

Island Times

Look for Island Times the LAST Thursday of each month
SEPT. 2020

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

Volume 4 • Issue 5

“It is not happiness that brings us gratitude. It is gratitude that brings us happiness.”

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

This was not the original article intended for this issue of *Island Times*. I had a completely different one written, but each time I went to submit it to our friendly *Whidbey Weekly* editor, I just froze. It didn't feel like the right message right now, so while I am sure that article will make an appearance in the future, these are the thoughts I felt strongly to share with you, my neighbors, my fellow community members. Allowing ourselves to have a feeling of gratitude.

We live in unprecedented times and it is SO easy to allow our fears of the unknown, anxiety for the future, or sadness of the past to drive our daily life. I have been experiencing this firsthand, as I am sure many of us are, when last night a total feeling of gratitude filled my heart. It was amazing how when I started to think of the small things in my life that feel good and make me happy, the fear, anxiety and stress over items that feel large were replaced with hope, joy and peace.

It was just the small things I reflected on the last few days. I thought about the evening I spent picking blackberries, I went for a trail run in the beautiful forest, I watched the sunset on west beach, I snuggled my sweet baby girl (not such a baby

HAPPINESS continued on page 8



Sunset blackberry picking at Joseph Whidbey State Park. Finding joy in and being grateful for the small pleasures and moments in life.



September in the School of Life

By Christina Baldwin, Board Member, Island Senior Resources

The beginning of September has always been an emotional mix for me. After the Fourth of July, the summer weeks speed by, finally sun, finally warmth, I'm into capris and short-sleeves for a few weeks, then boom—it's over. Dusk that lingered until 10:30 in June is full dark by 9. It's time to bring in the squash, admit that tomatoes hardly ripen in our chilly nights, and harvest the lavender. Here comes fall.

Though three-quarters of the way through the year, there is a “new year” aspect to September as the start of the school year. Though long past for me, and now not happening in any traditional way for our children and grandchildren, this sense of revving up for new challenges still reverberates in my being. I feel compelled to sharpen pencils and buy a blank notebook even if I don't know what to write. My thought processes get sharper, as though my brain

“You never know how strong you are until being strong is your only choice.”
~Bob Marley

shifts from soft peach to crisp apple. I expect to learn something new. This year, more than ever, I am counting on this attitude to carry me from one season to the next. In the midst of social uprising and political intensities, we are still facing a season of pandemic uncertainty with various levels of required isolation.

Since last March, we have lived through six months (and counting) of lockdown, self-isolation, quarantine, social distancing, mask-wearing, hand washing, restricted travel, everything closed, then, things opening in constricted ways. We have made a social “bubble” of a household or few folks we touch (or

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QUESTION OF THE MONTH: **WHAT WAS YOUR FAVORITE JOB?**

Maureen Lett

South Whidbey
“Case Manager for homeless kids in San Francisco's Tenderloin District. I like adrenaline.”

Nancy Wycoff

Oak Harbor
“Working with domestic violence – it was the most rewarding but the hardest.”

Chasity Smith

Freeland
“Being the director of an after-school teen center. I got to hang out with kids, help with homework, listen to music, play games, and get really good at foosball.”

Bobbie Sanders

Oak Harbor
“Teaching 4th grade students.”

Jackie Meadors

Oak Harbor
“Medical assistant working for a surgeon.”

Stephanie Messina

South Whidbey
“Working with special ed. children. They are all so special and full of life.”

Mary McYoung

Oak Harbor
“Volunteering at the travel desk at The Center for over 20 years.”

Lindsay Read

South Whidbey
“Working on the Balboa Island Ferry in Newport Beach, Calif.”



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FROM THE EXECUTIVE DIRECTOR

Learning from My Apple Tree

By Cheryn Weiser, Executive Director, Island Senior Resources

Last year I noticed that the crabapple tree that sits along the driveway to our home had a shoot rising above it from the rootstock. Until then, I did not know that there was rootstock. The rootstock was clearly of an apple tree with big leaves as the aggressively expanding stock headed to the sky, leaving the lower growing crabapple behind. Out of respect for the new apple tree, I decided not to trim it out just to see what would happen with another year of growth.

This year I was out watering a nearby rhododendron and looked up with amazement. There were a variety of apples maturing on the much-multiplied branches with a little blush of pink on the biggest apples. Now I not only have the crabapple tree, but I have another apple tree of unknown type rushing to become its own tree full of apples. I'll have fun testing these apples to determine their taste and whether they are suitable for pie or sauce.

So, what am I learning? The crabapple tree has been in this place for 26 years, and it took 24 of those years for the rootstock to secure a route to being its own tree. Change takes time, more time than most of us are willing to imagine or acknowledge.

We are in the depths of changing times on so many levels. I'm not sure whether I will be around to see the fruits of change that we can only imagine now during the avalanche of changes greeting us each day. On some level, though, my endurance is being tested. My apple tree might tell me to trust the process, continue to water the places where I travel, and nurture what I care about so that the fruit I so want from this time of change manifests in the years and maybe decades to come. Patience, perseverance, and the capacity to be in the moment are key elements of not just surviving but thriving in these times. Every time I veer in the direction of despair, I think I'll walk down the driveway and appreciate the apple tree with its growing apples glowing in the sun. It will help me calm myself during the storm of change. What is your apple tree to help you calm yourself as we navigate this time of change?

