

Island Times

Look for Island Times the LAST Thursday of each month
FEB. 2019

MONTHLY NEWSPAPER OF ISLAND SENIOR RESOURCES AND OAK HARBOR SENIOR CENTER

Volume 2 • Issue 10

Trusting Yourself and Trusting Others



By Christina Baldwin
Board Member, Island Senior Resources

While visiting an elder friend Doris, I watched her handle a phone call that made me nervous. I could overhear a voice through the receiver telling her this was the Social Security office and there was some question about her account. Could she verify her number and birth-date? I wanted to see what she'd do next and was poised to intervene.

She listened politely, then said, "I don't think this is a real call. I'm not giving you my information." The voice grew insistent and urgent, "I'm going to hang up now," she responded, and did.

She got us another cup of tea and we continued our visit. "Congratulations," I told her. "You made a good choice."

"I think so," she said, "but it gets harder and harder to know who to trust, or how to trust, in a world where I don't know

the people who present themselves as trying to help me, and I can't see people's faces."

The size of Whidbey, the number of older people who live here, and the number of people who have families far away, make our communities more susceptible to fraud. To address the concept of "asking for what you need and offering what you can" in our articles this year, it's important to address the increased need for caution and discernment in the world beyond familiarity and relationship. Everyone is now vulnerable to attempts to trick us by phone, email, social media, and mail.

The further we are from familiar and trusted relationships, the more discerning and careful we need to be. Most fraud occurs in an environment set up to seem ordinary—but it isn't quite ordinary.

1. The request is unusual: whatever organization the caller says they are representing does not usually contact you in this manner.
2. The person does not offer their credentials in a realistic way—and you have the right to ask them, "May I have your full name, your return phone number, and an independent way of checking your credentials before sharing any of my information?" If you get any weird response,

"I get by... with a little help from my friends."

~ The Beatles

TRUSTING continued on page 12



Some of the hardest change is saying goodbye to friends we love. Most recently we said goodbye to two of our OHSC volunteers, Sandra Mortenson and Margaret Vasquez.

Finding Calm Among the Waves of Change

By Liz Lange
Administrator, City of Oak Harbor Senior Services

By the age of 60, the average person in the United States will have changed their socks over 21,000 times (if you are a daily wearer), changed toothbrushes HOPEFULLY at least 120 times, changed addresses 11 times, jobs about 7 times, and 30 percent will have changed spouses more than once. That is a lot of change.

While I still have some sock changing to catch up on, I am par for the course on other major life changes. Particularly, the past two years have brought a lot of change including moving from out of state, purchasing our home, starting as program coordinator and then transitioning to the administrator role here at the center, the loss of a loved one, and most recently the addition of our precious baby girl, Lona. That's a lot of change for a short amount of time, which is probably why this topic of coping with change has been forefront in my mind.

Change is not created equal either, as we move through life gaining experiences we see some change comes with little impact to us, as if our car just cruised over a twig in the road, while other times our circumstances are so disturbed it is as if we have arrived at a whole tree across the road and we come to a stand still while we try to understand and cope with our new reality.

Whether you find yourself cruising along the twigs or being brought face-to-face with

CHANGE continued on page 2

QUESTION OF THE MONTH: WHAT IS THE MOST IMPORTANT THING YOU WANT TO ACCOMPLISH IN THE NEXT FIVE YEARS?

<p>Angela Braidic, 68 Oak Harbor <i>"Enjoying life!"</i></p>	<p>Kelly, 60 Greenbank <i>"Stay alive and healthy."</i></p>	<p>Sue Boe, 79 Oak Harbor <i>"Keep going!"</i></p>	<p>Kathy over 21 several times Freeland <i>"Retire!"</i></p>
<p>Annette, 72 Greenbank <i>"Get my garden revamped and under control. It has overgrown in many areas."</i></p>	<p>Vickie Olson, 66 Oak Harbor <i>"Learn to knit and watercolor paint."</i></p>	<p>Lisbeth, 75 Whidbey Island <i>"Learn a new language."</i></p>	<p>Micheal Murcay, 58 Oak Harbor <i>"Participate in an exercise class."</i></p>

Whidbey  Weekly

Proud supporter of Whidbey Island community events and your source for What's Happening on Whidbey Island
www.whidbeyweekly.com
390 NE Midway Blvd #B203 · Oak Harbor · 360-682-2341

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

February: The Month of Love

By Carly Waymire

Program Coordinator, City of Oak Harbor Senior Services

February is widely known as the "month of love" and most people decorate in red, pink, and hearts! During this month, we recognize love, relationships, and romance. Anything people can think of that has to do with love is remembered during this month, even the heart! However, many of us forget to recognize grief during this month. Many times we forget love and grief come together because without love we wouldn't have a reason to grieve and by loving we are risking the unavoidable chance for grief. I feel that we emphasize the importance of a special relationship in our life right now but avoid and overlook past relationships. It appears there is almost a negative connotation with grief and the past, whereas a more positive emphasis on current relationships.

During this month, you will find many articles talking about romance and random acts of kindness are encouraged. In school, we wrote notes and passed out candies to show our friends we cared. However, this February I want



A group of friends meet regularly and enjoy lunch together throughout the week at the Center

to take a different approach at viewing the "month of love" and view it not only as a time to note current relationships and share our love, but also remember and honor our past relationships and process the grief in our lives. At some point we have all lost someone dear to us and will go through grief in our lives. Instead of avoiding it this month, let's embrace it! Celebrate a past relationship and take a moment to grieve the loss of that loved one. Remember grief is a source of love so don't feel ashamed to experience heartache from a loss of a

loved one regardless if it was recent or in the past.

As we continue through the month, let's embrace our current relationships and recognize the special people in our life but also take the time to remember our past relationships and note the love we have for them. Additionally, continue to take the time to show love for each other throughout the rest of the year! Loving others is a precious gift we have, so don't forget to show your love and appreciation to others!

CHANGE continued from page 1

the downed trees across your path, here are some ways that have helped me become better at overcoming the stress which often accompanies change.

DON'T STRESS ABOUT STRESSING OUT

Change can be stressful. Did you know our body responds to not only physically terrifying situations with the "fight or flight" response, but is also how we respond to mentally stressful situations as well? It is a physiological reaction that is triggered by the release of hormones which prepare you to be able to stay and deal with the situation or to physically remove yourself from the situation. It is good and helpful for a short duration, however, when we allow ourselves to stay in this state for a prolonged amount of time, or frequently, it can be quite detrimental to our health. Chronic stress causes a continued release of a hormone called cortisol which overexposure can disrupt many of our natural processes and put us at risk for anxiety, depression, weight gain and more.

