

Island Times

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

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

Volume 7 • Issue 6



Healthy Aging Part 10: Cognitive Health

By Robin Bush ISR Communications

Can your beliefs around aging today impact your cognitive abilities later in life? In her book "Breaking the Age Code," Becca Levy, Ph.D., describes research that makes this surprising connection. In the long-running Baltimore Longitudinal Study of Aging, it was discovered that how participants described their views on aging at the start of the study impacted their cognitive abilities 38 years later. Those who held positive age beliefs from the outset went on to experience 30% better memory scores than those with negative age beliefs. Brain scans showed that those with negative age beliefs "were much more likely to develop the telltale plaques and tangles than those with positive age beliefs. In fact, their hippocampi, the part of the brain responsible for memory, shrank three times as fast." The study also concluded, "The beneficial impact of participants' positive age beliefs on their memory was even greater than the influence of other factors on memory such as age, physical health, and years of education."

This doesn't mean you have to wait 38 years to see the cognitive benefits of a positive view toward aging. Each of us can do that at any age, starting today. It's a key component of healthy aging. What else can we do to protect and preserve our ability to clearly think, learn, and remember? "Cognitive brain health refers to brain function such as attention, learning, memory, language, and executive function. This includes higher-order functions, like decision-making, goal setting, planning, and judgment... Studies have identified six cornerstones to any effective brain health program for improving cognitive health. These steps include eating a plant-based diet, regular exercise, and sufficient sleep. Other steps include managing stress, nurturing social contacts, and continuing to challenge your brain... Simply eating more fiber or adding a morning walk to your routine isn't enough to forestall memory loss. Instead, exercise, diet, sleep, stress management, social interaction, and mental stimulation work in concert to yield results." (source: EMOTIV, a neuroscience technology research company)

HEALTHY continued on page 8

Fall Prevention for Older Adults: A Guide to Staying Safe and Independent

By Christina Benjamin
Program Assistant at The Center in Oak Harbor

As you age, maintaining your independence and quality of life becomes increasingly important. One significant risk to older adults' well-being is the risk of falling. Falls can result in severe injuries, loss of mobility, and a decline in overall health. However, with proper knowledge and preventive measures, falls can be significantly reduced or even prevented altogether. In this article, we will explore the importance of fall prevention for older adults and provide practical tips to help older adults stay safe and maintain their independence.

Falls are a common occurrence among older adults, and the consequences can be devastating. According to the World Health Organization, falls are the second leading cause of accidental injury and death worldwide among older adults. Older adults are more vulnerable to falls due to factors such as reduced muscle mass, balance issues, and chronic health conditions. Understanding these risk factors is crucial for effective fall prevention.

Engaging in regular physical activity can significantly reduce the risk of falls. Activities that focus on improving strength, balance, and flexibility, such as tai chi, yoga, or simple daily exercises, can help older adults maintain their physical capabilities. We offer Tai Chi, Yoga and EnhanceFitness here at The Center. EnhanceFitness is an evidence-based program that can help protect against falls and fall injury. Also make sure to drink an adequate amount of water daily to stay well-hydrated. Dehydration can lead to dizziness and higher risks of falls.

Some other things to look at regarding falls are that some medications may cause dizziness or affect balance. Older adults should have regular routine check-ups and review their medications with a healthcare professional to identify any potential side effects that could increase the risk of falling. Eating a balanced diet rich in essential nutrients



Members participating in EnhanceFitness exercise class

can help older adults maintain muscle strength and bone density, reducing the risk of fractures in case of a fall. Regular eye and ear check-ups are vital. Correcting vision and hearing impairments can enhance awareness of one's surroundings and help prevent accidents.

Now let's talk about your home and modifying the home to minimize fall hazards is crucial. This includes removing clutter, securing rugs, installing handrails and grab bars, and ensuring proper lighting throughout the house. Using mobility aids like canes, walkers, or wheelchairs can provide stability and support for older adults with mobility issues. Make sure that these devices are in good condition and properly adjusted is essential. If you need help with modifying your home stop by The Center for information on resources.

