

Island Times

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

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

Volume 7 • Issue 7



Gallery Golf Course on a bright and sunny day

Golf: A Force for Aging Well

By Brian Smith, City of Oak Harbor Parks & Recreation Director

I was born just as Star Wars came to theaters amid critical acclaim and literal block buster fan craze for what would become one of the most successful movie franchises in history. As an impressionable youth, hiding in my father's arm during the monster scenes of "Return of the Jedi" and watching with delighted fascination as lightsabers clashed in the most high-tech sword fight in the galaxy, I was hooked. I returned home from the movie theater with one goal, to become a Jedi Knight!

I took great care in assembling my wardrobe in line with prescribed Jedi custom. A white shirt, brown pants, my mother's boots, and my father's bathrobe all but completed the look. Confident the Force was already flowing through me, there was just one thing I lacked yet, the faithful companion and trusted weapon of the Jedi Knight- a lightsaber.

Humble sticks were too crude for such a sophisticated weapon of destruction. The broom and mop were both too bulky and unwieldy. Finally, through careful and exhaustive investigation of all the options at my disposal I found it, safely stored away in the garage, lovingly tucked away under a protective cover- my father's golf clubs. They were a new set he had received as a Christmas gift from my uncle, who played in several amateur tours. The clubs were marvelous, shiny steel shafts with soft leather wrapped handles. I gave one of the irons a test swing, and gleefully grinned my delight. It was perfect, almost. The bulky club head being its only shortcoming, I committed to quickly remedying that and transforming this simple recreational tool into the perfect lightsaber. Retrieving our hedge loppers off the garage wall, I set about my blacksmithing task of forging my lightsaber by cutting off the club head. The task was not an easy one and it took several squeezes, bouncing my whole weight on the handle, before the sheers finally broke all the way through the shaft of the golf club.

Unfortunately, a crack split down the length of the shaft in the process. Alas, not a clean cut. Such an imperfection was unworthy of my lightsaber, so if at first you don't succeed, try, try again. Regrettably, it took several attempts and a small pile of failed would-be lightsabers collected on the ground. Nevertheless, with a determined effort, the hedge loppers finally cut the golf head clean off a driver. I had it, the perfect lightsaber! Wasting no time, I could take up my sacred obligation of protecting the galaxy from the dark side of the force (my unsuspecting siblings). I was a Jedi.

Until....

He stood there, a black silhouette in the dark hallway, outlined against the outdoor light of the open front door behind him. He loomed huge over me, his hands on his hips, seemingly filling the width of the hallway. His deep, angry breathing through clenched teeth had a raspy, scuba diving regulator quality to it that suggested in one's mind the familiar and distinctive breathing sound reminiscent of that villainous agent of the dark side of the force. In my father's hand he held one of his broken golf clubs while he dagger eyed my precious lightsaber, now dropped on the floor. Needless to say, I did feel the force that night.

GOLF continued on page 8

Healthy Aging Part 11: Caregiving

By Robin Bush ISR Communications

We all care – about family, friends, and our communities.

Our willingness and desire to care may be something we are born with or may be something we learn as we interact with others. Our lifetime experience of caring for others and being cared for forms the foundation for those times in our lives when we are called on to assume the role of caregiver for someone.

Caregivers are all around us in every segment of the population. Men and women are both likely to be caregivers. In 2020, the number of unpaid family givers was 53 million, and rising as our population ages, according to the National Alliance on Caregiving. 39 percent of caregivers are born between 1946 and 1964, 29 percent between 1965 and 1980, and 23 percent between 1981 and 1996 (from AARP.org).

In the U.S., we have a nationwide shortage of paid caregivers, meaning more often, caregiving falls to family members or friends. Caregivers may support those with chronic or long-term medical condi-

tions, emotional, behavioral, or mental health conditions, or short-term illnesses. Even though we have experienced and shown caring throughout our lives, we must learn how to be caregivers. It's a role that frequently evolves as the care receiver's situation changes and may often be demanding. Many juggle multiple responsibilities of jobs, simultaneous needs of multiple generations, and personal mental and physical health.

