

Healthy Aging Part 4: Positive Attitude

By Robin Bush ISR Communications

There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age. ~Sophia Loren

If you gather 10 centenarians in a room and ask, "What is your secret to longevity?" you may hear:

"I put a shot of whisky in my coffee once in a while just like my grandmother did, and she lived to be 110."

"I walk every day, no matter what the weather."

"I spend every morning at the children's center reading to the little ones."

"I eat an apple a day – it works. Just look at me. I am 103!"

"I stopped worrying 50 years ago, and now I just think about things that make me laugh."

"I believe in being happy. Nothing else matters."

Their answers might not be your fountain of youth, but research shows one thing that can be – a positive attitude. It helps people have a healthy, longer life, gaining as much as seven years with a 40 percent reduced risk of dementia. (Becca Levy, Ph.D.)

POSITIVE ATTITUDE continued on page 8

Unwinding the Tension: Celebrating National Stress Awareness Month in April

By Liz Lange
Senior Services Administrator, City of Oak Harbor

April is National Stress Awareness Month, and it's an important time to take stock of your mental health and well-being. As we get older, we can be especially vulnerable to stress, as we deal with additional health issues, changes in living situations, and the many other challenges that can add to stress levels. Identifying the stressors in your life and taking steps to manage stress will help improve your overall quality of life.

WHAT IS STRESS?

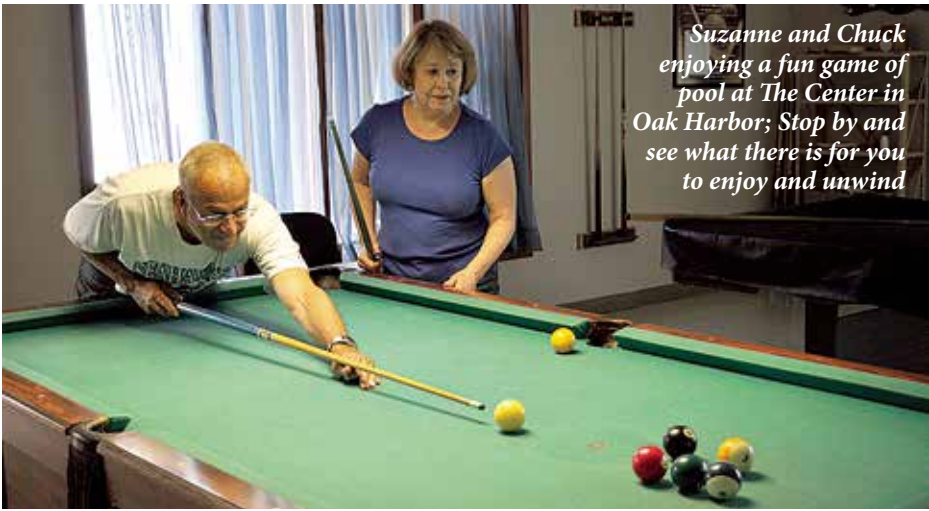
Stress is a normal response to a challenging situation. It can be physical or emotional and can be caused by a variety of factors, including health issues, financial problems, family conflicts, and more. There are several types of stress that people can experience. Here are some of the most common types:

- **ACUTE STRESS:** This is a short-term type of stress that is caused by a specific event or situation, such as a car accident or a job interview.
- **CHRONIC STRESS:** This is a long-term type of stress that can be caused by

ongoing issues such as financial problems, relationship issues, or health concerns.

- **EPISODIC ACUTE STRESS:** This type of stress occurs when a person experiences frequent episodes of acute stress. People who have high-pressure jobs or are constantly dealing with crises may experience episodic acute stress.
- **TRAUMATIC STRESS:** This is a type of stress that is caused by a traumatic event, such as a natural disaster, a serious accident, or a violent crime.
- **POST-TRAUMATIC STRESS DISORDER (PTSD):** This is a type of stress that occurs after a person has experienced a traumatic event. People with PTSD may experience flashbacks, nightmares, and other symptoms related to the traumatic event.
- **BURNOUT:** This is a type of stress that is caused by chronic work-related stress. People who experience burnout may feel exhausted, overwhelmed, and unfulfilled in their jobs.

TENSION continued on page 2



Suzanne and Chuck enjoying a fun game of pool at The Center in Oak Harbor; Stop by and see what there is for you to enjoy and unwind

DID YOU KNOW?



If you incorporate the lifestyle habits of the five longevity "Blue Zones" worldwide, you may increase your life expectancy by 10-12 years, largely without chronic disease.

