

Island Times

Look for Island Times the LAST Thursday of each month

APRIL 2020

MONTHLY NEWSPAPER OF ISLAND SENIOR RESOURCES AND THE CENTER IN OAK HARBOR

Volume 3 • Issue 12

Living on the Edge— Now is now

By Christina Baldwin
Board Member, Island Senior Resources

When we began exploring this topic, we had no idea how quickly the world would bring us to considerations of “edginess” nearly impossible to imagine a few months ago. One reason ISR Outreach and I chose this theme was the awareness among the board and staff that things were shakier than they seemed. We wanted to raise up, very carefully, a sense of urgency about our capacity to take care of one another in the face of shrinking financial support for some of our programs from the federal government. We wanted to focus on the need to become more and more community reliant and resilient as we live and age together on the island. We wanted to host a conversation through these articles that supported our sense of island identity: caring for one another, knowing our limits, expanding our horizons, deepening our social commitments to one another, and celebrating our choices to live here together.

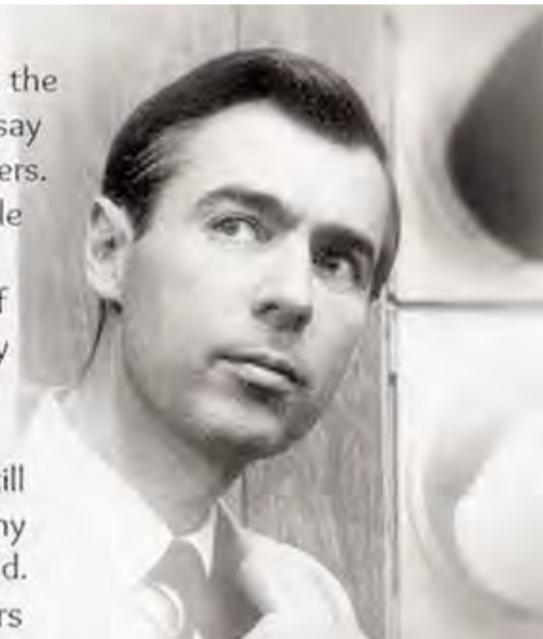
And then in a crowded marketplace on the other side of the world, somebody coughed. Somebody spiked a fever. Suddenly a lot of people were sick, and some, especially older, more vulnerable people, like those that Island Senior Resources

“We were together. I forget the rest.”
~Margaret Wheatley

NOW continued on page 11



When I was a boy and I would see scary things in the news, my mother would say to me, “Look for the helpers. You will always find people who are helping.” To this day, especially in times of “disaster,” I remember my mother’s words and I am always comforted by realizing that there are still so many helpers – so many caring people in this world.
-Mr Rogers



Look for the Helpers, You Will Always Find People Who are Helping

By Liz Lange
Administrator, City of Oak Harbor Senior Services

“When I was a boy and I would see scary things in the news, my mother would say to me, “look for the helpers. You will always find people who are helping.” To this day, especially in times of “disaster”, I remember my mother’s words and I am always comforted by realizing that there are still so many helpers – so many caring people in this world. – Mr. Rogers

We are in the middle of a global pandemic, with the COVID-19 viral disease in at least 114 countries. It is the first time

the World Health Organization (WHO) has called an outbreak a pandemic since the H1N1 “swine flu” in 2009. While this is serious, and requires sobriety in addressing the concerns, lets make sure we understand that pandemic does not mean panic. Simply put a pandemic is the prevalence of a disease over a whole country or the world. We have been through many pandemics, and will come through this one.

HELPERS continued on page 3

QUESTION OF THE MONTH: **WHAT IS YOUR FAVORITE VOLUNTEER ACTIVITY?**

Judy Kenning

Clinton

“I like volunteering for SHIBA because each person and appointment is like a puzzle you have to solve to figure out what is best for that person.”

Lona Roodzant, 77

Oak Harbor

“Helping with events at The Center.”

Eloisa Murphy

Freeland

“When I lived overseas on the military base in Turkey, I would volunteer to take care of sick children and take them to the doctor if their parents were on duty and unavailable.”

Kathe Morris, 76

Oak Harbor

“Unit meeting (monthly meetings at The Center) we never had them before, and you get to see everyone.”

Suzanna Hathaway, 74

Oak Harbor

“Volunteering with Mother Mentors, helping young moms.”

Dan and Monique Olvera

Oak Harbor

“Helping at Barracks Dinners. We help to coordinate the dinner through our church once a month to support our service members with a free dinner and fellowship.”

Geri Thomas, 68

Oak Harbor

“Singing at church and acting.”

June Blouin

ISR Bayview Kitchen staff

“I do all the cooking for the Coupeville Booster Club’s annual crab feed fundraiser. I cook for about 200 people. It’s a lot of fun.”