Caregiving often requires sacrificing personal time, hobbies, money, vacations, fitness, and even job advancement. Most unpaid caregivers are untrained and consumed by daily tasks of preparing food, cleaning, dispensing medications, assisting with physical needs, driving, errands, appointments, engagement, interaction with medical teams, and even advocacy. They frequently miss the essential component of caregiving – caring for their body, mind, and spirit by eating well, being active, connecting with others, and taking time for themselves.

CAREGIVING continued on page 3



DID YOU KNOW?

November is national long term care awareness month.



The Center in Oak Harbor is having a presentation entitled "Aging in Place."

To learn more, see page 7

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LEADERSHIP CORNER

Connect with Others While Building a Safety Net of Helpers

By **Katheryn Howell**, Sr. Director of Community Programs

Across the United States, in 2023, an estimated 38 million people, about 11.5 percent of the population, are taking care of loved ones. That care will total nearly 36 billion hours with a value of nearly \$600 billion. (source: Valuing the Invaluable 2023, AARP Public Policy Institute)

That's why every November, as a nation, we celebrate National Family Caregivers Month. While caregivers should be celebrated every day, this is a time to recognize and honor caregivers nationally, raise awareness around caregiving issues, educate communities, and work to increase support for our nation's caregivers.

For National Family Caregivers Month 2023, the #Caregiver-Connect campaign from the Caregiver Action Network highlights the importance of connections. #CaregiversConnect is about connecting your role as a family caregiver when you find out your co-worker is caring for a neighbor with the same rare disease as your aunt or the woman sitting next to you at the synagogue is also caring for aging parents.

When caregivers connect, whether it's for support, to get information, or just to talk to someone who understands what you're going through, it can help you feel less isolated. You are not alone. As you connect with folks in your community this month, I encourage you to stretch your "help muscle."

Do you like giving help, and are you comfortable receiving help? Are you comfortable asking for help or asking for help for others? These are good questions to explore as you consider what might be needed to plan well for your future and for those you love. Build a safety net of helpers you learn to tap into during times of need. For more on Personal Safety Nets and to learn how to strengthen your ability to help and get more comfortable being on the receiving end of help, visit <https://personalsafetynets.org/>.

Please call Island Senior Resources to learn more about our Family Caregiver Support Program and other programs and services in your area that might ease your burden and help you find joy in your caregiver journey. 360.321.1600

I'm a caregiver, and I'm caring for my parents. #CaregiversConnect.

Community Care Corps (C3) awards \$150,000 to Island Senior Resources (ISR) to Launch an Innovative Volunteer Model to Support Older Adults, Adults with Disabilities, and Family Caregivers

Community Care Corps (C3) is pleased to announce the funding of 30 new innovative local models, including "ISR CONNECTS-C3," across the country, helping family caregivers, older adults, and adults with disabilities using volunteer nonmedical assistance to maintain independence in their own homes. Community Care Corps, funded by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS), is a partnership of three national nonprofit organizations: The Oasis Institute, Caregiver Action Network, and USAging.

Island Senior Services (ISR) launches ISR CONNECTS-C3 in neighborhoods across Whidbey Island beginning January 2024

ISR CONNECTS-C3 will link participants with trained volunteer teams within communities across Whidbey Island

to reduce social isolation and increase access to services. IMAGINE...volunteers, IRS staff, neighbors, businesses, and organizations all coming together to provide social engagement opportunities and resources to seniors and disabled adults at their doorsteps and in their neighborhoods. IMAGINE...volunteer teams facilitating neighbors coming together to share meals, visit a local art gallery, take a walk, celebrate a birthday, or enjoy a sunset. IMAGINE...those same teams responding to the needs of participants by connecting them to local resources and professional services. IMAGINE...together, we can address the challenges and share the joys of aging.

The success of ISR CONNECTS-C3 will be amplified with the participation of our entire community. We need 60-75 volunteers who love being socially active and around people of all ages and back-

grounds. We need businesses who might offer discounts to our clients to share a cup of coffee or a meal with new friends. We need community organizations to share their social activities or educational opportunities with our teams. We need neighbors who might lend a hand to a yard cleanup or invite their older neighbors to a BBQ. Most importantly, we need 1,000 participants (self-identified or referred) who would benefit from and enjoy the personal engagement that ISR CONNECTS-C3 will offer.