You can see how this can become a cycle. Change happens in our life, we feel stress, which can lead to more anxiety, which causes further stress, and so on. This is why we must not allow ourselves to stress about being stressed out. Understand that stress is a natural response to change, allow your body to work through it, then find ways to mitigate the stress allowing your body to recover and remove itself from the fight or flight response. This might include getting outside for fresh air, calling a friend to chat about positive things, listen to calming music, or doing something else that brings you joy. Anything to break the stress cycle, relax for a bit, and get your stress produced hormone levels back to normal. Stress will happen. It's ok. Let your body do its thing, then let the stress go.

FIND THE HUMOR

Sometimes change just isn't a laughing matter, but most the time, in the daily changes we face there is always a little humor to be had. More than once during a hard or stressful situation I've heard someone comment "you know in five years we will look back at this and just laugh" and it's often true. But why wait five years to see the humor in it? Look for the humor now and let yourself have a little laugh.

Remember that pesky cortisol hormone that comes from stress? Laughter is the anti-fight or flight response. Not only does it decrease stress hormones it also increases immune cells and infection-fighting antibodies,

helping your body resist disease. It releases the feel good chemical, or endorphins, and can even temporarily relieve pain. There really is something to the saying "laughter is the best medicine".

PUT IT IN PERSPECTIVE

Anytime I experience change in life that may cause a stressful reaction I stop and do what I like to call the onion peel exercise. How many layers of my life does this really have an impact on? I can feel the impact now, will I tomorrow? In a week? A month? A year? It is impacting my social interactions, but does it impact my home relationships as well, or does it stop there?

When I do this mindful exercise I can more clearly see that often times stress from change is short-term, contained to one area of my life, has minimal impact on my overall life, and in the long run it just won't matter as much as it feels like it does now. This helps me put it in perspective with the larger picture of life and I can more easily determine "not sweat the small stuff", because most of the time, in the scheme of life it's all small stuff.

FOCUS ON YOUR VALUES INSTEAD OF YOUR FEARS

This coincides with putting things in perspective. Remind yourself of what is important, truly important in life. Family, friends, achievements, learning, religious beliefs, whatever it is, thinking on these things can be healing. Take it one step further and don't just think about them, but make a list, a gratitude list. Or, pick one value and spend a few minutes writing about then that particular value has positively impacted you. When we do this mindful exercise we remove ourselves from the present moment we are in which is troubling us and helps us see that our being as a whole is not defined by this one instance. We also see more clearly all the positive things still happening in our life which we can decide to not allow one change to overshadow.

Distinguish the true problem from the feelings

I was recently reading about how "talking it out" isn't as productive as we think when it comes to working through our problems. When we talk about our anger or frustration actively and repeatedly we are hindering our natural adaptation process. No, don't just ignore your troubles, but as soon as you find yourself feeling these emotions stop, look for practical solutions to the problem and focus on what you can do to better the situation instead of perpetuating your anger by dwelling on the situations that you cannot change.

OHSC volunteer Lona Roodzant with namesake Lona Lange. They also share the middle name Elizabeth, after their mothers.



ACCEPT THE PAST, BUT WORK FOR THE FUTURE

While we often cannot control what changes in our lives, we can always choose how we are going to respond. Will we find inspiration in a troubling situation, will it make us stronger as we choose to adapt to the change, or will we let it offend or defeat us? That is up to each of us. No one else can choose that for you. When you choose to react positively and with patience to change you will see that change can be a wonderful tool in leading to self growth, understanding and learning. Without change we are stuck, never progressing.

Let us all press on looking for the positive and remembering that joy comes from the journey, not in spite of, but because of all the changes we experience.

Do you have an experience to share about how you have embraced changes in your life? I would love to hear them, and possibly share them, as we learn best from each other and our shared experiences. Feel free to email me at llange@oakharbor.org, send good old fashioned snail mail to 51 SE Jerome St. Oak Harbor, WA 98277, or even better, drop them by the Center at the same address.

OHSC EVENTS

THE BIG GAME ON THE BIG SCREEN

Sunday, Feb. 3 • 3:30 p.m.

Come watch the Patriots take on the Rams Sunday, Feb. 3, 3:30 p.m. at the Oak Harbor Senior Center. We will be playing the game on the big screen and enjoying each other's company. You are welcome to bring a snack to share!

SWEETHEART OF GEMS SHOW

Saturday, Feb. 9 • 9 a.m. - 5 p.m.

Sunday, Feb. 10 • 9 a.m. - 4 p.m.

Free Admission

Whidbey Island Gem Club's 54th Annual Sweetheart of Gems Show is Saturday, Feb. 9 and Sunday, Feb. 10 at the Oak Harbor Senior Center. Bring your family and see live demonstrations, educational displays, rock identification, handmade jewelry, door prizes/games, vendors and more.

1ST ANNUAL PIE CONTEST

Thursday, March 14

The Oak Harbor Senior Center is having its First Annual Pie Contest on National Pie Day, March 14 to recognize the mathematical constant pi (3.14). We are look-

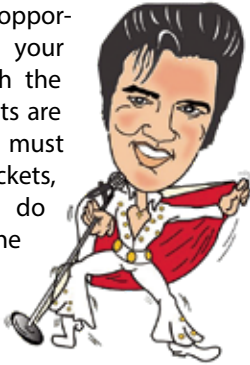
ing for bakers to enter their yummy pie into our contest, entry is free, and the winner will receive a prize! To register for the pie contest simply stop by the Center and let us know or give us a call at 360-279-4580. Not a baker but love pie? For only \$2, you can be a taste tester judge and try all the pies! We are looking forward to celebrating this fun national day with you and would love to have you as contestant or a judge!

ELVIS

Saturday, Mar. 23 • 6 p.m.

Cost: Members-\$25

The King is back and performing at the Senior Center Saturday, March 23 at 6 p.m. (doors open at 5:30 p.m.). Join Elvis impersonator, Shane Cobane, for this unforgettable night! Tickets are \$25 and include dinner, entertainment, and an opportunity to get your photo taken with the King! Limited seats are available so you must pre-purchase tickets, which you can do so by calling the center at 360-279-4580 or stopping by.