The Center in Oak Harbor

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Senior Services Administrator

Carly Waymire • 360-279-4583

Program Coordinator

Send comments and suggestions to CWaymire@oakharbor.org



Member Spotlight: Cita Clatterbuck

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

Cita Clatterbuck is a member of the The Center in Oak Harbor. She is from the Philippines and came to the states when she married her husband Thomas Clatterbuck. She came to Oak Harbor because of her husband's job, he worked for the government as DOD. Cita also lived in Japan for eight years with her husband. This is where her youngest son was born, Cita and Thomas have two sons.

Some of Cita's earliest and fondest memories are having a baby, traveling to Switzerland and Germany with her husband.

Cita travels quite a bit through the extended travel program at The Center. When she went to Switzerland and Germany it was through The Center's extended travel program. Cita enjoys this program because everything is already planned out for you. Other programs that Cita participates in at The Center are Yoga, Enhance Fitness, and Hula.

Some of Cita's hobbies include dancing, cooking, gardening, exercising, and of course traveling. A piece of advice that Cita would give her peers is to "be happy and enjoy life because you only live once, but if you do it right, once is enough."

Photos are from Cita's travels with the extended travel program.

Newsletter Schedule

The Center Newsletter typically comes out quarterly, covering three months at a time starting in January. However because of the COVID-19 pandemic, our new schedule will be May-August, mailed at the end of April and September-December, mailed at the end of August. All current members will receive a copy in the mail. If you would like to get on our mailing list, call us at 360.279.4580 to become a member today!

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High Tea

The Center has moved the annual May High Tea to August 15th. Tickets will be available for purchase early May.

RESCHEDULED

SECOND ANNUAL

PIE π

CONTEST

5.14.20 at 12:30 PM

51 SE Jerome ST

COME BE A JUDGE IN OUR PIE CONTEST.

\$2 TO BE A JUDGE & TASTE ALL OF THE PIES.



Enjoying a walk in the sunshine at Flintstone Park



Keeping Connected

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

In the midst of everything going on with COVID-19, it is easy to feel isolated or alone. However, I am a strong believer we can keep our community connected even while practicing social distancing.

Here are some of the things The Center has set up to provide programming and updates without having to leave your home:

ALL MEMBER EMAILS

We have been keeping members updated by sending out emails through Constant Contact. If you haven't been getting emails from us and would like to, please email Carly Waymire at cwaymire@oakharbor.org with your full name so she can add you to our contact list.

FACEBOOK LIVE

Staff have been doing Facebook Live videos to give us a chance to stay connected with our members. Some of you have been watching and commenting and we love it! If you have Facebook, like and follow The Center In Oak Harbor page to engage with us and keep updated. If you don't have Facebook but would like to sign up for one you can do so by visiting Facebook.com. It is free to make an account and keep in mind, you do not have to put your personal information or a photo on your profile if you don't chose to.

YOUTUBE CHANNEL

Check out the City of Oak Harbor YouTube page, where I will be posting videos of classes, programming, and other materials.

CONFERENCE CALLS

We will be setting up some conference calls where you can call in and be a part of the chat.

In addition to our efforts of keeping you more connected, I have compiled a list of ideas to help keep you engaged:

- Download free books using your Sno-Isle Library card on your kindle or smart device through the Libby App or Overdrive App (for older devices).
- Watch PBS at 9:00 AM for Sit and Be Fit, a 30-minute seated exercise program
- Download free pinochle, bridge, bunco or card game apps on your tablet or smart phone
- Do a crossword, sudoku, or word search puzzle. Don't have one? Download a free app that gives you access to hundreds of them
- Pick back up an old hobby such as knitting, sewing, stamp collecting, or wood working
- Watch a live stream, such as the San Diego Zoo (<https://zoo.sandiegozoo.org/live-cams>), University of Washington Cherry Blossoms (www.washington.edu/video/campus-webcams/), or the Seattle Aquarium (www.seattleaquarium.org/live-cams)
- Take a virtual tour of The Smithsonian Museum (<https://naturalhistory.si.edu/visit/virtual-tour>)

I understand if you are one who says, "I don't do Facebook, I don't have a computer, and I don't have TV" because believe it or not, I am that person also! I firsthand understand the feeling of being left out because of no access to a computer or television, however I have some other ideas to keep you engaged which don't require a computer, television, or internet access:

- Schedule over the phone lunch dates with your friends and family
- Reach out to a distant friend or family member by writing them a letter
- Take a walk with a neighbor, just don't get too close!
- Treat yourself to a drive through coffee or pick up some take-out
- Get out a deck of cards and play a classic game of solitaire
- Do a puzzle or re-read an old favorite book you have
- Organize a closet or sort through paperwork

We want you to know we are here for you and will do our part to provide resources to keep you participating and interacting. Together, we can keep positive and work together to stay connected even while practicing social distancing.

