

Island Times

Look for Island Times the LAST Thursday of each month
SEPT. 2023

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

Volume 7 • Issue 5



Dale from Humana and Linda at the 2022 Resource Fair

Health Aging Part 9: Social Connection

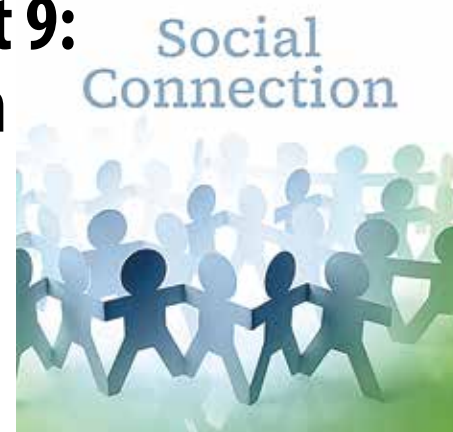
By Robin Bush ISR Communications

Do you know the one thing you can do to transform your health and well-being and decrease your risk of heart disease, anxiety, high blood pressure, depression, substance abuse, and dementia? It's social connection. It's the key to health and happiness. Today, try making a choice for better health by calling someone to say hello, asking them for tea, or suggesting they join you for a walk. You'll feel better. When we connect, we experience a range of emotions that often include laughing, crying, or venting, all of which release dopamine and endorphins – those neurotransmitters responsible for happiness and good mood.

The Good Life: Lessons from the World's Longest Study of Happiness, by Robert Waldinger, MD, and Marc Schulz, Ph.D., is a new book about a study at Harvard that began in the 1930s and followed over 600 participants for their entire adult lives. The study asked participants about their health, income, marital status, hopes, fears, disappointments, regrets, accomplishments, satisfaction, and more. What was discovered was the key to well-being was not diet and exercise or achievements; instead, the one thing that continuously emerged as being of the most significant importance was good relationships. Through personal stories, this book shows us it's never too late to strengthen relationships or build new ones. This interesting and insightful book is filled with life stories that may transform how you choose to live each day.

You can also listen to him speak in his TED talk at TED.com called *What Makes a Good Life*.

Relationships, whether with friends, romantic partners, coworkers, or groups you join for conversation or walks, or travel, all contribute to leading a healthier and happier life. Our needs and the depth and breadth of our relationships differ at different life stages. As we age,



what matters is spending quality time with those people who matter to your happiness and letting them know how much they matter to you.

The book suggests something we can all do today. "Think about someone, just one person, who is important to you. . . Think about what they mean to you, what they have done for you. Where would you be without them? Who would you be? Now think about what you would thank them for if you thought you would never see them again. And at this moment—right now—turn to them. Call them. Tell them."

"Human beings long for connection, and our sense of usefulness derives from the feeling of connectedness. When we are connected – to our own purpose, to the community around us, and to our spiritual wisdom, we are able to live and act with authentic effectiveness."

– Michael Meade

Dr. Waldinger also suggests you stop and consider your connections with people in your life. Who do you look to for safety and security? For learning and growth? For emotional closeness? For romantic intimacy? For practical and informational support? For fun and relaxation? To help you feel good about yourself? Do you have someone in each area? These are the pillars of support that you need to feel connected. "It's never too late to deepen the connections that matter to you."

PART 9 continued on page 3

Celebrating National Senior Center Month: Empowering Older Adults

By Christina Benjamin, Program Assistant at The Center in Oak Harbor

September marks National Senior Center Month, a time dedicated to recognizing the invaluable role that senior centers play in supporting the well-being and enrichment of older adults. As part of the month-long celebration, The Center is excited to host a resource fair on Sept. 20. This event aims to provide older adults with a wealth of resources, services, and information, empowering them to lead vibrant and fulfilling lives. Now let's look at the significance of National Senior Center Month and the exciting opportunities our resource fair brings.