Helping You Stay At Home

Respect and Care at Home

- Trusted, experienced in-home care for all ages
- Private Pay, VA, State Funded Care, DDD, Long Term Care Insurance
- Personal care - help with daily living activities
- Free, no obligation in-home assessment
- Respite care - much-needed relief for the primary caregiver

Serving South Whidbey Island
ResCare Home Care, Freeland
360-331-7441

Serving North Whidbey Island & Anacortes
ResCare Home Care, Oak Harbor
360-240-0044

Bring Retirement to Life!



Harbor Tower Village

A VILLAGE CONCEPTS
RETIREMENT COMMUNITY

At Harbor Tower Village, you will discover a warm and homelike atmosphere with traditional, old-fashioned hospitality. Call today to arrange for a personalized tour and enjoy lunch on us!

100 E. Whidbey Ave | Oak Harbor | 360-675-2569 | www.villageconcepts.com

THANK YOU!

We would like to thank DaVita Kidney Care for their generous donation of \$950 to the Oak Harbor Senior Center Foundation. We appreciate the continued support from the community.



Single Mingle

FOR ADULTS 50+

Meet a new friend or companion while you try to solve the mystery during this amusing dinner party.

THURSDAY, FEBRUARY 14
5:30 PM | DOORS OPEN AT 5:00 PM
TICKETS \$15 | INCLUDES DINNER
OHSC | 51 SE JEROME STREET

LIMITED SEATING AVAILABLE
MUST PRE-PURCHASE



THE LOCAL PAGES
THE BEST PHONE BOOK IN TOWN™

MOBILE | ONLINE | PRINT

WANT TO LIST YOUR BUSINESS?

907-903-4526

4910 Amelia Earhart Dr. Suite 1
Salt Lake City, UT 84116
Anna Jenkinson Marketing
801-963-1701 ext 229 Fax: 801-988-1171

VISIT US ONLINE AT
WWW.THELOCALPAGES.COM
WWW.THELOCALPAGE.COM

People caring about people.

Highly skilled professionals providing physical, occupational, and speech therapies.

24 hour compassionate nursing care.

Dedicated to our community.

Family owned and operated since 1986.



311 NE 3rd St • Coupeville • 360-678-2273 360-321-6660
frontoffice@careageofwhidbey.com • www.careageofwhidbey.com

ANDY'S YARD & PROPERTY MAINTENANCE

SPECIALIZING IN EXTERIOR RESTORATION, SETUP & MAINTENANCE

REAL ESTATE LISTING SETUP • SENIOR PROPERTY CARETAKER

EXTERIOR HANDYMAN • MOWING/PRUNING • TREE BRUSH/CARE
ROOF/GUTTER CLEANING • DRIVEWAY/DRAINAGE REPAIR • FENCE REPAIR

360-544-2381

Veteran Owned • Serving Whidbey Island

Andy Cheechov - Owner • cheechmonsters@aol.com
LICENSED • BONDED • INSURED

**CLASSES at Oak Harbor Senior Center****CHALK ART MAKE & TAKE**

Wednesday, Feb. 6 • 1 - 2 p.m.

Cost: Members-\$25 • Non-Members-\$35

During this one hour class, you will receive a chalk board and all the tools and instructions you need to make it a unique piece that is yours to keep! Join us Feb. 6. Pre-registration is required.

**BASKET WEAVING**

Thursday, Feb. 21 • 9 a.m. - 1 p.m.

Cost: Members-\$66 • Non-Members-\$75

Expert basket weaver, Jane Hyde will guide you through making your very own Iron Bread Basket in this one-day

class. Join her for this beginner class Thursday, Feb. 21 from 9 AM – 2 PM. 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!

TECHNOLOGY 101

Monday, Feb. 25

Monday, Mar. 18

2 - 4 p.m.

The Future Business Leaders of America club from Oak Harbor High School are returning to help you with your technology! Bring in your smart phone, tablet, laptop, or other device to get some general help and your questions answered. They will be at the Oak Harbor Senior Center from 2 – 4 PM Monday, Feb. 25 and Mar. 18.

**BEGINNER PICKLEBALL CLASSES**

Saturdays in March • Noon - 1 p.m.

Cost: Members-\$20 • Non-Members-\$25

Every Saturday in March, our pickleball group leaders will be giving beginner lessons. They will teach you the rules, how to play the game, and give you some beginner techniques to get you started. Lessons are held at the Oak Harbor Christian School (675 E Whidbey Ave.) from noon – 1 PM every Saturday. Pre-registration is required and the cost for the month-long lessons is \$20 for OHSC Members and \$25 for Non-Members. Come join in the fun, learn a new sport, get some exercise, and meet some new friends! The Pickleball group plays every Wednesday at 4 p.m. and Saturday at 10 a.m.

Compare Our CD Rates

Bank-issued, FDIC-insured

3-month

2.45%
APY*

Minimum deposit \$1000

6-month

2.55%
APY*

Minimum deposit \$1000

1-year

2.65%
APY*

Minimum deposit \$1000

* Annual Percentage Yield (APY) effective 01/02/2019. CDs offered by Edward Jones are bank-issued and FDIC-insured up to \$250,000 (principal and interest accrued but not yet paid) per depositor, per insured depository institution, for each account ownership category. Please visit www.fdic.gov or contact your financial advisor for additional information. Subject to availability and price change. CD values are subject to interest rate risk such that when interest rates rise, the prices of CDs can decrease. If CDs are sold prior to maturity, the investor can lose principal value. FDIC insurance does not cover losses in market value. Early withdrawal may not be permitted. Yields quoted are net of all commissions. CDs require the distribution of interest and do not allow interest to compound. CDs offered through Edward Jones are issued by banks and thrifts nationwide. All CDs sold by Edward Jones are registered with the Depository Trust Corp. (DTC).

Call or visit your local financial advisor today.

COUPEVILLE

Chris Renfro
107 S Main Street
Suite A101a
360-678-6580

FREELAND

Melissa S Cates, AAMS®
1688 Main St Suite 101
360-331-4450

Kristi K Price
1688 Main St Suite 101
360-331-4450

Kevin B Lungren
1592 Main Street
360-341-4556

OAK HARBOR

Gene Kelly Barner
144 N E Ernst St Suite C
360-675-8239

River Powers
380 SE Pioneer Way, Suite 102
360-675-8239

Eric L Schelling
630 Southeast Midway Blvd
360-679-2558

Gregory A Smith, AAMS®
275 SE Cabot Dr A7
360-679-2304

www.edwardjones.com
Member SIPC

Edward Jones
MAKING SENSE OF INVESTING

W.I.G.S.