Fall prevention for older adults is a critical aspect of maintaining independence and well-being. By understanding the risks, staying active, making necessary home modifications, and regularly consulting healthcare professionals, older adults can significantly reduce the likelihood of falls. With the right knowledge and proactive measures, older adults can enjoy a safer and more independent lifestyle as they age.

DID YOU KNOW?



Your beliefs around aging today can impact your cognitive abilities later in life.

~ "Breaking the Age Code," by Becca Levy, Ph.D.

To learn more, read ISR's story on Healthy Aging: Cognitive Health above

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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 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
2 Book Club
(3rd Wednesday)

THURSDAY

8:45 Yoga
9 Billiards
10 Tai Chi
10 Walking Club
(Meets at Flintstone Park)
10 Wii Bowling
10 Wire Wrap
1 Backgammon

FRIDAY

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



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

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

Recreation Manager

Carly Larson • 360-279-4583

Program Coordinator

Christina Benjamin 360-279-4582

Program Assistant

Send comments and suggestions
to thecenter@oakharbor.org

Gifts of Connection

By Liz Lange, Recreation Manager, City of Oak Harbor

The recipient application period for Gifts of Connection for Seniors 2023 is now open!

The Oak Harbor Senior Center Foundation and the North Whidbey Coalition on Vital Aging wants to acknowledge older adults who would like to be remembered during this holiday season. We would particularly like to serve those who are low income or socially isolated.

If you don't have a need for a gift and would like to donate or volunteer, please contact Christina Benjamin at 360-279-4582.

Eligibility requirements: Reside north of Libbey Road on Whidbey Island and be 50 years of age or older by December 31, 2023. If you meet these requirements and would like to receive gifts during the holiday season, please complete the following application.

Applications can be picked up at The Center in Oak Harbor or online at surveyMonkey.com/r/GOC2023. Applications must be returned by Monday, November 6th to The Center in Oak Harbor (51 SE Jerome St. Oak Harbor, WA 98277). Complete a separate form for each qualifying individual in a household.

Connection comes from sharing a smile with the person you pass in the grocery aisle, or sending a text to a friend, or



time with a loved one. The language of connection is diverse in its delivery and foundational in its purpose and outcome. Being connected with those we share our world with is necessary to our wellbeing. One of the most universal languages, from the beginning of time, is that of gift giving and receiving. Symbolic and meaningful, we continue this time-tested ritual to show care and build connections.

The gifts you send to your loved ones when you can't be there in person for a life milestone allow you to feel connected to that event and person. But what happens when there isn't anyone to send you a gift of connection? It's simple, but something we take for granted. Having someone who remembers us, thinks to reach out and connect with us. This is the gap the North Whidbey Coalition on Vital Aging and the Oak Harbor Senior Center Foundation works to fill during the holiday season with the Gifts of Connection for Seniors. There are many who are socially isolated living as our neighbors, and this program is one way of reaching out to remind them that they are important to the fabric of our community, that we see them and love them.

Gifts of Connection for Seniors is a program to acknowledge older adults who would like to be remembered during the holiday season, particularly those who are low income or socially isolated. The only eligibility requirements to participate are that you must reside north of Libbey road on Whidbey Island and be 50 years of age or older by year end. Those interested in receiving gifts complete a short one-page form due by Monday, November 6th and include three items they would like to receive. The list is then made available to the community to purchase, wrap, and donate. The gifts are then delivered or

picked up, as the recipients request.

Community partners, including the City of Oak Harbor, Soroptimist of Oak Harbor, the Oak Harbor Senior Center Foundation, New Leaf, and Opportunity Council provide support for the program to help fill all the requests.

This is the fourth year of the program, and it is growing each year! Last year over 130 seniors received gifts, while in 2021 the program received and completed request from 70 seniors.

