

Island Times

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

MONTHLY NEWSPAPER OF ISLAND SENIOR RESOURCES AND OAK HARBOR SENIOR CENTER

Volume 3 • Issue 4

Being the Neighbor You Want to Have

By Christina Baldwin
Board Member, Island Senior Resources

I was walking my dog through a neighborhood that was not on our usual path. My dog often decides that someone needs to greet us as we go by. Once she spotted an older woman getting her mail and pulled me in her direction. "This seems like a nice little spot," I said to the woman. "I live about half a mile from here, and well, I've just never turned up this road before." The dog looked up expectantly for a pet, a kind word, or—in her best world—someone with dog treats in their pockets.

It took a few seconds while the woman seemed to decide whether or not to respond, then snapped shut her mailbox. She scowled down the dirt road at the houses set back across August's dry lawns. "Those folks just come up in summer," she pointed, "That house has a woman older than me, and her son. He does all her yard work, and I asked him

"My dear, don't let the sun go down upon your anger; forgive each other, help each other, and begin again tomorrow."

~ Louisa May Alcott

once if he'd do my yard too, but he said no. I'm not much of a church-goer, but half the neighborhood heads out of here at 9:30 Sunday mornings." She didn't look down at the dog. "I moved here a year ago, and you're the first one to say hello, and you don't live here."

She turned and began flipping through the mail as she headed back to the house. Conversation over. "Have a nice day," I called to her back. The dog and I moved on, but I can't get her out of my mind.

NEIGHBOR continued on page 12



The OHSC community celebrating a butterfly moment together

Failing Forward: From Gooney Cocoon to Beautiful Butterfly

By Liz Lange
Administrator of Senior Services, City of Oak Harbor

There is an anecdote going around social media right now, you may have seen it. It really made me chuckle, probably because I can relate, as I am sure you can as well.

"People talk about caterpillars becoming butterflies as though they just go into a cocoon, slap on wings, and are good to go. Caterpillars must dissolve into a disgusting pile of goo to become butterflies. So, if you're a mess wrapped up in blankets right now, keep going."

I am not sure if this is science-based facts about the evolution of a caterpillar to a butterfly, but I appreciate the sentiment. I would venture to say this process is not a single occurrence but a pattern over the course of a lifetime. We may have become a butterfly in one aspect of our life, say you are happy with your financial goals or family relationships, while in another area you are still a disgusting pile of goo, or work in progress. Well, that's life, isn't it!

The even trickier thing in life is that we don't often see each other's cocoons, only the wings. We find ourselves comparing our many gooey cocoons to everyone else's visible butterflies. This habit does not discriminate, we are all susceptible, we all do it. Unfortunately, it is a dangerous practice that often results in us giving up on ourselves. Instead, when tempted to compare, take a moment to see what is going well in your life, and get to know those around you. As life seems to be, everyone has a

FAILING continued on page 3

QUESTION OF THE MONTH: WHAT WAS YOUR NICKNAME AS A CHILD AND HOW DID YOU RECEIVE THAT NAME?

Karen, 74

Langley
"Bird - I was the smallest one in the family."

Gwen Fortner

Oak Harbor
"Ninny, my brother called me this because he couldn't pronounce Gweny."

Steve, 68

Freeland
"Tiny - I was the smallest boy in junior and senior high, until senior year when I grew 8 inches!"

Linda Stone, 74

Oak Harbor
"Lion Head, because I had white blonde kinky curly hair. It carried on through school and I hated it."

Librfada Ochoa

Oak Harbor
"Everybody knows me as Lee, my parents gave me this name."

Debbie, 62

Freeland
"Petey - My friends thought I was Peter Pan."

Jeanne

Oak Harbor
"My friends call me Jean Bean because its close to my name."

Debbie, 60

Langley
"Frankie - My best friend and I called each other by our last names or some derivative of them."



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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

Jade Brown • 360-279-4582

Program Assistant

Send comments and suggestions to CWaymire@oakharbor.org

BEAT THE HEAT

By Jade Brown

Program Assistant, Oak Harbor Senior Services

Along with the summer season comes the summer heat. Oak Harbor summers may not be the hottest (August being the only month we might hit 75 degrees) but we still need to protect ourselves from the heat. So, while we dream of being somewhere "sunny and 75" here are a few tips to beat the heat this August.