SHOP LOCALLY

By Jessica Karpilo, Outreach Associate & Debbie Metz, Nutrition Director

Want to make choices that are healthy for you, the economy, and the environment? It's a lot easier than you would think. Shop locally.

Shopping locally directly benefits the farmers who are growing food and supports the local economy. According to the USDA, at grocery stores, for every dollar consumers spend on food, the farmer receives just 14.8 cents. When you make the decision to buy locally,

you are investing in those farmers and in the health and sustainability of your community.

It takes an average of 4-7 days from the time it is picked for produce to reach grocery store shelves. Some items, like apples, could sit in a warehouse for an entire year before they reach your supermarket. These fruits and veggies travel an average of 1,500 miles. During this trip, the produce loses freshness, flavor, and nutritional value, and the end result is a subpar version of the fruit or vegetable.



Buying locally gives you the opportunity to really connect with your food and understand how it is grown. Are pesticides used? What does it mean to be organic? How do you harvest this? These are all questions you can ask and have answered by the people who are actually growing your food.

Shopping locally is a learned skill. Not every fruit or vegetable will be available year-round, so you'll begin to eat produce that's in-season. This might mean trying new foods or learning new ways to prepare old favorites.

A downside to shopping locally is that it can be more expensive than a grocery store. However, if you can afford it, the benefits far outweigh the costs. You can always purchase a mix of local and grocery items, buying local produce at the peak of its season when it's most inexpensive.

If you are 60 years old or older and your income is at or below \$1,967 per month for one person or at or below \$2,658 per month for two people, you are eligible for the Senior Farmer's Market Nutrition Program. Each person receives \$40 worth of vouchers, which can be taken to participating markets and vendors to select and purchase the fresh fruits and vegetables you enjoy eating or cooking. Vouchers are good through October, depending on the Farmer's Market seasonal time frame, but supplies are limited. To request a voucher, call 360-321-1600, ext. 0.

For more information and resources on shopping locally, check out: Whidbey Island Grown, Slow Food Whidbey Island, or any of the wide array of farms, Farmer's Markets, CSAs, or farm stands in Island County.

You can request any of Island Senior Resources' services, including grocery or meal delivery, by going online to www.senior-resources.org and clicking "Online Help Request." You can also contact Mark MacNaughton, Home-Delivered Meals Assessor, to sign up for Meals on Wheels at 360-321-1615.

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
 - Medicaid In-Home Care/Case Management
 - Medical Transportation/Volunteer Services
- SHIBA

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

OUR LOCATIONS

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The Center for Senior Services
(in collaboration with Island Senior Resources)
5000 Oak Harbor Rd
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(360) 321-1600

Senior Thrift
10000 Standard Ave
Oak Harbor, WA 98249
(360) 321-1600

For more information call:
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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.



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- September 26- 27:red tagged clothing, \$1

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

SEPTEMBER continued from page 1

touch no one at all), keeping everyone else six feet or more away. We experience shortages of supplies coming and going from grocery stores, shortages of money coming and going from bank accounts, and on and on. It's hard work living through these times. I'm considering how to maintain resilience, focus on what is available, and prepare for a long autumn/winter season. This requires changing expectations to appreciate what is available. After our family decided visiting from Los Angeles, either flying or driving, was not wise, we grieved the loss of this annual event and began looking for what remained available. We switched from phone to Zoom – seeing each other providing an added level of connection. We became more consistent in texting little daily touch-points between the generations. My granddaughter and I are doing a book together: she dictates the text to me, we refine it via "screen share" on Zoom, then I email pages to her father who prints them off and hands them to her for illustrating. She chose the title, "Sasha Lives through History." This is what is available.

If you don't have a ready-made family, there is surely a "family" around you ready to be made. Look down the block: where is the family of mid-life parents and kids who could use a grandparent? What could you do? Read to the children via Zoom or phone, take a little one for a stroller ride, design some socially distanced crafts or other projects, help with schoolwork? Where is the elder who could use some intergenerational interaction? Can you draw pictures from the kids, make cookies, offer garden produce, tend a bit of yard care, have a six-foot socially distanced chat at the front door? Most of us need a little variety in our daily routines and a new face or two in our lives.

In her book, "The Dirty Life: On Farming, Food, and Love," Kristin Kimball writes about the adjustment when she leaves the city with her new husband to become farmers. As she shifts to eating from her own land in the seasons of the year, she writes, "The central question in the kitchen would have to change from 'What do I want?' to 'What is available?'"

This is the question we face now: what is available? Recently, I was in my kitchen, and I had some music on, was texting with family while putting together a dinner gleaned from my garden and what I had on hand. I suddenly realized

I was happy, content in the moment, grateful for my life.

Since that day, I have been making an ongoing list: what is one thing that made me happy today? What kindness have I noticed or offered? What little delight came my way? What we notice either buoys our spirits or drains our spirits. "Nothing gave me pleasure today" is not a sustainable answer. Look deeper. Listen to what others say. I have kept such lists many times, filling tiny notebooks at my bedside. I have a stack of them: dated entries detailing what got me through divorce, bereavement, job loss... Oh that time, when difficulty happened. I also have a record of every little good thing that kept me going. And I'm doing it again in COVID-time. Listing daily good is a ritual that can be played with other members of the household, writing in a notebook, filling in a wall calendar, bedtime conversations, or texting faraway friends or family. What a great artifact.

