

# Island Times

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

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

Volume 4 • Issue 8



## Dear December, What a year it's been!

By Christina Baldwin, Board Member, Island Senior Resources

I'm curious to receive this year's holiday letters, wondering how friends and family will write about a year when so much happened on a larger scale and so little happened on a smaller scale. Isolation is a boring story once I say thank goodness I've stayed healthy, so instead of a group letter, I am writing individual letters that encourage in myself and others a deeper dip into communication. In this month of long nights, I am cozying up to the fire, turning on some soft music, and exploring reconnection, remembering, and reconciliation.

### Reconnection:

My friend Elizabeth turned 100 this fall. I had pretty much (though not completely) lost track of her until a mutual friend wrote to say her church was organizing something festive. Elizabeth now lives in nursing care, is quite mentally present, though too hard of hearing to talk on the phone, and consequently very lonely in COVID-isolation. I typed a letter, embedded some island snapshots into text boxes, and reached out to my old friend. "I have been sorting through papers clearing out the

"Writing isn't letters on paper. It's communication. It's memory."

~Isaac Marion

DECEMBER continued on page 12

## Inventing isn't Just for the Young

By Carly Larson

Program Coordinator, City of Oak Harbor Senior Services

Inventions are all around us everyday and in my mind are what keep the world progressing forward. I remember being in 4th grade and having to do a project which revolved around inventing something and presenting it in front of the class. Not having a very creative brain, I thought this was going to be the hardest obstacle I ever faced in my life! I ended up creating a fishing lure because I enjoyed going fishing with my dad and brother and thought maybe it would end up being something we could use. Although my invention didn't end up making it on the shelves or even in our tackle box, I have always been interested in inventing the next great product.

When you hear of someone who invented something simple and made a killing off of it, it keeps you wondering

what the next great product everyone needs is. Liz and I will regularly joke around about inventing different things that we think we need in our lives or that we think would make us a retirement account! I regularly read articles from the National Council on Aging and other senior focused groups. A few weeks ago, I stumbled across an article by Jan Bolder taken from [livingsenior.com](https://www.livingsenior.com) about inventing in your senior years and thought it was worth sharing.

### 5 INVENTORS WHO CREATED PRODUCTS IN THEIR SENIOR YEARS

Written by Jan Bolder,

From [livingsenior.com/Senior\\_Center/post/5-Inventors-who-Created-Products-in-their-Senior-Years.aspx](https://www.livingsenior.com/Senior_Center/post/5-Inventors-who-Created-Products-in-their-Senior-Years.aspx)

Inventing creations may be thought of as a young person's game, but they just

INVENTING continued on page 3



### QUESTION OF THE MONTH: WHAT IS ONE OF THE BEST/MOST MEMORABLE GIFTS YOU HAVE EVER GIVEN?

**Chris Lashley**  
Oak Harbor  
"A set of clothes."

**Kathryn Beaumont**  
Freeland  
"I gave my mom a memorable trip to Seattle to spend time with her grandchildren and reacquaint herself with a city she loves. It made her so happy."

**Sylvia Sotelo**  
Oak Harbor  
"My love and attention."

**Leigh Anderson**  
Seattle  
"A drawing of a favorite pet who has passed."

**June Nailon**  
Clinton  
"Growing up in the depression, my parents never had Christmas stockings. I gave them their first ones. Truly the greatest gift is family."

**Linda Stone**  
Oak Harbor  
"My brother passed away and my nephew didn't make it to the funeral, so I gave him a gold necklace I had that had belonged to my brother."

**Jason Pryde**  
Langley  
"I loaned my shirt to a Malawian woman so she could look nice for a family photo, and let her keep it; she loved it so much."

**Lee Ochoa**  
Oak Harbor  
"I would make a birthday cake for my husband on his birthday and in return he would give me a dozen roses."

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## The Center in Oak Harbor

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Senior Services Administrator

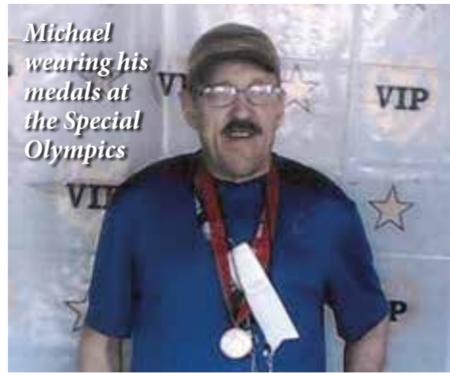
**Carly Larson • 360-279-4583**

Program Coordinator

**Send comments and suggestions to [clarson@oakharbor.org](mailto:clarson@oakharbor.org)**

## Member Spotlight – Michael Murcray

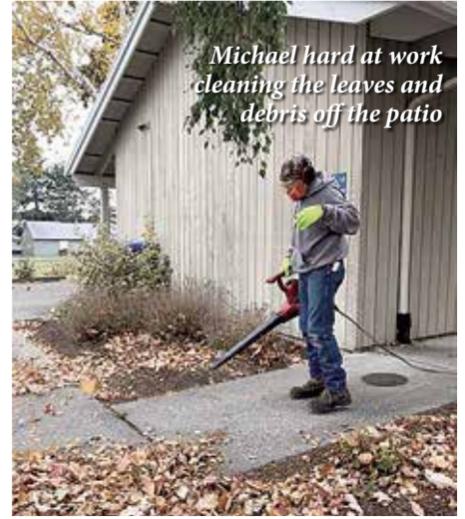
Michael Murcray is an Oak Harbor “old timer”, he was born in Anacortes in 1960 and has spent his whole life in Oak Harbor. His grandfather, Fred Murcray was the Oak Harbor Police Chief and his family has been very involved in the community. Michael worked at New Leaf for 38 years but had to retire after getting into a bad vehicle accident that shattered his arm. Many know Michael because he is very friendly and outgoing and volunteers at The Center and WAIF. He is also frequently found walking the streets or riding his bike to Dollar Tree, The Center, WAIF, SAURS, Starbucks, Lams Golf Links, and The Garage of Blessing.



