

# Island Times

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

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

Volume 7 • Issue 8

## Healthy Aging Part 12: Resilience: Rising Beyond Challenge



By Robin Bush ISR Communications

Ask yourself, "How resilient am I?"

**Strength does not come from physical capacity. It comes from an indomitable will.** ~ Mahatma Gandhi

Resilience is knowing you can rebound from a setback or challenge and believing that you are a survivor despite what happens to you. You can adapt and overcome. No excuses. No matter the truth behind the terrible things that occurred in your past or are happening today, you have the indomitable will never to give up. The American Psychological Association defines it as "the process of adapting well in the face of adversity, trauma, threats, or significant sources of stress...it can also involve profound personal growth."

You are not born with resilience. It's a skill you learn and build over time. Resilience in older adults includes the "ability to adapt and cope with circumstances in a way that enables one to emerge stronger, to thrive in the aftermath, and to integrate the lessons learned. These are traits that can be learned and can have an effect on positive aging." (whereyoulivematters.org)

We can build resilience in four aspects of our lives: mental, physical, social, and environmental.

### MENTAL RESILIENCE

Mental resilience starts with asking, "What is the outcome I desire?" It takes digging deeper to answer that question than just answering, "I want to be happy, peaceful, and enjoy life." You can use the clarity that comes from living a long life of resilience in the face of challenges to discover that all those experiences have made you who you are today. Mental resilience means being able to prepare yourself, face adversity, recover, and rise above it to grow, thrive, and invent your future self.

If that sounds overwhelming, take small steps until you prove to yourself you can succeed. Remind yourself how many times you have fallen and picked yourself up. The more successes you experience, the stronger and more resilient you will be in the face of the next challenge.

People who show greater mental resilience have higher levels of gratitude, happiness, and optimism in how they adapt and cope. With each new challenge you face, ask yourself, "Can I see this difficulty in a positive way?" and then ask, "What can I learn from this situation?"

### PHYSICAL RESILIENCE

Centenarians today have lived through 22 recessions, the Great Depression, 25 presidential elections, multiple world wars, epidemics, and personal challenges (financial, medical,

**RESILIENCE** continued on page 6

## Coho Salmon Rearing Program

Did you know that within the Oak Harbor Marina there will be 30,000 Coho Salmon fry growing, transitioning from fresh water to saltwater and needing bi-weekly feedings? The Oak Harbor Marina has a rich history with the state of Washington in raising Coho salmon. The program originally ran from 1982-2012 but was stopped due to lack of state funding. Thankfully, the program was revived in fall 2021 after tireless efforts of city staff and community volunteers. The first batch of Coho "babies" arrived via two tanker trucks from Marblemount Fish Hatchery mid-February 2022. Staff and community volunteers cared for the fries for a total of 13 weeks. The second batch of Coho arrived mid-January 2023

and stayed at the marina for a total of 16 weeks. The care includes feeding per Marblemount Hatchery recommendations, cleaning the nets, keeping predators out, etc. The Oak Harbor Marina's goal with the Coho Salmon rearing program is to provide an outdoor classroom for students to learn about salmon, revive the salmon fishing in Oak Harbor Bay and assist with Governor Inslee's Salmon Task Force Recovery Program. Everyone is welcome to join us for feedings and learn more about these salmon and more. For additional information such as how to volunteer, when the 2024 batch of salmon will be arriving, etc.; reach out to Alyce Henry at ahenry@oakharbor.org.



Coho salmon pens in Oak Harbor Marina

## DID YOU KNOW?



Thousands of seniors were interviewed across the country to learn their secrets to being resilient through hard times, making the most out of life, and remaining happy and fulfilled.

Read their shared wisdom in "Learning From Experience" on page 8

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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 available by appointment. Photos available during business hours.

### 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](mailto:thecenter@oakharbor.org)

## TRAVEL LOG

### DAY TRIPS



### TEATRO ZINZANNI

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## EXTENDED TRAVEL

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Oct. 2-11, 2024

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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.



