

Island Times

Look for Island Times the LAST Thursday of each month
NOV. 2021

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

Volume 5 • Issue 7



Guests at the resource fair enjoying their lunch together

The Gift of Togetherness

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

Thursday, Oct. 10, marked the first time we had a community event in our building at The Center in over 500 days.

Prior to the pandemic it was a regular occurrence at The Center to have live music, dancing, dinner, art, quilt shows, Elvis impersonators, runway shows, and more. Our doors opened, guests flooded in, delicious food and beverages were served, and connections and memories were made. During the close down we continued with providing services and opportunities via drive-thru and outdoor gatherings. Now we are trying to strike a balance somewhere in the middle. We are committed to taking precautions to keep our community healthy, and we understand this includes mental and emotional wellbeing.

While our October event, our annual 50+ Resource Fair, was a far cry from what events have been before, it was a welcome sight. This year, pre-packed bags of information from community organizations were ready for attendees, along with commercially prepared individually packed lunches. Attendees had the option of taking their meal to go, or staying to eat together. While many took it to go, the majority opted to sit and share a meal with someone they hadn't seen for a while, while others sat and made new connections.

We are so grateful for our community partners for helping us provide this experience. Chef Dana at La Conner Retirement Inn made delicious meals, Island Transit was here to hand out the informational bags, and Blue Cross Blue Shield was on site to answer questions and share a sweet treat. While we couldn't allow all our community partners to be here in person, they supported from afar with information and funds.

TOGETHERNESS continued on page 8



Volunteer Mary Jo helping to serve lunches prepared by La Conner Retirement Inn

More than a Meal!

By Nancy Bolin-Romanski
ISR board member

Put down that fork! You are likely aware of the planning, grocery, cooking, setting, eating, and clean-up it takes to feed the people in your household, especially when you do it for one or two people. What if you had to do it for hundreds?

Every day 255 or more of our fellow islanders receive a Meals on Wheels meal that may be their only nutritious meal of the day. Their need for a meal varies from post-hospitalization recovery to being unable to leave home due to age, illness, or disability.

It begins with calling Island Senior Resources (ISR) at 360-321-1600 or 360-678-3373 to complete an application that includes their address, emergency contact, whether they have pets, start date, food allergies, etc. Then, meals can start arriving right away or in one to two days.

What makes a nutritious meal? A menu committee works with the ISR Dietitian to prepare menus, taking into account client feedback, seasonal availability, budget, and assuring menus meet Senior Nutrition Program Federal Standards.

The menu is published in *Island Times*, in the ISR enews, and on our website.

The menus are given to the Food Services Managers, who order food and shelf-stable items weekly. In addition, local farmers donate food that is incorporated in salads, casseroles, and soups. The staff aims to have a no-waste approach to food use to reduce food costs.

Caring and dedicated staff prep the food beginning at 6 a.m. Hot items are portioned and sealed in bio-degradable trays and kept at a food safe temperature until shipping. Condiment bags are prepared with butter and bread, along with milk, salads, and desserts. Both hot and frozen meals have directions for reheating in either a microwave or oven. Gluten-free entrees and sugar-free desserts are prepared separately.

Meals are ready to go by 10 a.m. The ISR delivery van transports the meals in temperature-controlled containers to distribution meal sites around the island. The Meal Site Managers maintain records on

MEAL continued on page 3



DID YOU KNOW?

Exercise based computer games may improve Parkinson's disease related symptoms*

*From an article published by NIH "Recent advances in rehabilitation for Parkinson's Disease with Exergames: A Systematic Review"



Studies of people with Parkinson's disease showed exergaming (exercise based computer games) elicited improvements in a range of clinical balance measures or reduction in the severity of motor symptoms. Want to try out exergaming to improve your balance and movement? Join in on exergaming at The Center in Oak Harbor with Wii Bowling Thursdays at 10 a.m.