- 1. SUNSCREEN:** With one in five Americans developing skin cancer in their lifetime, sunscreen is an easy way to help prevent yourself from being one out of the five. Sunscreen helps to protect your skin from the sun's harmful ultraviolet rays. Remember to apply your sunscreen 15 minutes before going outdoors. Apply to all exposed skin, including your lips (look for a lip balm with SPF) remember to re-apply every two hours! When buying sunscreen look for key ingredients such as zinc oxide, and titanium dioxide.
- 2. DRESS TO PROTECT:** Protective clothing is another way to be the heat this summer. Wide brimmed hats are making quite the fashion statement. Grab that cowboy hat, floppy beach hat, and bucket hat and look good while protecting your skin and keeping cool. Sunglasses never get old, find your Top Gun aviators with UVA/UVB protection and protect your eyes through the danger zone this summer.
- 3. WATER:** Dehydration and heat stroke are very serious. A great way to combat and prevent this is to drink water through out the day. It's said that we should drink 8 glasses of water each day.



- 4. TAKE A BREAK:** If you've been in the sun most of the day, find a shady spot to relax for a while or go inside where it's a little cooler. Carry a hand held fan to help cool off, some even come with a light mist! Being in the heat can be exhausting, feeling tired can also be a sign that its time to go inside.
- 5. CALL YOUR FRIENDS:** If we do happen to get a few hot days in a row, remember to check in on your friends. Make sure they are staying hydrated, go over for a visit and bring a case of water along.

Summer is one of my favorite times of the year, and I'm no saint when it comes to protecting myself from the heat. But sometimes it's nice to have little reminders to take care of ourselves and others. So, for these last few weeks of summer think twice before stepping outside. Did you put sunscreen on today? Do I have a water bottle with me? Did I bring a hat? Sunglasses?

Member Spotlight: Patti Ruple

By Jade Brown

Program Assistant, Oak Harbor Senior Services

Patti Ruple is a member of the Oak Harbor Senior Center, she was born in Lynn, Massachusetts. Patti came to Oak harbor because of her husband's service



Patti Reading in the lounge after Enhance Fitness

in the Navy, she also worked for the government as civil service. Some of Patti's fondest memories are of the ocean, every place she has been has been near the ocean and that is part of why she enjoys it here so much.

At the center Patti is involved in Enhance Fitness, trips, and socializing. Most days after Enhance Fitness Patti can be found hanging out in the lounge with lunch and a good book. Patti has been on many trips through the center and has enjoyed everyone that she has been on. Some of Patti's hobbies include ballroom dancing and reading. Her favorite author is David Baldacci. He writes a little bit of every genre and he wrote the book "The Christmas Train." Patti shared this book with some of her girlfriends in California and it inspired them to take a train ride together! Some advice that Patti has to offer to her peers is "Get out, make friends, get involved, and don't veg-etate." Patti says that the senior center



Patti enjoying a trip to Diablo Lake with the Center

is "well-staffed, centrally located, the center always has programs for every interest, come and explore." Patti thinks that everyone should take advantage of this resource that has been provided for them.

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

*No meeting
in August.*

Meetings will resume
Tuesday, September 10

For more information go to
www.whidbeygensearchers.org

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FAILING continued from page 1

cocoon or two they would love to have support getting through.

I try to model each day after a quote by George Eliot taped on the corner of my computer screen, given to me by one of our members, that reads "What do we live for if it is not to make life less difficult for each other?"

The messy part of life's journey, before the reward of the wings, makes me think of the term "Failing Forward". Have you heard that before?

John C. Maxwell author of *Failing Forward: Turning Mistakes Into Stepping Stones for Success* says of failing "Embrace adversity and make failure a regular part of your life. If you're not failing, you're probably not really moving forward....When achievers fail, they see it as a momentary event, not a lifelong epidemic."

Make no mistake, I am not advocating for being a failure. There is a difference between failing, even repeatedly, and being a failure. Do you see what it is? The forward progress made after failing, gaining experience from the failure, and moving forward. If you stop before that

crucial last step of action, then failure wins, and you have not failed forward. The last two words of the earlier anecdote "keep going" is the key to failing forward. Do not let a failure immobilize you. Keep going. Fail forward and turn that failure into experience, and try again.

I have come to realize that failure is not the opposite of success, but an often-necessary step along the path to success.

As someone once observed, often attributed to poet T.S. Eliot, "If you aren't in over your head, how do you know how tall you are?"

