

Moving Through Grief

Liz Lange, Administrator of Senior Services, City of Oak Harbor

The only qualifications I have to write about this topic come from my observations and experiences living a life both grief adjacent and grief stricken. But what better qualifier than living it and supporting others as they do. Loss is a part of life, unavoidable, and if you have not experienced it yet, you will. If loss is something, we all experience, why is it that loss and the grief that adjoins loss is still so unmentionable?

I hope to help you become a bit more comfortable with the uncomfortable. Grief is uncomfortable, especially someone else's.

Nora McInerney, an extremely thoughtful and funny author who writes about grief and loss, encapsulated this dichotomy of feelings in society well by sharing her own experience of loss and how she found some of her close friends and family trying to kind of shuffle her off to be sad with other people who experienced loss, and not "get her grief on them." (Check out her TED Talk on YouTube, you will laugh, cry, learn and LOVE her!)

She also explains so well, something I always felt and could not communicate adequately. Grief is not a moment in time, or a bone that will reset. We need to try to remind one another that some things can't be fixed, not all wounds heal, and we need to help each other remember that grief is a multitasking motion. You can be sad and happy, laugh and hurt, love and feel loss.

What we experience aren't just moments to leave behind. We do not experience the loss of a loved one and "move on." The people we lose are still present for us. We do not move on from those we lose, we move forward with them.

Some memories may always hurt, some memories will always make you laugh. Grief doesn't happen in a vacuum, it happens alongside of and mixed in with all of the other emotions of life.



Love and support from friends goes a long way toward moving through grief. Betty, Betty and Karen sharing an afternoon tea at The Center

We have to remember and realize when we lose someone, especially our spouse or partner or child, we aren't just grieving the loss of the present, but also the loss of our future plans.

A close family member who lost a baby in infancy explained to me that the void she feels from the loss of that child has not grown smaller over the last 10 years. No, the hole someone leaves does

GRIEF continued on page 12



Isolation is a Shared Edge

By Christina Baldwin
Board Member, Island Senior Resources

I watch for them. I hear stories from the staff at Island Senior Resources about the hidden members in our community who live in isolation from the sociability of my island life.

Isolation is an invisible malady. Sometimes isolation is right in front of us, and we don't know what to do so we look away. Sometimes isolation is the absence of someone rather than their presence. Isolation looks different by age group, by economic status, and by locale. People can be alone in the mansion, alone in a trailer, or alone in the woods.

This past January 23rd was Island County's "everybody counts" day during which Whidbey Island Homeless Coalition and Island County Human Services attempt to locate, count, and assist the hidden homeless living in our county. This annual census, mandated by state and

"We are programmed for community, for being with one another. Our lives are enriched by deliberately meeting with others, different others, to broaden our sense of the human condition."
~Cynthia Trenshaw, Meeting in the Margins

federal government agencies, provided the chance to provide haircuts and personal care items, to gather folks for a hot lunch, a chance to warm up, get some clean clothing and a warm coat, and have a conversation with social workers about their ongoing needs.

Informative and heartwarming articles in both the South Whidbey Record and the Whidbey News Times put names and faces to some of the folks who walk

ISOLATION continued on page 3

QUESTION OF THE MONTH: WHICH TECHNOLOGY IS MOST HELPFUL TO YOU? WHICH IS THE MOST ANNOYING?

Lousie Mueller-Omeara, 90
Coupeville
"Being part of a writing group, the computer is the most helpful and most annoying. The TV is the most annoying because of the loud commercials."

Liz Hutchison, 83
"My cell phone is most helpful because there are friends on the other end. Spam calls are the most irritating. They are uninvited and they don't give up!"

Larry Martin, 68
Oak Harbor
"I don't really find technology annoying, but the computer is most helpful."

Talia Marcus, 70
"My microwave. Its versatile, heats food quickly, and it's easy to clean. I hate pop-up ads on my computer."

Richard (Grasshopper)
"The internet, it brings the whole world to a curious person, all this music and knowledge can just flow in. The best musicians and scholars are at your fingertips."

