

Island Times

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

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

Volume 7 • Issue 12

Wearable Art Show Promises Creativity and Fun at The Center in Oak Harbor



Amongst a lush backdrop of foliage, our models strike a pose, bringing the magic of our Wearable Art Show to life!

By Liz Lange
Senior Services Administrator, City of Oak Harbor

Get ready for a spectacle of creativity and imagination at the upcoming Wearable Art Show, set to take place at The Center in Oak Harbor. Organized by the Oak Harbor Senior Center Foundation in collaboration with the City of Oak Harbor Parks & Recreation, this event promises to be a feast for the eyes while supporting essential programs and services for seniors in the community.

The Wearable Art Show is not your typical fashion show; it's a juried runway event showcasing complete ensembles of unexpected wearable art. From headpieces to props, hair, and makeup, each ensemble is a masterpiece in its own right, demonstrating the boundless creativity of its creator. The show encourages artists to explore innovative and playful designs using repurposed materials, resulting in truly unique and exciting pieces.

One of the most exciting aspects of the Wearable Art Show is its commitment to supporting young talent. Students aged 12-18 are encouraged to participate, with each entry receiving \$100 for participation in addition to the chance to win cash prizes. This inclusive approach not only nurtures budding artists but also adds a fresh and vibrant energy to the event.

Entries must adhere to specific guidelines, including the incorporation of repurposed materials and the inclusion of a headpiece

or mask. Hair and makeup artists assist artists in completing their presentations on the day of the show, ensuring that each ensemble shines on the runway.

"We're thrilled to host the Wearable Art Show, a celebration of creativity and community spirit," said Carly Larson, Program Coordinator for senior programs for City of Oak Harbor Parks and Recreation. "This event not only showcases the incredible talent of our local artists but also raises vital funds for programs and services benefiting seniors in our community."

The Wearable Art Show wouldn't be possible without the generous support of its sponsors. The Title Partner this year is the Oak Harbor Arts Commission, the Dinner Partner is Home Instead, and the Dessert partner is Casual House. They have all contributed to making this event a reality!

So mark your calendars and prepare to be amazed at the Wearable Art Show. Whether you're a seasoned art enthusiast or simply looking for a fun and inspiring way to spend an evening, this event is not to be missed. Tickets include your first beverage of choice and a delicious family style dinner catered by Serendipity catering. Join us at The Center in Oak Harbor on Saturday, April 20th and let your imagination soar!

Tickets are selling fast, so don't wait to get yours if you would like to attend.

Living in Place: A Community Love Story

by Katheryn Howell
ISR Senior Director of Programs

It's been a great joy to have Marilyn Sherman Clay as my neighbor for almost two decades. I recently invited Marilyn to sit with me to talk about living in the place we call home. Marilyn is a trusted expert that folks turn to for real estate advice. I had a few provocative questions for Marilyn to consider as we sat together at a local spot in Coupeville, where we live. I asked Marilyn if she wanted to walk into town with me later, but she declined. I had brought Frank, my aging pup, to our meet-up because he and I would both benefit from getting in some steps, and our meeting spot is dog-friendly. I also needed to stop by the post office on the walk home.

Marilyn was early to our meeting and was chatting with a fellow towns person as I walked through the door right on time. Marilyn, in her beautifully styled scarf and sweater, and I, in my polar fleece and jogger pants, settled in at a table in the back of the house as the sun set over Penn Cove. The flame of the fire in the fireplace played in time to the chatter and laughter of the locals arriving and leaving this neighborhood hub on a Friday night. We started with light small talk, remarking on the loud howling from our local coyote den, which seemed agitated by recent lunar activity. We swapped stories about the neighborhood white deer that terrorizes the town. Our wildlife activity provides regular fodder for local conversation.

