

Island Times

Look for Island Times the LAST Thursday of each month
APRIL 2019

MONTHLY NEWSPAPER OF ISLAND SENIOR RESOURCES AND OAK HARBOR SENIOR CENTER

Volume 2 • Issue 12

"Neither snow nor rain nor heat nor gloom of night stays these couriers from the swift completion of their appointed rounds."

~ Herodotus

Loving our Neighbors in Four-Wheel Drive

By Christina Baldwin

Board Member, Island Senior Resources

So, now that the tulips are up and spring break, Passover, Easter, and Earth Day are lined up in April – remember this!?

The entire island covered in eight to twelve inches of snow, ice everywhere, only a few arterial roads and the highway plowed...some people trapped at home, living off whatever they had when the storm began...no school for days...kids sledding down whatever hill they could get to. When the ice melted, we clustered to share stories of how we made it through.

In my neighborhood of 25 homes, I checked on our resident 92-year old. I checked on two neighbors who usually go south but had wintered here to struggle through cancer treatments. I texted several women living alone, "Need anything? If power goes out, we've got soup and a wood-stove." The cold-spell settled gently over my neighborhood because we already know and watch out for one another.

As the snow hung on and ropes of slush

LOVING continued on page 12



Gardening: Can you dig it?

Anita Joseph

Program Assistant, City of Oak Harbor Senior Services

April is National Garden Month, and nothing says spring like the awakening of plant-life all around us. We enjoy the vibrant colors, sweet aromas, and the delectable fruits and vegetables that gardening provides. However, the benefits of gardening are not just found in the garden, but also in the gardener. That's right! Taking on gardening as a hobby can yield positive results both physically and mentally. Here's how:

Gardening Strengthens- Who knew gardening could be considered a full body workout? Plucking, pulling, bending, kneeling, walking, squatting, and lifting all require movement from various muscles in the body. Frequent physical activity strengthens muscles which increases mobility and mobility is an important factor as we continue to age. Active adults are proven to heal faster from injuries and surgical procedures than non-active adults. Gardening is exercise that doesn't feel like exercise because the attention is on the health and growth of the plant.

Gardening Relieves Stress- Alleviating stress is important at any age. Stress can be triggered by an assortment of life challenges that arises as we age. Health issues, loneliness, restricted income, or the loss of a loved one causes stress levels to peak, and the older we get the less resistant we have to combat stress. Gardening, as a physical activity, releases mood-lifting endorphins which gives you the boost you need to fight against stress. Additionally, you can't forget the simple pleasure of seeing your labor come to fruition.

GARDENING continued on page 3

QUESTION OF THE MONTH: WHAT ARE THE MOST REWARDING AND MOST DIFFICULT THINGS ABOUT GROWING OLDER?

Branda

Greenbank

Rewarding: "My decisions and the rewards are mine (and I get to wear what I want!)"
Difficult: "Losses of friends, spouse and family occur more often."

Mo Taucher, 78

Coupeville

Reward: "Having the time to meet and connect with people."
Difficulties: "Having to be careful about falling. You must watch your step. Everything becomes more difficult."

Nancy, over 65

Freeland

Rewarding: "I'm more confident, trying new things, and much happier."
Difficult: "Losing good friends and family and slowing down."

George Rudge, 75

Oak Harbor

Rewarding: "Having grandkids and being able to play ping pong with friends."
Difficulties: "Adjusting to changes and fear losing capabilities and quality of life."

Warren Bolmes, 82

Oak Harbor

Rewarding: "To be able to get up in the morning. The fact that you have a new day to live."
Difficulties: "Health challenges and the worry of not having benefits."

Shirley, 88 ½

Greenbank

Rewarding: "Being able to do things for others."
Difficult: "The body slows down and the loss of friends."

Julie Grove, 66

Coupeville

Rewarding: "Now I get to tell everyone to respect their elders."
Difficulties: "To me, there is nothing difficult. You have to know your limits and adjust."

John, 75

Clinton

Rewarding: "Treasuring family and friends."
Difficult: "Knowing how my health could affect others who depend on me."

Penn Cove Water Festival

Historic Coupeville, WA USA

Saturday, May 4, 2019
11:00 am to 5:00 pm

PennCoveWaterFestival.com
PennCoveWaterFestival@gmail.com



Do Older Adults Need Less Sleep?

By Carly Waymire,
Program Coordinator, Oak Harbor Senior Center

Are you having trouble sleeping at night? If you answered yes...you are not alone, issues with sleep are very common among older adults. Some of these common problems associated with sleep include having trouble falling

asleep, waking up frequently during the night, and low quality of sleep. Getting a good night's sleep is very important for your overall health, regardless of age! According to the National Sleep Foundation, as people age they tend to have a harder time falling asleep, however it doesn't mean older adults need less sleep.

Some factors that can be affecting your sleep patterns include other existing health conditions, poor sleeping habits, medications, or sometimes sleeping disorders. Insomnia, sleep apnea, restless leg syndrome, and circadian rhythm sleep disorder are some of the common primary disorders associated with sleep which should be addressed by a physician.

Insomnia is when you have trouble falling asleep and/or staying asleep. Chronic insomnia is defined by disrupted sleep that occurs at least three nights per week and lasting at least three months. Sleep apnea is when breathing is interrupted during sleep. This usually occurs because the muscles in the back of the throat fail to keep the airway open or the brain is failing to control the breathing. Another type of sleep disorder is restless leg syndrome which affects about 10 percent of adults. Physicians have yet to find an exact cause for restless leg syndrome. Symptoms include a great need to move your legs while resting.

It is worthwhile to talk to a physician if you feel like you have signs and symptoms of these disorders because a

good night sleep can affect a lot more than just your energy levels! Sleeping disorders can lead to increased risk for accidents and illness as well as a lower satisfaction with your daily living.

To improve your sleeping habits the National Sleep Foundation recommends the following:

- going to bed around the same time each night
- avoiding bright lights before bed (including tv's, cellphones, tablets, and other electronics)
- exercising regularly
- doing relaxing activities before bed such as reading, taking a warm bath, deep breathing
- limiting liquids close to bed time
- avoiding caffeine and alcohol
- using the bed only for sleep and sex
- avoid napping

Sleep is a very important function of the human body, regardless of age! Don't fall into the trap of thinking that just because you are aging you don't deserve a good night rest and that older adults don't need as much sleep because they do. Try improving your sleep by implementing some of the suggested healthy habits and if you don't feel any improvement it may be time to see a physician.



