

Island Times

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

MONTHLY NEWSPAPER OF ISLAND SENIOR RESOURCES AND THE CENTER IN OAK HARBOR Volume 3 • Issue 9

Lighten Up, Brighten Up

By **Morghan Milagrosa, CNM, WHNP-BC, ARNP, IBCLC, MSN**
 Women's Care Provider at Chinn GYN, LLC

Ah, winter in the Pacific Northwest! There is nothing quite so jolly as a day filled with utter grey. Unless, of course, you consider a cold day filled with utter grey and a dozen scattered showers of frigid rain. When I think of Washington winters, I think of hibernation. I just want to stay inside. My beloved outdoor activities are disrupted, and I rush from car to house and car to clinic without pausing long outside. This winter, I am rekindling my love of heated seats and I am reveling in the glory of our FAR infrared sauna that heats me to my very marrow & penetrates my tissue with its warmth as quickly as the cold winter wind seems to whip into my bones when I go outside. At the clinic, we are all in line for our turn in the sauna, and we are also all fighting for time and space in front of our medical and medicinal full-body red and near infrared light unit. If you pass the clinic at night, you will notice the warm, rosy glow emitted from the window of the redlight room. The room pulses with the lifeblood of



*Morghan Milagrosa,
 Provider at Chinn GYN, LLC
 Lighten up brighten up*

What Will Get Us Through These Bleak Winter Days. Seasonal Affective Disorder is so common in our region, particularly in women, that it is often referenced cavalierly, almost as though it is a given that any one of us might have it. And Seasonal Affective Disorder, or, very aptly, SAD, is indeed something that affects a large percentage of women in Washington State, but it is often also misunderstood. SAD is not the desire to, for God's sake, just have a single sunny day. It is not being sick of the grey sky and the rain. It is not longing for the warmth of summer.

Rather, SAD is a form of major depression that sets in most commonly in the fall as the seasons begin to change and the days grow shorter. When it is colder out and when the sun shines for fewer hours in the day, there is significantly less exposure to natural light, in part because we are all thinking of hibernation and spending significantly less

LIGHTEN continued on page 12



Living with Edges

By **Christina Baldwin**
 Board Member, Island Senior Resources

We live on an island. Most of us came here from somewhere else. We chose this place or have a sense this place chose us. We enjoy the beauty, slower pace, stepping into nature, walking nearly empty beaches, or attending local events with hundreds of neighbors. The arts and music scene keeps us entertained without having to get on the ferry and the freeway. We like living with edges.

Recently my friend Tom went walking in the forest and decided to head off-trail. Much to his surprise (he's lived here for decades), he got completely turned around. The more he walked, the more he became tangled in the underbrush and disoriented in direction. His guiding thought, he reported later, was simply: it's an island: if I just keep walking, how far can it be to the edge? Eventually, at a spot with a bit of cell phone coverage, he

"All of us, at some time or other, need help. Whether we're giving or receiving help, each one of us has something valuable to bring to this world. That's one of the things that connects us as neighbors—in our own way, each one of us is a giver and a receiver."

~Mr. Rogers

decided to call 9-1-1 and admit, "I'm lost. I'm standing waist-high in salal wearing dark green pants, black jacket and hat—essentially invisible." South Whidbey volunteer responders sent out a crew and found him.

This year, this column will explore what it means to live on the edge, to be surrounded by edges, and how those edges

EDGES continued on page 3

QUESTION OF THE MONTH: WHICH DECADE WAS YOUR FAVORITE AND WHAT MADE IT SO ENJOYABLE?

Eloisa, 84

Freeland

"2000s because I enjoy working with people at the senior center, this is my other home."

Linda Green, 62

Oak Harbor

"60s – family and friends were around, and they are important."

Vanetta, 90

Clinton

"The 40s. I loved to roller skate at Roller Bowl in Seattle."

**Linda Carruth,
 Old enough to know better**

Oak Harbor

"50s-60s because of the music."

Betty Sue Boyd, 70

Oak Harbor

"The 50s – everything was good times and happy, and my mother was still alive."

Barbara, 78

Greenbank

"The 50s and the 90s. I loved the music in the 50s. I started volunteering at Island Senior Resources in the 90s and I have many friends and enjoyable times there."

Barbra Tripp, 66

Oak Harbor

"The 60s because of The Beatles."

Nancy, 60

Langley

"The 90s when my kids were growing up and we had so much fun!"



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FROM THE EXECUTIVE DIRECTOR

Another Year and Another Decade

By Cheryn Weiser, Executive Director, Island Senior Resources

January is a month when we are asked to decide whether we hunker down or begin the ramp-up to spring, or maybe both. Now that the major winter holidays are behind us, how do we want to use our time and energy?

In my case, it's another opportunity to dive into down-sizing: the accumulation of inherited stuff from my Mom, my in-law's book collection, and other items passed along from relatives or gathered over life's journey of raising children and enjoying family life. What do I really want to keep? And, to whom or where do I recycle as many items as possible? Senior Thrift here I come!

In the slower pace of the winter season, how do I want to

spend my time that in a warmer time of year I might be drawn to being outside as much as possible? Is it time to read that book I haven't taken the time to read? Or attend a concert? Or maybe, work on a memoir that sits with only an outline to remind me that it awaits? Oh, and who haven't I seen or talked with recently that invites me to initiate a good long chat by phone, or an exchange on Skype or Facetime, or a visit over coffee or a meal?