As we chatted away, locals and visitors stopped by our table to say "Hi." Marilyn introduced me to one of the visitors as having been her classmate in kindergarten. As a kid growing up in an Army family, these deep roots are foreign to me, yet these are roots Marilyn knows well. She also knew that there had been several in-town grocers and meat markets within the last century



and that Prairie Center, in earlier days, was a department store that sold Levis and the newest Beatles album. Prairie Center continues to be a town mainstay purveyor of food, selling vegetables grown in soil stewarded by the Sherman family for over a century. Visit the Scenic Isle Farms website, www.scenicislefarm.com, and you'll meet the current generation of Sherman farmers. Stop by in October for seasonal farm fun and pick up a famous Sugar

Hubbard Squash, delish! We spoke of neighbors and those we've lost over the last two decades. We reminisced about a particular neighbor who used to coordinate the neighborhood bridge club. Since her passing a decade ago, her home has been turned over to new owners three times. Marilyn tells me that a home turns over every eight years on average in America. Change can be good for a neighborhood to keep a healthy mix of people coexisting in the community.

For over a decade, I lived next to Marilyn's mom, Jean Sherman. Jean lived 100 years, moving to the home she built when she was 83. I have fond memories of Jean on her tractor mowing her lawn and me hanging over the fence to talk with her. Jean championed every move I made. When I moved to L.A., Jean said, "How fun" and "Have the best time." When I moved back to Coupeville, Jean said, "Welcome home; I missed you." That support to help young people lean into change and feel good about exploring and then to welcome them home made an impression and felt important to me.

Indeed, change is good, and as Marilyn says, "If you can walk to something, you will age better." I hope to walk the streets of Coupeville for years, enjoying all that the community has to offer, and I remain open to all the possibilities.

DID YOU KNOW?

Fewer than 10% of older adults surveyed report having smart stove alarms, bath temperature monitors, water leak detectors, smart medication pillboxes, or emergency response systems, each of which is specifically designed to promote safety in the home. (American Assoc. of Home Builders/Forbes Health 2024)



Give Big is May 7-8.
Join in supporting nonprofits in Washington beginning on April 23.

To learn more, see 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 Party Bridge
 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
 1 Hand & Foot Canasta
 3 Active Chair Yoga

FRIDAY

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



Pie Taste Off 2024 Winner

Last month we celebrated the mathematical pi day, 3.14 aka March 14th with a Pie Taste Off, because who doesn't love a good slice of pie while thinking about mathematical constants. Five generous businesses, Chris' Bakery, Pegasus Pie Co., Schuh Farms, Whidbey Pies, & Wild Crow Pies Co. donated delicious pies for tasting boxes that were then purchased by the participants or what we liked to refer to as pie judges. After sampling each pie and carefully judging on pastry, filling, and overall likeness the participants cast their vote for the best pie. This year, we would like to announce Whidbey Pies Marionberry as the winner of our Pie Taste Off. Congratulations Whidbey Pies! Thank you to our generous donors who made this year's Pie Taste Off possible.



An excited participant, Sue ready to taste the pies and vote for her favorite



Cindy, a Center volunteer savoring every slice of the Pie Taste Off experience

TASTY SALAD WORD SEARCH

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

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

- BAR
- BEETS
- BUTTER
- CAESAR
- CELERY
- CHEESE
- CROUTONS
- CRUNCHY
- DIET
- DRESSING
- GARNISH
- GREENS
- ICEBERG
- OLIVES
- ONIONS
- RADISHES
- REFRESHING
- ROMAINE
- SALAD
- SPINACH
- TOMATOES
- TOPPING
- TOSSED

ANSWERS



Ⓞ ** ☹️ 🌀 ~ 🎵 🍀 ✨ × 🌸 + 🌿 * 🌙 ☼ * 🏹 * 🎲 🎯

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to laughter. Each number corresponds to a letter. (Hint: 14 = E)

- A.** 10 2 20 14
Clue: Funny saying
- B.** 5 13 9 9 16
Clue: Humorous
- C.** 19 7 13 19 20 22 14
Clue: Laugh slightly
- D.** 1 25 8 22 14
Clue: Pleased expression

Answers: A. Joke B. Funny C. Chuckle D. Smile

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to car care.