(Whidbey Island
Genealogical Searchers)

Tuesday, February 12, 1-3 p.m.,
2720 Heller Road, Fire Station #25

Speaker: Jessica Aws from Sno-Isle Library in Oak Harbor.

All are welcome to attend. For more information go to www.whidbeygensearchers.org.

**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!



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 11 Mahjong 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 3 Afternoon Tai Chi February 11 8:30 Discovery Hike	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 10:30 Ukulele with Talia 11:45 Lunch Served 12:30 Lunch & Learn 2:30 Parkinson's Singers* February 5 10 Parkinson's S.G.** February 11 10 Alzheimer's S.G. February 19 10 MS Support Group	9 Beginning Line Dancing 10 Line Dancing 10 Quilters 10 Time Together* 11:45 Lunch Served 6:30 Bingo February 27 11:45 Birthday cake and Party (all are welcome)	8:30 Men's Bridge 9 Senior Striders 6 Twilight Bridge Starting Feb. 7 through April 11 1-6 AARP Tax-Aide Call 360-678-3000 for appt.	9-4:30 SHIBA (Statewide Health Insurance Benefits Advisors) by appointment 10 Time Together* 10:45 Fun Band Dancing 11:45 Lunch Served TBD Legal consults may be available two Fridays this month. Call to inquire.	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.

DISCOVER THE ISLAND'S BEST CANNABIS

MEDICAL & RECREATIONAL CANNABIS | MONDAY-SATURDAY 10A-7P | SUNDAY 9A-7P
5565 VAN BARR PLACE, UNIT F, FREELAND, WA | (360) 331-0140 | WHIDBEYISLANDHERB.COM

This product has intoxicating effects and may be habit forming. Marijuana can impair concentration, coordination, and judgment. Do not operate a vehicle or machinery under the influence of this drug. There may be health risks associated with the consumption of this product. For use only by adults twenty-one and older. Keep out of the reach of children.

Thank you for reading *Island Times*. Please support our advertisers. Please recycle this publication when you are finished reading it.

TRAVEL LOG

OAK HARBOR SENIOR CENTER

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

MYSTERY LUNCHES

Thursday, February 7
Tuesday, March 5

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.

FEBRUARY



FUTURE OF FLIGHT & FLYING HERITAGE MUSEUM

Friday, February 8

8 AM – 5 PM
Member: \$73 • Non-Member: \$88

On this trip our first stop will be at the Future of Flight where we will take a 1.5 hour walking tour of the Boeing factory. This is a one-of-a kind opportunity to view 747, 767, 777, and 787 Dreamliners on the assembly line before they take to the sky. After a no host lunch at the café, we will head a few miles down the street to Flying Heritage and Combat Armor Museum. This museum brings to life WWII era aircraft, tanks, combat armor and other technologies which have been restored to working condition.



THE GREAT JUNK HUNT

Saturday, February 16

8 AM – 6 PM
Member: \$47 • Non-Member: \$57

Many vendors gather at the Evergreen State Fair Grounds in Monroe to sell their best junkin' goods. Come with us to see what kind of antique treasures we can find. There will be many different styles including vintage, farmhouse, re-purposed, handmade, and much more. With two large buildings full of vendors, you won't be disappointed!

A DAY IN LA CONNER

Wednesday, February 20

9 AM – 4 PM
Member: \$15 • Non-Member: \$18

Take a short bus ride over to La Conner for a day of shopping, sightseeing, and multiple lunch options. La Conner has many unique shops and galleries to explore including; Razzle Dazzle Gifts, That's Knot All, The Wood Merchant, The Stall, Step Outside, Pioneer Market, Indigo Stitch-A Quilt Shop, Forum Arts, Cottons, Earthenworks Gallery, and so much more!



NORTHWEST FLOWER AND GARDEN FESTIVAL

Friday, February 22

8 AM – 6 PM
Member: \$62 • Non-Member: \$75

We are heading back to the annual Northwest Flower and Garden Festival held at the Washington Convention Center in Seattle. There you will find over 300 exhibitors featuring unique flowers,

garden tools, hand-crafted wares, and specialty items. Just the beautiful scenery is worth going for as the top garden design professionals put together over 20 spectacular display gardens. Price includes admission into the festival.

QUIL CEDA CASINO

Wednesday, February 27

9 AM – 5 PM
Member: \$27 • Non-Member: \$37

Located in Tulalip, this casino offers a huge variety of slot machines, table games, a burger bar, and their own on site "Torch Grill."

MARCH



PACIFIC INSTITUTE OF CULINARY ARTS

Tuesday, March 19

9 AM – 6 PM
Member: \$83 • Non-Member: \$100

Who is ready for a gourmet lunch? We are returning to the Pacific Institute of Culinary Arts in Vancouver B.C. where we will enjoy a 3-course meal prepared by the students. There will be delicious desserts and pastries available for purchase that you can enjoy after your meal or on the bus ride home! Also, we will have a brief time to shop the market at Granville Island before returning home. Price includes transportation and lunch. Please note a passport or enhanced license is required.

SNOHOMISH COUNTY BACKROADS

Wednesday, March 20

8 AM – 6 PM
Member: \$47 • Non-Member: \$57

We are taking the back roads on this journey around North Snohomish County and South Skagit County including stops in Sedro Woolley, Rockport, Darrington, Granite Falls, and Arlington. Enjoy the views and maybe even discover some new places. We will stop for a no host lunch along the way.



SILVER REEF CASINO

Monday, March 25

9 AM – 5 PM
Member: \$27 • Non-Member: \$37

We haven't been up north for a while so let's go try our luck! Silver Reef is always a friendly place to visit and we receive a discount on lunch.

BURLINGTON THRIFT STORE HOP

Thursday, March 28

9 AM – 5 PM
Member: \$20 • Non-Member: \$30

It is time to look for treasures again! We will head over to Burlington and stop at 2-3 thrift shops and a restaurant for a no host lunch.

APRIL



MAMA MIA!

Sunday, April 7

10:30 AM – 5:30 PM
Member: \$50 • Non-Member: \$60

This fantastic production of heartfelt, touching moments, hit songs, flashy costumes, and groovy moves make it one of the most successful shows. This year we will take a short ride to McIntyre Hall in Mount Vernon and enjoy the fun-filled, excellent production of Mama Mia! We will stop for a no host lunch prior to the show.

Now 2 Locations
on Whidbey
to serve
you.

