

Island Times

Look for Island Times the LAST Thursday of each month
FEB. 2024

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

Volume 7 • Issue 10



Welcoming is a Gift

By Robin Bush, ISR Communications

We say "welcome" in many different circumstances with one unifying meaning: that we receive gladly the presence or companionship of another. It's as old as the 5th century when it was used in Old English to greet a desired guest. Shakespeare used "You're welcome" in Othello in 1603. We use it today to warmly usher someone in: "You are welcome here" or "Welcome to our home." We use it when someone returns, as in "Welcome back." We welcome the New Year as an expression of gratitude for new beginnings and of life renewed. We also say "You are welcome" after someone expresses gratitude and says thank you. The next time you say it, remember it is more than a polite response to a "thank you." You are saying the other person's gratitude is happily received, they are welcome to your help, or they are welcome to ask you again. It's a phrase of acceptance of another person; some even think of it as a verbal embrace. In all uses, "Welcome" represents a relationship, belonging, and connection that is not meant lightly. It acknowledges the gift of having someone's presence and generosity in your life.

Extending a hand of welcome can also open the door to building understanding and acceptance across generations about what it means to age. In an experiment, young people were asked, "What age do you consider to be old?" They answered, "40 or 50 years old." Then, they were asked to show how they think "old people" walk or do different physical movements. They acted feeble, sick, hunched, confused by

technology, and physically weak. Then, each of those younger people was paired with an older person in their 50s, 60s, or 70s and each pair was given two minutes to teach the person from the other generation some kind of movement (from martial arts to boxing to dance) that they are good at. After that, each young person was asked again, "What age do you consider to be old?" They now said old ranged from 80-100. They even said now they don't look at age. One older participant said that if someone is growing and learning, then age doesn't matter, and another one answered that when people start stopping, that's when they start getting old. Young and old then embraced and said thank you. To see the video of this exchange, go to: <https://www.arp.org/disrupt-aging/stories/ideas/info-2016/what-is-old-video.html>. They each learned to welcome and appreciate one another. How interesting it would be to run the same kind of event as a nationwide movement in schools, churches, or social clubs.

Welcoming is a gift we give. Beyond saying the word itself, welcoming includes sharing laughter, a simple smile, or extra patience when someone doesn't move as fast as we'd like them to or is confused by circumstances. We welcome others into our lives when we volunteer, support a friend, or donate to those who need assistance and the organizations that support them. In all its forms, the gift of welcoming makes us happy, healthier, and connects us to others. Perhaps more important is how the gift of welcoming inspires those who receive it to become givers. Who can you welcome today?

Grandpa Magic



Magician JR Russel weaving magic and play into everyday life.

JR Russel, Magician, Community Member

Hello, my name is JR Russell. I am a retired Navy Captain who turned my passion for flight into performing and teaching magic. After I perform for kids, people always say, "You must be a fun Grandpa!" (Confirming the harsh reality that I look like a Grandpa now!) Well to be honest, I AM! In fact, I am a proud grandpa of 4 grandkids, who I am fortunate enough to see often. I thought it would be fun to start a little column to share some ideas on how you can be a fun Grampa, Grandma, MeeMaw, BeeBop etc!

Each month I will share a few ideas with you and give you some resources to check out! The first tip I have involves 'Rituals & Traditions'. As soon as my grandsons step into the house, they know that there are surprises for them. I recently bought some 3D printed dragon eggs from the art store on Pioneer Way and then I put a small gift, money or something in each one. To add to the fun, one of the eggs has an extra surprise. Next, the kids run to my 'Butterfly Explosion Box' (can be found on Amazon) they pop that open butterflies fly around and when they leave, I reset it for the next visit!

Balloons! Kids love balloons! As long as you have your Amazon cart open, do a search for 'Basic Balloon Animal Kit'. It will come with a pump and for less than 20 bucks you can even teach kids how to make a dog! I will blow up a few balloons for the kids to play 'keepy uppy' with.