Whether the gift requested is a very needed winter jacket, a mattress to sleep on, an electric heater for a home without heat, or a simple hope for fuzzy penguin pajamas, each gift asked for, donated, and delivered fills the need for the item and sends the message of caring and connection.

"This is a nice coat! Real nice. It's been a long cold week waiting for this!" Exclaimed Charles, a gift recipient who was too excited to wait till Christmas to open his much-anticipated winter coat.

If you don't have a need for a gift but would like to donate to the program please contact Christina Benjamin, Senior Services Program Assistant, City of Oak Harbor, 360-279-4582 or CBenjamin@oakharbor.org

Gifts of Connection Recipient Michael Murcray Happy to Receive His Gifts



Whidbey Island Genealogical Searchers

~presents~

Jean Wilcox Hibben -
"Deliveries in the Rear" aka
"Getting Family History Information
through the Back Door"



Tuesday, Oct. 17 • 1 p.m. on Zoom

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 Oct. 15 to whidbeygensearchers@gmail.com to receive your Zoom invitation.

The Center In Oak Harbor, 360-279-4580

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
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 | 8:45 – 9:45 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 the 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 and 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:

Social Dance

2nd Friday of the Month | 7 - 9 p.m.

Free, everyone welcome

Dance to a variety of music including East coast swing, West coast swing, waltz, Cha Cha, night club two step, cowboy two step, line-dancing, or freestyle.

Clogging

Mondays | 2-3 p.m.

\$20 Members, \$30 for all others

A type of dance practiced in the United States, in which the dancer's footwear is used by striking the heel, the toe, or both, against a floor or each other to create audible rhythms.

85 & Better Club

Fridays | 10:30 a.m.

Are you 85 or over? Come join our new group that meets at The Center for a time to make new friends, share stories and hobbies, reminisce, play games, and talk about life.

Book Club

3rd Wednesday of the month
2-3 p.m.

Join our book club led by volunteer Arletha Albright. For the month of October, the group will discuss *The Map of Salt and Stars* by Zeyn Joukhadar. Visit the Oak Harbor Library to check out a physical copy, eBook, or audiobook free of charge.

Backgammon

Thursdays | 1 p.m.

Looking for all backgammon enthusiasts and those interested in learning the ancient, fascinating dice and board game. No fee for Center members.

History Class: Alaska

Thursdays, Sept. 14 - Nov. 16 | 1 p.m.

\$40 Members, \$90 for all others

Instructor Debbie Wallin will guide you through the history of Alaska, and what a unique and interesting past the 49th state to join the union has.

3 Part Series from

Hospice of the Northwest

Wednesday, Oct. 4 | 1 p.m.

Advance Care Planning: This class goes over end-of-life paperwork such as advance directives, portable orders for life-sustaining treatment, etc.

Wednesday, Nov. 8 | 1 p.m.

Aging in Place: This class goes over things for people to consider as they prepare for their advanced years including changes, they can make around their home to reduce the risk of falls, etc., so they can remain in their home and community.

Wednesday, December 6th | 1pm

Hospice 101: This is an introduction to hospice services which goes through the common myths about hospice, what these services really are, how they get paid, how someone can qualify, etc.



The Center's programs, classes, trips, events, and membership are available for online sign ups! Scan the QR code using your smart device to view our online catalog.

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YOUR VOTE!

★ RONNIE WRIGHT ★



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TRAVEL LOG

Please reach out to The Center
in Oak Harbor for pricing.

DAY TRIPS:

PORT ANGELES CRAB FESTIVAL

Friday, Oct. 6 | 7:45 AM – 8 PM

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.

HOLIDAY FOOD & GIFT FESTIVAL

Thursday, Oct. 26 | 9 AM – 7 PM

Join us at the Tacoma Holiday Food and Festival Show for a delightful celebration of the season! Discover a winter wonderland of delectable treats, unique gifts, and festive entertainment. From gourmet goodies to handcrafted treasures, this event has something for everyone. Don't miss the chance to savor the flavors of the holidays and find that perfect gift.

