

# Island Times

Look for Island Times the LAST Thursday of each month

**MAY 2019**

MONTHLY NEWSPAPER OF ISLAND SENIOR RESOURCES AND OAK HARBOR SENIOR CENTER

Volume 3 • Issue 1

## The Intrinsic Power of Hope

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

Recently a dear friend to many of us at the Center suffered a stroke. Through weeks of hard work with physical therapy, doctors, time and determination he has slowly but surely started down his individual journey to recovery. The progress he is making is nothing short of amazing. He was in good spirits when I visited him, as often others who visited have reported. I am sure there are times of immense pain and struggling, but his often cheerful attitude of positive determination got me thinking about what it is that helps us endure and even overcome the large and often times overwhelming challenges we face in life. One word came to mind: hope.

Hope is a feeling of expectation and desire for a certain thing to happen. In this case of one recovering from a stroke, that hope may be an expectation and desire to be able to speak again, walk again, or maybe even just to hold a

pen and put it to paper forming legible words as we have done countless times before.

Psychologists says hope arises when we have a goal firmly in mind and we have a plan to get us there despite uncertain or even dire circumstances. Psychologist and hope researcher, C.R. Snyder said Hope implies that there is the possibility of a better future. Snyder further defines hope as the perceived capability to derive pathways to desired goals, and motivate oneself via agency thinking to use those pathways.

Hope is being able to find the doorway out when our current life situation has us feeling as if we are trapped in an unforgiving and overwhelmingly closed off room. With hope we can move beyond fear of the unknown. If hope is a doorway, then from hope other emotions such as courage, confidence and happi-

**HOPE** continued on page 12



## Greening as We Age

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

First, there's gray hair, then wrinkles, things that sag, and surprising health issues – we know the routine: it's called aging. Well, this spring, environmental groups are introducing a new facet to aging: the need to get greener!

It's no secret we face environmental crises of huge proportions. Here on Whidbey, north and south, we share our common love of this piece of earth and the desire to protect it! When I arrived here 25 years ago, conversations about conservation and sustainability were already underway, and folks have been participating in various forums ever since.

From 2007 to 2014, the Sustainable Coalition united the island's public officials and other organizations around sustainability. The Navy Base was involved as a green champion of navy bases. And in the past five years Whidbey Sun and Wind, one of the founders of the Coalition, has placed 185 solar installations on the island. Puget Sound Energy, particularly through the Community Outreach work of ISR board member, Walt Blackford, last year awarded Senior Thrift a grant to have solar panels installed on its roof.

**GREENING** continued on page 2

*"What you do makes a difference, and you have to decide what kind of difference you want to make."*

~ Jane Goodall, age 84

### QUESTION OF THE MONTH: **WHERE IS YOUR FAVORITE PLACE ON WHIDBEY ISLAND?**

<p><b>Betty DiOssi, 84</b> Oak Harbor <i>"China City Restaurant"</i></p>	<p><b>Jack, 59</b> Coupeville <i>"At the Senior Center at Bayview"</i></p>	<p><b>Ted Mihok, 73</b> Oak Harbor <i>"Deception Pass, the rangers and interpretive naturalists are outstanding."</i></p>	<p><b>Irene, 74</b> Coupeville <i>"Double Bluff Beach"</i></p>
<p><b>Bill, 69</b> Clinton <i>"Fort Casey"</i></p>	<p><b>Alice Pell, 70</b> Oak Harbor <i>"Fort Casey because lots of history, well kept grounds, good for walking, and great family spot."</i></p>	<p><b>Tim, 56</b> Langley <i>"Coupeville because of all the scenery"</i></p>	<p><b>Marlene Boone, 80</b> Oak Harbor <i>"City Beach and Deception Pass Park"</i></p>

Penn Cove Water Festival  
Historic Coupeville, WA USA

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

PennCoveWaterFestival.com  
PennCoveWaterFestival@gmail.com



# FROM THE EXECUTIVE DIRECTOR

By Cheryn Weiser, Executive Director, Island Senior Resources

When I was a little girl, my mom always acknowledged 'May Day,' the first of May when she would gather early spring flowers from our yard and give little 'nosegays' to each of our neighbors. It was always a time when neighbors felt thought of and noticed. This simple act of caring often ushered in a conversation about what was going on in each other's lives. It brought us closer together as neighbors. It connected us and helped us all feel part of a community.