HELPERS continued from page 1

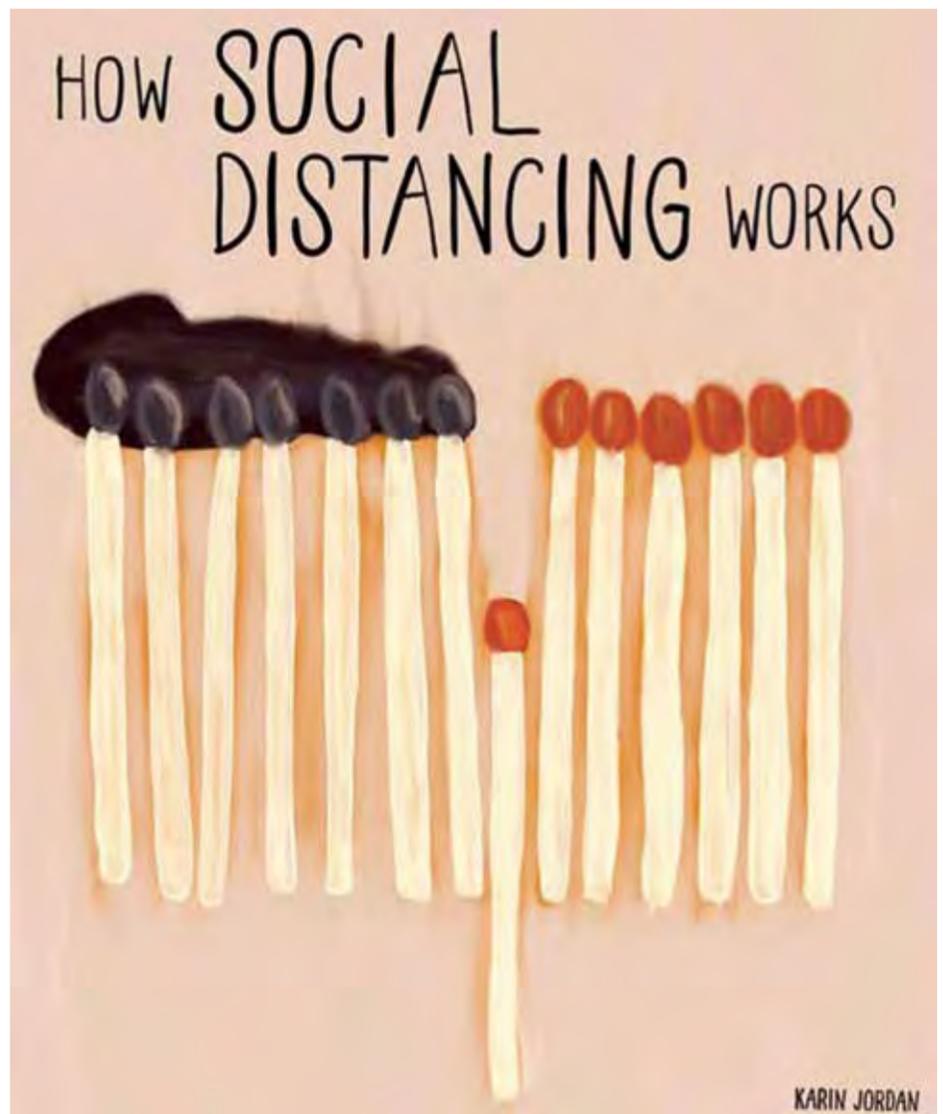
So, for now, when many are feeling unease and worried, I say we do as Mr. Roger suggests and look for the helpers, and when we can, be the helpers. While these are uncertain times, we want to reassure you that there are always helpers. In fact we have been receiving many calls from community members who are concerned about our older adults and looking for ways to help.

If you are an older adult in North Whidbey and in need of basic supplies during this quarantine, please contact us at The Center in Oak Harbor by calling 360-279-4580. If we do not answer, please leave a message with your name and number and what items you are in need of.

We have also been hearing the term "social isolation" a lot. Social distancing measures are taken to restrict when and where people can gather to stop or slow the spread of infectious diseases. Social distancing measures include limiting large groups of people coming together, closing buildings and canceling events. Please note this doesn't include going outside for fresh air and a walk, or calling a friend for a chat. Find ways to safely stay connected to those you love, and to stay healthy by keeping physically active.

We miss seeing you all, and look forward to when this time will pass. For now, we will all do what we need to do for the safety of the many. Know we are here looking for ways to serve you as the situation changes and looking to the future planning wonderful programming and travel for this summer and fall.

Be well, my friends.



CRYPTO FUN

□ C Ω * ♂ ≈ ~ ★ +
 Determine the code to reveal the answer!

Solve the code to discover words related to landscaping. Each number corresponds to a letter. (Hint: 16 = n)

Contains grass	22 3 17 16
Organized plants	23 3 12 7 24 16
Living organisms with roots	26 22 3 16 9 19
Plan or drawing	7 24 19 8 23 16

Answers: A. lawn B. garden C. plants D. design

ESSENTIAL SERVICES AVAILABLE

AARP TAX AID

AARP has cancelled all their tax aid sites and appointments. They are not rescheduling at this time and do not know if they will be able provide tax services at a later time.

If you are receiving a refund, you have up to three years to file. The IRS says individuals and businesses can delay filing and paying federal tax bills for 90 days, to July 15 from April 15, as part of an emergency relief plan amid the coronavirus pandemic.