Michael wearing his medals at the Special Olympics

Michael is a familiar face at The Center because not only does he volunteer, he also participates in Mexican Train, Bunco, paper crafts, and billiards. He is always willing to help out when The Center needs an extra hand. Michael regularly helps set up the patio furniture and lock it back up in the evenings, sweeps off the leaves and debris on the patio and around the front entrance, cleans the bar area and game tables, and restocks the coffee supplies. Even though The Center couldn't be open for in-person programming this summer, Michael regularly would set out the patio furniture and wipe it down so people could have a safe place to sit and read their book or eat their lunch outside.

In his free time, when not volunteering or working on projects Michael enjoys being active and playing golf, swimming at the pool, shooting hoops, playing bocce ball, and going bowling. He also participates in the Special Olympics and has won hundreds of medals over the years. “Doing cycling is my favorite because it’s a lot of fun and you don’t have to worry about qualifying” explained Michael. One of his favorite



Michael hard at work cleaning the leaves and debris off the patio

summer activities is going to Camp Horizon in Birch Bay, Washington where they participate in many different activities and build lasting relationships. He also enjoys doing art projects, working on puzzles, and building Legos. Michael is always enjoying life to the fullest and willing to try new things.

Our community is very fortunate to have a positive, hardworking individual like Michael who is always willing to give back. The Center is very grateful for all the help Michael does around the building and he is always friendly to anyone who comes through the doors.

## Whidbey Island Genealogical Searchers (WIGS)

**Tuesday, December 15**  
**1 p.m. on Zoom**  
(sign in 10-15 mins. early)

**“WIGS Holiday Get Together on Zoom”**

Join us in member sharing – holiday memories/activities. All are invited to join us. Non-WIGS members wishing to attend should send an email to [whidbeygensearchers.org](mailto:whidbeygensearchers.org) no later than December 12.



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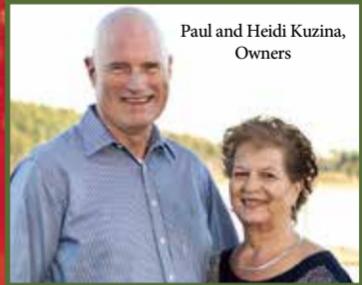
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**The Center and all city offices will be closed December 25 and January 1.**

### Putting heart into quality service

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**INVENTING** continued from page 1

don't have the years of experience and wisdom to really fine-tune a product. When seniors invent creations, they're able to tap into decades of knowledge and foresight, two critical qualities necessary to invent something useful. In the following list of famous senior inventors, we'll take a look at some of their creations that have served an essential need in society that young people probably wouldn't have been able to address.

**BENJAMIN FRANKLIN — BIFOCAL GLASSES**

Apart from a small handful of young adults with medical conditions, the need for bifocals is primarily reserved for the 40+ demographic. Our eyes gradually get weaker as we age, leading to the double whammy of having difficulty seeing things both up close and far away. The first glasses were invented in the mid-13th century, but they were a piece of glass placed directly on the eye and only good to correct far-sightedness (being able to see distance with ease and having trouble seeing things closer). But at the ripe age of 78, Benjamin Franklin created bifocal glasses, giving seniors everywhere the ability to see both up close and far away at the same time.

**PETER MARK ROGET — THESAURUS**

We've all heard of Roget's Thesaurus, a book that's helped countless people flesh out essays and arguments. But how many of us are aware that he was well into his 70s before he published the gold standard of synonyms? Roget had already amassed a sizeable list of inventions to his name before (long-slide ruler, several entries for the Encyclopaedia Britannica, contribution to inventing motion pictures), but the first edition of the thesaurus was published when he was 73. To boot, he supervised all the revisions for the next 17 years until his death, showing he was still quite capable of high-level work.

**GEORGE WEISS — DABBLE**

It may have taken 84 years and 80 failed inventions, but George Weiss finally broke through with a game

called Dabble. Players get 20 tiles with letters on them and have to come up with words as fast as they can, only being allowed five minutes to do so. It's the kind of game that's marketable to all age groups, and Creative Child Magazine agreed: Weiss was awarded the 2011 Game of the Year award in the Family Word Games category, showing that age and persistence really do pay off.

**CHARLES GREELEY ABBOTT — SOLAR COOKER**

For much of his life, Abbott was a dedicated astrophysicist who would become a Secretary of the Smithsonian at age 56, while still maintaining his position as Director of the Astrophysical Society. He may have had his hands pretty full with work, but still found time to invent the solar cooker at age 99, becoming the oldest person to receive a patent. Abbott would die two years later, but his record as oldest inventor stills stands.