A friend I see on Zoom, speaks her fears that shorter and colder days will increase her isolation. She's right: cold weather will hamper those patio and backyard visits, and longer darkness can impact isolation. She has purchased a full-spectrum lamp to support her through the coming months, but acknowledges, "It's people I want. A dinner party, a tea party, a game of cards, my book club curled-up together on couches."

We will get there: but we are not there yet. Individually and collectively, we need to hold on awhile longer. I asked several people what they are doing to prepare. Here are some ideas:

"I made hundreds of masks, and now I'm switching to potholders – it's the same amount of cloth, and I have so many scraps."

"I started a jigsaw puzzle exchange and put a reading list of books on hold for the library."

"I'm doing medical exams and wellness checks before the weather closes in."

"I'm listing small home repairs I can do and getting help for the larger things." (There are handyman lists and Hearts and Hammers volunteers for those who need assistance).

"I am arranging one Zoom or phone event a day so I can interact with friends. And I am making daily well-being calls to three isolated seniors."

"I did about half the sorting last spring,

took the summer off, and will tackle the closets again when the rains come."

"I'm reading the Harry Potter books to my grandchildren who are now the right age to meet wizards, and their friends can listen in. After we read the book, then we watch the movie."

"I'm signing up to be a Zoom tutor for school kids who need extra help with math."

So, we're back to math: it's September, time to prepare for whatever lessons we will face together in the school of pandemic life.

Volunteer Drivers Needed!

Would you like to help a neighbor? We need drivers willing to drive others to essential medical appointments from Oak Harbor/Coupeville to Seattle or Everett. Drivers are needed to/from other destinations as well. Mileage is reimbursed and client pays ferry costs. If you are interested in helping please contact ISR at 360-321-1600 and ask for Pat Weekly, Medical Transportation.

(Our transportation program follows state mandated health guidelines. All drivers and clients are required to wear masks to protect both drivers and passengers).

FREE EXAMS

In celebration of 16 years in business we are hosting a day of completely FREE EXAMS! TUESDAY, SEPTEMBER 1

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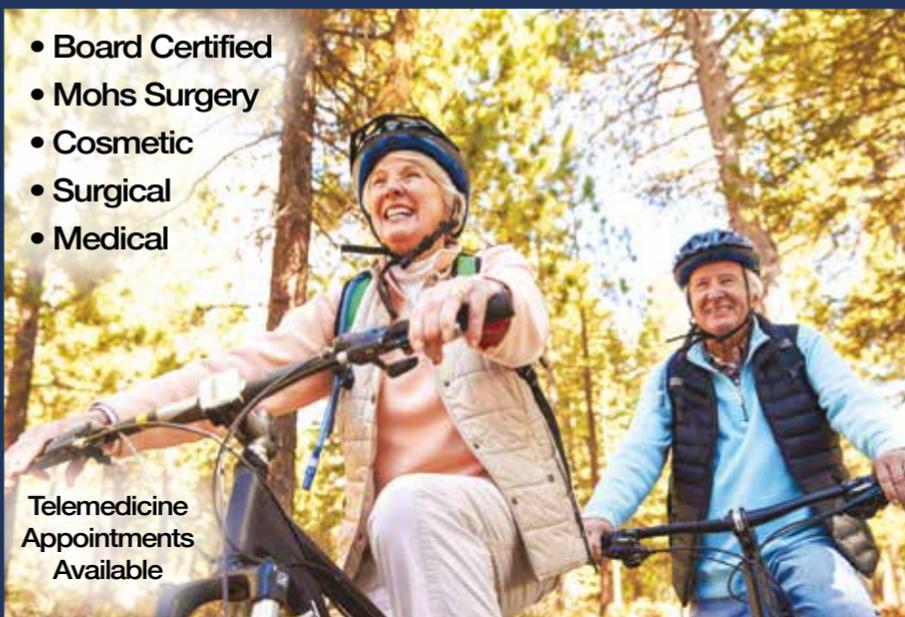


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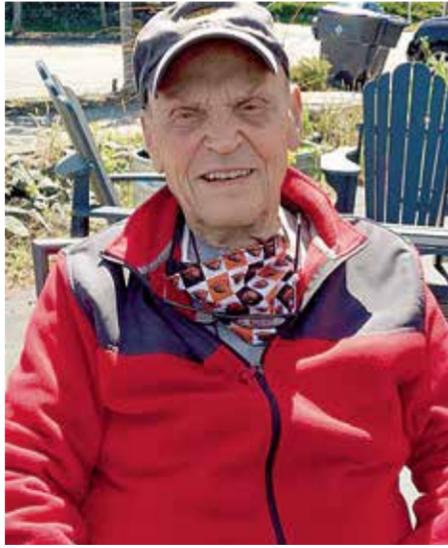
A Delightful Delivery

By Debbie Metz, ISR Nutrition Director

For 25 years, Francis Lavon Summers ("Von") has been delivering meals with a friendly smile to our Meals on Wheels (MOWS) participants!

We met for our interview, both wearing masks, sitting 6 feet apart, him wearing his black Oregon state Beavers mask, and his Lion's Club hat. I ask, "Why have you volunteered for so long, Von?" He smiles and responds quickly, "I do it because I love meeting all the people and hearing their stories!"