Wallin Funeral Home
& Cremation, LLC

Voted Best Funeral
Home On Whidbey
2011, 2013, 2014,
2015, 2016, 2017, 2018

1811 NE 16th Ave • Oak Harbor • 360-675-3447 • info@wallinfuneralhome.com
5533 East Harbor Road • Freeland • 360-221-6600 • www.wallinfuneralhome.com



REGENCY
ON WHIDBEY

RETIREMENT & ASSISTED LIVING

- Cottages • Assisted Living
- Memory Care



1040 SW Kimball Drive • Oak Harbor • 360-279-0933 • www.regencywhidbey.com

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.

EXTENDED TRAVEL:



EXPLORE TUSCANY

September 19 – 27, 2019

Double: \$3,349 • Single: \$3,649

Includes ground and air transportation, lodging, and 10 meals.

Explore the beautiful land of Tuscany on this 9-day tour featuring Montecatini Terme, Florence, winery and cheese farm tours, and a cooking class!



ICELAND'S MAGICAL NORTHERN LIGHTS

November 1-7, 2019

Double: \$3,849 • Single: \$4,349

Includes ground and air transportation, lodging, and 10 meals.

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

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

ANGEL OF THE WINDS	February 12
SWINOMISH	March 12
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



Whidbey Island Support Groups

NORTH END

Alzheimer's & Dementia Caregivers Support Group

1st Thursday of the month, 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 of the month, 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 of the month, 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 of the month, 1 – 3 p.m.

The Modular Building

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 of the Month, 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 of the month, 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 of the month, 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 of the month, 10 a.m. – Noon

Freeland Library, 5495 S. Harbor Ave., Freeland

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.

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



1609 E. Main Street
Freeland

360-331-6799

Monday–Saturday 8am–7pm
Sunday 9am–6pm

freelandacehardware.com

*Age 65 and over, just show your driver's license at the cash register. (Not valid on Stihl or Honda Equipment, Stoves, Weber, Big Green Egg or sale items. Not valid on prior sales)

Hearing Health Services

Coupeville's Premier Audiology Clinic

Your hearing loss is unique as you are.

Schedule a hearing evaluation to discover your individual hearing solution.

Dr. Kristine Jarrell, Board-Certified Audiologist
20 N.W. Birch St, Coupeville • 360-678-1423
coupevillehearing.com



Thank you for reading *Island Times*. Please support our advertisers. Please recycle this publication when you are finished reading it.

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, WA 98260

Thursday, February 14, 1 p.m.

Wednesday, March 27, 10:30 a.m.

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

- Feb. 5** *Internet for Dummies*
How to 'search' online, email vs. messaging vs. texting, how to make your web-browsing safer, and virus/malware protection. There will be time for questions. Come learn and talk with Skye Dunn, Communications Manager, Island Senior Resources.
- Feb. 12** *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, and senior administrator, is an author, and has been engaged in a variety of peace and justice activities around the world.
- Feb. 19** *WIN*
Pam LeLoup, board chair Whidbey Island Nourishes, will talk about how WIN ensures no local child is hungry. She will share the history of WIN, how it has grown, some of the challenges, and the immense rewards for all of us when neighbors help neighbors. You might find you would like to join the WIN volunteers and make some sandwiches!
- Feb. 26** *Keeping Yourself Safe in Your Home*
Sergeant Darren Crownover, Island County Sheriff's Office, will present information about keeping yourself safe in your home, on the roads and in public places. He'll also be able to answer questions about the Sheriff's Office or concerns you have about public safety in our community.

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

BACK PAIN & SCIATICA WORKSHOP

Saturday, February 16, 11AM

Rue & Primavera
785 Bayshore Drive, Ste 102
Oak Harbor

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



Rue & Primavera

785 Bayshore Dr, Ste 102
Oak Harbor • 360-279-8323
www.rueandprimavera.com

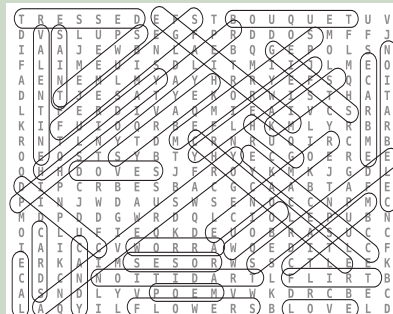
VALENTINE'S DAY WORD SEARCH

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

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

- | | | | |
|-------------|----------|--------------|-----------|
| ANNIVERSARY | FLIRT | POEM | SERENADE |
| ARROW | FLOWERS | RELATIONSHIP | SWEET |
| BOUQUET | GIFTS | ROMANCE | TRADITION |
| CANDY | HEARTS | ROSES | VALENTINE |
| CARDS | HOLIDAY | SAINT | WOO |
| CELEBRATION | HUG | | |
| CHOCOLATE | JEWELRY | | |
| CUPCAKE | KISS | | |
| CUPID | LACE | | |
| DESSERT | LOVE | | |
| DOVES | MARRIAGE | | |
| EMBRACE | MEMORIES | | |
| FEELINGS | MUSIC | | |

ANSWERS BELOW



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

- Feb. 6** *Bingo*
Aging & Disability Resources will be available 11:30 a.m. to 1:30 p.m.
- Feb. 13** *Love Songs*
Sing-a-long and original music with Heidi.
- Feb. 20** *A Pain in the What?*
Dr. Jeremy Idjadi of WhidbeyHealth Orthopedic Care
Is that pain from your shoulder, your neck, or elsewhere? The most common causes of shoulder pain, including the underlying anatomy, will be discussed along with operative and non-operative treatment options. There will be case presentations and time for questions.
- Feb. 27** *How to Read Digitally*
Coupeville Library Associates, Debbie LaGasse and Gabriel Chrisman, will help you download a free library book on those reading-device holiday gifts waiting to be activated (Nook, Kindle, cell phone, tablets). Call 360-678-0636 for a list of passwords needed. Volunteer opportunities galore!

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.

SUPPORT MEALS ON WHEELS

Donate \$5 at Island Senior Resources (Bayview) and receive an "I support Meals on Wheels" button. Your \$5 will help pay for one meal for a senior.



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.

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

Wednesday, February 20 10 a.m.

Wednesday, March 27 1 p.m.

COUPEVILLE LIBRARY: 788 NW Alexander St, Coupeville, WA 98239

Saturday, February 23 10 a.m.

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

Tuesday, February 19 10 a.m.

Tuesday, March 5 11 a.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.

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

CAMBIEY 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.