**GYS VAN BEEK — TRUCKER'S FRIEND**

This Dutch-American war hero was constantly thinking up new ideas well into his senior years, applying for new patents and joining the elite club of the world's oldest inventors. Among his many creations, van Beek is best known for Trucker's Friend, a sort of big-size Swiss Army knife for truckers. It features an axe, hammer, nail puller, tire chain hook, pry bar and lever, and wire twist, and is used by truckers in "any situation that requires hacking, prying, pulling or pounding".

The above five inventors have created products that fill a big market in their respective societies, drawing upon years of knowledge and experience to get it right. They also had the advantages of history and persistence, making it much more likely their products would succeed than if they had attempted them when they were younger.

After reading the article I thought about what a good perspective and how much truth Jan told. I really liked her point that being older comes with great knowledge and with more knowledge came successful products. The inspiration and hope that people like Benjamin Franklin and Peter Mark Roget have shown is outstanding. There should never be a time in our lives that we halt learning or give up on our inspirations because you might just be the next one to invent something that changes the lives of those around you.



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**Naomi De Martini** Owner/Agent • [jjinsure@whidbey.com](mailto: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.

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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 high level 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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# CLASSES and EVENTS at The Center in Oak Harbor

## BRUNCH BOXES

**Thursdays, Dec. 10 • 9-10:30 a.m. at The Center**

**\$15 • Deadline to order is Thursday, Dec. 3**

Last Brunch Box day is Dec. 10! The cost is \$15 per box for Center members and \$20 for non-members. We ask that you register by Dec. 3. Grab your brunch box and head to the park or beach with a friend, or eat with us on our Virtual Brunch with Friends. The Brunch Box 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
December 10	December 3

## VIRTUAL ENHANCE FITNESS AND YOGA CLASSES

Virtual EnhanceFitness is offered Monday, Wednesday, 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 non-members. Silver and 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 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. If you need a camera/microphone for your computer we have some available for check-out, please contact Carly Larson if this is something you are interested in.

## 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.

### FRONT DESK AND CIVICREC SOFTWARE UPDATES

As part of our efforts to return to in-person programming, we received CARES grant funding for two projects: Re-configuring the front desk space to allow for appropriate social distancing for front desk volunteers and staff, and updating our membership software to allow for online payments and reservations.

We were hoping to have both projects completed by the end of October, but they took a little longer than expected. The front desk is almost finished and we're very excited! The new front desk will allow for appropriate social distancing and improved safety for our members. We will keep you updated when we make the official software switch and start excepting online payments.

## Strategies for Well-being: Part 3

### Build your Resilience

By Betsy Griffith, LMHC, Island County Human Services

Resilience. It helps us to bounce back from hardships, but it's not something we inherently have. It's something we do. It is a million moments of leaning into strength and health. There are lots of little things that we can put repetitive effort into, resulting in a stronger ability to roll through hard times. Let's get resilient!

Relationship resiliency is an important base. Our ability to connect to others and feel connected to others is truly a basic need. We can strengthen our relationship muscles by prioritizing time with people we care about. Even a phone call or Zoom coffee can help us feel more connected. We can send a note full of sentiment or gratitude. We can make an effort to serve others. We can become stronger in how we interact with others through building relationship skills. This could be a focus on building our assertiveness, building boundaries, learning healthy communication, or practicing respect. There are many ways we can help our relationships be stronger and more emotionally satisfying.

Self-awareness resilience shows up in our belief in ourselves, in our feelings of capability and competence. This is especially important in trying times. Being able to sit with ourselves and evaluate our needs, goals, and set course can be empowering when we feel powerless. Another effort can be setting aside time to understand our emotional reactions and learning to care for ourselves in our emotions. Emotions can get mixed up and overwhelming when not tended to regularly. Making a feeling list could help. Planning ahead for how you can support yourself through experiences

can be great. "When I'm sad, I'll call \_\_\_\_ draw/watch a funny movie/journal." Repeat with mad, worried, frustrated, etc., and put it on your fridge. Continuing to build in our areas of need is a great place to put our efforts.

Mental resilience can be the easiest and most fun area to focus on. The old standbys, like crosswords, trivia, sudoku and more, all work to build new brain pathways. Engaging in arts also works to keep our brains nimble. Fiber arts, writing, dance, singing, painting, and drawing are great mediums to pump up the mental muscles. And don't think talent is a prerequisite. The act is far more important than the product.

Physical resilience can have a much lower bar than people may think. Chair yoga or walking can bring so much benefit. Regular physical activity can help maintain strength, flexibility, bone health, and balance. The key to this is to move away from feeling that physical activity is a chore. Build in physical fun like a nature hike and scavenger hunt or dance around your living room. Have fun with movement.

Personal resilience skills show up in different categories. While these are listed as distinct areas, they overlap constantly. We can bring our creative and physical resilience into play when we dance, participate in martial arts or yoga. We combine our interpersonal and mental when we play a game with a friend. And while building strong relationships is great for our own resilience, it also increases the resilience of those around us and, ultimately, our communities. These little efforts ripple. When we set the example of building ourselves stronger, those around us may follow.

## 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.

## Planning ahead is simple. The benefits are immense.

Contact us today to discuss pre-arrangements or transfer of existing arrangements.



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## ALL PROGRAMMING AND CLASSES ARE ONLINE UNTIL FURTHER NOTICE

### Learn the Basics of Social Security

- How and when to apply for benefits
- Types of benefits you may qualify for
- Your Social Security rights
- Benefits based on earnings, spousal earnings (current and former)
- Survivor benefits for widow(er)s

This Island Senior Resources workshop will be presented via Zoom by Annette Barca who has been conducting pre-retirement seminars for 15 years. Free. Pre-registration required. For more information call 360-321-1600 ext 0.