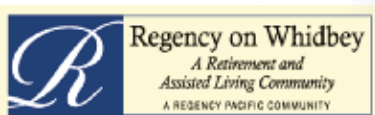
## COME SHOP THE HOLIDAY MARKET

SATURDAY, DECEMBER 2ND  
9AM TO 2PM



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Zoom service link online  
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# New Year, New Look! Our Newsletter is Changing

By **Liz Lange**, Recreation Manager, City of Oak Harbor Parks & Recreation

The Newsletter mailed out quarterly to all members of The Center in Oak Harbor is getting a makeover. Our Center newsletter will now be part of the City of Oak Harbor Parks & Recreation Activity Guide. All the same information will be found in the new activity guide, plus additional recreation opportunities and information. It will be the all-inclusive guide for City of Oak Harbor Parks & Recreation!

The Activity Guide will be available online, at City Hall, the Center, the Oak Harbor library and around town by the end of December for programs and events in Jan-March. All current members of The Center in Oak Harbor will receive one by mail.

As you know, The Center in Oak Harbor is part of the Parks and Recreation department of the City of Oak Harbor. This happened last fall and was the first step of many to increase recreational programs for residents in, and around, the City of Oak Harbor. This fall my position as Senior Services Administrator was reclassified to take on the new role of Recreation Manager. In this expanded role, I will be responsible for the planning and direction of the Recreation Division, which includes senior programming at The Center.

Our level of staffing for senior programs will continue as it is now, with Carly Larson as our Program Coordinator, and Christina Benjamin as the Program Assistant both focused on senior programs. In addition to these current positions, we are hiring for a new position, the Recreation Coordinator, to assist with the growth of programming beyond senior programs. While additional recreational programs will be scheduled at The Center, senior programming will continue to be priority for usage of the space and current programs will not be impacted.

I am so excited to see additional programming in our city facilities to provide community members of all ages with an opportunity to learn new skills, make new connections and grow community. If you have a particular talent or skill that you would like to share by offering a program or class, please reach out to me and I can answer your questions and walk you through the process. We facilitate programs throughout the year for all ages. The duration of each program varies depending on the subject and intensity. Some programs are scheduled to meet once a week for six weeks while others last only a day. While there are professionals on staff that can lend their expertise, the program is yours to create! Liz Lange 360-279-4581, LLange@oakharbor.org

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**Island Senior Resources  
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Monday, Dec. 25 and  
Monday, Jan. 1, 2024**

*Happy  
Holidays*

**The Center in Oak Harbor  
will be closed  
Monday, Dec. 25 and  
Monday, Jan. 1, 2024**



## Medicare 2024



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 CLASSES

**Tuesday, Dec. 12, 1 p.m.**  
The Center in Oak Harbor (51 SE Jerome St.)

**Tuesday, Jan. 23, 1 p.m.**  
The Center in Oak Harbor (51 SE Jerome St.)

**Thursday, Jan. 18, 1 p.m.**  
Island Senior Resources, Bayview  
(14594 SR 525, Langley)

**Wednesday, Feb. 21, 1 p.m.**  
Island Senior Resources, 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 ext 0. You can also email reception@islandseniorservices.org.

## 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.

**Tuesday, Jan. 30, 1 p.m.**

To pre-register, go to [www.senior-resources.org/calendar](http://www.senior-resources.org/calendar) and click on the date of the event.