MEALS ON WHEELS

Meals on Wheels is still operating out of the Oak Harbor site at The Center and offering pick-up meals from 11:30-12:30 Monday, Wednesday, and Friday. If you would like to receive delivered meals please call Contact Mark MacNaughton, Home-Delivered Meals Assessor at 360-321-1615 or by emailing meals@islandseniorservices.org. Keep in mind, you can choose to have meals delivered just during this time and cancel the services at any time. Meals are provided on a "by-donation" basis. Suggested donation is \$6/hot delivered meal and \$5/frozen delivered meal.

HOME-BOUND AND NEED SUPPLIES?

If you are home-bound and needing essential supplies, please call The Center at 360-279-4580. If there is no answer, please leave a message with your name, phone number, and what essential supplies you are in need of and a staff member will be in contact with you.

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Happy Volunteer Appreciation Week April 19-25!



*The Center's
amazing
volunteers
smile together
with staff*

The Center in Oak Harbor would like to give a big thank you to all volunteers as we know we couldn't survive without them. There are so many amazing and hard-working volunteers on this Island and we are so happy we get to work with some of them! If you are a volunteer of any kind, please know we are so grateful for you and you are appreciated by many.

The Center's front desk and travel program is fully run by volunteers and we honestly couldn't keep this Center running without them. We also have volunteer instructors and event committee planners that contribute so much. Each one of our volunteers help us complete our mission of empowering older adults in our community for personal independence, healthy aging, social connection, and life-long learning.

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ALL PROGRAMMING AND CLASSES ARE CANCELLED UNTIL FURTHER NOTICE

DON'T BE FOOLED

COVID-19 and SCAMS

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

During this time of unknown and fearfulness, scam artists are using it to their advantage. It can be hard to determine what is fraud and what is real. Some tips to remember are:

- Don't open any email or links that look like they could be potential spam.
- Do not disclose any personal or financial information through email or over the phone unless you are the one who initiated the contact and know exactly who the information is going to. The government will not ask for your bank information via email or the phone if there are any stimulus efforts passed.
- Be sure to verify a charity's authenticity before donating, as many scam artists are calling asking for funds to support local relief efforts or donations for medical and first responder workers.
- Use trusted sources, such as government websites for up-to-date, fact-based information about COVID-19.

A common scam you may have already encountered is a text message on your cell phone or an email offering free face masks and/or cleaning supplies to older adults. Once you click on the link, they are asking for personal information and sometimes



financial information but with the guarantee your card will not be charged. However, they send no supplies and steal your personal information and money!

Scammers are even going to the extreme and offering products for sale they promise will cure COVID-19. Be aware, there are also scams going around asking people to try vaccines and offer large payouts if you sign up. Another common scam is phishing emails which appear to be coming from The Center for Disease Control (CDC) or World Health Organization (WHO). It is suggested not to click on any incoming emails from these imposters but go to the CDC and WHO websites directly.

It is unfortunate there are dishonest people who are taking advantage in such a hard time, but it is the reality we live in. Remember, you have the right to be cautious and protect your information, do not feel pressured into giving any information over the phone you are not comfortable with. Keep yourself safe and be on the alert for fraud!



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MEAL SITES & HOURS

Meal sites are closed. Take-Out meals can be arranged. Check the Island Senior Resources website at senior-resources.org for updates, or call 360-321-1600 or 360-678-3373

10 tips

Nutrition
Education Series

smart shopping for
veggies and fruits

10 tips for affordable vegetables and fruits

It is possible to fit vegetables and fruits into any budget. Making nutritious choices does not have to hurt your wallet. Getting enough of these foods promotes health and can reduce your risk of certain diseases. There are many low-cost ways to meet your fruit and vegetable needs.

1 celebrate the season

Use fresh vegetables and fruits that are in season. They are easy to get, have more flavor, and are usually less expensive. Your local farmer's market is a great source of seasonal produce.



2 why pay full price?

Check the local newspaper, online, and at the store for sales, coupons, and specials that will cut food costs. Often, you can get more for less by visiting larger grocery stores (discount grocers if available).

3 stick to your list

Plan out your meals ahead of time and make a grocery list. You will save money by buying only what you need. Don't shop when you're hungry. Shopping after eating will make it easier to pass on the tempting snack foods. You'll have more of your food budget for vegetables and fruits.

4 try canned or frozen

Compare the price and the number of servings from fresh, canned, and frozen forms of the same veggie or fruit. Canned and frozen items may be less expensive than fresh. For canned items, choose fruit canned in 100% fruit juice and vegetables with "low sodium" or "no salt added" on the label.



5 buy small amounts frequently

Some fresh vegetables and fruits don't last long. Buy small amounts more often to ensure you can eat the foods without throwing any away.

6 buy in bulk when items are on sale

For fresh vegetables or fruits you use often, a large size bag is the better buy. Canned or frozen fruits or vegetables can be bought in large quantities when they are on sale, since they last much longer.