**Tuesday, Jan. 19, 11 a.m.**

**Monday, March 15, 1 p.m.**

To pre-register, go to [www.senior-resources.org/calendar](http://www.senior-resources.org/calendar) and click on the date of the event. For more information call 360-321-1600 or 360-678-3373.



### Guess Who?

**I am a singer born Dec. 23, 1964 in Illinois. I worked as a security guard outside a hotel to raise money for my music. I am best known as the lead singer of a popular 90s alternative rock band.**

*Answer: Eddie Vedder*

## Medicare



### 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](http://www.senior-resources.org/shiba) and can click on the link for each date/time. Pre-registration is required.

#### GETTING READY FOR MEDICARE:

- Tuesday, Dec. 15 • 10:30 a.m.
- Thursday, Jan. 28 • 10:30 a.m.
- Thursday, Mar. 4 • 10:30 a.m.
- Friday, Jan. 15 • 1 p.m.
- Wednesday, Feb. 17 • 1 p.m.
- Tuesday, Mar. 23 • 1 p.m.

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

## MEALS ON WHEELS MENU DECEMBER

\$6 Suggested donation for meals

#### WEEK 1

Wed	2	Cheeseburger Slider
Fri	4	Turkey Chile w/Veggies & Cornbread

#### WEEK 2

Mon	7	Chicken 'Fried' Steak
Wed	9	Enchilada Casserole w/Ground Beef
Fri	11	Salisbury Steak & Mashed Potatoes

#### WEEK 3

Mon	14	Chicken Fried Rice w/Snap Peas
Wed	16	Beef Stuffed Shells
Fri	18	Chicken Divan & Brown Rice

#### WEEK 4

Mon	21	Swedish Meatballs
Wed	23	Honey Pecan Pork Loin
Fri	25	HOLIDAY – MEAL SITES CLOSED

#### WEEK 5

Mon	28	Hot Meatloaf Sandwich
Wed	30	Chicken Pot Pie w/Puff Pastry

**CLOSED TUESDAY AND THURSDAYS**

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## Libraries Offer Rich Virtual Browsing

By Sno-Isle Libraries

If you're an avid book reader who prefers printed material, take heart, Sno-Isle Libraries has some options for you.

While browsing library shelves hasn't been possible, the collection of nearly 1 million books in the full library catalog are still available.

"Searching our book collections online is even better than browsing the library shelves," said Jessica Russell, Sno-Isle Libraries Assistant Director of Technical Services and Collection Services. "You can sit at home and see all of the beautiful covers, rather than just book spines."

Starting at the [sno-isle.org](http://sno-isle.org) home page, customers have two ways to find books: Search and Browse.

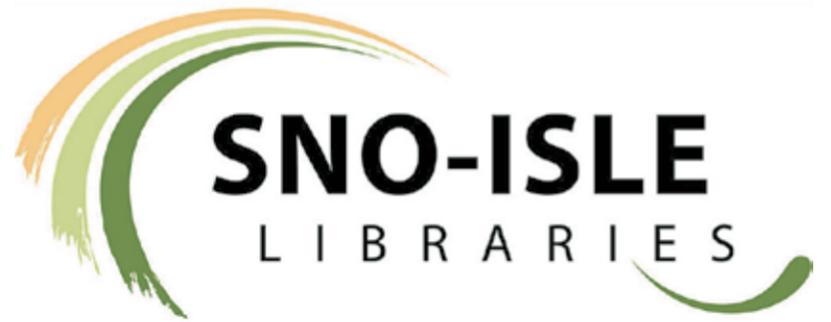
Select "Search" to search the catalog with drop-down menus for keyword, title, author, subject, series, tag, list, or user. Or you can select "Browse" to scroll through titles arranged by age, format, topic (new and on order, bestsellers, award winners, staff picks), and language (Spanish, Chinese, Japanese, Korean, Russian, and Viet). Within Browse, click "Books" to sort by fiction genre (general, historical, mystery/thrillers, romance, fantasy, science-fiction, horror, graphic novels) or nonfiction genre (cookbooks, home and garden, fitness/self-care, crafts/hobbies, history/current events, science/technology, Pacific Northwest, travel). Scroll down the page to see book and author events, Sno-Isle Libraries staff book blogs, and staff book picks.

Customers can place a hold on any title and select which community library to use for contact-free holds pick up.

For customers who trust the decisions librarians make on which books to display, selecting "Quick Picks and Library Picks" lets library staff do the browsing based on customer-specific interests and preferences, Russell said. With "Quick Picks," customers can call their community library and request same-day pickup of a few titles from any genre. "Library Picks" relies on a customer-submitted online form that librarians use to select five items tailored to the customer. It takes two days to gather the titles within the customer-specified branch, or up to seven days if the titles are shelved in other Sno-Isle Libraries community libraries.

"I think I can speak for most library staff when I say that Library Picks are one of the things we enjoy doing the most," Granite Falls Library Manager Michelle Callihan said. "If you end up with materials that aren't quite what you wanted, let us know, and we can try again."

"Books by Mail" is a temporary service for customers who are unable to participate in



contact-free services at a physical library location due to personal coronavirus precautions, explained Sonia Gustafson, Sno-Isle Libraries Library on Wheels Program Manager. It's available to customers who live within the Sno-Isle Libraries District.