As we walk into this lovely time of year, give some thought to someone you care about, someone near or someone far, and how you might acknowledge or appreciate them. Take a few

minutes to send a quick email or e-card, bring them a flower from your yard, or bake a sweet treat to pass along. It's the little things that make a difference; all we need to do is find simple ways to reach out, and touch someone. With Mother's Day and Memorial Day around the corner, those are special opportunities to take a moment to say, "I'm thinking of you." Everyone can use a little extra care.

I find that in our fast-paced society, I really need to stop myself and make space in my life for being sure that I'm improving the lives of others along the way. It's been my experience that if I reach out, the reaching out comes back to me in many ways. Let's see, who do I want to recognize with flowers from my garden May 1?

## GREENING continued from page 1

Addressing environmental crises requires a combination of policy change, system change, and individual change. This year on South Whidbey, [www.whidbeyearthday.org](http://www.whidbeyearthday.org) has community education events throughout April. Their kick-off focuses on the issue of carbon footprint with a climate action initiative called "Taming Big Foot" occurring from April 22 to July 22, when registered teams of individuals, groups, and businesses are tracking their carbon footprint, getting feedback, and designing ways to improve their sustainability. The group is using this south-end initiative as a learning lab before expanding. This fall, the committee hopes to launch a similar program in the schools, and then a broader island-wide initiative in April 2020.

Often when looking at environmental issues the words "carbon footprint" appear. I asked Terra Anderson, committee leader, to explain. "Carbon dioxide is a natural gas that is part of Earth's life cycle. The problem today is that our overuse of fossil fuels – coal, oil, natural gas – releases more carbon dioxide than Earth can handle. CO2 settles in the high atmosphere and traps heat causing a greenhouse gas effect which then causes climate degradation at a magnitude where we are in danger of the whole biological system collapsing. Carbon footprint is a way of measuring how much carbon emission is created by our daily activities."

The American Journal of Public Health states, "Older people... care about climate change for ... reasons related to their age. First, they are especially vulnerable to several of the health impacts of climate change, such as heat waves, diminished air quality, and the

disruptions of extreme weather events. Second, as they age, people may take on political or social views that condition their attitudes toward climate change. Third, older people may feel a sense of legacy – a concern for the wellbeing of those who will come after them."

One way to love both future generations and Whidbey now is to lessen our carbon footprint. Direct carbon use is any activity, like driving, that burns fossil fuels and emits CO2 into the atmosphere. Indirect use is determining how much carbon was released to support our choices. My car may be in the driveway, but online purchases create extensive carbon footprint through importing, shipping, and delivery.

Terra Anderson expressed it this way: "We have been conditioned to trade convenience for responsibility, and we haven't been taught to think in terms of the carbon cost to our modern lifestyles. What we Islanders can do is drive less, eat local, shop the rock, recycle, and refuse plastic."

**Drive less:** Make a list and bundle errands – library, grocery store, friend's house, beach walk, etc. Take a neighbor with you or take Island Transit!

**Eat local:** Island-grown and regional food reduces carbon footprint, is fresher, and often healthier.

**Shop Whidbey:** Buy from local merchants instead of driving to the mainland or buying online. Even if the retailer has imported the item, you are not doubling or tripling the impact.

**Recycle:** Paper, cardboard, some plastics, and glass are locally recyclable. If you can't take it yourself, ask for help from a dedicated neighbor who would be happy to cart it for you.

**Refuse Plastic:** Use cloth bags, reuse

paper. Buy bulk and bring your own glass containers. Talk to grocers and retailers; tell them you refuse plastic packaging.