What goals do you have that you haven't started because you are worried about the chance of failing? To quote Maxwell one more time "Procrastination is too high a price to pay for fear of failure. To conquer fear, you have to feel the fear and take action anyway. Forget motivation. Just do it. Act your way into feeling, not wait for positive emotions to carry you forward."

Let us be patient with each other's short comings and encourage each other's growth, or in other words, share in the cocoons and celebrate the wings!



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VOLUNTEERS NEEDED AT OAK HARBOR SENIOR CENTER



Looking to get involved? The Oak Harbor Senior Center has many ways to get involved. Here are a few of the opportunities at the Center: Travel & Excursion Escort, Event Planning Committee, and Front Desk Receptionist. If you are interested in volunteering or would like more detailed duty descriptions, please contact Carly Waymire at 360.279.4583 or stop by to pick up an application. Volunteering is a good way to meet new people, make connections, feel like you are a part of something, and give back!

SENIOR BEES OF THE OAK HARBOR SENIOR CENTER PRESENT:

The 2019 **Quilt Show**



SEPTEMBER 21 • 10 AM - 4 PM
SEPTEMBER 22 • 10 AM - 2 PM
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CLASSES and EVENTS at Oak Harbor Senior Center

OLD TIME FIDDLERS

Wednesday, August 21 • 11 a.m.

FREE

The Old Time Fiddlers are having a day-time performance at the Center from 11 a.m. – noon. It is free and open to the public. Come listen along as the talented musicians serenade us with a variety of songs. The Old Time Fiddlers meet regularly the first Friday of the month at 6:30 p.m.

CHALK ART: MAKE & TAKE CLASS

Thursday, August 22 • 1 p.m.

Member: \$25 Non-member: \$35

In this creative class you will spend an hour designing your very own chalk board which is yours to keep at the end of the day. Guided instructions and stencils are including and no experience or artist ability necessary. These chalk boards make for great décor, gifts, and fun. All ages are welcome, bring a grandkid for a fun afternoon at the Center!

ART PARTY: TURTLE



Friday, September 13 • 1–3 p.m.

Member: \$35 • Non-member: \$40

Guided instructions, supplies, and refreshments are included in this creative class where you will finish with a hand-painted canvas!

SENIOR BEE'S QUILT SHOW

Saturday, September 21

10 a.m.–4 p.m.

Sunday, September 22

10 a.m.–2 p.m.

Free and Everyone Welcome

RESOURCES AND INFORMATION
FOR THE 50+ COMMUNITY**Oak Harbor Senior Center
RESOURCE FAIR**51 SE Jerome Street
SATURDAY, SEPTEMBER 28

9:00 AM - 1:00 PM

COMPLIMENTARY FULL SERVICE ESPRESSO BAR
FREE LUNCH FROM 11:30 AM - 12:30 PM

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RESOURCE FAIR

Saturday, September 28

9 a.m.–1 p.m.

Free Everyone Welcome

Multiple vendors, complimentary full-service espresso bar, free lunch served from 11:30 a.m. – 12:30 p.m., door prizes, and free reusable tote bags to the first 100 visitors!



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Mondays by appointment

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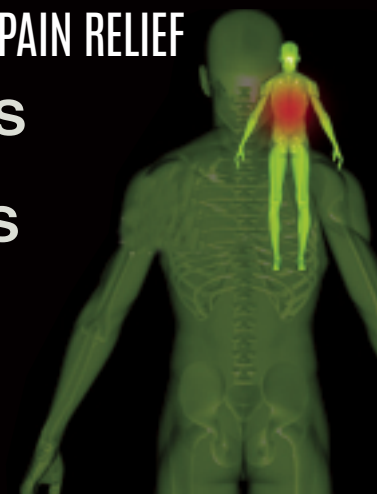
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Whidbey Island Support Groups

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

Parkinson's Singing Group South

2nd and 4th Tuesdays, 2:30 – 3:30 p.m.
St Augustine's in-the-Woods, 5217 S Honeymoon Bay Rd, Freeland
Contact: Mel Watson, 360-321-1623

Early Stages Dementia Support Group

4th Tuesday 10 a.m. – 12 p.m.
Island Senior Resources, 14594 SR 525, Langley
Facilitator: Mel Watson, 360-321-1623

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.

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..

ISLAND SENIOR RESOURCES (BAYVIEW) 14594 SR 525, Langley

Monday, Aug. 19 • 10:30 a.m.
(reservations strongly recommended for this session: 360-678-3373)
Friday, Sept. 13 • 1 p.m.

