

Island Times

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

MONTHLY NEWSPAPER OF ISLAND SENIOR RESOURCES AND THE CENTER IN OAK HARBOR Volume 4 • Issue 7



Four Seasons and More

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

We are well into our way of the next season, autumn, and you have probably got your jackets, boots, hat, and gloves out by now. The four distinct seasons; spring, summer, fall, and winter are one of the things I appreciate the most about where we live in the Pacific Northwest. However, every few months when we transition into the next season it is hard for me to let go of the one we were just in. At the change of each season I always ask myself, why are you so sad the season is over? This year when once again summer ended and fall began, I reminded myself that summer will be back again in less than a year. When I still felt uneasy about letting go of summer I reminded myself of all the things I enjoy about the fall including the beautiful bright colors, pumpkin spice everything, football games, Thanksgiving, turning on the fire-place, wearing boots and scarves, and the list continued. Even with so many things I enjoy and have to look forward to in the next season, I was still hesitant to put away my sunhat, shorts, sandals, and patio furniture this past September.

This time, as summer came to end and autumn began I thought a little bit beyond the weather outside and how life is also made up of seasons and sometimes we have the same hesitation about growing out of one season and transitioning into the next season of life just as we do putting our summer sandals away and bringing out our warm boots and jackets. This larger concept of seasons not just being the weather

SEASONS continued on page 12

“We must not be enemies. Though passion may have strained, it must not break our bonds of affection.”
~Abraham Lincoln

Keeping it Kind

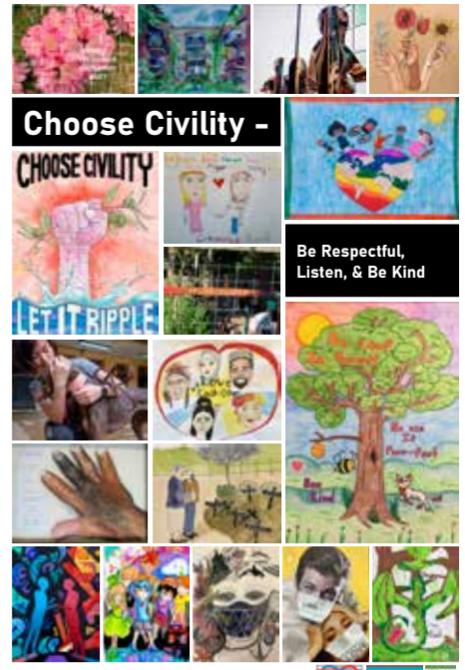
By Christina Baldwin
Board Member, Island Senior Resources

We know the voice of judgment, the repetitive commentary in our minds: an internal frown of disapproval, the disappointed tone of an angry parent or partner, teacher or preacher. “What were you thinking?”—implying, of course, that we weren’t thinking at all. The reaction is shame or blame: we close down, or we close others down.

We also know the voice of curiosity, the surprise observation of delight or question, the voice of wonder in a child, or the inquisitive-self within. “Did you ever imagine?”—implying, of course, that we can consider other possibilities. The reaction is open-ended inquiry: we open up or help others open up.

Curiosity is the basic underpinning of relationships. Through curiosity, strangers become acquaintances. Whenever we say hello to a stranger, two questions lie just beneath the surface: “Who are you?” and, “Want to know who I am?” When the response to these basic questions becomes judgmental, “Who I am is none of your business, and I don’t care who you are,” we have lost the foundations of community-building. The result is polarized social, political, religious, and racial silo-ing. We talk and listen to people, information, and opinion presorted to keep us comfortable.

In the dangerous polarization of America today, a Whidbey-based organization called Civility First is working to shift our



Thank You 2020 Civility First Art Contest Participants!
Submission courtesy of Civility First 2020 Art Contest. Collage by Danielle Rideout Bishop

conversations from judgment to curiosity; to help people listen to one another and discover commonalities that help hold our communities together in the midst of our differences. Kate Bracy, a retired Public Health administrator, living in Clinton, is the current president. She says, “The organization got started in Cathy Whitmire and Tom Ewell’s living room in 2016 in response to the animos-

KIND continued on page 3

QUESTION OF THE MONTH: WHAT IS YOUR FAVORITE THANKSGIVING TRADITION?

<p>Jamie Farage-Conners Clinton “We take a family portrait since everyone looks nice and we are all together.”</p>	<p>Alice Pell Oak Harbor “I like to cook fresh sweet potatoes and homemade cranberry sauce and then play games until all hours of the night.”</p>	<p>Heather Mayhugh Langley “Sitting down to a meal with others who are without family.”</p>	<p>Michael Murcay Oak Harbor “Eating turkey”</p>
<p>Lilia Meserve Oak Harbor “My Mom’s stuffing, I remember her stuffing was just delicious.”</p>	<p>Robin Bush Langley “Helping prepare meals for Mobile Turkey Unit volunteers to deliver on Thanksgiving Day.”</p>	<p>Marianne Tuttle Coupeville “Having family get-togethers”</p>	<p>Nathan Welever Clinton “We’d host dinner for staff and residents where my father worked (group homes for autistic children and adults). I loved seeing everyone together being thankful for having someone to count on and be there.”</p>

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In addition to being your favorite source for news and events on the island, Whidbey Weekly is also your source for:

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FROM THE EXECUTIVE DIRECTOR

GRATITUDE

By Cheryn Weiser, Executive Director, Island Senior Resources

What are you grateful for? Who are you grateful to have in your life? How are you expressing your gratitude?

In the speed and the isolation of this era, it's easy to see the glass as half empty and forget to acknowledge that which fills our glass, at least half full. As November ushers in a season of gratitude, I hope you take a few moments to reflect on what and who you are grateful for?