7 store brands = savings

Opt for store brands when possible. You will get the same or similar product for a cheaper price. If your grocery store has a membership card, sign up for even more savings.

8 keep it simple

Buy vegetables and fruits in their simplest form. Pre-cut, pre-washed, ready-to-eat, and processed foods are convenient, but often cost much more than when purchased in their basic forms.



9 plant your own

Start a garden—in the yard or a pot on the deck—for fresh, inexpensive, flavorful additions to meals. Herbs, cucumbers, peppers, or tomatoes are good options for beginners. Browse through a local library or online for more information on starting a garden.



10 plan and cook smart

Prepare and freeze vegetable soups, stews, or other dishes in advance. This saves time and money. Add leftover vegetables to casseroles or blend them to make soup. Overripe fruit is great for smoothies or baking.



Go to www.ChooseMyPlate.gov for more information.

DG TipSheet No. 9

September 2011

USDA is an equal opportunity provider and employer.

Check the Island Senior Resources website at senior-resources.org for updates or call 360-321-1600 or 360-678-3373

Medicare & coronavirus

What Medicare covers

Medicare beneficiaries may be wondering if Medicare will cover coronavirus. Here's what we currently know about what it will cover:

- ▶ Medicare covers the lab tests for coronavirus. You pay no out-of-pocket costs when your doctor or other health care provider orders it.
- ▶ Medicare covers all necessary hospitalizations. This includes if you're diagnosed with coronavirus and might otherwise have been discharged from the hospital after an inpatient stay, but you need to stay in the hospital under quarantine.
- ▶ At this time, there's no coronavirus vaccine, but when one becomes available, Medicare Part D will cover it.
- ▶ If you have a Medicare Advantage (MA) plan, you have access to these same benefits. Medicare allows these plans to waive cost sharing for coronavirus lab tests. Many MA plans also offer telehealth benefits. Check with your plan about costs and coverages.
- ▶ Medicare also covers "virtual check-ins" (also known as telemedicine), so you can connect with your doctor by phone or video or an online patient portal to see if you need to go in for a face-to-face visit.

To stay informed about Medicare coverage and coronavirus, along with tips to keep yourself safe, visit: www.medicare.gov/medicare-coronavirus

Early prescription refills

Due to coronavirus, the Centers for Medicare & Medicaid Services (CMS) is allowing Medicare Part D and Medicare Advantage plans to relax their "refill-too-soon" prescription rules if it will disrupt the beneficiary from accessing their medications. However, it is up to the discretion of the plan as to how they relax these rules.

We recommend you check with your Part D or Medicare Advantage plan or your pharmacy regarding early refills.

In addition, CMS has ruled that Part D and Medicare Advantage plans may relax other restrictions due to coronavirus, such as:

- ▶ Reimburse beneficiaries for prescriptions they buy at an out-of-network pharmacy.
- ▶ Relax restrictions on retail pharmacies that offer mail and home delivery services of prescriptions.
- ▶ Waive prior authorizations for Part D drugs used to treat coronavirus.

We recommend you contact your Part D or Medicare Advantage plan about these relaxed restrictions.

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FROM THE EXECUTIVE DIRECTOR

Listening to the Frog Chorus

By Cheryn Weiser, Executive Director, Island Senior Resources

We are living in unprecedented times. These are times when we need the care and support from our friends, family, and community even more than ever...times when we search through our daily lives to find the little things that allow us to feel some sense of normalcy, and some peace of mind.

In my neighborhood, this time of year, all of the ponds that dot the area are filled with a lovely frog chorus announcing spring to the world from dusk into the night. Even with doors and windows closed, I can hear the chorus ramping up each night. I am relieved to hear the chorus. I think my blood pressure goes down just listening to them.

During this time of COVID-19, Island Senior Resources remains available by phone. Our Aging & Disability Resource Specialists are ready to respond to your questions and concerns, point you

in the direction of solutions, and to just listen. Call us at 360-321-1600 or 360-678-3373 and press option 2.

And, as you consider how you want to reconstitute your lifestyle with the presence of the coronavirus, if you are able and willing, ISR needs volunteers to deliver Meals on Wheels and to provide essential medical transportation for those receiving life-sustaining therapies who can no longer drive. If you are interested in helping Meal on Wheels, call our Meals on Wheels Assessor Mark MacNaughten at 360-321-1615. To help with medical transportation, call Pat Weekly at 360-914-3212.

Most of all, find ways to take care of yourself, your loved ones, and those you care about during these times. Follow the recommendations from state and local health agencies including washing your hands and observing social distancing. With a disproportionate number of those over 60 in Island County, we have the opportunity to model how to navigate the health emergency.

We Are Here For You

It's easy to begin to feel isolated during these challenging times. Island Senior Resources is using our very best "out of the box" thinking to create innovative ways to continue to deliver services and help our community through challenging times.

Our Aging & Disability Resource Specialists are available to assist you remotely by phone at 360-321-1600 or 360-678-3373. If you have questions, they can help connect you to the resources you may need.