Von started delivering MOWS in 1995. When he started, there were only three people on his delivery route. Now, there are more than ten times that many! Von initially decided to volunteer for MOWS through his Lions Club affiliation. He's been a member for 30 years and is currently the Lions Club MOWS coordinator. The Lions Club MOWS volunteers have



donated precious time to deliver meals to our community participants in the Coupeville area, from Libby Road to the Greenbank Store.

Von grew up in the late '20s - '40s, and their family struggled to make ends meet. His father moved the family from Missouri to Portland, Oregon, in the early '40s and worked very hard, modeling an unsurpassed work ethic which Von admired and emulated all his life. Von enjoyed school and dreamed of being a football coach because he loved the game and comradery. He was the team captain in his senior year.

His dreams were interrupted when he went into the military in WWII. After the war, he went to Oregon State University, and he became the president of his fraternity and a leader for life. People are drawn to Von with his quiet wit, gentleness, and kindness. Von likes to cook, but mostly likes to eat, so he pursued a career in food science/food technology. He added, "my favorite breakfast is biscuits and gravy, and my all-time favorite food is home-style fried chicken, fried in a deep-dish fry pan."

Von was the first in his family to graduate from college. After graduating, he became a part-time manager at a food company. One of the first things the owner asked him to do was to fire a man just because he said, "Von, you need experience firing people." Von was devastated. The man had a family and depended on the job to put food on the table. Von refused his boss firmly, at the risk of getting fired himself, to save that employee's life-sustaining job. The man wasn't fired, and neither was Von. Lesson learned he said, "Follow your gut and do the right thing!"

Later he worked at USDA as an inspector. I was so surprised because I, too, worked at USDA as an inspector for a while while I was in college. We both were hired by the same head office in Yakima!

Von was President of the Food Technology Institute for many years. He also worked with the Air Force in Food

Service during the Korean war and for Townhouse, Bel Air frozen foods developing high-quality frozen meals. He's friends with the creators of Tater Tots!

When I first met Von at the ISR CamBey Meal Site in the late '90s, I was touched and inspired by his smile that reaches down to his belly and up through his eyes. Von started asking so many questions about me, not just what my job was, but he was interested in me as a person and my life, and we became close instantly. He is such a supportive and caring person. And that's why he has volunteered for so long; he cares deeply about people! He has become so attached to the MOWS participants, "They need us; we're often the only ones they see in a day, and they depend on us." I don't know what they would do without the meal deliveries and a personal connection since they are so isolated, especially now with the pandemic." He adds, "I've lived a long time and have never seen anything like this, and we need to do as much as we can to stay connected with our loved ones."

Von has a loving family and says he is very blessed. He showed me a recent picture of his children and grandchildren and said they are the richness in his life. He said it was tough when he lost his wife, Betsy, about seven years ago. He pauses, "We were a great team for 62 years!" He has two sons, Von and Ross, and two daughters Joel Lee and Robin, and he adores the whole family.

As our interview comes to a close, Von says, "Thanks to all the volunteers and the staff I have had the pleasure to work with; it is a great group!"

We are fortunate that he is part of our ISR MOW family. We are thrilled he is with us and eternally grateful for his 25 years of unconditional love and service.

Thank you Von Summers, we love you!

THE CENSUS NEEDS HELP

The Census is hiring now, and these temporary jobs range from \$20 - \$22/hour plus paid mileage reimbursement, weekly pay with flexible hours, and paid training. Our community loses \$20,000 - \$30,000 dollars in federal funding for every person uncounted (over the ten year period until the next Census count), so it is essential we get this right. This is about Washington State showing up for Washington state; we can make money and make a difference. For more information go to: <https://2020census.gov/en/jobs/job-details.html>

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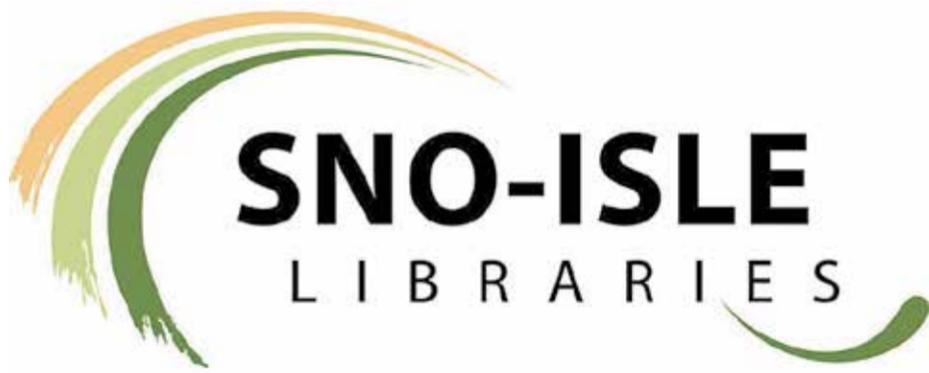
You now have the opportunity to donate your advantage points to South Whidbey Good Cheer and Island County Senior Resources. Simply enter one of the phone numbers below (instead of your own) to donate to the organization of your choice!

South Whidbey Good Cheer: 360-221-0130

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Island Senior Resources



Libraries' Online Offerings are Fun and Informative

By Sno-Isle Libraries

Sno-Isle Libraries has always offered many classes for Island County's "lifelong learners." Langley Library Manager Vicky Welfare quickly rattled off a long list: "Some of the most popular ones involve travel and learning about different places, all aspects of psychology from grief to trauma to learning about the brain, local hikes, local history, American history, learning about animals, whales, how to be more eco-friendly, 'the unexplained' such as ghosts and Bigfoot, mushrooms and foraging, food and cookery, and of course local authors, writing help, and on and on and on," she said before taking a breath.