– See page 7 for details

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Daily Program Schedule

MONDAY

- 8:45 EnhanceFitness
- 9 Billiards
- 9 Quilting & Textiles
- 10 EnhanceFitness (Low Impact)
- 10 Mah Jongg
- 11:45 Lunch (ISR)
- 12 Bunco
- 12 Ping Pong
- 1 Art
- 2 Clogging

TUESDAY

- 8:45 Yoga
- 9 Billiards
- 9 Lapidary
- 10 Tai Chi
- 10 Walking Club (Meets at Flintstone Park)
- 11 Tech Drop-In
- 11 Mexican Train
- 1 Line Dance
- 1 Knitting/Crocheting
- 6 Lapidary (By Appt.)

WEDNESDAY

- 8:45 EnhanceFitness
- 9 Billiards
- 9 Lapidary
- 10 EnhanceFitness (Low Impact)
- 11 Duplicate Bridge
- 12 Ping Pong

THURSDAY

- 8:45 Yoga
- 9 Billiards
- 10 Tai Chi
- 10 Walking Club (Meets at Flintstone Park)
- 10 Wii Bowling
- 10 Wire Wrap
- 11:45 Lunch
- 1 History Class (begins 4/13)
- 1 Reader's Theater

FRIDAY

- 8:45 EnhanceFitness
- 9 Billiards
- 9 Quilting & Textiles
- 10 EnhanceFitness (Low Impact)
- 12 Pinochle
- 1 Line Dance
- 2:30 Ping Pong
- 7 Social Dance (2nd Friday)

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51 SE Jerome St., Oak Harbor, WA 98277
Front Desk: 360-279-4580

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Current Business Hours:
Mon-Fri, 8:30 am - 4 pm
Additional evening and weekend classes and events as scheduled

Yearly Membership Dues: \$40
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Liz Lange • 360-279-4581
Senior Services Administrator
Carly Larson • 360-279-4583
Program Coordinator
Christina Benjamin
360-279-4582
Program Assistant

Send comments and suggestions to thecenter@oakharbor.org



Sundays In-Person; 10 am
5671 Crawford Rd, Langley
Zoom service link online
unityofwhidbey.org

TENSION continued from page 1

Did any of the above ring true for you? It's important to note that everyone experiences stress differently, and what may be stressful for one person may not be stressful for another. Understanding the different types of stress can help you identify the sources of stress in your life and take steps to manage it.

In small doses, stress can be beneficial, helping us stay alert and focused in the face of a challenge. It's important to note that while stress can have some benefits, chronic or overwhelming stress can have a negative impact on our physical and mental health. It's important to take steps to manage stress and prioritize our overall well-being.

When it becomes chronic, it can take a toll on our physical and mental health. According to the American Psychological Association, chronic stress can increase the risk of depression, heart disease, and other serious health problems. It can also affect our memory, cognitive function, and overall quality of life.

Stress can also impact our daily lives, making it harder to concentrate, sleep, and enjoy the things we love. For older adults stress can be especially challenging as it can exacerbate existing health conditions and affect quality of life. That's why it's important to take steps to manage stress and prioritize self-care.

MANAGING STRESS

Fortunately, there are steps you can take to manage stress and improve your overall well-being. Here are some strategies that may be helpful:

- EXERCISE:** Regular exercise is a great way to manage stress. It can help improve your mood, reduce anxiety, and boost your overall health. Older adults should aim for at least 30 minutes of moderate exercise most days of the week. Even light physical activity, like walking or stretching, can help reduce stress levels and improve overall health.
- RELAXATION TECHNIQUES:** Techniques such as deep breathing, meditation, and yoga can help reduce stress and promote relaxation. You can find many free resources online or take a Yoga or Tai Chi class at The Center in Oak Harbor.
- SOCIAL SUPPORT:** Another key aspect of stress management is social support. Spending time with friends and loved ones, participating in group activities, and seeking out community resources can all provide a sense of connection and reduce feelings of stress and isolation. Don't have friends or family who live nearby? Come join us at The Center in Oak Harbor! Check out our calendar in the Island Times for something that may be of interest to you. We have new members joining every day and would love to welcome you.
- SELF-CARE:** Taking care of yourself is important for managing stress. This can include getting enough sleep, eating a healthy diet, and doing activities you enjoy.
- PROFESSIONAL HELP:** If you're struggling with chronic stress or other

Joy and Kathy enjoying the sunshine, exercise and socializing – all great ways to manage stress; Walking club Thursdays at 10 a.m. at Flintstone Park



mental health issues, don't hesitate to seek professional help. Your doctor or a mental health professional can provide guidance and support. A therapist or counselor can provide guidance on stress management techniques and offer strategies for coping with difficult emotions.