## 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 for details.



# DECEMBER

**Contributions to cover cost of meals are appreciated**

WEEK 1		
Fri	1	White Chicken Chili & Coleslaw
WEEK 2		
Mon	4	Swedish Meatballs w/Mushrooms
Wed	6	Chicken Alfredo w/Pasta
Fri	8	Italian Wedding Soup & Salad
WEEK 3		
Mon	11	Baked Potato Stuffed w/Chili & Cheese
Wed	13	Holiday Meal, Cornish Hen & Gravy
Fri	15	Beef Stew w/Carrots & Potatoes
WEEK 4		
Mon	18	Lasagna w/Meat Sauce
Wed	20	Ham & Scalloped Potatoes
Fri	22	Corn Chowder w/Bacon & Tomatoes
WEEK 5		
Mon	25	Happy Holiday, No meal service
Wed	27	Meatloaf and Mashed Potatoes
Fri	29	Split Pea & Ham Soup w/Carrots

**Island Senior Resources**

## 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](http://www.senior-resources.org)  
reception@islandseniorservices.org  
ph: 360-321-1600

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# LEADERSHIP CORNER

## Glimmers of Joy

By Kathryn Howell, Senior Director of Community Programs

The last bit of color starts to fade here in the Pacific Northwest, and the early morning frost and shorter days tell us the holiday season is upon us. The transition in retail from fall décor to holiday décor seems to happen overnight. Commercials and seasonal music in the stores encourage us to be happy, joyful and to look forward to spending time with our families. But for some families, the holidays bring feelings of sadness, anxiety, and other negative feelings. It's important to strategize beforehand to be prepared if family dynamics and circumstances disrupt festivities.

As someone who, for the last decade, spent countless days in the hospital supporting family members hospitalized over the holidays, I start to prepare early in the fall for the coming months. My middle brother is "my person." We begin to share notes early on about how we are doing. How busy work is and what our holiday plans are. I've learned to ask him for what I need when we talk, like when I need a listening ear rather than advice, when I'm just looking to bounce ideas, or when I need someone else in the family to step in because I'm too

close to something. \*Mudita Rastogi, a clinical professor and licensed marriage and family therapist with the Family Institute at Northwestern University, encourages clients to designate a support person. Having a plan makes me feel more prepared when things don't go as expected and positions my brother as my "wingman."

Resiliency and being prepared for the unexpected can include anticipating that we can only change the way we react to the unexpected. When someone close is insensitive to our needs, the best thing sometimes is to approach with a bit of humor or walk away. Getting fresh air and doing mindful exercises are excellent relief from small slights that can trigger a negative response. Intentionally, looking for slight glimmers, or short periods of happiness, around the holidays puts one in a position to be delighted rather than disappointed.

We wish our Island County community the warmest of holidays. May you be on the lookout for little glimmers of joy as you enjoy the rest of 2023.

Happy Holidays!

\*[www.aarp.org/home-family/friends-family/info-2022/family-dynamics-during-holidays.html](http://www.aarp.org/home-family/friends-family/info-2022/family-dynamics-during-holidays.html)



## Your gift will be doubled this fall!

Every gift given this fall will be doubled! Your gift will help us cross the finish line to reach our goal and maintain all our services to 3,000 island clients.

Please help us with a gift today. If we raise \$139,000 from 500 of our regular and new donors, we will reach our 2023 goal! Every gift counts.

Ways to give:

1. Online: Visit <https://senior-resources.org/donate/>
2. Mail a check to Island Senior Resources, P.O. Box 939, Freeland, WA 98249

Learn more about the impact of gifts to ISR - view our Impact Report. Questions? Contact Charles LaFond, Senior Director, Development, at [charles@islandseniorservices.org](mailto:charles@islandseniorservices.org) or by calling his cell phone 24/7 at 360-210-3011.

### RESILIENCE continued from page 1

and social). Universally, they speak of the importance of the power to adapt. They agree that to develop physical resilience, you must care for your body's ability to operate optimally in the face of challenges by eating healthful foods, lowering stress levels, keeping moving (mentally, spiritually, and physically), and spending time in nature. It's your resilience equation. What can you change today to build your physical resilience?