Managers of the Coupeville, Oak Harbor, Freeland and Clinton community libraries all shared similarly long lists of popular programs embraced by lifelong learners. Added to the list were Write Now writing programs, annual Whidbey Reads events and author visits, and Business Pros classes. "Many of these topics were using community connections with our local organizations or experts in their fields to bring the programs to us," Coupeville Library Manager Leslie Franzen said. "Island Senior Resources has been our resource for many of the local experts on health-related topics."

With coronavirus precautions keeping community libraries closed, Sno-Isle Libraries is transitioning as many formerly face-to-face events as possible to online experiences, using Zoom meetings and Facebook Live. In addition, all community libraries are now offering contact-free services (www.sno-isle.org/contact-free) so customers can request, pick up, and drop off physical library materials with safety in mind.

When all in-person programs were canceled in March, Sno-Isle Libraries staff quickly started to look at which programs and events could move online. "We're doing all we can with the staff and technical resources we have available," said Anne Murphy, manager of online services for Sno-Isle Libraries. All online events are listed at www.sno-isle.org/events.

Early this year, community libraries on Whidbey Island started new pub trivia programs that quickly became popular. The popularity of pub trivia has kept growing, and weekly events now are almost always full. "Adult pub trivia is wildly popular," Murphy said, adding that, "adult pub trivia (and companion family trivia programs) will continue online at least through the end of 2020."

Sno-Isle Libraries offered Humanities Washington Speakers' Bureau presentations online this summer. The popular series has wrapped up for this year and will return in 2021. Sno-Isle Libraries staff continues to develop new online events and programs that are proving popular. One is Craft and Chat. Think of it as a virtual knitting circle with up to 20 people who gather several times a week to do a different craft project. "Silver Kite is a new arts program with classes that will run through September," Murphy said. Classes are specifically designed for older adults and families. "These are similar to Freeland Library's Made-by-Hand programs and would probably appeal to the same audience," Freeland Library Manager Betsy Arand said. "Silver Kite has been hugely successful," Murphy added. "We've had really good feedback from people."

After coronavirus interrupted Whidbey Reads this year, featured author Laurie Frankel rescheduled her visit into an online question-and-answer session on June 11. Sno-Isle Libraries has more author events on the calendar, including a Sept. 17 Zoom webinar hosted by the Oak Harbor Library with best-selling crime novelist J.A. Jance of Seattle.

Murphy said, "Sno-Isle Libraries will work with the League of Women Voters to promote more online candidate forums for the Nov. 3 general election." Freeland Library will move its Books2Movies Group online on Sept. 18, without the former in-person gathering to watch the movie. "It will just be a discussion of the book and movie," Arand said.

Arand believes that many Sno-Isle Libraries programs for lifelong learners could translate to online events. "There are experienced library staff, along with Write Now, Business Pros, and other local presenters who are interested in offering programs online."

Looking ahead, lifelong learners can expect to see more online programs from Sno-Isle Libraries.

For more information on all the online programs, go to www.sno-isle.org/events.



KATHLEEN
Petrich
FIRM BUT FAIR

ISLAND COUNTY
Superior Court Judge

Attorney Kathleen Petrich is fired up and ready to go, eager to serve Island County as a Superior Court Judge. That eagerness to serve springs from her love for both the County and the law.

Kathleen and her husband George moved to Whidbey, as so many people have, after retiring from their careers and finding their nest empty—their son Forrest heading off to the Peace Corps.

Kathleen's was as an award-winning attorney, representing clients in civil litigations for 25 years. She was so good at it; she was named a "Washington Super Lawyer" and one of the Best Lawyers in the state.

Whidbey would be their home for the rest of their post-career lives. But it turned out they weren't quite ready for retirement rocking chairs. They showed up for a lot volunteer work, as in Kathleen's service in the Whidbey League of Women Voters, and heading up a library board.

But volunteering wasn't enough. George got into landscaping challenges and local nursery work and Kathleen started working as a pro tem judge, first in the County District Court, then in Superior Court.

Hearing cases, helping people get fair outcomes, Kathleen realized she had a lot more years to dedicate to the law, here in the home she'd chosen for the years to come.

As a Superior Court judge, she could bring to the bench all the experience and knowledge of her years presenting cases before the bench. Her commitment to firm but fair rulings would not be influenced by pre-judgments about the attorneys involved, the plaintiffs, or the defendants. She could consider each case strictly on the merits.

Kathleen Petrich asks that you help her bring all her experience and her love of this place and the law to Island County's Superior Court.

For details on her references, education, experience, awards, County involvements, and contact information, please go to www.FriendstoElectKathleenPetrich.com.

And if you have questions, she's eager to answer them: Kathleen.Petrich@whidbey.com

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Protect yourself from coronavirus fraud

Restrictions implemented to prevent the spread of the novel coronavirus COVID-19 have saved untold numbers of lives. The world has adjusted to such restrictions, and many parts of the world have relaxed measures as case numbers have declined.

As communities begin returning to some semblance of normalcy, the Centers for Disease Control and Prevention has warned people against letting their guard down. While many of those warnings pertain to the importance of continuing to practice social distancing as economies reopen, advisories also include notices about fraud schemes related to COVID-19.