OAK HARBOR SENIOR CENTER 51 SE Jerome St, Oak Harbor

Tuesday, Aug. 6 • 2 p.m.
Wednesday, Aug. 14 • 3 p.m.
(reservations strongly recommended for this session: 360-279-4580)
Friday, Sept. 27 • 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).

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.

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

CAMBAY 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, 11:45 a.m.

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874 Plantation Drive, Greenbank, WA 98253 • 360-222-3211
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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 - AUGUST

\$6 Suggested donation for meals

WEEK 1

Thur	1	Chef's Choice
Fri	2	Ham Steak w/Fruit Salsa & Potatoes

WEEK 2

Mon	5	Greek Chicken Pasta
Tues	6	Salad Bar w/Variety of Vegetables
Wed	7	Chef's Salad w/Turkey, Ham, Egg
Thur	8	Chef's Choice
Fri	9	Turkey Swiss Wrap w/Arugula

WEEK 3

Mon	12	Spaghetti w/Meat Sauce
Tues	13	June's Chicken Pad Thai
Wed	14	Quiche Lorraine
Thurs	15	Volunteer Lunch
Fri	16	Hawaiian Chicken w/Sauce & Rice

WEEK 4

Mon	19	Peachy Pork Chop
Tues	20	Salad Bar w/Variety of Vegetables
Wed	21	Chicken Caesar Wrap
Thurs	22	Chef's Choice
Fri	23	Sesame Grilled Meatballs

WEEK 5

Mon	26	Pulled Chicken on Slider Bun
Tues	27	Best Rueben 1/2 Sandwich
Wed	28	Rosemary Apricot Pork Loin
Thurs	29	Chef's Choice
Fri	30	Chicken Satay & Fried Rice

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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 (resumes Sept. 19) 11 Mah Jongg 12:30 Cribbage 1 Mexican Train 1 Reiki Treatments 1 History Class (resumes Sept. 19) 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) 7 Country Dance (2nd Friday) 6:30 Old Time Fiddlers (1st Friday)	Ping Pong Billiards Pinochle 10am-1pm: Pickleball 12-1pm: Beginner Pickleball (First Saturday only)

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 Tai Chi 9 Foot Clinic – call (360) 341-3210 for appt 10 Time Together* 10:30 Tune In, Tone Up Ukulele with Talia 11:45 Lunch Served 12:30 Lunch & Learn Aug. 6 - 1st Tuesday 10 Parkinson's Support Group** Aug. 13 - 2nd Tuesday 10 Alzheimer's Support Group 2:30 Parkinson's Singing Group South* Aug. 20 - 3rd Tuesday 10 MS Support Group Aug. 27 - 4th Tuesday 10 Early Stages Dementia Support Group 2:30 Parkinson's Singing Group South*	10 Quilters & Crafters 10 Time Together* 10 Intermediate Line Dancing 11:45 Lunch Served Aug. 28 - Last Wednesday 11:45 Birthday cake and Party (all are welcome)	8:30 Bridge 9 Senior Striders 10 Time Together* (10-noon only) 6 Twilight Bridge	10 Time Together* 11 SHIBA (Statewide Health Insurance Benefits Advisors) by appointment 11:45 Lunch Served Aug. 23 2 Legal consults (call for appointment) NO FUN BAND FOR AUGUST	11 Israeli Circle Dance

*Activities are held at St. Augustine's-in-the-Woods, Freeland | **Activities are held at Trinity Lutheran Church, Freeland
Call Island Senior Resources for instructor contact numbers and information.

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

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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 \$6) 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**

- Aug. 6** **Death Café**
Do you want to talk about death, dying, and grief? Join us for a group discussion on death, with a sweet treat and a cup of tea in your hand. By opening the conversation on these often 'taboo' subjects, it supports all of us to live our best (finite) lives and deepen our connections with each other. Nicole Donovan, Aging and Disability Resources, will facilitate the conversation.
- Aug. 13** **Aging in Place**
Chasity Smith, Director of Aging & Disability Resources, discusses the benefits of "Aging in Place" and strategies to remain in the home or community of your choice. Receive a thorough overview of local resources that can help. Aging in Place planning binders are available for a \$25 suggested donation.
- Aug. 20** **Cynthia Trenshaw Has Stories to Tell**
She's used her experiences as a mother, hospital chaplain, and elder advocate to become a published author. Her experience offering gentle massage to homeless people on the streets of San Francisco is the basis for her book, Meeting in the Margins. Her experiences with illness, aging, and death are the basis of her book of poetry, Mortal Beings. Join Cynthia in conversation about her work.
- Aug. 27** **What's Happening at WAIF?**
Tisa Seely, Volunteer & Outreach Coordinator for WAIF (Whidbey Animals Improvement Foundation) will talk about their work. Unless we have adopted a pet at WAIF, we may not know much about their mission and services. Come and learn about this dedicated organization which works to protect animals and connect them with "forever homes." Tisa will bring a "client" with her to meet you!