Meals on Wheels and essential Medical Transportation are continuing.

Our Time Together staff is supporting program participants and families by phone and is developing solutions to offer remote programming to provide daily activities via video for yoga, crafts, and more.

Although our community meal sites are closed for now, our kitchen is producing meals that can be ordered for take-out at Bayview Senior Resource Center, CamBey Apartments, The Center in Oak



Harbor and Camano Center. Call to place an order for take-out meals:

The Center in Oak Harbor
360-279-0367

The Camano Center

*A stocked cooler will be at the main entrance M, W, F 11:30 a.m.-12:30 p.m.

CamBey Apartments
360-914-3220

The Bayview Center
360-321-1634

- Frozen meals available for pick-up Monday, Wednesday, Friday 11:30am – 12:30pm
 - Please call* ahead to place your order for frozen meals. Staff will direct you where to go.
 - Limit 10 meals per person per day. A sign-in sheet will be available.
 - You will be provided with a mailing envelope if you choose to make a donation.
- You may also sign up for Meals on Wheels during the closure:
- Hot and frozen meals may be delivered to you Mondays, Wednesdays, Fridays.
 - Call Mark MacNaughten at 360-321-1615 to sign up.

YARD CARE WORD SEARCH

C P B L C F H T V A L A N D S C A P E V
 C D N U P C E R M Z O G U Y K H P P Y I
 E P C P R C M R P I E K M R P E B U H C
 E T L N C H I S T W F B Z P A I R S R O
 W N L O G H S S A I K P A T C Z H R O B
 B Z T D V E O T Z L L M W L C F R H E I
 K A L D C P E V Z S I I K G K H N A F L
 K C N N M R P B F P P Z Z L P A U B E U
 P I Y O U F P N L C F E D E S T L A L C
 R D C G U F D A E H D A E D I B V I L I
 T I L Y G W N Y S E L Z R F L E U I N I
 C C C H A T R R T W H U Y E S G O P T E
 I B N H I E E T N S C N L A T S K O T G
 F V Z N H T W L E E C V A H G A R D E N
 K C G N T W F B M D L M E H N G R N N A
 I S R A W V G L D A K T C E A I U E I C
 O A M V R I H T N L I L E N V R E E A I
 W O M I B A Y P E B U R I M P M K R Z F
 L N B W S D H P M M G C K V N C Z H R V
 D F G N Y A P R A T N O B R A C T I L L

Find the words hidden vertically, horizontally, diagonally, and backwards.

- | | | |
|------------|-----------|-------|
| ACIDIC | MOW | PRUNE |
| AERATE | MULCH | SHRUB |
| ALKALINE | ORGANIC | SOIL |
| AMENDMENTS | PEAT | TILL |
| BEAUTIFY | PLANTINGS | WATER |

ANSWERS

C P B L C F H T V A L A N D S C A P E V
 C D N U P C E R M Z O G U Y K H P P Y I
 E P C P R C M R P I E K M R P E B U H C
 E T L N C H I S T W F B Z P A I R S R O
 W N L O G H S S A I K P A T C Z H R O B
 B Z T D V E O T Z L L M W L C F R H E I
 K A L D C P E V Z S I I K G K H N A F L
 K C N N M R P B F P P Z Z L P A U B E U
 P I Y O U F P N L C F E D E S T L A L C
 R D C G U F D A E H D A E D I B V I L I
 T I L Y G W N Y S E L Z R F L E U I N I
 C C C H A T R R T W H U Y E S G O P T E
 I B N H I E E T N S C N L A T S K O T G
 F V Z N H T W L E E C V A H G A R D E N
 K C G N T W F B M D L M E H N G R N N A
 I S R A W V G L D A K T C E A I U E I C
 O A M V R I H T N L I L E N V R E E A I
 W O M I B A Y P E B U R I M P M K R Z F
 L N B W S D H P M M G C K V N C Z H R V
 D F G N Y A P R A T N O B R A C T I L L

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
 Oak Harbor Aging & Disability Resources
 360-675-0311

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

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 14594 SR 525, Lar
- OAK HARBOR**
 (in collaboration with... or)
 51 S...
 Oak H...
- CAMANO CENTER**
 (in coll... Center)
 ...
 ... 98282
- BAYVIEW CENTER**
 ...
 ... Ave
 A 98249
- Information call:
 (360) 321-1600 or (360) 678-3373

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benefitting Island Senior Resources

CLOSED

Reopening date for Senior Thrift to be announced

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.

NOW continued from page 1

serves, were hospitalized, and some died. And people got on planes and trains and spread out over the world carrying a new germ with them.

Over the winter months and into spring, we have been made aware of our vulnerabilities and interconnectedness as the Coronavirus, Covid-19, has slammed into our international, national, regional, and island lives. Washington State, particularly the Seattle metro area, became an epicenter of American contagion. We are right in this epicenter, and all the challenges and drastic changes required to respond to the pandemic have interrupted our lives. Coronavirus is changing the world. Our daily routines are wildly disrupted, and we're not sure when things will "get back to normal," or what that phrase will come to mean.