National Senior Center Month shines a spotlight on the essential contributions that senior centers make in the lives of older adults. Centers serve as welcoming spaces that foster social connections, promote healthy aging, offer educational opportunities, and provide a range of services tailored to the unique needs of older adults.

The Center's resource fair Sept. 20 from 10 a.m. to 2 p.m. is a highlight of National Senior Center Month. It is an event that brings together vendors, organizations, and experts who are dedicated to serving the needs of older adults. It serves as a one-stop destination for older adults to access valuable resources, gather information, and connect with service providers in various fields. Vendors will share information on financial planning, legal assistance, senior housing options, caregiving support, and transportation services. Attendees can gather knowledge, ask questions, and find the necessary support to navigate various aspects of aging and enhance their quality of life.

Now let's not forget about social engagement and community connections which are vital for older adult's mental and emotional well-being. The Center has several activities that offer opportunities for social interaction. Check out pages ?? for current offerings to see what aligns with your interest and come make new friendships. Learning should never stop, regardless of age. The Center offers quarterly presentations and classes which can include educational programs, workshops, and opportunities for lifelong learning.

DID YOU KNOW?

The benefits of dancing can improve coordination and balance, as well as better muscle tone?



Studies show dancing regularly will help maintain strength and strong bones, improve posture and muscle strength, increase balance and coordination and will help relieve stress. See page 6 for dance and fitness opportunities.

Whidbey Weekly & PRINTING

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LEADERSHIP CORNER

Connection Requires Effort

By Charles LaFond, ISR Senior Director of Development

Many of us depend on our gardens for food, exercise, or moments of peace. But I will admit that my garden is a bit different; it's a list of names.

Odd right? I love the fruits and vegetables that come from a late-summer garden. Tomatoes off their giant unwieldy vines, apples, and plums are favorites. I love what a garden produces. I am also mindful of the care one must take with a garden. Some plants need more sun. Some plants need more shade. Some need more moisture, while others thrive in dry or sandy soils. Some plants must be pulled to make room for new ones. The weeds constantly threaten the plants and must be pulled out, even though they can be so big and beautiful.

My "garden" is a list of names that hangs by my desk. Its title is "The Garden," and it is a list of my closest friends in big, bold letters. Some live here on Whidbey or Camano Islands. Some are on the mainland, and some are disbursed throughout the nation and the world. As a spiritual practice, when I sit down at my desk every day, I read the names in "My Garden" out loud.

I do this because it occurs to me that a garden and a group of friends have similarities. Both hold living entities. Both must be tended. Both can feed the body or soul. Both have a wide diversity – some are showy, some meek, some productive, and others mostly gorgeous. Some need more or less sunlight, perhaps more or less water. Some offer meaty vegetables for

meals, while others provide tiny flavors for spice. Both kinds of gardens need to be weeded (even though some weeds are beautiful).

Every day of my life since my 20s, I let my eyes wander from name to name on the "My Garden" list. These are my friends, and their presence in my life nourishes me, so I tend the garden with great care. These people are my lifeline to wellness. These are the beloved treasures in my life. Some have been on that list since high school. And like the vegetables and flowers of a garden, they each need different things to keep the friendship alive and thriving. Saul needs a note. Max is a "taker" and needs to be pulled from my garden. Mary needs a phone call. Jonathan needs fertilizer, so I will invite him to visit, lest the friendship weakens from malnutrition. Cheryl needs to be moved to a more sunny spot – perhaps we can plan a vacation together. Jeremy needs shade and dry soil, so I will wait to call him - he is an introvert.

What harms seniors like me more than diabetes, heart disease, arthritis, and dementia are loneliness and isolation. I have friends who say they have no friends and feel alone. And I wonder, have you put the back-breaking work into connecting with your friends that you put into your tomatoes?

Make a list of your friends. Thumb-tack it over your desk or tape it onto your refrigerator. Meditate on it. Add to it. Tend to it. Tend your garden of relationships, and it will nourish you. Connection is and has been, for 250,000 years, humanity's most powerful survival tool.

