

Island Times

Look for Island Times the LAST Thursday of each month
JULY 2021

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

Volume 5 • Issue 3



Cita C. was the first in the door June 1 to participate in Yoga class.

447 Days Later and The Center is Once Again Filled with Joy and Laughter

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

After 447 days of no in-person programming at The Center we were able to open our doors June 1 for limited programming. Joy and laughter quickly filled The Center again and it was heart-warming to hear the noises of programs happening in-person once again. The knitter and crochet group who meets Tuesday afternoons were one of the first groups to reunite and as Elizabeth E. put it, "It's a love fest in there." Geri T., our Tuesday morning front desk volunteer, exclaimed, "It's great to be back to see smiling eyes and knowing there is a smile under the mask. It feels wonderful to once again be able to assist members of our community." The doors were unlocked, friends were reunited, volunteers were excited to be back, staff members were happy to see familiar faces, and instructors were ready to teach face to face.

Although we have started slowly with limited in-person classes and small group sizes to ensure the safety of our users, volunteers, instructors, and staff, we will be adding more programs and activities as summer progresses. To keep up-to-date on our current offers, make sure your email address is current in our records to receive monthly updates, like us on Facebook @TheCenterOH, stop by The Center regularly, give us a call at 360-279-4580 and keep reading the *Island Times!*

THE CENTER continued on page 8

Where Are We Now?

By Robin Bush

Island Senior Resources Community Education Director

This time last year, the number of COVID-19 cases was staggering, and most of us were isolated in our homes. This summer may look different, but many of us are deeply challenged by over a year of grief and isolation. Every one of us has been affected. Similar to how people respond to natural disasters and other crises, we have put our shoulders into the problem, pushed our way forward, and did whatever we had to do to get through and help others who needed our help. But as in many other forms of trauma, what comes after the initial experience can be even more challenging.

We may be asking ourselves, "If things are getting better, why don't I feel better?" We are just beginning to recognize our collective trauma and only starting to think about speaking with others about how we feel. The answer to "Why don't I feel better?" is we are experiencing grief and PTSD.

Months after getting the virus, many are still dealing with severe health challenges, and some research predicts one-third of the people hospitalized with the virus will develop PTSD. If we estimate well over a half-million Americans may have died from COVID-19, that translates to over four million close relatives grieving the loss of parents, spouses, or other close relatives. Many others are grieving the loss of jobs, loss of a year of in-person education for their children, loss of opportunities, loss of control spurred by working from home while balancing managing children or caregiving for elder relatives.

Where does this leave us now? Psychologist Paul Slovic of the University of Oregon has referred to the psychological numbing some people experience as they cope by becoming numb to massive suffering. For others, the stress of the ongoing pandemic is making them

NOW continued on page 3



DID YOU KNOW?

96 percent of volunteers believe that volunteering makes people happier.



The Center In Oak Harbor has many opportunities to volunteer.

see page 7 for more information



Whidbey Island Fair • July 15-18
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Entertainment • Carnival • Country Fair • Petting Zoo • 819 Camano Ave • Langley • Whidbeyislandfair.com

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

Our physical locations are currently closed but we are here to assist you by phone or email.

For more information call: 360-321-1600 or 360-678-3373

ISLAND SENIOR RESOURCES BOARD OF DIRECTORS

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Please contact Island Senior Resources
360-321-1600 or 360-678-3373

FROM THE EXECUTIVE DIRECTOR

The Wisdom of the Pandemic

By Cheryn Weiser, Executive Director, Island Senior Resources

On a recent Saturday on Zoom, I joined 16 women, ages 71 to early 80s, mostly residing in the Northwest, with an outlier from Connecticut. Our conversation focused on what we had learned during the pandemic and how it was reshaping our way forward.

As each woman shared her thoughts and feelings about lessons learned, it became clear much wisdom emanated from the incredible isolation and change 2020 wrought. I want to share a little bit of what I heard and learned in case it serves as a point for your reflection.

Many among us had simplified our lives. The COVID time had permitted us to get down to what was truly important to us and allowed us to move away from activities that now feel like distractions.