As I look outside and take in the changing colors on the trees that surround my home, I feel gratitude for the gifts of fall color, crisp days, and the renewal that the fall rains bring. I am grateful for friends and family with whom I stay in close touch by varied electronic devices...just think if we were relegated to just writing letters during the pandemic.

I am grateful for living on Whidbey, where life is simpler and where we are somewhat less exposed to the dangers of COVID community spread. I am grateful for sharing passion and dedication about the services and programs that Island Senior Resources continues to offer to our communities under challenging circumstances.

I am grateful for all the good-hearted people who want to join hands during these times to find common bonds and explore our differences showing respect and building trust as we engage one another. Although this era feels threatening to our very existence, it also holds the seeds of innovation and opportunity if we can join hands.

May you know the joys of gratitude during this fall time. I am going to look for ways during November to share my gratitude with others as a way of joining hands and making our world just a little bit better. Will you join me?

IRA Required Withdrawals Support Charitable Giving

By Charles LaFond, author, engager, ISR staff member

Never, in the past nearly half-century of Island Senior Resources' work, has the agency been called upon to provide as much service to so many clients in such a brief amount of time. While 300 or so calls for help were received monthly by Island Senior Resources in 2019, the call volume increased to more than 600 per month in the COVID-19 spring. Calls now total more than 1,100 each month. We are grateful to the generous donors who help us meet the needs of our community. Some give \$10 a month and others as much as \$50,000 annually to support our Annual Giving Cam-

paign, which helps fund our \$4.2 million budget.

There is a great way to donate and possibly save money on taxes at the same time!

Once annual withdrawals from traditional retirement accounts are required after age 70 ½, there may be penalties for not withdrawing the minimum distribution, or taxes may need to be paid on the withdrawal. Some people may be able to save paying income tax on their required IRA withdrawal by donating the withdrawal, or part of it, to a qualified charity with a 501(c)(3) nonprofit status.

(Consult your tax advisor). Many are finding it best for their taxes-- and best for their island-- to donate some of these funds directly to Island Senior Resources and other worthy charities.

Rarely is there such a win-win situation in life. We give what we give because we are grateful for what we have and want to share some of what we have as an act of empathy. The challenges people face in their final decades could happen to any of us. Island Senior Resources is here to help. How wonderful, as Thanksgiving and Christmas approach, that sometimes even our tax accountants encourage us to give!



STORE IS OPEN!
Thursday- Saturday
10 a.m.-4 p.m.
Sunday, 11 a.m. - 4 p.m.

Now there will finally be a place for all those items you cleaned out of your closets during quarantine!

Donations will be accepted Sundays only 9-11 a.m. or until capacity is reached.

360-321-1600

Health precautions will be in place, masks will be required, customer flow will be limited, restrooms and dressing rooms will be closed, the store will be sanitized throughout each day, and donated items will be quarantined for 3 days prior to reaching the sales floor.

Every Thursday is Treasure Hunt Thursday: one item your choice, 25% off
Every Friday: books 25% off

CLOSED THURSDAY, NOV. 26 • HAPPY THANKSGIVING

ALL NOVEMBER: Pink tags, 25% off • Blue tags, 50% off

DATE	DAY	ITEM	SPECIAL
Nov. 1	Sunday	Entire store except Jewelry & Antiques	10% Off for Home School Providers
Nov. 7	Saturday	CDs	Buy 2, Get 2 FREE
Nov. 8	Sunday	Frames & Framed Artwork	25% off
Nov. 14	Saturday	Pillows	15% off
Nov. 15	Sunday	Electronics	15% off
Nov. 21	Saturday	Women's Dresses	15% off
Nov. 22	Sunday	Men's Slacks	15% off
Nov. 27	Friday	BLACK FRIDAY SALE: Jewelry, 25% off • All other merchandise, 50% off	
Nov. 28-29	Saturday/Sunday	All Merchandise 15% off except Jewelry & Antiques • Blue Tagged Clothing, \$1 ea.	

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

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

**Senior Thrift
360-321-1600
or 360-678-3373**

**Oak Harbor Aging & Disability Resources
360-675-0311**

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

OUR LOCATIONS

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The Center
(in collaboration with... Center)
5...
Oak Harbor
(in collaboration with... Center)
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... WA 98282
Senior Thrift
... dard Ave
... WA 98249
For more information call:
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**Please contact Island Senior Resources
(360) 321-1600 or (360) 678-3373**

Island Senior Resources eNews!

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

KIND continued from page 1

ity and vitriol that characterized that election. The first board was basically comprised of the folks who showed up from Oak Harbor on down island and across the political spectrum. The fact that everyone was equally appalled was the common ground."

Over time they developed a pledge intended to remind people: stay civil and challenge incivility. On their website, www.civilityfirst.org, individuals, congregations, school districts, and island cities have signed up to practice the civility pledge. The pledge is a reminder and declaration to consider civility an essential element to communication. "We are a tiny group hosting a very ambitious idea—to keep people talking despite enormous forces that work to separate us. Civility is a powerful tool for bridging differences, but we are not taught how to talk with people we disagree with. We don't learn how to hear their stories or share ours with them. "On Whidbey, we are neighbors first before we are anything else. We can talk and listen and still not agree about everything. We can be curious, fascinated even, by how our neighbor, or cousin, or the person next to us in a parking lot came to believe what they do. Just ask. Listen. We can hold diverse views and still create the island we want to live on."

Of the organization's vice president, Sandi Peterson, former planning commissioner in Oak Harbor, Kate says, "I couldn't disagree with her more sometimes, and I like her so much! We listen to each other and are a resource to each other."

Of Kate, Sandi says, "She truly cares about humanity. I seek her advice, counsel, and I trust her. We make sure the board is equally populated and diverse. We want to ensure we're not tone deaf on any issue we tackle.