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those who care for them
360-321-1600

HOW TO REACH ISLAND SENIOR RESOURCES

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

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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

ISLAND SENIOR RESOURCES BOARD OF DIRECTORS

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Island Senior Resources
is an independent
nonprofit 501(c)(3)
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On Medicaid? Recertification is Occurring

Medicaid is medical insurance for folks who qualify based on a low income. Income can change for a variety of reasons, so the government requires that income be reviewed on an annual basis.

During the Public Health Emergency (Covid), the government waived the annual recertification requirement for individuals on Medicaid to determine if their coverage should continue. Now, the state is contacting well over one million people on Medicaid in monthly batches to ask them to recertify their eligibility.

Failure to recertify will mean that Medicaid insurance will end, and alternative medical coverage must be found. If you are on Medicaid, you should receive a letter telling you when your recertification is due.

ISR's Aging and Disability Resources Department can assist with the recertification process. ISR's SHIBA (Statewide Health Insurance Benefits Advisors) volunteers can help you find an alternative medical plan if you are eligible for Medicare. Call ISR at 360-321-1600 Ext 0 if you need assistance or would like more information.

Medicaid



PART 9 continued from page 1

Note: U.S. Surgeon General Dr. Vivek Murthy warns about the public health crisis that loneliness, isolation, and disconnection pose to the American public. Disconnection affects our mental, physical, and societal health. Loneliness and isolation increase individuals' risk of developing mental and health challenges in their lives. Lacking connection can increase the risk of premature death as much as smoking up to 15 cigarettes

a day. "Living in isolation reduces our chances of survival, and social isolation increases the risk for premature mortality by 29 percent, and poor social relationships, social isolation, and loneliness can increase your risk of heart disease by 29 percent and stroke by 32 percent. Smaller social network size is also associated with an increased risk of type 2 diabetes and other diabetic complications, including heart attacks and kidney disease."

Should I Share My Home?

By Robin Bush, ISR Communications

"Would you like to live with me?" That's a question you might not have asked or been asked in many years. Did you live with others to share living expenses as a young adult? It could be a solution for you as an older adult as well. According to Annamarie Pluhar, author of *Sharing Housing: A Guidebook to Finding and Keeping Good Housemates*, there are benefits – environmental, financial, and emotional, to shared housing for older adults. "It allows for housing that is both affordable and offers social connection, companionship, help with tasks, and mutual support," she says. "It is a viable and enjoyable answer to the joint crises of housing affordability and loneliness facing our society."

Our society is shifting toward sharing resources in new ways that benefit the greater good. Look at AirBnB or VRBO, Zipcars, community-supported agriculture, and community gardens. Shared housing is another popular movement for boomers or cross-generational situations where an older person lets out part of their home to one or more younger persons. Boarding houses were popular in the Depression as a way for individuals to create income by renting space they weren't using to those who needed housing. Looking back, we can remember the many benefits and apply them today.

Think about how much less "stuff" is needed in a shared household vs. two people living in separate homes -- one blender, not two, one toaster, one microwave, one set of dishes, one refrigerator, one lawnmower, one garden to water – all of which saves purchase and maintenance costs as well as conserves natural resources.

How much easier would life be if you only had to clean or mow the lawn half as often because these became shared chores? What if you lived with someone younger who could move heavy items or get a box down from a high shelf? Would sharing expenses or exchanging chores



for housing be the answer to how to remain in your home?

There are social benefits too. Today an estimated 27 percent of American households are people living alone who go all day without interacting with another person. Making and eating dinner together, having evening conversations, and sharing your wisdom by mentoring a younger person all help you feel engaged, valued, appreciated, and stimulated. You may be concerned that shared living will sacrifice your independence and privacy, but humans are wired for interdependence, and by keeping an open mind, you may find both a new housemate and a new friend.