Oak Harbor Senior Center

51 SE Jerome St.,
Oak Harbor, WA 98277

Front Desk: 360-279-4580

Normal Business Hours:

Mon-Fri, 8:30 am - 4:30 pm
Additional evening and weekend classes and events as scheduled

Yearly Membership Dues: \$40

Available for anyone 50+ years

Liz Lange • 360-279-4581

Senior Services Administrator

Carly Waymire • 360-279-4583

Program Coordinator

Send comments and suggestions
to CWaymire@oakharbor.org

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GARDENING continued from page 1

Gardening Saves Money- Need fresh produce? Shop in your backyard instead of utilizing gas and money at the local grocery store. The cost of growing your own produce is less expensive than buying your own produce. If you are on a restricted income, you could enjoy healthy options provided by your own garden. Beets, beans, and carrots are just a few of the nutritious vegetables that are suitable to grow in our Western Washington area. Freeze or can produce to enjoy all year.

Gardening Promotes Brain Health-The hand-eye coordination needed for gardening provides great brain activity as well as sensory stimulation. While being physical active, the brain receives more blood flow. Blood flow encourages cell growth and cell growth builds cognitive functioning. Because of these benefits, community garden activities have been implemented in senior living facilities to help lower the risk of Dementia and Alzheimer's.

If you are gardening for the first time, it



could be intimidating. Don't worry, there is an abundance of beginner articles, books, videos, and blogs for your pleasure. Check out your local library. Start small, perhaps with the fruits or vegetables you love to eat. Let the digging begin!

"Gardening simply does not allow one to be mentally old, because too many hopes and dreams are yet to be realized."

- Allan Amitage

CLASSES and EVENTS at Oak Harbor Senior Center



BASKET WEAVING CLASS

Thursday, April 18 • 9 a.m. - 2 p.m.

Cost: Members-\$75 • Non-Members-\$85

Expert basket weaver, Jane Hyde will guide you through making your very own Maine blueberry bucket basket in this one-day class. You will receive all the supplies, tools, and instructions to weave your own basket which is yours to keep at the end of the day! To sign up stop by the center or call us at 360-279-4580. Class space is limited so sign up today!

DANCE LESSONS

Mondays from April 8 – May 6
7-8 p.m.

Cost: Members-\$50 • Non-members-\$60

Get groovin' with Charlie Moore during this five week dance class where he will instruct you through some basic dance steps just in time for our Summer Music Series! No partner required. For more information, call 360-279-4580 or stop by the center.

HISTORY CLASS

Thursdays from April 11 – June 13
7-8 p.m.

Cost: Members-\$40 • Non-members-\$60

This quarter, the history class will be studying Russia. The cost for the quarter is \$40 for OHSC members and \$60 for non-members. Instructor Debbie Wallin will teach the class all about Russian history. Space is limited, to sign up please stop by the center or call 360-279-4580.

AARP SAFE DRIVE

Wednesday, May 1
8:30 AM – 4:30 PM

Cost: AARP Member-\$15
Non-AARP Member- \$20

Paid directly to the instructor at time of class

Sign up by calling the Senior Center, 360-279-4580



**ART PARTY:
LIFE IS A BEAUTIFUL RIDE**

Wednesday, May 29, 1-3 p.m.

Cost: Members-\$35 • Non-Members-\$40

Never painted? Can't draw? No problem! Professional painter, Amy Houser will guide you through this canvas painting giving you all the tools and instructions you need. At the end of the class you will have your very own "Life is a Beautiful Ride" canvas painting to take home with you!

"The grace, kindness, support and ability of the staff at Whidbey Memorial to assist us in navigating the myriad of decisions needing to be made helped us tremendously in ensuring Mom was properly honored. The funeral was exceptionally executed. We received many positive comments from those who attended."

The Family of Susan M. Foster

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High Tea

Saturday, May 11 • Noon • \$15 Tickets

Tea includes a gracious selection of finger foods. Fancy hats are encouraged. Tickets must be pre-purchased by calling 360-279-4580 or stopping by the center.



OHSC 1st Annual Pie Contest Winners

The best of Whidbey pie bakers came out strong for The Center's First Annual Pie Contest which was a tasty success! There were 15 pies entered and many who participated as judges! We want to thank all the bakers for entering their delicious pies and those who tasted them. Be sure to mark your calendar next year and enter your best pie or come taste them all! We hope you had a wonderful day!

1ST PLACE
Ada Smith
Chocolate Orange

2ND PLACE
Cassandra Steen
Yam

3RD PLACE
Sylvia Edwards
Lemon Meringue



Whidbey Marathon Volunteers

The Oak Harbor Senior Center is coordinating a water station for the Whidbey Island Marathon and we need you! Come encourage, cheer on, motivate, and hand out water to runners with us! This is a great way to get involved and participate. The marathon is April 14 from 8 a.m. – noon. If you are interested in joining us in the fun and helping hand out water cups to runners please contact program coordinator, Carly Waymire at 360-279-4583 or cwaymire@oakharbor.org.



New! Tech Help

Mondays in April, Professor Jan McWilliams will be offering free 1-on-1 technology help! Bring your cellphone, laptop, tablet, or other device and get personalized assistance from a technology specialist. Appointments are required. To sign up, stop by the center or call 360-279-4580.



Volunteer Appreciation Week

The Oak Harbor Senior Center is so grateful for all volunteers that keep this us operating! We have over 30 active volunteers that put in more than 3,500 hours a year! Our volunteers manage our front desk, escort all our tours, help put on special events, and assistance with various projects. We are truly grateful for each one of them and couldn't do it without their hard work and dedication! April 7 -13 is national volunteer appreciation week so be sure to thank our OHSC volunteers when you see them. Also, we don't want to forget all the other volunteers in the community that make this world a better place! The Oak Harbor Senior Center thanks you for your time!

Want to learn 3 simple steps to quick and natural healing?

BACK PAIN & SCIATICA WORKSHOP

Saturday, April 20, 11AM

Rue & Primavera
785 Bayshore Drive, Ste 102
Oak Harbor

This is a FREE informational workshop
Call 360-279-8323 to register



W.I.G.S. (Whidbey Island Genealogical Searchers)

Tuesday, April 9, 1-3 p.m.
2720 Heller Road, Fire Station #25

Mary Kathryn Kozy will speak about DNA and Genealogy.
All are welcome to join us for this educational program.

For more information go to
www.whidbeygensearchers.org.



Join us for **LUNCH & LEARN**



Presenters will offer information on key topics affecting the lives of seniors, their caregivers, families and friends.

ISLAND SENIOR RESOURCES (BAYVIEW) • TUESDAYS, 12:30 P.M.