My whole objective is to ignite the creative juices in the kids. Kids today are spending most of their time on their devices and are becoming 'Screen Agers'! I want them to step away from the TV and play games, create things, perform, play music and of course learn magic! Here's a fun tip, go to the newly opened 'Book Rack' on Midway Ave in Oak Harbor and look at all of their games! I bought a Harry Potter themed deck of playing cards and instead of playing Old Maid; we used Voldemort as the Old Maid! The kids learn about playing card and you learn about Albus Dumbledore!

I do teach magic classes and have taught a Grampa Magic Class in the past. If this is something that interests people, I will do it again. If you email me at jr@jrrussellmagic.com, I will send you a magic gift! You will find more tips and ideas as well as information on my next classes on my Facebook page: JR RUSSELL MAGIC. This is probably enough to get you started! Please let me know what you think and what you would like to see in the next issue and if you see me around stop me for a trick!

What's the difference between Boogers and Broccoli? Kids will eat Boogers.

DID YOU KNOW?

Originally, February was made the last month of the calendar year.



If you are enrolled in a Medicare Advantage Plan as of January 1 and are dissatisfied with your plan, you can still change plans during the first quarter of this year. Learn more in a Medicare Reboot class (see page 5)

Does your organization need a banner for the next parade?
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American Legion Family



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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)

Beach. Please note that viewing the West Seattle Troll will require a 40-minute round-trip walk along Puget Sound in Lincoln Park.

TRAVEL LOG

DAY TRIPS

FLOWER AND GARDEN SHOW

Sunday, Feb. 18 | 8 AM-8 PM
Members: \$136 • All others: \$164

We are heading back to the annual Northwest Flower and Garden Festival held at the Washington Convention Center in Seattle, where you will find over 20 spectacular display gardens along with 300 exhibitors featuring unique flowers, garden tools, hand-crafted wares and specialty items. Just the beautiful scenery is worth going for! Grab a bite to eat at the Festival Café or one of the many nearby downtown restaurants. Price includes admission to the festival.

BOEING FUTURE OF FLIGHT

Wednesday, Feb. 21 | 8 AM-3 PM
Members: \$110 • All others: \$135

The Boeing assembly plant in Everett is the largest building in the world by volume. Originally constructed for production of the Boeing 747, it is now used to assemble Boeing's 777. We will take a guided tour of the facility and learn interesting facts about Boeing and its airplanes. After the tour, we will head to the Everett waterfront for a no-host lunch.

MYSTERY LUNCH

Thursday, March 7 | 11 AM-2 PM
Members: \$35 • All others: \$42

Join us for a Mystery Lunch Adventure! Be prepared for a delightful surprise as we head to an undisclosed restaurant for a unique no-host dining experience. Embrace the intrigue and savor the anticipation of discovering a hidden culinary gem. Please note that lunch is not included in the price.

WILLOWBROOK MANOR ENGLISH TEA HOUSE

Tuesday, March 19 | 2 PM-6 PM
Members: \$125 • All others: \$150

Enjoy a seated tea at Willowbrook Manor in Sedro Woolley. This lovely afternoon will include a pot of tea accompanied by tea sandwiches, sweet cream scones, home baked sweets, and salad, all made in their on-site bakery and deli. After enjoying a cup of tea together, there will be time to explore their beautiful gardens.

EXPLORING SEATTLE AREA TROLLS

Wednesday, March 27 | 7 AM-5 PM
Members: \$120 • All others: \$145

Discover Seattle's magical world of Thomas Dambo's recycled giants! Join us as we explore three of these unique sculptures in Ballard, West Seattle, and Issaquah, along with the iconic Fremont Troll hiding beneath Seattle's Aurora Bridge. Plenty of photo opportunities await as we walk among these incredible artworks. While in West Seattle, enjoy a no-host lunch at Cactus on Alki

SHEN YUN

Wednesday, April 3 | 9 AM-7 PM
Members: \$222 • All others: \$266

Shen Yun is a brilliant artistic revival and celebration of China's rich cultural heritage.