In mid-March, the grocery stores were our version of a crowded marketplace. People were shopping in close quarters, some wearing gloves, a few in face masks, the vibe was what I would call "socially civil panic." People are stocking up, but not fighting, mostly calm. I watched folks hesitate over bottles of bleach and disinfectant, taking one or two, not sweeping the remaining six or seven off the shelf. People sharing, "Oh, did you want chicken thighs too? Here, take this one, they'll be more, or we will get by." I saw friends, and my body lurched toward our usual hug, and then I remembered and backed up to keep a distance, letting our eyes, our smiles, the timbre of our voices be the embrace. It was an emotional trip into the community scene. This is how we should be in these circumstances: extending, sharing, looking out for one another in little ways. If we can't touch, and we shouldn't, then let's talk. Let's thank the folks serving us for showing up at work. Let's practice extreme hygiene to keep one another safe.

I came home from the store, took off my lightweight driving gloves, and carried them to the sink where I washed them as well as washing my hands. I hung my coat out to hang in the breeze for several hours. I let the groceries chill in the entryway. I wiped down the boxes, cans, meat trays, and washed the produce because I don't know what contagion really is. It was a moment when the reality of our drastically changed lives on the island sank in further. I made a cup of tea and began to compile a list that I hope will help us all get through these weeks and months.

THINGS TO DO WHEN EVERYTHING YOU USUALLY DO IS CANCELLED.

Stay calm to stay wise. What calms you: Meditation? Sitting on the porch steps with a cuppa tea or coffee? Calling your children? Calling your parents? Reading inspirational quotes for the day coming in via email or a booklet from your church? Music? Singing? Yoga? Basic exercises? Walking the dog?

Whatever you have been doing that takes you into a place of basic reflection, slowed breathing, observation of the world around you—do that now, intentionally, every day. This is your grounding point, the way you access your own center of self. From this place of holding center you can touch your intuition and your intellect at the same time so you can better discern helpful information and good science from the barrage of misinformation and hysteria that flares around us.

Stay informed, but not obsessed. Go on an information intake diet: monitor the time spent watching television or scrolling through news feeds, Instagram, Facebook, and Twitter. Set a timer on your electronic devices, and when it goes off: enough is enough. Constantly watching the 24/7 news machine will not support your peace of mind, sense of well-being, or immune system. To capture and hold our attention, the news programs are constantly hyping drama: "Dog sneezes in Hong Kong." "Burial trenches in Iran seen from space." "Over sixty?—Do this immediately to save your life!"

Spread good news. People learn by example. Right now, we need examples—hundreds of stories—that model human goodness in this situation. When you see something good happen, make your own alternative headlines: "Local shops survive with local loyalty." "Truck with Trump bumper sticker pulls Rav4 with Bernie sticker out of ditch." "Man seen hoarding canned goods, puts half of them into Good Cheer box on way out store." "Barista finds \$100 bill in tip jar." Share good news—put out the stories of compassion, helpfulness then surprise and delight others via social media, or email, or when talking by phone, or chatting at a safe distance with neighbors.

Go outside and enjoy nature. Sunshine is good, ultra-violet light helps to kill viruses.

NOW continued on page 12

Regarding the current COVID-19 crisis:

We understand your concerns and fears. We will continue to serve the community of Whidbey Island and beyond with the following adjustments: we are observing state mandated guidelines. For your peace of mind, arrangements can be made via phone, fax and email, as well as regular mail. As always, we will provide you with the highest level of compassionate and professional care.



Paul and Heidi Kuzina, Owners

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Important Message from Island Senior Resources

Island Senior Resources is working closely with state and county health officials in our response to COVID-19. We have made several changes to our services, classes, programs, and activities, to protect the health and well-being of our volunteers, staff, program participants, and the community. We are sensitive to the impact these changes may have on our community. We are working to maintain essential services throughout Island County for as long as possible with modifications to assure health and safety.

Ageing & Disability Resource Specialists will remain available to assist you remotely by phone at 360-321-1600 or 360-678-3373. Our Resource Specialists will have current information regarding any program changes.

Island Senior Resources is dedicated to supporting our community. For those of you who can, please reach out to us to find out how you can help others who might be isolated at home or need assistance. If there is someone you are concerned about, please let us know. We are in this together and must take care of each other.

Help everyone stay healthy. Please stay at home at this time! Call Island Senior Resources if you need assistance.



COVID-19 CORONAVIRUS DISEASE SYMPTOMS OF CORONAVIRUS DISEASE 2019

Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms* can include

FEVER



COUGH



*Symptoms may appear 2-14 days after exposure.

SHORTNESS OF BREATH



Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.