Our time in isolation allowed us to become more comfortable with being alone and using that alone time to good effect;

reading more, spending time outdoors, taking time to notice the little things that 'busy-ness' sometimes disallows.

Many on the screen described COVID time as clarification of who among family and friends are most important to stay close to, connect frequently and deeply, and tend one's garden of connections.

In the face of all that is going on in our country and the world, one woman urged that we look at this time as a gateway to letting go, inviting a younger generation to take up whatever mantle we once brandished, and nurturing their energies and prospective leadership.

Gratitude also flowed through the conversation. Gratitude for each day, for small things like flowers or sunsets or birds singing...and....

As we shift from severe isolation to stepping our way, however carefully, back into a 'new normal', may each of us take time for a little reflection that helps us stay oriented in our changing world.

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Every Friday: Books 25% off

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DATE	DAY	ITEM	SPECIAL
July 3	Saturday	Story Closes at 2 p.m.	15% off entire purchase
July 4	Sunday	STORE CLOSED	Happy Fourth of July
July 10	Saturday	Electronics	15% off
July 11	Sunday	Pillows	15% off
July 17	Saturday	Knick Knacks	15% off
July 18	Sunday	Pet Supplies	15% off
July 24	Saturday	Frames & Framed Art	15% off
July 25	Sunday	Christmas in July	15% off Christmas Items
July 30 & 31	Saturday & Sunday	Yellow Tagged Clothing	\$1.00

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

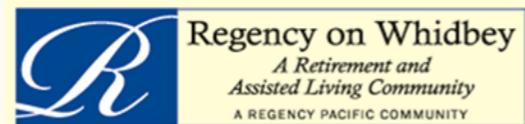
Health precautions will be in place, masks will be required, customer flow will be limited, restrooms and dressing rooms will be closed, the store will be sanitized throughout each day, and donated items will be quarantined for three days prior to reaching the sales floor.

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THANK YOU FOR YOUR CONTINUED SUPPORT!

NOW continued from page 1

super-sensitized. There is no prediction of how someone will experience grief. You may not be sleeping well; you may be over-eating or not eating well; your confidence in your abilities may be undermined. Some have even had their will to survive severely tested. The Case Management staff at Island Senior Resources used to face one or two suicide cases a year, but since COVID-19, this has risen to two a week. Celeste Fikejs, our director of Medicaid In-Home Care and Case Management says, "This level of stress and isolation has brought people who were already isolated to lack the tools to cope with the constant stressors. Family is gone, people have died, many watch the news and are wondering how they fit into the world."

There is no timeline for grief. We need to acknowledge grief takes time, as much as a year. For some, it takes much longer than that. Uncertainty is part of our grief. We don't know when we will feel okay to re-emerge to share events with others. We can't imagine what it will feel like to still be afraid a year from now. What will it take to trust that social interactions are safe? How do we feel about re-entering familiar situations we have been afraid of for so long?

Our Aging & Disabilities staff has experienced a significant increase in people with mental health challenges intensified by their COVID-19 experiences. If

you or someone you know needs help, call ISR at 360-321-1600 or 360-678-3373 and talk with one of our Aging & Disability Resources specialists.

Join our grief support group. Anyone feeling any kind of loss is welcome. It meets online the 1st and 3rd Wednesday of each month from 1-2 p.m. Call to register 360-321-1600 or 360-678-3373, or email reception@islandseniorservices.org.

If you are experiencing stress from COVID-19, call WAlistens.org at 1-833-681-0211 (Mon.-Fri., 9 a.m. - 9 p.m.; weekends 9 a.m. - 6 p.m.)

Call Compass Mental Health Crisis Line: 1-800-584-3578.

National Suicide Hotline, 800-273-8266

People are resilient, but we need to recognize the challenges to mental health this crisis has brought to our doors. Too often, people resist asking for help, bottling their grief inside, and letting the stress affect their physical and mental health. Instead of turning to food, alcohol, or drugs, we need to talk with each other. We need to express what we have lost, let ourselves feel the variety of emotions that loss triggers, and let ourselves grieve. There is value in sharing the grief with others. Just as we have shared the experience of COVID together, we can heal together.