Whidbey Weekly & PRINTING

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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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FROM THE EXECUTIVE DIRECTOR

Beyond Your Four Walls

By Cheryn Weiser, Executive Director, Island Senior Resources

The dark and wet season is upon us. We continue to look for a bright light at the end of the COVID tunnel. Many of our senior friends and neighbors have been especially cautious about engaging outside their four walls over the last 19 months.

At Island Senior Resources, we see an increasing number of seniors, adults with disabilities, and caregivers experiencing intense isolation and often depression. We find that isolated elders are not eating or drinking enough and may be forgetting to take important medications. They yearn for social contact. Our Aging & Disability Resource Specialists can help assess whether a senior or caregiver needs significant support to mitigate the adverse circumstances of the pandemic. They can be reached at 360-321-1600 or 360-678-3373.

Meals on Wheels is part of the outreach to isolated seniors that

provides social contact, a hot, nutritious meal, and a safety net. Between July of 2020 and June of 2022, MOWs provided 79,960 meals to isolated seniors in Island County.

In a recent survey of Meals on Wheels participants, 76% indicated that they prefer to receive MOWs rather than return to a community meal site. Additionally, the vast majority indicate that they will only return to a community meal site if everyone is masked and vaccinated.

You can help!

Who do you know that could use a friendly call or visit, especially as the holiday season approaches? What random act of kindness can you imagine, and who might benefit from that kindness? Small acts of kindness make a big difference in the lives of those who may no longer drive and may be concerned about going out in public during the pandemic. I urge you to add outreach to isolated individuals in your community to your holiday agenda this year!



benefitting
Island Senior Resources
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360-321-1600 • 360-678-3373

Now Open:
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10 a.m.-4 p.m.

Donations Accepted:
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November Specials
25% OFF
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BLUE TAGGED CLOTHING
11/27 & 11/30

50% OFF
BLUE TAGS
\$1.00

BLACK FRIDAY (11/26)
25% OFF EVERYTHING
CLOSING AT 2PM ON 11/24
CLOSED ON 11/25
HAPPY THANKSGIVING!

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

**Medicare Annual Election Period October 15-December 7th
Individual and Family Open Enrollment November 1st – January 15th
Group Health Insurance plans have year round enrollment**



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.

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Island Senior Resources, 360-321-1600, 360-678-3373 • www.senior-resources.org

MEALS continued from page 1

each client and provide delivery information to Volunteer drivers. For each client, the driver places a hot meal in an insulated and heated container. They also include condiment bags and frozen meals for the days between deliveries. Drivers deliver meals to 13-30 clients on their route.

Hot meals are delivered on Monday, Wednesday, and Friday, along with frozen meals for Tuesday, Thursday, Saturday, and Sunday. For those times when bad weather or power outages stop deliveries, an Emergency Shelf Stable Meal Pack with five days of shelf-stable meals is provided each fall.

What does this service cost? The actual cost per meal is \$10.12 for food, packaging, delivery, equipment repairs, etc. We ask for a donation of \$6 per hot meal and \$5 for a frozen meal. If the person can pay something (EBT cards are accepted), that is helpful; if they can't, family or friends are welcome to contribute. If the client cannot pay at all, they can still receive the service. Providing a nutritious meal to people in need is one of the program's goals. Island Senior Resources receives some funding for this program from the Older Americans

Act and the state. However, this limited funding plus client donations are NOT enough to cover the \$10.12 cost of each meal delivered to the door. We gladly accept donations, small or large, to help cover these costs, so the program remains sustainable.

"Meals on Wheels aims to make sure that older adults and people with disabilities have a healthy balanced meal once a day. The purpose of Meals on Wheels is to reduce food insecurity, hunger, nutritional risk, or malnutrition, promote socialization, health, and well-being, and delay adverse health conditions. The deliveries also provide an essential regular safety check and sense of connection for our friends who are homebound and lonely. When the driver comes to the door to deliver the meal, they also bring a caring smile, joy, and friendship."--Debbie Metz, Nutrition Director. For the isolated and homebound, this is a priceless gift.