### SOCIAL RESILIENCE

Not everyone you once considered a friend remains one all your life. You may grow apart through different world views, live at long distances making seeing each other less frequent, or shared interests may fade as you pursue separate paths. When one friendship fades, however, something important happens. It makes room for someone new who listens, helps you build your confidence, someone with whom you can safely express different points of view, or is willing to invest in seeking truth. When you build that depth of relationship, you become socially resilient, avoiding the physical and mental effects of loneliness. Who can you talk to today that will grow your social connection?

### ENVIRONMENTAL RESILIENCE

The more contact you have with nature, the greater your resilience. Walking in nature makes us healthier; it lowers blood pressure, reduces stress, and helps us sleep. The belief is when in contact with nature, our bodies echo the resilient natural rhythms around us. We see resilience in new saplings growing from a nurse log that fell and became fertile ground for new growth. We hear resilience when a songbird sings to the rising sun after a night of darkness. We taste resilience when we eat fresh fruit each summer. The endless cycle of growth, aging, fading, and the sprouting of new growth returning is our mentor. Nature doesn't give in to challenges. Can you take a walk today or look out the window? What do you see? Let nature be your inspiration. It will nourish your resilience.



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

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

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For more information, visit  
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## OUR LOCATIONS

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

**Island Senior Resources (Bayview)**  
14594 SR 525, Langley, WA 98260  
**Island Senior Resources (Oak Harbor)**  
917 E Whidbey Ave  
Oak Harbor, WA 98277

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



Supporting Island Senior Resources  
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## 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

## December Daily Sales

**Tuesday**  
25% off Toys

**Friday**  
25% off Books

**Wednesday**  
25% off Jewelry

**Saturday**  
25% off Clothes

**Thursday**  
25% off ONE item



# Thinking Outside the Box: Courageous and creative choices in care

## A conversation with Phyllis Ray

by Mel Watson, Island Senior Resources

We don't like to think about it, but most people will need long-term care in their lifetime. We're encouraged to make plans for what happens when we need help, but we often don't do it.

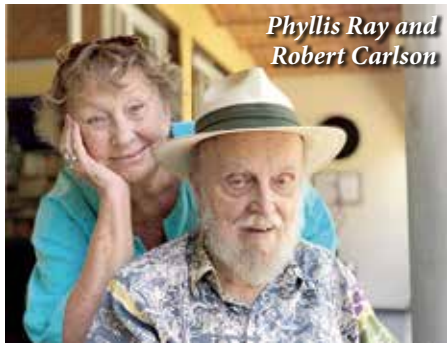
The path to diagnosis and care may be challenging and leave us feeling vulnerable, so denial feels safer. Yet, there are choices when considering long-term care, and moving out of the U.S. is one option for those who travel the family caregiver path. Phyllis told us her story.

"Robert started getting sick about 15 years ago. It was subtle. There were the little things he couldn't do, and I thought that it was that he wouldn't do them. I'd get mad at him. Not knowing that these were early stages of Lewy Body Dementia," Phyllis shared during a conversation we had. "We used to love to watch TV together, but then he quit watching movies. I realize now that he couldn't follow the plot."

Caregiving is not something everyone can relate to or identify with. A caregiver is a person who provides direct care to an individual with a physical or cognitive impairment. So, it is understandable that family members don't identify as caregivers in the pre-diagnosis stage. They are busy questioning, doubting, feeling confused, being in denial, covering up, late-night "Googling" for answers, denying, feeling angry, and trying desperately to find anything that could explain the changes. Eventually, they are forced into navigating the health care system to find answers.

"I was extremely confused, trying to find out what was going on," Phyllis said. "We tried everything from psychologists, psychiatrists, medications, and even shock treatment. You get desperate, and with his disease, it comes and goes." Robert could be fine one day and have symptoms the next. Like most family caregivers, Phyllis had to plan and adjust constantly, asking herself, "Am I doing the right thing? Can I do better? What does he need? What kind of help can we get? Can I do this? I became less secure about leaving him home alone; friends would help, then I started hiring people... somewhere along the way, I became determined that Robert's disease would not take us both out."