Lunch (optional) will be served 11:45 a.m. – 12:30 p.m. (suggested donation \$5) followed by a free presentation. See our menu section for what is being served for lunch. Come eat, socialize, and learn!

Date Topic and Presenter

- April 2** *Have You Ever Wondered What Homeopathy Is?*
Lynne Donnelly, a Freeland holistic health practitioner, will explain the basics of this system, based on the philosophy of “like cures like.” Those who practice homeopathy use tiny amounts of natural substances to encourage the body to respond and fight illness. Homeopathy is more complex than we can cover in an hour, but come learn some basics from Lynne, who uses it in her practice for acute conditions.
- April 9** *What We Learned from our Communities*
In 2018, members of the Island Senior Resources Strategic Planning Committee met with 264 key informants across Island County to learn about the needs of seniors and adults living with disabilities. Cheryn Weiser will share what we learned and where it leads ISR and the community at large.
- April 16** *Internet for Dummies*
Skye Dunn, Communications Manager, Island Senior Resources. How to ‘search’ online, email vs. messaging vs. texting, how to make your web-browsing safer, and virus/malware protection, and time for questions.
- April 23** *LOVESCAPES: Mapping the Geography of Love*
Love may be our most important emotion, one we both give and receive. Yet we are sometimes confused by what we mean by the word “love.” Come learn about “lovescapes” and how to enrich your life with love. Duncan Ferguson has been a chaplain, professor, senior administrator, author, and has been engaged in a variety of peace and justice activities around the world.
- April 30** *Senior Striders*
Susie Barnett and Helen Shields, founders of Senior Striders, will talk about the benefits of movement and fresh air for seniors. You’ll learn about an opportunity to walk at your pace with women and men every Thursday morning at 9 from the Center in Bayview. Make a day of it - walk with Senior Striders then come to Lunch & Learn!

AT THE COUPEVILLE HUB • WEDNESDAYS, 12:30 P.M. – NEW START TIME

Events begin at 12:30 p.m. at the Coupeville United Methodist Church, 608 N. Main Street at 7th St. Lunch is served every Wednesday at noon (suggested donation \$5). Contact Carol Moliter: (360) 678-0636, bigrockdesigns@whidbey.net.

Date Topic and Presenter

- April 3** *Bingo*
Aging & Disability Resources will be available 11:30 a.m. to 1:30 p.m.
- April 10** *Does Recycling Work?*
Bring a “mystery” trash item from home for Sarah Bergquist, WSU Extension Specialist to identify as recyclable, or not. Sarah will also explain why recycling is constantly changing in the Northwest and whether your efforts make a difference!
- April 17** *Don’t Fall! & POLST Explained*
WhidbeyHealth EMS Lead Paramedic Robert May will explain in-home improvements that will help reduce the incidence of falls. Plus, he will explain how EMS uses that POLST form you should have at your bedside and the implications if you do not.
- April 24** *FRONT STREET MYSTERIES!*
Mel Tossey, former Island County Museum Docent will reveal the history of Coupeville’s Front Street buildings in an interactive guessing game format.

Disclaimer: Island Senior Resources (Bayview and the HUB) offers a variety of information, classes, and presentations, but does not endorse any speaker or vendor. Presentations are meant as an educational opportunity and no solicitation is allowed. We suggest attendees explore a variety of options before making any decisions regarding services. Island Senior Resources will not share your information with any vendor or speaker. If you choose to share your contact information, this is at your own discretion.

MEAL SITES & HOURS

ISLAND SENIOR RESOURCE CENTER (BAYVIEW)

14594 SR 525, Langley, WA 98260 • 360-321-1600
Meals served Mon, Tues, Wed, Fri, 11:45 a.m.

OAK HARBOR SENIOR CENTER

51 SE Jerome Street, Oak Harbor, WA 98277
360-279-0367 (kitchen) or 360-279-4580 (Center)
Meals served Mon, Wed, Fri, 11:30 a.m.

CAMANO CENTER

606 Arrowhead Road, Camano Island, WA 98282 • 360-387-0222
Meals served Mon, Wed, Fri, noon

CAMBEY APARTMENTS

50 North Main Street, Coupeville, WA 98239
360-678-4886 Ext 28 or 360-321-6661 ext 28
Meals served Mon, Tues, Wed, Fri, 11:45 a.m.

BROOKHAVEN

150 4th Street, Langley, WA 98260 • 360-321-1600
Meals served Mon, Wed, Fri, noon; Thurs, 5 p.m.

COUPEVILLE METHODIST CHURCH, FIRST UNITED

608 N Main St, Coupeville, WA 98239 • 360-678-4256
Meals served Wed, noon

HILLSIDE EVANGELICAL FREE CHURCH

874 Plantation Drive, Greenbank, WA 98253 • 360-222-3211
Meals served Wed, Fri, 11:30 a.m.

Community Meals offer older adults social opportunities while enjoying a delicious, nutritionally balanced meal. They are provided for adults age 60+, their spouses, and caregivers. Donations are appreciated and help fund the program.

Due to rising costs, effective April 1, the suggested donation for community meals will be \$6/meal. Meals on Wheels suggested donation will be \$6/hot meal and \$5/frozen meal.

MENU - APRIL

\$5 Suggested donation for meals

WEEK 1

Mon	1	Turkey Tetrazzini
Tue	2	Ham & Cheese on Croissant
Wed	3	Creamy Chicken Enchilada Bake
Thur	4	Chef's Choice
Fri	5	Fish Alyeska w/White Sauce

WEEK 2

Mon	8	Oven Baked Ranch Chicken
Tues	9	Deli Sandwich w/Hearty Soup
Wed	10	Spaghetti w/Meatballs
Thur	11	Chef's Choice
Fri	12	Salmon Caesar Salad

WEEK 3

Mon	15	Pulled Chicken Sandwich
Tues	16	Grilled Sandwich & Chowder
Wed	17	Sliced Ham w/Pineapple
Thurs	18	Chef's Choice
Fri	19	Tuna Casserole Bake

WEEK 4

Mon	22	Beef Stroganoff w/Mushrooms
Tues	23	Chicken Caesar Wrap
Wed	24	Chicken Pot Pie w/Crusty Topping
Thurs	25	Chef's Choice
Fri	26	Hot Open Faced Beef Sandwich

WEEK 5

Mon	29	Orange Chicken and Rice
Tues	30	Best Rubeen Sandwich

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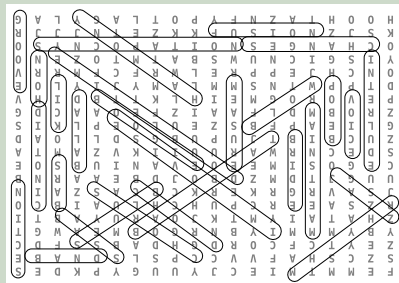
JAZZ MUSIC WORD SEARCH