The U.S. Department of Health and Human Services Office of the Inspector General has advised the general public about scams involving Medicare fraud. Such schemes are targeting Medicare beneficiaries in an assortment of ways, including through text messages, social media, telemarketing calls, and even door-to-door visits. When perpetrating such frauds, scammers seek beneficiaries' personal information, which they then use to fraudulently bill federal health care programs, potentially leaving their victims on the hook for costly unapproved tests related to COVID-19.

The CDC notes the importance of being aware of such schemes. Awareness can help consumers avoid being victimized by scammers, and the following are some additional measures people can take to protect themselves from COVID-19-related fraud.

- Do not share personal account information. Scammers need their victims' personal information to perpetrate their fraudulent schemes. The CDC cautions beneficiaries to be suspicious of unsolicited requests for their Medicare or Medicaid numbers.
- Do not take callers or visitors at face value. Unsolicited callers or visitors requesting Medicare or Medicaid information should be met with extreme caution. Be suspicious of any unexpected calls or visitors offering COVID-19 tests or supplies. Compromised personal information may be used in other fraud schemes.
- Never click on links in emails or text messages. Do not respond to, or open hyperlinks in, text messages or emails about COVID-19 from unknown individuals.
- Ignore offers or advertisements for COVID-19 testing or treatments on social media sites. Offers or ads for testing are one of the ways scammers are accessing personal information. Only a physician or other trusted healthcare provider should assess your condition and approve any requests for COVID-19 testing.

The COVID-19 outbreak has made it easy for criminals to exploit consumers concerned about their health. Consumers who suspect COVID-19 fraud can contact the National Center for Disaster Fraud Hotline at (866) 720-5721 or visit [Justice.gov/DisasterComplaintForm](https://www.justice.gov/DisasterComplaintForm) to file a complaint.

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CELEBRATE LOCAL FOOD

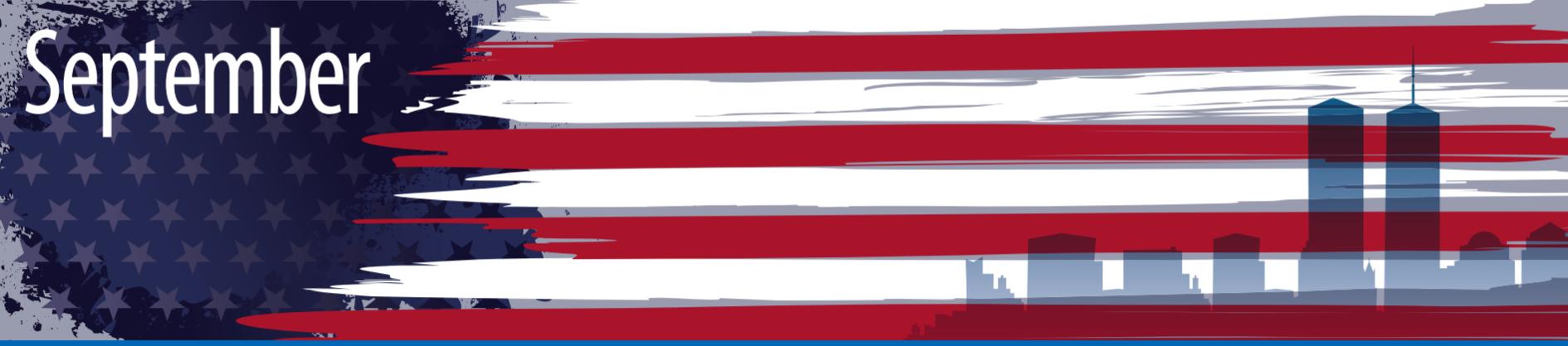


Whidbey Island Grown Weekend is a celebration of local food with farm fresh specials from your favorite restaurants, virtual farm tours and videos, and farm open houses.

- Local Eats - Patio Seats ... Island farmers and restaurants are teaming up to create delicious dishes for dine in or take out.
- Virtual Farm Connect ... Island farmers are sharing videos of their farms, practices, and lives. Connect with the amazing people who grow our local food.
- Find Local Food ... Find places to buy fresh from island farms on our website.

All the details are at whidbeyislandgrown.com

September


ALL PROGRAMMING AND CLASSES ARE ONLINE UNTIL FURTHER NOTICE

Turning 65? Have questions about Medicare? We are still here to help!

If you are turning 65 or have questions about Medicare enrollment, costs and benefits, prescription coverage, low-income assistance, and referrals for related services, we are here to help! Volunteers from the Statewide Health Insurance Benefits Advisors (SHIBA) and Island Senior Resources are providing consultations by telephone or email, as well as classes via Zoom.

To schedule a phone consultation, please call 360-321-1600 or 360-678-3373, option 0. To submit a question, email reception@islandseniorservices.org.

To join one of our classes on Zoom, please go to our website www.senior-resources.org and select the SHIBA link (under How We Help) to pre-register, or call 360-321-1600 or 360-678-3373.

Classes will be held via Zoom on:

Sept. 15, 1 p.m. • Sept. 25, 10:30 a.m.



Support Group Meetings now available online

Contact Island Senior Resource's Mel Watson at mel@islandseniorservices.org to receive information about joining any of the current Support Group meeting and how to attend them from your home using the Zoom online meeting solution.