AT THE COUPEVILLE HUB • WEDNESDAYS, PRESENTATION BEGINS AT 12:30 P.M.

Lunch (optional) will be served beginning at 11:45 (suggested donation \$6) followed by a free presentation at 12:30. See our menu section for what is being served for lunch. Come eat, socialize, and learn! Contact Carol Moliter: (360) 678-0636, bigrockdesigns@whidbey.net.

Date **Topic and Presenter**

- Aug. 7** **Bingo**
Aging & Disability Resources available 11:30 a.m. to 1:30 p.m.
- Aug. 14** **Listening to Your Hearing**
Dr. Kristine Jarrell, Hearing Health Services, will share how hearing loss can impact over-all health, plus new advances in hearing aid technologies.
- Aug. 21** **Ebey's Reserve Today**
Kristen Griffin, Ebey's Landing National Historical Reserve Manager, will offer her observations on the evolution of Ebey's Reserve over its 40-year history to the magnificent resource it is today for Central Whidbey.
- Aug. 28** **How to Be Happy**
Mel Watson, Adult Day Program Manager, specializes in happiness and serenity. She will share routines and habits that lead to happiness and a more contented state-of-being.

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.

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TRAVEL LOG

OAK HARBOR SENIOR CENTER

For more information, call the Front Desk, 360-279-4580

MYSTERY LUNCHES

Wednesday, September 18

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.

PICNIC MYSTERY LUNCH

Tuesday, August 13

10:30 AM - 2:30 PM
Member: \$35 • Non-member: \$45
Price includes lunch

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.



DIABLO LAKE TOUR & LUNCH

Friday, August 9

7:30 AM - 60 PM
Member: \$92 • Non-Member: \$110

Come along on a breathtaking tour that is a scenic splendor never to be forgotten.

Step back in time on this historic cruise and explore remote Diablo Lake and the Skagit River Gorge high in the North Cascades. Price includes transportation, boat tour, and Northwest cuisine lunch. Limited seats available, please sign up by July 19 to reserve your spot.

NEW! OKTOBERFEST CRUISE

Wednesday, September 25

8:30 AM - 4 PM
Member: \$95 • Non-member: \$115

Grab your lederhosen and head out for a relaxing afternoon cruising on Lake Union and Lake Washington. Enjoy authentic German cuisine and learn the history of Oktoberfest, without having to travel to Europe. Cost includes transportation, 2-hour cruise, and German inspired lunch. Limited spots available, please sign up by August 30.

FLY DAY - HONORING VETERANS

Saturday, August 17

9:30 AM - 3:30 PM
Member: \$32 • Non-Member: \$40

The Heritage Flight Museum in Burlington is hosting a special fly day highlighting a variety of military aircrafts. Price includes museum entrance and air show at the Skagit Regional Airport. Enjoy a no host lunch from a variety of food vendors.



MOUNT RAINIER

Wednesday, August 21

7:30 AM - 9:30 PM
Member: \$82 • Non-Member: \$98

Lets get off the Island for a day and visit the magnificent, Mount Rainier. On the way down we will stop for brunch at the famous Black Diamond Bakery before continuing onto Paradise, part of the Mount Rainier National Park. There will be time to browse the visitor center, go on a nature walk, enjoy a no host lunch, and take in the miraculous views of Mount Rainier!



A DAY IN EDMONDS

Thursday, August 22

8:30 AM - 5 PM
Member: \$34 • Non-Member: \$40

Enjoy a visit to Edmonds where the day is yours and the options are endless! You can visit the Edmonds Historical Museum, take in the waterfront views, tour the Cascade Art Museum, or enjoy the Scratch Distillery located in the same building. Delight in a no host lunch at many of their restaurant choices such as Olive's Cafe and Wine Bar, Rusty Pelican, or Thai Cottage.