Elders know we can change behavior! We do it all the time as we adapt to our aging. Does it really matter if we turn green? Yes! Every small change done by numbers of us impacts the whole system.

"It's only one less baggie," said one person.

"It's only one less baggie," said seven billion people.

We're all in this together!

## WEB LINKS TO INFORM & INSPIRE...

When you have a few quiet moments, visit [senior-resources.org/weblinks](http://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](http://www.senior-resources.org) and click "Links" in the upper right corner.

- On Being Neighborly
- 30 Fast and Fresh Spring Dinners
- Making a Garden or Yard Senior Friendly
- Medical Alert Systems

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## 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](http://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

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

## Island Senior Resources eNews!

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

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# APRIL HIGHLIGHTS

at Island Senior Resources

## AGING IN GRACE HEALING CIRCLE

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

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

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

## LEGAL CONVERSATIONS

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

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

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

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

## POWERFUL TOOLS FOR CAREGIVERS

Tuesdays, May 14 – June 18  
FREE

Island Senior resources (Bayview)  
14594 SR 525  
Pre-registration required – 360-321-1600, [DonovNM@dshs.wa.gov](mailto:DonovNM@dshs.wa.gov)

Are you caring for a loved one? Don't miss this opportunity to develop a wealth of self-care tools!

This class is designed to help family caregivers take care of themselves. You have to "take care to give care."

- Learn to:
- Reduce Stress
  - Prioritize self-care
  - Communicate Your needs
  - Deal with challenging situations
  - Make tough decisions
  - Set goals and problem solve
  - Manage emotions
  - Increase confidence

Caregiver Handbook may be borrowed for the class or purchased for \$20.

## COMING IN JUNE

All the details on this year's Senior Farmers Market Voucher Program will be published in the June issue of Island Times. We'll print the distribution locations, times, and eligibility guidelines.

## VETERANS COFFEE HOUR

Every Thursday at 9:00AM  
We welcome any and all Veterans, active duty, any branch and any rank!  
Pastries and beverages provided!



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## MAY 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](http://www.senior-resources.org/thriftstore)

### DON'T MISS THESE SPECIAL SALES:

- Sat, May 11: JEWELRY SALE—All Jewelry 25% off
- Sun, May 12: MOTHER'S Day—Your choice (1) item 25% off
- Thurs, May 30 & Fri, May 31: All Blue Tagged clothing \$1

### ALL MAY

## Pink Tags, 25% off • Blue Tags, 50% off

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

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

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\* Annual Percentage Yield (APY) effective 04/17/19. 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](http://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).

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Thank you Island Transit for your generosity in supplying a Ridelink van to Time Together. With your help we can now provide door to door transportation for participants in the program. We couldn't do it without you!

## From Isolation to Community through Time Together Scholarship

By Mel Watson  
Director Time Together Adult Day Services

Two years ago, Mary gave up driving because she was worried about having an accident and couldn't keep up with the increasing cost of car maintenance. She and her beloved dog Henry didn't get out much after that because they lived off the bus route, only seeing people when the ISR volunteer Medical Drivers came to take her to doctor's appointments or to get groceries. Most of Mary's friends have passed away which has left her dangerously isolated.



After reaching out to ISR, Mary was able to reconnect with community again by attending Time Together through our Scholarship Program. This Program receives kind donations from individuals or groups and gives access to Time Together for those who would otherwise be unable to attend. With the rise of isolated seniors living independently in our community, ISR has seen a 400% increase in scholarship requests for Time Together in the past year.

Mary couldn't access the program any other way. She was not being cared for by a family member or friend which meant she didn't qualify for many programs, and she couldn't afford the lowest sliding scale fee for those with low incomes. Mary was already having to make difficult decisions regarding food versus medication.

After attending the program, she said that "being with everyone is the best experience and most rewarding path to feeling herself again."