You are not alone. We are here to help you.

Dear Trudy Technology

Introducing Trudy Technology, our resident technology expert. She will be answering your tech-related questions right here, every month.

Dear Trudy Technology,

My children pitched in a bought me a computer for my 70th birthday. They set it up for me and showed me the basics and how to use it to video call my grandkids, which I love, but I don't know what else to do with the thing. It takes up a lot of space and I'm embarrassed to ask my kids what to do with it. Can you give me any suggestions?

Sincerely,

Overwhelmed in Oak Harbor

Dear Overwhelmed,

Congratulations on your new computer! What a thoughtful gift to receive. Once you know computer basics, the possibilities are endless! The next step is to explore the internet. Visit social media sites like Facebook to stay connected to family and friends in a new way, or even reconnect with friends you haven't heard from in years. Use your computer to visit news sites and read stories from around the world. Watch videos or stream your favorite television shows, or even attend virtual events without leaving the comfort of your home. You can also visit Island Senior Resources' Virtual Community Page at www.senior-resources.org/virtual-community/ to find out about other online opportunities, and to find links to sites like Senior Planet that provide technology classes.

The most important thing is to be curious and have a learning mindset as you get more comfortable using your computer. Don't be afraid to ask your children and grandchildren questions, they likely were expecting you to have lots of questions when they gifted you the computer.

Good luck!

Trudy

Dear Trudy Technology,

My neighbor recently fell victim to a phone scammer pretending to be the IRS. She lost quite a bit of money and it has left me feeling very nervous that I will be fooled myself. I've learned from her experience that the IRS won't ever call asking for personal information or payments, but I know there are all types of scams out there. How can I protect myself?

Signed,

Afraid of Being Fooled in Freeland

Dear Afraid,

I'm sorry to hear about your neighbor, but I'm happy that you are educating yourself and learning from her experience. You are absolutely correct that the IRS will never call asking for personal information or payments, neither will social security, the police, Medicare, Medicaid, insurance companies, or banks.

If you get a call like this, hang up. And don't feel rude letting calls from numbers you don't recognize go to voicemail, allowing you to screen them and avoid scammers altogether. A friend will leave a message, a scammer often won't.

The Federal Trade Commission advises: Do not trust caller ID. Scam calls may show up on caller ID as the Social Security Administration and look like the agency's real number, but it's not the SSA calling. Your Social Security number is not about to be suspended. And your bank accounts are not about to be seized.

Don't verify your Social Security number or any other personal information to anyone who calls out of the blue. If you already did, visit IdentityTheft.gov/SSA to find out what steps to take now. If you believe you or someone you know is a victim of elder fraud, file a complaint with the Federal Trade Commission online at www.ftccomplaintassistant.gov or call 877-382-4357.

Wishing you the best,

Trudy

If you have questions for Trudy Technology, send them to feedback@islandseniorservices.org.



Medical Equipment Lending Library Meets Needs

Did you know that Island Senior Resources has a large Medical Equipment Lending Library? We have medical equipment and assistive devices (wheelchairs, walkers, canes, etc.). We also have a large range of hygiene products and personal care items including disposable underwear, pads, wipes, bed pads, no water shampoo, body wash, and more.

There are no requirements or pre-requisites; items are available to anyone in need. Everything is by donation and availability is based on what is on hand.

Drop-in on Mondays, Wednesdays, and Fridays from 1-4pm or call ahead at 360-321-1600. We are located at 14594 SR 525 Langley, WA 98260 (follow the signs to the entrance at the back of the building).

Whidbey Island Fair
July 15-18
FUN IN THE SUN IN 2021

Entertainment • Carnival • Country Fair • Petting Zoo
 819 Camano Ave • Langley • Whidbeyislandfair.com

CHECK WITH ISR AND THE CENTER REGARDING IN PERSON PROGRAMS

ONLINE POWERFUL TOOLS FOR CAREGIVERS CLASS

6 weeks, via Zoom

Thursdays, Sept. 17 – Oct. 22 • 10 a.m. - noon

This class is designed to:

- Help caregivers take care of themselves while caring for a relative or friend
- Develop a wealth of self-care tools to reduce personal stress, prioritize, self-care, manage emotions, increase confidence, and set goals for yourself.