For more information: www.cdc.gov/COVID19-symptoms

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NOW continued from page 11

Take yourself and your lovely lungs outdoors. Nature is not contagious. Spring is gorgeous on Whidbey Island—get out there and wander among the daffodils, tulips, rhododendrons. Take a hike in the state parks. Drive to an overlook and watch the water and the sunrise or sunset. Grab your binoculars and watch birds or look for whales. And if you're going to meet a friend, or need to get the kids outside, people are much less contagious spaced out and walking on the beach than having inside interactions. Spend time on the porch, the patio, the deck. Breathe deep. On any day warm enough, take indoor activities outside to keep yourself refreshed. Walk as much as you can: getting the blood stirring is as important as stilling the breath—both help us stay centered. And while you're out there in the greenery, go ahead, no one is looking: hug a tree.

Plant a garden: get some greens in the ground. Plant vegetables! We don't know what will happen to our food systems and supplies. I'm doing spinach and arugula instead of pansies in our entryway "flower" boxes. Email among neighbors how you might share different crops this summer. Do what you can and explore joint projects. You can take turns weeding and watering, sharing community tasks while staying safe.

In the early 1940s, backyard Victory Gardens grew one-third of the fresh produce consumed by Americans during the war. Whidbey is a great place to eat local: there are dozens of local farmers throughout the island who offer shares in CSAs (Community Supported Agriculture). You sign up, and soon as the veggies are ready, you receive weekly baskets of organic vegetables. And our farmers need you to enroll now, so they have the upfront cash to plant and tend. Eat local meat and eggs, and cruise the farm-stands: you know where this food comes from and can see the quality of care with which it is grown.

Tend and clean. This is a great time, finally, to get to all those projects: putting together photo albums, clearing photos from your phone or computer, sorting the stuff in the back of the closet, clearing out old files, sorting clothes, mending clothes. As I walk through my house, I'm thinking: one room a day, or this weekend, the master bedroom, next Wednesday the guest room closet. I started with my home-office desk, dumped an outdated filing system, and started over. Two boxes await the shredder truck, whenever that level of normalcy returns. I have carefully boxed things for the thrift stores, once they reopen. Let sunshine and fresh air into your house. Fresh air clears out contagion and lifts everyone's spirit.

Explore your creativity. You need a reward after all that cleaning: what could you do just for fun? Try sketching with the color pencils you found, or that old watercolor kit. Practice that harmonica you found or the old alto recorder or take up the ukulele. Grab a pen and do some journal writing. Easiest way to start: write a few sentences of what you see and then let your mind take your pen wherever it wants. Write a poem, make up limericks to send your brother. Use a camera to document your days

through this isolated time—maybe send "a photo a day" to others in isolation, get something going with far-away family and friends that draws you closer, makes you laugh, acknowledges how hard this is.

Volunteer for something. Run errands for a neighbor family in need. Perhaps someone elderly or with vulnerable immune issues is afraid to go to the store. Perhaps a family dealing with a health crisis needs medication. Meals on Wheels doesn't stop, though the method of delivery changes. Call Island Senior Resources at 360-321-1600 or 360-678-3373 to help deliver. And there are an equal number of children and their families being fed through WIN (Whidbey Island Nourishes)—learn how to safely interact to keep the fabric of community strong.

Consume differently. This is not a moment to binge online, but rather to assess what is sufficient to our needs, to clear out, take inventory, use what we have, and have conversations about what is essential. As you start your spring cleaning, you may be amazed how much tucked away stuff you have. If you do need something, look locally first. It's the little "us's" that need the most support. Local businesses are being creative—offering delivery services, drive through options, setting preordered food outside for pick up, handling credit card transactions over the phone.

Buddy up! Ask a family member, friend, or neighbor to be your Pandemic Pal: call each other once a day, discover what delights each of you—Texting? Photos? Corny jokes from the Internet? Being on FaceTime together while eating dinner? Make a list of questions to ask each other—fun stuff, stories to tell one another. The daughter of a friend of mine took slips of paper and wrote out 100 questions she wanted to know about her mother and put them in a mason jar. Her mother drew them out and eventually wrote her autobiography, but they also did a lot of them verbally. Psychologist Arthur Aron developed a list of 36 questions designed to help people steadily share themselves with one another. What the heck, if you have a partner: get to know them better! If you are in a household of several people, learn some new games, tell some new stories. If you are tending children, help them stay connected with friends via phones, projects they each do in their own homes and share later.

Stay home. Social distancing and self-quarantine are put in place to save lives. People can spread the virus for days before showing any sign of sickness—you could be spreading it, and so could anyone you pass on the street, interact with at a store, or decide to have lunch with because you both feel okay. Staying home is a form of community service. When I think of it that way, that I am contributing to the health of my island by hunkering down, it makes it more easily bearable.

It's going to be a while. And it's going to be a different world as we emerge from quarantine. We're going to be okay. We're going to apply many things we are just now learning to how we are together in the future. We will find our new edge: right now, we just have to do whatever we can to make sure we don't slip over the edge. Take care of yourself, and ask for what you need.

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."

- Resilience: Build Skills to Endure Hardship
- Transforming Lives Through Resilience Education – Inspiring Stories
- 4 Exercises You Should Do Every Day at Home
- Things to Do When You're Mostly Housebound

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