Ultimately, National Stress Awareness Month is an opportunity to prioritize your mental and physical health by taking steps to manage stress. By recognizing the impact of stress and making self-care a priority, you can improve your overall well-being and enjoy a happier, healthier life. Stress is a normal part of life, but it's important to take steps to manage it and protect your overall well-being. By incorporating exercise, relaxation techniques, social support, self-care, and professional help as needed, you can reduce your stress levels and improve your quality of life.

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Robin (In red vest) playing Mexican Train with a group of ladies on Tuesdays

Member Spotlight: Robin Thomas

By Christina Benjamin
Program Assistant, City of Oak Harbor Senior Services

Robin was born in Walnut Creek, Calif. and moved around between California, Michigan and Texas. She has one brother named Scott. Robin moved to Whidbey Island with her brother, since his wife had accepted a job at the local Home Depot, and her love of the island has kept her here ever since. Robin's career was volunteering with the Day Training Activity Center (DTAC) which is a day program working with adults with disabilities in numerous life skills training opportunities.

You will often see Robin walking all around Oak Harbor. She will walk almost a mile to The Center several days a week. She comes to The Center in Oak Harbor mainly for the socialization aspect of it, but she also enjoys coming



Robin (center) enjoys Tai Chi

to play Mexican train and participating in Tai Chi. In her free time, she volunteers at the playhouse and at Whidbey Presbyterian church. She also enjoys working on jigsaw puzzles and, of course, walking.

TRAVEL LOG

DAY TRIPS:

SWEENEY TODD (5th Ave Theater)

Saturday, April 29 | 9 AM – 7 PM

\$217 for Center members

\$260 for all others

After 15 years in exile, Sweeney Todd, an unsettling man with a mysterious past, arrives in a dark and gritty London, hungry for vengeance against the judge who destroyed his life. Todd joins forces with Mrs. Lovett, the unhinged proprietress of a failing pie shop, and together they develop a spine-tingling plot to exact revenge. When the lights go down and the curtain goes up, you won't dare look away. We will stop for a no host lunch prior to the 1:30 PM showing.



ANDREA BOCELLI (Climate Pledge Arena)

Sunday, May 14 | 3:30 PM – 1 AM

\$285 for Center members

\$340 for all others

As one of the most recognizable voices in the industry, Andrea Bocelli has been thrilling audiences for over 20 years, counting nearly 90 million records sold worldwide. The tour will feature performances from Bocelli's uplifting new album Believe, a poignant and personal collection of songs, celebrating the power of music to soothe the soul, as well as a selection of arias, his beloved cross-over hits and famed love songs. We will stop for a no host dinner prior to the 7:30 PM show.

EXTENDED TRAVEL:

CLASSICAL GREECE

Sept. 24 – Oct. 4

\$4,029 per person double

\$4,629 per person single

Highlights include Athens, The Acropolis and Parthenon, Meteora, Delphi, Olympia, Greek farm visit, cooking class, Greek dance class, Nafplio, and 16 meals.

SUNNY PORTUGAL

April 23 – May 2, 2024

\$3879 per person double

\$4479 per person single

Presentation: May 8, 11 a.m.

Highlights include Portuguese Riviera, Lisboa, Belem, Obidos, Sintra, Arraiolos, Cork Factory, Evora, Winery Visit, Alentejo, Monsaraz, Lagos, Algarve, Faro, Tavira, four UNESCO World Heritage sites, Azeitao and 13 meals.

SHE'S HERE!
CARLY & CAMERON ARE EXCITED TO WELCOME
BRYNLEE MAE
Saturday
February 25, 2023
7 LBS • 4.5 OZ • 20.5 INCHES

Carly Larson, Program Coordinator at The Center in Oak Harbor, is now on maternity leave. Please direct any communications to Liz Lange (LLange@oakharbor.org) or Christina Benjamin (CBenjamin@oakharbor.org) for the next few months.

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The Center in Oak Harbor Volunteers, WE APPRECIATE YOU!

APRIL 16-22 VOLUNTEER APPRECIATION WEEK

It is the work of more than thirty volunteers who make The Center in Oak Harbor the amazing place it is! Great classes, trips, and administrative assistance is provided by hours of donated time by the individuals listed below. When you call us, it is very likely that it is one of our wonderful volunteers who is answering the phone and assisting you. Last year our volunteers served a combined total of over 5,500 hours, which was a savings of \$110,000 in personnel costs. We couldn't do it without you!