Having a housemate will likely help you in many ways, but you must proceed cautiously to do this safely. First, it's important to do a background check through WA State Patrol to reveal any criminal record. Then do a careful interview to learn what you each can or cannot have in your home, what you each are looking for, and mutual expectations. You also need to check references thoroughly. In her book, Ms. Pluhar offers how to write an ad, a list of interview questions, a guide to negotiating details of living together, and more - a good investment if you consider sharing your home.

Go to: www.sharinghousing.com for more information and watch seven free informative videos at www.sharinghousing.com/5-key-benefits-of-shared-housing/.

Saying Yes

As we age, saying "Yes" becomes vital in healthy aging.

It's a way to step toward the edge of risks that invites opportunity into our lives, connects us with people, and engages us with possibility. It's also the word we use to accept help and support from others.

When faced with a choice, ask yourself, "Why?" and don't let the answer be only a list of "Why Not." Then, see if you can find a way to say, "Yes."



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The Center in Oak Harbor and Island Senior Resources

If you have questions regarding senior activities at The Center in Oak Harbor, please contact 360-279-4580. Island Senior Resources does not administer or operate The Center in Oak Harbor.

For questions regarding programs and services to support seniors, adults with disabilities, and caregivers offered by Island Senior Resources throughout Whidbey and Camano islands, please contact at 360-321-1600.

An informal group discussion, talking about any and all aspects of death or end of life. Your experiences and your thoughts. Hosted & presented by Island Senior Resources.

WEDNESDAY SEPT 6TH
1 P.M. - 2:30 P.M.
Freeland Library 5495 S Harbor Ave. Freeland

WEDNESDAY SEPT 13TH
1 P.M. - 2:30 P.M.
The Camano Center 606 Arrowhead Rd. Camano Island

TUESDAY SEPT 19TH
1 P.M. - 2:30 P.M.
Oak Harbor Library 1000 SE Regatta Dr. Oak Harbor

(360) 321-1600 www.senior-resources.org
https://www.facebook.com/islandseniors https://www.instagram.com/islandseniors/

Save the Date: Remembrances of the Heart



Please join us for the 20th annual *Remembrances of the Heart*, a memorial celebration for those special people in our lives who have passed on...yet remain ever present in our hearts.

The burden of grief can be lighter when shared with others.

Saturday, October 7, 2023, at 2 p.m.

Where: Coupeville United Methodist Church, 608 N Main St, Coupeville, WA
Light refreshments will be served following the service.

Sponsored by the Staff of

WhidbeyHealth Medical Center, MAC/Oncology & WhidbeyHealth Clinics,
WhidbeyHealth Palliative Care & Hospice Care, WhidbeyHealth Foundation



Warning Signs of Mental Health Issues in Older Adults

Many older adults are at risk for mental health problems even though research on the "U-shaped happiness curve" indicates happiness increases yearly over age 50.

Many older adults, faced with the death of a loved one, isolation, loss of focus in retirement, or serious illness, are stressed or sad. Many adjust over time, but some do not and experience depression and anxiety. We all must watch for warning signs in ourselves and others as we age, so helpful resources can be mobilized when necessary.

"Some of the warning signs of mental disorders in older adults include:

- Changes in mood or energy level
- A change in eating or sleeping habits
- Withdrawing from the people and activities

- Feeling unusually confused, forgetful, angry, upset, worried, or scared
- Feeling numb or like nothing matters
- Having unexplained aches and pains



- Feeling sadness or hopelessness
- Smoking, drinking, or using drugs more than usual
- Anger, irritability, or aggressiveness
- Having thoughts and memories that you can't get out of your head
- Hearing voices or believing things that are not true

Thinking of harming yourself or others."
(Medline Plus Older Adult Mental Health)

If you or anyone you know is experiencing a mental health crisis, dial 9-8-8 to help.

Medical Equipment Lending Libraries

Island Senior Resources has free medical equipment lending libraries for medical equipment, assistive devices (wheelchairs, walkers, canes, etc.), and hygiene products/personal care items, including disposable underwear, pads, wipes, bed pads, no water shampoo, body wash, and more.