As for my bucket list, how is it doing? Have I added or checked items off? As I contemplate another year and, OMG, another decade: How do I want to be in the world, on our Island, with my family and friends and with myself in 2020? It is a great time of year to reflect, contemplate, and set the course ahead.

Happy New Year from ISR!

"AWARING"

By Charles LaFond, author, engager, ISR staff member

Perhaps "awaring" should be a new verb. To "aware" would be a helpful addition to my word options. My submission to the Oxford Dictionary New Word Committee would read something like:

To Aware (verb)
gerund or present participle: awaring

1. The action of being actively vigilant to surroundings and what is present in one's mind and heart.
"Sally was awaring as she noticed the people around her who needed help after the earthquake"
2. Similar: mindful, attentive, cognoscente

The other day I was comparing when I should have been "awaring." I was making tea bowls on my pottery wheel when suddenly, the last one collapsed. I was tempted to compare it to the others and scold myself for carelessness. But then, I became aware that the collapsed pot could be remade into a bud vase. The inclination to compare is soul-killing. The willingness to be aware is life-giving



and is the pathway to creative, generous living.

I used to compare myself to others in the same way I recently compared my tea bowls to each other. Am I ok? Did I do enough? Did I help enough? Is my life attractive or impressive enough? Comparing ourselves to others can be harmful. We too easily compare ourselves to the expectations of relatives or modern media – the perfect storm of despair.

The adage "compare and despair" is true. When we compare, we can begin to despair. "They have family nearby; why don't I?" "They have a big house; why

don't I?" "They have a better body or place-setting or table-scape; why don't I? When I compare, I despair. So, these days I try to switch "compare" for "aware." What if the energy I spend comparing were redirected to becoming more aware of the people around me – their beauty, their needs, or their suffering? Rather than comparing myself to others, I try to become more aware of myself among others.

To be "aware" however, carries with it a powerful human responsibility. Driving alongside stunning views of mountains and water, pastures and forests on Whidbey and Camano Islands, one passes many little lanes and driveways. The disparity between lifestyles here is as shocking as are the views. It's not good or bad. It's just a reality of life. One young family has a million-dollar second home with a view of the water, while across the street lives a ninety-year-old on a little plot of land in a leaking double-wide. Both homes have plumes of smoke wafting up from chimneys but, one chimney is of gray stone and the other is of rusted iron. Both homes have roofs and while one is of sealed steel, the other is of leaking tar-paper.

Sometimes things just do not turn out the way we had planned - be it a pottery tea bowl or a human life. But how to change from compare to aware?

First, I attend to what I call "gaze-practice." They say that physically, we are what we eat. But mentally, we are what we adore. So, I work hard to limit my exposure to marketing and advertising.

Second, I find that gratitude-practice is an antibiotic for envy. The simple act of listing what I DO have disinclines me from longing for what I do NOT have and will always inspire generosity in me.

Third, I find that acceptance-practice will sweeten acidic envy-thoughts and ground me in awareness. If I can be grateful for what I have, then accepting life as it is will move my gaze from myself to others and will make room for an awareness of others' needs.

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

Oak Harbor Aging & Disability Resources 360-675-0311

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

OUR LOCATIONS

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

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

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

Senior Thrift
5518 Woodard Ave
Freeland, WA 98249

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

ISLAND SENIOR RESOURCES BOARD OF DIRECTORS

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

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.

JANUARY 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

SPECIAL HOLIDAY HOURS

Store closes at 2 p.m. Dec. 31 • Store closed Wednesday, Jan. 1

- Jan. 5, 12, 19, 26..... Special Sunday your choice (1) item 20% off
- Jan. 4 Dishes, 15% off
- Jan. 11 Electronics, 15% off
- Jan. 18 Hardware, 15% off
- Jan. 25 Furniture, 15% off
- Jan. 30 and 31 All Yellow tagged clothing \$1

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EDGES continued from page 1

influence our individual and collective lives. We will explore the ways our community works to make sure no one stays invisible, that those who are lost are found, that the circle of those who provide help and those who receive help is appreciated, supported, and continuing. We will explore the limitations of island life and the perspectives that arise from being on the edge of the country. We will admit how easy it is to get disoriented and find ourselves suddenly alone, and how grateful we are when we are tucked back into a sense of home and community.

As January's chilly weather provides an opportunity to tuck in with ourselves and each other and do a little reflecting, I invite us to start this consideration of edges with three questions to contemplate over a cup of tea or coffee, alone or with company, chatting or writing.

The first noticeable thing about an island is we all have to get here: arrival is deliberate. Staying on "the rock" is also deliberate. So, question # 1. What drew you to Whidbey and what commits you to staying here? (If you were born/raised here: why do you stay; if you immigrated here, why this island?)

In August 1993, when my partner and I were in our forties, we scouted communities around Puget Sound like two Goldilocks: too isolated, too small, too large, not the right school district, etc. We caught the Port Townsend ferry, landed at Coupeville and began driving south. I'd been here before, visiting my cousins, but this time we weren't tourists, we were looking for "home." By the time we got to my cousin's house, we were ready to commit. Bill and Donna got on the phone to friends and soon,

folks were making a picnic in their yard, orienting us to island life. Some of the people we met that evening are still our friends.