Interested in joining the fun by volunteering? Give our Program Assistant, Christina Benjamin a call at 360-279-4582 or send her an email at CBenjamin@oakharbor.org

TRAVEL ESCORTS			EVENTS
Chuck H.	Fran J.	Suzanne H.	Teri H.
Lauraine B.	Ruth M.	Linda O.	Joy H
Jeryl K.	Joy H.	Rosemary M.	Judith
Judy N.	Andy M.	Mary Jo M.	Sue D.
Andrea I.	Betty J.	Cindy O.	Kyle O.
	Duncan C.	Geri T.	Cindy O.
	Mark M.	Elaine H.	Denise M.B.
PROGRAM LEADS	FRONT DESK	Denise M-B.	
Stan S.	Teri H.		
Harriet V.	Barbara G.		
Rene A.			



CLASSES and EVENTS at The Center In Oak Harbor

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

FITNESS

Month: \$25 members, \$35 non-members
*(+3 day use fee for non-members)
Drop-in: \$5 members, \$7 non-members

EnhanceFitness

Monday/Wednesday/Friday

8:45 – 9:45 a.m.

An hour-long evidence-based exercise class that includes aerobics, strength training, balance exercises and stretching.

EnhanceFitness Low Impact

Monday/Wednesday/Friday

10 – 11 a.m.

The low impact Enhance Fitness is very similar to our S.A.I.L class and taught at a modified pace with a chair for those who need to regain strength and balance.

Yoga

Tuesday/Thursday | 8:30 – 9:30 a.m.

A gentle yoga class taught by owner of Lotus Tea Bar & Studio, Maria McGee.

Tai Chi

Tuesday & Thursdays | 10 – 11 a.m.

Tai Chi is a martial art that uses gentle, flowing movements to improve the health of the body and mind. In its most common form in present day, it is known as moving meditation that improves flexibility, balance, strength, and mental focus as well as decreasing stress. Tai Chi is a low impact exercise that is beneficial for every fitness level and all age groups. In this class you will learn Tai Chi and Qigong forms and flows.

Free Fitness Classes

The Center is a Silver & Fit and Renew Active facility which means if you qualify for these programs through your insurance provider you can participate in Tai Chi, Yoga, and EnhanceFitness at no cost. Please check with a staff member to verify your eligibility.

CLASSES & PROGRAMS:

AARP Foundation

AARP Free Tax Preparation

Fridays, Feb. 3 – April 14

Appointments are available for free tax preparation by the AARP Foundation volunteers. Please visit our website oakharbor.gov/365/AARP-Tax-Aide or call The Center to book an appointment. Walk-ins will be taken as time allows. Be prepared for substantial wait times if you do not have an appointment. Appointments strongly encouraged and will book up quickly.

Reader's Theater

Thursdays | 1 – 2:30 PM

No fee for members
\$3 Day use fee for non-members

The "Whidbey Prime Time Players" are starting a Readers' Theater group at The Center. The group meets regularly on Thursday afternoons to practice and rehearse plays and then offer free live performances once a quarter. The great thing about Readers' Theater is that anyone can participate, and no memorization or prior experience is necessary!

DINO PROGRAMS:

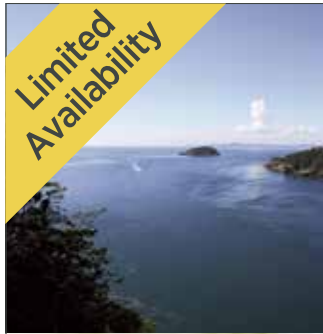
In partnership with BBBSIC we are offering the below intergenerational programs. The Dabble in New Opportunities (DINO) programs are intended to provide youth with opportunities that they wouldn't otherwise have, including mentorship. The goal is to have 1:1 youth to adult participation for each program. Each adult who registers will be paired with a youth participant for the duration of the program. The listed adult rates are subsidized by the DINO program to encourage adult participation. The DINO program is available to all youth in Island County at no cost. Adult sign up is through The Center.

King Arthur Baking School Trip: Cupcake Bouquet

May 7 | 11 AM – 5 PM

\$50

Enjoy creating a "Cupcake Bouquet - we will make chocolate cupcakes, and frosting, then use snipped marshmallow pieces dipped in colored sugars to make flower petals." Lunch will be provided before class.