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

Island Senior Resources

### JOIN OUR BOARD!

We are seeking new members from across Island County. Lend your voice. You can truly make a difference.

Call 360-321-1600 or 360-678-3373 to apply

## CD coming due? Compare our rates.

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# MAY



## 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 Mah Jongg 12:30 Cribbage 1 Reiki Treatments 1 History Class 2 Caregiver Support (2nd Thursday) 2:30 S.A.I.L. 7 Wire Wrap	9 Quilting 9 Billiards 9 Tai Chi 10 Walking Club 11:30 LUNCH 12:30 Pinochle 12:30 Line Dance 1 Parkinson Support Group (1st Friday) 6:30 Old Time Fiddlers (1st Friday) 7 Country Dance (2nd Friday)	Ping Pong Billiards Pinochle 10am-1pm: Pickleball 12-1pm: Beginner Pickleball

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10 Time Together* 11:45 Lunch Served 12:15 Reader's Theater Rehearsal 1 Mahjong	8:45 Advanced Tai Chi 9 Foot Clinic – call (360) 341-3210 for appt 10 Beginning Tai Chi 10 Time Together* 10:30 Tune In, Tone Up Ukulele with Talia 11:45 Lunch Served 12:30 Lunch & Learn 2:30 Parkinson's Singers* May 7 10 Parkinson's S.G.** May 14 10 Alzheimer's S.G. May 21 10 MS Support Group May 28 20 Early Stages Dementia S.G.	10 Quilters 10 Time Together* 10 Intermediate Line Dancing 11:45 Lunch Served May 29 11:45 Birthday cake and Party (all are welcome)	8:30 Bridge 9 Senior Striders 6 Twilight Bridge	10 Time Together* 11 SHIBA (Statewide Health Insurance Benefits Advisors) by appointment 10:45 Fun Band Dancing 11:45 Lunch Served May 3, 17, 31 2 Legal consults (call for appointment)	11 Israeli Circle Dance

**Call Island Senior Resources for instructor contact numbers and information.**

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

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



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## TRAVEL LOG

## OAK HARBOR SENIOR CENTER

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

## MYSTERY LUNCHES

Thursday, May 16  
Wednesday, June 19

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

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

## MAY

## 7 CEDAR CASINO

Monday, May 6

7:30 AM - 6 PM

Member: \$45 • Non-Member: \$55

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



8 AM - 4 PM

Member: \$60 • Non-Member: \$72

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



## SEATTLE KNIGHTS DINNER SHOW

Saturday, May 18

11:45 AM - 6:30 PM

Member: \$80 • Non-Member: \$95

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



## NORTHWEST TREK

Wednesday, May 22

7 AM - 9 PM

Member: \$85 • Non-Member: \$100

Northwest Trek is a 723 acre wildlife park located in Eatonville that hosts hundreds of animals including moose, bison, bears, elk, bighorn sheep, caribou, eagles, owls, bobcats, cougars, wolves, foxes, badgers, and even skunks! On the tour you will have the opportunity to take a tram ride through the park and view many of the animals. The park even features an on-site café, perfect for a mid-day no host lunch. We will also make a stop at the famous Black Diamond Bakery on the way down. Price includes transportation and park entrance fee.

## THREE NURSERIES &amp; LUNCH AT SEEDS

Thursday, May 23

9 AM - 5 PM

Member: \$30 • Non-Member: \$40

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

## JUNE

## WEST SIDE STORY

Saturday, June 1

9 AM - 6 PM

Member: \$107 • Non-Member: \$125

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

## SNOQUALMIE CASINO

Tuesday, June 4

8:30 AM - 6 PM

Member: \$49 • Non-Member: \$59

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



## SEATTLE FOOD TOUR

Thursday, June 6

8 AM - 5:30 PM

Member: \$105 • Non-Member: \$125

Discover the history and culture of Seattle's Pike Place Market on the Savor 5-star Food Tour. On this 2 hour walking tour we will sample some of the best Pike

Place Market cuisine including Pike Place Chowder and Beecher's Cheese. After the tour, there will time to shop around the market place. Cost includes transportation and guided tour with food samples. Limited seats are available for this tour, please sign up early to assure your spot. Please note: this tour involves a lot of walking.