Victoria Farrington
Oak Harbor
"Alexa is the most annoying, the computer is the most helpful and the most annoying."

Deb Schweers, 62
"The internet - it's both a blessing and a curse. There's a wealth of information you can find but there's also a lot of misleading information."

The Wednesday Social Butterflies
The Center
"My car, TV, and smartphone are too smart for me. The center is the most helpful, it refreshes my mind!"

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FROM THE EXECUTIVE DIRECTOR

Goodbye Winter's Nest

By Cheryn Weiser, Executive Director, Island Senior Resources

Though I see daffodils emerging and one of my early blooming camellias is full of pink blossoms, the dark, the rain and the cold find me taking shelter in my winter's nest. I share my nest with an 11-year old cat named Simba, who has lengthy conversations with me as I move from task to task or room to room.

Winter can be a time of rest, renewal, and allowing myself to come down out of the busy holiday season while anticipating increased light, sunny days, and warmth as we move into spring and summer. It can be a time for reflection about changes I want to make to my nest and its environs to make it easier to keep up with while allowing me to focus on what gives me energy and what I most enjoy.

One of my favorite nesting rituals is making soup and bread. I love soup, and I love homemade multi-grain bread fresh from

the oven, or toasted days later, filling the air with the essence of its hearty graininess. I often sit watching something on TV, peeling and cutting up vegetables to make the next pot of soup to be enjoyed over a number of meals. I'll squirrel away in the freezer what is left-over for another moment when that particular soup is just what I need. If you are housebound in your nest, consider inviting Meals on Wheels to bring sumptuous meals your way. I can vouch for the wonderful meals that come out of the Island Senior Resources kitchen.

Late winter and early spring nesting this year also means sorting and sifting 'stuff'. As I look around, I ask myself, 'What do I really need? What do I really use?' I contemplate many trips to Senior Thrift with items that no longer have meaning or use in my continual downsizing mode. I am learning to let 'stuff' go.

Whatever your nest is, may it nurture you as we await those warmer and more well-lit days.

HOW TO REACH ISLAND SENIOR RESOURCES

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- Aging & Disability Resources
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- Time Together Adult Day
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- Case Management
- Medical Transportation/ Volunteer Services

SHIBA

Senior Thrift 360-331-5701

Oak Harbor Aging & Disability Resources 360-675-0311

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

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OAK HARBOR

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

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

SENIOR THRIFT

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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.

THE WREATH

By Charles LaFond, author, engager, ISR staff member

Our national calendar lists spring as beginning on March 19th. And yet, spring happens on such different schedules in the Salish Sea, the Arizona desert, and the New England pasture. Spring always seems late.

Things would be so much easier if everything happened exactly on schedule, based on a calendar, or if every to-do list was neatly accomplished at the end

of the day before supper, or if our lives turned out the way we had planned. But they don't.

In these March days, our island community gathers the sticks winter winds left dead, cleaning gardens and trimming trees and still, making beauty from them. This wreath hangs on a house, by the Salish Sea. Someone took time and talent to gather dead things and twist them into something beautiful.



The use of a wreath is ancient. In ancient Rome it was hung on doors to celebrate victory in the first century, on trees to celebrate the cycle of life in Celtic lands, and in churches to mark weeks in Europe.

As Island Senior Resources launches its Annual Giving Campaign we are both celebrating and funding human connection. The ancient Celtic word for "lonely" was the same word they used for "death." That is because loneliness is a taste of death – a kind of death. Loneliness is so different from simply being alone. And as I age, I notice the deaths in my life – the many tiny ones such as an amputated toe, a dead friend, a missed opportunity, and a land both loved and left. These small deaths are added to the proverbial cards I am dealt from life's deck.

We, at Island Senior Resources, care for people that our society often tosses aside as "unproductive." But like the gorgeous branches, leaves and berries of this winter wreath, there is tremendous beauty in what is old and wise, brittle and vulnerable. And of course, the wreath is an image of the circle – no beginning and no end – a cycle of life. Our work on these islands with its very twisty circle of shores, is to care for humans day-round and year-round; be they delicate and soft like a spring wreath of daffodils, adolescent and green like a Christmas wreath, or brittle and fragile like this late-winter wreath.