Sandi added, "After the last election,

a mother told me her children won't speak to their dad because of politics. I thought: this is the guy who taught them to ride a bike, to fish, who went to their school events. It's heartbreaking. We have to address this. When I was invited to the south end, I thought I was entering enemy territory, but I found myself in a room of thoughtful people talking about civility, and I'm 100% in!

Growing up, I was taught to respectfully discuss many subjects. We learned conversation skills, how to ask important questions and then seriously and curiously listen to people's answers. We had dinners with extended family and friends and learned to negotiate our differences. Now Civility First is teaching people that forgotten art. We've got to have the courage to say, I see that so differently, can I tell you why and can we talk about it?"

The group is aware that civility has sometimes been misused to control the tone and depth of conversations. "As a privileged white person, I feel outrage," Kate said, "I can barely imagine how hard civility is for people of color. But even in our rage and sadness we can learn to listen to each other. Civility is a living process." Sandi agrees, "In the greater scheme of things, we share our lives on a small rock. We can disagree vehemently, but I hope we would all take the time to help someone in need regardless of political viewpoint."

Kate concludes, "Community cannot survive if we burn our bridges. Right now, our bridges are on fire while we are standing on them. Civility is a firehose that salvages these social structures so we can cross them and work together."

Whidbey will get through this time. What is left of our social fabric as we emerge from the election, the aftermath, and the pandemic depends on each one of us consistently extending kindness and curiosity no matter what.

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HIGHLIGHTS at Island Senior Resources

ALZHEIMER'S TOWN HALL MEETING

Tuesday, Nov. 10 • 3-4 p.m.

The Alzheimer's Association is hosting a virtual Town Hall for Washington's 2nd Congressional District Tuesday, November 10 from 3-4 p.m. These annual community events are a great opportunity to learn about federal and state policies affecting people impacted by Alzheimer's and dementia. The session will include a brief presentation with time for Q&A. For more information or to register, please visit alzwa.org/townhalls or call Brad Forbes, the Alzheimer's Association's public policy director at brforbes@alz.org or 206-529-3867.

THE HAPPENIN' PLACE

Every Monday, Wednesday and Friday in November • 3-4 p.m.

Join our fun social group "The Happenin' Place," on Zoom every Monday, Wednesday and Friday in November 3-4 p.m. Together we will play games, tell travel and fun family stories, share poetry, explore meditation. It's a great way to make friends, share some laughter, and connect with others. To learn the details of what's happening at the Happenin' Place each day, and get the Zoom link, go to our website at www.senior-resources.org and click on the calendar and then click on the event name.



THANKSGIVING MEAL NEWS

Wednesday, Nov. 18 • 11:30 a.m. - 12:30 p.m.

Island Senior Resources is offering take-out holiday meals Wednesday, Nov. 18 from 11:30 a.m. - 12:30 p.m. at Island Senior Resources (Bayview), CamBay Apartments in Coupeville, The Center at Oak Harbor, and Camano Center. Donations for the meal are requested to help keep the program going, but no one will be turned away if unable to donate. There is a limited supply of meals; first come, first serve.

If anyone needs to start Meals on Wheels deliveries please call, Mark MacNaughton, 360-321-1615 and your Thanksgiving Meal will be delivered.

Also, on Thanksgiving Day, Mobile Turkey Unit Volunteers are delivering meals to homes from Coupeville south. Call 360-321-9782 to reserve a meal.

Strategies for Well-being: Part 2

Setting Boundaries in News Exposure

By Betsy Griffith, LMHC, Island County Human Services

It has been a busy year for news cycles, and much of the 2020 news can trigger anxiety. When we are under stress, we might seek more information and spend increased time exploring the news, social media, and conversations, which heighten our distress. A key to well-being is the ability to recognize this pattern and have tools to move toward healthy habits.

How do we gauge how impacted we are by the reporting of current events? First, tune into your physical and emotional responses following exposure. Are you feeling tension in your jaw, neck, and shoulders? Are you having headaches? Are you fatigued? Do you experience emotions of sadness, worry, irritability, or hopelessness? Recognize these as signs of distress and take steps to care of yourself. Monitoring your media consumption might be a first step.

The best option isn't full avoidance when it comes to current events, but you can set a media diet. Schedule a time of day and duration to turn on the network news or open a newspaper (real or virtual). There was a time when constant exposure wasn't an option. You are allowed to say how much is enough for you!

There will be roadblocks to setting a media diet. Triggering information can pop up when we set out to be social. We all have a person or two who uses 'social' media as a news platform. There are options to limit how much this impacts you. Try unfollowing those people on Facebook. You will still be their 'friend' and can intentionally look for their

updates, but at your choosing. And it's okay to step away from social media. Try it for a day or two. Do you feel a change in those physical and emotional impacts?

You may face people who want to talk about triggering topics. It's okay to say no. Or perhaps, "I'm taking a current-events break. How is your (son/ art class/ 5k training) going?" We have created a culture of being tuned in all the time. It's okay to set a boundary and step back. Maybe the people you care about will follow your lead.

Okay, so you've set a schedule for when and how much time you will be exposed to current events. What if, while you are tuning in, you feel strongly triggered in those physical or emotional responses? Perhaps you have other stressors on a given day, or the news you read is particularly upsetting. Try to move into self-care mode. A physical break can be a great transition. Take a walk or do 10 minutes of yoga, living room calisthenics, or do stretches in your chair. Take ten minutes to breathe or meditate. Talk to someone supportive. Really anything that you find comforting or supportive needs to be a priority. There are some positive 'news' options too. CNN's the Good Stuff, or John Krasinski's Some Good News on YouTube or Facebook, focus on stories of resilience and happy endings.

One last thing to counterbalance stressors is a practice of gratitude or positivity. Take time to list three things every day that are bright spots. Write them in your calendar or post them on your fridge. And be sure to pass them on to others.