Pre-registration required. Go to www.senior-resources.org/calendar and click on March 18 to register. For more information contact Finn Lambourn reception@islandseniorservices.org or call 360-321-1600 or 360-678-3373, Ext 0.

Books for the class can be purchased online at www.powerfultoolsforcaregivers.org/product-category/caregiver-helpbook/ or borrowed for the duration of the class from Island Senior Resources (Bayview) or the Camano Center. Please call for more information.

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

July 20, 1:30 p.m. • Sept. 21, 1:30 p.m.

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



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 (State-wide 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
- Options for additional insurance(s)
- Medicare parts A and B
- The differences between "Medigap" (supplemental) insurance and Advantage plans
- Benefits and rates
- Information on financial assistance for qualifying low-income individuals
- Prescription drug plans. (If you want help with your drug plan, we will tell you how to get it).



GETTING READY FOR MEDICARE:

Tuesday July 13, 1 p.m.

Tuesday Sept. 7, 1 p.m.

Tuesday Nov. 2, 1 p.m.

Tuesday Aug. 3, 1 p.m.

Tuesday Oct. 5, 1 p.m.

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.

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

**JULY**

\$6 Suggested donation for meals

WEEK 1		
Fri	2	All Beef Dog on Bun w/Fixings
WEEK 2		
Mon	5	Holiday - No Meal Service
Wed	7	Chicken Fried Rice w/Veggies
Fri	9	Turkey Ham Club Wrap w/Lettuce
WEEK 3		
Mon	12	Caprese Chicken Pasta Salad
Wed	14	Quiche Lorraine w/Vegetables
Fri	16	Tuna Salad on Croissant w/Lettuce
WEEK 4		
Mon	19	Beef Stroganoff w/Egg Noodles
Wed	21	Pesto Shrimp Pasta Salad
Fri	23	Pork Medallion w/Chutney
WEEK 5		
Mon	26	Chicken Parmesan w/Penne Pasta
Wed	28	Thai Peanut Chicken Wrap
Fri	30	Cheeseburger Slider w/Lettuce & Tomato

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Support Groups Meet Online

Please call 360-321-1600 or email reception@islandeniorservices.org for information on attending ISR support groups.



TIME TOGETHER @ HOME ZOOM SUPPORT GROUP

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

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 cognitive challenges who enjoy being with people and making friends.

PARKINSON'S SUPPORT GROUP

Tuesdays, 10 – 11:30 a.m.

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

ALZHEIMER'S AND DEMENTIA CAREGIVERS SUPPORT GROUP

Wednesdays, 10 – 11:30 a.m.

This online Zoom group is for people who are caring for someone who has a diagnosis of Alzheimer's, other demen-

tias, 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.

GRIEF SUPPORT GROUP

1st and 3rd Wednesday of the month, 1 p.m.

This online Zoom group is for people experiencing grief and loss. This is a safe place to discuss challenges, share experiences and move towards a place of healing.

Standing Alone

By Susan Melman

*Legs intertwined with his
step to the right
Step to the left
Finally you are free
to step away,
standing alone
walking straight
ahead.*



Eat Your BEETS

Beetroots, more commonly known as beets, are in season during July. Beets can be steamed or eaten raw in salad. Beet greens are also edible and can be eaten like spinach. So many possibilities!

SELECTING: Choose small to medium sized beets with firm, smooth skins that have a purple to red color and avoid beets that are soft or shriveled, or have rough or flabby skins.

NUTRITION: Beets are low in calories, high in water, and contain key nutrients including folate, which research suggests promotes a healthy heart and blood vessels, as well as potassium, which helps maintain normal blood pressure levels. Beet greens are very nutritious. They are high in vitamin A, calcium, magnesium, and especially potassium.