The word "wreath" has its ancient 12th-century roots in the word "angry." Interesting right? It is because it takes a kind of angry, rough series of twists to get the twigs and branches into a circle and so, seemed like an angry act to work on a tree-branch. Although the word "wreath" is a noun, its creative meaning is a verb. Might it not be that the word "community" is like that – a noun which could be, perhaps even should be, so much better were it a verb? We could make it one.

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

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ISOLATION continued from page 1

the shoulders of our roads in the dusk, who ride the bus north to shelter for the night, who know where a hose is left out for them to fill water bottles, or toilets are open all night. These are folks who follow the deer paths into the woods or sleep in the outbuilding of a home, its owners gone south for the winter.

And now what? One of the things I learned from former ISR board member, Cynthia Trenshaw, author of Meeting in the Margins, is to walk and drive through my daily routines prepared to engage with people in need. I carry dollar bills loose in a pocket to offer one easily to someone who's asking. I keep a stash of new socks and gloves in the car to give away. And most importantly, while minding my own safety and theirs, I look people in the eyes and say hello, ask how they are; I watch for them. We talk.

People experiencing homelessness are an obvious circumstance, but there are many ways islanders live with isolation. There is the elderly man or woman at the edge of a trailer park, or living at the end of the road who doesn't get out anymore, whose television is on all day and night because those are the only voices he/she hears, who depends on a daughter working in Everett, or a son in the Navy to bring by groceries, or Meals on Wheels drivers to deliver food and a few moments of interaction.

And much housing on Whidbey is spread out in semi-rural environments that complicate aging in place. A friend recently lamented, "My parents built a multi-story house on five acres, raised us, entertained the grandkids, and now in their late eighties with the family scattered and grown, they aren't safe anymore. They just stopped living upstairs and moved their bed to the

family room. My dad still drives for shopping and doctor appointments, but he shouldn't be behind the wheel. They have enough money to hire services, but they can't find anyone. They are vulnerable enough; I don't want them letting strangers into the house unless I've met them too, so I'm flying up from Santa Barbara every few months trying to build them a safety net. They had community, but most of its fallen away or aged into their own needs."

These various scenarios of isolation are the edges we live with. These issues raise questions about how we watch out for each other. Who do we notice? What can we do after we notice? I'm a neighbor, not a social worker. I have no legal relationship or right to step into other people's lives. But, I value compassionate community and want to help sustain it, especially with folks beyond my usual social edges.

I suggest that you, in addition to putting a few coins or dollars in our pockets or new socks in the glovebox, carry the Island Senior Resources Program Information cards with you that list services, north and south. Every card is an access point to service and support. Every card provides information and phone numbers. I now carry these cards in my purse and in the car. I tack them on community bulletin boards. I bring them to our homeowner meetings, and to church and community gatherings. You can pick up these cards at the Island Senior Resources (Bayview), at Senior Thrift, and from ISR's Aging & Disability Resources staff at the Center in Oak Harbor.

Together, we can help others who don't know where to turn to help family, friends, and neighbors. Together we can notice who's missing and bring them back from the edge.

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."

- 8 Signs Your loved One May have Hearing Loss
- Spotting Malnutrition in Older Adults
- Seven Common Myths about Parkinson's Disease
- Keep it Moving! A Tough 82-year Old Woman Dispels Aging Myths

What Did You Say? Life with Hearing Loss

By Robin Bush, Island Senior Resources Outreach Director

Last week I went out to join a few friends at a local island brew house. It was Friday night, and bustling with people. The beer was flowing, and everyone had their party voices ratcheted up to "loud." Our table for six was in the middle of a large room. I was the first one there. I carefully picked my place so my back would be to most of the room. Why? Because I wear a hearing aid and if I faced the other way it would pick up all the other room sounds, and I wouldn't be able to hear a word my friends say. The others arrived, and within minutes I knew I could only hear about one in ten words. It's tough to participate in the conversation when you can't figure out what someone else said or fear responding inappropriately when you couldn't hear their question. I sat there quietly, feeling more alone than if I had stayed home, which is what I usually choose to do. I've had hearing loss for 15 years, and it's getting worse. That's a lot of time spent alone already and I'm only in my early 60's.