Planning, training, and coordination will occur from October to December 2023, so interested volunteers and program participants should contact ISR as soon as possible to learn more. Please call 360-321-1600 or submit a request for information about ISR CONNECTS-C3 online at senior-resources.org/request-assistance. Organizations and businesses interested in learning about partnering with ISR or supporting ISR CONNECTS-C3, please reach out to michele@island-seniorservices.org.



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

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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.

5518 Woodard Ave.
Freeland WA 98249
(360) 321-1600

STORE HOURS

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

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

November Daily Sales

<p>Tuesday 25% off Toys</p>	<p>Friday 25% off Books</p>
<p>Wednesday 25% off Jewelry</p>	<p>Saturday 25% off Clothes</p>
<p>Thursday 25% off ONE item</p>	



Medicare Card Scam Alert

There is a current scam concerning Medicare cards trying to sell you a "new" Medicare card for next year. This is a SCAM!

1. You do NOT pay to get a Medicare card.
2. DO NOT GIVE OUT YOUR MEDICARE NUMBER to anyone who calls you.

Take your Medicare card with you if you have a medical appointment as your provider may need it, but otherwise keep it in a safe place at home.

If you should lose or misplace your card, contact Medicare at 1-800-MEDICARE to request a replacement. Need help with this? Contact SHIBA at 360-321-1600.

CAREGIVING continued from page 1

Caregiving can be stressful and exhausting, but it can also bring joy. Caregiving to someone loved is an honor. It can be a way to give back to elders for all they have given. Caregiving may also be a way to mend relationships and open the door to reconnection within families. It can also open compassionate conversations between caregiver and receiver that soothe sorrows and fears and process traumatic events. It can awaken long-forgotten memories through the use of music. It can be an opportunity to connect with other caregivers and find support through support groups or new friends to talk with who can relate to each other's experiences, even as unique as each caregiver's situation is.

For years, it was assumed the stresses of caregiving were linked to increased mortality rates for the caregiver, but new research by Johns Hopkins offers a positive surprise: Family caregivers may live longer. Looking at six years of health data for 3,503 caregivers and an equal

number of non-caregivers, researchers found that those who regularly tended to a family member's needs enjoyed a nine-month life expectancy—even if they felt some stress and strain. The researchers also saw no differences in chronic health issues between the two groups.

David L. Roth, Ph.D., director of the Johns Hopkins Center on Aging, says, "In many cases, caregivers reported receiving benefits like enhanced self-esteem, recognition and gratitude from their care recipients."

Everyone's caregiving is different, but knowing you are not alone is essential. You may find it difficult to ask for help, but Island Senior Resources' Specialists can help you navigate the days ahead. Call 360-321-1600. We are here for you.

Resources: The Surprising Health Bonus of Caregiving | Johns Hopkins Medicine

Taking Care of Yourself: Tips for Caregivers | National Institute on Aging (nih.gov)

SNO-ISLE LIBRARIES

The Season of Gratitude

In the season of thankfulness, the library provides many things to be grateful for. Like the never-ending pages of a great novel — each chapter of library resources and services brings a new surprise of gratitude! Let's dive into the treasure trove that your local libraries offer.

SILVER SCREEN GRATITUDE - DVDS AND STREAMING

Movies capture moments, emotions, and tales that resonate with our souls. Whether you're revisiting a classic or discovering a new favorite, every film is a chance to be grateful for stories that touch our hearts and spark our imaginations. sno-isle.org/movies-tv

A CHANCE FOR CONNECTION - MUSIC APPRECIATION EVENTS AND MORE

Live music sessions at the library are a symphony of gratitude. Each note played is a testament to the power of community and shared experiences. Enjoy "An Afternoon with Oyster Bay Trio" for a mix of country, light jazz, and folk rock (Dec. 2 at the Coupeville Library). Beyond music, an array of events, from board games (Nov. 4 at the Clinton Library) to Medicare enrollment workshops (Nov. 18 at the Freeland Library), exemplify the library's role as a nurturing space for all. sno-isle.org/events

PAGES OF THANKS - BOOK SALES

One can truly appreciate the wonder of a book, especially when it comes at a discounted price. Every Friends of the Library book sale (first Saturdays at the Freeland Library) offers treasures at a fraction of their original cost. As you hold a novel, think of the many hands it might have passed through, each reader leaving a trace of their journey. Plus, buying from a library book sale means you're supporting your community library.