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

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

- | | | | |
|----------|-------------|---------|--------------|
| AWARDS | CHORUS | PICKUP | RUN |
| BACKBEAT | DIATONIC | QUALITY | SCALE |
| BALLAD | DOUBLE TIME | RHYTHM | SECTION |
| BAND | FUSION | RIFF | SYNCOPIATION |
| BARS | GROOVE | ROOTS | VOICE |
| BASS | HARMONY | | |
| BEBOP | HORN | | |
| BLOW | IMPROVISE | | |
| BLUES | INTERLUDE | | |
| BOOGIE | JAZZ | | |
| BRIDGE | LICK | | |
| CHANGES | MAINSTREAM | | |
| CHORD | MEASURE | | |

ANSWERS BELOW



Whidbey Island Support Groups

NORTH END

Alzheimer's & Dementia Caregivers Support Group

1st Thursday, 2:30 – 4:30 p.m.
 Summer Hill Assisted Living,
 Oak Harbor
 Contact: Heidi Kuzina, 360-679-1400
 or Karen Cowgill, 360-279-2555

Oak Harbor Caregiver Support Group 1

2nd Thursday, 2 – 3:30 p.m.
 Oak Harbor Senior Center,
 51 SE Jerome St., Oak Harbor
 Contact: Carolyn Hansen, 360-279-1785

Oak Harbor Caregiver Support Group 2

4th Wednesday, 2 – 3:30 p.m.
 Oak Harbor Senior Center,
 51 SE Jerome St., Oak Harbor
 Contact: Carolyn Hansen, 360-279-1785

Parkinson's Support Group

1st Friday, 1 – 3 p.m.
 The Modular Building at
 Oak Harbor Senior Center,
 51 SE Jerome St., Oak Harbor
 Contact: Eula Palmer, 360-675-9894

Parkinson's Singing Group

1st and 3rd Monday of the month,
 2:30 – 3:30 p.m.
 The Modular Building at
 Oak Harbor Senior Center,
 51 SE Jerome St., Oak Harbor
 Facilitator: Mel Watson, 360-321-1623

SOUTH END

Alzheimer's & Dementia Caregivers Support Group

2nd Tuesday, 10 a.m. – Noon
 Alder Room, Island Senior Resources,
 14594 SR 525, Langley, WA
 Contact: Mel Watson, 360-321-1623

MS Support Group

3rd Tuesday, 10 – 11:30 a.m.
 Alder Room Island Senior Resources
 14594 SR 525, Langley
 Facilitator: Mel Watson, 360-321-1623

Parkinson's Support Group

1st Tuesday, 10 – 11:30 a.m.
 Trinity Lutheran Church,
 18341 WA-525, Freeland Ave
 In the older building, in Grigware Hall
 Contact: Mel Watson, 360-321-1623

Aging in Grace Support Group

For anyone with concerns, stories,
 and wisdom about aging
 2nd Monday, 10 a.m. – Noon
 Freeland Library,
 5495 S. Harbor Ave., Freeland
 Contact Nicole Donovan 360-321-1600

Aging in Grace Healing Circle

2nd and 4th Thursday, 2 – 3:30 p.m.
 Healing Circles
 534 Camano Ave, Langley, WA 98260
 Contact Nicole Donovan 360-321-1600

Do you need a caregiver support group that is currently not available on Whidbey Island? Call Mel Watson, Director Adult Day Services, 360-321-1623.

SUDOKU

8			9		2	7		6
					7			
								3
9				2	8			5
3	5			7				4
2				5				6
		3	6	9		1		
7	6		2	1				8
		1			5			

Level: Beginner

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

3	9	6	5	8	7	1	2	4
5	8	4	3	1	2	9	6	7
2	7	2	9	4	1	7	3	5
1	9	8	6	9	3	5	4	2
4	3	5	8	1	7	6	9	2
7	9	1	6	4	2	8	3	5
8	6	9	7	5	4	1	2	3
9	1	3	2	8	6	7	5	4
8	4	5	9	3	2	7	1	6

ANSWER:

Welcome to Medicare 2019

Will you be going on Medicare in the next six months and/or want to know more about Medicare? Attend a free seminar by SHIBA (Statewide Health Insurance Benefits Advisors) volunteers; no pre-registration required. Counselors will answer brief questions following the seminars. Seminars run 2-2.5 hours. For information, call 360-321-1600 ext 0.

OAK HARBOR SENIOR CENTER: 51 SE Jerome St, Oak Harbor, WA 98277

Thursday, April 25 11 a.m.
 Friday, May 10 1 p.m.

ISLAND SENIOR RESOURCES (BAYVIEW): 14594 SR 525, Langley, WA 98260

Thursday, May 9 1 p.m.

Information will be provided about:

- "Basic" Medicare benefits
- Options for additional insurance(s).
- Medicare parts A and B
- The differences between "Medigap" (supplemental) insurance and Advantage plans
- Benefits and rates
- Prescription drug plans. (If you want help with your drug plan, bring a detailed list of your drugs).

Note: Medicare Advantage plan enrollees who want to opt out of their plan can do so between January 1 and March 31. This will also be discussed.

The Statewide Health Insurance Benefits Advisors (SHIBA) offers unbiased, confidential advising for Medicare benefits and insurance options.

Individual Consultations:

For more in-depth information about Medicare options, advisors are available for one-to-one consultation at:

Oak Harbor Senior Center: Tuesdays • Call 360-279-4580 to schedule an appointment
 WhidbeyHealth Medical Center: Wednesdays • Call 360-678-5151 to schedule an appointment
 Island Senior Resources (Bayview): Fridays • Call 360-321-1600, ext 0, to schedule an appointment

Note: SHIBA volunteers work under the guidance of the Insurance Commissioner's Office.