S F I R E L T

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

Answers: Filters

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

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CLASSES and EVENTS at The Center In Oak Harbor

FITNESS

Month: \$25 members, \$35 non-members
Drop-in: \$5 members, \$10 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.

An hour-long evidence-based exercise class that includes aerobics, strength training, balance exercises and stretching taught at a modified pace.

Yoga

Tuesday/Thursday | 8:45 – 9:30 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.

Renew Active
by UnitedHealthcare

Silver&Fit



CLASSES & PROGRAMS:

85 & Better Club

Fridays | 10:30 AM

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.

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.

Book Club

3rd Wednesday | 2-3 p.m.

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.

April – Blessing of the Lost Girls by J.A. Jance and May – The Alice Network by Kate Quinn

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.

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.

Learn to Play Mah Jongg

Wednesdays | 5:30 PM

Members: Free • All others: \$3

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.

Line Dance

Tuesdays & Fridays | 1 PM

\$20 month for members, \$30 month for all others

\$7 drop-in for members, \$10 drop-in for all others

Learn this partnerless, choreographed style dance to a variety of songs, old and new.



Membership at The Center is available for anyone over the age of 50 and is \$40 a year.

New! Hand & Foot Canasta

Thursdays | 1 PM

Free for members, \$3 day use fee for all others

Discover the joy of playing Hand and Foot! Whether you're a beginner or looking to sharpen your skills, join us to learn the rules, strategies, and tricks of this exciting card game.



New! Open Dance with Lesson

Thursday, March 28 | East Coast Swing

Thursday, April 25 | Waltz

Lesson 5:30 – 6 pm, Open Dance 6 – 7:30 pm

Instructor: Duncan Chalfant

Fee: \$7 for members, \$10 for all others.

Please note: Payments for this program must be made during business hours or online through our catalog. As this program is outside our regular business hours, there will be no staff available on-site to collect payments.



WearableART
AN UNEXPECTED RUNWAY SHOW WITH FLAIR
Saturday, April 20, 2024

Doors open 5:30 PM | Dinner at 6:30 PM | Show at 7:00 PM
The Center in Oak Harbor | 51 SE Jerome St | \$65 Per Person

Ticket includes dinner catered by Serendipity & first beverage of choice.

Evening Fundraising Activities Include a Dessert Dash & Raise The Paddle Benefiting the Oak Harbor Senior Center Foundation & Co-Hosted by City of Oak Harbor Parks & Recreation

Thank You Sponsors!



TITLE PARTNER



DINNER PARTNER



DESSERT PARTNER

TRAVEL LOG

DAY TRIPS

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.

NEW! CHERRY BLOSSOMS AT UW CAMPUS

Thursday, April 4 | 9AM–5PM

\$79 for Center members, \$95 for all others

Experience the beauty of spring with our tour to the University of Washington campus to marvel at the beautiful cherry blossoms. Stroll through the campus and soak in the vibrant colors of these iconic trees. Next, we'll make our way to Washington Park, where you'll have the opportunity to immerse yourself in nature's tranquility and enjoy scenic views of the surrounding landscape. Finally, we'll conclude our tour with a delightful stop in Seattle's Madison Park Neighborhood for a delicious no-host lunch at one of the area's charming eateries. Don't miss this chance to indulge in a day of natural beauty, cultural exploration, and culinary delights!



APRIL

Contributions to cover cost of meals are appreciated

WEEK 1		
Mon	1	Sesame Chicken & Rice
Wed	3	Lasagna w/Ground Beef
Fri	5	Turkey Pesto Wrap
WEEK 2		
Mon	8	Slice Ham w/Pineapple
Wed	10	Meat Lovers Pizza
Fri	12	Tuna Salad on Croissant
WEEK 3		
Mon	15	Chicken Tenders & Potato Wedges
Wed	17	Meatloaf w/Tomato Topping
Fri	19	Club Wrap w/Lettuce & Tomatoes
WEEK 4		
Mon	22	Pulled Pork
Wed	24	Salmon w/Lemon Dill Sauce
Fri	26	Chicken Broccoli Rice Casserole
Mon	29	Meatballs w/Mashed Potatoes

Welcome to Medicare

Going on Medicare? Want to know more? Attend a free online "Getting Ready for Medicare" seminar offered by SHIBA (Statewide Health Insurance Benefits Advisors) volunteers. Questions answered following the event.