EMBRACING NEW EXPERIENCES - DROP-IN TECH HELP

Thankfulness often blossoms when we embrace new experiences. The Freeland Library's tech help sessions every Thursday are a bridge to understanding. It's more than assistance; it's a kind-hearted gesture reminding us that learning has no age limit.

A DIGITAL JOURNEY OF GRATITUDE

Navigating through the library's digital resources is akin to a modern-day adventure. Each eBook, article, and online event offers a new perspective, a new story, and a new reason to be thankful for the vast knowledge at our fingertips.

CRAFTING MEMORIES - DIY HOLIDAY GIFTS

The library's collection about DIY crafts and holiday gifts is a testament to the joy of giving. Crafting a handmade gift is about the love, thought, and gratitude woven into every stitch and brushstroke. Try Creativebug, a new online crafting resource featuring video tutorials and projects at sno-isle.org/creativebug. Topics include drawing, painting, sewing, knitting, crocheting, quilting, baking, and more, with downloadable patterns, templates, and recipes.

CULINARY GRATITUDE - COOKBOOKS

Food is an expression of love and culture to be shared with loved ones. With every recipe tried out from the library's extensive cookbook collection, there's an underlying story, a legacy, and a heartfelt thank you to the generations that have passed down culinary wisdom.

Sno-Isle Libraries is grateful for each library customer who visits our library or website. We are fortunate to have the opportunity to serve our wonderful communities. To learn more about the services and resources offered by Sno-Isle Libraries, visit sno-isle.org or speak to a librarian at your local library.

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GivingTuesday

GivingTuesday is a global generosity movement, unleashing the power of people and organizations to transform their communities and the world. While GivingTuesday happens every Tuesday, the annual celebration of generosity will happen Nov. 28.



GivingTuesday was created in 2012 as a simple idea: a day encouraging people to do good. Over the past ten years, this idea has become a year-round global movement that inspires hundreds of millions of people to give, collaborate, and celebrate generosity. GivingTuesday is an opportunity for people worldwide to stand together in unity—to use their individual power of generosity to remain connected and heal.

People can show their generosity in various ways during GivingTuesday—whether it's helping a neighbor, advocating for an issue, sharing a skill, or giving to causes, everyone has something to give, and every act of generosity counts.

If you'd like to donate during GivingTuesday, please go to our donate page, <https://senior-resources.org/donate/>.

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.

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to caregiving.

R W E K L A

--	--	--	--	--	--

Answer: Walker

The Promise

By Mel Watson, ISR Case Manager and Analyst

How many of us ever plan to be a family caregiver? Do we consider what we might do, if someone close to us needs help to do everyday things? It's not something most of us think about until we are facing it, head on.

Years ago, my mom made me promise never to put her in a nursing home. At the time, it seemed crazy to even think about that. She was our "rocket of a mom," always in control, the family manager, or as my ex-navy dad used to say, jokingly, "She's like a ship in full sail." Who knew that years later, she would be diagnosed with Alzheimer's, and slowly, over twenty years need more and more care. It has been, and continues to be, a long and winding road filled with countless unimaginable challenges.

Mom never talked about the changes that were happening to her. We did our best to organize things for her in ways that were non-confrontational. We learned not to talk to her about her memory loss, or its challenges. She'd become angry and unaccepting of our version of things. One time, I pulled in the driveway, opened the car door and immediately smelled something burning. I raced to the door, found it locked, and knocked loudly. Finally, she opened the door, and said, "Hello love" in her carefree, loving way. I ran inside to find a roast, the size of a baseball, black and charred in the oven. It had been cooking for hours, and mom didn't know anything about it. That was the day we disconnected the oven and ordered Meals on Wheels. We didn't talk with her about why; we just did it. We told her that she deserved to have her meals made for her, after all, she had worked all her life cooking for us.

My brother became mom's caregiver. In the beginning, he would drop in a for few hours each day, making sure she took her meds and got her meals.