UWAJIMAYA & BELLEVUE SQUARE

Wednesday, Nov. 8 | 9 AM – 6 PM

Begin your day at Bellevue Square, a premier shopping destination with chic boutiques, department stores, and designer shops. Then we'll venture to Uwajimaya, a beloved cultural gem. Explore aisles filled with Asian groceries, gourmet ingredients, and unique

gifts. Immerse yourself in the best of Bellevue Square and Uwajimaya—a day filled with shopping, flavors, and cultural experiences.

7 CEDARS CASINO

Tuesday, Nov. 14 | 9 AM – 6:30 PM

Are you ready to test your luck? 7 Cedars Casino is the premier gaming and entertainment destination on the stunning Olympic Peninsula with a wide range of slots and dining options.

DIRTY DANCING IN CONCERT AT MCCAW HALL

Friday, Nov. 17 | 3 PM – 2 AM

Join us for Dirty Dancing in Concert, the classic film's first live film-to-concert experience. Enjoy the digitally remastered hit film like never before on a full-size cinema screen, with a live band and singers performing the film's iconic songs. Directly following the film, the band and singers will throw an encore party that will surely take you back to the time of your life as you sing and dance along to your favorite Dirty Dancing songs. We will stop for a no host dinner prior to the 8 p.m. concert.

WILD LANTERNS AT WOODLAND PARK ZOO

Wednesday, Nov. 29 | 1:30 – 10 PM

Experience the zoo like never before at Wild Lanterns, where Woodland Park Zoo comes alive with the glow of thousands of colorful lanterns.

PORTLAND GETAWAY

Wednesday, Dec. 6 - Thursday, Dec. 7
7:30 AM (10/6) – 8:30 PM (10/7)

Join us on a festive overnight trip to Portland. We'll begin with lunch in Centralia, then check into our hotel in Portland. After that, we'll visit the beautifully decorated Pittock Mansion, once the home of the Oregonian newspa-

per's founder. That evening, we'll have a no-host dinner at a local restaurant. The next morning, we'll enjoy breakfast and explore the city's attractions before heading home, stopping for lunch along the way. Cost includes transportation, admission into the Pittock Mansion, and hotel accommodations. All meals are no-host.

TEATRO ZINZANNI

Saturday, Dec. 9 | 9 AM – 6 PM

Teatro ZinZanni invites you to an unforgettable night of laughter, enchantment, and world-class dining at their newest location, the Lotte Hotel Seattle. Immerse yourself in a unique blend of cabaret, comedy, and cirque, all served alongside a sumptuous multi-course feast. Cost includes transportation, admission into the show, and multi-course lunch.

Limited tickets available, please register by Friday, Oct. 27.

KRAKEN HOCKEY GAME

Thursday, Dec. 14 | 1:30 PM – 12 AM

Experience the thrill of Seattle's newest NHL team in action at the Climate Pledge Arena. Secure your seats and let's cheer the Kraken together!

Tickets are selling quickly, please register by Wednesday, Oct. 11.

EXTENDED TRAVEL:

SUNNY PORTUGAL

April 23 – May 2, 2024

\$3879 per person double

\$4479 per person single

Registration ends Oct. 17

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

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Activities & Resources For 50+

Open Enrollment is Coming

If you are on Medicare or will soon be on Medicare, the Open Enrollment period is important to you and your medical coverage. From October 15th through December 7th, you can update or change your Medicare coverage(s). Changes will take place on January 1st.

If you have a Medicare drug plan or Medicare advantage plan, this is the time to review the coverage(s) you have. Each of these plans will likely have changes that can affect your benefits in 2024. In addition, the premium can change as well.

So, what should I do? You must review the plans you have. You should have received a mailing by now from the plan(s) you have. Review the information you received. This is vital if your plan covers your drugs. Every year, there are many changes in drug plans. These include what drugs are covered and the co-pays that are required for the drugs.

