscope and flannel pajamas printed with little poodles.

In case you're wondering, I was a middle-school teacher for forty years and was always kind to those children who were as naughty and brazen as I had been. I married a good man who worked for Boeing, retired, fished, then died of a heart-attack ten years ago. We had two children, five grandchildren. Now I'm old, living alone in a town full of 4H bunnies. I am kind to my neighbors, feed the birds, and on days when I think I can bend down and straighten up, I pick up trash as I walk around town. So, no coal in my stocking please. However, since we haven't spoken in decades, you may wonder why I'm writing now.

I need some help with my family: they keep giving me THINGS. What do I want with more things? I used to have a big house and now I have a small apartment. When I moved they came to help, but they didn't want my things—not their grandmother's teacups, or the family dining set, or my handmade quilts. They hauled things to Thrift stores. They have no idea how hard it was to see my things go to strangers who don't know the stories in them. And now they send me new things. I don't have the energy to make stories about them to make them precious; that takes time and sharing. I think as an old man yourself you can understand. And after all, every Christmas, you give all your things away! So, when they bring my grandchildren to sit on your lap can you tell them all I want for the holidays is time and attention?

Here's my list, just like the old days:

Please can I have a letter on real paper with real handwriting? Can I have a few photographs already printed and ready to put around the house?

My eyes get tired easily, so could I have time with my oldest grandson showing me how to read online books or send a text on the tablet they gave me last year? Could someone help me set up Audible so I can listen to a book while I knit?

Maybe I could have a visit. Not everyone all at once because it makes me tired, and they are so busy with each other I end up feeling like a Christmas tree in the corner, decorated, but not participating.

I would be so happy if they made donations in my name to Island Senior Resources, or Good Cheer, Hearts and Hammers, Friends of Friends, Whidbey Island Nourishes, or any charity actually. They know where my heart is; I want to help feed the hungry; I want to help make a kinder, more peaceful world for all the grandchildren. Donations make me feel good and I don't have more to dust.

It's going to be cold on Christmas Eve. If you have a moment and need to warm up, just come by for tea (I still have a few pretty cups). I'll keep an electric candle lit in the window—the one they gave me two years ago, afraid I'd burn the house down with real wax and matches (well, maybe they were right about that worry). Just so you recognize me, I have white hair now and my bangs are still cut a bit crooked because I do it myself.

Hope to see you soon.

Sincerely,
Hazel Mae

WEB LINKS TO INFORM & INSPIRE

When you have a few quiet moments, visit senior-resources.org/weblinks. There, you will find web links to resources that will provide information and shine a light of inspiration to help you navigate today and tomorrow. Each month we will add new resources, so keep checking back. You can also reach the links from our homepage www.senior-resources.org, click "About Us" and select "Links to Inform and Inspire."

- 10 Ideas to Celebrate Holidays with the Elderly
- The Art of the Holiday Lunch – New Traditions for Aging
- Holiday Hints for Alzheimer's Caregivers
- DICE Method Helps Handling Agitation & Aggression in Dementia

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