Time Together @ Home with Zoom Support Group

Every Monday, 11 a.m. – 12:30 p.m.

Parkinson's support group

Every Tuesday, 10–11:30 a.m.

Alzheimer's and Dementia Caregivers Support Group

Every Wednesday, 10 – 11:30 a.m.

Parkinsonics and friends Singing Group

(for those living with Parkinson's, their caregivers and anyone who loves to have a good old sing-a-long)

Every Thursday, 2:30–3:30 p.m.

Contact mel@islandseniorservices.org to receive information about joining any one of these groups, or to request additional support group meetings.

MEALS ON WHEELS MENU - SEPT.

\$6 Suggested donation for meals

WEEK 1

Wed	2	Chicken Tenders & Pesto Pasta
Fri	4	Spinach Salad w/Eggs, Bacon, & Tomato

WEEK 2

Mon	7	LABOR DAY HOLIDAY
Wed	9	Southwest Casserole w/Green Chiles
Fri	11	Chutney Chicken Salad w/Grapes

WEEK 3

Mon	14	Sausage Pizza Bake w/Pineapple
Wed	16	Ham & Cheese Croissant
Fri	18	Tuna Pie w/Peas & Sunshine Carrots

WEEK 4

Mon	21	Curried Chicken Salad Wrap
Wed	23	Burrito Bowl & Southwest Salad
Fri	25	Turkey-Apple Salad on Romaine w/Feta

WEEK 4

Mon	28	BBQ Pork Slider
Wed	30	Shepherd's Pie w/Peas & Carrots

CLOSED TUESDAY AND THURSDAYS

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SCIENCE FACT:

ON THIS DAY IN SEPTEMBER, THE SUN IS DIRECTLY OVER THE EQUATOR AND DAY AND NIGHT ARE OF THE SAME LENGTH.

ANSWER: AUTUMNAL EQUINOX

FOOD FACT:

THIS CAKE GOT ITS NAME BECAUSE IT WAS TRADITIONALLY MADE WITH A POUND OF FLOUR, BUTTER, EGGS, AND SUGAR.

ANSWER: POUND CAKE

THIS DAY IN... HISTORY



- **1789:** ALEXANDER HAMILTON IS APPOINTED THE FIRST U.S. SECRETARY OF THE TREASURY.
- **1971:** THE EGYPTIAN CONSTITUTION BECOMES OFFICIAL.
- **1997:** NASA'S MARS GLOBAL SURVEYOR REACHES MARS.

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What's the Difference?

There are four things different between Picture A and Picture B. Can you find them all?

A



B



*Answers: 1. Girl on left is wearing sunglasses
2. Orange purse has "L" on it 3. Road has lines
4. Girl on right has pompon on hat*

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Liz Lange • 360-279-4581

Senior Services Administrator

Carly Waymire • 360-279-4583

Program Coordinator

Send comments and suggestions to CWaymire@oakharbor.org

How well do you know Whidbey?

A Whidbey Island Trivia Game

Check your answers on page 8.

1. Which letter was not in the historical spelling of Whidbey?
2. Whidbey Island is the ____ longest island in the United States.



Bonus point if you can name the state park where this sunset photo was taken.

3. Name the four main/largest lakes on Whidbey Island
4. How many Washington State Parks are on the Island? Can you name them all?

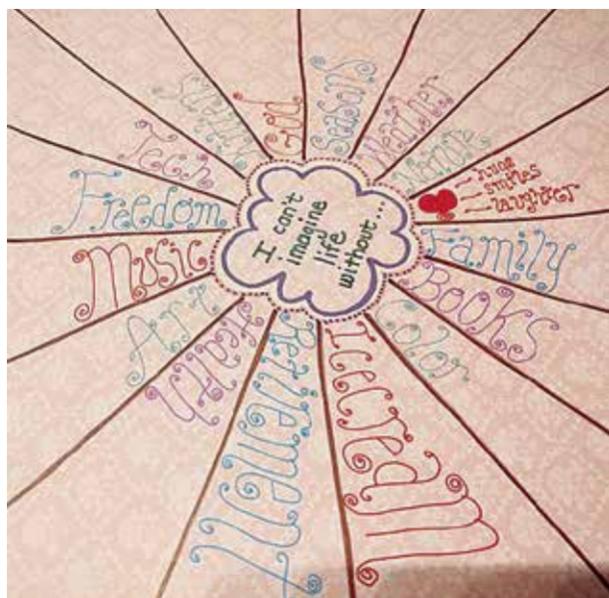


Lighthouse at Fort Casey State Park. One of how many State Parks on Island?

I can't Imagine Life Without ... An Art Project to Calm the Mind and Open the Door to Creativity!

While our Center art group has not been able to meet in person as they previously did, the instructor, Ivy Breen

has kept the group connected and creating through her Facebook group "The Center's Art with Ivy Class".