OAK HARBOR SENIOR CENTER ACTIVITIES 360-279-4580

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9 Quilting 9 Billiards 9:30 Enhance Fitness 11:30 Duplicate Bridge 11:30 LUNCH 12 Bunco 12:30 Ping Pong 1 Art with Ivy 2:30 Parkinsonics Singing Group (1st & 3rd Monday) 3 Clogging 5 Tai Chi	8:30 Yoga 9 Billiards 9 Lapidary 11 Mexican Train 11:30 Chess 12 Line Dance 1 Knitting & Crochet 1 MAC SIG (2nd. Tue.) 2 Vision Impaired Group (4th Tues) 2:30 S.A.I.L. 6 Pinochle 6 Lapidary 6:30 Stamp Club (2nd & 4th Tuesdays) SHIBA – By appointment	9 Billiards 9 Lapidary 9:30 Enhance Fitness 11:30 Duplicate Bridge 11:30 LUNCH 12:30 Party Bridge 12:30 Ping Pong 1 Paper Crafts (2nd & 4th Wednesday) 2 Caregiver Support (4th Wednesday) 4 Pickle Ball	8:30 Yoga 9 Billiards 9:30 Enhance Fitness 10 Creative Writing 12:30 Cribbage 1 Reiki Treatments 1 History Class 2 Caregiver Support (2nd Thursday) 2:30 S.A.I.L. 7 Wire Wrap	9 Quilting 9 Billiards 9 Tai Chi 10 Walking Club 11:30 LUNCH 12:30 Pinochle 12:30 Line Dance 1 Parkinson Support Group (1st Friday) 6:30 Old Time Fiddlers (1st Friday) 7 Country Dance (2nd Friday)	Ping Pong Billiards Pinochle 10am-1pm: Pickleball 12-1pm: Beginner Pickleball

ISLAND SENIOR RESOURCES (BAYVIEW) ACTIVITIES 360-321-1600 or 360-678-3373 www.senior-resources.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10 Time Together* 11:45 Lunch Served 12:15 Reader's Theater Rehearsal 1 Mahjong	8:45 Advanced Tai Chi 9 Foot Clinic – call (360) 341-3210 for appt 10 Beginning Tai Chi 10 Time Together* 10:30 Tune In, Tone Up Ukulele with Talia 11:45 Lunch Served 12:30 Lunch & Learn 2:30 Parkinson's Singers* April 2 10 Parkinson's S.G.** April 9 10 Alzheimer's S.G. April 16 10 MS Support Group	10 Quilters 10 Time Together* 10 Intermediate Line Dancing 11:45 Lunch Served April 24 11:45 Birthday cake and Party (all are welcome)	8:30 Men's Bridge 9 Senior Striders 6 Twilight Bridge Now through April 11 1-6 AARP Tax-Aide Call 360-678-3000 for appt.	10 Time Together* 11 SHIBA (Statewide Health Insurance Benefits Advisors) by appointment 10:45 Fun Band Dancing 11:45 Lunch Served	11 Israeli Circle Dance

Call Island Senior Resources for instructor contact numbers and information.

*Activities are held at St. Augustine's-in-the-Woods, Freeland | **Activities are held at Trinity Lutheran Church, Freeland

DATES AND TIMES OF ALL SCHEDULED EVENTS ARE SUBJECT TO CHANGE. IT'S ALWAYS ADVISABLE TO CALL TO CONFIRM.

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TRAVEL LOG

OAK HARBOR SENIOR CENTER

For more information, call the Travel Desk, 360-279-4587

MYSTERY LUNCHES

Tuesday, April 16
Thursday, May 16
Wednesday, June 19

Depart: 10:30 AM – Return: 2:30 PM
Member: \$20 • Non-Member: \$30
Price includes transportation only

The mystery has been solved- these lunch trips are a ton of fun! Travel Escort, Lauraine, will be sure to take you on a delightful afternoon to an undisclosed restaurant where you will enjoy some delicious dining with the other passengers. Before returning home sometimes there is time for another surprise stop! This is a great way to discover new restaurants or enjoy a well-known favorite while meeting new friends and enjoying the good company.

APRIL

ALDERWOOD MALL & WORLD MARKET

Tuesday, April 9

8 AM - 5:30 PM
Member: \$35 • Non-Member: \$45

Let's enjoy a spring shopping trip! There will be an optional trip to World Market, Storables, and Target after lunch, or you can continue to shop Alderwood Mall. There are many options for a no host lunch.

SPRING GARAGE SALE

Saturday, April 13

8:30 AM - 3:30 PM
Member: \$22 • Non-Member: \$26

Head on over to the Skagit County Fairgrounds for their 27th annual Spring Garage Sale featuring over 50 vendors, great food, live music, and handcrafted items! Please note: cost does not include \$3 cash admission into the fairgrounds.

ANGEL OF THE WINDS

Monday, April 15

9 AM - 3:30 PM
Member: \$27 • Non-Member: \$37

Let's try our luck this month at Angel of the Winds Casino where they offer great discounts on game play and a delicious lunch buffet.



CRACKED CRAB CRUISE

Thursday, April 18

9:30 AM - 2:30 PM
Member: \$106 • Non-Member: \$127

Take in beautiful views of Deception Pass and the Swinomish Channel while enjoying cracked Dungeness crab or chicken on this cruise out of La Conner. Cost includes transportation, narrated cruise, and lunch.

SEATTLE VISTAS

Wednesday, April 24

8 AM - 7:30 PM
Member: \$50 • Non-Member: \$60

Bring your cameras and enjoy a true sightseeing day in Seattle on this tour with stops at many of the beautiful Seattle overlooks and take a drive under downtown Seattle through the new Hwy 99 tunnel! We will stop at Blue Water Bistro on the shores of Lake Washington for a no host lunch.

MAY

7 CEDAR CASINO

Monday, May 6

7:30 AM - 6 PM
Member: \$45 • Non-Member: \$55

Take a ferry ride over to Sequim and enjoy a day at the 7 Cedar Casino with us! Lets hope for good luck and calm seas like last time.



SEAHAWK TOUR

Tuesday, May 14

8 AM - 4 PM
Member: \$60 • Non-Member: \$72

Capture the CenturyLink Field like never before on this 1.5 hour walking tour where you will get see the locker rooms, field, 12th man flag pole, the helmet wall, and suites.



SEATTLE KNIGHTS DINNER SHOW

Saturday, May 18

11:45 AM - 6:30 PM
Member: \$80 • Non-Member: \$95

Enjoy dinner from The Restaurant at Rhodes River Ranch located in Arlington while experiencing the Seattle Knights Jostling Performance! Dressed in shining armor while riding horses, the knights combat each other as they battle for honor and glory while you enjoy a delectable pasta dinner salad (GF upon request). The price includes the show and dinner. Alcoholic beverages, desserts and gratuities are on your own. This will be a thrilling experience of skillful horsemanship and combat!

NORTHWEST TREK

Wednesday, May 22

7 AM - 9 PM
Member: \$85 • Non-Member: \$100

Northwest Trek is a 723 acre wildlife park located in Eatonville that hosts hundreds of animals including moose, bison, bears, elk, bighorn sheep, caribou, eagles, owls, bobcats, cougars, wolves, foxes, badgers, and even skunks! On the tour you will have the opportunity to take a tram ride

through the park and view many of the animals. The park even features an onsite café, perfect for a mid-day no host lunch. We will also make a stop at the famous Black Diamond Bakery on the way down. Price includes transportation and park entrance fee.