Each performance consists of about 20 pieces, quickly moving from one legend, region, or dynasty to the next. Themes range from the delicate elegance of Tang court ladies to the battlefield heroics of valiant generals, from the timeless philosophical works of Lao-Tzu to spectacular scenes of magical realms. Shen Yun's works convey the extraordinary depth and breadth of genuine Chinese culture and bring the magnificence of five thousand years of civilization back to life on stage. We will stop for a no host lunch prior to the 2 p.m. showing.

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.

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



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

Celebrate Pie Day
PIE TASTE OFF
Thursday, March 14th
Pick up boxes at The Center between 10:00 AM - 3:30 PM
\$10 per tasting box (\$7 for members)
Each box contains a sampling of delicious pies from local area bakeries and a ballot to vote for your favorites!
Pre-order your boxes! Limited boxes will be available for day of event purchase.

Pre-Order Your
VALENTINES GRAM Treat boxes
Order one for you and one for a friend!
Small treat box for 1-2 people \$8 (\$6 for members)
Large treat box for 2-4 people \$14 (\$12 for members)
Want it delivered on Valentine's Day to someone in Oak Harbor? Delivery \$5 per location.
Treat boxes will be available for pick up at The Center on February 14th from 10:00AM to 4:00PM
Example of Small Treat Box Pictured Here. Large will have more of the same items.

WearableART
AN UNEXPECTED RUNWAY SHOW WITH FLAIR
CALL FOR ARTISTS
YOU ARE INVITED TO CREATE & JOIN US
Yes, first time creators welcome!
\$100 Participation award & volunteer hours for student participants.
Applications due March 15th
SAVE THE DATE!
EVENT SAT. APRIL 20TH
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FOR MORE INFORMATION VISIT US AT WWW.OAKHARBORPARKSANDRECREATION.COM

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.

MEMBER SPOTLIGHT: THE ADVENTUROUS CHUCK HATHAWAY

Carly Larson, Program Coordinator, City of Oak Harbor Parks and Recreation

Chuck is an adventurous guy who loves traveling, being adventurous, the outdoors, spending time with his family, and playing a good game of pool. Many of you know him from taking our trips at The Center. Chuck has been a volunteer travel escort for over 6 years. In the past few years he also started volunteering for the medical transportation program through Island Senior Resources. Chuck loves to explore, keep busy, and give back to his community so volunteering in programs like our travel program and ISR's medical transportation program are a perfect match for him.

make my travel successful." I was a little confused about what he meant at first and asked him to elaborate. He explained to me that two of his daughters live on the East Coast and visiting them became gateways to adventures. He also talked about how his son was working in Alaska for period of time and how he got to go visit a few times. That was when I realized Chuck isn't the type of person to drive over state lines to be able to boast about being there, but instead set this goal to explore each state and immerse himself in the culture and explore the land. It was also then when I realized Beyond his adventurous endeavors, Chuck's life



A group of travelers taking in the views alongside travel escort, Chuck Hathaway (Center wearing a seahawk sweatshirt) revolves around his family.

Chuck has been married to his sweet wife, Suzanne for 55 years. They have four children and four grandsons. Together, they have lived in Coupeville for 13 years. Previously they in Seattle and had a condo in the downtown area. Suzanne's retirement plans were to move into their Seattle condo full time and be close to the city, however Chuck had a different idea in mind. His work had brought him up to the San Juans and Whidbey Island and he instantly fell in love. He convinced Suzanne they should purchase a home on Whidbey Island. Suzanne was a bit hesitant to leave the city behind, so they compromised and kept their condo. The both of them have come to love the Island and still have fun making weekend visits to Seattle when they want to visit their children or explore the city. Chuck and Suzanne are both great community members and we are fortunate to have them as volunteers and friends.