## LEAVENWORTH GETAWAY

Monday, June 10 - Tuesday, June 11

8 AM (6/10) - 7 PM (6/11)

Per Person Rates:

Member: Dbl: \$250 Sng: \$345

Non-Member: Dbl: \$300 \$ Sng: \$395

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



## WICKED

Thursday, June 13

8:45 AM - 7 PM

Member: \$135 • Non-Member: \$160

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

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## TRAVEL LOG

### UNIVERSITY VILLAGE

Tuesday, June 18

8:30 AM - 5:30 PM

Member: \$43 • Non-Member: \$52

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

### MILLION DOLLAR QUARTET

Saturday, June 29

10 AM - 5:30 PM

Member: \$106 • Non-Member: \$125

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

## JULY

### SKAGIT CASINO CAR SHOW

Sunday, July 14

9 AM - 3:30 PM

Member: \$25 • Non-Member: \$30

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

### ORCAS ISLAND ADVENTURE

Tuesday, July 16

6:15 AM - 6 PM

Member: \$73 • Non-Member: \$86

We're off this summer to wonderful Orcas Island! We'll drive to the top of Mt. Constitution, the highest spot in the San Juan Islands, and take in the gorgeous views! Next, we will have a no host lunch at Cascade Bay Grill. Then, we'll head to the

Orcas Historical Museum where we will take a 1.5 hour tour of the museum along with a visit to the Crow Valley School Museum. Cost includes transportation, ferry, and museum tour.

## AUGUST

### MARINERS GAME

Wednesday, August 7

11:45 AM - 8 PM

Member: \$98 • Non-Member: \$118

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

### unWINED ON THE BAY

Thursday, August 15

4:45 PM - 9:30 PM

Member: \$72 • Non-Member: \$85

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

## EXTENDED TRAVEL



### ICELAND'S MAGICAL NORTHERN LIGHTS

November 1-7, 2019

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

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

## 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

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

## MEAL SITES & HOURS

### ISLAND SENIOR RESOURCE CENTER (BAYVIEW)

14594 SR 525, Langley, WA 98260 • 360-321-1600

Meals served Mon, Tues, Wed, Fri, 11:45 a.m.

### OAK HARBOR SENIOR CENTER

51 SE Jerome Street, Oak Harbor, WA 98277

360-279-0367 (kitchen) or 360-279-4580 (Center)

Meals served Mon, Wed, Fri, 11:30 a.m.

### CAMANO CENTER

606 Arrowhead Road, Camano Island, WA 98282 • 360-387-0222

Meals served Mon, Wed, Fri, noon

### CAMBEY APARTMENTS

50 North Main Street, Coupeville, WA 98239

360-678-4886 Ext 28 or 360-321-6661 ext 28

Meals served Mon, Tues, Wed, Fri, 11:45 a.m.

### BROOKHAVEN

150 4th Street, Langley, WA 98260 • 360-321-1600

Meals served Mon, Wed, Fri, noon; Thurs, 5 p.m.

### COUPEVILLE METHODIST CHURCH, FIRST UNITED

608 N Main St, Coupeville, WA 98239 • 360-678-4256

Meals served Wed, noon

### HILLSIDE EVANGELICAL FREE CHURCH

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

Meals served Wed, Fri, 11:30 a.m.