"It's an additional contact-free service we're offering during this unprecedented time," Gustafson said. "It's great for those who check out only a few books at a time."

To join Books by Mail, customers submit an online application form or call any community library to request the service. Customers who are approved for the service will receive an email confirmation within two or three business days and can then begin placing holds for books and other physical materials. The Books by Mail team at Library on Wheels will send items through the U.S. Postal Service.

Sno-Isle Libraries Facilities staff are adjusting entrance areas and some lobbies at community libraries to improve contact-free service as winter weather approaches.

"We intend to continue to offer our customers the choice of using contact-free services, regardless when, how and where any in-building services might be implemented," said Sno-Isle Libraries District Manager Judy Sasges.

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### WE ASKED OUR CLIENTS HOW MEALS ON WHEELS HAS MADE A DIFFERENCE IN THEIR LIVES.

**THIS IS WHAT THEY TOLD US:**

- "I would not be able to live independently and well-nourished without the service."
- "Love to eat at the center, (but meal delivery) has been a lifeline with COVID-19."
- "My doctor said I am no longer DIABETIC! (Meals on Wheels) helps me stay off my foot & saves time."
- "Having my meal makes me free of worry for the rest of the week, wondering what I'm going to eat."
- "I'm able to stay at home & take care of myself & I'm able to eat healthy."
- "I am not able to cook, so I'm in my home with Meals on Wheels' help."
- "It helps me a lot to eat ready meals because I can't cook."
- "I'm losing my eyesight, so it is a big help. Wonderful service- everyone is so nice!"
- "I started this soon after my husband's death & it has been a help, thank you!"
- "The delivery people are so nice. I can depend on the delivery. It makes me happy!"
- "I look forward to the meal every day & wait for it patiently."
- "Interaction with volunteers is probably the best part of the program. They are great!"

**95% REPORT THEIR NUTRITIONAL INTAKE HAS IMPROVED**

**98% REPORT THE PROGRAM HAS HELPED THEM REMAIN IN THEIR OWN HOME**

**90% REPORT FEELING LESS ISOLATED**

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[www.senior-resources.org](http://www.senior-resources.org)  
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## Support Group Meetings now available online

### TIME TOGETHER @ HOME ZOOM SUPPORT GROUP

**Mondays except public holidays  
11 a.m. – 12:30 p.m.**

Facilitated by Time Together director Mel Watson. The program is designed to engage participants with discussions, group puzzles, and games in a friendly and supportive environment. This program is great for those who are isolated and have developmental disabilities or those with cognitive challenges who enjoy being with people and making friends.

Time Together@ Home is an online Zoom event. To register for Time Together @ Home click here to fill out the participation form or email [mel@islandseniorservices.org](mailto:mel@islandseniorservices.org) for further information. Once we receive your completed registration information, we will send you instructions for joining the weekly online events.

### PARKINSON'S SUPPORT GROUP

**Tuesdays, 10 – 11:30 a.m.**

Facilitated by Mel Watson. This online Zoom group is for people living with Parkinson's and their family caregivers to share experiences, knowledge, and support. Friendships are formed and connections are made to help those living with this challenging condition.

Contact [mel@islandseniorservices.org](mailto:mel@islandseniorservices.org) to receive Zoom information to join the group.

### ALZHEIMER'S AND DEMENTIA CAREGIVERS SUPPORT GROUP

**Wednesdays, 10 – 11:30 a.m.**

Facilitated by Mel Watson. This online Zoom group is for people who are caring for someone who has a diagnosis of Alzheimer's, other dementias, or any other challenging condition to share experiences, knowledge and support. Friendships are formed and connections are made to help those who are caring for someone diagnosed with this challenging condition.

Contact [mel@islandseniorservices.org](mailto:mel@islandseniorservices.org) to receive Zoom information to join the group.

### YOGA FOR THOSE LIVING WITH PARKINSON'S, THEIR CAREGIVERS, AND OTHERS WITH COGNITIVE OR MOVEMENT CHALLENGES

**Thursdays, 2:30 – 3:30 p.m.**

Facilitated by Renee Levier <https://leverrier.com/> "Living well with Parkinson's" is hosted by Mel Watson. This group is for people who want to improve their physical and mental well-being through yoga. Renee says, "If you can breathe you can do yoga." This is a place to come together and practice techniques to improve movement and balance. Everyone welcome!

To join on Zoom go to: <https://us02web.zoom.us/j/393691440>

### NEW! CARE RECEIVER SUPPORT GROUP

**Alternating Thursdays  
11 a.m. – 12:30 p.m.  
(starting Nov. 12)**

Facilitated by Mel Watson. This online Zoom group is for people living with Parkinson's Disease, or any other challenging condition, and who receive support and care from a family caregiver. This is a safe place to discuss challenges and share experiences.

Contact [mel@islandseniorservices.org](mailto:mel@islandseniorservices.org) to receive Zoom information to join the group.

### CONNECTING IN DIFFICULT TIMES

**Hosted by Island County Human Services  
Thursdays, 11 a.m. – noon**

A place where individuals can feel comfortable about sharing any struggles they are experiencing in response to the Covid-19 safety recommendations. If you are interested please call 360-678-8293.