LOCATIONS

South Whidbey (Bayview). Donations/pick-ups Monday, Wednesday, Friday 1–4 p.m. at Island Senior Resources (Bayview), 14594 SR 525, Langley. Follow the signs and arrows to the Evergreen Room entrance. Please make sure donations are fully functional and clean.

North Whidbey (Oak Harbor). Donations/pick-ups Monday, Tuesday, Thursday 1–4 p.m. at Island Senior Resources (Oak Harbor), 917 E Whidbey Ave, Oak Harbor, next to the Center in Oak Harbor. Please make sure donations are fully functional and clean.

SNO-ISLE LIBRARIES

Let the library come to you!

Is getting around difficult? Do you live far from your closest library? Sno-Isle Libraries is committed to serving everyone in our community. We offer a variety of services for people who face barriers to library access.

BOOKS BY MAIL

Receive library materials delivered directly to your home! This service is provided for people who may have barriers to visiting a library location. To get started, call us at 360-651-7059 or fill out the online application form at: sno-isle.org/books-by-mail-form/. Once approved, start browsing for your next item online or select one of our recommendations to be sent directly to you.

GET PERSONALIZED RECOMMENDATIONS

Not sure what you want to read next? You can always ask a library staff member for recommendations based on the books you've enjoyed in the past. Learn how to get in touch with us at: sno-isle.org/contact-us/

ATTEND ONLINE EVENTS

From crafting sessions to dance classes to book discussion groups, Sno-Isle Libraries offers a huge selection of online events you can enjoy. Browse the options and sign up for events on our website. sno-isle.org/events

BOOK A LIBRARIAN

If you need technical help to access online library services, you can schedule a personal virtual or in-person session with a library professional. We can help with:

- Browsing the library's catalog
- Downloading eBooks and downloadable audiobooks
- Using electronic databases
- Enjoying online events
- Other computer basics

Schedule an appointment at: sno-isle.org/book-a-librarian or call 360-651-7000.

To learn more about how you can access the library from the comfort of your own home, visit sno-isle.org or speak to a staff member at your local library.

Learn the Basics of Social Security

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



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

Wednesday, Sept. 13 • 1:30 p.m.

To pre-register, go to www.senior-resources.org/calendar and click on the date of the event.

Island Senior Resources and The Center in Oak Harbor will be closed Monday, Sept. 4 in observance of Labor Day



Getting Ready For Medicare!

Going on Medicare? Want to know more?

Attend a free online "Getting Ready for Medicare" seminar offered by SHIBA (Statewide Health Insurance Benefits Advisors) volunteers. Questions answered following the event.



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

Tuesday, Sept. 19, Noon
The Center in Oak Harbor (51 SE Jerome St.)

Tuesday, Sept. 26, 2 p.m.
ISR Bayview 14594 SR 525, Langley

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.

Join us for a meal

<p>Mondays 11:45 - 12:30 The Center in Oak Harbor 51 SE Jerome St. Oak Harbor</p> <p>Camano Center 606 Arrowhead Rd. Camano Island</p>	<p>Wednesdays 11:45 - 12:30 Island Senior Resources - Bayview Leo's 14594 SR 525 Langley</p> <p>Camano Center 606 Arrowhead Rd, Camano Island</p>
<p>Starting Sept 7: Thursdays 5:00 - 5:45 Brookhaven 150 4th St. Langley</p>	
<p>Fridays 11:45 - 12:30 The Center in Oak Harbor 51 SE Jerome St. Oak Harbor</p> <p>Camano Center 606 Arrowhead Rd. Camano Island</p>	

Donations accepted to help cover the costs of a meal

Parkinson's Support Group

Tuesdays 10 a.m. via Zoom

Caregiver Support Group

Wednesdays 10 a.m.
ISR Bayview, ISR Oak Harbor, & Zoom

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Need Help?