Chuck Hathaway posing for a photo on one of his Center trips Being such a travel enthusiast, Chuck set a goal in his early years to visit every state before traveling internationally. Although it didn't quite work out that way, he can say that he has been to every state in addition to visiting four continents. Chuck mentioned, "My kids helped

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HOT BREAKFAST WORD SEARCH

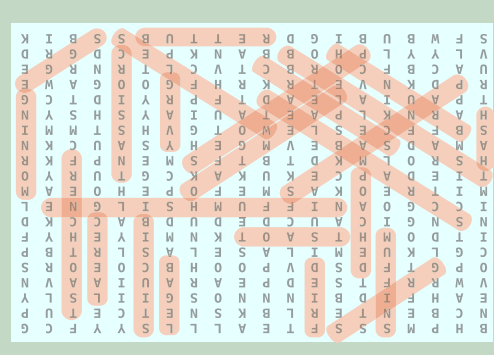
B H P M S S S F T E A L L L S Y Y F C G
 N C B E N T E R L B K S N E T C E T U P
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 O P G T F D S D V P O O H B C O E O R S
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 R P D K N V E T R K R H F G O O G A W E E
 U A C B F C O R B C T V C L T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

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

- BAGEL
- BISCUITS
- BREAKFAST
- BRUNCH
- BUTTER
- CEREAL
- CREPES
- CROISSANT
- EGGS
- ENGLISH MUFFIN
- FRENCH TOAST
- FRIED
- GRAVY
- GRITS

- HASH
- MORNING
- MUFFINS
- OATMEAL
- PANCAKES
- POACHED
- POTATOES
- SCRAMBLED
- TOAST
- WAFFLES

ANSWERS



CRYPTO FUN

Determine the code to reveal the answer!

Egg dish	1 7 26 6 26 22
Cooking room	21 5 22 3 24 26 12
Morning meal	2 14 26 13 21 15 13 8 22
Visitors	16 20 26 8 22 8

Answers: A. omelet B. kitchen C. breakfast D. guests

Guess Who?

I am an actor born in California on February 9, 1987. I made my first TV appearance in an episode of "The Sopranos." I rose to prominence on "Friday Night Lights" and I was propelled to fame after a string of high-profile roles, including the antagonist in Marvel's "Black Panther."

Answer: Michael B. Jordan

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 – 9:35 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 | 7PM-9 PM | 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 | 2PM-3PM

\$20 for 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

1st & 3rd Friday | 10:30 AM

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 | 2PM-3PM

Join our book club led by volunteer Arletha Albright. Visit the Oak Harbor Library to check out a physical copy, eBook, or audiobook free of charge.

February - Another Brooklyn by Jacqueline Woodson

March - The Round House by Louise Erdrich

Tech Drop-In

Tuesdays | 11 AM

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

Dance Lesson: Waltz

Thursdays | February 29th | 5:30PM-6:30PM

Fee is for the six-week course. Come learn the beginning steps to the Waltz. No partner needed.

History Class: World Heritage

Thursdays | March 14th | 1PM-3PM

Instructor Debbie Wallin will explore the history and cultural importance of UNESCO World Heritage sites from all over the world in this 10-week class.

Learn How to Play Mah Jongg

Wednesdays | 5:30pm | Free for Members, \$3 for all others

Interested in learning how to play Mah Jongg? Join us to learn the Wright-Patterson rules, strategies, and techniques to play confidently. Experienced players are also welcome.

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Whidbey Weekly

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FEBRUARY

Contributions to cover cost of meals are appreciated

WEEK 1		
Fri	2	Clam Chowder and 1/2 Sandwich
Mon	5	Chicken 'Fried' Rice
Wed	7	Pork Loin w/Cranberry Compote
WEEK 2		
Frin	9	Baked Potato w/Ground Beef
Mon	12	Ham & Cheese Quiche w/Veggies
Wed	14	Chicken Cordon Bleu
WEEK 3		
Fri	16	Italian Wedding Soup
Mon	19	President's Day - No Meal Service
Wed	21	Cheeseburger Pie w/Lettuce & Tomato
WEEK 4		
Fri	23	Creamy Chicken Noodle Soup
Mon	26	Tuna Noodle Casserole
Wed	28	Chicken Fettuccini Alfredo



Medicare 2024 "Reboot"

Tuesday, February 13th 10:00 a.m. The Center at Oak Harbor 51 SE Jerome St, Oak Harbor	Thursday, February 15th 1:00 p.m. Island Senior Resources 14594 SR 525, Langley
-------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------

Are you enrolled in a Medicare Advantage Plan? Is your current plan working for you? If you are dissatisfied for any reason and want to change plans, you have until March 31st to "reboot."