**To receive information about joining any one of these groups, or to request additional support group meetings, contact Mel at [mel@islandseniorservices.org](mailto:mel@islandseniorservices.org).**



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Dietary  
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for Americans

## Make healthier holiday choices

**The holidays are often filled with time-honored traditions that include some of our favorite meals and foods. As you celebrate, think of little changes you can make to create healthier meals and active days.**

**1 Create MyPlate makeovers**  
Makeover your favorite holiday dishes. Use My Recipe on SuperTracker to improve holiday recipes and get healthier results. Go to [Supertracker.usda.gov/myrecipe.aspx](http://Supertracker.usda.gov/myrecipe.aspx)



**6 Tweak the sweet**  
For dessert, try baked apples with cinnamon and a sprinkle of sugar instead of apple pie. Invite your guests to make their own parfait with colorful sliced fruit and low-fat yogurt.



**2 Enjoy all the food groups at your celebration**  
Prepare whole-grain crackers with hummus as an appetizer; add unsalted nuts and black beans to a green-leaf salad; include fresh fruit at the dessert table; use low-fat milk instead of heavy cream in your casseroles. Share healthier options during your holiday meal.

**7 Be the life of the party**  
Laugh, mingle, dance, and play games. Focus on fun and enjoy the company of others.

**3 Make sure your protein is lean**  
Turkey, roast beef, or fresh ham are lean protein choices. Trim visible fat before cooking. Try baking or broiling instead of frying. Go easy on sauces and gravies.

**8 Make exercise a part of the fun**  
Make being active part of your holiday tradition. Have fun walking and talking with family and friends after a holiday meal. Give gifts that encourage others to practice healthy habits such as workout DVDs, running shoes, and reusable water bottles.

**4 Cheers to good health**  
Quench your thirst with low-calorie options. Drink water with lemon or lime slices. Offer seltzer water with a splash of 100% fruit juice.

**9 Enjoy leftovers**  
Create delicious new meals with your leftovers. Add turkey to soups or salads. Use extra veggies in omelets, sandwiches, or stews. The possibilities are endless!

**5 Bake healthier**  
Use recipes with unsweetened applesauce or mashed ripe bananas instead of butter. Try reducing the amount of sugar listed in recipes. Use spices such as cinnamon, allspice, or nutmeg to add flavor.



**10 Give to others**  
Spend time providing foods or preparing meals for those who may need a little help. Give food to a local food bank or volunteer to serve meals at a shelter during the holiday season.



Center for Nutrition Policy and Promotion  
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Go to [ChooseMyPlate.gov](http://ChooseMyPlate.gov)  
for more information.

DG TipSheet No. 32  
December 2013  
Revised October 2016

# FROM THE EXECUTIVE DIRECTOR

## A SEASON FOR CARING

By Cheryn Weiser, Executive Director, Island Senior Resources

We are in a holiday season like no other. The dark and wet of this time of year only adds to one's sense of isolation as we navigate this altered state. Take control! Keep the essence of this special time of year close to heart and consider how you can transform isolation into connection and caring with your circle.

What provides meaning for you during the holiday season? What traditions or rituals promote your sense of family, community, joy, and sweet memories? What has changed in the 2020 holiday season due to COVID? How can you adapt to the circumstances and come away with a sense of satisfaction and joy?

This year, I start with the premise that caring for and about the others in my life is paramount to my joy and satisfaction. If I can't get together with those I care about, what do I do?

For those in my 'bubble,' I can either prepare a holiday meal that is shared around a small and socially distanced table, or I can prepare a meal or holiday goodies and deliver or send them to the people I love. All those raspberries and tayberries in my freezer make great jam to send or give to my dear ones.

What about cookies, candy, or some other home-made or Island-created treat?

Who haven't I spoken with or reached out to during COVID? Arranging for a face time or zoom connection to catch up and share our experiences during this time is a gift of caring. Who is on your list?

How about a coffee hour, story hour, happy hour, or dessert online? Zoom and other online platforms make it possible for small gatherings to share in the holiday spirit while maintaining social distance and safety. Choose a theme, organize a happening, and make a connection.

Combat the dark with light. Candles, real or LED, let there be light! Just because you aren't hosting people for gatherings in your home, decorate. Allow the symbols of the season to brighten your world as they would in any year. Say yes, to experiencing the joys of favorite decorations, smells, and connections with those you love, celebrate!

These times force us to choose whether our glass is half empty or half full. I opt for half-full even if the glass feels like it is a little smaller this year. I hope you will choose the half-full option too. Happy Holidays!

## Holiday Meal News

Island Senior Resources is offering take-out holiday meals on Wednesday, Dec. 23 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 you need to start Meals on Wheels deliveries please call Mark MacNaughton, 360-321-1615 and your Holiday Meal will be delivered.