The most significant single change that affects a drug plan is that when you reach the "catastrophic level," the co-pay is dropped. That means that once you have spent \$3,300 in co-pays, there will be no charge for your medications at the pharmacy. For those with expensive drugs, this can be a big saving. Remember, co-pays are in addition to the premium for your plan. Also, this change does not affect any medications you receive through your Part B Medicare

benefits. Another change affecting drug plans is a limit to how much a plan can raise the premium for your drug plan.

Medicare advantage plans are also changing, although they must follow drug plan guidelines. Advantage plans can change benefits and co-pays for medical services and the added benefits in the plan. They can also change which medical services must have preauthorization before you can get that service. Be aware that your medical provider(s) can decide to no longer accept your plan.

During Open Enrollment, it is vital that you review your plan(s) to determine if they will meet your needs in 2024.

This is a big task, and many people find insurance confusing. You can get help by contacting SHIBA at Island Senior Resources (ISR). They have both face-to-face and telephone appointments available to assist you. SHIBA volunteers are overseen and trained by the Office of the Insurance Commissioner and are a free service for you. Call 360-321-1600 for an appointment. (SHIBA stands for State-wide Health Insurance Benefits Advisors).

NOTE: If you have a supplemental/ Medigap plan in addition to your Medicare plans, you can change this plan at any time during the year, and it will be effective the first of the following month. You are still strongly encouraged to review your drug plan that goes with this plan.

Medicare 2024!



Medicare Open Enrollment runs Oct. 15 - Dec. 7. Learn about Medicare changes expected in 2024 with plan details for residents of Whidbey Island. Get the latest information regarding Medicare Part D drug plans and Medicare Advantage plans for next year. Costs and benefits can change significantly each year, so it is critical that everyone has the plan that best meets their needs at the least cost.

LIVE IN-PERSON CLASSES

Register online www.senior-resources.org/shiba or call 360-321-1600.

Wed, Oct. 18, 5:30 p.m.

Coupeville Library, 788 NW Alexander St.

Thurs, Oct. 19, 1 p.m.

Trinity Lutheran Church, 18341 SR 525, Freeland

Wed, Oct. 25, 10 a.m.

Freeland Library, 5495 Harbor Ave.

Fri, Oct. 27, 1 p.m.

The Center at Oak Harbor, 51 SE Jerome St.

Wed, Nov. 1, 1 p.m.

ISR Bayview, 14594 SR 525, Langley

Wed, Nov. 8, 12:30 p.m.

Coupeville Methodist Church, 608 N. Main St.

Tues, Nov. 14, 11 a.m.

The Center at Oak Harbor, 51 SE Jerome St.

Sat, Nov. 18, 10 a.m.

Freeland Library, 5495 Harbor Ave.

ADDITIONAL CLASSES MAY BE ADDED IN COMING WEEKS.

Individual Consultations: For more in-depth information, advisors are available for individual consultations in-person or by telephone. To schedule at Island Senior Resources Bayview, visit www.senior-resources.org or call 360-321-1600; For The Center in Oak Harbor, visit <https://calendly.com/centeroh/shiba>, or call 360-279-4580.



OCTOBER

Contributions to cover cost of meals are appreciated

| WEEK 1 | | |
|--------|----|--|
| Mon | 2 | Beef & Broccoli Stir Fry |
| Wed | 4 | Chicken Cordon Bleu |
| Fri | 6 | Chicken Bacon Ranch Wrap |
| WEEK 2 | | |
| Mon | 9 | Pepperoni Pizza w/Veggies |
| Wed | 11 | Ham & Scalloped Potatoes |
| Fri | 13 | Asian Mandarin Chicken Salad |
| WEEK 3 | | |
| Mon | 16 | Baked Potato Soup w/Bacon |
| Wed | 18 | Meatball Sub Sandwich |
| Fri | 20 | Anti Pasta Salad w/Salami & Vegetables |
| WEEK 4 | | |
| Mon | 23 | Fish Sandwich w/Lettuce & Tomato |
| Wed | 25 | Pork Loin w/Apples |
| Fri | 27 | Chicken Salad on Croissant w/Lettuce |
| WEEK 5 | | |
| Mon | 30 | Chicken Fettuccini Alfredo |