Over time, it became twice a day; then later, he slept there. Finally, he decided mom needed to move in with him. That worked for a couple of years until a chest infection triggered a progression in her Alzheimer's which culminated in a dramatic scene in the street, with police, an ambulance, and mom screaming. In her mind, she was being attacked. It was traumatic for everyone.

In consultation with specialists and social workers, we decided that a memory care unit was the best option. She hated it in the beginning. She knew it wasn't "home." She would yell at us that we were trying to kill her. It was heart-breaking at first, but we knew she was surrounded by compassionate staff who provided the care she needed. Eventually, she settled in and began to make friends, which is something she hadn't done since Dad passed away. We believe it is the best option; I am OK with breaking that promise I made to my mom all those years ago. I had no idea what I was promising, and no idea what was coming. We never thought this could happen in our family.

The chance that you will become a family caregiver, a care receiver, or both, in your lifetime, is high. Maybe you are on that journey now. If you need help, Island Senior Resources is here for you. Help is closer than you think.

CAREGIVING WORD SEARCH

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

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

- ACUTE
- AGE IN PLACE
- AGING
- CAREGIVER
- COMPASSION
- CONTINUING
- COORDINATOR
- DAYCARE
- EQUIPMENT
- FAMILY
- GERIATRIC
- HOME HEALTH AIDE
- HOSPICE
- ILLNESS
- MEMORY
- NURSE
- NURSING HOME
- PALLIATIVE
- PROXY
- RESPIRE
- SKILLED
- THERAPY
- VOLUNTEER

ANSWERS





Island Senior Resources and The Center in Oak Harbor will be closed the following days:
Friday Nov. 10 in observance of Veterans Day
Thursday, Nov. 23 and Friday, Nov. 24 in observance of Thanksgiving



Update on Medicare Drug Plans for 2024

Medicare's Open Enrollment is currently underway. If you have a drug plan, need one, or have/want a Medicare Advantage plan, now is the time to make sure your plan is the best one for 2024.



Why? Every drug plan and plan that has drugs in it has changed. Drugs have been added or dropped, premiums have changed, and drug co-pays have changed. Also, the rules affecting drug plans for 2024 have changed. Your current plan may still meet your needs, but it is more likely there is a better one out there.

First, if you currently have a plan, you should have received a mailing outlining the changes for 2024. You should review it. It will contain information about your current plan's premium for next year, if the drugs you take are covered next year, and the co-pays.

Then SHIBA (Statewide Health Insurance Benefits Advisors) recommends you either make an in-person or phone appointment with our volunteers at ISR at 360-321-1600 or go to [medicare.gov](https://www.medicare.gov) to see if there is a better plan for you for 2024.

Note: SHIBA is a free program of the Office of the Insurance Commissioner.

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, Nov. 1, 1 p.m.
ISR Bayview, 14594 SR 525, Langley

Tues, Nov. 14, 11 a.m.
The Center at Oak Harbor, 51 SE Jerome St.

Wed, Nov. 8, 12:30 p.m.
Coupeville Methodist Church, 608 N. Main 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.

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. Call 360-321-1600 or 360-678-3373 for details.



NOVEMBER

Contributions to cover cost of meals are appreciated

WEEK 1		
Wed	1	Chicken Divan w/Broccoli
Fri	3	Chicken Noodle Soup & Pasta Salad
WEEK 2		
Mon	6	Spaghetti w/Ground Beef
Wed	8	Cheeseburger Casserole
Fri	10	Veteran's Day - NO MEAL SERVICE
WEEK 3		
Mon	13	Chicken Tenders and Potatoes
Wed	15	Holiday Meal, Turkey & Fixings
Fri	17	Navy Bean Soup w/Ham & Cheese Wrap
WEEK 4		
Mon	20	Beef & Broccoli Stir Fry
Wed	22	Meatloaf w/Tomato Topping
Fri	24	Thanksgiving - NO MEAL SERVICE
WEEK 5		
Mon	27	Chicken Cordon Bleu
Wed	29	Kielbasa Sausage & Pierogis

Island Senior Resources
Serving Whidbey & Camano Islands

Support Groups

PARKINSON'S SUPPORT GROUP
Tuesdays on Zoom 10 a.m.