The second noticeable thing about an island is that it takes planning and deliberation to get off. Yes, there's the bridge for northenders, but for the middle and south, there's only "the boat." So, question #2: What ways do you feel held by the boundaries of the island and what ways do you feel isolated by the island?

Driving from the ferry, I push the pedal to make it uphill and then start relaxing, right foot easing off the accelerator, flexing my hands on the steering wheel, slowing down, coming home. On a dark January evening when my grandson was five years old and visiting with his mom from their apartment in Los Angeles, I remember his voice piping from the backseat as we hit the far-side of Clinton, "Whoa, Nina, it's really dark here. Do you know where your house is?" Yes, I do. And I love the velvety drive up island; I love that it's not city.

The third noticeable thing is that island living requires levels of preparation, connection, and communication not necessarily common in bigger urban areas. So, question #3. How do you think we look out for and support/sustain each other because of our edges?

My neighborhood requires cooperation. We maintain our water system, beach access, private side lanes. I know every family by face and name. I know their children, pets, and routines. I do not necessarily know how they vote, where/ if they attend church, or what they watch on television. We know that living together on the edge requires civility, friendliness, concern, and acceptance.

I look forward to diving into this exploration of edges with you this year.

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."

- Reflections from Living in Gratitude
- In Praise of Gratitude
- 7 Ways to Make a Healthy Fresh Start
- How to Make the Most of the Fresh Start of New Year

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HIGHLIGHTS at Island Senior Resources

MULTIPLE SCLEROSIS DISCUSSIONS

FREE

Thursday, Jan. 9 and Feb. 13
2-3:30 p.m.

Careage of Whidbey (activities room)
311 Third St NE, Coupeville

Are you or a family member living with Multiple Sclerosis? ISR is partnering with Careage of Whidbey to offer three free webinar broadcasting events which will enable those with limited or no access to the internet the opportunity learn and discuss the topics that are offered through the MS Society website.

Thursday, Jan. 9:

Diet and Multiple Sclerosis, a Neurologists perspective

Thursday, Feb. 13:

Topic TBD

Please contact MS support group facilitator, Mel Watson, for more information, 360-321-1623.

LIVING WELL WITH CHRONIC PAIN

6-Week Workshop

Wednesdays, Jan. 22 - Feb. 26 • 1-3 p.m.

Oak Harbor Library meeting room
1000 SE Regatta Dr., Oak Harbor

Learn skills critical to managing pain such as creating healthy food plans, stress management and relaxation techniques, improving communication, managing medications, working with health care providers, goal setting and problem solving. You'll also practice gentle moving exercises and benefit from support and tips from classmates. Preregistration is required. Please Call Debbie Metz at 360-321-1600, ext. 13.

COMMUNITY JAM SESSION

Every Tuesday • 2-4 p.m.

Come enjoy an open jam session at Island Senior Resources (Bayview) every Tuesday. All skill levels welcome; come play or just come listen!



VOLUNTEERS NEEDED

Volunteers needed for Leo's Place at Island Senior Resources, Bayview.

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Whidbey Island Support Groups

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

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

NORTH END

Oak Harbor Caregiver Support Group 1

2nd Thursday, 2 – 3:30 p.m.
The Center in Oak Harbor,
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.
The Center in Oak Harbor,
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
The Center in Oak Harbor,
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
The Center in Oak Harbor,
51 SE Jerome St., Oak Harbor
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 2020

If you are going on Medicare in the next six months and/or are wanting to know more about Medicare, attend a free General Information seminar offered 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 more information, call: 360-321-1600 ext 0.

OAK HARBOR SENIOR CENTER 51 SE Jerome St, Oak Harbor

Tuesday, Jan. 21, 1 p.m.

Information will be provided about:

- "Basic" Medicare benefits
- Changes for 2020 will be covered in the Medicare 2020 classes
- 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:

The Center in Oak Harbor: 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, 11:30 a.m.

THE CENTER IN OAK HARBOR

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

CAMANO CENTER

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

CAMBEY APARTMENTS

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

BROOKHAVEN

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

COUPEVILLE METHODIST CHURCH, FIRST UNITED

608 N Main St, Coupeville, WA 98239 • 360-678-4256
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HILLSIDE EVANGELICAL FREE CHURCH

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

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

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

MENU - JANUARY

\$6 Suggested donation for meals

WEEK 1

Wed	1	Holiday – Meal Sites Closed
Thurs	2	Chef's Choice
Fri	3	Balsamic & Peaches Pork Chops

WEEK 2

Mon	6	Tuna Zucchini Pasta
Tues	7	Hearty Vegetable Soup
Wed	8	Meatloaf w/Tomato Topping
Thurs	9	Chef's Choice
Fri	10	Chicken Puttanesca

WEEK 3

Mon	13	Creamy Mac & Cheese
Tues	14	Terrific Turkey Chili
Wed	15	Chicken w/Mustard Sauce
Thurs	16	Chef's Choice
Fri	17	Lemon Red Snapper w/Buttered Sauce