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Seminar covers:

- "Basic" Medicare benefits, options for additional insurance(s)
- Medicare parts A and B
- The differences between "Medigap" (supplemental) insurance and Advantage plans
- Financial assistance for qualifying low-income individuals
- Prescription drug plans

IN-PERSON
The Center in Oak Harbor (51 SE Jerome St.)

Tuesday, April 18, 11 a.m.

IN-PERSON
Island Senior Resources (14594 SR 525, Langley)

Tuesday, May 16, 2 p.m.

IN-PERSON
The Center in Oak Harbor (51 SE Jerome St.)

Friday, June 16, 1 p.m.

PRE-REGISTRATION REQUIRED.

To register go to the 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 or 360-387-6201 ext 0. You can also email reception@islandseniorservices.org.



Island Senior Resources' Lunch-n-Learn is back!

WEDNESDAYS
Lunch: 11:45 a.m. – 12:30 p.m.,
Presentations: 12:30 – 1:30 p.m.
Coupeville United Methodist Church
608 N. Main St. Coupeville

Join us for a delicious lunch and then stay for fun and learning.

APRIL 5: BINGO
Have fun and create new friends

APRIL 12: EMERGENCY PREPAREDNESS

"When a Natural Disaster Strikes." Immediate steps to take after a natural disaster and prepare for an extended period until help arrives. By Bonnie Maclean, Coordinator, neighborhood emergency response team

APRIL 19: HOSPITAL STAY
"Plan for Hospital Stays and Discharge." Learn what to bring and how to transport home. By Katheryn Howell, ISR Director of Community Programs

APRIL 26: ISLAND SENIOR RESOURCES 101

"Everything You Need to Know About ISR." Learn about our services and website. By ISR Aging & Disability Resources staff (ADR)

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 or 360-678-3373 or 360-387-6201 ext 0.

Thursday, May 11 • 2 p.m. Thursday, Sept. 14 • 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.



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APRIL

Contributions to cover cost of meals are appreciated

WEEK 1		
Mon	3	John Wayne Beefy Cornbread
Wed	5	Baked Ham w/Apple Chutney
Fri	7	Fish Sandwich w/Lettuce & Cheese
WEEK 3		
Mon	10	Teriyaki Chicken
Wed	12	Chicken Pot Pie
Fri	14	Turkey Pesto Wrap
WEEK 4		
Mon	17	Spaghetti Carbonara w/Bacon
Wed	19	Tuna Salad on Croissant
Fri	21	Chef Salad w/Turkey & Ham
WEEK 5		
Mon	24	Cheeseburger Casserole
Wed	26	Club Sandwich & Broccoli Cheese Soup
Fri	28	Chicken Tenders w/BBQ Sauce

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FROM THE EXECUTIVE DIRECTOR

INTRODUCING ISR’S NEWEST BOARD MEMBER – Sarah Stiteler

By Michele Cato, Executive Director, Island Senior Resources

We could not do our work nor meet the critical needs of our clients without incredible volunteers like Sarah.

Sarah’s parents purchased a cabin on Saratoga Passage on Camano in the early 1960s, and Sarah has been visiting ever since. When her folks retired and decided to ‘age in place’ in their cabin, Sarah began the frequent weekend treks from her job and family in the Seattle area to help them as they aged, ultimately assuming a part-time caregiver role for her mom. In 2018, her partner moved to Camano Island, while Sarah continued her work with the City of Redmond. Unfortunately, Sarah took on heavy caregiver responsibilities when her partner was diagnosed with terminal cancer, leading to Sarah’s permanent move to Camano in 2021.

Sarah is a proud grandma of four cats and her amazing 2-year-old grandson. She has an adult daughter and son living in the Seattle area with their spouses. Sarah enjoys reading, walking, kayaking, spending time with family, playing Mahjong with friends, and baking fruit tarts and cookies to share. She also enjoys walks and is no stranger to Whidbey Island, with Deception Pass being a favorite destination.



With a Master’s in Urban Planning (BA in Social Welfare) from the University of Washington, Sarah has had a successful career in community development and land-use planning. Having now had time to reassess after retirement, the death of her partner, and helping her sister and brother-in-law move into assisted living, Sarah seeks to “build community by helping the community.” She has the capacity, passion, and time now to pay it forward and has chosen to do so by joining ISR’s Board of Directors. She

believes everyone needs to know about ISR’s services and avail themselves of them as they (or their loved ones) age. “Aging and caregiving are part of our lives.”