Community Meals are provided for adults age 60+, their spouses, and caregivers. Donations are appreciated and help fund the program. We suggest a donation of \$5.00 or whatever is affordable. All eligible persons are invited to enjoy the meals regardless of their ability to donate.

MENU - FEBRUARY

\$5 Suggested donation for meals

WEEK 1

Fri	1	Tuna Casserole Bake
-----	---	---------------------

WEEK 2

Mon	4	Pork Loin w/Chutney
Tue	5	Supreme Pizza & Salad
Wed	6	Chicken Alfredo
Thur	7	Chef's Choice
Fri	8	Hungarian Goulash w/Ground Beef

WEEK 3

Mon	11	Swedish Meatballs & Rice
Tues	12	1/2 Chicken Sandwich & Chowder
Wed	13	Baked Ziti & Salad
Thur	14	Chef's Choice
Fri	15	BBQ Chicken

WEEK 4

Mon	18	Holiday Meal Sites Closed
Tues	19	BLT Wrap & Tomato Bisque Soup
Wed	20	Chili Burgers and Fries
Thurs	21	Chef's Choice
Fri	22	Fish Sandwich & Chowder

WEEK 5

Mon	25	Chicken Fried Steak and Potatoes
Tues	26	Half Reuben and Oven Fries
Wed	27	Beef Satay w/Peanut Sauce
Thurs	28	Chef's Choice

In observance of Presidents Day,
Oak Harbor Senior Center and Island
Senior Resources will be closed
Monday, February 18, 2019



Thank you for reading *Island Times*. Please support our advertisers.
Please recycle this publication when you are finished reading it.

Making Friends

By Cheryn Weiser, Executive Director, Island Senior Resources

An increasing number of Whidbey seniors are transplants from other parts of the region and beyond. Drawn by the incredible beauty, the reduction in the metropolitan pace and crush, we find a special place to be in our later years. And, we are poised to meet new people, make new friends, and find ways to become part of the fabric of the community we live in.

For some transplants, the 'making new friends' part of moving to Whidbey is easy but for others, finding new friends has been a bit tougher, making them feel more isolated than they thought would be the case.

I want to urge you to reach out in your neighborhood, in the town you are closest to or attracted to, or to a community of people that seem alive and welcoming. Immediate options come to mind: churches, senior centers, service organizations,

groups connected with the arts or recreation or the environment or education or political activism. Whether as a volunteer or a participant in an activity or group, what are your interests and what are the options for you to engage those interests?

Making friends happens over time and through shared experiences, learning about one another, laughing and crying together, swapping ideas or information, attending events together and developing a bond called "friendship."

Now, in the winter of a new year is a great time to survey the "territory" of your life to identify and seek out new friendships or deepen those you already have. Our lives are enriched by relationships, and it takes time, energy, and opportunity to build the relationships and sense of belonging in a community we need and want in our lives. Go forth and enrich your life with relationships in 2019!

Donate What You Don't Need

Clutter, clutter everywhere and not the space to think! Have you ever wondered how you accumulated so much stuff you don't use? Drawers, closets, even maybe the garage have become the "catch-all" for everything you don't use or don't know what to do with.

Just after the holidays I looked around my house and realized that if I cleared out what I don't use I'd gain something very valuable – more room to breathe, and more room to think. So, I am going at it closet by closet with zeal. "What do I need that for?" I ask. "Do I really use this or that anymore?" The old saying goes that if you haven't used it in a year give it

away – OK, that's a good starting place. But, there's a fine line when it comes to deciding what I don't need and what I might need someday, after all, I don't want to have to buy something I just threw out when I find I need it.

Sure, I might need a ladder someday, but if I haven't climbed on one in three years, it's time to give it away. My inner voice said, "Sure you might need a ladder someday but by the time "someday" rolls around what you'll really need is someone to climb that ladder for you." Good point. What about that lawnmower sitting in the garage? I hire the neighbor's teenagers now to mow my lawn, and

they use their own mower...time to give mine away. I have a linen closet full of good wool blankets from when I had a household of children who are now all grown and living far away. Wouldn't someone else here on the island with a family use and appreciate them? I'll keep three for guests and give the rest away.

These long rainy days of winter are a great time to do this. I've started doing a room each week. Every week I load up my car and take it all to Senior Thrift. Everything I don't need will help someone else who needs it, and while I'm at the thrift store, I might find something I need that someone else donated. I support Senior Thrift because all the profits help local seniors like me. That feels good. You can do it too!

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

- Cynthia Trowbridge: President
- June Nailon: Vice President
- Treasurer (open)
- Jason Pryde: Secretary
- Christina Baldwin
- Kathryn Beaumont
- Julie Joselyn
- Marie McElligott
- Suzette Montano
- Chris Schacker
- Bruce Spong

Executive Director: Cheryn Weiser
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.




SENIOR MONDAY!
1/2 OFF COMBINATION PLATES WITH PURCHASE OF BEVERAGE ON MONDAYS FOR SENIORS AGE 60+


WE DELIVER!
(360) 675-6114
OAK HARBOR CITY LIMITS 11AM-9PM
MENU AT EL-CAZADOR.COM




Combine & Save.



I can help you save time & money. One agent for all your insurance needs saves time. And Allstate's multi-policy discounts are an easy way to save money. For affordable protection for your home, car, boat and more, call me first.



MATTHEW IVERSON
360-675-5978
466 NE Midway Blvd,
Oak Harbor, WA 98277
mattiverson1@allstate.com



Allstate
You're in good hands.
Auto Home Life Retirement

Insurance and discounts subject to terms, conditions and availability. Allstate Property and Casualty Insurance Co., Allstate Fire and Casualty Insurance Co., Allstate Indemnity Co., Allstate Insurance Co., 2775 Sanders Rd., Northbrook, IL 60062, Northbrook, IL. © 2016 Allstate Insurance Co.

ROSARIO SKIN CLINIC

YOUR DERMATOLOGY SPECIALISTS

- Board Certified
- Mohs Surgery
- Cosmetic
- Surgical
- Medical



(360) 336-3026

AMBER FOWLER, MD LAURIE JACOBSON, MD
RANDY BANKS, PA-C CaSONDRA WEBB, PA-C
LYNDSEY SWITZER, PA-C

5 NE 4th Street • Suite B • Coupeville
3110 Commercial Ave • Suite 105 • Anacortes
1600 Continental Place • Suite 101 • Mt. Vernon
3614 Meridian Street • Suite 200 • Bellingham

www.RosarioSkinClinic.com

FEBRUARY HIGHLIGHTS *at Island Senior Resources*

FUN-draising

Saturday, Feb. 9

Not Your Grandma's Bingo will be back Saturday, Feb. 9 in Bayview Hall. 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 famous 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.