Seminar covers:

- "Basic" Medicare benefits, options for additional insurance(s)
- Medicare parts A and B
- The differences between "Medigap" (supplemental) insurance and Advantage plans
- Financial assistance for qualifying low-income individuals
- Prescription drug plans

IN-PERSON CLASSES

Wednesday, April 17, 1 p.m.
 Island Senior Resources, Bayview
 (14594 SR 525, Langley)
Tuesday, May 14 at 10 a.m.
 Coffee Hour at The Center in Oak Harbor
 (51 SE Jerome St Oak Harbor)
Tuesday, June 11 at 1 p.m.
 Freeland Library
 (5495 Harbor Ave, Freeland)

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.



Island County Community Health Survey



Scan QR Code to take the survey



Share What Matters To You!

- Your voice will guide the next 5 years of Public Health practice for Island County
- Anonymous
- 5-10 minutes



For more information, please visit <https://www.islandcountywa.gov/175/Assessment>

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.

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.

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.

The Legacy Box



By Robin Bush
ISR Communications

Recently, Clara received a package from her brother. In it were autobiographies her parents had written, along with papers, letters, and newspaper clippings that provided a look into the lives of her ancestors. She had old photos of them, but they'd always just been faces on paper; never were their stories attached to help her understand their lives.

Each day for a week, she opened the box, slowly unwrapping the layers in this unexpected gift. There was her grandfather's story of a driving trip he'd made in 1963 from New York to California and his discovery of an America so different from the one she knows. There were heart-stopping letters home from her father during WWII France in 1943 and one about a trip to England (a long way to go for a working-class boy). He had never been beyond New York, let

alone to France or England in wartime. He sounded upbeat about the adventure, but his carefully chosen words offered insights into the realities of a young sergeant's wartime life.

There was a biography of her aunt and uncle that told of their struggles and prosperity from 1943 - 1993 and a series of newspaper clippings detailing the story of the hatchet murder of her great-great-great-grandfather. That lore had never made it down through the generations! She found fragile newspaper clippings from 1928 detailing the employment of her ancestors (men and women) who ran the county post office from 1871 to 1904. It drew a line of connection between them and her grandfather, who'd worked the postal train in the '30s. There were three generations of marriage certificates, her parent's school diplomas, a salutatory speech her mom gave in high school, and even her grandfather's 1915 teacher's certificate.

This collection told her more of her family history than her parents or grandparents had ever shared while they were alive. She wondered what other lessons they would share about what is in the box, if they could. She wanted to know what gave those moments meaning and which shaped the directions of their lives. Gathering their wisdom from across the ages and preserving connections across generations helps her answer the eternal questions we all wonder about: where did I come from; who am I?

When we decide to write our stories, they are the footprints we leave behind for those who survive us. We don't need to write the great American novel. Instead, we gather a collection of memories, a timeline, or footnotes on photos that become our DNA. It's our opportunity to record who we are and reflect on what we value and what we did to lead a purposeful life. It is a gift to share both where we succeeded and where we failed. Stories keep us alive for generations yet to come. Our stories are the harvest of our wisdom, love, hopes, and dreams for those yet to be born.

Think about a few things you have that you could put into a legacy box. Someday, Clara's daughter will unwrap both legacy boxes and uncover family history. Perhaps she'll find Clara put something in the box years before that will be a clue to a choice she'd made or a lesson she'd learned that will help her daughter live her best life. The legacy box is the harvest that connects us across time, and it is bountiful.