Although the meal on your table does not require this amount of preparation, remember the 255+ people who need this help. Send them your good thoughts and support the program with a donation if you can.

By the way, you can pick up that fork again...Bon appetite!

NEEDED: Meals on Wheels Delivery Drivers



Working Mondays, Wednesdays, or Fridays for two-three hours, you can make a significant difference in people's lives. Currently, we need back-up/relief drivers for all areas of the county. Oak Harbor needs drivers to help with long routes and we need a driver for Wednesdays on Camano. Drivers receive 58 cents per mile reimbursement, and a free meal the day they work. To sign up, please call 360-321-1600 or 360-678-3373, or visit our website, senior-resources.org.

JOIN OUR TEAM!

Island Senior Resources has Multiple Open Positions!

Island Senior Resources is a unique nonprofit, providing a "one-stop shop" for seniors, adults with disabilities, and those who care for them across Island County to access the programs, services, and support that they need to thrive. Join our team of passionate individuals today!

We are currently hiring:

- Intake Specialist
- Aging & Disability Resource Specialist
- Assistant Cook / Meals on Wheels Coordinator (Camano Island)



Read the full job descriptions and apply at <https://senior-resources.org/employment/>

News from



To all our valued neighbors,

Island Senior Resources wants you to know that Cheryn Weiser, Executive Director of Island Senior Resources, will be moving on to her next opportunity in spring of 2022. Cheryn will continue her dynamic leadership role for ISR until and through this transition.

ISR has a 50-year proven track record of navigating through change and is in a strong position to welcome new leadership. The ISR board of directors has carefully planned the transition and is leading the organization through the search process for the new Executive Director.

We are asking if you would help us by sharing the above information within your network to help us locate the best person for this visionary leadership position. For details, or to request a position profile, please contact Amy Burton at: amy@valtas-group.com

Thank you,

June Nailon

President - ISR Board of Directors

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Yes! Language assistance available.

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(360) 678-7771

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 ZOOM CLASSES:

Tuesday Nov. 2, 1 p.m.

Friday, Dec. 10, 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.

MEDICARE 2022 ZOOM CLASSES:

Medicare's open enrollment runs Oct. 15 - Dec. 7. This workshop will concentrate on the changes for 2022 that affect us on Whidbey Island. It is important to have the latest information regarding Medicare Part D drug plans and/or Medicare Advantage plans for 2022. Since costs and benefits often change each year, it is vital everyone is in the plan that best meets their needs at the least cost.

Saturday, Nov. 13, 10:30 a.m.

Tuesday, Nov. 30, 1 p.m.

USING MEDICARE'S PLANFINDER ZOOM CLASSES:

This class focuses on how to use Medicare's Planfinder so you can find the best drug plan and/or Medicare Advantage plan that meets your needs. We will cover how to find much of the 'hidden' information as well as information about the supplement plans. We will also share how to find the information you are looking for.

To obtain a Zoom link for any class, go to www.senior-resources.org/shiba and click on the

Wednesday, Nov. 17, 1 p.m.

link for each date/time. Not sure how to Zoom? No Problem! Call us at 360-321-1600 or 360-678-3373 and we will walk you through it. Pre-registration is required.

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



NOVEMBER

\$6 Suggested donation for meals

WEEK 1

Mon	1	Chili Beef Cornbread Casserole
Wed	3	Chicken and Dumplings w/Vegetables
Fri	5	BLT Wrap & Tomato Bisque Soup

WEEK 2

Mon	8	Roasted Chicken w/Apricot Compote
Wed	10	Homemade Beef Stew w/Vegetables
Fri	12	Baked Ham w/Scalloped Potatoes

WEEK 3

Mon	15	Chicken Spinach Fettuccini
Wed	17	Thanksgiving Meal w/Turkey & Dressing
Fri	19	Chicken Tenders & Roasted Potatoes