You can leave the plan you are in and start fresh with one that better meets your needs.

Who is eligible for a reboot?

If you are enrolled in a Medicare Advantage Plan as of January 1st you can change plans during the first quarter of the year. Perhaps your medical providers are out-of-network, or the plan does not cover your prescriptions, has unanticipated costs related to extra benefits, or is difficult to access on Whidbey Island.

What are your options?

- Change to a different Medicare Advantage Plan
- Switch to Original Medicare, as well as enroll in a separate Medicare Part D drug plan. (Please note: this change will not guarantee the right to enroll in a Medicare Supplement plan. You will need to apply and could be turned down.)
- This special Medicare Advantage Open Enrollment period allows a one-time change from the plan you had on January 1st. The change takes effect on the first day of the month following receipt of your request and application.

We will also discuss money-saving programs for people who qualify based on income:

Medicare Savings Programs (MSPs)

Also known as Medicare Buy-In programs, MSPs help reduce your Medicare costs if you have limited income. Individuals with monthly incomes that do not exceed \$1,660 or \$2,239 if a couple, may qualify.

There is no asset restriction.

Medicare Prescription Savings

Income limits for "Extra Help" with prescription costs are \$1,843 for a single person, \$2,485 for a couple. Asset restrictions may apply.

It is estimated that almost half of all Medicare beneficiaries who qualify for this assistance are not aware of these benefits and do not apply. If you qualify, you can save a significant amount on your Medicare-related expenses. Join us to learn the full details.

This workshop offered by SHIBA (State-wide Health Insurance Benefits Advisors), a program of the Washington Office of the Insurance Commissioner and Island Senior Resources

No registration is required. If you have questions, call 360-321-1600

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.



Medicare 2024

Going on Medicare? Want to know more? Attend a free online "Getting Ready for Medicare" seminar offered by SHIBA (State-wide 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

Wednesday, Feb. 21, 1 p.m.

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

Wednesday, April 17, 1 p.m.

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

Tuesday, Mar. 12, 1 p.m.

The Center in Oak Harbor (51 SE Jerome St)

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

Wednesday, March 13 • 1 p.m.

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

LEADERSHIP CORNER

Birthing Meaning-making

By Charles LaFond - ISR Senior Director, Development

For many millennia, villages of 50-150 people took care of what they called, in the 19th century, the "less fortunate" or "the unfortunates" from the name given to the Greek goddess Fortuna – the personification of luck. People's interpretation of misfortune was borne more of bad luck than of sins or misdeeds (the view during the Middle Ages and Renaissance.)

We no longer live in such villages. We live in houses or apartments and often never speak to neighbors, let alone help them. So, instead, we have non-profits that solve various problems villages used to solve.

In the past, neighbors would return lost pets. Today, we donate to WAIF for that help. In the olden days, villages would care for the sick in teams of cooks and healers, but today, we have hospitals. In the 19th century, elderly women without wage-earning husbands were locked up in "the poor house," where they died from exhaustion. Today, we donate to agencies like Island Senior Resources so that everyone is cared for and about.

People think that I am in the business of raising money for Island Senior Resources; that is partly true and has been these past 40 years. But mainly, I help people with meaning-birthing.

I am a donor-centric fundraiser – my top priority is the experience of the people giving to Island Senior Resources, whether \$1 or \$1,000,000. I am a kind of midwife of philanthropy. Just as a mother carries a baby and then gives birth, hoping the child will benefit the world, I believe that many of us hold a longing to make meaning and that by giving some of our money away to solve problems in our world, we birth our meaning-making. I help people do that "birthing." It only works with grateful, generous people, but it works, nonetheless.

The days of tiny villages, village greens, walking paths between homes, village market days, and village midwives helping the sick and financially poor are mostly gone in America, replaced by spotless yards, Amazon, cars, non-profits, fences, and television. However, I believe, deep in my heart, most days, that we humans remain generous, so long as there are fundraisers helping with the midwifery that heals our life together.