"Harvesting a life means remembering, cherishing, and telling the stories of one's lifetime. Harvesting means accepting the role of elder...to gather your lifetime like a ripened crop and to offer the best of what you'd learned to the future." - Bert Keller, Bioethicist

References:
www.postandcourier.com/columnists/aging-for-amateurs-harvesting-life-brings-completion-in-later-years/article_d773e81c-81c8-11eb-8ef8-4bd09035b449.html

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

HOW TO REACH ISLAND SENIOR RESOURCES

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

Nutrition/Meals on Wheels
Resources and Coaching
Medicaid In-Home Care
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.



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STORE HOURS

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By **Katheryn Howell**
ISR Senior Director of Community Programs

It's important to have trusted people to bounce ideas off of when approaching life changes. People want to be helpful and to be, or give, a good referral. Here is some real estate advice from Marilyn Sherman Clay.

Katheryn: What real estate advice do you offer to older folks? Marilyn: Consult a Seniors Real Estate Specialist® The (SRES®) designation is for realtors who help maturing Americans as they consider relocating, selling, buying, or refinancing residential or investment properties. By earning the SRES® designation, realtors are prepared to offer the best options and information for these life-changing decisions. As a SRES® realtor, I advise folks to consider things that aren't always top of mind, such as maintenance, footprint, car dependence, privacy needs, and features of the community that help support healthy living.

Katheryn: Does there seem to be a "sweet spot" for moving into that "forever home?" What's the best way someone can plan to live out their days in their chosen home?

Marilyn: "Your last home is never your last home." Homes turn over on average every eight years in America. When I was 49, I bought the rambler I live in today with my future in mind. Thinking back, I could have easily managed stairs for another 25 years or more, and I didn't need to limit my concept of the home I needed at that time to one story. I might have been looking TOO far into the future. Be open to change and be able to meet the demands that life brings, but don't limit yourself today by trying to accommodate the person you may be in another decade or two.

Katheryn: I have heard this phrase often from clients and family members over the years, and I wonder how it lands with you: "I'm going to leave this house feet first."

Marilyn: It's just not a very positive statement. There's a lot of living to do before leaving in a pine box. Take advantage of the offerings in a community. Walk the trails, have bonfires with neighbors, and visit all the restaurants. Truly live in your community.

SNO-ISLE LIBRARIES

Spring into a staycation with Sno-Isle Libraries

As crocuses push through winter soil and Whidbey Island celebrates Earth and Ocean Month, our thoughts turn to exploits in better weather. Sure, the cherry blossoms are blooming in Kyoto, and Beltane bonfires are burning in Edinburgh, but have you been to your local library? Celebrate new adventures with the library as your tour guide!

A novel way to begin your exploration

Set the course for exciting escapades! Settle in with a steaming cup of tea or coffee, a spellbinding book, and a long afternoon of reading. Tour a fantasy world or explore one of your favorite places on Earth from the comfort of your home. Ask a librarian for suggestions about your next "trip" or visit sno-isle.org/custom-reading-list.

Go where you haven't gone before

What's a staycation without a backyard expedition? Check out a Discover Pass to visit a Washington state park, recreation site, or wildlife area that's new to you. Did you know you can borrow a Discover Pass for up to seven days? Need help deciding? We can help you choose where to go next by suggesting books on Pacific Northwest hikes, short excursions, or garden tours.

Reconnect with nature

Sometimes, the shortest journeys are the most fulfilling. With the help of the Wise Gardener Book Group or librarian-curated lists like "Gardening in the Pacific Northwest" and "Gardening for Native Pollinators," breathe in fresh air, putter around the patio, and take time to cultivate a new world of well-being.

The perfect escape

Whether your wanderings take you near or far, choosing the road less traveled and discovering something new is good for the heart and mind. As winter turns to spring and we wait for sunnier days and higher temperatures, ditch the mundane with the help of Sno-Isle Libraries – in person or online.

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Coupeville SENIOR HUB Lunch & Learn

AFTER LUNCH PROGRAMS • APRIL
Wednesdays 12:30 – 1:30 • Coupeville UMC Fellowship Hall

LUNCH
11:45 AM – 12:30 PM

April 3 – Sweet Bingo & Technological Support

Everyone wins during sweet bingo. No buy-in, this game is free to play and has sweet treats for the prizes. Fred Rocha will also be available for technological support.