WEEK 4

Mon	20	Holiday – Meal Sites Closed
Tues	21	Corn Chowder & 1/2 Wrap
Wed	22	Spaghetti w/Meatballs
Thurs	23	Chef's Choice
Fri	24	Deluxe Burger Sliders

WEEK 5

Mon	27	Pork Fried Rice w/Veggies
Tues	28	Half Best Rubeen Sandwich
Wed	29	Chicken & Asparagus Bake
Thurs	30	Chef's Choice
Fri	31	Country Brunch Casserole

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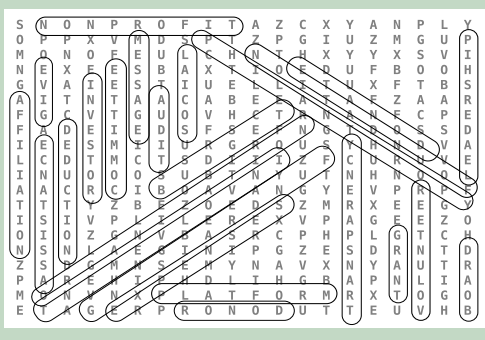
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 E T A G E R P R O N O D U T T E U V H B

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

- AFFILIATION
- ASSISTANCE
- AUDIT
- BOARD
- BUDGET
- COMMITTEE
- DEDUCTION
- DONATE
- DONOR
- EXPENSES
- FOUNDATION
- FUNDRAISING
- GIVE
- GRANT
- INVESTOR
- INVOLVEMENT
- LEADERSHIP
- MESSAGE
- NONPROFIT
- ORGANIZATION
- PHILANTHROPY
- PLATFORM
- SOCIAL
- TRANSPARENCY
- VOLUNTEER

ANSWERS



Join us for LUNCH & LEARN



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

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 |
|---------|---|
| Jan. 1 | New Year's Day – No presentation, no Lunch. |
| Jan. 8 | Starting on the Right Foot...and the Left!
Harada Physical Therapy owner Erick Harada and staff from his Coupeville clinic will help you follow thru on that ubiquitous New Year's resolution to get in better shape. |
| Jan. 15 | Make Yourself Count!
Anne Murphy, Sno-Isle programming coordinator, will explain how important an accurate census count is to all levels of local planning and funds distribution. Census forms can be completed online this year and your library is here to help everyone participate. Coupeville has a goal to make the Census 100% green with 100 % participation by April 1. |
| Jan. 22 | Brain Boosting Nutrition & Lifestyle Tips
Maggie McGinnis, WhidbeyHealth clinical dietitian. Your brain is responsible for some pretty big jobs, like keeping your heart beating, lungs breathing, and body moving. Eating a healthy diet and staying physically active keeps your brain working. Learn more about super foods to keep your brain sharp and other strategies to reduce your risk for Alzheimer's and cognitive decline. |
| Jan. 29 | From Despair to Joy
Certified Life Coach Glenda Cantrell, former ISR program coordinator, will share how she fought a debilitating cancer treatment to regain a life with purpose and joy. She will give you tips you can apply to your struggles. |

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

Lunch (optional) will be served 11:30 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!
Lunch & Learn's in Bayview are a collaborative venture with South Whidbey @ Home

- | Date | Topic and Presenter |
|---------|---|
| Jan. 7 | Seasonal Twilight: Navigating Life between Holidays and Summer
The darker days of winter and early spring can be hard because of isolation, grief and loss, health struggles, or sunlight deprivation. Charles LaFond, celebrated author will discuss the winter doldrums, offer life-tools to navigate feelings, detoxify anxious thoughts, lighten moods, metabolize grief or disappointment, and create our own strategies for winter wellness. |
| Jan. 14 | Let's Get Social: A Beginner's Guide to Social Media (Part 2)
Social media can be overwhelming and intimidating, but with just a few simple tips and tools, you'll find it's an excellent way to connect to family and friends, learn new things, meet folks with shared interests, and stimulate your mind. Join Jessica Karpilo, ISR outreach assistant, to learn how to get started, how to protect your privacy, and have your questions answered. (You do not need to have attended Part 1 for this to be useful). |
| Jan. 21 | How to Safely Use Medical Cannabis
Dennis James of MediCannaCare will be returning to explore: Who can benefit from medical cannabis, what is the best way to take medical cannabis, and which medical cannabis products are safe. Come curious, Dennis will be available after his presentation to answer questions. |
| Jan. 28 | Green Burial
Lucinda Herring will present new ways to think about funerals and burials. She's a certified home funeral consultant, a Green Burial Guide and licensed funeral director. She will present information for anyone seeking to exercise their innate and legal right to care for their dead, create home funeral vigils, and choose greener after-death care options that are less toxic and more sustainable for the earth. |

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.