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Medical Equipment Lending Library

Need a walker, wheelchair, or other assistive devices? Maybe you have some to donate? The ISR Medical Equipment Lending Library is open for donations and pickups every Monday, Wednesday and Friday from 1-4 p.m. at Island Senior Resources (Bayview), 14594 SR 525, Langley. Follow the signs and arrows to the Evergreen Room door entrance. Please make sure any donations are fully functioning and clean.

Medicare Open Enrollment help is just a phone call away!

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- 1:1 phone & virtual counseling
- Online presentations

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Island Senior
Resources

OFFICE of the
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ALL PROGRAMMING AND CLASSES ARE ONLINE UNTIL FURTHER NOTICE

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.

Yoga for All

Every Thursday, 2:30–3:30 p.m.

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

We Can Help You with Medicare!

Medicare 2021: Medicare's open enrollment runs Oct. 15 - Dec. 7. This is when you need to update and/or change your Medicare Advantage and/or Medicare drug plans to meet your needs next year. There are BIG changes in Medicare in 2021 for some enrollees. Island County has new Medicare Advantage Plans. Learn about changes in premiums and formularies for Part D prescription plans to take effect January 1st. The right plan can save you hundreds of dollars in premiums and co-pays! We will help you understand what is best for you! Attend a Zoom class on any of the dates below.

Getting Ready for Medicare: If you are going on Medicare in the next six months and/or are wanting to know more about Medicare, attend a "Getting Ready for Medicare" seminar on Zoom, offered by SHIBA (Statewide Health Insurance Benefits Advisors) volunteers. Counselors will answer brief questions following the seminars. Seminars run 1 -1.5 hours.

Information will be provided about:

- "Basic" Medicare benefits
- Changes for 2021 (covered in the Medicare 2021 classes)
- Options for additional insurance(s)
- Medicare parts A and B
- The differences between "Medigap" (supplemental) insurance and Advantage plans
- Benefits and rates
- Prescription drug plans. (If you want help with your drug plan, we will tell you how to get it).

Individual Consultations: For more in-depth information, advisors are available for individual consultations by phone or zoom; call 360-321-1600 or 360-678-3373 ext 0.

To obtain a Zoom link for any class, go to www.senior-resources.org/shiba and can click on the link for each date/time. Pre-registration is required.

MEDICARE 2021:

Saturday, Nov. 7 • 10 a.m.

(Workshop for Part D Prescription Plans and coverage for diabetes)

Tuesday, Nov. 10 • 1 p.m.

Thursday, Nov. 12 • 1 p.m.

(for PEBB enrollees)

Wednesday, Nov. 18 • 6:30 p.m.

Friday, Nov. 20 • 1:30 p.m. (Workshop for Part D Prescription Plans)

Monday, Nov. 23 • 1 p.m.

Tuesday, Dec. 1 • 11 a.m.

(Workshop for Part D Prescription Plans and coverage for diabetes)

Wednesday, Dec. 2 • 10 a.m.

GETTING READY FOR MEDICARE:

Friday, Nov. 20 • 10:30 a.m.

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

MEALS ON WHEELS MENU

NOVEMBER

\$6 Suggested donation for meals

WEEK 1

Mon	2	Pulled Pork on Brioche Bun
Wed	4	Beef Stew & Biscuit
Fri	6	BBQ Chicken Legs

WEEK 2

Mon	9	Cashew Chicken w/Macaroni Salad
Wed	11	Italian Sausage Bean Casserole
Fri	13	Moroccan Beef & Pumpkin Bake

WEEK 3

Mon	16	Chicken Cordon Bleu w/Penne
Wed	18	Thanksgiving Meal- Turkey & Fixings
Fri	20	Pork Chop w/Fruit Chutney

WEEK 4

Mon	23	Beef Stroganoff w/Egg Noodles
Wed	25	Slice Ham w/Pineapple
Fri	27	Holiday – Meal Sites Closed

WEEK 5

Mon	30	Kielbasa w/Peppers & Onion
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CLOSED TUESDAY AND THURSDAYS

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10 tips
Nutrition
Education Series



Based on the
Dietary
Guidelines
for Americans

Vary your protein routine

Protein foods include both animal (meat, poultry, seafood, and eggs) and plant (beans, peas, soy products, nuts, and seeds) sources. We all need protein—but most Americans eat enough, and some eat more than they need. How much is enough? Most people, ages 9 and older, should eat 5 to 7 ounces* of protein foods each day depending on overall calorie needs.

- 1 Vary your protein food choices**
Eat a variety of foods from the Protein Foods Group each week. Experiment with beans or peas, nuts, soy, and seafood as main dishes.
- 2 Choose seafood twice a week**
Eat seafood in place of meat or poultry twice a week. Select a variety of seafood, including those that are higher in oils and low in mercury, such as salmon, trout, and herring.
- 3 Select lean meat and poultry**
Choose lean cuts of meat like round or sirloin and ground beef that is at least 93% lean. Trim or drain fat from meat and remove poultry skin.
- 4 Save with eggs**
Eggs can be an inexpensive protein option and part of a healthy eating style. Make eggs part of your weekly choices.
- 5 Eat plant protein foods more often**
Try beans and peas (kidney, pinto, black, or white beans; split peas; chickpeas; hummus), soy products (tofu, tempeh, veggie burgers), nuts, and seeds. They are lower in saturated fat and some are higher in fiber.
- 6 Consider nuts and seeds**
Choose unsalted nuts or seeds as a snack, on salads, or in main dishes. Nuts and seeds are a concentrated source of calories, so eat small portions to keep calories in check.
- 7 Keep it tasty and healthy**
Try grilling, broiling, roasting, or baking—they don't add extra fat. Some lean meats need slow, moist cooking to be tender—try a slow cooker for them. Avoid breading meat or poultry, which adds calories.
- 8 Make a healthy sandwich**
Choose turkey, roast beef, canned tuna or salmon, or peanut butter for sandwiches. Many deli meats, such as regular bologna or salami, are high in fat and sodium—make them occasional treats only.
- 9 Think small when it comes to meat portions**
Get the flavor you crave but in a smaller portion. Make or order a small turkey burger or a "petite" size steak.
- 10 Check the sodium**
Check the Nutrition Facts label to limit sodium. Salt is added to many canned foods—including soups, vegetables, beans, and meats. Many processed meats—such as ham, sausage, and hot dogs—are high in sodium. Some fresh chicken, turkey, and pork are brined in a salt solution for flavor and tenderness.