FRIDAY HARBOR

Thursday, August 29

7:30 AM - 6 PM
Member: \$68 • Non-Member: \$82

We will start the day off with a ferry ride out to the beautiful San Juan Island. While on the island we will have a chance to stop at the English Camp on the Northwest side of the Island and the famous sculpture park before stopping for a no host lunch at Roche Harbor. Before getting back on the ferry there will be time to shop the streets of Friday Harbor.

SEPTEMBER



THE SPACE NEEDLE & CHIHULY

Wednesday, September 4

8 AM - 6:30 PM
Member: \$100 • Non-Member: \$125

This fun filled day in Seattle will start at the top of the Space Needle where you

can take in incredible views of mountains, water, and the city by stepping onto The Loupe, the world's first and only rotating glass floor. Next, we visit the Chihuly Garden & Glass museum where you will find spectacular, one of a kind pieces of art work. With eight galleries, three drawing walls, and a café we will have plenty to do! Cost includes transportation and entrance fees into Space Needle and Chihuly.



WHALE WATCHING TOUR

Tuesday, September 10

10 AM - 5:30 PM
Member: \$115 • Non-Member: \$140

We will take a short drive over to Anacortes where we will board the Island Explorer for a 4 hour guided whale watch tour. The vessel features indoor heated seating, outside rail viewing area, three viewing decks, and an on board café. Price includes transportation and 4 hour guided whale watch tour. Lunch may be brought or purchased aboard the boat.

SEATTLE CHOICE

Thursday, September 12

8 AM - 5:30 PM
Member: \$42 • Non-Member: \$50

This is an opportunity to discover downtown Seattle without the Alaska Way Viaduct! Walk through the Pike's Market enjoying the new shops and eateries and the spectacular view. Ride the Ferris wheel, enjoy a picnic lunch or hop on the monorail to the Seattle Center. Two drop off points, one pickup at Pike's Market.

ANGEL OF THE WINDS CASINO

Monday, September 23

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

It is time to try again at Angel of the Winds casino! They offer great discounts on game play and a delicious lunch buffet.

THANK YOU FOR JOINING US AT THE 2019 WHIDBEY ISLAND FAIR!

Great entertainment, fun rides, good food & great vendors!

Thank you to all our volunteers & sponsors we couldn't do it without you! We hope you all had a good time.

See you next year!

819 Camano Ave • Langley • whidbeyislandfair.com



FROM THE EXECUTIVE DIRECTOR

By Cheryn Weiser, Executive Director, Island Senior Resources

Taking the Time, Seizing the Moment

I'm sure that many of us came to, or stay on, Whidbey Island to enjoy less traffic, beautiful scenery, and a calmer existence. For some of us, we cherish the ability to slip into our abode and feel some independence from the 'maddening' crowd. I've also heard from many seniors and newbies on Whidbey that they feel somewhat isolated. They are surprised at what it takes to become connected to other community members and to feel like they live in a neighborhood.

Our world today is running fast and is less oriented to being in relationship with one another than when I was growing up. We used to have neighborhood gatherings, and it was commonplace for anyone that happened to see a neighbor across a fence or yard to hail them and spend some time catching up on what was happening.

These days I have to make more conscious decisions about reaching out, or simply taking the time to say hi to someone at the grocery store, or making sure I say hi to a neighbor when they are entering our shared drive as I am leaving. It's important to seize those moments to be in relationship with one another, not only when we are all coping with the shared challenges of windstorms or snowstorms.

We are all social animals. We are healthier when we stay in contact with others, however we choose to do that. At ISR we encourage you to join others for a delicious lunch at our community meal locations across Whidbey and Camano Islands. Get to know the other lunch goers and come to an educational presentation. Or join in an activity at either Island Senior Resources (Bayview) or the Oak Harbor Senior Center. You may be surprised at what a difference it makes in the quality of your life!

One Day When You Can Make A Difference

Island Senior Resources is having our second annual one-day online fundraiser, TOGETHER WE CARE, on Thursday, August 1, to raise \$15,000 to support the rising need for essential resources for seniors, adults with disabilities, and those who care for them. Last year our generous community helped us exceed our goal, and we need your help to do it again.

This is your chance to act to protect and sustain vital resources in our community. Donations can be made online at www.senior-resources.org. They can also be brought to Island Senior Resources' South Whidbey resource center in Bay-

view, to ISR's Aging & Disability Resource staff at the Oak Harbor Senior Center, or mailed to P.O. Box 939, Freeland, WA 98249. We encourage everyone to use this one-day event to show that we, as a community, believe in taking care of each other.