WEEK 4

Mon	22	BBQ Pork and Sweet Potatoes
Wed	24	Meatball Casserole
Fri	26	HOLIDAY - No Meal Service

WEEK 5

Mon	29	Meat Lovers Pizza w/Peppers & Pineapple
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Affordable, quality care and NEW benefits for 2022



Enroll in a Kaiser Permanente Medicare Advantage (HMO) health plan option:

- Hospital, medical, and prescription drug coverage combined¹
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Or, contact your broker to learn more

¹Available on select plans. See plan details for more information at kp.org/wa/medicare. ²When receiving care at Kaiser Permanente facilities. Virtual care is offered when appropriate and available. ³Free with no obligation to enroll. Kaiser Permanente is an HMO plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal. You must reside in the Kaiser Permanente Medicare health plan service area in which you enroll. Kaiser Foundation Health Plan of Washington, 1300 SW 27th St., Renton, WA 98057. H5050_MA0002280_51_21_PAP2_N_M

Support Groups Meet Online

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



TIME TOGETHER @ HOME ZOOM SUPPORT GROUP

Mondays except public holidays, 11 a.m. – noon

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 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 a.m.

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.

FREE Virtual Living Well with Chronic Conditions Workshop

Learn how to Self-Manage, Cope Better, and gain self-confidence in your ability to manage any ongoing health problem.

This evidence-based workshop was developed by Stanford University. It is designed to help individuals who have an ongoing condition (such as diabetes, lung and/or heart disease, chronic pain, arthritis, depression, high blood pressure, and more) improve their quality of life.

Participants learn to:

- reduce stress and frustration,
- manage symptoms
- set weekly goals
- problem-solve effectively
- improve communication
- relax
- handle difficult emotions
- eat well
- exercise safely



Past participants report feeling an increase in their confidence and motivation needed to manage the challenges of living with a chronic health condition.

Family members, friends and caregivers can also participate.

We will have workbooks to accompany the class that each participant will be able to use during the workshop. Each session has activities with group discussions and visual charts will be used as well. You will also receive the book "Living a Healthy Life with Chronic Conditions" to use during the workshop. At the end of the workshop you can choose to purchase the book.

The FREE workshop is 6 weeks long and each class is 2-½ hours long with breaks.

Nov. 8 - Dec. 13, every Monday from 1-3:30 p.m.

To register: go to the calendar on the ISR website at www.senior-resources.org/calendar and click on the event (look for the event name in the calendar). Follow the registration information provided in the event description.

For more information or for help registering call 360-321-1600 or 360-678-3373 ext 0. You can also email reception@islandseniorservices.org

The Center in Oak Harbor and Island Senior Resources will be closed November 25-26 in observance of Thanksgiving

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WHIDBEY NEWS GROUP 2020 THE BEST OF WHIDBEY READERS CHOICE AWARDS



Healthy IMMUNE SYSTEM

Although you may not be able to fully prevent an illness this season, a healthy immune system is one way to give your body extra protection. Focusing on nutrient-rich foods and healthy lifestyle behaviors can help you and your family stay a step ahead.

IMMUNE-SUPPORTING NUTRIENTS

The following nutrients play a role in the immune system and can be found in a variety of foods:

- **Beta Carotene**
found in plant foods, such as sweet potatoes, spinach, carrots, mango, broccoli, & tomatoes
- **Vitamin C**
abundant in citrus fruits, berries, melons, tomatoes, bell peppers, & broccoli
- **Vitamin D**
found in fatty fish & eggs; or look for milk & 100% juices that are fortified with vitamin D
- **Zinc**
found in beef, seafood, wheat germ, beans, nuts, & tofu
- **Probiotics**
found in cultured dairy products such as yogurt & in fermented foods such as kimchi
- **Protein**
found in milk, yogurt, eggs, beef, chicken, seafood, nuts, seeds, beans, & lentils.