At this point, they still didn't have a diagnosis. Against professional advice,



Phyllis Ray and Robert Carlson

Phyllis met with a neuropsychologist, who she describes as "the most helpful person of all the professional people that they saw in those years." They finally diagnosed Robert with Lewy Body Dementia.

Robert's symptoms progressed, and they made the difficult decision for Robert to move to what Phyllis thought "was the best local assisted living option." Initially, she would stay over regularly, then just visit for some meals. "Every little step of the way, we had to adjust. He was becoming angry and difficult; I knew he wasn't happy, and the costs of his care were nearing \$10,000 a month. There was never a time when I could stop thinking about all this; I got depressed, and joy was leaving my life."

Phyllis was prescribed an anti-depressant and then decided to visit some friends in Mexico, who encouraged her to bring Robert to Ajijic in Mexico for care. Hopeful, Phyllis spent days researching, visiting, and interviewing owners and residents from care homes in Ajijic while she was there and decided they would do it. Robert was moving to La Casa Nostra, and she would live nearby.

"I knew in my bones that this was my only choice. It's radical, but knowing I had an option was a relief. I took a class on 'Everything you need to know about moving to a foreign country,' and it took two months to get things in order. Our best friends came with us to help with the transition, which had challenges, although the trip down was a piece of cake. Alaska Airlines was amazing. Robert's social security covered his care costs, and my social security covered my costs."

People in their new hometown were extremely kind, deeply respectful, generous, and naturally caregiving; she made lifelong and deep friendships. "Robert's disease helped me get patience, and I slowed down. Moving to Ajijic let me be his wife and his friend. It was the best choice; it gave him safety and care, and it gave me freedom. Now, I am a kinder, more respectful, and more patient person."

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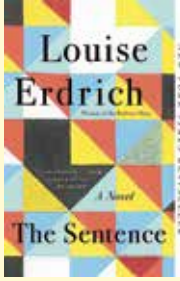
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# SNO-ISLE LIBRARIES

## End the year with radiant reads!

The end of the year is here, and whether you've decided to hunker down, keep warm, and enjoy colder weather, or jet off to warmer climes, the holiday season is the perfect time to slow down and immerse yourself in an engaging book. Search for a new favorite at sno-isle.org, ask a librarian at your local library for suggestions, or get started with one of the titles below.



### THE SENTENCE By Louise Erdrich

A small independent bookstore in Minneapolis is haunted from November 2019 to November 2020 by the store's most annoying customer. Flora dies on All Souls' Day, but she simply won't leave the store. Tookie, who has landed a job selling books after years of incarceration, must solve the mystery of this haunting while at the same time trying to understand all that occurs in Minneapolis during a year of grief, astonishment, isolation, and furious reckoning.

### RED PAINT: THE ANCESTRAL AUTOBIOGRAPHY OF A COAST SALISH PUNK by Sasha taqwšebłu LaPointe

LaPointe's intersectional autobiography of lineage, resilience, and, above all, the ability to heal is set against a backdrop of tour vans and the breathtaking beauty of Coast Salish ancestral land. Imbued with the universal spirit of the thriving punk scene of the Pacific Northwest, "Red Paint" is ultimately a story of the ways we learn to heal while fighting for a place to call home.

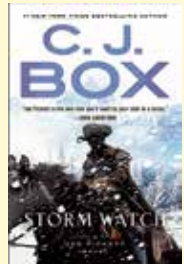
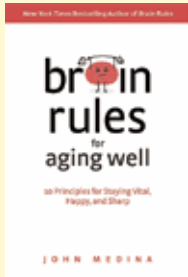


### MURDER AND MAMON by Mia P. Manansala

The joyous grand opening of a laundromat business quickly turns tragic when a body is found spinning around inside one of the machines. With her godmother falling apart from grief and little progress from the Shady Palms Police Department, it's up to Lila Macapagal to find justice for the deceased.