* What counts as an ounce of protein foods? 1 ounce lean meat, poultry, or seafood; 1 egg; ¼ cup cooked beans or peas; ½ ounce nuts or seeds; or 1 tablespoon peanut butter.

Center for Nutrition Policy and Promotion
USDA is an equal opportunity provider, employer, and lender.

Go to ChooseMyPlate.gov
for more information.

DG TipSheet No. 6
June 2011
Revised October 2016



Gabriel Chrisman, Library Associate, sets a laptop on the contact-free delivery table outside the Coupeville Library

Loaner laptop Computers

By Sno-Isle Libraries

Sno-Isle Libraries is now loaning laptop computers to customers who need to get online.

"We're excited to offer this new contact-free service," said Sandra Beck, manager of the Mariner Library south of Everett and head of the laptop checkout program.

Community libraries in Arlington, Camano Island, Coupeville, Edmonds, Freeland, Granite Falls, Lynnwood, Marysville, Monroe, Mountlake Terrace, Mukilteo, Oak Harbor, Snohomish, Stanwood, and Sultan will each have three laptops available. Community libraries in Clinton, Darrington, Lake Stevens, Lake-wood/Smokey Point, Langley, Mariner, and Mill Creek will each have two laptops available.

Each laptop can be checked out for up to two hours on a first-come, first-served basis. Reservations will not be accepted. Laptops will only work on library premises either outside of the library or in the library parking lot. Customers need to have a valid library card to check out a laptop and cannot use the online library number or a number beginning with PACREG.

"The customer computer experience will have some similarities to their former in-library use experience, except customers will be outside of the building," Beck said.

To borrow a laptop, customers call the library when they arrive and ask to check out a laptop. As with other contact-free delivery, staff will place the laptop outside for the customer to pick up.

Customers log in on the laptop using their library card number and PIN/password, just like they did when community libraries were open with public computers and laptops. Customers can extend their time with the laptop as long as another laptop is available for someone else to use.

Customers can use their \$7 weekly printing allowance and send print jobs directly to the printer queue. For example, selecting File > Print will send the print job to the queue just as it did before the closure. To release print jobs, customers will call the library and provide staff with their library card number, the same one they used to log onto the laptop. Printed documents will be set outside for contact-free pick up.

To ask for help, customers can call the library or chat through LibChat at <https://askus.sno-isle.org/> A "Help" icon has been added to the desktop for quick access to LibChat. For more in-depth help, customers can set up a Book-A-Librarian session.

Laptops will be disinfected between use by customers.

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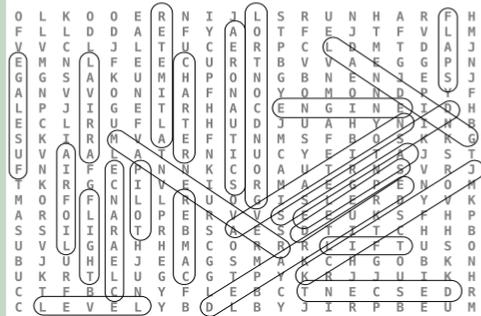
AVIATION WORD SEARCH

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

- | | | |
|-------------|----------------|----------|
| AERONAUTICS | FLIGHT | LEVEL |
| AIRFOIL | FUSELAGE | LIFT |
| ALTIMETER | GROUND CONTROL | MANEUVER |
| ANGLE | JOYSTICK | PILOT |
| ARRIVAL | LANDING | SPEED |
| AVIATION | | |
| CAMBER | | |
| CHARTER | | |
| CLEARANCE | | |
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Island Senior Resources: 360-321-1600



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Medicare Open Enrollment Is Happening Now

Fall is a season of change. Not only cooler temperatures and the colors in the landscape but also changes to Medicare coverage. Medicare's Open Enrollment Period is now through Dec. 7. This is the one time of year when Medicare enrollees can evaluate their existing plans and change to a different Part C Medicare Advantage Plan or Part D Medicare Prescription Drug Plan if better coverage at a lower cost is available.

Medicare Advantage Plans (MA) are private insurance plans sold by companies that contract with the federal government to provide Medicare benefits. The plans are required to provide all the benefits available through original Medicare, but each has its own set of rules, costs for services, and a network of preferred providers. Many people currently enrolled in MA may find several new options this year that offer care at a lower cost. Information just released by the Washington State Office of the Insurance Commissioner indicates Island County residents now have 17 Medicare Advantage Plans from which to choose, five are zero premium.

There are significant changes to Part D Prescription Plans as well. While some existing plans are more than doubling the monthly premium next year, new plans are coming on board, including one with a premium of less than \$7 per month. Of course, monthly premiums should rarely be the sole consideration in deciding on a plan. It is important to compare the entire package, costs and benefits, and then determine which is best for your specific healthcare and prescription needs.