Hearing loss is isolating. 48 million Americans have it. 25% of those 65-74 and 50% of those over 75 have disabling hearing loss. Additionally, now there is research that says it is a major contributor to dementia, depression, cardiovascular disease, and mental health issues in older adults.

Along with many older adults, I have old hearing aids. It used to be that hearing aid technology didn't change very fast. Recently, technology has made huge advances in hearing aid sound quality, as well as for hearing aids to communicate to cell phone ap's to control settings and reduce background noise. Some even provide health data on balance and activities that might lead to falls. Others send information to family members about levels of socialization activities so issues of isolation can be addressed. Some even allow the user to communicate directly with their hearing professional so that adjustments can be made to the device without an office visit. And one of the newest benefits is some hearing aids act as voice translators. When another person is speaking in one of 27 different languages, the hearing aid translates what is said into English, directly into the ear of the wearer. The options are overwhelming. How do I choose what's best for me? For all of us, the best way to determine what device best fits your needs and budget is to consult a hearing professional.

Where can you turn for help finding a hearing professional or with obtaining a hearing aid?

Primary care providers can be a resource for referrals to audiologists in your area.

Island Senior Resources Aging & Disability Resources sometimes has donated hearing aids in our lending closets. 360-321-1600 or 360-678-3373. Our staff also helps with isolation issues that may be related to hearing loss.

Friends of Friends Medical Support Fund may be able to help with costs (leave a message and they will call you back). 360-221-4535.

Some Medicare Advantage plans offer coverage for hearing aids.

The Office of the Deaf and Hard of Hearing provides a wide range of support services from telecommunications equipment, interpreters, assistive communication technology, referral services and more. 800-422-7930.

For information on hearing loss risks, convincing someone to wear a hearing aid, problems for hearing aid wearers, and ways to save money on hearing aids go to: www.aarp.org and search "hearing aids."

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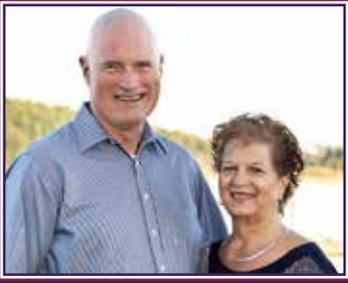
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HIGHLIGHTS at Island Senior Resources

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Tuesdays, March 3 – April 7
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The Center in Oak Harbor
51 SE Jerome St., Oak Harbor
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driving skills and knowledge of the rules of the road.

AGING IN GRACE SUPPORT GROUP

Mondays, March 9, April 13
10 a.m. – noon

Freeland Library
5495 S. Harbor Ave., Freeland

A general support group for anyone with concerns, stories and wisdom to share about the aging process. Come laugh, cry, make friends, and connect with others as we accept and adapt to the limitations that aging brings.

YOGA CLASS SUPPORT GROUP

1st & 3rd Tuesday • 2:30 - 3:30 p.m.

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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

March 3 Stocks, Bonds, and the Economy
This interactive lunch & learn will focus on investment fundamentals and how they fit into the current economic climate. The Cook Wealth Management team will be unable to offer specific investment advice, but please come with general questions regarding retirement, college savings, taxes, etc.!

March 10 Making Bird Seed Ornaments
Spring is coming. Let's get ready with a craft that will be fun for you and food for the birds. Chasity Smith will guide you through this project while we sit, chat, and enjoy thoughts of spring.

March 17 Let's Get Social: A Beginner's Guide to Social Media
Social media can be overwhelming and intimidating, but with a few simple tips and tools, you'll find that it's an excellent way to stay connected to family and friends, learn new things, meet folks with shared interests, and stimulate your mind. Join Jessica Karpilo, ISR Outreach Associate, to learn how to get started, how to protect your privacy, and have your questions answered.