JANUARY CLOSURES

In observance of New Year's,
The Center in Oak Harbor
and Island Senior Resources
will be closed
Wednesday, Jan. 1

In observance of
Martin Luther King Jr. Day,
The Center in Oak Harbor
and Island Senior Resources
will be closed
Monday, Jan. 20



JANUARY

THE CENTER IN OAK HARBOR ACTIVITIES 360-279-4580

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9 Quilting 9 Billiards 9:45 Enhance Fitness 11:30 Duplicate Bridge 11:30 LUNCH 12 Bunco 12:30 Ping Pong 1 Art with Ivy 2 Back to Knitting (1st & 3rd Monday) 2:30 Parkinsons 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 9:45 Enhance Fitness 10 Wire Wrap (3rd Wednesday) 10 Chess Lessons 11:30 Duplicate Bridge 11:30 LUNCH 12 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 10 Creative Writing (resumes Jan. 9) 10 Walking Club 11 Mah Jongg 11 Mexican Train 1 Reiki Treatments 1 History Class (resumes Jan. 9) 2 Caregiver Support (2nd Thursday) 2:30 S.A.I.L. 7 Wire Wrap	8:30 Tai Chi 9 Quilting 9 Billiards 9:45 Enhance Fitness 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* 11:30 Lunch Served 1 Mahjong	8:45 Tai Chi Wu Style 9 Foot Clinic – call 360-341-3210 for appt 10 Time Together* 10:30 Tune In, Tone Up Ukulele with Talia 11:30 Lunch Served 12:30 Lunch & Learn 2 Community Jam Session Jan. 7 - 1st Tuesday 10 Parkinson's Support Group** Jan. 14 - 2nd Tuesday 10 Alzheimer's Support Group 2:30 Parkinson's Singing Group South* Jan. 21 - 3rd Tuesday 10 MS Support Group Jan. 28 - 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 11:30 Lunch Served Jan. 29 - Last Wednesday 11:30 Birthday cake and Party (all are welcome)	8:30 Bridge 9 Senior Striders 10 Time Together* (10-noon only) 11 Time Together Short Program* 12:15 Whidbey Prime Time Players 6 Twilight Bridge Jan. 16 - 3rd Thursday 4 Paid Caregivers Support Group	10 Time Together* 10:30 Fun Band 11 SHIBA (Statewide Health Insurance Benefits Advisors) by appointment 11:30 Lunch Served 2 Legal consults (call for dates and appointments) Jan. 10 & 24 2 Legal Consults (call for appointment) Jan. 17 - 3rd Friday 10 Death Cafe	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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TRAVEL LOG

THE CENTER IN OAK HARBOR

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

MYSTERY LUNCHES

Thursday, January 16

Wednesday, February 19

Thursday, March 19

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

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

JANUARY



EAGLE TOUR ON THE SKAGIT RIVER

Tuesday, January 14

7:45 AM - 4:30 PM

Member: \$140 • Non-Member: \$165

This three-hour guided eagle tour begins in Rockport as they drift down the river with the opportunity of viewing hundreds of eagles as they feast on the bounty of food the Skagit has to offer. The drift boats do have heaters in them, but we do suggest you dress warm as the trip will go regardless of weather conditions. There are very limited spaces available on this trip so please sign up before January 2 to ensure your spot. We will stop for a no host lunch after the boat tour. Please feel free to bring your camera!

GUYS & DOLLS

Saturday, January 18

10 AM - 5:30 PM

Member: \$117 • Non-Member: \$140

Considered by many to be the perfect musical comedy is a treat full of romance, laughs, and irresistible charm.



SWINOMISH CASINO

Tuesday, January 21

10 AM - 4 PM

Member: \$20 • Non-Member: \$25

Let's stay close to home and test our luck at the Swinomish Casino. It's "Boomin' Tuesday" which means there are great lunch specials and multiple chances to win during their hourly "Hotseat" drawings.



LEMAY CAR MUSEUM

Wednesday, January 29

8 AM - 8 PM

Member: \$80 • Non-Member: \$95

Whether you're a collector, an automotive enthusiast, or just a fan of cars, this museum will sure to spark your interest. Enjoy a no host lunch in their Classic Café which features hot sandwiches, burgers, and floats or choose from an option of close by restaurants. Price includes transportation and museum entrance.

FEBRUARY



TEATRO ZINZANNI

Sunday, February 1

8:30 AM - 4:30 PM

Member: \$125 • Non-Member: \$150

Step back in time where Glitz and Glamour reign supreme. Teatro ZinZanni's main event is part circus, part cabaret, and always magical paired with a multi-course dinner. Let's put on the glitz and join in the fun. Cost includes transportation, three-hour show, and multi-course dinner served throughout the evening. Join us for this night so enchanting we may never want to leave.

CINDERELLA

Saturday, February 8

8:45 AM - 7 PM

Member: \$130 • Non-Member: \$155

From its first class overture to its high-flying "happily ever after" finale, the comedic love story delivers delights by the dozen. Toe-tapping tunes, bright ensembles, colorful characters, and ridiculous situations make this valentine to kindness sparkle with an enchantment all its own. Enjoy this three-hour production at McCaw Hall and a no-host lunch prior to the show.

VALENTINE DAY SPECIAL: THEO CHOCOLATE TOUR

Tuesday, February 11

8:30 AM - 5:30 PM

Member: \$70 • Non-Member: \$85

Taste your way through an hour-long interactive experience discovering the origins of cocoa, how chocolates are made, and indulge in a wide range of treats on the Theo Chocolate Tour. Then, enjoy a no host lunch at Agrodolce which features handmade pasta made with the finest organic and sustainable ingredients in the Pacific Northwest. Price includes transportation and guided tour.