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LEADERSHIP CORNER

Introducing Island Senior Resources' new board President – Jan Bahner

By Michele Cato, ISR Executive Director

When Jan first stepped foot on the Deception Pass bridge, she knew she wanted to retire to Whidbey someday. That was 27 years ago when she visited her son, a Navy Prowler navigator, who later remained on the Island to raise his own family, attracting Jan back every year from her home base in Towson, Maryland.



When Jan retired in 2020, she moved here to be close to her son, daughter-in-law, and two granddaughters (now ages 14 and 17) in Oak Harbor and soon sought a way to serve and engage her new community. She found it at Island Senior Resources. ISR was thrilled to find in Jan, a change agent with a human resources and performance improvement background and a forty-year registered nursing veteran of a large nonprofit health system. Drawn to issues of aging and having been associated with Meals on Wheels of Central Maryland, Jan jumped in with both feet and a full heart.

Jan was unanimously elected as ISR's new board President in June. Spearheading ISR's 2024-2026 Strategic Plan, Jan has her priorities. She seeks to build the board into a team that advocates for ISR's programs and assists in fundraising, and also to add board members from diverse backgrounds and island geography. Her priority for ISR would be to broaden its reach to more seniors in need across Island County. And her challenge for the community at large? Knowing how independent seniors want to be, she asks our community to reach out for help (360-321-1600, www.senior-resources.org) and take advantage of the resources available to help reduce the complex barriers of aging. Jan said, "I look forward to this challenge. I am honored to have been selected. I look forward to working with the community and the organization to move us forward."

When Jan faced health issues that left her less mobile than usual, she briefly became a Meals on Wheels client herself. Recognizing the potential for everyone to need ISR's services at some point, Jan has become a generous donor herself. Jan loves whale watching, reading, crocheting, cross-stitching, participating in church activities, and spending time with family.

Please join us in welcoming Jan to her new role (jan.bahner@islandseniorservices.org).

Get Our
Monthly eNews
www.senior-resources.org
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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

ISLAND SENIOR RESOURCES BOARD OF DIRECTORS

Jan Bahner: President
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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.

Join us for a meal

Mondays 11:45 - 12:30
The Center in Oak Harbor
51 SE Jerome St. Oak Harbor

Wednesdays 11:45 - 12:30
Island Senior Resources - Bayview
14594 SR 525 Langley

Thursdays 5:00 - 5:45
Brookhaven
150 4th St. Langley

Fridays 11:45 - 12:30
The Center in Oak Harbor
51 SE Jerome St. Oak Harbor

Camano Center
606 Arrowhead Rd. Camano Island

Camano Center
606 Arrowhead Rd, Camano Island

Coupeville United Methodist Church
608 N. Main St. Coupeville

Camano Center
606 Arrowhead Rd. Camano Island

Donations accepted to help cover the costs of a meal

Medicaid.gov
Keeping America Healthy

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.

STORE HOURS

Tuesday - Saturday
10 a.m. - 4 p.m.

Supporting Island Senior Resources
5518 Woodard Ave.
Freeland WA 98249
(360) 321-1600

Donations Accepted Wednesday - Saturday
10 a.m. - 3 p.m. or until capacity is reached

October Daily Sales

Tuesday
25% off Shoes

Wednesday
30% off Art and Frames

Thursday
25% off ONE item

Friday
30% off Books

Saturday
25% off ONE toy

Seniors [55+] Get 10% off Everything. Every Day!