### BRAIN RULES FOR AGING WELL: 10 PRINCIPLES FOR STAYING VITAL, HAPPY, AND SHARP by John Medina

Developmental molecular biologist Medina uses science, stories, and humor to explain how to maintain brain health as we age. Each of the book's four sections (social/emotional brain, thinking brain, body, and the future) lays out familiar problems with surprising, practical, science-based solutions.



### STORM WATCH by C.J. Box

This thrilling murder mystery is one of almost two dozen books in the popular Joe Pickett series. While tracking a wounded elk during an epic Rocky Mountain spring snowstorm, Joe Pickett makes a startling and gruesome discovery at a remote high-tech facility that sparks a murder investigation obstructed by federal agents, extremists, and the governor.

### WANT MORE SUGGESTIONS?

Stop by a Sno-Isle community library near you, text us at 360-810-5188, or call us at 360-651-7000 for recommendations to keep you reading throughout the winter. You can also join an online book group for camaraderie and lively discussions about various topics, from mystery to historical fiction, science fiction, cooking, and more. Wherever you are and whatever you're reading, we wish you heartwarming holidays and scintillating stories!

# Learning From Experience

By Robin Bush | SR Communications

Gerontologist and Cornell professor Karl Pillemer's book, *30 Lessons for Living: Tried and True Advice from the Wisest Americans* is filled with the life wisdom he gathered from interviewing thousands of senior adults who had survived crises (from pandemics to world wars, the Great Depression and more) and found the resilience to go forward. His premise is that older people have unique and valuable knowledge of living well through hard times. "They have lived life and learned from it." When he asked each participant what they felt were the most important lessons they had learned over the course of their lives, he distilled key lessons that "serve as an excellent guide to life for people of all ages."

He received advice on marriage, careers, child-rearing, growing old fearlessly and well, avoiding serious regrets throughout life, and "how to make the most of life, remaining happy and fulfilled despite inevitable loss and illness."

Many described begin happier than they ever had been in their life. They concur that growing older is uncharted territory, with no roadmap, which allows them to see aging as an adventure. So, what are some of their pieces of advice for traveling this uncharted road?

### TAKE THE LONG VIEW

Learn from problems, or the problems overcome you. Learn that life is good. Be calm. This is a moment in time, and the present will one day be a memory. With resilience, we recover and move on. Be honest and say yes to opportunities.

### BE GENEROUS

We did it together. Assisting others builds the understanding that you are not alone. Be grateful for what you have. "I believe it is important to have arms outstretched, holding one hand

up to the person who is giving you a lift up, and one hand down, giving someone else a helping hand up."

Jane Hillard, age 90

### DON'T WORRY, PREPARE

If you don't worry about every little thing that might go wrong, you make space for everything you love and enjoy. Worry wastes time and increases suffering. Instead, take action. Preparing for the worst makes you feel empowered. Knowing you are doing the best you can helps you worry less.

### SMALL DAILY PLEASURES

Don't take things for granted. Despite everything, life is worth living, even when the big things go wrong. In times of crisis, it is important to savor the small pleasures; these help uplift you. Lighten up. Spend your time well. Happiness is a choice.

We are not born with resilience; we learn it from adapting to and learning from life experiences. If you want to increase your resilience, focus on looking for the silver lining, keeping perspective, asking for help when needed, making every day meaningful, being proactive, and looking for the lessons you can learn from each situation. And most importantly, listen to those who have more lived experience than you do. With age comes wisdom.

The Latin term "carpe diem" is often said today to mean seize the day, but it is actually an agricultural phrase meant to convey pluck or harvest the day. Think of each day as unharvested pleasure and attend to the joy of being alive.

"There is not enough time in our lives to trade off the gold of our existence for the dust of what-ifs or what-if-nots..the ultimate connection with those we love is what truly graces our lives." - Bessie Sherman, age 86.

Mr. Pellemer's book is inspiring and full of truth for all of us at any age.

## 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.

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