GRIEF SUPPORT GROUP
1st Monday of the month on Zoom 11 a.m.

CAREGIVER SUPPORT GROUP
Wednesdays, on Zoom & In-Person 10 a.m.

www.senior-resources.org
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 360-321-1600

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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
11 Tech Drop-In
1 Line Dance
1 Knitting/Crocheting
3 Active Chair Yoga
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
3 Active Chair Yoga

FRIDAY

8:45 EnhanceFitness
9 Billiards
9 Quilting & Textiles
10 EnhanceFitness
(Low Impact)
10:30 85 & Better Club
(1st & 3rd Friday)
11:45 Lunch (ISR)
12 Pinochle
1 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

Recreation Manager

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

UWAJIMAYA & BELLEVUE SQUARE

Wednesday, Nov. 8 | 9 AM – 6 PM

Members: \$106 • All others: \$128

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

Members: \$83 • All others: \$112

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

Members: \$256 • All others: \$307

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

Members: \$140 • All others: \$168

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)

Double: Members, \$415 • All others: \$515

Single: Members, \$505 • All others: \$605

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* newspaper'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

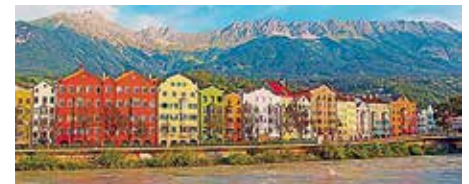
Saturday, Dec. 9 | 9 AM – 6 PM

Members, \$272 • All others: \$326

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.

EXTENDED TRAVEL



SWITZERLAND, AUSTRIA & BAVARIA

Oct. 2-11, 2024

\$4029 per person double

\$4329 per person single

Presentation: Jan. 24 at 2 p.m.

Highlights include Bern, Alphorn Maker, Yodeling Demonstration, Fondue Lunch, Lucerne, Austrian Alps, Choice on Tour: Cultural City Walking Tour or Architectural Walking Tour, Innsbruck, Salzburg, Mirabell Gardens, St. Peter's Restaurant, Bavaria. Linderhof Palace, Tyrolean Folklore Show.

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.



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.

Active Chair Yoga

Tuesday & Thursday | 3 – 3:45 p.m.

A carefully curated program of seated and standing poses for beginners and those with limited mobility. Bring a water bottle, dress in comfortable clothing, no mat needed. Taught by Maria and her instructors from Lotus Yoga Studio.

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 dance practiced in the U.S., where 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

1st & 3rd Fridays | 10:30 a.m.

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

Book Club

3rd Wednesday | 2-3 p.m.

Join our book club led by volunteer Arletha Albright. For the month of November, the group will discuss *The Soul of an Octopus* by Sy Montgomery. Visit the Oak Harbor Library to check out a physical copy, eBook, or audiobook free of charge.

Dance Lessons: Beginning Swing

Thursdays | Nov. 2, 9, 16 & 30
Lesson, 5:30 - 6:30 p.m.
Open Dance, 6:30 - 7:30 p.m.

\$20 for members, \$35 for all others
Fee is for all four classes. Come learn social swing dance, then try your steps in the open dance hour. No partner needed.

Presentations from Hospice of the Northwest

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, Dec. 6 | 1 p.m.

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.

Tech Drop-In

Tuesdays | 11 a.m.
The Tech Drop-in sessions are led by our volunteer Andy Meyer. Bring your smart device or laptop in to get 1:1 assistance.



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* Annual Percentage Yield (APY) effective 10/20/2023. CDs offered by Edward Jones are bank-issued and FDIC-insured up to \$250,000 (principal and interest accrued but not yet paid) per depositor, per insured depository institution, for each account ownership category. Please visit www.fdic.gov or contact your financial advisor for additional information. Subject to availability and price change. CD values are subject to interest rate risk such that when interest rates rise, the prices of CDs can decrease. If CDs are sold prior to maturity, the investor can lose principal value. FDIC insurance does not cover losses in market value. Early withdrawal may not be permitted. Yields quoted are net of all commissions. CDs require the distribution of interest and do not allow interest to compound. CDs offered through Edward Jones are issued by banks and thrifts nationwide. All CDs sold by Edward Jones are registered with the Depository Trust Corp. (DTC).