You are not alone

MEALS ON WHEELS AMERICA 2023 MEMBER

SEPTEMBER

Contributions to cover cost of meals are appreciated

WEEK 1		
Fri	1	Chicken Caesar Salad
WEEK 2		
Mon	4	Happy Labor Day: No Meal Service
Wed	6	Swedish Meatballs w/Noodles
Fri	8	Turkey Pesto Wrap
WEEK 3		
Mon	11	Sesame Chicken w/ Veggie Fried Rice
Wed	13	Salmon w/Dill and Lemon Sauce
Fri	15	Chicken Salad Croissant
WEEK 4		
Mon	18	Taco Casserole w/Ground Beef
Wed	20	Chicken Alfredo
Fri	22	Ham & Cheese on Rye
WEEK 5		
Mon	25	Chili Stuffed Baked Potato
Wed	27	Pork Chops w/Mashed Potatoes
Fri	29	Cheeseburger w/Baked Jojo's

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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 Ping Pong
 1 Art
 2:30 Clogging

TUESDAY

8:45 Yoga
 9 Billiards
 9 Lapidary
 10 Tai Chi
 10 Walking Club (Meets at Flintstone Park)
 11 Mexican Train
 12:30 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
 1 Reader's Theater
 1 Backgammon
 2 Book Club (3rd Thursday)

FRIDAY

8:45 EnhanceFitness
 9 Billiards
 9 Quilting & Textiles
 10 EnhanceFitness (Low Impact)
 11 Tech Drop-In
 10:30 85 and Better Club
 11:45 Lunch (ISR)
 12 Pinochle
 12:30 Line Dance
 2:30 Ping Pong
 7 Social Dance (2nd Friday)

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
Christina Benjamin
360-279-4582
 Program Assistant

Send comments and suggestions to thecenter@oakharbor.org

TRAVEL LOG

DAY TRIPS:



TREEHOUSE POINT TOUR & GILLMAN VILLAGE

Friday, Sept. 8 | 9:30 AM – 6 PM
 \$155 Members, \$185 Non-members

Treehouse Point is a woody resort that offers treehouse accommodations for their guests. These unique treehouses have been built by Pete Nelson from the TV show Treehouse Masters. The treehouses are only viewable by being an overnight guest or taking one of their guided tours where they will let us look in the unoccupied treehouses and show us around the property. After the tour, we will stop at Gillman Village for a no host lunch and shopping.

BRITISH PANTRY & TRADER JOE'S

Tuesday, Sept. 12 | 9 AM – 5 PM
 \$95 Members, \$115 Non-members

The British Pantry is a full bakery, restaurant, and British imported food, gift store. They serve up some favorite British fare including potato crisps, fish and chips, sausage rolls, Lancashire pastries, bangers and mash, shepherds pie, and

ploughmans. After a no-host lunch at the British Pantry there will be time to shop at Trader Joes, a grocery store offering unique food products at low prices.

MARINERS GAME

Wednesday, Sept. 13 | 9 AM – 7 PM
 \$160 Members, \$192 Non-members

This is your chance to see the action in-person! Come cheer on the Mariners with us as they play the Angels. Price includes transportation, Terrace Club ticket, and buffet lunch.



COLUMBIA GORGE GETAWAY

Thursday, Sept. 14 - Friday, Sept. 15
7 AM (9/14) – 7:30 PM (9/15)
 Members: Single, \$485 • Double, \$420

Start the Columbia Gorge Getaway with a no-host brunch stop at Country Cousins in Centralia. Then we will venture on down I-5 to the border of Washington and Oregon, where we will head up Hwy 14 into the Columbia Gorge with our next stop being at Maryhill State Park and the Stonehenge Memorial, a full-size replica of the ancient, Neolithic structure in England. That evening we will arrive at Shilo Inn in the Dalles, Ore., where we will check into our hotel and enjoy a no-host dinner in their restaurant that serves up Northwest and Cajun favorites. That evening after the sun goes down, you will have the option of visiting the Goldendale Observatory to take a look

through their telescope to star gaze. The next morning, enjoy breakfast at the hotel and then head down the Oregon side of the Gorge with a stop at Multnomah Falls. Lastly, we will stop for a no-host lunch before making the trek back home.