Photo: Charles LaFond



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HOW TO REACH ISLAND SENIOR RESOURCES

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

- Nutrition/Meals on Wheels
- Resources and Coaching
- Case Management
- Medical Transportation
- Benefits Counseling
- Support Groups
- Medical Equipment Libraries
- 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.

Island Senior Resources

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BE PREPARED

Many of us have a renewed interest in self-reliance in emergencies and have stocked our cars and homes with extra supplies to be ready for a few days or weeks due to storms, fires, pandemics, or supply-chain shortages. If you have not yet, re-packaged "disaster kits" are available for purchase, or you can make up your own kit of nonperishable foods, medical supplies, water, battery-powered radio, pet supplies, and other essential items. Doing so removes worrying about "what might happen if..."

You can purchase a pre-assembled kit or gather items as you can afford them over weeks or months until you have collected all you might need. Keeping a tent, sleeping bag/blankets, and water filtration system is also advised. There are many videos and emergency preparedness lists on the internet, so you don't have to try to think of everything you might need.

Be sure you, your pets, and your friends are ready. You can't control what happens, but you can have peace of mind by being prepared.

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

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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.

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Wednesdays on Zoom and in-person 10 A.M.

Grief Support Group
1st Monday or the month on Zoom 11 A.M.


Parkinson's Support Group
Tuesdays on Zoom 10 A.M.

www.senior-resources.org
reception@islandseniorservices.org
360-321-1600

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The Circle of Giving and Receiving

by Debbie Metz, ISR Nutrition Director

Duane is a long-time friend of ISR. He and his wife used to come to the center to dance and listen to the "Fun Band." About eight years ago, his wife was diagnosed with MS. When she couldn't walk any longer, he chose to sign up for Meals on Wheels since he spends most of his time caregiving for her, doesn't have time to shop, and doesn't cook. He also hired a caregiver he found through the ISR Preferred Providers List who helps him out occasionally. They receive delivered meals two times a week and love the program. He said it's a lifesaver and helps him, his wife, and the caregiver.



Duane Spangle

He arrived at our Bayview offices recently and wanted to talk in my office. He pulled out a pocketful of bills and coins to donate. He then told me his story.

Spending much of his time at home these past years, he started felting with wool and enjoys it very much. He began accumulating many pieces of art and started giving them away as gifts. This summer, his caregiver's daughter said, "Duane, what if you bring some to my workplace? I'll see if we can have people donate to a cause instead of paying for them." Duane chose Meals on Wheels as the charity/cause.

People love the idea and have been donating at Hanson's and Jupiter Coffee (south Whidbey), where the items are on display. He has come in several times to Bayview and has donated over \$400, and he said it will keep coming!

How amazing and wonderful! We are fortunate to have so many in our community who share gifts to help our seniors.

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Join us for a meal

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

Camano Center
606 Arrowhead Rd. Camano Island

Wednesday 11:45 - 12:30
Island Senior Resources - Bayview
Leo's 14594 SR 525 Langley

Camano Center
606 Arrowhead Rd, Camano Island

Tuesday 11:45 - 12:30
Island Senior Resources - Bayview
Leo's 14594 SR 525 Langley
Sack lunch
Starting January 23

Coupeville United Methodist Church
608 N. Main St. Coupeville

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

Donations accepted to help cover the costs of a meal

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

Camano Center
606 Arrowhead Rd. Camano Island
(Provided by Camano Center)

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AARP FOUNDATION TAX-AIDE

Beginning February and continuing through April, AARP Foundation is providing free tax assistance and preparation through its Tax-Aide program. It is completely free and you do not even have to be an AARP member.

For taxpayers from Coupeville to South Whidbey:
call (360) 678-3000 for information and appointments.

For taxpayers in the Oak Harbor area:
Beginning Wednesday, Feb 7, please call The Center in Oak Harbor (360) 279-4580 for information and appointments.

Beginning Monday, Feb 5, please come to Oak Harbor Sno-Isle Library for walk-in assistance and appointments.