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

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

## MENU - MAY

\$5 Suggested donation for meals

### WEEK 1

Wed	1	Meatloaf
Thur	2	Chef's Choice
Fri	3	Beef & Broccoli Stir Fry

### WEEK 2

Mon	6	Crispy Oven Baked Chicken
Tues	7	Salad Bar
Wed	8	Chef's Salad
Thur	9	Chef's Choice
Fri	10	Sloppy Joes

### WEEK 3

Mon	13	Chicken Alfredo & Pasta
Tues	14	Supreme Pizza
Wed	15	Pub Battered Fish & Chips
Thurs	16	Chef's Choice
Fri	17	Swedish meatballs

### WEEK 4

Mon	20	Pork Loin w/Chutney
Tues	21	Salad Bar
Wed	22	Frito Pie w/Ground Beef
Thurs	23	Chef's Choice
Fri	24	Spinach Lasagna

### WEEK 5

Mon	27	HOLIDAY-MEAL SITES CLOSED
Tues	28	Best Rueben Sandwich
Wed	29	Chicken Ranch Wrap
Thurs	30	Chef's Choice
Fri	31	Chicken Puttanesca

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**SOUTH END**

**Alzheimer's & Dementia Caregivers Support Group**  
 2nd Tuesday, 10 a.m. – Noon  
 Alder Room, Island Senior Resources,  
 14594 SR 525, Langley, WA  
 Contact: Mel Watson, 360-321-1623

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

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

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

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

**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

## Welcome to Medicare 2019

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

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

Friday, May 10 1 p.m.  
 Wednesday, June 19 10 a.m.

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

Thursday, May 9 1 p.m.  
 Wednesday, June 19 10:30 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).

*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.**

**NORTH END**

**Alzheimer's & Dementia Caregivers Support Group**  
 1st Thursday, 2:30 – 4:30 p.m.  
 Summer Hill Assisted Living, Oak Harbor  
 Contact: Heidi Kuzina, 360-679-1400  
 or Karen Cowgill, 360-279-2555

**Oak Harbor Caregiver Support Group 1**  
 2nd Thursday, 2 – 3:30 p.m.  
 Oak Harbor Senior Center,  
 51 SE Jerome St., Oak Harbor  
 Contact: Carolyn Hansen, 360-279-1785

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

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

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

**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.**

## Learn the Basics of Social Security



- How and when to apply for benefits
- Types of benefits you may qualify for
- Your Social Security rights
- Benefits based on earnings, spousal earnings (current and former)
- Survivor benefits for widow(er)s

This Island Senior Resources workshop will be presented by Annette Barca who has been conducting pre-retirement seminars for 15 years. Free. No pre-registration required. For more information call 360-321-1600 ext 0.

**Island Senior Resources (Bayview)**  
 14594 SR 525, Langley  
 Wednesday, May 15, 10:30 a.m.

**Oak Harbor Senior Center**  
 51 SE Jerome St., Oak Harbor  
 Monday, May 20, 1 p.m.  
 Thursday, July 18, 11 a.m.



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# Member Spotlight: Sylvia Edwards

By Carly Waymire,  
Program Coordinator, Oak Harbor Senior Center

Sylvia Edwards is from the small town of Vandalia, Missouri, with a population of only 3,200. She was sent to Whidbey Island for a safety course while in the military and her first thoughts were, "I love this place" after being impressed

with all the blackberries on the Island. A few years later, Sylvia was stationed on Whidbey Island as a career counselor for the Navy and has been here ever since.

Sylvia is an active member of the Oak Harbor Senior Center and regularly participates in the Monday afternoon art class. She enjoys art very much and is an excellent oil, water-paint, and acrylic painter. Additionally, she finds pleasure in reading, writing, gardening, and photography. Recently, Sylvia entered her lemon meringue pie into the Center's 1st Annual Pie Contest and won 3rd place! (Editor's note: "It was delicious!") Additionally, Sylvia and her daughter have participated in the Centers Community

Garage Sale, offering a variety of plant starts for the garden. She is a great component of the Center and brings us a lot of talent, inspiration, and positivity.