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9AM TO 2PM

THE CENTER
In Oak Harbor

GOLF continued from page 1

In time, and I believe for good measure to ensure I never touched his golf clubs again, my father bought me a starter set of my own when he replaced his damaged clubs. I developed a great love for those times we spent golfing together as we both grew older and an appreciation for the physical and mental benefits of being active with people you enjoy. Eventually, I did an internship at a golf course during my Recreation Management degree program before managing the course and later becoming a Parks and Recreation Director overseeing parks and municipal golf courses, and it has been an honor to serve in a profession that creates these wonderful green spaces for the public. There's a rejuvenating quality to being outdoors, walking the tree lined fairways of a golf course, improving our skills surrounded by nature.

October 4 was National Golf Lover's Day and there is no more beautiful time of year to get out on a golf course as the greens get greener and the leaves come alive in a blaze of colors, and Whidbey Island is a hidden gem for golf enthusiasts. With its lush green landscapes, stunning coastal views, and mild climate, our picturesque island is a golfer's paradise. Whether you're a seasoned pro or a novice looking to try your hand at a low impact sport, there's a variety of golf courses that cater to all skill levels.

Golf is often considered a leisurely sport, but it offers a wide range of physical, mental, and social benefits, especially for older adults. The U.S. Department of Health and Human Services Administration on Aging estimates that by 2030 there will be 72.1 million people over the age of 65 – 19 percent of the population. By 2040, the number of people 85 and older is expected to reach 14.1 million. Exercise is an important key to aging successfully. The good news is that it's never too late to start and golf is a great way to get more active.

Researchers recognize the positive impact golf can have on the health and well-being of older adults. Studies have shown that regular physical activity keeps blood flowing formally to brain tissue and increases levels of serotonin, reducing declines in memory, improving mood, and protecting against depression as well as dementia. In a research study of 800 women over the course of 44 years, those who were socially and physically active were 52 percent less likely to develop dementia.

From improved cardiovascular health to enhanced mental acuity and social engagement, golf has a lot to offer those looking to maintain an active and fulfilling lifestyle.

Physical Exercise and Cardiovascular Health:

Golf involves walking several miles over the course of a round, providing an excellent low-impact cardiovascular workout. The gentle, consistent motion of walking and swinging a club can help improve heart health, increase circulation, and lower the risk of heart disease. Additionally, the act of carrying or pushing a golf bag can add resistance training to the mix, benefiting muscle strength and endurance.

Balance and Coordination:

Golf requires a high degree of balance and coordination, which are crucial skills to maintain as we age. The act of swinging a golf club involves precise body movements and weight shifting, helping to improve proprioception and reduce the risk of falls and injuries.

Mental Stimulation:

Golf is as much a mental game as it is physical. It challenges older adults to plan and strategize each shot, which can sharpen cognitive functions. The focus and concentration required for a successful round can help keep the mind sharp and may even contribute to a reduced risk of cognitive decline.

Social Engagement:

One of the most significant benefits of golfing for older adults is the social aspect of the sport. Playing with friends or joining a golf club provides an opportunity to socialize, build connections, and combat feelings of loneliness and isolation, which can be prevalent among seniors. The camaraderie on the golf course can contribute to improved mental health and overall well-being.

Stress Reduction:

The serene beauty of many golf courses, with their lush green fairways and natural surroundings, can have a calming effect on golfers. Spending time in nature and participating in an enjoyable activity like golf can reduce stress levels, leading to improved mental and emotional health.

Longevity:

Engaging in regular physical activity, such as golf, is associated with increased longevity. Studies have shown that older adults who stay active tend to live longer and enjoy a better quality of life in their later years.

Flexibility and Mobility:

Golf requires a full range of motion in the body, promoting flexibility and mobility. Regularly participating in golf can help seniors maintain their ability to perform everyday tasks with ease.

Sense of Achievement:

Setting and achieving personal goals on the golf course can boost self-esteem and provide a sense of accomplishment. This positive reinforcement can contribute to improved mental and emotional well-being.