AARP Tax-Aide Free Tax Return Preparation

Feb. 1 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 Feb. 1 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.

DRIVE SAFE DRIVE SMART

Take the new AARP smart driver course

Saturday, Feb. 9

8:30 a.m. - 4 p.m.
Island Senior Resources (Bayview)

Refresh your driving skills; understand the new rules of the road. Learn driving strategies to help you stay safe behind the wheel.

This class may save you money on your car insurance. There are no tests to pass. Lunch not included.

Cost: \$15 AARP members, \$20 for non-AARP members.

Registration required. Call 360-321-1600 or 360-678-3373.

Dementia Care Classes for Caregivers

Taught by Kathleen Landel

Feb. 19 – Let's Talk About the Brain: The Impact of Dementia

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

March 19 – The Caregiver Journey: The Stage of Dementia

Learn how dementia progresses and how you can anticipate and respond to the changes and support your own needs.

1-3 p.m. at Oak Harbor Senior Center, 51 SE Jerome St., Oak Harbor

\$15 per class. Call 360-969-5471 to register.

Dementia Care Partner Support Series

Taught by Kathleen Landel

Tuesdays, Feb. 5, 19, March 5, 19

10 a.m.-Noon
Oak Harbor Senior Center
51 SE Jerome St., Oak Harbor

This series is progressive and will cover topics on Facing Dementia, Skills, and Coping, The Long Haul, Taking Stock – Taking Care of You, and Putting it all Together. You will connect with other caregivers and learn through videos, handouts, discussions and hands-on skill training.

\$15 per class. Call 360-969-5471 to register.

End of Life Discussion Series

Held Tuesday afternoons, featuring the following topics hosted by Island Senior Resources and Hospice of the Northwest.

12:30-2:30 p.m. at Coupeville Library, 788 NW Alexander St. Class is FREE. For more information, contact Nicole Donovan 360-321-1600. No need to register.

Feb. 19: Introduction and Overview
Aging in Place, Fall Risks (HNW)

Feb. 26: The Legal Paperwork
What documents are available and needed (HNW and Andy Schuh, Attorney-at-Law)

March 5: End of Life Options
Disease progression, in-home care options and hospice care (HNW and Whidbey Hospice)

March 12: After Death

A panel discussion with funeral home representatives (Jason Easton from Evans Funeral Chapel and On-site Crematory and Paul Kuzina from Whidbey Memorial)

March 19: Grief and Loss

How does change affect you? A discussion providing tools for change, grief, and loss (HNW)

Thank you Rotary Club Whidbey Westside!



Janice DeWolf ISR Food Service Manager, John Joynt Rotary Club Whidbey Westside. Photo by Mel Watson

Rotary Club Whidbey Westside donated \$1,000 for Meals on Wheels! We thank you for your generosity and for all the help you provide to our Pancake Breakfast fundraisers for Meals on Wheels. We appreciate your time, humor, and generous support for our nutrition program that serves seniors in need.

Chronic Pain Self-Management Workshop

Thursdays, Feb. 7 through March 21
1 – 3:30 p.m.

Oak Harbor Senior Center
51 SE Jerome St., Oak Harbor.

Learn to better manage medications, make decisions and communicate more effectively, eat well, add activity to your life and much more.

Registration Required. Class is FREE but space is limited. To register, contact Debbie Metz, 360-321-1621

FEBRUARY at SENIOR THRIFT

STORE HOURS

Mon – Sat: 10am – 5pm • Sun: 11am – 5pm
5518 Woodard Ave (just north of Main St), Freeland, WA 98249

360-331-5701

Donations gladly accepted from opening until 4 PM daily except Wednesdays

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

ALL FEBRUARY
Red Tags, 25% off
White Tags, 50% off

SATURDAY, FEB. 9
25% off Showcase jewelry • 50% off all other jewelry

SUNDAY, FEB. 17
Your choice of one (1) item, 25% off

THURSDAY, FEB. 21
Your choice of one (1) item 25% off

Thank you!

All of us at Island Senior Resources would like to thank the many individuals, businesses, and organizations, who provided vital support to Island Senior Resources in 2018. From financial contributions, to volunteers, donations of services, space, items for our raffles, and so much more, we thank you all.

Many local and regional organizations and businesses sustained us in many different ways and we hope everyone in the community will make a special effort to join with us in thanking them for their support of all we do to serve seniors and adults living with disabilities in our community:

- Bank of America
- Bayview Hall
- Building Source
- Cadee Distillery
- Camano Community Center
- Candlewood Suites
- The Caregiver Coach
- Casey's Crafts
- Coastal Community Bank
- Color Box Salon
- Coupeville Methodist Church
- Eagles FOE AERIE #3418
- El Cazador
- Freeland Ace Hardware
- Gallery Golf Course
- Good Cheer
- The Goose
- Goosefoot
- Harvest Foundation
- Heritage Bank
- Hillside Church
- Imagine Children's Museum
- Isherwood Art Pottery
- Island Athletic Club
- Island Cafe
- Island County Fairgrounds
- Island County Housing Authority
- Lundgren Crabbing
- Knights of Columbus – St. Hubert Catholic Church
- Les Schwab
- Lind's
- Lithtex
- The Lord's Garden
- Lucky Seven Foundation
- The Machine Shop
- Maple Ridge
- Mukilteo Coffee
- Mutiny Bay Distillery
- Noe Jose Café
- Oak Harbor Bowling
- Oak Harbor Cinema
- Oak Harbor Rotary Club
- Oak Harbor Senior Center
- Oak Harbor VFW Women's Group
- Puget Sound Energy
- Rain Shadow Nursery
- Raven Rocks Gallery
- Rocket Taco
- Rotary Club Whidbey Westside
- Sarah Schmidt Nature Guide
- Seattle Essential Baking Company
- Seattle Foundation
- Sno-Isle Libraries
- South Whidbey Assembly
- St. Augustine's in-the-Woods
- St. Cecilia Church
- St. Hubert Catholic Church Women's Group
- Stillaguamish Tribe of Indians
- Sweet Mona's
- Swinomish Tribe
- Tulalip Tribes
- Walmart
- Wells Fargo
- Westphal Improv
- Whidbey Children's Theater
- Whidbey Donuts
- Whidbey Golf Club
- Whidbey Island Distillery
- Whidbey Weekly
- Wild Crow Pies

KALEAFA CANNABIS COMPANY



SENIOR SUNDAYS 10% OFF
SELECTED CBD PRODUCTS FOR CUSTOMERS 60 YEARS & OLDER

Topicals, Edibles
Capsules, Tinctures
and much more

Kaleafa Cannabis Company has the largest selection of CBD Products on Whidbey Island. Our professional friendly staff are ready to assist you in finding the right product to suit your needs. We are easily accessible and open 7 days a week.