Open Enrollment options:

- Switch from Original Medicare to Medicare Advantage
- Switch from Medicare Advantage to a different Medicare Advantage
- Switch from Medicare Advantage to Original Medicare
- Join a Medicare Part D Prescription Plan
- Switch from a Medicare Part D Prescription Plan to a different plan Medicare Part D Prescription Plan

It may seem unnecessary, if the current plan is working fine, to sort through the options. Too much trouble when "it ain't broken." One suggestion – think of this not as a chore, but an opportunity! How much money can you save if you are in the best possible plan for you? It is not an exaggeration to say that the wrong plan can cost you hundreds, if not thousands of dollars over the year. Not only monthly premiums, but also deductibles, co-pays, and formularies (the prescriptions covered by the plan), can change from year to year. One big change for 2021 is that several companies, but not all, are capping insulin prices at \$35 per month.

Promise yourself that you will take advantage of Open Enrollment this year. And the good news, despite coronavirus restrictions, SHIBA volunteers (Statewide Health Insurance Benefits Advisors) are offering several workshops to provide you with updates on all matters related to Open Enrollment. You will learn about all options for 2021 and how to determine the best option for you. Open Enrollment workshops, as well as individual appointments, are happening by telephone or over Zoom. For the Zoom Medicare Workshop dates and times, please refer back to page 5.

SHIBA is a free, unbiased and confidential service offered by Island Senior Resources. Please call 360-321-1600, ext. 0 to schedule a workshop reservation or appointment with a SHIBA volunteer.

2021 ANNUAL ENROLLMENT PERIOD DATES

Dates and deadlines you need to know

OCT. 15, 2020

ANNUAL ENROLLMENT PERIOD BEGINS
This is the first day you can enroll for 2021 health coverage.

DEC. 7, 2020

ANNUAL ENROLLMENT PERIOD ENDS
This is the last day you can enroll for 2021 health coverage.

JAN. 1, 2021

FIRST DATE COVERAGE CAN START
Even if you enroll in December 2020, your new Medicare plan won't go into effect until Jan. 1, 2021.



OAK HARBOR LUTHERAN CHURCH

8TH ANNUAL HOLIDAY BAZAAR

NOVEMBER 7TH • 9AM-3PM

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FACE MASKS REQUIRED
CDC GUIDELINES BEING FOLLOWED

CHRISTMAS BAZAAR

St. Augustine Catholic Church
185 N. Oak Harbor Street
Oak Harbor

Friday, November 6
10am-Noon

Saturday, November 7
9am-Noon

Handmade Stitchery & Crafts
Granny's Treasures
Holiday gift Boutique
CHRISTMAS GIFTS GALORE

Masks required.
Limited Entry.

Country Christmas at the Fair

Stocking Stuffers! Home Décor! Gifts Galore!

Country Christmas' boutique will be filled with unique gift ideas for everyone! Come and enjoy some refreshments, holiday music and kids crafts! Free admission.

Weekend 1: Fri, Nov 27, 12-7pm • Sat, Nov 28, 10am-4pm • Sun, Nov 29, 10am-4pm
Weekend 2: Fri, Dec 4, 12-7pm • Sat, Dec 5, 10am-4pm • Sun, Dec 6, 10am-4pm

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Promote your holiday events and bazaars island wide with Whidbey Weekly!

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To learn more about advertising in Whidbey Weekly
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51 SE Jerome St.,
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Front Desk: 360-279-4580

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weekend classes and events
as scheduled

Yearly Membership Dues: \$40

Available for anyone 50+ years

Liz Lange • 360-279-4581

Senior Services Administrator

Carly Larson • 360-279-4583

Program Coordinator

**Send comments and suggestions
to clarson@oakharbor.org**

Book Signing Event

Bring your mask and dress for the weather for this socially distanced, indoor-outdoor event. There will be books for sale and for signing, cider and snacks, and tours of Pacific Rim Institute's trails and gardens.

You don't have to go to the Olympics or Cascades, wait in ferry lines or deal with snow on the passes. This new edition of *Hiking Close to Home* has 68 trails on Whidbey, Fidalgo and Guemes Islands with a few tips on hiking safely during a pandemic. The guide is laid out with color photographs, trail descriptions, a map and directions, all in an easy to read format.

This popular trail guide launched in August 2019 and became even more popular in 2020 when the Coronavirus forced us to stay close to home. With other entertainment venues shut down, people flocked to local parks and trails. "The Governor's order to 'Stay Home, Stay Healthy' didn't mean to stay within our own four walls. During these challenging times, people need to get outdoors walking, biking, birdwatching, beach combing, in order to stay sane," said author Maribeth Crandell. This book is full of suggestions about where to do just that.

"Many people don't venture beyond Deception Pass Bridge, but there are extensive networks of hiking trails and great parks on either side," said Jack Hartt. Whidbey Island has Deception Pass State Park, the most visited park in the state, while Fidalgo Island has the Anacortes Community Forest Lands, 3,000 acres with trails, lakes, wetlands and mountains. With a short ferry ride you can explore Guemes Island just north of Anacortes. Visit the Kukutali Preserve to the east or Washington Park to the west. Venture to the south end of

Hiking Close to Home on Whidbey, Fidalgo and Guemes Islands



Authors: Maribeth Crandell and Jack Hartt

When: Saturday, Nov. 7 • 1-3 p.m.

Place: Pacific Rim Institute, 180 Parker Road,
3 miles south of Coupeville

Cost: \$20/book (Event is free)

Whidbey to visit Possession Point State Park, and so many interesting places in between. There are historical sites and some with critical wildlife habitat. There are beaches and bluffs, forests and fields, wetlands, lakes, even mountains. The book sorts trails by ability level, those that are wheel-friendly, dog-friendly, and those accessible by bus.

Author Maribeth Crandell has lived on Whidbey and Fidalgo Islands for over 30 years. She was a naturalist and hiking guide for 20 years and is a frequent bus rider, so easily makes the connections between transit and trails. She hiked the Appalachian Trail in 2006 and published *Flip Flop on the Appalachian Trail*.