THREE NURSERIES & LUNCH AT SEEDS

Thursday, May 23

9 AM - 5 PM
Member: \$30 • Non-Member: \$40

Seeking out new plants, herbs, and flowers for your garden or deck pots is always fun! Our annual nursery trip will take us to Skagit Valley Gardens, which has a wonderful gift shop along with many plants and vegetables, a no-host lunch at Seeds Bistro and Bar in La Conner, then on to Christianson's and Azusa Nursery.

JUNE

WEST SIDE STORY

Saturday, June 1

9 AM - 6 PM
Member: \$107 • Non-Member: \$125

Revel in the transcendent majesty of storytelling at its finest. The 5th Avenue Theatre is calling on the full breadth and depth of its artistic resources to stage an unforgettable production of West Side Story. We will stop for a no host lunch prior to the show. Limited tickets available, sign up today to reserve your spot!

SNOQUALMIE CASINO

Tuesday, June 4

8:30 AM - 6 PM
Member: \$49 • Non-Member: \$59

It is time to take a trip towards the mountains to the beautiful Snoqualmie Casino where they have a tasty lunch buffet, lots of slot machines, and great hospitality.



SEATTLE FOOD TOUR

Thursday, June 6

8 AM - 5:30 PM
Member: \$105 • Non-Member: \$125

Discover the history and culture of Seattle's Pike Place Market on the Savor 5-star Food Tour. On this 2-hour walking tour we will sample some of the best Pike Place Market cuisine including Pike Place Chowder and Beecher's Cheese. After the tour, there will time to shop around the market place. Cost includes transporta-

tion and guided tour with food samples. Limited seats are available for this tour, please sign up early to assure your spot. Please note: this tour involves a lot of walking.

LEAVENWORTH GETAWAY

Monday, June 10 - Tuesday, June 11

8 AM (6/10) - 7 PM (6/11)
Per Person Rates:
Member: Dbl: \$250 Sng: \$345
Non-Member: Dbl: \$300 Sng: \$395

There are endless options on this getaway to the Bavarian-style town of Leavenworth including; quaint shops, German restaurants, nature walks around the river, wine tasting, live music, and so much more. Included in this tour is transportation, 1 night stay at Icicle Village Resort, and breakfast (6/11).



WICKED

Thursday, June 13

8:45 AM - 7 PM
Member: \$135 • Non-Member: \$160

The Paramount Theatre is that magical place. From the first electrifying note to the final breathtaking moment, Wicked—the untold true story of the Witches of Oz—transfixes audiences with its wildly inventive story. It will send your spirits soaring to heights you'll never forget. We will stop for a no host lunch prior to the 1:00 PM matinee show.



UNIVERSITY VILLAGE

Tuesday, June 18

8:30 AM - 5:30 PM
Member: \$43 • Non-Member: \$52

With over 120 stores and restaurants, University Village is a fun shopping experience. Visit Amazon Books, Ann Taylor, Crate & Barrel, Eddie Bauer, Pottery Barn and many more fun shops. There are also endless no host lunch options including; Elemental Wood Fired Pizza, Din Tai Fung, and Ram Restaurant and Brewery!

MILLION DOLLAR QUARTET

Saturday, June 29

10 AM - 5:30 PM
Member: \$106 • Non-Member: \$125

The blockbuster hit story of Elvis Presley, Johnny Cash, Jerry Lee Lewis, and Carl Perkins returns to the Everett Village Theatre complete with the hit songs of the 1950s you know and love, plus a few new visual surprises. We will stop for a no host lunch prior to the show. Limited tickets available, sign up today to reserve your spot!

TRAVEL LOG

JULY

SKAGIT CASINO CAR SHOW Sunday, July 14

9 AM - 3:30 PM
Member: \$25 • Non-Member: \$30

We are heading over to the Skagit Casino for their annual Cruise into the Skagit Car Show! The choice is yours, view the classic cars, test your luck in the casino or enjoy them both! Then, delight in a no host lunch at the Market Buffet, Encore Restaurant, or Express Cafe.



unWINED ON THE BAY Thursday, August 15

4:45 PM - 9:30 PM
Member: \$72 • Non-Member: \$85

Take a 1.5 hour cruise around Chuckanut Bay while sipping on wine! Cost includes transportation, cruise, wine, and heavy appetizers.



ORCAS ISLAND ADVENTURE Tuesday, July 16

6:15 AM - 6 PM
Member: \$73 • Non-Member: \$86

We're off this summer to wonderful Orcas Island! We'll drive to the top of Mt. Constitution, the highest spot in the San Juan Islands, and take in the gorgeous views! Next, we will have a no host lunch at Cascade Bay Grill. Then, we'll head to the Orcas Historical Museum where we will take a 1.5 hour tour of the museum along with a visit to the Crow Valley School Museum. Cost includes transportation, ferry, and museum tour.

EXTENDED TRAVEL



ICELAND'S MAGICAL NORTHERN LIGHTS November 1-7, 2019

Double: \$3,849 Single: \$4,349

Special Travel Presentation:
Tuesday, April 2, 11 A.M.

Experience the energy at the geothermal fields of Geysir and Strokkur, learn about the volcanic nature of Iceland, search for nature's dazzling display on a northern lights cruise, see Jökulsárlón glacial lagoon, and savor gourmet Icelandic cuisine!

AUGUST

MARINERS GAME Wednesday, August 7

11:45 AM - 8 PM
Member: \$98 • Non-Member: \$118

We are going back to cheer on the Mariners but this time it will be at their newly named, T-Mobile Park! Price includes transportation, Terrace Club ticket, and buffet lunch.

ISLAND SENIOR RESOURCES

For more information, call 360-321-1600 or 360-678-3373

ISR provides transportation to/from Bayview Hall.
Clinton ferry pricing does not include walk-on ferry ticket

CASINO TRIPS IN 2019

All casino trips depart/return from Bayview Community Hall Parking lot.
Depart 9 AM • Return 4:30 PM
Member: \$35 • Non-member: \$45

2019

TULALIP RESORT.....	April 9
SKAGIT VALLEY.....	May 14
QUIL CEDA CREEK.....	June 11
ANGEL OF THE WINDS.....	July 9
TULALIP RESORT.....	August 13
SNOQUALMIE.....	September 10
SWINOMISH.....	October 8
QUIL CEDA CREEK.....	November 12
TULALIP RESORT.....	December 10

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 by Annette Barca who has been conducting pre-retirement seminars for 15 years. Free. No pre-registration required. For more information call 360-321-1600 ext 0.