March 24 Reverse Mortgage
Learn how more than 1 million U.S. homeowners, 62 and older, are enjoying retirement by eliminating monthly mortgage payments and creating a cash flow for retirement. Ruth Gillis, reverse mortgage professional, will provide an overview of how to remain in your home without monthly payments!

March 31 Internet Searches: How to Find What You're Looking For
Learn basic tips and tricks for internet searches with ISR Outreach Associate, Jessica Karpilo. This session will cover shortcuts, commands, image searches, and how to vet the sources you find. Come with questions and learn how to make your internet research more effective.

AT THE COUPEVILLE METHODIST CHURCH - WEDNESDAYS, PRESENTATION AT 12:30 P.M.

Lunch (optional) will be served beginning at 11:30 (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 Heimgartner: 360-678-0636, bigrockdesigns@whidbey.net.

Date Topic and Presenter

March 4 Bingo
Aging & Disability Resources will be available 11:30 to 1:30 pm

March 11 To-Dos now for Your Summer Yard
Loren Imes, WSU Extension Island County, Coordinator, Master Gardeners. What can you do now to have a beautiful, low-maintenance summer yard? A master gardener will offer handy tips to reduce yard pests (bugs and weeds) and suggestions for water-efficient plants and grasses leading to a beautiful summer yard.

March 18 Personal Revelations
Bob Boyden, retired educator and Island Senior Resources benefactor shares how ISR resources helped him regain some control of a life gone sideways. Hear from "one of our own" what he learned in the process, and how these resources can help you maintain independence.

March 25 Best Practices for Living Independently
WhidbeyHealth EMS Lead Paramedic Robert May will share his observations from helping many Whidbey Island senior citizens, sometimes thru life-saving emergencies, and guide you to making better decisions in your own living spaces, so you can remain there healthy and happy!

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.

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Island Senior Resources (Bayview)

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THE CENTER IN OAK HARBOR ACTIVITIES 360-279-4580

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 10 Walking Club 10 Hula 11 Mah Jongg 11 Mexican Train 1 Reiki Treatments 1 History Class 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 1 Intermediate Line Dancing 2 Beginner Line Dancing	8:45 Tai Chi Wu Style 9 Foot Clinic – call 360-341-3210 for appt 10 Time Together* 10:30 Ukulele with Talia 11:30 Lunch Served 12:30 Lunch & Learn 2 Community Jam Session March 3 - 1st Tuesday 10 Parkinson's Support Group** March 10 - 2nd Tuesday 10 Alzheimer's Support Group 2:30 Parkinson's Singers* March 17 - 3rd Tuesday 10 MS Support Group March 24 - 4th Tuesday 10 Early Stages Dementia Support Group 2:30 Parkinson's Singers*	10 Quilters & Crafters 10 Time Together* 11:30 Lunch Served March 25 - Last Wednesday 11:30 Birthday cake and Party (all are welcome)	8:30 Bridge 9 Senior Striders 12:15 Whidbey Prime Time Players rehearsal 6 Twilight Bridge March 19 - 3rd Thursday 4 Peer Support Group for Professional Caregivers	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) March 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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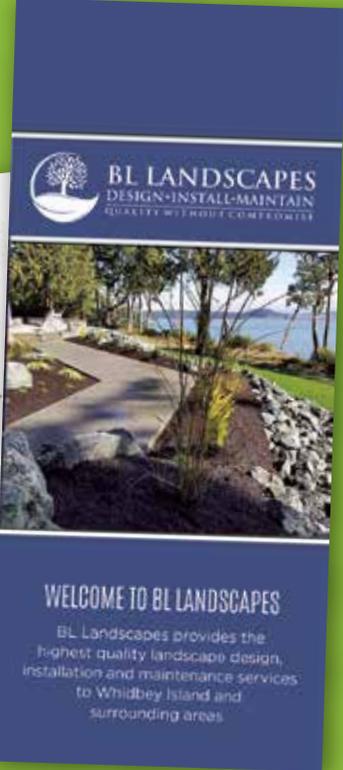


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TRAVEL LOG

THE CENTER IN OAK HARBOR

For more information, call the Front Desk, 360-279-4580

MYSTERY LUNCHES Thursday, March 19

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.