33858 SR 20, Ste 102 • Oak Harbor • 360-682-2420 • www.kaleafawa.com

Marijuana can have intoxicating effects and may be habit forming. Marijuana can impair concentration, coordination, and judgement. Do not operate a vehicle or machinery under the influence of this drug. There may be health risks associated with consumption of this product. For use only by adults twenty-one and older. Keep out of the reach of children.

SENIORS' INSURANCE SERVICES

360-331-4560

- Turning 65? Have employees who are retiring?
- No-cost assistance transitioning to MEDICARE.
- Ongoing claims support, too!
- *Call us today.*



Serving Seniors Since 1979!

www.seniorsinsuranceinc.com

You can help make history!



More than **90%** of Americans are uninsured for long-term support

Long-term care insurance isn't affordable for most Washingtonians. When long-term care services are needed many families' savings are drained, and many family care-givers are put at risk, both physically and financially.

Washington Can Take the Lead Pass the Long-Term Care Trust Act!

The Long-Term Care Trust Act (HB 1087 & SB 5331) would give families the security of knowing that financial help is available for the care they need when they need it.

Information will be presented on this ground-breaking legislation and what we can do to help make it the law of Washington. **WON'T YOU JOIN US?**

Tuesday, February 12 • 6:30pm-8:00pm
Langley United Methodist Church Fellowship Hall
301 Anthes Ave • Langley

Presenters will include: Robby Stern, President, PSARA Education Fund
Kippi Waters, Founding Director, Peninsula Homecare Cooperative
Karen Richter, Membership Vice President, PSARA

Sponsored by Whidbey Island Puget Sound Advocates for Retirement Action (PSARA)

ISLAND TIMES IS A PUBLICATION OF WHIDBEY WEEKLY

PUBLISHED and distributed every month. No part of this publication may be reproduced without the written consent of the publisher. Whidbey Weekly, Island Senior Resources and Oak Harbor Senior Center cannot be held responsible for the quality of goods or services supplied by advertisers in this publication. Advertisements are not an endorsement by either Island Senior Resources or Oak Harbor Senior Center.

TO ADVERTISE: Island Times publishes the last Thursday of each month. Deadline to advertise is two weeks prior to publish date. Please email advertise@whidbeyweekly.com or call (360) 682-2341. For more information, please visit www.whidbeyweekly.com.



390 NE MIDWAY BLVD | PO BOX 1098 | OAK HARBOR, WASHINGTON 98277

Publisher & Editor **Eric Marshall**
Marketing Representatives..... **Penny Hill, Roosevelt Rumble**
Graphic Design **Teresa Besaw**
Production Manager **TJ Pierzchala**
Circulation Manager..... **Noah Marshall**

**Volume 2
Issue 10**

PHONE: (360)682-2341

FAX: (360)682-2344

TRUSTING continued from page 1

hang up. And if you do collect this data, tell them, "Thank you, I'll call you back." Hang up and take your time to think things through, double check, ask a trusted family member, law enforcement, etc. "Do you think this is legitimate? How do you think I should respond?"

3. The call or email is coming from a source you don't usually use: i.e. Fed Ex, when you haven't shipped anything, or a bank where you don't have an account.
4. Do not engage the internet environment beyond your comfort level. When my mother-in-law asked if she should learn the computer we discouraged her because she had not trained herself with years of practice to maneuver this complex environment of unfiltered information. When my father asked if he should get on Facebook we discouraged him because it would expose him to advertising and fake relationships he'd never tried to handle before.

Where we can rest is back at the basics: being in relationships of acquaintance, friendship, and family we trust.

My friend who hung up the phone is 85. She comes from a time and place where she knew the milkman, the postman, the grocer, the bank teller, and other service providers. Exchanges of asking and offering were conducted in a field of familiarity and relationship. These types of face-to-face connections still flourish on Whidbey and are part of what we appreciate about island life: we're in this together. It's great to have the

check-out person wonder where we've been if we haven't gotten groceries in a couple of weeks. It's reassuring to have the bank clerk call and inquire if something doesn't look right in our checking account.

Because valuables, medicine, and vulnerable information rest on the surface, we need to trust anyone who walks through our homes: friends, family, neighbors, care-givers, cleaners, repair persons and others. Trust is built through relationship and by signaling each other our trustworthiness.

To develop trust, remember three things:

- Interact locally and face-to-face as much as possible.
- Choose a person to contact when you have concerns, and get to know each other.
- Talk about trust: what it means in different relationships and situations.

"Doris, did you mean to leave your rings by the sink?" I ask my friend when I come out of the guest bathroom.

"Why no, and I would have panicked when I realized I didn't have them on. Thank you."

"We all do that," I reassured her. "Just call me, and I'll help you find whatever's gone missing."

"Do you know where your glasses are right now?" she asked me with a smile.

"No, I actually don't!" I felt anxiety rising. Doris retrieved them—off my head—where I'd pushed them back as a hair-band.

We get by with a little help from our friends, and that's life on Whidbey.

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.

- How Music Reaches Those with Memory Issues
- Keep Your Brain Young with Music
- 14 Ways to Spend Valentine's Day with Your Senior Loved One
- Where to Report Fraud or Financial Exploitation

ALERT!

Be aware that the IRS and Social Security will NEVER contact you by phone asking for payment of any kind. If you get that kind of call hang up immediately. Do not supply the caller with any information. All these calls are scams designed to steal your money or your identity. The IRS and Social Security will always send you any inquiry in writing or through regular mail (NOT by phone or email).

The same thing is true for your bank. If someone calls asking for your identity information and says they are your bank, ask what they need, ask what department they are in, then hang up, and call your bank directly. Do NOT use the callback/recently called feature on your phone. Make a new call to your bank's official customer service number. If the bank needs the information, you can supply it, but if they don't then the call was a scam and you can be relieved you didn't provide any information.

Be wise and be careful with your information.