As our population ages, community needs are increasing rapidly, yet government funding sources are diminishing, or are threatened. Island Senior Resources now serves one in every eight persons throughout Island County, soon to be one in seven. Just as an example, Meals on Wheels is now serving 36% more clients across Island County than it did

in 2018! More and more people come through our doors every day looking for information and needing support for themselves or a loved one.

Island Senior Resources provides services to all of Whidbey Island and Camano. We provide Meals on Wheels, seven community meal sites, transportation to medical appointments, Time Together Adult Day Services in Freeland and Oak Harbor, Aging & Disability Resources in Bayview, Oak Harbor, and Camano, Statewide Health Insurance Benefits Advisors (SHIBA) consultations and classes on Medicare, Family Caregiver Support, Tailored Supports for Older Adults, Lunch & Learns in Bayview and Coupeville, a variety of educational classes throughout the county, and social gatherings that help to prevent isolation. We cannot do this without you. Please support TOGETHER WE CARE on August 1. For more information on all our programs, visit our website: www.senior-resources.org.

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

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Please contact Island Senior Resources
(360) 321-1600 or (360) 678-3373

NOT YOUR GRANDMA'S BINGO

A fundraiser to support

Island Senior Resources

\$16/Person
VIP Table for 8 - \$175

Must be 21+ to attend

WANTED



Bobbie Jo Blessings & Sylvia O'Stayformore

REWARD

Saturday, August 17th

Island County Fairgrounds

Main Stage (Outdoor Event)

6:00-8:30 pm - Gates open at 5:00

Food, Ice Cream, Beverages, Beer, Wine and Cider available for purchase

Food provided by The Scallywagon

Tickets available at:
www.senior-resources.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 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)

14594 SR 525, Langley
Friday, Sept. 13 • 10:30 a.m.

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.

HIGHLIGHTS at Island Senior Resources

DON'T MISS NOT YOUR GRANDMA'S BINGO

Not Your Grandma's Bingo will be back Saturday, August 17 at Island County Fairgrounds. These events sell out quickly. Go to www.senior-resources.org to purchase tickets. You don't want to miss this boisterous "fun-draising" event hosted by celebrity drag-queens Sylvia O'Stayformore and Bobbie Jo Blessings. It's BINGO like you've never seen it before. Age 21+ only. Come join us! You help our community when you help support Island Senior Resources. Doors open at 5:00. Great food and drinks will be available for purchase. The event starts at 6 p.m. Games, prizes and more!

A NEW FACE!

We now have two Facebook pages to help keep you informed about all that is happening at Island Senior Resources and at Senior Thrift. Check out both pages and follow us!

Facebook.com/islandseniors
(for all the happening at Island Senior Resources)

Facebook.com/seniorthrift
(for all the sales news and events at Senior Thrift)

We are also on Instagram: @islandseniors. Check it out!

DON'T MISS IT! NEW WHIDBEY ISLAND GUIDE/MAP TO THRIFT STORES

A Map and guide to Whidbey Island Thrift Stores is now on the Clinton/

Mukilteo and Coupeville/Port Townsend ferries as well as at Whidbey Island Chambers of Commerce, at NAS Whidbey, at most thrift stores on Whidbey Island, and at some restaurants.

Spend a day treasure hunting and visit all the stores! Each store supports a non-profit on Whidbey, so every dollar you spend helps our community.

VOLUNTEER OPPORTUNITIES



Drive seniors on short essential errands to the grocery, pharmacy, or post office.

Must be 25 years old or older, able to carry groceries, and manage stairs.

Mileage is reimbursed. Island-wide volunteers needed.

MEDICAL TRANSPORTATION DRIVERS NEEDED

Specific interest in drivers able to drive off-island.

Priority ferry boarding. Mileage reimbursed.

Must be 25 years old or older.

Call Pat Weekley 360-321-1600 or 360-678-3373 or 360-914-3212

TIME TOGETHER SCHOLARSHIP PROGRAM

Donations made to the Time Together Scholarship Program provide access to the program for isolated seniors who would otherwise not be able to attend

the program for financial reasons. If you would like to help give the gift of socialization to those who are most isolated in our community, please send a donation of any amount to Island Senior Resources, Time Together Scholarship Fund, P.O. Box 939, Freeland, WA 98249. You can also donate online; make sure to make a note that the donation is for the Time Together Scholarship Fund. Thank you!

TIME TOGETHER NEW DAY ADDED!

Thursdays 10 a.m. – 12 noon.