One of the most important life lessons to Sylvia is, "Try. You never know unless you try! Don't listen to nay-sayers." We have seen this with Sylvia as she has tried new mediums in art class and is willing to endeavor new experiences such as doing this interview with us! She also advises the younger generation to not be led by the "no's" but instead try and make experiences. Additionally, she encourages others to not judge by appearance, race, religion, or political party but instead meet others and accept them for

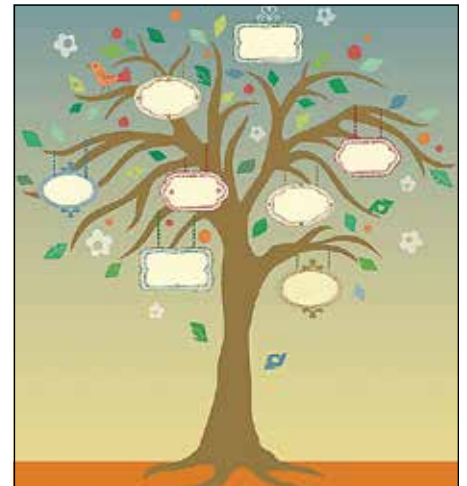


Sylvia Edwards painting during Monday Art Class



Sylvia Edwards and her daughter selling starting plants at the Community Garage Sale

who they are. Sylvia also hopes to leave impress people to be environmentally friendly and show them user-friendly art. Her final notes are, "Let your life shine! Know who is the light in your life, God for me. Be positive! Speak truth!"



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

Tuesday, May 14, 1-3 p.m.,  
2720 Heller Road, Fire Station #25

Speaker - Janette Gomes from the Washington State Archives will speak about "Preservation of Documents and Photos."

All are welcome to join us for this educational program.

For more information go to [www.whidbeygensearchers.org](http://www.whidbeygensearchers.org).

## 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](mailto:CWaymire@oakharbor.org)

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The Family of Susan M. Foster

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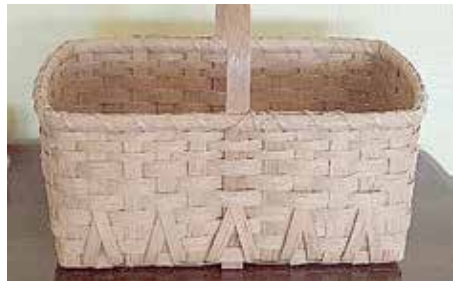
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# CLASSES and EVENTS at Oak Harbor Senior Center



## BASKET WEAVING CLASS – “MARKET BASKET”

Thursday, June 20 • 9 a.m. – 2 p.m.  
Cost: Members-\$75 • Non-members-\$85

Expert basket weaver, Jane Hyde will guide you through making your very own “market” basket in this one-day class on Thursday, June 20 from 9 a.m. to 2 p.m. You will receive all the supplies, tools, and instructions to weave your own market basket, perfect for taking to the local farmers markets! The cost of the class is \$75 for OHSC Members and \$85 for non-members. To sign up stop by the Center or call us at 360-279-4580. Class space is limited so sign up today!

## HISTORY CLASS

Thursdays • 1 – 3 p.m.  
Cost: Members-\$40 • Non-members-\$60

It's not too late to join, this quarter the history class will be studying Russia on Thursdays from 1 – 3 p.m. The cost for the quarter is \$40 for OHSC members and \$60 for non-members. Instructor Debbie Wallin will teach the class all about Russian history.

## GETTING COMFORTABLE WITH THE UNCOMFORTABLE

Wednesday, May 15 • 12:30 - 1 p.m.

Insurance • Last Wishes • Wills  
Free workshop presented by Lorna Londot.



## MAKE & TAKE : CHALK ART

Wednesday, June 5 • 1 p.m.  
Cost: Member-\$25 • Non-member-\$35

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

## NEW! AMERICAN GOVERNMENT CLASS

Tuesdays beginning June 18  
6 – 8 p.m.

Cost: Member-\$40 • Non-member-\$60

Learn about the institutions and processes of politics in America and how to access political information in this 10 week course.