HEROES AGAINST HUNGER

DONATE AT ANY HAGGEN REGISTER
SEPT 6-OCT 31
to support organizations providing hunger relief

Donations made at Haggen in Oak Harbor
Sept. 6 - Oct. 31 help support Island Senior Resources' Meals on Wheels Program

What is Brain Health?

This month, our theme is Cognitive Health. Cognitive health is only one aspect of brain health. What do we mean when we say “brain health?”

“Brain health refers to how well a person’s brain functions across several areas. Aspects of brain health include:

- Cognitive health – how well you think, learn, and remember
- Motor function – how well you make and control movements, including balance
- Emotional function – how well you interpret and respond to emotions (both pleasant and unpleasant)
- Tactile function – how well you feel and respond to sensations of touch – including pressure, pain, and temperature.”



From: *Cognitive Health and Older Adults* | National Institute on Aging (nih.gov)

A healthy lifestyle helps with all aspects of brain health. If you have questions, it is important to consult with your doctor on what changes you can make to support your brain health.

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.

Calling local artists

Create "Walker Art" for auction to raise money for Island Senior Resources programs and help seniors love decorated walkers

For more information:
michele@islandseniorservices
or 360-321-1600

Pancake Breakfast Saturday, October 28 9-11 a.m.

Pancakes, sausage links, fresh fruit, scrambled eggs, and door prizes!

Island Senior Resources
14594 SR 525
Langley
Benefitting Meals on Wheels
Donations gladly accepted

Coupeville SENIOR HUB Lunch & Learn

AFTER LUNCH PROGRAMS • OCTOBER
Wednesday 12:30 - 1:30 • Coupeville UMC Fellowship Hall

| DATE | PROGRAM | LUNCH (11:30AM - 12:30PM) |
|------------|-------------------------------|---------------------------|
| October 4 | Sweet Bingo | \$10 Suggested Donation |
| October 11 | Fall Prevention | Chicken Condon |
| October 18 | Living Longer, Living Smarter | Bliss |
| October 25 | Saratoga Orchestra | Ham Slice with Plum Sauce |

October 4
Chicken Condon Bliss

October 11
Ham Slice with Plum Sauce

October 18
Meatball Sub Sandwich

October 25
Pork Chops with Apples

SPONSORS: Island Senior Resources, Coupeville UMC Fellowship Hall, etc.

CALL FOR A RIDE: Pats Trindle • 360.678.7773
Coupeville United Methodist Church • 608 N. Main St • Coupeville, WA

Meals and Programs are subject to change without prior notice.

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HEALTHY continued from page 1

Will brain games and other mentally stimulating activities help you maintain cognitive health? Volunteering, learning new skills, being active, reading, games, cooking, music, theater, writing, crafts, and social groups all contribute to a sense of well-being in older adults. Still, new studies “do not find strong evidence that these types of activities have a lasting, beneficial effect on cognition. Additional research is needed, and in large numbers of diverse older adults, to be able to say definitively whether these activities may help reduce decline or maintain healthy cognition.” (Source: Cognitive Health and Older Adults | National Institute on Aging). There is some evidence that stimulation may build up a cognitive reserve that can help the brain be more adaptable and thus make it easier to compensate when age-related brain changes occur.

Efforts to determine what someone can do to reduce the risk of cognitive impairment are ongoing and critical to national health as the number of those with cognitive health issues increases. The National Institute of Health studied 3,000 participants and found that five healthy lifestyle factors may help long-term cognitive outcomes.

- “At least 150 minutes per week of moderate- to vigorous-intensity physical activity
- Not smoking
- Not drinking heavily
- A high-quality, Mediterranean-style diet
- Engagement in mentally stimulating activities, such as reading, writing letters, and playing games.”