ANGEL OF THE WINDS

Tuesday, February 18

9 AM - 3:30 PM

Member: \$30 • Non-Member: \$37

This Vegas style casino offers spectacular gaming and dining options with over 1,200 slots to choose from and American inspired lunch buffet. Let's try to win big this time!



NW FLOWER & GARDEN FESTIVAL

Friday, February 28

8 AM - 8 PM

Member: \$77 • Non-Member: \$93

Your gardening desires will blossom when you gaze at the spectacular Garden Shows created by the most respected garden designers and landscapers of the region. You can buy new plants or unique hand-crafted wares, savor delicious specialty foods, or find that special piece of furniture or art to grace your garden.

MARCH

STUNT DOG

Saturday, March 14

10 AM - 5 PM

Member: \$55 • Non-Member: \$65

Cheer on furry friends from animal rescues nationwide in this acrobatic and athletic dog show! These dogs will soar, spin, jump and fly in this high-energy show. Bring your grand-kids for a fun-filled day! We will stop for a no host lunch at Lombardis prior to the show.



SKAGIT CASINO

Monday, March 16

9 AM - 3:30 PM

Member: \$27 • Non-Member: \$33

Last time we went to the Skagit some of us hit it big, let's try to repeat it! This friendly casino offers over 900 slot games, rewards club discounts, and three different dining experiences. Please sign up by March 9th.

ST. PATRICK'S DAY LUNCH CRUISE

Tuesday, March 17

8:30 AM - 4 PM

Member: \$115 • Non-Member: \$135

Celebrate the luck of the Irish aboard the beautiful Emerald Star! Enjoy a festive Irish lunch, bingo games, St. Patrick's Day-themed trivia and prizes while you relax and enjoy the shoreline views of the waterfront estates and local landmarks as your Captain narrates the sights. Price includes transportation, guided boat tour, and Irish inspired lunch.

ALDERWOOD MALL

Tuesday, March 24

8:15 AM - 5:30 PM

Member: \$45 • Non-Member: \$55

Why sit home on your computer waiting for clothes and shoes to arrive? Let's go shopping! Enjoy the company of others on the bus, some walking exercise, and stop for a fun, no host lunch. You will have the option to stop at World Market, Storables, and Target or remain at the mall until it's time to return to Whidbey.



SPARK - MUSEUM OF ELECTRICAL INVENTION AND LUNCH IN BELLINGHAM

Wednesday, March 25

9 AM - 5 PM

Member: \$55 • Non-Member: \$65

This adventure packed day will start with a scenic drive up historical, Chuckanut Drive. Then, we will stop for a no host lunch in the Fairhaven district of Bellingham. After lunch, we will visit the SPARK Museum of Electrical Invention where you can experience the marvelous history, science and power of electricity. Cost includes transportation, guided docent tour, and a private MegaZapper electrical show.

APRIL



THE NEW BURKE MUSEUM

Thursday, April 2

8:45 AM - 5:30 PM

Member: \$50 • Non-Member: \$60

Let's visit the new Burke Museum on the University of Washington Campus. Watch working labs while visiting the exhibits of Biology, Contemporary Culture, Paleontology, Northwest Native Art, and Archaeology. Walk around the beautiful campus with the iconic cherry trees possibly in full bloom! Enjoy a no host lunch at one of several cafes on the campus.

CHICAGO

Saturday, April 4

8:45 AM - 7 PM

Member: \$140 • Non-Member: \$165

CHICAGO has everything that makes Broadway great: a universal tale of fame, fortune and all that jazz; one show stopping song after another; and the most astonishing dancing you've ever seen. Head down to our favorite, The Paramount Theater in Seattle and enjoy this incredible musical with us.

TRAVEL LOG

CRACKED CRAB CRUISE

Tuesday, April 7

9:30 AM - 3 PM

Member: \$106 • Non-Member: \$127

Cruise on the 80' Chinook vessel indulging in Dungeness crab and Tuscan baked chicken all while taking in the beautiful sights of Deception Pass and the La Conner Channel. Price includes transportation, narrated boat tour, & lunch.



HIBULB CULTURAL CENTER

Thursday, April 16

9:30 AM - 5 PM

Member: \$45 • Non-Member: \$55

Learn about the heritage, history, and culture of the Tulalip people on a private tour of the Hibulb Center.

JERSEY BOYS

Saturday, April 18

9 AM - 6 PM

Member: \$158 • Non-Member: \$188

These four boys from Jersey may have sounded great on stage, but their off-stage life was a different story. Go behind the music and inside the story of Jersey Boys at the 5th Avenue Theater. Space is limited, call to see about reserving your ticket.

THE PLAY THAT GOES WRONG

Saturday, April 25

8:45 AM - 7 PM

Member: \$145 • Non-Member: \$170

Broadway's funniest smash hit and international phenomenon, The Play That Goes Wrong, comes to the Paramount Theater. This hilarious comedy is a hybrid of Monty Python and Sherlock Holmes, where things are quickly going from bad to utterly disastrous. We will stop for a no host lunch prior to the show.

MAY

HANSEL & GRETEL

Saturday, May 2

9:30 AM - 5:30 PM

Member: \$185 • Non-Member: \$200

This smart and bold new musical is a riotous tumble of past and present that will leave you grinning from ear to ear. Price includes transportation to Everett Village Theater and ticket to the show. We will stop for a no host lunch prior to the show.