SPARK - MUSEUM OF ELECTRICAL INVENTION AND LUNCH IN BELLINGHAM Wednesday, March 25

9 AM - 5 PM
Member: \$55 • Non-Member: \$65

This adventure packed day will start with a scenic drive up historical, Chuckanut Drive. Then, we will stop for a no host lunch in the Fairhaven district of Bellingham. After lunch, we will visit the SPARK Museum of Electrical Invention where you can experience the marvelous history, science and power of electricity. Cost includes transportation, guided docent tour, and a private MegaZapper electrical show.

MARCH



STUNT DOG Saturday, March 14

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. Bring your grand-kids for a fun-filled day! We will stop for a no host lunch at Lombardis prior to the show.

APRIL



THE NEW BURKE MUSEUM Thursday, April 2

8:45 AM - 5:30 PM
Member: \$50 • Non-Member: \$60

Let's visit the new Burke Museum on the University of Washington Campus. Watch working labs while visiting the exhibits of Biology, Contemporary Culture, Paleontology, Northwest Native Art, and Archaeology. Walk around the beautiful campus with the iconic cherry trees possibly in full bloom! Enjoy a no host lunch at one of several cafes on the campus.



SKAGIT CASINO Monday, March 16

9 AM - 3:30 PM
Member: \$27 • Non-Member: \$33

Last time we went to the Skagit some of us hit it big, let's try to repeat it! This friendly casino offers over 900 slot games, rewards club discounts, and three different dining experiences. Please sign up by March 9th.

ALDERWOOD MALL Tuesday, March 24

8:15 AM - 5:30 PM
Member: \$45 • Non-Member: \$55

Why sit home on your computer waiting for clothes and shoes to arrive? Let's go shopping! Enjoy the company of others on the bus, some walking exercise, and stop for a fun, no host lunch. You will have the option to stop at World Market, Storables, and Target or remain at the mall until it's time to return to Whidbey.

CHICAGO Saturday, April 4

8:45 AM - 7 PM
Member: \$140 • Non-Member: \$165

CHICAGO has everything that makes Broadway great: a universal tale of fame, fortune and all that jazz; one show stopping song after another; and the most astonishing dancing you've ever seen. Head down to our favorite, The Paramount Theater in Seattle and enjoy this incredible musical with us.

CRACKED CRAB CRUISE Tuesday, April 7

9:30 AM - 3 PM
Member: \$106 • Non-Member: \$127

Cruise on the 80' Chinook vessel indulging in Dungeness crab and Tuscany baked chicken all while taking in the beautiful sights of Deception Pass and the La Conner Channel. Price includes transportation, narrated boat tour, & lunch.

TRAVEL LOG



HIBULB CULTURAL CENTER Thursday, April 16

9:30 AM - 5 PM
Member: \$45 • Non-Member: \$55

Learn about the heritage, history, and culture of the Tulalip people on a private tour of the Hibulb Center.



JERSEY BOYS Saturday, April 18

9 AM - 6 PM
Member: \$158 • Non-Member: \$188

These four boys from Jersey may have sounded great on stage, but their off-stage life was a different story. Go behind the music and inside the story of Jersey Boys at the 5th Avenue Theater. Space is limited, call to see about reserving your ticket.

THE PLAY THAT GOES WRONG Saturday, April 25

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

Broadway's funniest smash hit and international phenomenon, The Play That Goes Wrong, comes to the Paramount Theater. This hilarious comedy is a hybrid of Monty Python and Sherlock Holmes, where things are quickly going from bad to utterly disastrous. We will stop for a no host lunch prior to the show.

MAY

HANSEL & GRETL Saturday, May 2

9:30 AM - 5:30 PM
Member: \$185 • Non-Member: \$200

This smart and bold new musical is a riotous tumble of past and present that will leave you grinning from ear to ear. Price includes transportation to Everett Village Theater and ticket to the show. We will stop for a no host lunch prior to the show.

EXTENDED TRAVEL



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, and cruise the famous canals of Amsterdam. Includes airfare, 7-night river cruise, lodging, and 22 meals.