The study found that “those who followed at least four of these healthy lifestyle behaviors had a 60% lower risk of developing Alzheimer’s. Even practicing just two or three activities lowered the risk by 37%. While results from observational studies such as this one cannot prove cause and effect, they point to how a combination of modifiable behaviors may mitigate Alzheimer’s risk... Many brain training programs are marketed to the public to improve cognition. Although some of these computer or smartphone-based interventions show promise, so far there is no conclusive evidence that these applications are beneficial.” (www.nia.nih.gov)

While the connection between brain-stimulating activities and reducing cognitive decline remains debatable, there is ample evidence that engaging in social and stimulating activities and a positive attitude about aging improves quality of life and helps us be happier and healthier.

For more on healthy aging, please see ISR’s Guide to Healthy Aging on our blog at <https://senior-resources.org/resources>.

Note: If you or a loved one is experiencing cognitive decline, it is important to consult with your doctor.

SNO-ISLE LIBRARIES**We’ve got the recipe for a foodie fall**

Start with an extensive collection of cookbooks. Sprinkle in a few magazines. Add a dash of how-to videos, stir in a handful of in-person events, and you have the tasty recipe for a foodie fall with the help of Sno-Isle Libraries. As we venture deeper into autumn and settle into shorter days and cozy indoor activities, why not add to your culinary repertoire and lean on the library for inspiration?

“WHAT’S FOR DINNER?”

If you struggle to answer this question, let us be your sous chef! Bring the world to your table with cookbooks from around the globe. Delve into the cuisine of celebrity chefs from Marcus Samuelsson to Stanley Tucci. Recreate the dishes of Michelin-starred restaurants like NOMA and Eleven Madison Park. Get meal inspiration that even grandkids will love. Ask a librarian or browse sno-isle.org/books/cookbooks for a variety of titles that will satisfy your cravings.

MAGAZINES FOR MEALS

Feast on a collection of instantly available magazines in OverDrive. Seasoned chef? Catch up on the latest trends with Bon Appétit, Wine Enthusiast, or Epicure. Casual cook? Find recipes for air fryers, learn how to cook on a budget, or attempt baking as a beginner. Following a special meal plan? There’s a magazine for that! Try Plant Based, VegNews, Vegan Food, Keto for Women Over 50, or Whole Food Living.

CHOP IT UP WITH OTHER FOODIE FANS

Food isn’t just sustenance; it’s culture and connection. Meet fellow foodies at online or in-person events. Pursue your passion at the Cookbook Connection Online Book Group. Upcoming topics include A Cook’s Tour of Sicily and Vegetables on the Winter Table. Do you grow your own ingredients? Connect with the Wise Gardener Book Group at Clinton Commu-

nity Hall and learn about winter garden prep, bulbs, and bare root plants. Sign up at sno-isle.org/events or with your local librarian.

A WATCHED POT NEVER BOILS BUT A STREAMED TV SHOW IS WORTH WATCHING!

You can browse the library’s website for “how-to” videos and entertaining episodes of your favorite cooking shows. Check out “The Great British Baking Show” on DVD. Stream online tutorials to brush up on your roasting skills or learn new pressure cooker recipes on Craftsy. Use hoopla to take a MasterClass on Southern Cooking, watch a season of “A Chef’s Life,” or binge Christopher Kimball’s Milk Street Television show. Need help navigating the website? Contact Sno-Isle Libraries for assistance.

IT’S ALL GRAVY

Would you rather read about food than make it? From fictional stories about food truck romances to the autobiographies of well-known television personalities and behind-the-scenes tell-alls, we can help you find terrific books to curl up with on a blustery fall day. Peruse the General Recommendations lists on sno-isle.org entitled Food Fiction, Cooking Memoirs, or Cooking on Film for ideas about what to read or watch next.

NEED TUNES WITH YOUR THYME?

Add music to the mix! Check out CDs and let rock, jazz, classical, or holiday music be the soundtrack for your next culinary adventure or fall family gathering.

CHEW ON IT

To learn more about how to find delicious books, magazines, entertainment, or music to devour at Sno-Isle Libraries, visit sno-isle.org or speak to a librarian at your local library.

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