PORT ANGELES CRAB FESTIVAL

Friday, Oct. 6 | 7:45 AM – 8 PM
 \$140 Members, \$168 Non-members

The Dungeness Crab & Seafood Festival is the annual celebration of the region's diverse bounty – the seafood, the maritime and cultural traditions, and the breathtaking coastal environment. Included is a crab lunch accompanied by farm fresh corn on the cob and coleslaw.

EXTENDED TRAVEL:



SUNNY PORTUGAL

April 23 – May 2, 2024
 \$3879 per person double
 \$4479 per person single

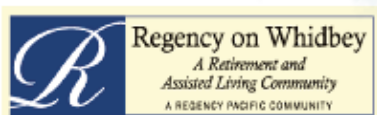
Presentation: Sept. 11 at 2 p.m.

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



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Looking for Fitness Instructors at The Center in Oak Harbor

The Center in Oak Harbor is actively looking for several individuals qualified to teach a variety of fitness classes including Tai Chi, EnhanceFitness and Line Dancing. The position is 3-5 hours a week with a maximum of 10 hours. Our current fitness classes are taught by excellent instructors and are very well attended. We are looking for instructors to add more classes as well as substitute for existing classes as needed. Classes are currently held weekday mornings from 8:45-9:45 a.m. and 10-11 a.m. Additional afternoon classes will be taught weekdays from 2:30-3:30pm with the possibility of additional afternoon and evening options. We are looking for instructors with availability during any of those times.

If you know anyone or are a certified group fitness instructor, personal trainer, or have a background in exer-

cise science or physiology (such as physical therapy or physical education) yourself and are looking to teach and/or sub a couple classes a week we want to hear from them or you! We are willing to work with qualified candidates on additional certifications specific to the classes we host.

For more information or to apply scan the QR code:



WILDERNESS WORD SEARCH

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

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

- | | | |
|--------------|-----------|-----------|
| ALPINE | MEADOW | REMOTE |
| ANIMALS | MOUNTAINS | RIDGELINE |
| AVALANCHE | OAK | SOIL |
| CLIMATE | OASIS | STREAM |
| COASTAL | RAPIDS | VALLEY |
| CONSERVATION | | |
| CYPRESS | | |
| DECIDUOUS | | |
| EXPLORE | | |
| FLORA | | |
| FOREST | | |
| HORIZON | | |
| LAKE | | |
| MAPLE | | |

ANSWERS



Resource FAIR

RESOURCES & INFORMATION FOR THE 50+ COMMUNITY

The Center in Oak Harbor
 51 SE Jerome St.
 Wednesday, September 20 | 10am - 2pm

10:00 - 2:00

Resource Booths, Screenings, Vaccines, Giveaways, Free Ice Cream

Flu Shots & Covid boosters provided by Rite Aid Pharmacy, fall prevention screenings provided by Whidbey Dizziness & Balance, complimentary Popsies ice cream provided by Edward Jones Jeffery Pleet & Blue Cross Blue shield, and lots of giveaways!

Vendors include chiropractic care, health insurance, living facilities, medical alert, hospice, caregivers, transportation, state and local assistive programs, financial institutions and more.

Estate & Retirement Planning

Presented by Safe Harbor Legal Solutions

10:30 - 11:30

Learn about the difference between wills and trusts, how to avoid expensive, time-consuming probate, and avoid running out of money due to long term care costs.

12:00

Complimentary Lunch Provided By La Conner Retirement Inn

Lunch is available on a first come, first served basis while supplies last.

Considerations on Brain Changes & Aging Presented by Northwest Regional Council

12:30 - 1:30

Is it more than a senior moment? Take a deep dive into brain changes in correspondence with aging.

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