To help keep your immune system healthy all year long, focus on a balanced eating plan, good hygiene, stress management, and adequate sleep.

- Aim for five to seven servings of vegetables and fruits daily to get vitamins, minerals, and antioxidants that may support immune health.
- Good hygiene & hand-washing help prevent the spread of germs. Remember to wash produce before eating or using in recipes. Clean glasses, dishes, & utensils after use to reduce the spread and growth of bacteria.
- Find healthy, appropriate ways to cope with stress such as meditation, listening to music, or writing. Physical activity is a great way to help manage stress & may help reduce the risk of some chronic diseases that could weaken your immune system further.
- Lack of sleep contributes to a variety of health concerns, such as a weakened immune system. Seven to nine hours is recommended each day for adults & children need eight to 14 hours, depending on their age.

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

Source: eatright.org Academy of Nutrition and Dietetics



The Importance of Checking your Medicare Plan(s)

Open enrollment is currently happening for Medicare enrollees with a drug plan and/or an advantage plan. You can make changes now through December 7. It is important to check that the plan(s) you have are the best ones for you.

Why check plans? Every year the SHIBA volunteers (Statewide Health Insurance Benefits Advisors) at ISR find some clients who are spending more than needed for their advantage plan or drug plan.

HERE ARE SOME EXAMPLES:

Robert takes two generic drugs that are normally inexpensive. Several years ago, he enrolled in the least expensive plan and had a co-pay of \$4 every 90 days. Each year since enrollment, the plan premium increased, and the co-pays went up. This year, the premium went up significantly. Last fall, he neglected to review the plan's costs and, in January 2021, learned the new premium went up a whopping \$62! And then it was too late to change plans, and he was locked in until the next open enrollment in the fall.

Susan has had the same plan for several years. In June 2020, her doctor changed one of her medications. Although her plan did not cover the new medication, it is required to cover mid-year changes through the end of the current calendar year. She did not recheck her plan last fall. Result: this year, she is paying the full price - more than \$357/month. This increase in her drug cost could have been avoided by switching to a plan that included the new medication.

Thomas has been in the same Medicare Advantage plan for several years.

He likes his plan despite numerous changes over the years. Two of his drugs are no longer covered; instead, the plan covers similar drugs. He failed to discuss his drug list with his doctor to determine whether he could change medications or switch to a different advantage plan that covers his current medications.

Richard has had the same advantage plan for several years with a few changes in benefits. This year, his primary care provider has decided not to accept this plan for 2021. Richard did not read his provider's letter, which described plans he would accept in 2021. Nor did he check to be sure his plan would be accepted. As a result, Richard had to find a new doctor who would accept his plan.

Jan has a supplemental plan and a separate drug plan. She does not need to change her supplemental plan, but she needs to check her drug plan to ensure it is the best plan at the lowest price. If she has a favorite pharmacy, SHIBA can help her identify her best option for next year.

Carol has a supplemental plan which she wants to change. She can change her supplemental plan at any time throughout the year, effective the first day of the following month. She checked her drug plan with SHIBA and confirmed it is still the best one for her, so she will keep it for 2022.

For help checking your plans and/or find new plans, contact the SHIBA volunteers at Island Senior Resources 360-321-1600 ext. or 360-678-3373 for an appointment. SHIBA stands for Statewide Health Insurance Benefits Advisors, a FREE program of the Insurance Commissioner's Office.

Dear Trudy Technology

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

Dear Trudy Technology,

It seems like every time I turn on the news, there's another story about a senior falling victim to a scam. It's making me scared to even check my email. What can I do to stay safe online and avoid these types of scams?

*Sincerely,
Concerned on Camano*

Dear Concerned,
AT&T has written an entire guide with excellent advice for seniors (and others!) on avoiding internet scams. It will help you learn about common online scams that target seniors, common signs that something is a fraudulent, and what to do if you encounter something suspicious. The full guide is available here: www.attinternetservice.com/resources/senior-citizens-guide/.