EXTENDED TRAVEL



MAGICAL RHINE & MOSELLE RIVER CRUISE

August 16 - 25, 2020

Double: \$5,129 • Single: \$5,829

Special Travel Presentation:
Wednesday, October 16, 1 PM

Set out on a 7-night cruise along the Rhine where you will discover lovely Strasbourg on a guided tour, enjoy a Captain's Gala Dinner, and cruise the famous canals of Amsterdam. Includes airfare, 7-night river cruise, lodging, and 22 meals.



SPOTLIGHT ON NEW YORK

October 15 - 19, 2020

Double: \$2,999 • Single: \$3,799

Travel Presentation:
Wednesday, Feb. 5, 1 p.m.

This 5 day guided tour includes two Broadway shows, a stay at Sheraton New York Times Square, and more!

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



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



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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

Member Spotlight: Ann Doro

By **Jade Brown**,
Program Assistant, City of Oak Harbor Senior Services

Ann Doro is a member here at The Center. She is 97 years old and was born on a farm in Iowa. Ann now lives in Oak Harbor because her house burnt down in the Paradise fire in California, and now lives with her grandson Eddie who is blind.

Ann worked as a stewardess on a DC3 during World War II. When Ann worked as a stewardess, stewardess could not be married, they always had to be dolled up and looking nice. Later Ann worked as a ticket agent for United airlines, one of her fondest memories from this time is that she walked through Time Square on New Years Eve. Ann was also chosen to



Ann on her 97th birthday

be the representation for the 15th anniversary of the stewardess service.

Ann is also a writer. Ann wrote for kids, Ann Doro is actually the name that she writes under. Her first book was typed on an old-fashioned type writer. The book is called Charlie the Lost Dog, it is available on Amazon and was published by Scholastics. Not only is Ann a writer, but she was also a teacher. One of Ann's students described her as mean but fair, Ann loved teaching.

Ann participates in the knitting and crocheting group at the Center. She recently celebrated her 97th birthday with the knitting group. Her hobbies include knitting and walking. Her advice to her peers is "to keep walkin". Her grandson tells her that she is going to live to 135 years old and she says, "As long as I can walk and talk, I'll stay."



Ann with the Knitting and Crocheting group

W.I.G.S.

(Whidbey Island Genealogical Searchers)

Please note **NEW DATE** and **LOCATION**

Tuesday, Jan. 21, 1-3 p.m.

Oak Harbor Lutheran Church
1253 NW 2nd Ave, Oak Harbor

All are welcome to attend.

For more information about W.I.G.S. visit www.whidbeygensearchers.org



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A Simple Act of Kindness

By **Jade Brown**,
Program Assistant, City of Oak Harbor Senior Services

Take a deep breath, because you made it! We made it through the holidays and into the new year. Now I know that people like to talk about their resolutions, and what goals they hope to accomplish this year. But sometimes we set very high and unachievable goals for ourselves. So right now, I don't want to talk about new year's resolutions. I know that we are finished with the giving season and the time of the year when everyone is nice and kind to each other, but why does this have to happen only at a certain time of year? I recently watched Ellen's Greatest Night of Giveaways, on this show Ellen is making dreams come true. For example, she paid off the mortgage for a family that had just lost a wife and mother, she bought a new home for a single mother, and gave over \$100,000 dollars to an elementary school in Washington D.C. Watching this made me think of the times when I had gone out of my way to help someone and the way that, that simple act made me feel. It always gives me that warm feeling inside, and why wouldn't I want to feel like that more often or make other feel that way as well. Ellen is constantly giving through the year and has the money and resources

to do so, but we are all able to give a little kindness no matter what our status. Giving someone a simple smile or nod in passing could change someone's whole day.

It is funny how we call something "the giving season" when really isn't this something that we should aim to do throughout the year? Why do we give something a specific time when we can do it all year? The gift of kindness is something that we can all afford to give at any time.



Volunteers helping with Whidbey's Hope for Christmas

CLASSES and EVENTS at The Center in Oak Harbor

HISTORY CLASS

Thursday's, 1 p.m. • Starting Jan. 9
Member: \$40 per quarter Non-Member: \$60 per quarter

History class will be starting back up Thursday, Jan. 9. They will continue learning about the history of Great Britain starting with the Stuart Dynasty (about the 1600).

STOP THE LEAKING! INCONTINENCE PRESENTATION

Tuesday, Jan. 14 • 1 PM

Morghan Milagrosa, ARNP, WHNP-BC, CNM, IBCLC, MSN & Dr. Melissa Chinn, DO, of Chinn GYN in Mount Vernon, Wash. will host a presentation on the ins and outs of incontinence in the older adult. They will discuss underlying causes and contributing factors, management of urinary leakage, the kinds of urinary incontinence, and all possible treatment options—one of which will be available for interested listeners to try!



The Oak Harbor Senior Center Has a New Name!

The Oak Harbor Senior Center is excited to announce that when we open our doors on Wednesday, January 2, 2020 we will be known as The Center in Oak Harbor, Activities & Resources for 50+.