STORAGE: Beets should be kept cool and dry in the refrigerator and are best when used within 2 weeks.

Debbie Metz, Nutrition Director
senior-resources.org/nutrition/
360-321-1600 or 360-678-3373

Easy Delicious BEET SALAD



Ingredients:

- 2 beets
- 1 tablespoon lemon juice
- 1 tablespoon mustard
- 2 teaspoons vinegar
- 1-2 teaspoons oil
- 1/2 teaspoon sugar
- 1 teaspoon dill or fresh thyme
- Pepper to taste

Preparation:

Cut off beet greens, leaving at least 1 inch remaining. Place beets in a pan of boiling water and cook until tender, depending on size of beet, 15-45 minutes. Cool slightly, peel cooked beets and slice. Combine remaining ingredients in a medium bowl. Stir well. Add beets to the bowl and stir gently to coat with dressing. Refrigerate for one hour before serving. Makes 2-3 servings

Island Senior Resources

Volunteering at The Center

The Center In Oak Harbor is a busy place with many programs, classes, activities, events, and travel opportunities, all of which wouldn't be possible without our amazing volunteers. The Center has over 30 active volunteers who combined put in over 3,500 hours a year and we are very thankful for all they do. With many life changes in the past year, we have a few open volunteer positions and are looking for dedicated individuals who have available time to contribute.

Volunteer Opportunities

FRONT DESK RECEPTIONIST

The front desk volunteers typically volunteer for one 4-hour shift a week (8:30 a.m. – 12:30 p.m. or 12:30 – 4:30 p.m.). The duties include answer phone calls, cash handling, signing up individuals for membership, classes, and trips, and greeting Center users/visitors. The front desk volunteers also answer passport questions and assist in scheduling appointments using our online platform. We ask front desk volunteers have prior reception desk experience along

with computer skills, as all our software programs and point of sale system are online.

TRAVEL ESCORT

The travel escort volunteers plan, organize, and escort our local trip offerings. Travel volunteers typically escort around 3-6 trips a month and attend a monthly travel meeting.

(Please note: due to COVID-19 we are currently not offering any trips)

EVENT COMMITTEE

Event committee members help plan, organize, decorate, set-up, serve, and clean-up Center events such as our Summer Music Series, High Tea, Holiday Party, Annual Pie Contest, Single Mingle, Fanciful Fall Wearable Art Show, and Resource Fair.

(Please note: due to COVID-19 we are currently not offering any of our regular events)

PROGRAM LEADS

Program leads organize and guide classes which they have an expertise in. If you have a specific interest and experience leading a specific program or class this would be the opportunity for you! We are currently looking for a Tai Chi instructor and someone to give 1:1 and group technology classes.

THE CENTER VOLUNTEER PROCESS

To become a Center volunteer start by filling out a volunteer application, which you can pick up at The Center or online at oakharbor.org. Then, our Program Coordinator, Carly Larson will schedule a meeting with you to get to know you and discuss the duties, responsibilities, and expectations of volunteering. If it appears that volunteering at The Center is going to be a good fit for you then we will run a background check through the City of Oak Harbor and once cleared, you will be scheduled for volunteer trainings.

If you are a dedicated candidate who has the skills required and desire to volunteer for any of the above opportunities please reach out to our Program Coordinator, Carly Larson at clarson@oakharbor.org or 360-279-4583 or stop by The Center to pick up a volunteer application. We would love to discuss with you further about the opportunities to volunteer.

The Center In Oak Harbor

51 SE Jerome St.,
Oak Harbor, WA 98277

Front Desk: 360-279-4580

Passport services & photos available by appointment

Current Business Hours:

Mon-Fri, 8:30 am - 4 pm
Additional evening and 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 thecenter@oakharbor.org

CLASSES and EVENTS

at The Center In Oak Harbor

PICNIC IN THE PARK



This summer, in lieu of Brunch Boxes, we will be offering picnic boxes that will include an ample assortment of commercially prepared items curated by Liz and Carly. Pick up your picnic at Windjammer park and take it to go, or stay and enjoy it with friends and Center staff. To order your picnic please call The Center at 360-279-4580 or stop by during business hours.