Our rural island culture offers an abundance of caring, compassionate people who find room in their hearts and lives to support the many organizations in need of volunteers across Island County. ISR is grateful for its 250 active volunteers working 15,000 hours annually to provide medical transportation, deliver Meals on Wheels, process Thrift Store donations, counsel Medicare clients, manage the Medical Equipment Library, and serve as advisors and Board members, all in support of our community. If you would like to volunteer to support seniors and adults with disabilities, please check out our website at <https://senior-resources.org/volunteering/> or call 360-321-1600.

Be Prepared for a Hospital Stay

By Kathryn Howell, ISR Senior Director – Community Programs

Not many people make it through life without at least one hospital stay. But, whether it’s a birth, a planned procedure, or an emergency, you’ll likely need to be hospitalized one day. Over the last two decades, I’ve visited hundreds of clients and family members in hospitals and rehab centers. Here are some tips and tricks to help you prepare for that inevitable hospitalization.

PACK A TO-GO BAG

Hospitals can be mind-numbingly boring, so you need strategies to stay engaged and alert. First, pack a “to-go” bag. You’ll most likely be stuck wearing the “oh so fashionable” green short-sleeve gown with the slit down the back. Pack a comfy throw and cozy slipper socks. Medications and dry hospital air may lead to a dry mouth, so put some lozenges or gum in your bag. Being in the hospital is lonely sometimes, so bring a few pictures that connect you with loved ones and bring a smile to your face. Pack

stationary or note cards. You’ll have plenty of time to write to people you care about. Make a list of audiobooks you want to catch up on; the TV in your room will grow old fast. Don’t forget to put headphones in your bag that you can plug into your cell phone and a charger and cable. Make small talk with everyone that comes in to treat you. As the nurse switches out your saline bag, ask them about their family and what they are doing for dinner tonight. The better you feel and the more alert you are during your stay, the better your chances of getting well swiftly. Bring a notepad, reading glasses, and pens. During your stay, you’ll want to jot down questions for your doctor and other providers. Once you’ve packed your bag, let your emergency contact know where you put it. If you go by ambulance or get admitted from the community, you won’t have your bag. Don’t forget to update the contents of your bag yearly.

IDENTIFY AN EMERGENCY CONTACT

Identifying your emergency contact is essen-

tial. This person may not be your spouse or even a family member. Discuss your expectations with your person and decide if you want to ask them to be your Power of Attorney. When you assign a Power of Attorney, copy the document and put it in your “to-go” bag with a list of your current medications, medical providers, and a medical directive. If you have a cell phone, enter your emergency contact into your Contacts titled ICE, and make a card for your wallet titled: In Case of an Emergency; be sure to include any care responsibilities you have. Clearly identify if you have a disabled person or pet for whom you are the primary caretaker. If you prefer, there are printable emergency contact cards online.

Once you are admitted to the hospital, write down the name of your admitting doctor and your admitting diagnosis. You’ll want that for your records. You’ll have a whiteboard in your room showing the names of your nurse and doctor for each shift. Request to speak to a discharge planner within the first couple of days you are there. Consider sharing with them your discharge plans and any needs regarding caregiving, and discuss the possibility of discharge to a rehab facility if needed. Provide them with your emergency contact to assist with discharge planning. Consider going to this website to print a discharge planning checklist as provided by the Robert Wood Johnson Foundation: www.rwjf.org/en/insights/our-research/2013/01/care-about-your-care-discharge-checklist---care-transition-plan.html. The discharge checklist can help you and your emergency contact track all the information needed before you leave the hospital.



Monthly eNews for seniors, adult with disabilities, and those who care for them 360-321-1600

HOW TO REACH ISLAND SENIOR RESOURCES

For all departments and all staff call 360-321-1600

- Nutrition/Meals on Wheels
 - Aging & Disability Resources
 - Family Caregiver Support
 - Medicaid In-Home Care/Case Management
 - Medical Transportation/Volunteer Services
 - SHIBA
 - Senior Thrift
- For more information, visit www.senior-resources.org

OUR LOCATIONS

Weekdays, 8:30 a.m. - 4 p.m.

Island Senior Resources (Bayview)
14594 SR 525, Langley, WA 98260

Island Senior Resources (Oak Harbor)
917 E Whidbey Ave
Oak Harbor, WA 98277

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Island Senior Resources is an independent nonprofit 501(c)(3) that has been serving Island County since 1972. Island Senior Resources is the trade name for Senior Services of Island County.

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The Blue Zones

By Robin Bush ISR Communications

There are five places in the world where people live longer than anywhere else. Known as The Blue Zones, they include Ikaria, Greece; Loma Linda, Calif.; Sardinia, Italy; Okinawa, Japan; and Nicoya, Costa Rica. What can we learn from them to help us in our journey toward “healthy aging?”