SPOTLIGHT ON NEW YORK October 15 - 19, 2020

Double: \$2,999 • Single: \$3,799

This 5-day guided tour includes two Broadway shows, a stay at Sheraton New York, Times Square, and more!

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 2020



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

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

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.

THE CENTER IN OAK HARBOR

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, 11:30 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 & Fri, 11:30 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.

MENU - MARCH

\$6 Suggested donation for meals

WEEK 1

Mon	2	Sloppy Joe on Brioche Bun
Tues	3	Pesto Mushroom/ Pepperoni Pizza
Wed	4	Chile Relleno
Thurs	5	Chef's Choice
Fri	6	Fish Alyeska

WEEK 2

Mon	9	Lemon Braised Chicken Tenders
Tues	10	Salad Bar
Wed	11	Broccoli Beef Stir Fry
Thurs	12	Chef's Choice
Fri	13	Three Cheese Ziti Bake

WEEK 3

Mon	16	Teriyaki Chicken & Fried Rice
Tues	17	Club Sandwich w/Pasta Salad
Wed	18	Chicken Parmesan
Thurs	19	Chef's Choice
Fri	20	Baked Cod w/ Dill & Capers

WEEK 4

Mon	23	Polish Dog w/Sauerkraut
Tues	24	Salad Bar
Wed	25	Cabbage Rolls Casserole
Thurs	26	Chef's Choice
Fri	27	Spinach Ravioli

WEEK 5

Mon	30	Shepherd's Pie
Tues	31	Best Rueben Sandwich

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Goodbye, Jade, So Glad You Were Here!

Jade Brown, our current program assistant, will be moving ALL THE WAY TO VIRGINIA (that would be a LONG commute) to be closer to family. Her last day

at The Center will be March 18.

Jade started with us May of 2019 and hit the ground running. It is amazing the amount of work and support she has provided The Center in the 11 months she was here. She worked to improve our end of day accounting processes, made changes to expand our event set up and décor, made our first annual wearable art runway show a total success, helped to secure new sponsors for our September Member Appreciation Lunches, advanced our promotion and marketing reach, and so much more. Not only was she so efficient in her position, she brought a light and joy everyday she walked into The Center that we all enjoyed! The void she will leave behind will be felt for sure. Fortunately, she has given us ample time to plan for her departure and recruit her replacement, so we should have very little time where we do not have someone in the position.

We are also excited for this next adventure in her life, and hope you will join us in wishing her all the best! We will be having a 'goodbye Jade' open house at 11 a.m. Wednesday March 18, you are welcome to join us to thank her and send her off with good wishes.



Jade at The Center Ribbon Cutting with Senior Services Administrator Liz Lange, Mayor Bob Severns, City Administrator Blaine Oborn, Washington State Representative Dave Paul and Program Coordinator Carly Waymire



Jade and volunteer Peggy welcoming everyone to the resource fair



Celebrating Center member Michael Murcay's 60th birthday

The Center in Oak Harbor

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Additional evening and weekend classes and events as scheduled

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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

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W.I.G.S.

(Whidbey Island Genealogical Searchers)

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

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

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

"Women In History"

All are welcome to attend.

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



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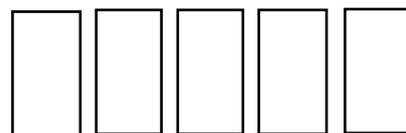


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WORD SCRAMBLE

Rearrange the letters to spell something pertaining to nutrition.

O D O F S



Answer: Foods

2019 winner Ada Smith, right, poses for the camera with The Center staff



The Center's 2nd Annual Pie (π) Contest

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

Last year at The Center we started a new tradition, a pie contest. This idea came to the staff because of the math term Pi (π). Pi refers to the ratio of a circle's circumference to its diameter, which always equates to 3.14. As a result of this, Pi day is celebrated on the 14th day of the third month in the year. Our First Annual Pie Contest held last March was a huge success. We had 15 entries and over 20 taste tester judges that picked Ada Smith's Orange Chocolate Pie as our first winner.