Island Senior Resources (Bayview)
14595 SR 525, Langley
Wednesday, May 15, 10:30 a.m.

Oak Harbor Senior Center
51 SE Jerome St., Oak Harbor
Monday, May 20, 1 p.m.

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THE GREENING OF WHIDBEY

By Cheryn Weiser, Executive Director, Island Senior Resources

Whidbey residents are beginning to feel warm sunshine. It's spring. We are enjoying days we don't have to wear a heavy coat, contemplating blooming flowers in our gardens and along the streets in town, anxiously awaiting the opening of our local Farmer's Markets, and enjoying opportunities to sit on a porch or patio and feel the lovely, fresh air and the longer light of spring. If there was ever a year to celebrate spring, this is it!

To entice you to get out and kick off the season, here is a list of our local Farmer's Markets start dates:

Bayview – Saturday, April 27
Coupeville – Saturday, April 6
Langley – Friday, May 3
Oak Harbor – Thursday, May 23
Tilth (near Bayview) – Sunday, April 28

Get Busy Living!

FROM THE COUCH: An Interview with Dorothy Bell

By Mel Watson

Words of wisdom for Dorothy: "Life is for living!" These are the words that I live by. I've done so much, and there is still much to learn.

In the late '40s in England, I moved out of home at age 15. My first job was sewing, which I learned from my dad bringing sewing machines home to fix, and me testing them out. When that job ended, I didn't know what to do, but I saw a sign that said: "The Army Needs You." So, I joined the Army!

That's how things go for me, I just get a feeling, a sign from a higher power, and I know what I must do.

Later I got married, had children, then became the only single mom in our village. It wasn't done back in those days. As a single mom, I worked as a housekeeper, cook, school teacher, helped people who were dying and took classes to learn things like flower arranging and jewelry making,

Later I visited my sister in America. My children were grown, and my brother in

Our many garden stores await your visit to gather flowers or seeds to plant, even if it is a pot on your porch. And, remember to get out to one of our local parks or vistas just to take in the wonders of this gorgeous Island. Remember to bring a friend with you!

So, ask yourself, what are you going to do to celebrate spring? What are the special activities that you associate with spring? Take a few moments to contemplate your 'bucket list' for spring 2019.

Just remember not to overdo. I know my aging self will need a little more conditioning to be ready for all the outdoor activities. To that end, I was telling my grandson yesterday that I'm counting on him to help me take on winter clean-up and caring for my yard and environs and begin anew with my vegetable garden. Where are my tee shirts anyway?



law said, "Why don't you stay?" I knew it was the right thing for me to do. I first came to Oak Harbor, but I also lived in Texas, and I spent three and a half years in New York State at a beautiful retreat center but returned to Oak Harbor where I had a home.

Unbelievable things have happened in my life. I feel like I'm always being looked after. I say my guardian angel is looking after me. Even after my recent heart attack, I was so lucky. I needed help, and I found out about Medical Transportation and Time Together. I saw a brochure and called to ask what it was all about. Now, that's where I go on Fridays. I love my Fridays at Time Together.

Life is for living; it's like a big school. You must find out what's available, and do something to help yourself and keep doing your best. I enjoy living alone, and I have done for years, but I don't want to just sit at home and talk to the walls, and the TV doesn't talk back. Time Together is like going back into my old world. I can share my stories and music! Music used to be a big part of my life, and now, it is again.

HOW TO REACH ISLAND SENIOR RESOURCES

For all departments and all staff call 360-321-1600 or 360-678-3373

Nutrition/Meals on Wheels
Aging & Disability Resources
Family Caregiver Support
Time Together Adult Day
In Home Care
Case Management
Medical Transportation/
Volunteer Services

SHIBA

Senior Thrift 360-331-5701

For more information, visit www.senior-resources.org

OUR LOCATIONS

Island Senior Resources (Bayview)
14594 SR 525
Langley, WA 98260

Oak Harbor Senior Center
(in collaboration with Oak Harbor Senior Center)
51 SE Jerome St
Oak Harbor, WA 98277

Camano Center
(in collaboration with Camano Center)
606 Arrowhead Rd
Camano Island, WA 98282

Senior Thrift
5518 Woodard Ave
Freeland, WA 98249

For more information call:
(360) 321-1600 or (360) 678-3373

ISLAND SENIOR RESOURCES BOARD OF DIRECTORS

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Please contact Island Senior Resources (360) 321-1600 or (360) 678-3373 if you are interested in applying to join the Board. Special interest in North-island applicants.

Island Senior Resources eNews!

Join our email list and receive our monthly eNews the last Friday of every month. It's full of updates for the month ahead: sales at Senior Thrift, special events, classes, menus, and links to great articles. Sign up online at www.senior-resources.org.

Island Senior
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APRIL HIGHLIGHTS at Island Senior Resources

AARP TAX-AIDE FREE TAX RETURN PREPARATION

Through April 12

AARP Tax-Aide is offering free tax return preparation for taxpayers with low and moderate income, with special attention to those ages 60 and over. AARP membership is not required.

There are appointments available through April 12 at Oak Harbor Library, Coupeville Library, Island Senior Resources (Bayview) and Oak Harbor Senior Center. Appointments, although not required, are recommended and will receive preference over walk-ins. No walk-ins or appointments during the last hour of operation.

For appointments at Coupeville Library and Island Senior Resources (Bayview), call 360-678-3000, leave your name and telephone number, and your requested site and date. A volunteer will return your call to schedule an appointment. Appointments can also be made when Tax-Aide volunteers are on site.

For appointments at the Oak Harbor Senior Center, call 360-279-4580.

Appointments for the Oak Harbor Library can be made in person at the library.

AGING IN GRACE HEALING CIRCLE

2nd and 4th Thursdays, 2-3:30 p.m.
Held at Healing Circles
534 Camano Ave in Langley

A healing circle for anyone with concerns, stories and wisdom to share about the aging process. Come laugh, cry, make friends and connect with others as we accept and adapt to the limitations and opportunities of aging.

Hosted by Nicole Donovan, Aging & Disability Resources Manager, Island Senior Resources. For further information call 360-321-1600, or e-mail Nicole at DonovNM@dshs.wa.gov

CHRONIC PAIN – LIVING WELL SELF-MANAGEMENT WORKSHOP

Wednesdays, April 17 – May 22
1-3 p.m.

Coupeville Library
788 NW Alexander Street in Coupeville

Learn to manage medications better, make decisions for yourself, communicate more effectively, eat healthfully, add activity to your life, and more!