After a lengthy process of receiving input and information gathering from our members and potential members through conversations, surveys, focus groups and open houses we are excited to reveal the new name and logo! As it is our vision to be recognized as the premier location in Oak Harbor for adult programming and services which include vibrant lifestyle activities and aging and disability resources it was clear that a name change was one of many things that will help us to better align with the desires and needs of our members.

The name change and refreshing the image will help us to more efficiently promote The Center to achieve this goal for the long-term sustainability of the Center and our programming.

We are proud to offer programming, classes and events for adults over the age of 50. Our new name will not change the services we provide, or the population we serve, but will allow us to reach, and identify with, a greater number of our age 50+ clientele.

Our new electronic signboard is installed and fully functioning! It features our new logo, "The Center In Oak Harbor" and a signboard we can electronically update. A huge thank you to the many people who gave their input in the process and led the way for the final outcome.

Guess Who?

I am an actor born January 6, 1969 in Florida.
I worked as a painter, photographer and video artist
before making my film debut in 1997. These days
you'll find me battling the undead on a cult TV show.

Answer: Norman Reedus



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LIGHTEN continued from page 1

time outside. For 10% of us, this will result in a shift in our brain chemistry that causes depression.

Current treatments for SAD are similar to treatments for other forms of clinical depression, including psychotherapy and antidepressant medications. Some people with SAD try lamps that shine bright artificial light, which is intended to mimic the sun and decrease darkness in the home and workplace. Emerging clinical research is also showing potential for treating SAD and depression with natural light treatments, like red and near infrared (NIR) light therapy.

“Red light therapy”, otherwise known as photobiomodulation, is used to describe natural light treatments that most often include red and near infrared wavelengths. For mental health treatment, NIR wavelengths may be most effective in treating depression, because they can reach deeper into body tissues than red light. When NIR light from a clinical light therapy device shines on a person’s head, those wavelengths are actually able to go beyond the surface of the skin, reaching the brain and affecting brain cells directly. Natural light is absorbed by cell mitochondria, which boosts cerebral metabolism, improves function, and decreases inflammation, according to cutting-edge depression research. More natural light for your brain cells has also been found to improve the metabolic capacity of your neurons, increase oxygen consumption, and boost cells’ ATP energy production, all of which simply means that it makes your brain work more efficiently and effectively.

Research has shown that, as an adjunct treatment or a stand-alone treatment, photobiomodulation is highly effective for treating (and preventing) all forms of major depression, including SAD. The leading psychiatric researchers at Harvard University and UCLA who are studying the impact of photobiomodulation on depression have concluded that the intervention is a safe and extremely effective treatment modality. A 2018 study demonstrated that two 20-minute sessions of direct exposure to a natural red and NIR light unit weekly over a period of eight weeks was more effective



than medication for managing depression, and further demonstrated that the light therapy, unlike the medication, had no adverse effects. The trial showed that patients who were treated more often, with more total natural light treatments, registered better results than people who did fewer treatments, indicating that, at least in this case, there is no such thing as too much of a good thing. Remarkably, even among the most depressed patients considering suicide, all participants had marked improvement in mood and suicidal thoughts resolved entirely. Additional studies of photobiomodulation have found it effective for treating pain and inflammatory conditions, improving anxious symptoms, decreasing negative thoughts and behaviors associated with obsessive compulsive disorder, improving sleep quality, and enhancing athletic and sexual performance.

You might think, then, that the way to get through the gloom of these winter months is to pop a red light bulb into your nearest socket and go about your day. The benefits, however, are unique to specific wavelengths of red light, with cosmetic improvements (yes, it does that, too!) notable at wavelengths of visible red at 660nm and systemic effects, including overall mood improvement, more consistently observed at a wavelength of 850nm, or a NIR wavelength that is not visible to the human eye. The unit we use in the clinic combines those exact wavelengths to optimize the therapeutic effect. It’s not magic, although it feels and look a lot like magic; it’s science.

All this to say: I know it’s cold. I know it’s grey. I don’t want to be outside searching for a glimmer of sunlight anymore than you do. I am inside with my redlight unit dreaming of Hawaii and basking in the glow of the unit’s rejuvenating bliss. Now that we are in the full throng of winter, we are seeing more and more women’s moods begin to deteriorate. Stop by. We’ll warm you up with a cup of tea and welcome you to enjoy a book near our fire. And, we’ll leave the light on for you.

About Morghan Milagrosa: Morghan was born and raised in rural Montana. She attended Swarthmore College for her undergraduate training in psychology and linguistics, and then she completed her graduate training at the University of Pennsylvania in Philadelphia, PA. She has practiced in a wide variety of setting and locations throughout the Pacific Northwest, which she believes to truly be her home. She has served as faculty for University programs in Alaska, Washington, and Oregon. One of the things that she finds most fulfilling about her career is having the opportunity to partner with others in their learning processes, which she sees as an integral and often absent facet of healthcare. She is deeply committed to her own lifelong learning. She joined Chinn GYN for its commitment to integrative care that is truly personal. She thinks of women’s health as a discipline that should promote the health of the whole woman, not focus exclusively on her reproductive parts and functions. Her least favorite thing to do is get a pap smear.

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Publisher & Editor	Eric Marshall	Volume 3 Issue 9
Marketing Representatives.....	Penny Hill	
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