St Augustine's in-the-Woods.

5217 Honeymoon Bay Rd. Freeland.

This new day is a special short program

designed for Adults with Developmental Disabilities who are not sensitive to sound. For anyone who needs a quiet space, stay tuned for an afternoon "quiet" program in the future. Contact Time Together Director, Mel Watson 360.321.1623 for more information.

MEAL-A-MONTH

Sometimes small amounts of giving make the biggest change in someone's life. Help feed a local senior for only \$8 a month. You can make a difference for your community. Say Yes! I want to help! Go to: <https://senior-resources.org/meal-a-month/> to sign up to donate one, two, three meals a month, or more! Or call us at 360-321-1600 / 360.678.3373 to arrange your monthly donation.

Seniors* Get 15% Off on the 15th of Each Month!



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

SATURDAY, AUG. 17

Jewelry Sale, 25% off

SATURDAY, AUG. 24

(1) item your choice, 25% off

SATURDAY, AUG. 31

Summer Clothes, 60% off
(Sleeveless and Short Sleeve Shirts, Shorts and Capris)

ALL AUGUST

Red Tags, 25% off • White Tags, 50% off

We have gift cards available at the registers.
Gift cards are perfect gifts for the treasure hunter in your life!

Please consider donating a \$1 or more with your purchase to help support our programs.

VETERANS COFFEE HOUR

Every Thursday at 9:00AM
We welcome any and all Veterans, active duty, any branch and any rank!
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NEIGHBOR continued from page 1

Neighborhoods are an interesting conglomeration of people thrown together by real estate and held together by geographic mini-boundaries (the development, the cul-de-sac) and often by legal entanglements and entities (the shared well, the water system, the community association). Sometimes neighborhoods work easily, sometimes not. When people are moving, it's all about location-location-location: they rent or buy a house, a view of water, a stand of trees, room for a garden, a fenced yard for kids and dogs. Then after people move in, they look around and realize they've also bought a neighborhood.

Neighborhoods have their own histories. Neighborhoods have their own sub-cultures. On Whidbey, most neighborhoods are small enough that one household departing and a new neighbor arriving is noticeable. We step into the middle of these histories and social cultures, often with a sense of naiveté—we're new, but no one else is.

Twenty-five years ago, my partner and I, her two children and my dog, had been looking for houses all summer. When this house came on the market, we showed up with our realtor the first day, made a quick decision and an offer. We also bought a cluster of simmering resentments and currents of avoidance that mysteriously impacted our settling in and which we have worked to help heal over the years. Looking back at our experience, and thinking about the woman fuming at her mailbox, I came up with four ways to be the neighbor you want to have:

1. Be friendly first.

Saying hello establishes a friendly attitude as we walk, get the mail, do errands, stroll the beach. I'm willing to

test the reception to greeting, and even when I'm surprised, like the grumpiness of the lady at her mailbox, I'm glad to have interacted. I have a sense of how to pause or pass on by. With my neighbors, I just keep greeting them, waving, whether or not they wave back, saying hello, whether or not they respond. People are likely to come around.

2. Discover things in common.

When I realize that a neighbor and I have different political or religious views, I look for where and how we can connect. Do we both walk dogs? Are we both dedicated to recycling? To driftwood sculptures? I start there. Slowly the territory of commonality expands: we both chose Whidbey, chose this neighborhood, and know that we are dependent on one another in times of storm, in tending shared assets, keeping an eye on each other's safety and well-being. We have lots in common!

3. Make and appreciate small gestures.

One day the neighbor who'd never said hello picked up a dropped piece of mail and delivered it to my door. One night a neighbor who'd been shunned by the old-timers (don't know why) rang every doorbell to warn people of a live wire lying across our road and offer his driveway as detour. One time I baked a rhubarb pie and shared pieces with four households.

4. Just keep trying.

People are clumsy. We trip over each other, hurry on past, forget to acknowledge, forget casual promises. We take offense and give offense when none is intended. When a neighbor doesn't say hello back—maybe he doesn't have his hearing aids in. Stay cheerful, don't take things personally, and be the neighbor you want to have.

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, click "About Us" and select "Links to Inform and Inspire."

- The Making of a Modern Elder (list of interesting books, articles, films, videos, and websites)
- 10 Healthy Make-Ahead Meals for Seniors and Caregivers
- Gardening Tips for Seniors
- Gardens for Senior Citizens: Creating an Easy-Care Senior Garden

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