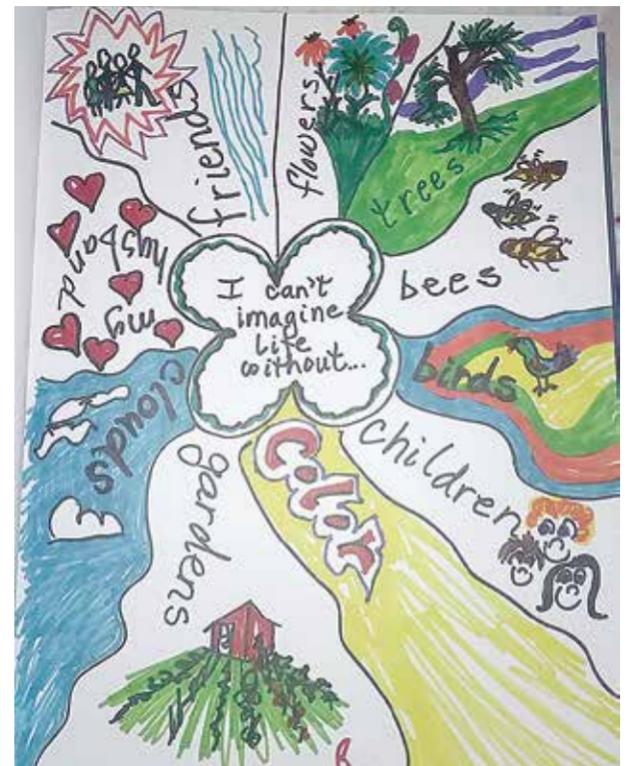


Ivy's latest invitation to the group was to create art based around the sentence "I can't Imagine Life without". The class was creative in their mediums used. Ivy invited the class to "grab the simplest art tool you have and do this simple exercise. Anything will do, even crayons. This isn't meant to be beautiful but to put your mind in playful mode and get some thoughts and colors down. I might even use a newspaper to create mine on.

"You don't have to be a trained artist to participate in this exercise. Grab any type of paper and writing utensil and let your mind go!"

Here are two of the wonderful creations from our artists. Enjoy!

If you do this exercise, please share it with us! Email to LLange@oakharbor.org or send it to us on Facebook messenger.



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HAPPINESS continued from page 1

anymore!) to sleep. Wow, I thought. For all the things that seem to be going wrong in life. For all the major trials we experience, these small joys were enough. Enough to, even momentarily, overcome the sadness of loss, sickness, or the stress of the impacts of the pandemic on the world and the future. It was simply amazing. Maybe the small things are the big things.



Turns out I am not the only one to experience this phenomenon. In fact, there are studies that show the positive neurological and psychological impact of gratitude on your brain and reactions. The limbic system is the part of the brain responsible for all emotional experiences. It consists of the thalamus, hypothalamus, amygdala, hippocampus, and cingulate gyrus. It is believed the hippocampus and amygdala, the two main sites regulating emotions, memory, and bodily function, get activated with feelings of gratitude.

When we express gratitude our brain releases dopamine and serotonin, the two crucial neurotransmitters responsible for our emotions, and they make us feel "good." They enhance our mood immediately, making us feel happy from the inside.

By consciously practicing gratitude everyday, we can help these neural pathways to strengthen themselves and ultimately create a permanent grateful and positive nature within ourselves.

When did you last take a moment to reflect on, and even write, a list of gratitude? What are some small moments of goodness you can list and be grateful for?

If you want inspiration, and to make your list in a bit of a more creative way, check out the article about the fun project our art class, Art With Ivy, recently did. They made beautiful pinwheel drawings with the topic "I can't Imagine Life Without..." If you are feeling creative, try it with "I am grateful for" in the center.

Appreciation can make a day, even change a life.
Your willingness to put it into words is all that is necessary.
 ~ Margaret Cousins

CLASSES and EVENTS at The Center in Oak Harbor

VIRTUAL PROGRAMMING

We are now offering Exercise Class and Yoga through RingCentral (powered by Zoom). The cost is \$25 a month for Center members and \$35 for non-members. Currently, we are unable to offer a drop-in rate or take insurance reimbursements. We can take payment over the phone, by mail, or we can set up a drop off time. To enroll in the class, please call the front desk at 360-279-4580. Once you have been enrolled in the class and sign the waiver, we will send you the login information to join.



EXERCISE CLASS

Monday, Wednesday, & Friday 9:45 a.m.

Instructor: Bernice Manglona-Charlton

What participants are saying about the virtual exercise:

I am so happy we have our fitness class again, it helps me to keep myself active. Has me take the day with a positive attitude. It's also nice to see and hear everyone. – Lilia M.

The exercise class is a necessity for me, as it has helped my back issues that I have had for many years. Since I have been doing the class my chiropractor sees a big difference as my visits are fewer and she says my core is strong. I feel it keeps me young. – Sylvia S.

This is my first experience with a group fitness class. I'm enjoying the online format, and the scheduled classes keep me motivated to attend. Bernice is a knowledgeable and enthusiastic instructor. – Kim B.

YOGA

Tuesday & Thursday • 8:30 a.m.

Instructor: Maria McGee

How Well Do You Know Whidbey Trivia Answers:

1. The letter 'e' was not in the original spelling of Whidby.
2. Whidbey Island is the 4th longest island in the United States.
3. The four largest/main lakes on Whidbey Island are Cranberry Lake (inside Deception Pass State Park), Deer Lake (inside Deer Lake Park), Goss Lake and Lone Lake (both near the town of Langley on the South end of the Island).
4. There are six Washington State Parks on the Island. Deception Pass State Park (the most visited state park in Washington), Joseph Whidbey State Park, Fort Ebey State Park, Fort Casey State Park, Possession Point State Park, and South Whidbey State Park.

Bonus Picture Answer: This Sunset photo was taken at Fort Ebey State Park.

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