ISR's new Meals on Wheels van, funded thanks to a generous donation from Boeing Employee's Fund

## 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

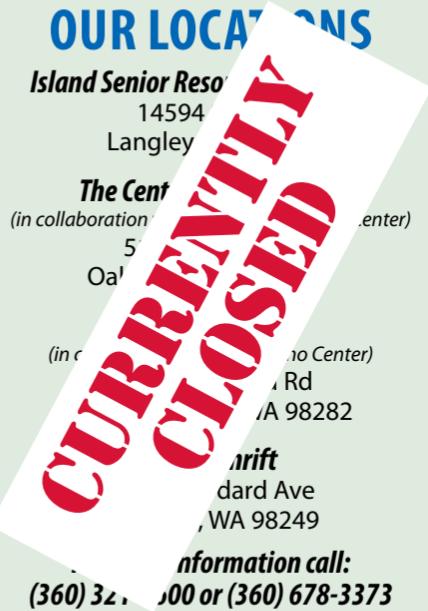
Senior Thrift  
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or 360-678-3373

Oak Harbor Aging & Disability Resources  
360-675-0311

For more information, visit [www.senior-resources.org](http://www.senior-resources.org)

## OUR LOCATIONS

- Island Senior Resources  
14594 Langley
  - The Center (in collaboration with... Center)  
5... Oak Harbor
  - (in collaboration with... Center)  
... Rd WA 98282
  - Senior Thrift  
... Standard Ave  
... WA 98249
- For more information call: (360) 321-1600 or (360) 678-3373



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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](http://www.senior-resources.org).

benefitting Island Senior Resources

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.

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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

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Store will close at 2 p.m. Thursday, Dec. 24 and Thursday, Dec. 31

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DATE	DAY	ITEM	SPECIAL
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Dec. 6	Sunday	Clothing	25% off
Dec. 12	Saturday	Frames & Framed Artwork	15% off
Dec. 13	Sunday	Electronics	15% off
Dec. 19	Saturday	Jewelry	25% off
Dec. 20	Sunday	Christmas Trees	15% off
Dec. 26	Saturday	Christmas	Boxed ornaments, 50% off
Dec. 27	Sunday	Christmas	Boxed ornaments, 60% off

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

## Making These Holiday by Hand

By Charles LaFond, author, engager, ISR staff member

This holiday season is the next “first” of our COVID-19 experience. Our first experiences included a lock-down, changed summer holidays, staged re-openings, and more. Now we face the coming holidays as our next “new-thing” in our COVID reality. We have never done a “COVID Christmas,” and when I see those words together, my heart sinks.

My mother was British and often told me about Christmas during World War II in London, during the Blitz. To say she was stoic would be like saying the sun is hot. She never wept. My father was a diplomat and so never showed his emotions, and my mother seemed not to have any. But she was amazing at finding ways to celebrate life. If she were here, she would say, “find a way to cope and do that!” So, as one of those older people who are sheltering in place a continent away from my family, here are some things I plan to do to light the COVID holiday during nature’s darkest season. One or two might contribute to your holiday observance.

Electric candles these days are amazing! Battery-operated with a button to make it go on and off at the same time each day, I have bought two and placed one by each of two photos of people I love. Like candles in church near icons, I bring the religious and spiritual memory of church into my home, and the candles remind me of my love for these two people every evening.

Plan scheduled face-to-face meetings on Zoom or Facetime and teach your loved ones how to use them. I will miss being with my family, but we are making plans to gather by phone or video on holidays – scheduling days and times so we do not miss each other.

Make your own gifts and holiday cards. I know. People say, “I am not creative.” But you are! Try something...anything. Start with blank cards and stamps or markers. Or write an old-fashioned letter. Lavish praise on people, not Amazon orders.

Ask a matriarch or patriarch to host an online Thanksgiving meal watch party. Our elders have a lot to teach us. They have been our gatherers for generations. Honor them by asking them to tell family stories one evening.

Find one person experiencing homelessness or hard-times and help them over



time. We have all noticed someone who seems a bit low. Buy grocery store and local-restaurant gift cards and place them in people’s hands and smile. If you both extend your hands and arms, you will be six feet apart.

Create small rituals you can manage from home, and that reflect your spiritual identity. For me, I have decided to eat an apple from a nearby tree once a day and while eating, meditate on the beauty of being alive.

Work your way through a recipe book that will unfold for you new favorite meals. I have been missing my grandmother and we shared a love of Indian food. So, I am practicing new Indian recipes with her photo in the kitchen.

Choose one childhood lovely memory from the holidays of your youth and recreate it this year. I am making my mother’s Christmas cookies and then shipping them off to random friends as a surprise.

Notice your dreams – your mind is busy processing this extraordinary time. Just write the dreams down in a small book for that purpose as soon as you wake, then go back with coffee and breakfast and circle keywords that seem to be revealing what your brain is processing. Make no meaning or judgment; simply notice things.

Electric battery candles in windows are an ancient symbol of safety. They have always been a reminder that home, even when alone and sheltering in place, is still a shelter for which to be grateful.

Pick one or two things and really make your holidays by making your symbols.

Combine & Save.



I can help you save time & money.

One agent for all your insurance needs saves time. And Allstate’s multi-policy discounts are an easy way to save money. For affordable protection for your home, car, boat and more, call me first.



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**Happy Holidays**

To everyone & all my clients!  
Thank you for making 2020 a great year!  
See you in 2021.  
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**NOW ACCEPTING PATIENTS IN LANGLEY!**

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**THE GOOSE**

**Donate your Goose Community Plus Advantage Points!**

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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# THE HAPPENIN' PLACE

Join our fun social group "The Happenin' Place," on Zoom every Monday, Wednesday and Friday in December 3-4 p.m.

To learn the details of what's happening at "The Happenin' Place" each day, and get the Zoom link, go to [www.senior-resources.org](http://www.senior-resources.org) and click on the calendar under "How We Help" at the top of the page, then click on the event name on the date you are interested in joining.

**Wednesday, Dec. 2:  
Whidbey Island History with Friends**

Let's talk about Whidbey Island history. We'll look up images, and stories about this great place that we call home.