Here are some of the general rules they provide for avoiding online scams:



- Don't send money or give out personal information in response to an unexpected online request
- Do online searches for potential scams, such as "IRS scam"
- Don't pay anything (fees, admin costs) upfront when someone promises something
- Government offices and trustworthy companies don't ask you to pay with a reloadable card
- Be skeptical about free trials
- When possible, purchase through a HTTPS site, as opposed to HTTP. The "S" stands for "secure"

Hope this helps!

Sincerely,
Trudy

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

Did you know you can also read Trudy Technology online? <https://senior-resources.org/resources/>

BONE AND JOINT HEALTH ACTION WEEK

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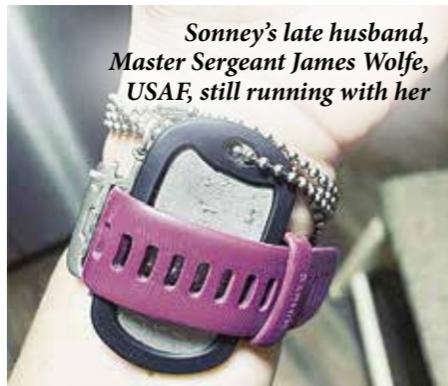
Learn more at:
whidbeyhealth.org/jointreplacement



The Human Spirit Inside of a Setback

Sonney Wolfe, Accounting Assistant, City of Oak Harbor

I am most likely running across the Golden Gate Bridge while you read this, my late husband's dog tags wrapped around my wrist, honing my pace and stride on a half-marathon race, 13.1 miles. In actuality, I should not be running this race. I tripped over an uneven slab of sidewalk in April and injured my knee. After an X-ray, urgent care sent me home with crutches and a knee brace, and told me to come back after swelling had subsided for an MRI to clarify con-



Sonney's late husband, Master Sergeant James Wolfe, USAF, still running with her

cern of a meniscus injury, which may or may not need surgery. Two weeks later, I fell on my stairs and re-injured my knee.

I procrastinated on the follow-up appointment. Running is like therapy for me, a way to find my endurance and pace in a life that no longer includes my husband. He was an amazing runner, and I was always trying to keep up with his pace. Now, when I'm hitting distances upwards of 10-13 miles, I can feel something in my spirit, perhaps endorphins, or maybe it's my husband there running with me, maybe it's God. Maybe I am running with my heart, and with the love I hold for a man who was everything to me and my children.

So yes, I procrastinated. I wasn't ready to hear, "You can't run anymore." I started walking. I jogged a bit. I iced and elevated. I walked some more. I ran. I walked. I gave up. I jogged. I finally made a virtual appointment, and, after some knee bending and doing my best to convince the doctor I was just a little stiff, I

was cleared for light jogs, nothing over two miles, and the promise to ice and elevate. My stubbornness took things from there.

I ran trails for 8.68 miles. I did a few 7-mile road runs. I ran the Whidbey Island 10K without a knee brace and placed first in my age group. I ran the Bellingham Bay Half Marathon with no pain, short of a small shoulder cramp on mile ten. I ran the Snohomish Half Marathon and crushed my Bellingham time, and now I'm somewhere on the Golden Gate Half Marathon, hopefully crushing my Snohomish time. I'm currently registered with my sister to run a full marathon in Ventura, Calif. Feb. 27 – and I have never felt more appreciative of the struggle within a setback, because somewhere within those moments – when we are facing an "end" to something, or a roadblock, or the realization that life will never be the same – the human spirit is there, being its resilient self.



Sonney striking a pose with her medal after finishing the Bellingham Bay Half Marathon

I am so grateful for the human spirit, that I was given one to begin with, and that it has no limits. I am thankful for my challenges, especially the ones I need help to overcome, for they do nothing but increase my endurance, and my endurance strengthens my character, and in my character – I find renewed hope in things that are much greater than I am. Happy Thanksgiving to you all.