Co-author, Jack Hartt, is recently retired from a 40 year career in Washington State Parks. He managed Deception Pass State Park for 14 years and now lives in Skagit County, where he is involved with the Skagit Land Trust and Transition Fidalgo. Jack is an outdoor enthusiast, a photographer and has published books about Deception Pass State Park's rich cultural and natural history.

Visit www.hikingclosetohome.weebly.com to see the Hike of the Week, learn about trail events or order a book.

Whidbey Island Genealogical Searchers (WIGS)

Tuesday, November 17
1 p.m. on Zoom

(sign in 10-15 mins. early)

Lisa Oberg: "Cemetery Symbolism"

You will need a zoom invitation. All are invited to join us for this free educational program. Non-WIGS members wishing to attend should send an email to whidbeygenesearchers.org no later than November 14.



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A Message of Hope for Humanity

In the midst of a global pandemic, economic chaos and the increasing effects of climate change, we have the opportunity to come together and change the system.

People everywhere are taking action and calling for fundamental change. Fortunately, we are not alone in our efforts:

A group of enlightened teachers who have long helped and inspired humanity from behind the scenes are entering the everyday world to guide us through our present global crises, and into a future of justice, peace and brotherhood/sisterhood.

These wise teachers, known as the Masters of Wisdom, are here with the most senior member of the group — Maitreya, the World Teacher.

They will show us that sharing the Earth's resources equitably among the world's people is the key to creating justice and peace for all, while maintaining the planet's health. Sharing will create trust. When there is trust among nations, there will be no need for war.

ShareInternational-west.org

Watch a short, inspiring video here to raise your spirits!

Ensuring the Future of The Center

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

As a City of Oak Harbor department, we are currently working through the budget process for our Center 2021-2022 operating budget. We are very fortunate to be a department of the City of Oak Harbor and are grateful for the continued support from our city leaders and city council members.

Over the past several years while The Center has increased its revenues from donations, programs, events, and membership, our operating budget continues to be largely subsidized by general funds from The City of Oak Harbor. The general fund transfer to our budget has accounted for anywhere from one third to half of our operating budget, depending on the year.

This year many of our revenue areas have decreased, and we are working to present a very streamlined budget for 2021 as we have continued to find ways to lower our expenses during this time.

Next year is looking a bit different in regard to our operations, as we face the ever-changing landscape of response to Covid-19. We look forward to offering our in-person programs when safe to do so, but until then we are continually working towards ways to provide virtual programs and opportunities for engagement. With the current fiscal climate of so many unknowns your voice of support is needed more than ever before.

Sharing your experiences of receiving services and participating in programs at The Center will go a long way to help our city council members see the positive impact and importance of The Center and the services we offer for older adults and the community. We will need council's continued commitment of funding to ensure our ability to re-open.

I would like to invite you to please show your support for The City of Oak Harbor to continue to approve the use of general funds for the operation of The Center and Senior Services. If you have internet access you can email your council members and

share your positive experiences with The Center, thank them for their support over the years, and let them know how having a well supported Center is important for the community:

- Mayor Bob Severns: mayor@oakharbor.org
- Beth Munns: bmunns@oakharbor.org
- Tara Hizon: thizon@oakharbor.org
- Jeff Mack: jmack@oakharbor.org
- Joel Servatius: jservatius@oakharbor.org
- Erica Wasinger: ewasinger@oakharbor.org
- Jim Woessner: jwoessner@oakharbor.org
- Millie Goebel: mgoebel@oakharbor.org

Alternatively, you can send a written letter to city council and the mayor at 865 SE Barrington Dr., Oak Harbor, WA 98277.

If possible, please send your letters of support before the November 18, 2020 city council workshop which is when I will present our budget request. On December 1, 2020 City council will hold a public hearing to adopt the final budget, and by December 15th city Council will have adopted the final budget.

As a department of the City of Oak Harbor we are fortunate to receive support from the city and know that your shared experiences will go far in confirming to City Council the need for their continued support. If you have any questions, please do not hesitate to reach out.

We are also very fortunate to have your support! Thank you for being an engaged and supportive community member and continually advocating for The Center in Oak Harbor.



CLASSES and EVENTS at The Center in Oak Harbor

BRUNCH BOXES

**Thursdays, Nov. 12 and Dec. 10
9-10:30 a.m. at The Center**

\$15 each or \$40 for all 3
Deadline to order is the Thursday prior

The second Thursday of November and December we will have brunch boxes for purchase for \$15 per box for Center Members and \$20 for non-members. Grab your brunch box and head to the park or beach with a friend, or eat with us on our Virtual Brunch With Friends. Please pre-order your brunch box by the Thursday prior. Brunch boxes will contain an assortment of commercially prepared items.

Delivery is available within City of Oak Harbor Limits for a \$5 delivery fee.

Pick-up time is 9:30-10:30 a.m. and Virtual Brunch With Friends will start at 11 a.m. Call 360-279-4580 today to order your brunch boxes!

BRUNCH BOX DAYS	DEADLINE
November 12	November 5
December 10	December 3

VIRTUAL EXERCISE AND YOGA CLASSES

The past few months Bernice has been teaching virtual exercise class that has been a big success, but we are excited to announce we will be able to offer EnhanceFitness class virtually! This is super great news because it means we will be able to accept insurance reimbursement and drop in fees again.

Virtual EnhanceFitness is offered Mondays, Wednesdays and Fridays, 9:45-10:45 a.m. The cost is \$25 month for members and \$30 for non-members. We are now excepting drop in fees at this time for \$5

members/\$7 for non-members. Silver & Fit and some Kaiser insurance plans will reimburse the cost. Please inquire with Carly Larson, 360-279-4583, if you believe you have an eligible insurance plan.