## HURRICANE KATRINA PRESENTATION

Wednesday, June 19 • 1 p.m.  
Free and open to anyone

A Whidbey Island local, Ron Martin, will share about his experience down south cleaning up after devastating hurricanes. He will show you pictures most people have never seen before and tell you about personal stories that were affected by the tragic hurricanes. Join him for this eye-

opening experience and see what has been done to restore the cities affected. Additionally, he will share some amazing photographs of our local beaches and underneath the sea.

## DO-NUT MISS NATIONAL DONUT DAY AT THE CENTER



## Old Time Fiddler Day Time Performance

May 16, the Old Time Fiddlers are having a daytime performance at the Center from 11 a.m. to noon. It is free and open to the public. Come listen along as the talented musicians serenade us with a variety of songs. The Old Time Fiddlers meet regularly the first Friday of the month at 6:30 p.m.

## Spring into Mah Jongg

Join us in learning how to play Mah Jongg or refresh your skills Thursdays at 11 a.m. starting May 9.

Mah Jongg enthusiasts will teach you:

- The history of the game
- The different tiles
- Wright – Patterson rules
- Mah Jongg hands
- Scoring



If you are already an experienced player, we would love for you to help us teach beginner players and grow our group. Have any questions regarding the Mah Jongg group? Call program coordinator, Carly Waymire at 360-279-4583 or email cwaymire@oakharbor.org.

## Art Party: Life is a Beautiful Ride

Wednesday, May 29 • 1–3 p.m.  
Members: \$35 • Non-Members: \$40

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



## Quilt Raffle Tickets Now Available!

Get your \$1 raffle tickets for this years Oak Harbor Senior Bees quilt. The drawing will be held on the last day of the Quilt Show, Sunday, Sept. 22. Limited tickets will be sold, be sure to get yours today by calling the center at 360-279-4580 or stopping by. All proceeds go to the Oak Harbor Senior Center.



## COMMUNITY GARAGE SALE (and baked goods!)

Oak Harbor Senior Center  
Saturday, June 8th  
8:00 AM - 1:00 PM  
51 SE Jerome St  
Oak Harbor

Have stuff to sell?  
Rent a table for \$20  
Call 360.279.4580 or stop by to reserve your spot!



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**Volume 3  
Issue 1**

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**HOPE** continued from page 1

ness emerge. They are the foundation of the coping mechanism that helps us survive during difficult trials.

The positive physiological effects of hope are well-documented, most eloquently in Jerome Gropman's "The Anatomy of Hope," where he writes: "Researchers are learning that a change in mind-set has the power to alter neurochemistry.

"Belief and expectation – the key elements of hope – can block pain by releasing the brain's endorphins and enkephalins, mimicking the effects of morphine. In some cases, hope can also have important effects on fundamental physiological processes like respiration, circulation and motor function."

That is truly amazing! It is sound evidence to our often shared adage for friends and family facing difficulty to "try and stay positive".

If hope arises from setting a goal, and you are looking to increase your feeling of hope, may I suggest setting a goal for yourself.

A goal is a purpose, motive, or reason for the use of time or for the justifica-

tion of an activity. The simplest way to foster hope is to examine the goals that emerge from our desires and ambitions. The more these goals are:

- concrete (rather than vague),
- achievable (rather than lofty),
- challenging (rather than easy), and
- appealing (rather than dreary),
- the more we are likely to believe that acting on them will make a difference in our lives.

The imagery from Author Emily Dickinson is sublime in her description of hope:

*"Hope is the thing with feathers  
That perches in the soul  
And sings the tune without the words  
And never stops at all."*

~ Emily Dickinson

May you take the time to look for the slight feathers of hope perched in your soul and find ways to increase the volume of its tune each day, that you can hear the beautiful sound of the ever enduring peace that hope brings.

**High Tea**  
Saturday, May 11 • Noon • \$15 Tickets  
Tea includes a gracious selection of finger foods. Fancy hats are encouraged. Tickets must be pre-purchased by calling 360-279-4580 or stopping by the center.

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