PRODUCE FROM THE LORD'S GARDEN

Summer is in full swing, and the Lord's Garden is supplying us with a bounty of fresh produce. Stop by The Center on Thursdays to pick up free produce.

ENHANCEFITNESS & YOGA CLASS NOW IN-PERSON & VIRTUALLY

EnhanceFitness

Mondays, Wednesdays and Fridays, 9:45 - 10:45 a.m.

Yoga

Tuesdays and Thursdays, 8:30 - 9:30 a.m.

EnhanceFitness and Yoga classes will continue to be available on the virtual platform as well as in-person. The cost is \$25 month for members and \$30 for non-members or the drop-in rate is \$5 for members/\$7 for non-members per class. Silver & Fit and some Kaiser and UnitedHealth Care insurance plans will reimburse the cost.



Hearing Health Services

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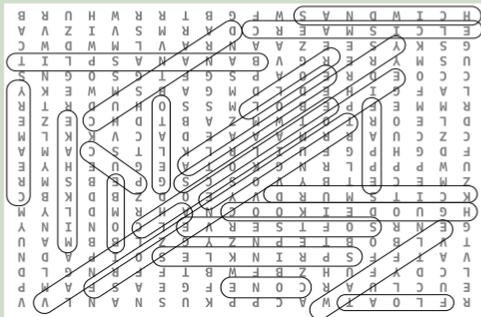
FROZEN DELIGHT WORD SEARCH

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

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

- | | | |
|--------------|---------------|------------|
| A LA MODE | FROZEN YOGURT | SOFT SERVE |
| BANANA SPLIT | GELATO | SPRINKLES |
| BOMBE | MILKSHAKE | STRAWBERRY |
| CHOCOLATE | ROLL | VANILLA |
| CONE | SANDWICH | WAFFLE |
| COOKIE DOUGH | | |
| CREAMERY | | |
| CREAMSICLE | | |
| CUP | | |
| CUSTARD | | |
| DRUMSTICK | | |
| ESKIMO PIE | | |
| FLOAT | | |
| FRAPPE | | |

ANSWERS



Program Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 Billiards	8:30 Yoga	8:30 Billiards	8:30 Yoga	8:30 Billiards
9:00 Lapidary	9:00 Billiards	9:00 Lapidary	9:00 Billiards	9:00 Quilting
9:00 Quilting	9:00 Lapidary	9:45 EnhanceFitness		9:45 EnhanceFitness
9:45 EnhanceFitness	1:00 Knitting	12:00 Ping Pong		
12:00 Ping Pong				
1:00 Art				
3:00 Clogging				

THE CENTER continued from page 1

Liz and I are so delighted to have our doors open again and we want to extend a huge thank you to all of you who supported The Center this past year with kind notes of encouragement, phone calls, renewed memberships, and donations. We are so grateful to be a part of this community and once again open our doors. If you haven't been by The Center since we have opened our doors again please feel welcome to stop in say hi, admire our new front desk and book nook area, and let a volunteer assist you in renewing your membership if needed.



Ladies from the quilting group excited to start helping each other on projects again.



WhidbeyHealth

FOCUS ON MEN'S HEALTH

YOU'RE NEVER TOO YOUNG OR TOO OLD TO CREATE A HEALTH GAME PLAN

Like a high-performance car, maintaining a healthy, active lifestyle requires ongoing tune-ups and maintenance.

Summer is the perfect time to:

- Set some health goals
- Upgrade your diet
- Increase your activity level
- Get it checked out

Even if you're feeling healthy, regular checkups and age-appropriate screenings CAN improve your health and reduce premature death and disability. Visit: [Whidbeyhealth.org/menshealth](https://whidbeyhealth.org/menshealth) to learn more.

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 Freeland Primary Care 360-331-5060 New & existing patients

WhidbeyHealth Medical Center, 101 North Main Street, Coupeville, WA - 98239-3413
<https://whidbeyhealth.org>

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