**Friday, Dec. 4:  
Interested in Meditation?**

Find ways to worry less, reduce anxiety, and feel happier and more peaceful even during a pandemic! Let's meditate together. Everyone welcome!

**Monday, Dec. 7:  
Crosswords with Friends**

Crosswords are fun to do alone, but better as a team. Join this us for this group crossword solving event. It's fun and good for your brain and your heart. Everyone welcome!

**Wednesday, Dec. 9:  
Poetry with Friends**

Do you love poetry? Come share your love of poetry with friends. If you read, write, or just love listening to poetry why not do it with friends! Everyone Welcome!

**Friday, Dec. 11:  
Interested in Meditation?**

Find ways to worry less, reduce anxiety and feel happier and more peaceful even during a pandemic! Let's meditate together. Everyone welcome!

**Monday, Dec. 14:  
Crosswords with Friends**

Crosswords are fun to do alone, but better as a team. Join this us for

this group crossword solving event. It's fun and good for your brain and your heart. Everyone welcome!

**Wednesday, Dec. 16:  
Poetry with Friends**

Do you love poetry? Come share your love of poetry with friends on Zoom. If you read, write or just love listening why not do it with Friends! Everyone Welcome!

**Friday, Dec. 18:  
Share Your Story**

Do you have an interesting, fun, challenging or inspiring story or stories? Come and share with a group of friends. Everyone welcome!

**NO HAPPENIN' PLACE DURING THE HOLIDAY WEEK, DEC. 21-25.**

**Monday, Dec. 28:  
Crosswords with Friends**

Crosswords are fun to do alone, but better as a team. Join this us for this group crossword solving event. It's fun and good for your brain and your heart. Everyone welcome!

**Wednesday, Dec. 30:  
Poetry with Friends**

Do you love poetry? Come share your love of poetry with friends on Zoom. If you read, write or just love listening to poetry why not do it with Friends! Everyone Welcome!

**DECEMBER** continued from page 1

back office," I wrote her, "and came across the folder of our correspondence from long ago. I enjoyed rereading what we shared of books and work and other adventures, and it led me to wonder how you are. I am happy you are making it to this milestone birthday, and hope you are happy as well. May hearing from me brighten your day a bit. I am glad to have a chance to let you know that my care for you travels with you to the end..."

That was what my heart needed to say and hers to hear: that I had not forgotten and that I cared to know she is alive and well-cared-for. I got back a letter in her distinctive handwriting, her hand as steady as it was twenty years ago. Later I got a photo postcard of her sitting by a birthday cake with balloons and flowers. There she was: a little more wrinkled, her carefully coiffed hair a little longer and wilder, just like my own. We've written again, and she's getting a phone with captions so we can attempt to talk.

**Remembering:**

After my mother-in-law died in October, my partner and I went through a file of her many notes and letters. It was a sweet afternoon journeying through memories. The letters range through the formality of thank you notes, birthday greetings, conversations about music and poetry, observations about how the world is changing around her, wondering what her purpose was now in old-age, stories of family history that would have been lost had she not written them down.

As a gentle matriarch, she fostered a family that writes, sending cards, emails, and texts across generations and geography. This is a family that puts words on paper, which folks can hold and save, and on devices where words disappear from the screen but embed in the heart. As we are now the oldest generation, it is up to us to keep writing and to keep the importance of writing alive in our families. Since I'm not writing a group letter this year, I'm enjoying tailoring letters to my siblings, nieces and nephews, and grandchildren, exploring the gifts and challenges of this unusual year and what I hope it will mean as we move on and gain perspective. I don't know if I'll hear back from them: sometimes writing is a matter of trusting that our words are meaningful just because we sent them.

**Reconciliation:**

A year ago, a former college boyfriend messaged me on Facebook asking if I'd be friends. I responded, "I don't know, but I'm willing to say hello and find out." We have been in sporadic correspondence since, establishing that we are both happily partnered, that we have ended up at opposite ends of the political spectrum, and are willing to seek common ground. I suspected he wanted to talk about our break-up, and after a few months, we agreed to do so via email. He remembered it his way; I remembered it my way. At the end, I simply said: I'm sorry. I'm glad you made it into the life you have. I'm glad I made it into the life I have.

As we come to the end of this tumultuous year, there is at least that: two different lives, two different votes, a shared belief that little reconciliations matter while we as a nation continue to struggle to find larger reconciliations. Words have caused great pain this year: perhaps now, in the midst of holidays and holy days, we can offer words that heal.

December holidays are a season for reconnection and remembering, so however we reach out, whomever we write to, may we extend a truly heartfelt wish for "peace on earth, goodwill to all."



## TRAVELLING SAFELY ON ISLAND TRANSIT

Have you ever taken the bus or paratransit before? Don't know how? Sworn off the bus during COVID-19? Island Transit Mobility Specialist, Maribeth Crandell will explain what extra steps are being taken to keep our buses clean and safe. Island Transit buses are clean, friendly, accessible and fare free. Bring a bike, a pet, a wheelchair or a walker onboard. The bus is safer. Join us to learn how Island Transit can help you get

where you want to go. Help Island Transit celebrate their 33rd anniversary this December! Island Senior Resources and Island Transit bring you this Webinar Thursday, Dec. 3 at 10 a.m. To attend visit [www.senior-resources.org/calendar](http://www.senior-resources.org/calendar) and click Dec. 3 for the link or follow us on Facebook. For more information, call 360-321-1600 or 360-678-3373.

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