April 10 – Container Gardening

Members of the Gardening Club will be talking about how to start a container garden – perfect for growing things in small spaces.

April 17 – Sno-Isle Libraries

Emily Felt, with Sno-Isle Libraries, will be sharing the many resources available at our local Library system.

April 24 – Saratoga Orchestra

Saratoga Orchestra is back with new musicians and new music. Bring a friend and come enjoy the music!

\$10 Suggested Donation

April 3

Lasagna with Ground Beef

April 10

Meat Lovers Pizza

April 17

Meatloaf with Tomato Topping

April 24

Salmon with Lemon Dill Sauce



Caregiver Support Group
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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staff@coupevilleumc.com • 360.678.4256
Island Senior Resources
reception@islandseniorservices.org • 360.321.1600

CALL FOR A RIDE: Para Transit
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Coupeville United Methodist Church
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Preserving Memories



By Robin Bush
ISR Communications

Documenting memories is a beautiful way to engage older adults in conversation and capture their stories for future generations.

Videotaping is best because it records expressions along with words. If that's uncomfortable, then just record audio. If it is hard to know where to start, try asking open-ended questions, looking through old photo albums and talking about the place, the time, and the people in the photographs, or even playing music from years past (it often stimulates memories).

Try asking what inspired them, what shaped who they are, or what lessons they want to share with future generations. Sometimes, asking about family traditions or what they did on holidays will bring back treasured memories. Ask them easy questions interspersed with harder ones to help them from becoming overwhelmed. Try having different people ask the questions—you'll often get very different responses if their offspring asks vs. when a grandchild asks.

If you live alone and want to record yourself telling stories, try doing one recording each week. Make it a ritual like a fireside chat on Friday night.

Keep recordings to an hour or less so it's not overwhelming. Keep out distracting background sounds. Ensure the lighting is gentle to avoid squinting and the setting and chair are comfortable.

Try to organize recording sessions. Start with early memories and progress to the most current, or try the opposite. Or, if that's too hard, pick random pages from photo albums and enjoy whatever stories arise.

Before too long, you'll have recorded a priceless family heirloom. Don't wait. This is a gift that honors the wisdom gained in a lifetime.

Apply at: www.senior-resources.org
360-331-1600

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Planning ahead is simple. The benefits are immense.

Contact us today to discuss pre-arrangements or transfer of existing arrangements.

WALLIN STUCKY FUNERAL HOME



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www.wallinfuneralhome.com

Support ISR's essential services for older adults and caregivers with your gift before May 8.

senior-resources.org/donate
or call Charles Lafond at 360-210-3011

GiveBig WA starts April 23

GiveBIG is a statewide fundraising campaign where individuals come together across Washington to invest in our communities. Your support will help ISR continue to nourish the seniors in our community, prevent isolation, and help seniors and caregivers navigate the path of aging.

Join us for a meal

<p>Monday 11:45 - 12:30 The Center in Oak Harbor 51 SE Jerome St. Oak Harbor</p> <p>Camano Center 606 Arrowhead Rd. Camano Island</p>	<p>Wednesday 11:45 - 12:30 Island Senior Resources - Bayview Leo's 14594 SR 525 Langley</p> <p>Camano Center 606 Arrowhead Rd, Camano Island</p> <p>Coupeville United Methodist Church 608 N. Main St. Coupeville</p>
<p>Tuesday 11:45 - 12:30 Island Senior Resources - Bayview Leo's 14594 SR 525 Langley Eat-in box lunch</p> <p>Donations accepted to help cover the costs of a meal</p>	<p>Thursday 5:00 - 5:45 Brookhaven 150 4th St. Langley</p> <p>Friday 11:45 - 12:30 The Center in Oak Harbor 51 SE Jerome St. Oak Harbor</p> <p>Camano Center 606 Arrowhead Rd. Camano Island</p>