We are continuing to offer virtual Yoga with Maria Tuesdays and Thursdays 8:30-9:30 a.m. The cost is \$25 month for members and \$30 for non-members. We are now excepting drop in fees at this time for \$5 members/\$7 for non-members.

To sign up for either EnhanceFitness or Yoga, please call us at 360-279-4580. We can take payment over the phone, by mail, or arrange a drop off time. Once you have enrolled in the class and signed the waiver, we will email you the login information.

EnhanceFitness

**Mondays, Wednesdays and Fridays
9:45 a.m.**
Instructor: Bernice Manglona-Charlton

Yoga

**Tuesdays and Thursdays
8:30 a.m.**
Instructor: Maria McGee

FREE BOOK TABLE

**Tuesdays and Thursdays
10 a.m. - 2 p.m.**

Every Tuesday and Thursday, 10 a.m - 2 p.m., there is a table outside the front door of The Center with free books, magazines and puzzles. Please feel free to take as many as you would like, and feel free to leave a few when you are finished with them. The book table will continue through the fall, but may not be out on days of inclement weather.

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SEASONS continued from page 1

pattern, but also the way of life was very meaningful to me because I transitioned into a new season of life this year when becoming a first-time wife and homeowner. Although the season I am currently in has been filled with feelings of joy, excitement, love, accomplishment, and happiness, it has also been difficult and stressful too. At a few points throughout the transition I thought about the simplicity of life while being single, and how convenient it was to call the landlord when something went wrong while renting, and there I found myself at the end of one great season ready to start another amazing season, but hesitant to let go of the previous season and embrace the new one. Again, I asked myself the same question, why are you so sad the last season is over? If I have already started enjoying my next phase of life and taking on the role of being a wife and a homeowner then why am I hesitant? I think the answer to this is because with each change of season it is a transition and there is some fear of the change, even if it is positive. It was a month ago when I stumbled across this story about four seasons of a tree by an unknown author that really helped me see a new light to the changing of seasons.

“Four Seasons of a Tree”

– **Unknown Author**

There was a man who had four sons. He wanted his sons to learn not to judge things too quickly. So he sent them each on a quest, in turn, to go and look at a pear tree that was a great distance away. The first son went in the winter, the second in the spring, the third in summer, and the youngest son in the fall.

When they had all gone and come back, he called them together to describe what they had seen. The first son said that the tree was ugly, bent, and twisted. The second son said no—it was covered with green buds and full of promise. The third son disagreed; he said it was laden with blossoms that smelled so sweet and looked so beautiful, it was the most graceful thing he had ever seen. The last son disagreed with all of them; he said it was ripe and drooping with fruit, full of life and fulfillment.

The man then explained to his sons that they were all right, because they had each seen but only one season in the tree’s life. He told them that you cannot judge a tree, or a person, by only one season, and that the essence of who they are—and the pleasure, joy, and love that come from that life—can only be measured at the end, when all the seasons are complete.

If you give up when it’s winter, you will miss the promise of your spring, the beauty of your summer, fulfillment of your fall. Don’t let the pain of one season destroy the joy of all the rest. Don’t judge life by one difficult season. Persevere throughout the difficult patches and better times are sure to come some time or later.



Carly and her husband Cameron entering the “married and homeowner seasons” of life

This short, yet powerful story helped me realize that seasons, whether a division in the year marked by the weather outside, or a division in life marked by events are each important and influence the next season. It is okay to feel hesitant and fear when going through change, but it is important to recognize your emotions, work to understand the why, and then focus on the now. You may be like me and going through a joyful season of life, or you may be in a season of challenges and painfulness, either way each season is just as important and make us who we are.

As November comes to end and we move into December when the days get shorter and the beautiful, vibrant colors continue to fade away I am going to stop to appreciate the fall we just had and embrace the winter coming. In the same way, I am going to work to enjoy the season of life I am in and not rush to the next or dwell on the past seasons. Then, when I get to a season that brings more challenges I will remember the words of the unknown author that if you give up when its winter, you will miss the promise of your spring, the beauty of your summer, and fulfillment of your fall. Whatever season life brings you today, embrace it and let it shape who you are and always remember, another season is coming.

CORRECTION

In the October issue of Island Times, the cover story entitled "A Bounty of Blessings from The Lord's Garden," there was a mistake in the address to send donations. The correct address to send donations to The Lord's Garden is P.O. Box 1431, Oak Harbor, WA 98277 (please make checks out to The Lords Garden Association or The LGA). We apologize for any inconvenience this may have caused.

VOTE ELECTION DAY NOVEMBER 3

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Graphic Design	Teresa Besaw	
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Open Enrollment Is Here! Let Us Guide You Through Your Options

Naomi De Martini Owner/Agent • jjinsure@whidbey.com
 Naomi is an Island Native who has a passion for providing clients with guidance while navigating the complex insurance marketplace. Naomi has built a stellar reputation as a trusted agent and advisor through extensive experience and a high level of service. Naomi is licensed and holds a bachelor’s degree in Human Services. Naomi enjoys spending time with her family, baking, volunteering and is a big movie fan.



Specializing in:
 Medicare Including Medicare Supplements, Advantage Plans and Prescription Drug Plans, Individual/Family Plans Medical, Dental and Vision Plans Direct and through The Washington Health Plan Finder. Employer Group Plans Small and Large Life Insurance

Kim Martin Independent Agent • jjins.kim@whidbey.com
 Kim has been providing clients with solutions to their insurance questions for the past three years and she has been an exceptional part of our team. Kim is taking on an expanded role as an agent. She will bring her experience and highlevel of service to representing individual and family plans, direct and through the Washington Health Plan Finder, along with small employer group plans.



Kim has been on the island for 15 years. She enjoys spending time with her family and is an avid hockey fan. Kim is licensed and holds an Associates of Arts and Associates in Criminal Justice.

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