This year, since March 14th falls on a Saturday we will be celebrating early on Thursday, March 12th. If you are a baker, enter your pie for free by calling us at 360.279.4580 and stopping by and letting us know you are interested. The first-place winner will receive a cash prize! If you love pie, please join us on March 12th for our 2nd Annual Pie (π) Contest at 12:30 pm to be a pie taster judge or purchase a slice of the delicious pies.

CLASSES and EVENTS

at The Center in Oak Harbor



FREE TAX PREPARATION

Fridays, February through April
April by appointment

AARP will be offering free tax preparation Fridays at The Center. Be sure to make your appointment and get your taxes filed for free.



NEW! HULA

Thursdays | 10 a.m.

This low impact exercise will teach you the graceful hand movements and footwork of the Hula dance. No previous hula experience is required.



PIE CONTEST

Thursday, March 12 | 12:30 p.m.

Celebrate Pie Day and come to the center to be a pie taster and judge! Or submit a pie to be in the pie contest.



BACK TO KNITTING CLASS

1st & 3rd Mondays | 2 p.m.

This class is for those who are experienced knitters but have stopped knitting because of a life-altering circumstance, illness or injury. An experienced knitter will guide you through simple patterns to get you back to knitting like you used to.

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- Music
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- Youth Activities



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GRIEF continued from page 1

not get smaller as time goes on, the space left from loss does not fill in with time, but with time the space around that void fills in with more life and memories and relationships and experiences surround it, and makes it feel less big. Maybe even less painful, because it is cushioned and surrounded with light and love.

As you move forward after loss you are not moving on, it's another chapter of life that builds upon the last. We need to help each other move from chapter to chapter in life still remembering the characters who no longer make frequent appearances on our pages, apart from thought and memories. We can start by being a bit more thoughtful in our words and conversation with those we love who are moving through grief. I am sure I am not the only one who cringed at some well-meaning but hurtful remark while grieving a tremendous loss. Here are a few suggestions to maybe be a little more comfortable and confident talking about the uncomfortable with someone who is grieving:

Instead of telling someone they need to, or will eventually, "move on" lets help them reframe the task by talking about moving forward, with the memories and love of the person they lost. We don't tell people to move on from life's joyous occasions, do we? No. So let's allow time to experience all of life's occasions.

Instead of asking "How are you doing?" try "Its really tough right now for you." And allow them to grieve fully and without judgement.

Instead of saying "They're in a better place" try "I'm sorry you're suffering." Of course the person is glad their loved one is not suffering anymore, but it doesn't

make it less painful to lose a loved one. Focus on the person experiencing the pain at the moment.

Instead of saying "You can always... (remarry, have another child, get another dog...)" try "Tell me about your loved one." When dealing with the present pain of loss it is hard to look toward a future of unknown. Help to focus on the memories by asking specific questions and listen.

Instead of "If there is anything I can do let me know" try "Can I take you to lunch on Wednesday" or "Let me drive you to your next appointment". People are more likely to accept support, and it is more helpful, if its specific rather than wide-open.

And when you feel like saying nothing at all, because you are uncomfortable or don't know what to say, instead of staying silent try "remember when...?" Share a memory of their lost loved one, even if it is small. It gives them a perspective on that person that they'd never otherwise get a chance to have.

Just recently at The Center I watched an interchange that was a perfect example of pure empathy and love, in what many would have found to be a socially difficult situation. Someone who recently experienced a tremendous loss was greeted by another individual, also no stranger to loss, who simply asked "can I give you a hug?"

Even when you feel there are no words, or that your words aren't adequate for the situation, your presence and offering of love and encouragement will go much further than saying or doing nothing.

"What do we live for if it is not to make life less difficult for each other?" George Eliot

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3.12.20 at 12:30 PM

Do you like to bake pies? Enter your pie in our contest for your chance to win the title of "Best Pie Maker on Whidbey".

- 1st, 2nd, & 3rd Place will be rewarded
- 1st place will receive a cash prize!

Contact The Center in Oak Harbor to enter your pie!
360.279.4580

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