In collaboration with demographers and researchers, Blue Zones founder Dan Buettner identified specific lifestyle habits of the Blue Zones we could incorporate into our daily lives to increase life expectancy by 10-12 years, largely without chronic disease. Here are the lifestyle principles learned from the Blue Zones:

MOVE NATURALLY

People in the Blue Zones live in areas that push them to move without thinking much about it. Their exercise includes gardening, walking hills, and refraining from using mechanical conveniences.

PURPOSE

Having a purpose is an important reason for getting up in the morning. Find it and you’ll live about seven years longer.

DOWN SHIFT

Learn how to manage stress. People in Blue Zones pray, remember their ancestors, take naps, and engage in happy hour.

80 PERCENT RULE

Stop eating before you’re full. Blue Zones people eat their smallest meal in the late afternoon or early evening, and don’t eat anything else. They live longer by controlling their weight.

PLANT SLANT

Eat more beans along with other vegetables. Blue Zones residents follow a Mediterranean diet. Animal protein is reserved for special occasions.

WINE AT 5

Buettner discovered that everyone in the Blue Zones, except Adventists, drink alcohol. They have 1-2 glasses of wine daily with friends and/or with food.

SPIRITUALITY

Most of the centenarians belonged to a faith-based community. Their research shows that attending services four times per month adds 4-14 years to life. Older adults who have strong social support have better physical and mental health.

LOVED ONES FIRST

Blue Zone people put family and their partners first. Aging parents and grandparents often live in the same home with their children or nearby.

RIGHT TRIBE

Healthful behaviors are reinforced by those within the same social circle.
For more information, go to: www.blue-zones.com

SNO-ISLE LIBRARIES

Take charge of your health and well-being

Managing your physical and mental health sometimes seems like a full-time job. It may feel like an uphill battle if you’re recovering from injury, illness, or emotional hardships. Sno-Isle Libraries offers activities and tools to help you care for yourself mentally and physically.

Join an Event

Sno-Isle Libraries offers events to engage and inspire you mentally and physically, from crafting to author talks.
Connect with like-minded people by joining book group discussions (in-person and online) on topics that interest you, from gardening to social justice.
There are groups offering a variety of crafting options like knitting & crocheting, drawing & painting, and more.
Check out our full calendar of events at sno-isle.org/events.

Reliable and Trusted Information

Looking for accurate information about health and medicine? Google searches can lead to misinformation and confusion. Sno-Isle Library cardholders have access to excellent online databases, including:
Consumer Health Complete — Access health and wellness information from mainstream medicine to holistic, integrated medicine.
Consumer Reports on Health — Get healthy with unbiased, independent advice.
Gale OneFile: Health and Medicine — Find reliable information on fitness, nutrition, and more.

Booklists: Find Your Next Read

No matter what you seek, there’s probably a good book about it. Browse the Sno-Isle Libraries website to find curated lists on subjects including:
Depression & Anxiety, Motivation, Social & Communication Skills, Yoga & Meditation, Outdoor Hiking & Biking, and more.
Need a recommendation? Our librarians are happy to recommend something personalized to you.
To learn more about the health and wellness activities and tools offered by Sno-Isle Libraries, visit sno-isle.org or speak to a librarian at your local library.



Come for lunch and conversation
11:45 - 12:30

Mondays at the Center in Oak Harbor
51 SE Jerome St. Oak Harbor

Wednesdays at Leo's Place at ISR Bayview
14594 SR 525 Langley

and
Coupeville United Methodist Church
608 N. Main St. Coupeville

Donations accepted to help cover the costs of lunch
See our menu at www.senior-resources.org/nutritionmenu/



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POSITIVE ATTITUDE continued from page 1

Yale School of Public Health social psychologist).

What does a positive attitude look like? When we spend decades absorbing all our culture’s negative ageist attitudes, we begin to embody them. You can reverse that if you shift your focus to believing you will remain vigorous and seek people and things that make you happy. Although happiness is one com-

ponent of a positive attitude, it doesn’t mean you need to smile at every challenge of aging; instead, it means believing you can deal with adversity. It’s keeping things in perspective.

Perspective means understanding what you can no longer do while focusing on being grateful for what you can do. Every time you have a negative thought about what you cannot do, write it down. Then

write something next to it that you can do. You can’t eliminate the challenges of aging, so refocus your thinking and come up with ideas on how to emphasize the positives. Set some meaningful and positive goals. Identify a few people with whom you want closer connection and build those friendships. You may not have as many friends as you did when you were younger, but those you have will be more meaningful. Surround yourself with others who are positive. We tend to mimic what is shared with us. Pick your friends carefully.