LEGAL CONVERSATIONS

Every other Friday from 2 – 3:30.
Call 360-321-1600 ext. 0 an appointment

By appointment only, Attorney Deborah Holbert will provide 20 – 30 minute sessions designed to respond to individual questions and concerns about specific legal matters - no charge/no commitment. You are strongly encouraged to define your goal in specific terms to maximize the benefit of your session. Briefly state the purpose of your visit, such as:

- Planning of estates, wills, trusts
- Contract and business matters
- Health care directives and durable power of attorney
- Probate and non-probate successions
- Family law and other civil matters

Deborah does not handle Criminal law so will be unable to assist in those matters.

Dementia Care Workshop for Caregivers

Facilitated by Kathleen Landel

Thursday, April 18 & Thursday, May 16
1-3 p.m.
Island Senior Resources (Bayview)
1494 SR 525

Each workshop uses video, slides, and

hands-on skill training. They utilize the Positive Approach to Care™ (PAC) developed by Teepa Snow, and taught by a PAC Certified Trainer.

April 18 – *Let's Talk about the Brain: The Impact of Dementia*

Understand how the brain changes with dementia and the reason behind challenging behaviors.

May 16 – *The Caregiver Journey: The Stages of Dementia*

Learn how dementia progresses using Teepa Snow's GEMS model.

\$15 per class. Register at www.thecaregivercoach.info or call 360-969-5471.

Dementia Care Family Support Series for Caregivers

Facilitated by Kathleen Landel

Thursdays, April 4, 18, May 2, 16
10 a.m.-Noon
Island Senior Resources (Bayview)
1494 SR 525

A four-class series with video, handouts, discussion, and hands-on skill training.

The Care Partner Support Series – "Four Sessions to Change" will educate, support, and connect you with other family caregivers of someone living with dementia. The series uses the Positive Approach® to Care (PAC) curriculum developed by Teepa Snow and taught by a PAC Certified Trainer.

The series is progressive with the four sessions covering topics on: Facing Dementia, Skills and Coping, The Long Haul, Taking Stock – Tak-ing Care of You, and Putting it All Together.

\$50 for the series. Register at www.thecaregivercoach.info or call 360-969-5471.

About the Facilitator:

Kathleen Landel is a long-time Whidbey resident and Positive Approach® to Care Certified Trainer, Coach and national PAC Mentor. She has over a decade of experience as a family care partner.



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We have items on sale every day. See our website for full sales calendar: www.senior-resources.org/thriftstore

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We have gift cards available at the registers.
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Please consider donating a \$1 or more with your purchase to help support our programs.

LOVING continued from page 1

froze and thawed and made getting around even trickier, I worried about the more vulnerable members of our community. What was happening to folks in the middle of medical treatments? Were folks getting their Meals on Wheels (MOWs)? Was lunch being served at the meal sites? Could people who usually show up get there to eat?

Fortunately, Island Senior Resources was able to respond effectively during this crisis. These examples show what Island Senior Resources does every day and how the organization managed to keep doing it!

Medical Transportation:

A 93-year old woman was house-bound at the end of an impassable driveway and had already missed medical appointments. A friend found her a Good Samaritan with a truck and blade, and a volunteer driver was able to take her to her next appointment. However, during that week, ISR had to cancel 54 trips as several key drivers were unable to get out of their driveways and a number of clients were not accessible.

Case Management:

Case Manager, Kaycee Stewart called her clients to check in. People were grateful to have someone to talk with for a few minutes and to get help thinking through their self-care as the days of snow extended: how to turn on the microwave, how to space out meals so they didn't run out, etc.

Adult Day Services:

Mel Watson, Time Together Director, contacted participants and their families

to update them about whether the program was open or closed and make sure they had what they needed during the winter weather.

Aging and Disability Resources:

The Aging & Disability Resources staff performed daily wellness-checks on especially vulnerable clients. Resource Specialist Julienne France coordinated with a heating company to have the pilot light relit in a client's furnace. Another client was grateful for the phone calls stating "I appreciate you checking in. I don't feel so alone."

Island Senior Resources (Bayview):

Steve Harkey, the Maintenance Supervisor for the Bayview Center and Senior Thrift, found a local contractor to clear the parking lots. Janice DeWolf, Lead Cook/Food Service Manager, and her husband made it to the center in Bayview at 6:00 AM, through ten inches of snow to open the kitchen and receive the vendor trucks so there was food to make meals!

Nutrition:

Every October, Debbie Metz, Nutrition Director, and her team provide MOWS clients with five shelf-stable back-up meals in case of harsh weather. "We always balance the needs of our clients to have meals and the needs of our volunteer drivers to stay safe." During the snow, one MOW volunteer driver who couldn't get out of her driveway enlisted help from a co-member at Lions Club with a heavy truck, who delivered the whole Coupeville route from Penn Cove to Greenbank Store. Metz goes on, "All

across North Whidbey and South Whidbey people made safe choices and successfully delivered meals! We owe them a great deal of gratitude."

On Camano, Assistant Cook, Margaret McNeil Law prepared hot meals at the Camano Center, and Fire Fighters joined regular volunteers that delivered to all of Camano! In Coupeville, ISR cook, June Boulin, walked to Cambey Apartments and made a hot meal to feed seniors who live there and count on those meals.

When everything melted, leaving a new February record for length of cold, the "provider community" of Island Senior Resources staff and volunteers had

pulled the "receiver community" of aging and disabled islanders safely through the crisis. Executive Director, Cheryn Weiser reflects, "Our team of volunteers and staff deserve tremendous kudos for the extraordinary effort to reach vulnerable seniors and adults living disabilities. And, what makes the difference is a robust interwoven system between ISR and emergency response resources to assure that we can get to truly isolated individuals in a time of need. On the basis of the recent snow, we will continue to advocate for a robust response system."

We're all in this together.


WEB LINKS TO INFORM & INSPIRE...

When you have a few quiet moments, visit senior-resources.org/weblinks. There, you will find web links to resources that will provide information and shine a light of inspiration to help you navigate today and tomorrow. Each month we will add new resources, so keep checking back. You can also reach the links from our homepage www.senior-resources.org and click "Links" in the upper right corner.

- Seniors Traveling Solo: Some Great Solutions
- Caregiver Tips for Traveling with the Elderly
- Air Travel Information for Seniors and Disabled Adults
- Tips for Physically Challenged Travelers

FREE BLOOD PRESSURE SCREENING

Thursday, April 12th from 1:00-4:00pm
Harbor Tower's LPN is giving a free blood pressure screening
RSVP to Abby Renville at 360-675-2569
Cookies and beverages will be served!



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