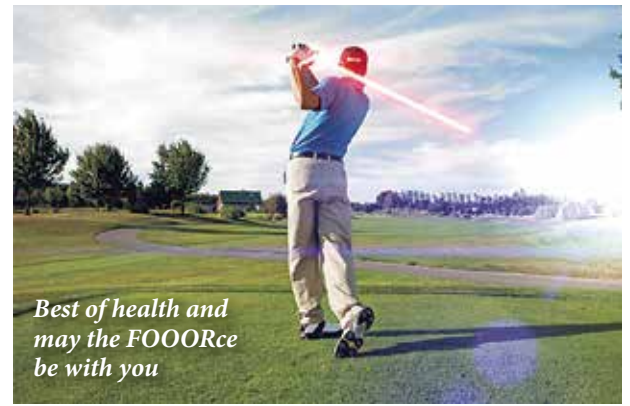
Golfing offers a wide array of health benefits for older adults. It combines physical exercise, mental stimulation, social interaction, and a connection with nature into one enjoyable activity. Maintaining muscle strength and mass helps burn calories to maintain a healthy weight, strengthens bones, and restores balance. It's never too late to exercise and build muscle. The body is responsive to strength training at any age. Strength training can help reduce symptoms of some common problems we encounter as we age including arthritis, diabetes, osteoporosis, obesity, back pain, and depression.

For those just starting out or want a lighter impact activity, golf carts are both a fun and shaded option to increase your enjoyment of the sport. Starters and pro-shop staff are always happy to assist and give advice and answer questions for the novice.

So, if you're ready to give it a go, let's take a closer look at some of the top golf courses on Whidbey Island and some of their unique features.

Useless Bay Golf & Country Club

Located in the charming town of Langley, Useless Bay Golf & Country Club offers a delightful mix of challenging play and scenic beauty. The course winds its way through towering evergreen trees and offers spectacular views of the Puget Sound. The well-maintained fairways and greens are a testament to the dedication of the staff. The clubhouse is



*Best of health and
may the FOORce
be with you*

inviting, with excellent dining options, making it a perfect spot for post-game relaxation.

Whidbey Golf Club

Whidbey Golf Club in Oak Harbor is known for its well-designed layout and friendly atmosphere. The course presents a fair challenge for golfers of all levels, with well-placed bunkers and water hazards. The picturesque views of the Olympic Mountains and surrounding forests are a constant reminder of the island's natural beauty. The club's restaurant, with its delicious menu, adds to the overall experience.

Holmes Harbor Golf Club

Holmes Harbor Golf Club, located in Freeland, offers a challenging round of golf with its undulating fairways and tricky greens. The course has a unique, links-style feel and offers glimpses of the Puget Sound from several holes. While the course conditions are generally good, some areas could benefit from additional maintenance. However, the friendly staff and beautiful surroundings make up for any minor shortcomings.

Island Greens

Island Greens, situated in Clinton, offers a unique twist on traditional golf. This par-3, 9-hole course is perfect for beginners and those looking to work on their short game. The course is well-maintained, and the setting, surrounded by tall trees, creates a serene atmosphere for a relaxed round of golf. Island Greens is an ideal choice for a quick game or family outing.

Gallery Golf Course

The Gallery Golf Course in Oak Harbor is a 9-hole public course that offers an enjoyable golfing experience at an affordable price. It's perfect for casual golfers and beginners looking to practice their skills. While the course conditions may not be as pristine as some of the island's other offerings, the friendly staff and relaxed ambiance make it a great place to tee off.

Whidbey Island, with its stunning natural landscapes and diverse golfing options, is a fantastic destination for golfers of all skill levels. While each course has its unique charms and quirks, they all share the common thread of offering a memorable golfing experience amidst the island's natural beauty. Whether you're seeking a challenging round with ocean views or a laid-back game in a tranquil setting, we have something to offer every golfer. Whether you're a seasoned golfer or just starting out, swinging your way through a round of golf can be a wonderful way to maintain and enhance your health and well-being as you age. So, grab your clubs, hit the greens, and tee up for a healthier and happier life in your golden years. Of course, as a bonus, you can always pretend your 7-iron is a lightsaber.

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