You build a positive attitude when you surround yourself with other positive thinkers. The saying goes, “You are the company you keep.” When you are surrounded by other optimists, you feel uplifted and happy. You also reinforce your positivity when you help others to find the positive in their lives. Sharing a kind word, boosting someone’s self-esteem, and encouraging them as they reach a goal all help reinforce your positive attitude. Every time you say to someone, “you can do it,” you are reinforcing that for yourself.

Having a positive attitude toward challenges is also deeply connected to our sense of gratitude. In “The Book of Joy: Lasting Happiness in a Changing World,”

his holiness the Dalai Lama XIV says, “The most important quality to have toward your day is gratitude for what you have experienced, even for what was hard and what allowed you to learn and grow.” You improve your health and well-being whenever you express gratitude with a positive attitude. If you are talking with someone and you mention something negative, balance it with a positive statement like, “Isn’t the sunshine beautiful today.” That resets your thinking from negative to positive. Soon it will become a habit, and eventually, you will stay more positive.

If you believe eating spinach every day is the secret to your good health, keep doing it, but don’t forget to recognize the importance of doing things for others, not focusing on your aches and problems, and eliminating negative thinking. That actually may turn out to be the fountain of your youthfulness.

- To learn more, read:
- Breaking the Age Code: How Your Beliefs about Aging Determine How Long & Well You Live by Becca Levy, Ph.D.
 - Un-Aging: The Four Factors that Impact How You Age by Robert P. Friedland
 - Fellowship Point by Alice Elliott Dark

DO YOU KNOW SOMEONE WHO NEEDS HELP?

REFER A FRIEND OR NEIGHBOR THROUGH ISR’S ONLINE HELP REQUEST OR BY PHONE



or call:
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Serving Whidbey & Camano Islands

<https://senior-resources.org/request-assistance/>



www.senior-resources.org

Mindfully Becoming an Elder

We are all familiar with the life steps of childhood, adolescence, and adulthood, but as a culture, we have not acknowledged the phase of later adulthood: elderhood. Elderhood is quite different from the adult phase, full of growing careers, having families, and exploring what we want our lives to be. Elderhood is when we have much to share with those who have not encountered the experiences and lessons we have. They have much yet to learn, and although we are not experts, we have gained wisdom and have much to share. Times change, but the lessons that matter are timeless.

We know that generations that follow us don’t always welcome guidance or may feel our experiences from another time are irrelevant, but there are ways to open the door to share the timeless lessons. There are some things to consider about being a good elder guide that build trust and open the doors to understanding:

- Be kind – teach without criticizing
- Be tolerant of their mistakes and be a guide back onto a better path
- Listen, don’t judge. Walk in their shoes
- Appreciate and acknowledge the differences between your generation and theirs
- Show them, don’t tell them what to do
- Let them take their journey – even if you foresee the challenges they will face, and you may wish to offer warnings, it is their life, and they get to choose their path.

Embrace your role as an elder. Celebrate the life you have led that has brought you wisdom worth sharing.

Tips for Seniors: Medical Alert Devices

by Glenda Cantrell*

Most medical alert “buttons” connect you with a third party that answers your call and then sends you to a friend or neighbor to assess if you are having an emergency before 911 is called. They charge a monthly fee for this service. The device has to be charged every 24 hours and can only be used within a limited perimeter. I started thinking, “There must be a better way!” and I found it. It is called “911 Help Now” and is available on Amazon.com. You pay for the device one time with no monthly fee. It is AA battery-operated, so there is no frequent charging and no distance perimeter limitation. Best of all, if you activate it in

an emergency, it contacts 911 immediately. Frankly, if I have a real emergency, I want the paramedics to come first, not a friend or family member! Best of all, it works anywhere in the nation with emergency 911. It is excellent for low-income seniors because there is no monthly fee. I recently broke my femur, and it was a lifesaver!

* Glenda Cantrell is a Certified Life Coach, author of “Glenda’s Recipes: How I Reversed My Diabetes with Diet and No Medication,” and a consultant with 36 meal plans for various health needs. “Tips for Seniors” offers information she has found on her journey to wellness. She is not a doctor, nutritionist, or dietician. These tips are shared from her personal experience. For more information, contact Glenda-cantrell@comcast.net or 360-720-2955.



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