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

Jay Lovelady • 360-279-4582

Program Assistant

Send comments and suggestions
to thecenter@oakharbor.org

CLASSES and EVENTS at The Center In Oak Harbor

LUNCH BOXES



Thanksgiving Lunch:

Thursday, Nov. 18

Holiday Lunch: Thursday, Dec. 16

Noon

Members: \$15 | Non-members: \$20

Take your lunch to go, or stay and eat with us at The Center. Your lunch box will include holiday-inspired menu items as well as dessert and beverage.

GIFT OF CONNECTIONS FOR SENIORS

The North Whidbey Coalition on Vital Aging works to acknowledge older adults who would like to be remembered during the holiday season.

Are you over 60, living on North Whidbey, and in need of gifts this holiday season?

Please contact The Center In Oak Harbor for a participant application.

Interested in donating gifts for seniors?

In early November the gift list will be available online at oakharbor.org/sr-svcs or contact Liz Lange 360-279-4581 if you are interested in providing funds or gifts this year.

LOOKING FOR CLASS INSTRUCTORS

We are looking for class instructors for Tai Chi, Hula Dance, and Technology class instructors. If you or someone you know is qualified to teach any of these classes,

Membership at The Center is available for anyone over the age of 50 and is \$40 a year.

please reach out to our Program Coordinator, Carly Larson at 360-279-4583 or clarson@oakharbor.org.

ENHANCEFITNESS & YOGA 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 virtually as well as in-person. The cost is \$25 month for members and \$30 for non-members or the drop-in rate is for \$5 members, \$7 for non-members per class. Silver & Fit and some Kaiser and UnitedHealth Care insurance plans will reimburse the cost, if you believe you are eligible for insurance reimbursement or to learn more please reach out to Carly Larson at 360-279-4583 or clarson@oakharbor.org.

Whidbey Island Genealogical Searchers

~presents on Zoom~

Paula Seeger

"The Immigrant Experience through
Castle Garden and Ellis Island"



Dr. Hanks' ancestors are cousins to Abraham Lincoln through Lincoln's mother, Nancy Hanks Lincoln. He will share stories of President Lincoln's involvement with his family and delve into the traits that formed Lincoln's personality including his religious beliefs.

Tuesday, Nov. 16 • 1 p.m.

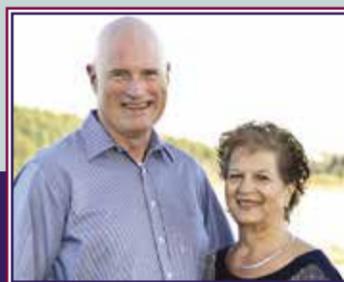
Sign on to Zoom 10 minutes early

ALL ARE INVITED TO JOIN US

Non-WIGS members wishing to attend, send an email no later than Nov. 14 to whidbeygensearchers@gmail.com to receive your zoom invitation.

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Program assistant Jay Lovelady awarding a door prize to a lucky resource fair attendee



TOGETHERNESS continued from page 1

A special thank you to Regency on Whidbey, Island Senior Resources, Heartsong Homecare Co-op, and Safe Zone Senior Care. We really do have a great team

of people on this island working to ensure our community needs are met.

The event was also the first for our newly started program assistant, Jay Lovelady. It's been a long journey for Jay Lovelady in starting his first day as program assistant here at The Center at the beginning of October. After a hiring freeze early on in the pandemic put his placement at The Center on hold, and losing funding for the position short term while our doors were closed, we are ready and excited to now have a full staff again.

We are grateful for the ongoing support of the City of Oak Harbor leadership team, Mayor Bob Sevens, and city council members, who advocated for and approved usage of American Rescue Plan Funds to support the program assistant position.

My takeaway from our event and all that has occurred at The Center over the last month was that the greatest resource we have is each other and the personal connections we make.

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